

Wisdom and Science from the East and West



Spiritual Therapy Meditation
Trauma Therapy Holistic Healing

The Light Path Transformation

Sessions Groups Retreats Trainings

*"Nothing
you have ever done or not done
can provoke or prevent
the truth
the beauty
the completion
of who you are.*

It is so close that we simply overlook it."
(Adima)

Please find our schedule on the inserted sheet in
this flyer or on our website

We're passionate about enabling our clients to
help themselves.

Free Welcome Counselling over the Phone

Adima & Sudeva Hawkes
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SPIRITUALITY

COMPLEMENTARY THERAPY

Transforming body and mind
Nourishing spiritual awakening

ADIMASUDEVA.COM

Adima

In my work with people, the roles I play are known as 'Spiritual Teacher, Intuitive Healer and Therapist for Body & Mind.' On my path a shift happened from imagining, how I should be, to discovering who and how I truly am. There's a passion to support that discovery in you. My focus is a happy and healthy life in which our human and divine nature flower in unison. I trained in many ways and apply tools where that's useful, yet my strongest allegiance is with trust in the Now-Presence.



Sudeva

I was studying literature at Cambridge when my life took a turn to a spiritual path. Since 1996 I have worked as a Meditation Teacher and Body Therapist and graduated later as a Counsellor and Trauma Therapist. In working together with Adima a unique combination of Self-Inquiry, Trauma Therapy and Tibetan Pulsing developed. Adima and I met as study colleagues of Meditation and Healing in the 90s in India. We joined as partners in life and work in 2015.



We welcome you to liberating and lasting changes in your life.

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Our work is designed to bring the human and spiritual potential to flowering. It has 3 main aspects:

● SELF-INQUIRY

Before Self-Discovery comes the question "Who am I?" This inquiry invites personal honesty and revelations of universal truth. In facing and welcoming *who* and *how* we truly are, liberating realisation is possible.

● TRAUMA THERAPY

Gently healing shock and developmental trauma. Based on Somatic Experiencing we include attachment styles and the neurological effects of trauma on social engagement and in intimate relationship. Our unique combination with Tibetan Pulsing supports the healing on the body level.

● TRANSFORMATIONAL BODY WORK

Tibetan Pulsing

In simple words it is "Healing through Love". It uses the pulse beat of the heart combined with sound for healing and self-awareness. Pulsing can profoundly assist and heal physical, psychological, and mental conditions. Your back problems as well as migranes, eating disorders or reoccurring heart breaks in relating ... to name just a few.



Tibetan Pulsing Iridology

The different kind of Eye-Reading

The eyes are the mirror of the soul. They show the script for "the role you play in life."

This Iridology differs entirely from common iridology by using a holistic view into the causes of symptoms. It gives you an understanding of why you suffer from certain conditions and guides you in how to overcome them. Let's have a look!



Light Energy Dance

is intuitive body-/energy work with psychic attunement and channeled energy.

WHO IS ALL THIS FOR?

This is for everyone who is in touch with an inner fire, with a longing to be free and an interest to explore the adventures of the Inner. Newcomers and advanced spiritual self-explorers are welcome to join the experiment of being each others guiding light and mirror. The quickening of transformation on the planet invites us all to share and improve our ways of sharing this unfolding of consciousness.

Let's play and expand our capacity to enjoy life!

Please note: what we offer is complementary, not alternative. It does not replace medical advice or medication.

We're certified in Counselling, Psychotherapy, Hypnosis and various Body Therapy and Healing Arts (it's on our website)