

BIOGRAPHY



1975 is the year I embarked on my journey of psychological and spiritual exploration. Since 1976 I have studied several styles of healing, psychology and spirituality, researching various interrelated practices and philosophies. These have been combined to create a distinct entity known as Core Realisation, an

integral psychological and spiritual system that heals the personality, unfolds spirituality and sources essentiality. This synthesis has evolved over the years to reflect experiences and insights gained through working with people since 1982.

My primary training is in Traditional Oriental Medicine, Medical and Daoist Qigong, Cellular Healing, Bioenergetic Analysis, Core Energetics, Deep Bodywork, Ritual Theatre and Diamond Logos. Other important influences include various Daoist, Buddhist, Gnostic, Sufi and Humanistic Psychology principles and practices. My principal personal and vocational motivation has been to forge a synergy of these with the intention of meeting others in a place of heart, soul and community.

FOUNDATION COURSE

Continuing the trajectory of the ongoing Cycle of Life courses, it is an experiential personal growth, spiritual unfoldment and facilitator skills development course. The next two-year course, is made up of 12 bi-monthly weekend modules. It is enrolling now and starts 21 September 2012.

FACILITATION COURSE

A post-foundation three-year course is available for those interested in becoming Core Realisation practitioners.



CORE REALISATION - SESSIONS, WORKSHOPS AND COURSES

INITIAL CONSULTATIONS / TASTER SESSIONS

Mondays or Fridays

Explore how Core Realisation courses and sessions can benefit you; or experience a one-to-one Holistic Oriental Medicine session.

COST: £30 FOR ONE HOUR

INTRODUCTORY WORKSHOPS

Saturdays 10 - 5pm

These elucidate the principles and provide a sense of what this work entails. Participants will experience a sample of practices and processes suited to their needs.

COST: £30 FOR THE DAY

DAO QI GONG COURSE

Thursdays 7 - 9pm

For details please see relevant section of inner page.

COST: £60-£90 PER TERM

CYCLE OF LIFE COURSE

Fridays 7 - 9pm, Saturdays 10 - 6.30, Sundays 10 - 5

For details please see relevant section of inner page.

Dates: Generally the second or third weekend of every February, May, July, September and November.

COST: FULL WEEKEND £120, ENTIRE COURSE £500

INDIVIDUAL SESSIONS

Mondays or Fridays

Ongoing one-to-one sessions are usually once every one to three weeks. The pace of the journey will reflect the frequency of sessions.

COST: £45-60 FOR 60 MINS / £70-75 FOR 90 MINS

LOCATION

All sessions and events take place at
THE CORE REALISATION CENTRE
3 Longmead Road, Tooting Broadway
London SW17 8PN

CONTACT AMADIS

for workshop and course dates or to arrange sessions:

020 8671 1206 or 07941 665506

amadis@core-realisation.com

CORE REALISATION

We are more than an existential entity with an ego identity, we are an essential being with an integral nature in the process of self realisation



INTEGRAL PERSONAL DEVELOPMENT WITH AMADIS CAMMELL

Address psychosomatic conditions
Uncover and heal psychological wounds
Recover and embody your essential nature
Discover and realise your innate spiritual reality

www.core-realisation.com

OUTLINE OF CORE REALISATION

CORE REALISATION is a personal and transpersonal modality for individuals and communities. It is a synthesis of interrelated somatic, humanistic and transpersonal psychologies, and traditional spiritual practices. Used in a synergistic way they can touch all levels of our being. We come to recognise how our upbringing and conditioning have affected and distorted us. By going deeper into the heart of our being we realise who we truly are and what we are not. We begin to trust in and live from the authenticity of our Core Self. This heals and transforms our human condition from an existential struggle to an essential existence.

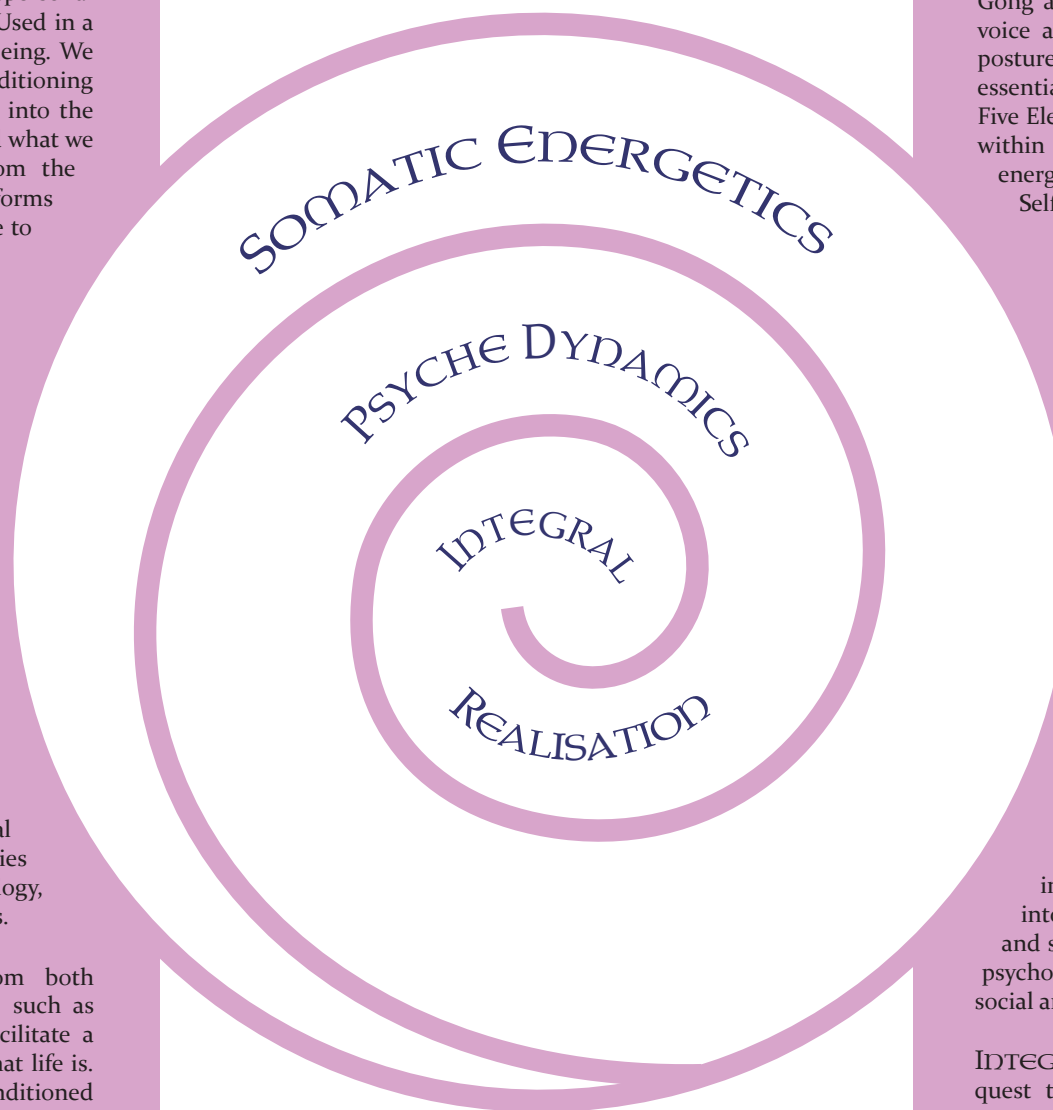
THE THREE LEVELS OF CORE REALISATION

SOMATIC ENERGETICS is comprised of body-centered modalities such as Reichian Psychology, Qi Gong, Drama, Dance, Deep Bodywork, Bioenergetics and Core Energetics. These facilitate, anchor and embody our psychological and spiritual growth in our body, life force and person.

PSYCHE DYNAMICS is mainly based on humanistic psychology principles and practices. Soul-centered paradigms are also included to engage with the deeper aspects of our psyche as well as our ego. They work to heal and deepen personal, interpersonal and communal dynamics and relationships. Contributing modalities are Cellular Connection, Analytical Body Psychology, Gestalt, Energetic Integration and Core Energetics.

INTEGRAL REALISATION is sourced from both traditional and contemporary spiritual systems, such as Pathwork, Chan and Diamond Logos. They facilitate a gradual shift in perception of who we are and what life is. The central premise is that we are more than a conditioned personality; we also are an authentic Core Self. The personal and transpersonal, the transient and immanent, the corporeal and ethereal, and the sublime and mundane are seen as facets of an integral natural reality.

CORE REALISATION AN INTEGRAL WAY



WHEN YOU SENSE AND FEEL
WHAT IS, YOU DON'T NEED TO
BELIEVE, YOU KNOW!

DAO QI GONG COURSE

This annual ongoing weekly course corresponds to the seasons of the Five Oriental Elements and is structured into five terms, each of 6-9 evening meetings. Dao Qi Gong is a practice of traditional and contemporary Daoist Qi Gong and Internal Alchemy. Meditations, visualisations, voice and breath work, spontaneous movements, body postures and forms explore the spiritual, energetic and essential qualities of Yin-Yang, the Three Treasures and the Five Elements. When these are alchemised and integrated within our body and soul, then physical conditions and energetic imbalances are remedied and our Authentic Self steadily realised.

THE CYCLE OF LIFE COURSE

This annual Core Realisation ongoing weekend course of five modules follows the Cycle of the Five Elements and encompasses all aspects of our being. Participants are free to join any time and attend any number of workshops. Each workshop is distinct yet assists and potentiates the others. The psychological work lay the ground for us to integrate the spiritual enquiry, which in turn resources us to deal with the challenges in our everyday life. The components of this course are:

PSYCHE DYNAMICS and SOMATIC ENERGETICS will ground us in our body and address past childhood traumas and current emotional wounds. Therapeutic resolution of inner and outer conflicts is made possible by looking into our thoughts and beliefs, and by connecting to and staying with our feelings and sensations. Every-day psychological and psychosomatic stress and relational, social and familial problems are attended to.

INTEGRAL REALISATION will facilitate our spiritual quest to awaken our essential resources and supernal consciousness. When we connect to our Integral Being, we recognise we are an evolving soul rather than just an ego. This gives us the capacity to face our personal fears and worldly difficulties, gives purpose and meaning to our lives and reveals our true human nature.