



The Dream of the Bones

From the Bone Consciousness series

With Monica Anthony & Elissa Dell

March 17th - 19th 2023



“Bone has a spiritual component: it represents our foundation and freedom to move and manifest our dreams into reality.” Hugh Milne

Bones are concentrated essences of the individual; a dynamic energy structure charged with sacred and symbolic power and functioning.

We can see them as constellations, touchstones or patterns: each with its own need to be present, its 'own' dream.

This expanded field of our consciousness opens new doors: bone, the most solid part of us, giving access to the transforming potential of the most subtle aspects of our nature.

Bones hold wisdom and have an identity and clarity of communication whose voice is often not really heard. When everything is in synchrony, the 'sound' is crystal clear and the bones speak of a more profound healing.

This is the territory of ancestral paths, of light and transformation, where our fluid and mineral nature in blood carries the rhythm of our story from bone marrow to heart, the fountainhead.



This two and a half day course offers time to develop the perceptual skills to go deeper into bone-consciousness and allow that voice to speak in its unique way.

Monica is a Craniosacral Therapist and UKCP registered Transpersonal Psychotherapist. She has a background as a musician and has been exploring the relationship between mind, body and spirit since her first encounter with Transpersonal Psychology in 1975. In practice in London for thirty five years, she teaches postgraduate courses on various aspects of healing and craniosacral work, and also workshops on transpersonal psychotherapy.

Elissa started training in Craniosacral Therapy in 1991 and has over ten years of teaching experience at the College of Craniosacral Therapy in London. She also trained with Hugh Milne in Visionary Craniosacral Therapy and has assisted on his courses in Europe. She has a background as a painter. She is currently practising in London and East Sussex, teaching a Foundation in Embryology called 'Phenogenesis: The Process of becoming Visible', and other Post-graduate courses.

Fee: £285 for 2.5 day course - £265 for bookings made before January 31st 2023 (Maximum 8 participants)

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