

EarthRise Retreat Center at IONS

Transformative Learning Weekend Workshop Series

presents



CELLS AND THE SACRED: Discovering the Cell as Messenger for the Marriage of Science and Spirituality

**April 16 – 18, 2010
with Sondra Barrett**

What can your cells teach you about living a spiritual life, love, and the Self? 100 trillion individual cells create your personal physical universe providing their own "wisdom medicine" through self-diagnosis, love, repair, regulation, and regeneration.

The purpose of this workshop is to give you a practical understanding of how cells are imbued with both biological functions and sacred wisdom. You will learn how spiritual teachings and ancient art are reflected in biology. Through understanding cellular architecture, you will discover the roots of inner wisdom and scientific framework for energy healing, as well as the sacred geometry hidden in the cell's activities. The matrix or cytoskeleton of the cell, said to be the seat of inner intelligence and consciousness, holds clues to the anatomy of energy, vibrational healing and the power of movement practices such as yoga and qigong (chi gung).

You will be introduced to the cellular laws of attraction that affect growth, maturity, and letting go. Through lecture, discussion, microscopic imagery, movement, art, and experiential practices you can connect more deeply to your divine cellular self. As you experience how your cells communicate and take in information, you can discover that your cells are always in the now.

This revolutionary new concept of cellular anthropology weaves together sacred symbols, the new biology, and social meaning. This program offers an integrative foundation for healing and will benefit anyone seeking to learn where science and spirit meet. It will add to the knowledge of the educated and curious, health professionals, body workers, spiritual teachers, artists, and scientists. You need no background in science to benefit from this workshop. You will learn:

- * A practical understanding of your divine cellular intelligence
- * To experience your cells are messengers of sacred wisdom, sanctuary for life and principles for living
- * Body-based and energy-enhancing practices that draw on ancient wisdom, cellular intelligence and sacred geometry
- * The scientific framework for energy and vibrational healing
- * Universal laws of design that illustrate connections between gene expression, physical movement, tension and cellular decision-making.

Sondra Barrett, PhD, received her doctorate in biochemistry. She is the former faculty of University of California Medical School and California Institute of Integral Studies. An award-winning photographer, educator, and author of *Wine's Hidden Beauty*, her microscopic forays into the world of nature illuminate the mystical and spiritual qualities of our molecules.
www.SondraBarrett.com

Friday dinner to Sunday lunch
\$345 including 6 locally grown, home-cooked meals
Lodging: \$95 single, \$70 shared
10 Continuing Education Credits are available

For more information or to register
please call 707-779-8202
or email workshops@noetic.org
<http://www.noetic.org>

IONS INSTITUTE
OF
NOETIC
SCIENCES

101 San Antonio Road
Petaluma, CA 94952