

**Sophia Foundation & Choreocosmos
School of Cosmic and Sacred Dance**

**THE SHAMBHALA PATH
with
Robert Powell, PhD**

**Seminar/Workshop at Izhcayluma, Vilcabamba, Southern
Ecuador from January 4-10, 2020**

Arrival on Saturday, January 4 / Departure on Friday, January 10

Description of the Seminar/Workshop

When Shambhala reveals itself again, one of the first visions to come to human beings will be that of Christ in his etheric form. Into the land declared by Oriental writings to have vanished there is no leader other than Christ. It is Christ who will lead human beings to Shambhala.... In future, Christ will become visible to human beings in the etheric and not in a physical body.

From the middle of the twentieth century on, and continuing for the next twenty-five hundred years, this will happen more and more often. Enough people will by then have experienced [something like] the event [that Saul who became Paul experienced] at Damascus that it will be taken to be a common occurrence all over the world... In full consciousness human beings should enter this land [of Shambhala] under the guidance of Christ.

Even now the initiate can and must go often to the land of Shambhala in order to draw from there new forces. Later, other human beings, too, will enter the land of Shambhala. They will see its radiant light, as Paul saw above him—the light that streamed from Christ. This light will stream toward them, also. The portals of this realm of light will open to them, and through them they will enter the holy land of Shambhala.

~ Rudolf Steiner

Rudolf Steiner (1861-1925) had in 1899 a profound experience like that of St Paul—expressed in Paul’s words “Not I, but Christ in me.” Steiner was, as a Christ initiate, later able to enter into Shambhala and draw from there new forces. He emphasized, however, that this is only possible through Christ. He indicated: “The path is a true one; but it is very difficult.” Thus he was able to communicate the foregoing italicized words on the basis of his experience—through Christ—of Shambhala. His entire teaching was in order to prepare human beings for the onset of Christ’s second coming, his manifestation in the etheric realm, the realm of life forces, at the center of which is the golden realm of the Earth Mother—the realm known as *Shambhala* in the East and *Paradise Lost* in the West. How can we connect with this sacred realm of the Earth Mother, Shambhala?

One way is through the Shambhala Path, based on powerful movement (eurythmy) exercises communicated by Rudolf Steiner through his connection with Christ and the Mother. The Shambhala Path comprises 33 aspects and is divided into five segments—an Introduction, followed by Parts 1 to 4. On the first day of the seminar/workshop (Sunday, January 5) we shall focus on the introductory exercises.

For the practice of the exercises we shall be moving each day in the yoga studio at Izhcayluma, which is set in a beautiful location in Nature just a few minutes walk from the main building with the Izhcayluma restaurant, where our meals will be.

The seminar/workshop extends over five full days (Sunday to Thursday) and just as Sunday will be dedicated to the Introduction to the Shambhala Path, so each of the four following days (Monday to Thursday) will be devoted to one of the four parts of the Shambhala Path.

Part 1: Putting on the Rose Cross (Monday, January 6)

Part 2: Becoming a Grail bearer (Tuesday, January 7)

Part 3: Activating the Sephiroth within, the Spheres on the Tree of Life (Wednesday, January 8)

Part 4: Connecting with Shambhala (Thursday, January 9)

For those who would be interested, it will be possible to take part each day at 7:30 am in the yoga offered in the yoga studio. There will also be three evening celebrations in the yoga studio during the course of the week, in honor of Christ and the Earth Mother.

Daily Program from Sunday, Jan 5 to Thursday, Jan 9:

7:30am—Yoga (independent of the seminar/workshop)

7:00-9:30am—Breakfast: the self-service breakfast costs \$3.90, and consists of fruit salad, yogurt, granola, bread, coffee/tea, natural juice, butter and jam.

9:30-10:45am—Shambhala Path practical exercises

10:45-11:15am—Break

11:15 am-12:30pm—Shambhala Path esoteric lecture

12:30pm-3:00pm—Lunch Break: see **restaurant options**

3:00-4:15pm—Shambhala Path esoteric lecture

4:15-4:45pm—Break

4:45-6:00pm—Shambhala Path practical exercises

6:00pm-8:00pm—Dinner: see **restaurant options**

8:00-10:00pm (Mon/Wed/Thur) Evening Celebration

Friday, January 10: Departure

Accommodation from Saturday, January 4 for 6 nights with check out on Friday, January 10, 2020—choose between:

5 cabins (one queen size bed) with private bathroom and own balcony—single \$39/night, double \$49/night (cost of cabin)

6 private rooms (double bed) with private bathroom—single \$29/night, double \$38/night (cost of room)

1 private room (two single beds) with private bathroom—single \$29/night, double \$38/night (cost of room)

1 twin cabin (two single beds) with private bathroom and own balcony—single or double \$49/night (cost of cabin)

2 superior cabins (two queen size beds) with private bathroom and own balcony—single or double \$59/night (cost of cabin)

In these prices are included:

- Free mineral water all day
- Free use of Izhcayluma's amenities
- Free WiFi
- Ecuadorian taxes
- Free yoga class each day at 7:30am

IMPORTANT: Izhcayluma does not take credit cards!!!

For further information, visit www.izhcayluma.com

The website is in Deutsch, English, and Español.

<http://www.izhcayluma.com/en/> for the English version of the website.

Click on “Book Now” and the “Reservation Request” page comes up, where one can reserve one’s accommodation, or phone: +593 7 302 5162 or +593 99 915 3419 (cell)

+593 is the country code for Ecuador—

from the USA or Canada: 011593 / from Europe: 00593

Ask to speak with Raik, who is handling reservations on behalf of our seminar/workshop. Raik can speak Deutsch, English, and Español.

Or contact him via email: izhcayluma@yahoo.de

Because of the limited amount of accommodation at Izhcayluma, participants are recommended to book as soon as possible.

Apart from the accommodation listed above, specially reserved for our group of participants, there is also “Backpackers Accommodation” offered at much reduced prices.

Registering for the seminar/workshop:

Participants coming from outside of Ecuador:

Please make sure, when you book your accommodation, at the same time to register and pay tuition of \$300 with the Sophia Foundation at

<https://sophiafoundation.org/product/shambhala-path-ecuador-retreat-2020>

Phone (within USA): 303 242 5388; email: sophia@sophiafoundation.org

Or pay by check to the Sophia Foundation, 4500 19th St. #369, Boulder, CO 80304

Participants coming from Ecuador:

Please make sure to register with Cheryl Mulholland that you will be attending.

Cheryl’s email: kinterra@gmail.com, phone: +593 99 173 6397, or WhatsApp

Payment in cash when you arrive at the seminar/workshop.

Practical Information:

Cheryl is happy to talk with you if you have any questions about the seminar/workshop. Also, she can give helpful advice regarding traveling to Vilcabamba—directly to Izhcayluma—or if you are too late in booking to secure accommodation at Izhcayluma, Cheryl can also give recommendations regarding other accommodation options in Vilcabamba, in which case, though, it will be necessary always to travel by taxi from your place of accommodation to Izhcayluma and back. (Fortunately, the taxis in Vilcabamba are very inexpensive.)

Restaurant Options:

There are many good restaurants in Vilcabamba, where it is possible to go for lunch and dinner, and Cheryl can give advice regarding various restaurant options. Again, though, it is a matter of arranging transportation with a taxi. For this reason, many may prefer to eat at the Izhcayluma restaurant, which is a very nice restaurant, as can be seen from the restaurant page of the Izhcayluma website.

Here with a direct link: <http://www.izhcayluma.com/en/restaurant.html>

Further helpful information on the website: photos of the accommodation options (Accommodation link) and also photos of the yoga studio (SPA/yoga link).

Travel:

Be sure to click the link: “Daily Shuttle Service directly from Cuenca to Izhcayluma” (departing each day at 1:30pm) and returning each day from Izhcayluma to Cuenca, departing at 8:00am. (Allow approximately five hours for the trip.) Because of the shuttle service—cost \$15 per person—which is operated by Izhcayluma, the easiest way to travel to this remote destination, is to fly to Cuenca and take a taxi from the airport to Hostel "La Cigale", street Honorato Vasquez 7-80 y Luis Cordero, from which location in the city of Cuenca the shuttle departs every day at 1:30pm

Payment—Cash Only:

Vilcabamba—and this applies also to Izhcayluma—is a cash only region. Fortunately, the cash used is the US\$. And there are two functioning ATMs located at opposite sides of the town square in the center of Vilcabamba: Banco de Austria ATM and Banco de Guayaquil ATM.

When it comes to paying at the little stores in Vilcabamba, it is helpful to have a good supply of \$1, \$5, \$10, and \$20 bills. (Note that at places like Izhcayluma it is not a problem to pay with larger bills.)

Videos:

Some recently made videos may be found on the Sophia Foundation website under “Resources”:<https://sophiafoundation.org/resources/> For those who are new to this work, the videos may be helpful. And a series of videos of the Shambhala Path are in preparation. Information concerning these new videos will be sent out by the Sophia Foundation. If you would be interested to be informed, please sign up to be on the Sophia Foundation mailing list at [Sophia Foundation.org](http://SophiaFoundation.org)