

History

Daricha has developed Body Transformation out of his work over the past thirty years in Eastern and Western philosophies and healing systems. These include: Postural Integration, Rebirthing and Breathwork, Hatha Yoga, Yoga Nidra, Tantra Yoga, Neuro-linguistic Programming, Shamanism, Deep trance work, Pre- and Perinatal psychology, Sound therapy, Accelerated learning and Psycho-Neuroimmunology.

What has emerged is a uniquely valuable healing process.

Deva Daricha, BA BEd (Mon.) TPTC, read History, Philosophy and Education at Monash University before teaching Philosophy for 13 years. He left academic life to establish Greenwood Lane Centre, a residential Spiritual community, with his wife Shivam Rachana. Together they direct the Centre for Human Transformation and have jointly authored *The Tantric Path*.

His published works include:

- Seeing the Body,
- Understanding the Body Transformation Process
- The Body Transformation Process Manual
- The Making of a Shaman
- The Lifelong effects of Circumcision and How to Heal Them
- Healing Circumcision, (Audio CD)

He has taught and presented at trainings and conferences in USA, Russia, Estonia, and Italy, as well as all states of Australia.

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BODY TRANSFORMATION



Where your body is,
your life is.

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The Benefits

What is Body Transformation?

The body remembers everything that we have ever experienced. All of our joy and all of our pain is remembered and unconsciously stored in the body's organic mind.

Where we have not been able to release or resolve stress, we internalise it. The memory of these experiences can crystallise in the tissue in many ways such as muscular tightness, body pains and inhibited breathing.

These body memories, that are often outside our awareness, influence our thinking, emotions, behavior. They limit our capacity to give and receive love, to trust in our own judgement, to easily step into new situations and to take up new projects.



Body Transformation is of benefit to every body. It can be seen as part of one's health management.

It invites an increased flow of energy, greater capacity for movement, improved feeling of well-being and the ability to perform physically and mentally at a higher level. With the release of unconscious memories that have controlled our perception, we can be open to increased intimacy and move into the world with less fear. We can experience a greater sense of unity with the deepest part of our being.

The Process

Body Transformation is usually offered as a series of twelve ninety minute sessions. It utilises a unique blend of deep tissue and subtle bodywork to enable a wholistic body re-education to realign the body, correct postural imbalances and facilitate release of tension.

Sessions 1 - 3

In these sessions we begin the initial opening: releasing inhibited patterns of breathing, inviting more vital organic life force and enabling the rediscovery of the flow of feeling life in the body.

Sessions 4 - 6

These sessions work deeply to release holdings in the musculature and attachments to the pelvis, lower back, belly and legs. As the lower body is the foundation of the whole, this enables a gradual recovery of our natural ease of movement, flexibility and grace.

Session 7

With the releasing and balancing of the neck, skull and face, the intellect is invited to assume its appropriate place at the service of our knowing rather than overriding it.

Sessions 8 - 9

Analysis and specific work to integrate the top half of the body with the bottom according to the individual's needs.

Sessions 10 - 12

The subtle bodywork sessions can release holdings through the entire digestive tract. This enables healing of incomplete aspects of our early development and unfolding. These sessions can also clear aspects of the past that inhibit our experience of bliss and connection to higher consciousness.