

Living the Resonant Body online course with Sabine Mead

*Tuesdays, 1 - 3 pm EST
January 14 - March 10, 2020*



The 2020s will open the aperture of our consciousness to envision and embody a future humanity that is sourced in unity. As we enter the decade, the necessity to adapt and cultivate a *new resonant capacity* is vital to our evolution. Our central task is to dismantle the internal fears that keep us locked in duality and reinforce the many expressions of separation. The individual “me” stands at the precipice of apprehending the transcendent truth of “we”. Each of us is being called to become the streaming flow of shifting reality by opening portals of sensibility through the living landscape of our breathing body.

Within our body’s esoteric anatomy, fields of conductive energy are organized fractally among and within many electromagnetic fields. These fields respond to frequency, shaped on a spectrum of resonance to dissonance. The more resonant the field, the more coherent, healthy and resilient the form. Resonance builds relationship, creates harmony, and integrates at higher, more complex organizations of energy. It is this intricacy arrived at through sentient incarnation that the embodied experience of being alive shifts from density, numbness, exhaustion and dissociation to an engaging vitality as well as a deep, felt sense of wholeness and connection.

Entering this spacious state of being expands our frame of reference and engenders self-trust, acceptance and neutrality. It is within this awareness that we rediscover our true nature, our empathy and compassion, satiety and fullness. We are one resonant body, oscillating, vibrating, thrumming with vibrancy in devotion of love. At all fractal layers, the play of polarities dances out through eternity, a weaving of all worlds in a constant unfolding. To fathom this dance in every cell is to become the song of existence and realize you have always been home.

In this nine-week online course, we will explore and enter into experiential practices of our esoteric anatomy and multidimensional nature through Continuum, sound attunement, guided meditations and elemental portals. All classes are recorded, with recordings being emailed within 24 hours of class.

Early bird fee for 9 week course; \$245. After December 21; \$270

To register, go to: <https://squareup.com/store/spanda-studio/item/living-the-resonant-body-online-course>

Or contact Sabine at: resonantbody@me.com