

Energy Language

living and creating from oneness



Unfolding potential

The natural potential of the mental plane goes unused in most of us today, or is developed almost exclusively on a purely rational and analytical level. This frequently leaves our intuitive thinking underdeveloped. Even though many of us know or sense, that thought can influence matter, we somehow lack the ability to consciously implement this fact. We continue to experience ourselves at the mercy of life and not as co-creators. Beliefs, behavior patterns and unprocessed experiences from the past, create limitations that result in perceptual lenses which determine how reality is experienced. These lenses make it difficult to access our heart where connectedness, abundance, creativity and love naturally flows.

„The intuitive mind is a sacred gift and the rational mind a faithful servant. We have created a society which honors the servant and has forgotten the present.“

~ Albert Einstein

The origin of those teachings

Centuries ago, an ancient shamanic lineage from the Mayans in Mexico investigated the interconnectedness between thought and matter, generating a means to unlock and access the natural power of thought. The Curanderos are alchemists. They have comprehensive knowledge concerning the structure of the subtle realms and the all encompassing web of life.

The wisdom about the sacred space in the heart, which is also shared in this seminars, roots mainly in ancient mystery schools and in the indigenous Kogi tradition from Columbia. Their Mamas (healer) spent 9 years in caves without light in order to develop a deep understanding about the inner and the invisible realms. On their request Drunvalo Melchizedek started to share this wisdom and developed a way which works for us westerners.

Combining those teachings

The teachings about the shapes and colors are taught as Light Language or some teacher share them in a more original manner as Indigo Teachings. The progress of the work and the new name emerged when the sacred space in the heart became the basis for applying the knowledge of Light Language or Indigo.

When spirit is home in the heart

In the majority of the population since thousands of years our spirit, our sense of „me“, is located in the mind. Due to that we live in an underlying feeling of separation, scarcity and polarity. As a result of the urgency to evolve our consciousness, indigenous traditions and mystery schools offer now their secrets, which formerly were hidden and reserved for adepts only. They show and teach us ways to move into the sacred space of the heart where we are one with creation.



Union of the heart and mind

When we center our spirit in the heart, or rather in the tiny space of the heart and unify the heart with the mind, we are able to create a reality of wisdom and love, originated beyond linearity and polarity.

Sacred geometry

Energy Language is an initiation into „Sacred Geometry“, which consists of geometric shapes and colors. According to these teachings thoughts are vibrations of shapes and colors. We all use this language, yet subconsciously. The seminars are about learning how to apply this on a conscious level; consequently being able to change our own vibration frequencies those of places, and by doing so become the co-creators of our reality. We learn to shift the state that is the source of our problems and create in union of heart and mind.

Our communication reaches a new dimension, as it is no longer limited to the exchange of words.

„Geometry is the original language of creation.“

- Platon

Responsibility and action

The 21st Century confronts us with the challenges and the suffering that we have unconsciously inflicted upon the environment, our fellow humans and ultimately upon ourselves. Lastly due to unhealthy value systems that are predominantly based on growth, performance and external parameters. Symptoms of this are the rising number of collective problems as well as impoverishment on various levels. On a more immediate personal front this is being experienced through constantly rising numbers of compulsive disorders, allergies, discontentment, loneliness, depression, burnout and addictions just to name a few.

Since our thinking determines our actions and experience, Energy Language enables us to implement the necessary shift in consciousness, allowing us to create nourishing and deeply fulfilling value systems at the core that are based on internal values that honor all living species and are in alignment with universal laws and natural cycles.

„Be the change that is your desire to see within the world.“

- Gandhi

Drawing from inherent wealth

Energy Language teaches us to manifest qualities within ourselves that we consequently can provide for others, qualities we otherwise would seek mostly in the outside world. These include stability, harmony, the ability to differentiate, alignment, etc. We learn to realign our energy field attracting resonance to what we desire and what truly nourishes us on deep levels. Interconnectedness and abundance can become quintessential attitudes towards life enabling us to make our unique contribution with ease. A participant's quote: *"It's so exciting to see how I can, as if by pressing a button, just allow myself to slip into certain states of consciousness."*

*„This universe is not outside of you. Look inside of yourself;
everything that you want, you already are.“*

- Rumi



Initiatory teaching

During the seminars energetic spaces are created which provide the entire information of the seminar content through the subtle realms. At subconscious levels we learn to imitate and apply this energetic information. In computing, we would say that the information is downloaded from the teacher's energy field. This learning does not occur at an intellectual level; rather, it encompasses our whole being.

„We experience far more than we ever can comprehend.“

- Prof. Hans-Peter Dürr

Where we benefit from Energy Language:

- In our personal development and unfolding of our potential
- In a conscious lifestyle fed by the wisdom of the heart
- In developing a higher sensitivity and intuition
- In a differentiated sensing and embodiment of energy qualities
- In a deeper understanding of how other human beings feel and act, especially useful in conflict situations
- In all kinds of healing professions in order to cleanse and align energy fields consciously
- In leading positions, teaching activities and any communication as our energy fields and words are in tune and therefore deliver messages clear, authentically and powerful

Overview of the seminar content:

- Education, refinement and development of our psychic abilities
- Cleansing and clarifying the perception of our subtle energy system and conscious discrimination of the aura layers (emotional, mental, spiritual)
- Carefully activation and gradually training of the sixth chakra (third eye)
- Purification, cleansing and healing of the mental body through initiation in the energy structures of the geometric shape and color vibrations
- Attunement of the mental plane to the Indigo frequency
- Access to the sacred space of the heart
- Conjunction of the heart and mind
- Principles for using geometric shapes and colors for therapeutic application
- Conscious structuring of your mental energy
- Creating from the wisdom of the heart
- Conscious structuring of energy fields in rooms, buildings and terrains
- Practical exercises with which you can deepen the abilities from the seminar in your daily life



Setup of the seminar series of Energy Language (also possible as a yearlong training)

Basic seminar: purifying the mental plane – access to the sacred space in the heart – connecting heart and mind (duration: 4 ½ days or 2 weekends)

We access mental forces that previously lay beyond consciousness. Dense areas within the mental body that we carry from the past and that originated through beliefs, emotional blocks and unprocessed experiences are dissolved. Areas of the brain are activated allowing new neural connections to be created which open up radically new ways of responding to life instead of reacting in habitual ways that keep us trapped in our own consciousness. We learn to center our spirit in the sacred space of the heart and to connect heart and mind. Our personal energy field (aura), or the energy field of rooms, buildings and terrains can be altered into a desired frequency through specific application of geometric shapes and colors.

The setting of temporary or long term energy structures (grid) is acquired. Potential application is possible e.g. in therapeutic, interpersonal, spiritual and personal areas.

A participant's quote: *"I do not know any spiritual work which is able to address and dissolve subconscious issues at such a profound level as the Energy Language. I am much more present in my body and far more grounded. I have far less mental noise i.e. thoughts that bother me."*

10 „Sets“: healing and alignment of the physical body system

(duration: 2 ½ days, prerequisite: Basic seminar)

The energy structures named *Sets* will be taught, these describe the optimal functioning of the ten main physical body systems. Each system will be strengthened, clarified and purified. This process can be compared to the tuning of a musical instrument that has its own, perfect, unique tone.

A well balanced skeletal system e.g. translates to stability and feeling supported, we create work structures and relationship structures that foster ease and clarity. Participant's quote: *"My ability to face reality constructively has increased enormously and continues to do so, further my perception and experience of life has changed massively, it is a lot more holistic. My intuition and inner knowing still continue to increase in strength, through Energy Language."*

10 „Stages“: healing and alignment of the emotional plane

(duration: 2 ½ days, prerequisite: Basic seminar)

Ten energy structures named *Stages* are dealt with, which are closely related to the causes of patterns, blocks and disharmony originating in our emotional system. Early childhood influences, genetic predisposition or factors that lie before this incarnation affect the seamless functioning of this system as well as beliefs, prejudices, reactive behaviors or competitive patterns. Each of the ten *Stages* deals with another aspect of our own emotional make up that so often keeps us perpetuating old patterns over and over. If, for example, the structure of our attitude is healthy, it is easy to change perspective and to perceive situations in a new light. We see things to which we previously were blind.



Linear Grid: dissolving limitations - developing highest potential

(duration: 2½ days, prerequisite: Basic seminar, Sets and Stages)

With a so-called *Linear Grid*, we learn to apply the previously acquired Energy Language vocabulary on a linear level. This means that the previously learned energy structures begin not only to affect the present, but the past and future as well. Only in this regard can they be used to dissolve limitations originating in the past, in order to freely shape the future out of the present moment. Stagnant energy, from unresolved experiences, begins to flow and is once again at our disposal, available for the fulfillment of our highest potential. Thus past limitations turn into future possibilities.

Through a *Linear Grid* we attract much supportive energy from all levels, the path to fruition is indicated – yet, we have to be willing to take the steps.

„Knowledge alone suffices not, application is necessary. Nor does wanting suffice, for action is required.“

- Johann Wolfgang von Goethe

Vertical plane of Energy Language

Through Vertical Energy Language, we access a level of our humanity which lies beyond our linear plane of experience. Some call this the soul; others simply consider it a certain state of consciousness in which we have a different, time-less approach to what is.

The initiation and training into Vertical Energy Language is similar to that of the linear, three-fold: shapes, colours and grid setting.

Vertical Shapes

(duration: 4 ½ days, prerequisite: Basic seminar)

The shapes of the vertical plane are eighty highly differentiated geometric bodies. The initiation into the subtle, majestic power of each uniform polyhedra cleanses and clears the mental body, thereby preparing it for the new way of working in the vertical plane.

Vertical Colors

(duration: 4 ½ days, prerequisite: Basic seminar)

The colors of the vertical plane are one hundred and forty four highly differentiated shades, which open up a whole spectrum of subtle vibrational frequencies. The initiation into these frequencies complements those of the polyhedra and completes the clearing process, connecting the mental body to vertical time. The colors complement the polyhedra of the vertical plane and combine with them to move, shape and alter energies with great precision.

Vertical Grid

(duration: 2½ days, prerequisite: Basic seminar, Vertical Shapes, Vertical Colors)

It is nearly impossible for the linear mind to understanding the way a *Vertical Grid* works. While the *Linear Grid* deals with past and future, the *Vertical Grid* deals with being and non-being. It deals with matters moving from non-existence into existence or not – independentl from space and time. This allows the vertical grid to deal with issues originating beyond linear time and to thereby connect us with our original being.



Space Holder:



Puria Kästele supports people in healing, transformation and change since 2000. She leads consciousness expanding seminars in Germany and abroad. Since childhood she has access to the invisible realm. Puria displays comprehensive knowledge of the human nature through her professional experience in the medical area, long practice of meditation, Tai Chi, advanced trainings in alternative healing methods and spiritual healing work. She is also connected to the wisdom of a powerful shamanic tradition through many years of intensive training and being initiated in the Lineage of the Curanderos. Furthermore several experiences of oneness and out of body experiences expanded her levels of consciousness. Ramana Maharshi, Amma, John de Ruiter and Drunvalo Melchizedek created a huge impact on her life and put the focal point to living from the guidance and wisdom of the heart and the infinite being.

She is co-founder and was for three years chief executive of the nonprofit foundation „be-the-change“ for cultural change in Germany. Her work contributes to the unfolding of a new life-sustaining culture that is based upon evolving consciousness in society and the connection of heart and mind. She is mother of two adult wonderful daughters and loves the simple, close to nature lifestyle in her Yurt in the Bavarian Forest in Germany.

„Beyond right and wrong there is a field - I will meet you there.“

- Rumi

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