



**The Shen Foundation, a non profit organisation
dedicated to global and personal transformation.
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**'Embracing Catastrophe'
- a course on self-healing and community service -
14th – 24th January 2011**

Today the human race is at a turning point. With the growing impact of ecological disasters taking place world-wide and with the further prospect of more virulent 'flu pandemics, what is the worst case scenario for which we need to be prepared? History tells us that in just the last 1,500 years, pandemics and associated natural disasters reduced the global population by 30% in the 6th century and 20% in the 14th century. The scientific revolution of the last 300 years has not brought either peace or security to humankind; on the contrary, our world of today is more vulnerable than ever before.

What can we do to plan for social continuity in the event of profound and lasting disruption to society and its infrastructure? How can we raise our consciousness so that we may adapt to the challenges that lie ahead and be of service when we are called?

Based on traditional Taoist practices for enhancing physical immunity and the raising of consciousness, the Shen Foundation has been established to address the looming threat of natural disasters through the establishment of the North East Scotland Continuity Plan.

This plan addresses the following questions:

- could such a disaster happen now?
- how serious is the risk?
- what is the worst case scenario?
- what can we do to plan for continuity
- how can we raise our consciousness and immunity?
- how may we be of service?



Dr Bisong Guo, an internationally recognised teacher of Qigong and Director of the Shen Foundation, and **Michael Wolff**, Director of North East Scotland Continuity Ltd, are inviting those who wish to serve as future leaders to co-create a training package that will enable them and others to prepare themselves for this critical time of transition.

14th - 16th January: Soul journey

Discover who you are and why you are here, your mission and soul purpose.

17th - 23rd January: Self-healing and community service

Training on how to teach others the methods learned during the course and for assessing and measuring levels of consciousness, health and immunity.

24th January: Workshop with the wider community to test the model.

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Please call Shen for details. **0044 (0)1309 696984**

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