

Information relating to the sessions

This is information you will want to have before coming to Autigny for your sessions, which have the potential to lead you to great inner healing, transformation and wisdom.

The degree to which you are surrendered to and trusting of your own Inner Self, its perfection and wisdom, when beginning this work, is the degree to which your healing and transformation can take place.

Please realise that any expectations you place on this work or its results will limit its infinite possibilities, which cannot be foreseen or comprehended.

While doing the sessions it has proven helpful to meditate for half an hour in the morning, as early as possible, and half an hour in the evening. I recommend asking the Inner Self to manifest at the end of each meditation and ask it for any insight or guidance at that time. It's best to record all Inner Self messages in a special Inner Self journal.

Each session will be recorded by me. You are requested to transcribe these recordings each day, both as an opportunity to go more deeply into the material and as a focus for contemplation of how the lessons and the understanding brought through are relevant to this lifetime. This work is as important as the sessions themselves. You may wish to keep a special list containing all the lessons and revelations that come through for future contemplation and study.

For the part of the process taking place on the massage table, you will be covered by warm blankets. I recommend that you wear neither clothes nor watch or jewellery. The intent is for you to attain complete surrender to the Inner Self, but also to feel free from old energies and physical limitations. In case you do not feel comfortable with this idea, I recommend that you bring along one or two very light and comfortable pieces of clothing (pyjama, night-gown etc.).

It is very important to be able to cut yourself off from the mundane activities of your life while you are doing your sessions so that you can sustain the deep altered state your work will take you to each day. This means completely leaving your family and business behind you when you begin and suspending social activities while you are here.

Please give yourself permission to sleep as much as your body tells you to during this work. Very often the Inner Self will continue to heal and work on you during intermittent naps throughout the day.

If you are doing four sessions, you will need two litres of apple cider vinegar – available locally – and use a quarter of the bottle in a hot bath immediately after each session. Be sure to soak your head in the vinegar and wash your face, and stay in the bath for at least 20 minutes.

For the duration of your stay it is recommended that you eat very lightly, maintain a vegetarian diet, and refrain from alcoholic beverages. It is good to exercise – take a brisk walk or do Hatha Yoga – to move your body while you are doing the work. I also urge you to drink a lot more water than you ordinarily might.

Autigny is a farmer's village embedded in wide and soft hills, halfway between Berne and Lake Geneva. The nearest city is Fribourg. Our 17th century-house and the separate freestanding guest-bungalow are situated at the southern edge of the village with a view into fields, woods and the nearby Glâne winding through its natural riverbed. Walks can be undertaken directly from the house; at rainy times good shoes are recommended.

Autigny can be reached by intercity train from the airports of Geneva and Zurich to Fribourg, where we will pick up our guests.

The guest house is fully equipped with linen and towels. You will also find a fully equipped kitchen with a basic stock of tea, salt, oil, herbs etc. Fresh bread is available daily in the local milkery; vegetables and fruit can be purchased at a nearby shopping center. The Gruyere's-cheese from the local milkery is so famous that even Mr. Mitterrand and Mrs. Clinton choose Gruyere's from Autigny to be served at the Elysée and the White House.

If you have any questions at all pertaining to the work or your stay, please do not hesitate to contact me.

Autigny, March 2011