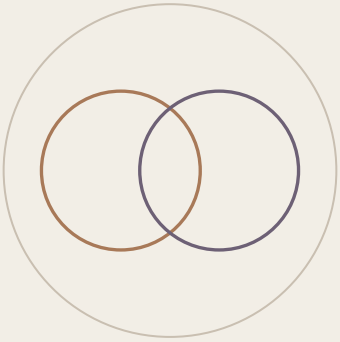
AWAKE

HUMAN REGENERATION



Private Engagements

A one-to-one encounter where Direct Path and Human Regeneration meet.

> Suffering happens when human beings bypass their true Nature.

FOR THOSE WHO HAVE SEARCHED

Private Engagements are for those who have searched for a direct experience of their true nature through spirituality, meditation, therapy or personal exploration, yet have not found the lasting fulfillment the soul longs for.

Direct Path offers a personal space to stop, look directly and discover what is already present in one's own experience.

WHEN THE HUMAN ORGANISM NEEDS SUPPORT

Private Engagements may also support people navigating experiences that make rest, presence and direct exploration difficult:

PTSD and trauma-related activation
Generalized stress
Insomnia and difficulty resting
Existential loss of meaning

Human Regeneration responds with somatic, restorative and nervous-system support according to present capacity.

When clinical care is needed, AWAKE is offered as a complement to appropriate medical or psychotherapeutic treatment.

A space for direct exploration

Direct Path is the heart of AWAKE. Human Regeneration supports the organism when support is needed. Embodiment is the way recognition begins to permeate the body, relationships and ordinary life.

DIRECT PATH

The direct recognition of our true nature through inquiry, dialogue and stillness - not as an idea or altered state, but in our own experience.

HUMAN REGENERATION

Deep rest, Somatic Allowing, psychological integration and nervous-system support when greater capacity and resources are needed.

EMBODIMENT

The natural expression of recognition through the way we feel, relate, communicate, create and participate in life.

PRACTICES & EXPLORATIONS

Direct Inquiry

Looking directly into awareness, identity and the nature of experience.

Meditative Dialogue

Shared exploration through questions, listening and direct pointing.

Stillness & Effortless Mindfulness

Recognizing the presence that does not depend on controlling attention.

Somatic Allowing & True Safety

Meeting experience without unnecessary resistance, while respecting present capacity.

Nervous-System Regulation

Orientation, grounding and resourcing when regulation is the intelligent response.

Deep Rest & Integration

Yoga Nidra, restorative practices and psychological integration when useful.

FORMAT

Private one-to-one engagement
80-90 minutes
Online or in person

COMMITMENT

Minimum commitment:
three months

INVESTMENT

USD $70
per engagement

CREATED & FACILITATED BY

Dhruva Lance · Founder of AWAKE