



Flower of Life & Breath of Life Teachings

January 2013 – Arcata, CA
(Humboldt County, USA)

Flower of Life: Prana, Sacred Geometry, and the Mer*Ka*Ba as taught by Drunvalo Melchizedek. • Activate your MerKaBa field ~ your vehicle to higher consciousness • Access your true healing powers, all of which are contained within you • Have a direct experience of the One Spirit that moves through all Life • Shift your identity from being a human victim to a spiritual master • Develop a transformed experience of yourself so that lower vibrational emotions, paradigms, and situations clear; allowing higher frequencies to come in.

Breath of Life: In this course you will learn how to create a very specific result called “Integration”. Integration is the experience of discovering a new source of benefit and pleasure, a new resource within yourself. It comes about by becoming aware of emotions, physical sensations, and other parts of your experience that you have resisted and suppressed; and by then expanding your sense of enjoyment, benefit, and acceptance to include all of them. You experience being markedly more effective at getting what you truly want in life as you harmonize your mental, physical, and energetic bodies, thereby eliminating internal conflicts. You experience a greater sense of well-being in ways you have never dreamed of and that will absolutely amaze you!

“There are two things we take in when we breathe... There is air and there is Prana. Prana is life-force energy and is even more vital than air for our existence. My books speak of the benefits of conscious prana breathing and my two workshops give you the living experience of it. The Flower of Life & Breath of Life Teachings combine to provide you with powerful tools for personal transformation. They will empower you to re-create the experience of your intimate connection to Source energy, thus enabling you to open your heart, so you can feel your intimate connection with all life everywhere.”

FoL: January 18–20 / BoL: January 25–27

Each course is 3 days: Friday @ 4PM-7:15PM, Sat/Sun @ 10AM-6PM

FOR MORE INFORMATION & TO REGISTER:

Flower of Life / \$344 USD: www.bobfrissell.com/register-fol.php

Breath of Life / \$344 USD: www.bobfrissell.com/register-bol.php

***Checks & Money orders make payable to Bob Frissell and mail to: 241 Temelec Circle, Sonoma, CA 95476**

***Online PayPal: add \$22 (*Advanced Registration required & a transferable, non-refundable deposit of \$222 holds your place.)**

Bob Frissell Author | Teacher | Rebirther

Flower of Life • Breath of Life • Sacred Geometry • MerKaBa Meditation

The Shift of the Ages: 2013 & Beyond

“This a time of great celebration as we move out of the darkness and into the light. The veils are being lifted and we are remembering our intimate connection to all Life. We are completely redefining what it means to be human.”



BOB FRISSELL IS AN INTERNATIONAL BESTSELLING AUTHOR AND RENOWNED REBIRTER AND FLOWER OF LIFE FACILITATOR AND TEACHER OF THIRTY YEARS, WHOSE BOOKS ARE REGARDED AS UNDERGROUND SPIRITUAL CLASSICS. IN ADDITION TO *NOTHING IN THIS BOOK IS TRUE, BUT IT'S EXACTLY HOW THINGS ARE*, HE IS THE AUTHOR OF *SOMETHING IN THIS BOOK IS TRUE...*, *YOU ARE A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE*, AND THE #1 BESTSELLING *TRANSFORMING THROUGH 2012*. HIS BOOKS ARE PUBLISHED IN SEVENTEEN LANGUAGES AND ARE AVAILABLE IN MORE THAN THIRTY COUNTRIES.

BOB HAS BEEN A FEATURED SPEAKER AT *THE GLOBAL CONGRESS OF SPIRITUAL SCIENTISTS* IN BANGALORE INDIA, *THE 4TH ANNUAL SYMBIOSIS GATHERING* AT YOSEMITE, *THE PROPHETS CONFERENCE* IN TULUM, AND MANY *NEW LIVING EXPOS*. HE HAS ALSO APPEARED ON NUMEROUS TALK SHOWS, INCLUDING *THE JEFF RENSE PROGRAM* AND HAS BEEN A THREE-TIME GUEST ON *COAST TO COAST AM*. HE PRESENTS HIS WORKSHOPS THROUGHOUT NORTH AMERICA, AUSTRALIA, AND EUROPE.

TRAINED BY LEONARD ORR, THE CREATOR OF REBIRTHING-BREATHWORK, AND BY DRUNVALO MELCHIZEDEK, THE ORIGINATOR OF THE *MERKABA* AND *UNITY BREATH MEDITATIONS*, BOB IS A MASTERFUL AND AUTHORIZED FACILITATOR OF FLOWER OF LIFE RESEARCH AND GIVES WORKSHOPS ON *THE BREATH OF LIFE* (REBIRTHING AND EMOTIONAL HEALING) AND *THE FLOWER OF LIFE* (SACRED GEOMETRY AND THE MERKABA) ALONG WITH OTHER HEART-OPENING TECHNIQUES AND IS AVAILABLE FOR PRIVATE SESSIONS.

www.BobFrissell.com