

# Sumanas Retreat Forum



*Free admission*

March, 13th, 2013 at 6:30pm  
Karpeles Manuscript Library Museum  
21 W Anapamu St Santa Barbara, CA  
RSVP 805-722-8043

## Be Heart Big

"The heart generates the body's most powerful and most extensive rhythmic electromagnetic field. The electrical component of the heart's field is about 60 times greater in amplitude compared to the brain's field, and permeates every cell in the body. The magnetic component is approximately 5000 times stronger than the brain's magnetic field and can be detected several feet away from the body with sensitive magnetometers." --R. McCarty, Institute of HeartMath

Imagine how we are influencing others with our thoughts and feelings if we are processing information far beyond our physical selves! We can shift the energy of any environment through our vibrational field. We've all heard someone make a remark that a place or person has good vibes or bad. Do you know how you are affected by others and how they are affected by you? This is self care, and particularly important if you are in the health/healing professions or interact with large numbers of people daily. Bring greater conscious awareness into your daily life through clear energetic boundaries and minding those boundaries with integrity in thought/action and a generous heart.

Come and explore your own energetic field and heart space through guided meditations and experiential exercises led by Lillian Kurosaka.



Lillian Kurosaka is a Biosynthesis Somatic Therapist/Trainer with a diploma in Biosynthesis, somatic and depth psychological education from the International Institute for Biosynthesis in Switzerland. Furthermore, she is a graduate of the Metta Institute's year-long End of Life Care Practitioner program, a graduate of the SB Body Therapy Institute, and a certified Therapeutic Yoga teacher. She studied Energy Medicine extensively with G. Hoppe and G. Stux and trained in Reiki through the master/teacher level and Healing Touch through the practitioner level. She uses her training in sound, art, and movement therapies and many forms of energy work in her private practice and workshops. She is a volunteer for Visiting Nurses and Hospice Care and the *No One Dies Alone* program in Santa Barbara. She is a member of Phi Beta Kappa and the International Institute for Biosynthesis. <http://www.santabarbarawellnessnetwork.com/listing/lillian-kurosaka.html>

SUMANAS RETREAT FORUM is a lecture series on topics of health and well-being by local, national and international healers, therapists, artists and health professionals. The lecture series is open to the public, especially, to those who are interested in health and healing, relaxation, rest, recovery, and renewal. For more information visit [sumanasretreat.org](http://sumanasretreat.org) or call 805-722-8043.