

# Introduction to Attunement

Tom Hansen

"I have a body, but I am not my body. My body is an instrument of physical action and experience on earth, but it is not who I am. I am capable of using my body rightly to serve my true purpose in any moment, whether it is sick, well, lethargic, or ecstatic. I have a body, but I am not my body.

I have a mind, but I am not my mind..."



Most of us find our identity primarily in our body, mind or emotions. The study and practice of Attunement encourages us to remember what we have known since before we took form, and to place our consciousness of identity in the Creator.

Attunement is both a sacred healing art and a way of living, and is practiced by people around the world. In this 2 hour session you will learn some of the foundational principles of Attunement, experience the transformational energy of "love made visible", and learn techniques for Self awareness, stress reduction and healing.

Where: Darling Yoga, 11711 College (at Quivira), Overland Park.

When: Sunday, September 28

Time: 2 – 4 pm

Cost: \$15/person

([www.darlingyoga.com](http://www.darlingyoga.com))



Our session will include both dialogue and "hands-on" experiential time. Wear loose comfortable clothing. We will be pairing up for some of the time.

*Tom Hansen has been studying different forms of natural healing since 1984. From the standpoint of the energetic healing arts he is an Attunement Master, Reiki Master-Teacher, CranioSacral Therapist, Tai Chi and Yoga practitioner. Tom has a natural healing and energy practice in Lenexa, KS.*



There is a sacred exploration which awaits us all.  
It is not to become Buddha or Jesus.  
It is to be the light to which each referred when he said "I".