

ARUN - Conscious Touch

Intensive Training - Level 1

Certifies that: Amona Buechler

has experienced a new meditative vision of the Human Body as a vibrating electro-magnetic Energy-Field, infused with Consciousness. This Training consists of 140 hours of the instruction of Conscious Touching, Breath of Meditation with Movement Awareness exercises, Spiritual Nutrition, detailed inner anatomy and Living Brain Energy Flow awareness, as well as daily exchanges of **ARUN Conscious Touch** and **Osho Active Meditations**. She/He is now able to share **ARUN Touching Meditations** with others.

Osheanic International
October 11 ~ 24, 2016

Archan Anasha and Prem Anubuddha
Co-creators of ARUN Conscious Touch
Anasha SPAnubuddha

ARUN - Conscious Touch

Intensive Training - Level 2

Certifies that: Amona Buechler

has experienced a new meditative vision of the Human Body as a vibrating electro-magnetic Energy-Field, infused with Consciousness. Inspired by Osho, this **Advanced ARUN Training** consists of 100 hours of the instruction and understanding of Conscious Touching, the Perceptible Breath of Meditation, Movement Awareness & ARUN Yoga classes, Spiritual Nutrition, detailed inner anatomy, Living Brain Energy Flow awareness, and electro-magnetic energy lines and centers... as well as daily exchanges of **ARUN Conscious Touch** and "**Psychology of the Buddhas - Freedom from Pain**", which is based on unconditional acceptance, self love, non-judging, and "being present in this moment".

She/He is now able to share **ARUN Touching Meditations** with others.

Osheanic International
October 29 ~ November 7, 2016

Archan Anasha and Prem Anubuddha
Co-creators of ARUN Conscious Touch
Anasha SPAnubuddha