



DIMUTARA – The Art of Healing

Center for Learning, Experiencing, Healing

We are learning from the nature within (body, mind and spirit) and the nature around us (the 5 elements, the plant- animal- and spirit-kingdom). Our tools are the Expressive Arts, Spiritual Psychology and Subtle Energy work. Our goal is holistic healing.

Are you longing for a peaceful, harmonious Life on this planet?

We believe in evolution and human's ability to wake up. We also believe that paradise can happen on our earth. We therefore embrace and respect Creation of which we are part.

Conscious change comes from inside. The world won't change for the better as long as we persist in our old patterns. Imagine if our technocratic and now digital world would break down. What would be left? Only our inner wisdom.

Do the following questions interest you?

Who am I?

What is my purpose in life?

How can I become a person who is able to serve for the wellbeing of all life?

If you carry these questions in your heart, you might have a calling for a deeper learning and feel the urge to change the world by transforming your personal reality into more harmony, beauty and love.



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Our Body contains the past, present and future. Our body is the micro cosmos, from where we can draw all the knowledge we need for a healthy, prosperous life full of love, beauty and joy.

Learning from our Body

The Body tells us our life story:

Our Body doesn't forget, it's like a treasure box which stores each moment of our life as a unique, not repeatable experience towards growth and individuation.

Our Body always sticks to the truth, even with experiences which were too painful for us to keep in memory.

Our Body reflects our soul which has chosen this very body and life.

Our Body speaks to us through movement, visualised pictures and dreams. Feelings and body sensations are the language of the soul. Are we there to listen and act accordingly? Why don't we trust this ancient, universal language of body and soul?

Learning from our Mind

Truly feeling at home is when our mind stays connected with the body and thoughts are not travelling or grasping objects, when the mind is aware of its home/body and what is happening right now. There is no object, there is no good or bad. The I becomes one with body-mind-soul. The power of a deep inner state of being is the magic entrance key to the world within and only there healing can happen. (See concept I-Thou and I-It)

Learning from Spirit

We accept and understand that we are part of Creation and cannot rule the world without its Spirit. We realize that all living beings are interconnected and depending on each other. Therefore the well being of all life forms matters to us. We understand that only our humble approach in any undertaking can lead to lasting success.



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DIMUTARA offers a 2 year holistic training for the whole person.

Our goal is to facilitate people in their process towards a healthy and resilient body, an emotionally stable, balanced and loving self, with an open, non judgmental mind.

In order to become a whole person, we emphasise head and intellect equal with body and intuition and encourage following the voice of our soul and its guidance.

Spiritually we strive for respect, honesty, integrity towards all living beings and self, practicing compassion, awareness, stillness and offering love, joy and happiness to all life forms. We learn to trust in our personal process towards a higher purpose.

Learning for Life

We have asked ourselves: how do we learn best?

Cognitive learning through direct teaching has a very limited success – how much of the knowledge, which we learnt at school are we still owning? For most of us, there is only a very small percentage of this school knowledge on call in our memory.

Learning for Life must be based on more than direct cognitive teaching. We have to integrate our senses and physical activity to generate a positive emotional experience, which will be easy to remember and will serve as a foundation for an active, creative mind.

Learning from and interacting with Nature offers us a much more complex and profound understanding of the interconnectedness of all things. This deeper understanding allows us to plan and carry out our lives accordingly. We feel, act and understand interconnectedness and are able to support our planet and its life forms towards healing rather than destroying. An isolated, cognitive thought and its action in contrast will often lead to a dead end.



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The Foundation of the [DIMUTARA Training](#) is based on the following four pillars:



The Healing Power of the I-Thou Relationship[®] by Elisabeth Guentert Bay
- a spiritual approach to life



The Life Art Process[®] by Anna & Daria Halprin, Tamalpa Institute
- Movement based Expressive Arts Therapy



Understanding the Gross Body
- the Physical, Emotional and Mental Process
Understanding the Subtle Body
- the Energy System, the Aura, the Chakras



Respecting and Learning from Nature
- the 5 Elements, the Nature Spirits

The [DIMUTARA Training](#) is first of all for you, for your inner growth and capability to creatively respond to life's challenges, and to practice the gained wisdom in your work, in your community, and with your family and friends. Our goal is to become better human beings and to grow and heal individually and collectively.