



ABBA-IMMA

The Lord's Prayer & Chi Kung

with Pr. Steve Harms & Kaleo & Elise Ching
at San Damiano Retreat Center
Saturday, May 25, 2013



Join Pastor Steve Harms and Kaleo and Elise Ching for this daylong exploration combining an inspirational and thoughtful rendering of the Lord's prayer with especially choreographed Chi Kung movement.

Speaking in chorus with the 2,000 year old utterance of the Lord's Prayer and moving in harmony with the ancient practice of Chi Kung, the Abba-Imma Chi Kung prayer blends Judeo-Christian and Taoist wisdom and compassion. It enhances your intimacy with the Divine beyond and within through prayer and movement.

It invokes and honors Abba-Imma, Father-Mother God, the Universal Spirit, while harvesting sources of Chi in the heavens, environment, and earth. It is grounded in the Taoist and Traditional Chinese Medicine principles of Yin and Yang, the Macrocosmic Orbit, and the chakras. It invites us to look at the meanings and origins of the words of the Lord's Prayer in a new and historically discerning way. It is founded on the teachings of the past, engages the witnessing awareness of the now, and sparks the creative potential reaching toward what is yet to come.

Learn:

- Theological, philosophical, and spiritual background and context of the Lord's Prayer
- Special Chi Kung exercises to open the mind, heart, and body
- Chi Kung Meditation as prayer
- Chi Kung movement to complement the meaning and the words of the Abba-Imma prayer

View the "Abba-Imma Chi Kung" form you'll learn at: www.kaleoching.com

When: Saturday May 25, 9:30am to 4:30pm

Fee: \$60 includes lunch at San Damiano

Where: San Damiano Retreat Center, Danville, CA

Pre-Registration required: Space is limited. To

reserve your space contact:

San Damiano Retreat Center

925-837-9141

P.O. Box 767

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Danville, CA 94526

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Steve Harms (middle) and Kaleo & Elise Ching

Steve Harms has an Masters of Divinity (M.Div) and his MA in Theatre Arts, and his years in ministry have taken him from the streets of the Tenderloin in San Francisco to the streets of Danville. Steve previously served as the President of the Interfaith Council of Contra Costa County and remains actively engaged in deepening inter faith connections within the community. Pr. Steve provides compassionate pastoral care and is a gifted preacher who enjoys creative worship. **Kaleo Ching**, MA Art, and **Elise Ching**, BSN, MA English and Transpersonal Psychology, are teachers (20 years) of Chi Kung. Elise and Kaleo are both Certified Acupressure Massage Therapists and Certified Clinical Hypnotherapists. They co-teach classes combining Chi Kung, acupressure, guided meditation, and art and have co-authored several books, including *Chi and Creativity: Vital Energy and Your Inner Artist* (Blue Snake Books, 2007).