

2023 Symbol of Life Seminar: The next 4 Labors (#5-#8) of the Hercules Practice  
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### *2023 Seminar outline*

Labor 5 Hercules Kills the Stymphalian Birds (evil elementals)



4 One Hour + Sessions:

- System Overview & Meditation
- First Labors #1 - #4 of Hercules: Brief Review with Meditation
  - Lion of Anger
  - Hydra of Desires
  - Wild Boar of Unbridled Bodily Appetites
  - Wild Dear of Uncontrolled the Personality's Emotions & Thoughts
- Elementals 3.0 with Meditation
- Stymphalian Birds: labor: Teachings, Practice with Mediation

## Labor 6 Hercules Cleaning the Stables of Augeas (energy centers)



### 4 One Hour + Sessions:

- Etheric Energy and how to use it to help ourselves & others - Mediation.
- Etheric Centers their functions, purpose with Mediation
- Contamination & Interference with Mediation
- Cleaning the Stables Labor with Meditation

## Labor 7 Hercules Capturing the Mad Cretan Bull (personality in confusion)



### 4 One Hour + Sessions:

- Cretan Bull Labor: teachings, practice & Meditation
- A Journey Out and In with Meditation
- Mastering Time & Place Circumstances with Meditation
- Our movement through the Circles of Consciousness with Meditation

## Labor 4: Hercules Capturing the Flesh-Eating Mares of Diomedes (destructive elementals)



4 One Hour+ Sessions:

- Flesh Eating Mares Labor: teachings, practice & Meditation
- Symbol of Life overview: paths and centers with Meditation
- Crucifixions and Baptisms & Meditation with Meditation
- Revelations: These are The Days of Elijah with Meditation

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Lessons by Daniel Meditations by Aki

