

# Aura-Soma

## Khushbu Rita Deutschmann

Health Pract. /Gesundheitspraktikerin (BfG/DGAM)  
Colour- Light- Soultherapy©

Aura-Soma Trainings  
Subtle Energy Massage©  
Metamorphosis  
Family Constellation©  
Time Line  
Osho Tantric Illumination  
Essence and Enneagram©  
Practical Kabbala  
Counseling  
Meditations

## Personally

I was born in Switzerland on the 17.09.1958. Over the last 24 years I have been trained in various types of Therapy like Osho Psychic Massage, Hypnosis and NLP (Erickson), Timeline Work, Aromatherapy, Metamorphosis/Prenatal Massage, as well as Meditation Teacher and certified Aura Soma Consultant and Aura Soma Teacher.

I have been working with Aura Soma for 18 years now and offer all levels of the Aura-Soma Colour Care Consultant / Practitioner Training and Further Education for Consultants and Practitioners.

I have created my own Massage Training called Subtle Energy Massage, which combines my experience in the field of Esalen Massage, Osho Psychic Massage, Aura and Energy Work and Prenatal Massage – along with the Aura Soma Equilibrium Bottles and the Quintessences and Pomanders.

Recently I have also developed a new and exciting seminar that combines the wisdom of the Ancient Sufi Enneagram with the world of Colour and this course transmits a great insight into the complexities of our egoic personality structure and the underlying Essence of our true being, our Self.

My true Passion as a spiritual Therapist is the creation of spiritual and practical methods in the realm of Consciousness Work . My aspiration is to find for each client a unique and customised pathway to his/her Essence or Self whether it be in a group or in an individual session.

Diverse and individual, in the Light of Colour, I would like to accompany you, dear reader, in your life's purpose and support you.

The Meditation courses can in turn lead to a new level of self-experience.



"Meditation is a state beyond thinking. Meditation is a state of pure consciousness without content. This state can not be achieved with the help of the mind. Meditation happens when you lay aside the mind when you are calm, unconcerned, not identified with your thoughts when you see the thoughts pass by like white clouds, but do not identify with them. Meditation happens when you realize that you are not your mind, and if this awareness sinks deeper and deeper into yourself, then you will experience moments of silence, moments of pure clarity, moments when nothing stirs in you and everything is quiet is. In these quiet moments, you will know who you are, and you'll know about the mystery of existence. "Osho

Aura-Soma is generally a color and light therapy,  
However, both a soul and a holistic therapy Spiritual therapy. Aura-  
Soma works through the color spectrum and its various frequencies.

If we use the colours through the medium  
of the 107 Aura-Soma Equilibrium  
Bottles (singular or dual tinted) the  
wavelength of the colours will  
synchronise with the  
electromagnetic radiation of the  
body, similar to the tuning of a radio  
a certain station.

The main aim of a Soul Therapy  
like Aura-Soma is primarily to give  
an experience of Essence or Self, a  
self-experience thus enabling a  
sense of Security and anchor it on the inside;  
therefore shifting emotional and mental patterns and mind frames. At  
the same time we change our perception of ourselves, with love and  
compassion, our self assessment and how we relate to our  
environment.

In the space of loving acceptance, appreciation and respect the Self or  
Essence of the client can lift the subconscious aspects of the mind into  
consciousness, brought “into Light”, in other words.



# INDIVIDUAL SESSIONS

## Aura-Soma Consultation/Reading

An Aura-Soma Reading is meeting the individual, ie it takes place in a very personal context.

With a choice of 4 Aura-Soma Equilibrium Bottles creates a kind of “painting of the Soul” that will be decoded in the session, in a dialog. This painting will show the unfolding of one’s own way and cast light and shadow on this path, also a direction for the future is shown from the here and now of consciousness and being present. A reading helps to embrace oneself with love and to become aware of one’s deepest needs.

A single session will help in situations where a new vision is needed , a fork in the road has been reached or one’s perception is clouded. In other words: any time when we want to learn more about the Souls journey.

This individual Session lasts 1 ½ Hours. Price : 62,- .€.

## Further Individual Sessions:

The content of the individual sessions as listed below in the Seminar descriptions.

- Aura-Soma and Family Constellation
- Aura-Soma and Time Line
- Tantric Illumination
- Essence and Illumination
- Metamorphosis
- Aura-Soma Subtle Energy Massage
- Practical Kabbala and Tarot
- Resourcing
- Counseling
- Couple Session

1,5 Hours, Price: 62,- .€

Family Constellation: 2 h, Price 83,- €. Massage: 1 h, 62,- €.

# Aura-Soma-Practitioner TRAINING

The training to become a certified Aura-Soma Practitioner will follow guidelines laid down by the Aura-Soma Academy. There are three stages within the Practitioners Training. At the end of each level you will receive a certificate that confirms participating and allows to enter the next level of Training. After completion of level 2 you can apply for a Practitioner Certificate, which authorizes to practise in public and to offer Aura-Soma consultations and receive Aura-Soma Products at wholesale rates from distributors. Stage 4 involves the running of one's own Aura-Soma practise and a written essay about Aura-Soma.

**Level 1: The Foundation Course** explores the world of colours and the association and archaic symbolism in terms of colours and their vibrations. Participants of this course will receive knowledge and confidence to work with the colour combinations and/or Integrate Aura-Soma in their work. 6 days

**Level 2 : The Intermediate Course** deepens the awareness and knowledge of light and colour. Relationships between the Aura-Soma colour system and other spiritual traditions such as Buddhism, Yoga, Astrology and Numerology are demonstrated. 6 days

**PPS: The Personal Presenters Course** is an integrated component of the Aura-Soma Practitioners Training. It provides a sound basis to professionally present and teach Aura-Soma in Public, with the emphasis on the recognition of the personal quality of each Practitioner. 3 days

**Level 3: The Advanced Course** is the last and therefore completing stage of the Aura-Soma Practitioners Training. It expands and deepens the understanding of the Energies of Aura-Soma. The connection of Aura-Soma with Kabbala (Tree of Life) and the Tarot will be taught as a theoretical and practical experience. The Tree of Life as a map of consciousness. 6 days

## SEMINARS AND COURSES

The seminars are open to everyone interested, for Aura-Soma students and as training for Therapists in their practise and also an inspiration for all seekers on their path.

Most of the seminars can be booked as Individual Sessions.

### Tantric Illumination Course

Outwards an encounter happens, a marriage, a relationship, a possibly life-long love story. We fall in love with the outer perception of the man/woman.

At the core of this yearning for melting into each other lies the union of opposites, it plays itself out on the physical, emotional and mental level. In the beginning it is the longing for oneness with one person, in its finality the longing to become one with existence.

The love we seek outside ourselves mirrors this longing on all levels.

In this seminar we will become aware through exercises, meditation, self-awareness, and the mirror of colour what we seek in love. And find!



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This course is also offered as an introductory seminar with the title:

### The Searching and Finding in LOVE

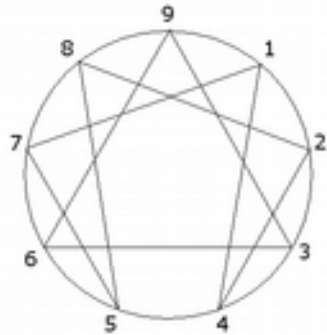
## The 9 Colours of the Soul: Essence & Enneagram

### Aura-Soma and the Enneagram

This seminar combines the wisdom of the Sufi Enneagram with the world of Colour. The different essences within the Enneagram are the mirror of the soul in its true form and belong intrinsically to it.

The course lasts 3 days and is recognized as continuing education for Practitioners.

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## Aura-Soma Subtle Energy Massage

### Training©

#### Training in Aura-Soma Massage and Energy Work

This 6-day certified ASIACT seminar combines the art of meditation, massage, conscious touch, energy work (aura work and energy reading), massage and relaxation techniques from areas of body therapy with the healing qualities of the Aura-Soma Equilibrium Bottles.

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## Aura-Soma and Time Line

We experience time as a linear continuum, until we see with Light Work that every situation of our past life, every moment can be brought back into a contemporary experience that opens the door to understanding, resolution, and redemption, as well as integration and thus greater presence in the Here and Now. The technique of the Time-Line as a creative tool and Aura-Soma are the main components.

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## Metamorphosis

Averaging nine months every human being experiences different and highly complex stages of developing. Unresolved themes from this period remain deeply rooted in the subconscious mind and feelings and often dominate the whole perception of the world and one's own self-image.

Many relationship and attachment disorders are rooted in this perception of oneself.

Through the Metamorphosis this process is recognized not only by the mind but experienced especially with the heart. Feelings get detached, irrational fears give way to a feeling of connectedness and intimacy. A healthy, relaxing and soothing grounding in life is starting to happen.

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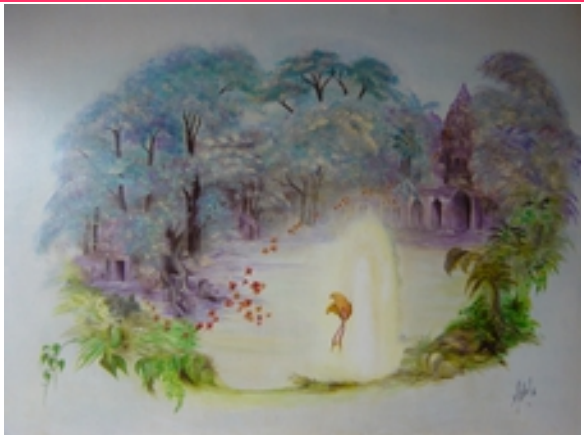
## Aura-Soma and the Healing of the Inner Child

The Aura-Soma New  
Aeon-Child-Set reflects  
our growth and  
development of the child

in the psychic and spiritual realm. We will recognize the need and the necessity of this naturally given resource by identifying it and then using the resources for the unfolding process.

In the seminar we will become familiar with our own Inner Child through exercises, body work and meditation with much compassion and sensitivity.

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# Aura-Soma and Family Constellation

Often energetic structures that have evolved over time are present in relationships. especially in Connections and Bondings within the Family. Becoming aware and understanding these energetic structures and Hierarchies with the Light of Aura-Soma in a Constellation will enable greater distance and detachment and awareness as the first step into self-love within a family and helps to further deepening emotionally enriching relationships in Life.

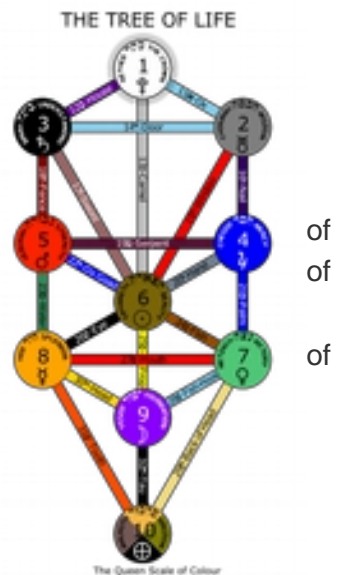
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## Kabbala and Tarot

### Practical Work with the Tarot and the Tree of Life

The recognition of one's Life's Purpose and Life's Mission in the paths and spheres the Tree of Life. The decrypted Symbolism the Tarot will be decoded.

The recognition of the imagery on the map consciousness, the Tree of Life, provides a playful experiential access and easy comprehension. Trance journeys and physical exercises (Postures and attitudes) will deepen the journey.



Please bring comfortable clothes.

## The Energy of the Masters

Each Master Vibration enables a new experience in our lives.

The Master Energies are catalysts and enable alchemical processes at all levels. To experience the Masters is to trust one's own inner guidance and to find the true source. These are the topics of the day with meditation and exercises to support this process.



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## The Essences of the Angels

### Angeloi and ArchAngeloi

Behind every one of us is an angel, and behind each angel an archangel. This seminar provides a connection through the angel to the archangels and their ever steady positive influence in our lives.

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## The Way of the White Clouds

### Introduction into Meditation

#### Day Workshop and Open Evening Classes

Active, passive and classical Meditations will be introduced and practised: Vipassana, Nadabrahma, Heart Meditation and Zazen. Meditation techniques for every day use, for breaks and every occasion (Morning, Evening and Night Meditations) will be introduced. These days are dedicated for Yourself.

Please bring comfortable clothes and house shoes.

# Experiential Astrology

## Astrology Workshop in the Light of the Colour

The experiential Astrology has its roots in Gestalt and Constellation Work.

Energies take shape and form and are therefore alive for us and can be experienced. The Horoscope (Radix) is understood as a Wheel of Fortune, Wheel of Karma and Dharma and is understood as we enter the fabric of our own lives.

Where possible, each participant receives his/her own Constellation.

Please bring your own Horoscope.

# Aura-Soma Apothecary

## Day Workshop about the Rescue Bottles

The Aura-Soma Rescue Bottles are intensely energized and are created for specific situations. They allow alchemical processes at all levels in a short time frame. The Rescue Set will be presented on that day as a whole and individual Rescue Bottles will be explained in detail. A guided Meditation and practical exercises provide an instant understanding.

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# INFORMATION & REGISTRATION:

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Please contact me via phone or email for individual sessions.

Registration for all courses via email, phone or mail.

Please state the Course you wish to attend, date and personal references (name, contact details, email)

Upon receipt of the registration follows a written confirmation with all other information about the course.

Included in the price are all training days, course material, certificate of the Aura-Soma Academy in England (ASIACT), drinks and snacks in the breaks.

At the time of registration 50% of the course fee is due.

Cancellation until 14 days before the course 100% will be refunded, or if desired, credited for a later course at 100%.

In case of late cancellation 50% will be refunded.

