

Golden Healing, from Head to Heart 2011 given by Tanmaya Honervogt, on Corfu!

This seminar was taken by Tanmaya who is my Reiki Master teacher. I trained with her for several years in England until I became a Master/teacher myself. I have been practising Reiki for approximately 15 years and have my own clinic. The reason I wanted to join this seminar was because I was very much in need of spiritual regeneration and also to renew my intention to teach. I needed to recapture the energy of Tanmaya's teaching to bring me back to the right place in myself.

I had been unwell and unable to work for nine months which distressed me a great deal. When I was made aware of this seminar, it seemed a golden opportunity to reconnect and awaken the Reiki healing energy in myself. The Golden Healing teaching and the venue at the Alexis Zorbas centre seemed to be heaven sent!

The seminar 'From Head to Heart' was the perfect subject for one who had been stuck in her head and not understanding why it was happening. I felt that if I could connect with the heart chakra, I might have some idea of the healing I needed to recapture the real meaning of Reiki.

We began each day with Tanmaya at 10.00 and worked through with a short break until 14.00. We then had free time and met again for our evening meal, which was usually very jolly! We then spent one hour together between 21.00 and 22.00 in some form of meditation. This was a very good way of completing the energy cycle of each day, especially on the night of the full moon. That evening we were together on a rooftop beside the sea to take in the spectacular energy of the glorious full moon.

The time simply flew by. Initially we thought 10.00 to 14.00 might be rather a long haul but with Tanmaya's teaching and imagination we hardly noticed time passing, despite the intense heat of the day.

We were an eclectic group of students, one English, one French, one Swiss, one Austrian, one Canadian and three Germans. We soon got to know each other and had some very good times together. We were a very compatible group for the seminar and by the end of the week we were all sad to say farewell. Some of us have since met again in London.

Tanmaya's journey to the heart had a very profound effect on us all. She gently showed us how to love and laugh again, to feel free and love ourselves.

The venue at Alexis Zorbas was perfect for the work and the people around us were gentle and considerate. For me it was a week of only positive energy. It felt like being in a cocoon of universal love and friendship. The vegetarian food was quite exceptional and one felt healthy as well as happy. Our group had meals together and this eating together was very important.

We had one day off during the week and decided to take a boat trip to Paleokastritsa. We very much enjoyed the journey along the coast viewing all the ancient rock formations. Most of the day was spent laughing and relaxing together. Paleokastritsa is a very pretty bay with an ancient monastery on the cliff above it. Some of us

braved an excursion on the 'Yellow Submarine'. With much merriment we squeezed like sardines into the underwater part of the 'Sub' to travel up the coast line. It was fascinating to see the bottom of the sea with the varied rock formations and the strange fish and huge jellyfish around us.

Finally we returned to base and caught our boat back. It truly was a day to remember and full of fun.

I would like to thank Tanmaya for the sensitive way she conducted the week and for the light, love and laughter she introduced into it. I very much look forward to the next one.

Rosalynne Greenway (from the UK)

More information on Tanmaya and her healing work go: www.tanmaya-reiki.com
The next Golden Healing Holiday Seminar is : from 1st- 8th Sept 2012 on Corfu.
For Info & Bookings: laura@tanmaya.info