



## VIC State Committee Event | 17 November 2019

### Antahkarana meditation – a foundational self-development practice from Esoteric Acupuncture

*Presented by Steven Booth*

Derived from the practice of Esoteric Acupuncture as taught by of Dr Mikio Sankey (PhD, LAc), the Antahkarana meditation is a foundational developmental process of embodying the sacred geometry of higher consciousness. Sometimes described as ‘a consciously built bridge of mental matter’, a ‘rainbow bridge’, or ‘inner spiritual antenna’, the Antahkarana meditation practice is a powerful tool for Yang Sheng, increasing awareness, sensitivity, and intuition, thus assisting the practitioner in their development both personally and professionally.

Upon the completion of this workshop, participants are able to understand the function and purpose of the ‘New Encoding Patterns’ from Esoteric Acupuncture, including:

- Applied Sacred Geometry, from a Daoist perspective
- Concepts around the evolution of consciousness: ‘the New Human’
- Be confident to explore the basic patterns that construct the Antahkarana
- Be able to begin the practice of Antahkarana meditation for self-development

The workshop will go through solo and partnered activations, basic meditation and visualisation practices, embodied sacred geometry exercises and 3-6-1 Antahkarana meditation. It is designed for practitioners wishing to expand their toolbox of self-care and personal development practices, especially those with spiritual inclinations.

#### About the presenter

Dr Steven Booth (CM) is a Registered Chinese Medicine Practitioner, with extensive experience with bodywork (Shiatsu). He is a senior practitioner of Qigong and Chinese Internal Martial arts (Taijiquan and Baguazhang). Steven also has experience with Transpersonal Counselling, Pranic Healing, Raja Yoga, and Daoist meditation.

Steven was trained in Esoteric Acupuncture with Dr Mikio Sankey. He continues to develop in this practice in his own explorations.

#### Event Details

<b>Date</b>	17 November 2019
<b>Time</b>	1:30pm – 5:45pm
<b>Cost</b>	AACMA Members: \$40 (walk-in: \$50)   Students Members: FREE   Non-members: \$60 (walk-in: \$70)

- Please register with AACMA prior to the event. Only 70 seats available. NO walk-ins will be accepted on the day if the number limit has already been reached.
- No fees for AACMA student members.
- Non AACMA student members pay the same price as non AACMA member registrants.
- Students need to show their current student card on attendance at the event.
- Photos may be taken during the seminar. These photos may be published in the AACMA newsletter.
- If you do not wish to be photographed, please inform the AACMA head office when you register for this seminar.

Members note that the parking limit at Kew library has recently changed to two hours. However, there are many suitable parking options very close to the venue. Please click on the link to view these: <https://www.boroondara.vic.gov.au/street-parking-options-near-kew-library>

**Venue** Phyllis Hore Meeting Room, Kew Library, Civic Dve (Off Cotham Road), Kew VIC 3101

**CPD** 4 CPD points

**Registration Via Office** Via office - RSVP by 12:00 PM EST, Thursday 14 November 2019.  
Contact AACMA national office on 07 3457 1800 or email [aacma@acupuncture.org.au](mailto:aacma@acupuncture.org.au)

**Please bring your AACMA Tax Invoice as proof of your seminar registration and payment**

*Registrations and payments are to be done either via BPAY or over the phone via credit card. Please contact AACMA national office on 07 3457 1800.*

This is an AACMA-organised seminar. All enquiries should be directed to AACMA.

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### **Who can attend AACMA State Committee events?**

Attendance at AACMA State Committee events is open to AACMA members and non-members who are either CMBA-registered Chinese medicine practitioners or students enrolled in an AACMA/CMBA-approved acupuncture or Chinese medicine program. Preference will be given to AACMA members where numbers are limited.

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### **Cancellation policy for paid events**

Cancellations received one week or more before the event date will incur a \$20 administration fee. There are no refunds for cancellations received less than one week before the event or for failure to attend the event; however, a credit, minus the \$20 administration fee, can be retained for future events.

Any changes to event date, time, location, content or speaker(s) will be advised by the AACMA office before close of business on the Friday prior to the event.

Cancellation of registration due to event change(s) received before the Friday prior to the event can be arranged as a refund or credit for future events. Cancellation due to event change(s) received after the event date will be arranged as credits only if the registrant did not attend the event.

Please note that the AACMA office is not able to notify registrants of any event changes that may happen after the close of business of the Friday prior to the event.