



Dave Oshana: Enlightenment Transmission and the Interpersonal Space of Psychosomatic Release



Presenting over 20 years of Enlightenment Transmission research into healing mistaken identification, psychosomatic tension release and the recovery of natural joy. During this presentation, you will be enlightened, entertained and seduced into collaborating with Life.

TOP EMBODIMENT TIP: Notice where you are, what you are doing, who is sitting inside of you.

Rhythms of Nature: **Rhythms of Nature involve Absolute Deep Connection.**

- Humans are the only animals that easily disassociate from themselves and their body.
- Dissociation from self causes turmoil in relationships.
- Dissociation causes a lack of: awareness, energy and sense of purpose.

Relationships: **The Three Relationships That Matter.**

1. Our relationship with ourselves (consciousness) and our bodies.
2. Our relationship with others.
3. Our relationship with the environment.
4. All of these relationships can have aspects of disrespect, and being out of sync with the rhythms.

Our Identity: **We have been Conditioned Into Adopting An Identity.**

- Identity is a disassociation of the self.
- Identity causes physical ailments and lack of connection with others.

The Way Out: **An All Encompassing Natural Lifestyle With 5 Components.**

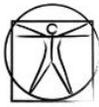
1. A mysterious guiding intelligence / Instinct / knowing / “*enlightenment transmission*”.
2. Teaching from loving, moving, real time input.
3. A form of energy work to dissolve and disconnect blockages.
4. Natural lifestyle. Communing and living with a connection to nature's rhythm.
5. Switch on and develop giving. Interaction in a way that supports yourself, others and the planet.

Connection: **It Is By Connection That We Evolve and Heal.**

- Make all interactions beneficial and positive. This raises energy of ourselves, others and nature.

Resources:

- ❖ **Website:** [Dave Oshana](#)
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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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