

ALPHA FUNDAMENTALS

Living Consciousness

Created By Dr. Eugene Botha



Living Consciousness is a one-day workshop, designed to help you to realize and engage your untapped potential. You will learn ancient techniques, created to enable you to experience a deeper awareness of “self” as well as develop understanding of how the brain and the mind engages with our environment, creating behavioral patterns that serve us or, cause suffering. The process of Living Consciousness has many holistic benefits; allowing you to maintain a clear perspective, gain new insights and clarity in decision making

as well as improving your creativity, expand on perspective in life, problem solving ability, improve the body’s ability to heal, reducing your stress and suffering as well as fulfilling your dreams. The workshop outlines a combination of the dynamic interaction between body, mind, Quantum theory, philosophical wisdom and the expression of consciousness. It is a life changing process, accessing ancient wisdom with the intention of inspiring your true potential in your life. It is highly recommended for everyone who is looking for another perspective to enhance meaning, purpose, love, joy and wellbeing in their lives.



“Contrary to what they tell you, you are not a limited physical being.”

Amit Goswami