

Teresa Keast

Workshop Leader and Speaker

I give workshops and talks on a variety of subjects that incorporate my deep love and resonance with the teachings in Yoga, Meditation, Taoism, Buddhist and Vedic and Theosophical teachings.

As I seek to understand and my own knowledge and wisdom grow I have a strong desire to share my insights with others through teaching.

The following are a list of topics available;

Consciously Raising Your Vibration

A practical look at what constitutes and contributes to our vibratory energy as a reflection of our soul contact and subsequent emanation. Through energy interactions with others, we can make choices in life that involve right action, thought and deed to consciously raise our vibration, be who we truly are and allow others to do the same. By adopting positive energy enhancing changes in our behaviours, our homes, our environments, our way of living we come to consciously walk our path of spiritual growth with greater awareness.

It's All in the Etheric

An in depth exploration into the nature of our Etheric energy body. Allowing insight into the chakra energy dynamics that play out through our personality, and reflect our soul expression. Through understanding our own energy centres and their unique vibration, we come to understand the energetic rapport we experience with others, within groups, between world servers that enables us to explore a vision of where this might potentially take us...

The Magic of the Seventh Ray and Aquarius: Implications for Humanity

To gain greater understanding of the effects on and implications for both the individual man and mankind as a whole as the energy of the sixth ray passes out of incarnation and we welcome in the energy of the seventh ray in the Age of Aquarius.

Expanding Conscious Awareness through Meditation

Explore how regular meditation expands your conscious awareness in your everyday life, bringing greater peace, fulfilment, happiness and joy. Come to understand on a deeper level how connecting regularly through meditation changes you and your life, how you come into alignment with who you truly are, why you are here and your part in the greater plan.

Developing Intuition: Theosophy in Action

An exploration into how meditation and yoga enable you to truly live a spiritual life rather than just believing in it. By connecting with and living by the intuitive wisdom from your Buddhist nature, the expansion of your conscious awareness allows you as the intuitive knower to develop a clear sighted view of your particular path of love and service.

Right Relations

Right relations within establish right relations with others, our community, our world. Through inner observation we harmonise and unify our intellect with our intuition, our yin and yang energies, our personality with our soul. Truth pervades enabling us to see past the imperfections of the personality of another and see instead the light of their soul...and right relations blossom...

The Power and Energy of Group Consciousness

We are in essence unified, a single Reality experiencing Duality. Our world is built on values expounding separateness. By choosing the power of love over the love of power we energetically change ourselves, our relationships with the people around us, and therefore our world. By consciously coming together in groups in united higher purpose, we have the potential to transform the way we live.

Esoteric Healing and the Seven Major Centres

To grasp a greater understanding of esoteric healing and the seven major chakras and how this process unfolds and can potentially raise the consciousness of the spiritually inclined man or woman.

The Power and Energy of Brotherhood

We are unified, a brotherhood. This is not just a concept it is a way of living that we need to wake up and realise. As science explores consciousness and brings us fresh evidence of our united cohesion we can synthesise both esoteric and scientific discoveries to fully understand the power and energy of brotherhood. Through opening the heart and higher centres to the inflow of soul energy we transition from the experience of separateness to the full realisation of brotherhood and our part in lifting the consciousness of mankind.

Truth, Beauty and Goodness as Expressions of the Soul

We will explore each of these qualities as expressions of our Soul energy to reach a deeper understanding of what they really mean and how we can express these in our daily lives. Through self-understanding, wisdom arises and recognition of the part we play in bringing forth these qualities in the world, manifesting change.

Hope in Troubled Times: What can we do?

By standing in the light of our soul there is much we can do to maintain our equanimity and make a difference in challenging times. An exploration of why we must hold hope, why there is reason to hope and what we can do to make a difference.

Energy Esoterically

Energy is the key to all connections, within our Self, with others, with our planet and as One Humanity. Through a deeper esoteric understanding of energy we can make choices in life that consciously raise our vibration and allow the light of our soul to shine in a world that needs it more than ever.

Understanding Energy through Yoga

A **practical workshop** in which we explore and develop a deeper understanding of the energy dynamics in the chakras and etheric body through pranayama, yoga asanas, tai chi like movement sequences and deep relaxation. No previous experience of yoga necessary, all movements are suitable and adaptable for all. These sessions involve gentle but powerful physical movements, breathing, visualisation, and meditative exercises with an emphasis on the practical understanding of energy in the body.

Please contact me if you would like me to speak on any of the topics above or any combination of topics or related topics.

Teresa Keast

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