

# The New LRT™ Intensive - Amsterdam, 4-5-6 may 2012

## The New Loving Relationships Training ..... from The Passion of the Divine Mother

A 3 Day Weekend Training created and presented by **SONDRA RAY**  
with the PASSION FREQUENCY of the **DIVINE MOTHER**  
with Mark Sullivan (**MAN MOHAN**)

Contained is a short summary of the essential offerings of the New Loving Relationships Training™ created by SONDRA RAY, containing newly revised elements designed to fit the energies of the times, and the necessities we have for the clear understanding of relationships in our lives; what makes them work and not work; what are the patterns we need to understand to free ourselves from repeating dysfunctional behaviors; and ultimately what are the Spiritual imperatives available to aid us in the attainment of perfection in the relationships we experience now in our ascension toward realizing our Higher Self. This summary is presented with the sincerest invocation and benediction to the Divine Mother of us and the Universe.

## ***The New Loving Relationships Training™*** ***from The Divine Mother*** ***by SONDRA RAY with Mark Sullivan (MAN MOHAN)***

In the advent of the personal growth movement of the 1970's and 80's, Sondra Ray stands tall as one of the major voices of expanded consciousness in our time. Author of seventeen books on the subjects of Relationships, Family Psychology and Dynamics, Rebirthing, Spiritual Healing, and the Spiritual cutting edge philosophies of the New Age, including the first major book written on the possibility of Physical Immortality, Sondra laid the groundwork for understanding and achieving optimum awareness in the area of Relationships. Her ***Loving Relationships Training™***, simply the ***LRT***, has been taught extensively all over North America, Europe, South America, Australia, Indonesia, and even in part in the outreaches of India's northern mountainous zones. Sondra Ray could be truly called a world teacher of our time, and an active voice for the Divine Mother Movement that is so urgently needed in this competitive, conflict-ridden world of a male dominated mindset.

Mark Sullivan is Sondra Ray's friend, creative director, co-author, partner, personal poet, court painter, "ascension buddy", husband and twin flame. His background in the arts led him to search more deeply for the spiritual truth in his life and work. In 1986 he underwent the process of Rebirthing and met Sondra Ray who introduced him to *A Course in Miracles*. He soon became the student of Tara Singh, one of two pre-eminent voices for *ACIM*, trained directly by Dr. Helen Schucman herself, the scribe of *ACIM*, to bring the *Course* into daily application. Mark studied 17 years with Mr. Singh, and received the essence of *ACIM* from him.

He joins Sondra Ray in the ***New LRT™*** by sharing his insights on *A Course In Miracles*, as well as other valuable teachings of the ***New LRT™*** material.

The **LRT** has been revamped for these times. Have you noticed things are moving very fast, and we have to keep up with the pace by the power of our ability to forgive and move on? We don't have the time we had twenty years ago to wallow in the dysfunction of relationships. Sondra has given us the tools to move beyond dysfunction into the light of understanding, and into the real possibility of Loving Relationships that is our natural state, into the **CONFLICT FREE ZONE**, a place that offers peace and joy in all areas of our life. The **New Loving Relationships Training™** offers this very real possibility.

A major practitioner and voice for the Rebirthing modality, founded by Leonard Orr in the early 1970's, Sondra has done as much, if not more, to advance the powerful healing potential of circular connected breathing than any other author and teacher since Rebirthing's inception. She has now placed her practice of Rebirthing under the guidance of the Divine Mother in the form of Liberation Breathing®.

This new expression of the breathing process of Rebirthing introduces prayers to the Divine Mother into the session, and is nine times more powerful than the original process [according to the Divine Mother Herself].

As the backbone of the **New LRT™**, Liberation Breathing® is offered to the participants to help them integrate the material taught in the class.

It aids them in releasing the negative family patterns and personal thought complexes of self sabotage which the **New LRT™** seeks to identify, dissolve and remove. Through a series of lectures and one-to-one processes, the **New LRT™** helps people get in touch with the thoughts inherited from their past, their family and society that are influencing the results of their present. Three sessions of Liberation Breathing® are offered in the three day weekend training to help people liberate themselves from their own debilitating and limited thinking. The **New LRT™**, as well, introduces the imperative of a Spiritual Life. Beyond presenting the very necessary psychology that makes relationships work or not work, the **New LRT™** introduces – in addition to Liberation Breathing®, *A Course in Miracles*, the Hawaiian Forgiveness process of *Ho'oponopono*, Ascension and Physical Immortality, India Quest, Babaji, the Divine Mother, and the necessity of maintaining a daily spiritual practice – a worldwide oeuvre of seminars, retreats and workshops that keep the participants connected to a broader spiritual community of support and *global university* for inner awakening and evolution.

One recent participant of the trainings offered this to say about her Liberation Breathing® experience:

*..... My body filled with the most extraordinary light and energy and power. It was pure bliss. I was unable to stop the undulations in my body. As you were reading the 108 names of The Divine Mother, Babaji filled me with the energy of pure joy. I felt like a chubby Buddha. I laughed with the mirth of the universe in knowing truly that there is no separation, that we are all God's energy, that it is hilarious to think anything other than the truth. It was so funny. I was laughing throughout all time and space.*

*Then when we turned on our sides and you chanted the mantra, I began shaking with Shakti energy again.... During the worship service to the Divine Mother I felt very much at peace. In the meditation afterwards, I had a vision the Divine Mother took me as a baby into her arms and breastfed me. So thank you again. You have truly taught me to trust, love and live.*

*DJ, Perth, Australia*

The **New LRT™**, to be presented in Amsterdam, May 4, 5 and 6 2012,  
A basic outline of the **New LRT™** is as Follows:

Friday 4,30 PM-9,30PM

- Invocation to the Divine Mother
- Introductions
- Relationship Status
- How the Mind Works
- Creative Thought
- Birth and Relationships
- Personal Lies
- Liberation Breathing Session #1

Saturday 9,30AM-5,30PM

- Sharing
- The 14 Family Patterns of the LRT
- Clearing Anger
- Clearing Relationships with Parents
- Clearing Relationships with Siblings
- Clearing Relationships with Sex
- Clearing Relationships with Career and Money
- Liberation Breathing Session #2

Sunday 9,30AM-5,30PM

- Group Sharing
- Spiritual Healing
- Clearing Relationship with God
- Intro to A Course In Miracles
- India Quest
- Babaji and the Divine Mother
- Effective Communication
- Liberation Breathing Session #3
- Benediction to the Divine Mother

These two dynamic teachers invite you to seize the day, even if you have already taken an **LRT** years ago, of this unique opportunity to go deeply into your own spiritual journey and process. The frequency has changed and the pace is quickening. The **New LRT™** is presented in the energy of a holy relationship between SONDRA RAY and her twin flame and husband, MARK SULLIVAN (MAN MOHAN). You have an opportunity here to get very close to the spiritual wisdom of Sondra and Mark, to which they have given their attention for over a combined 70 years.

They invite you to join them together in looking at the deeper meaning and purpose of our existence, through the exploration of what it really means to invite Loving Relationships into your life, far beyond the potential of the ones you have already realized.

They invite you to look closely at the family patterns you inherited that are subconsciously running your life.

They invite you to be liberated from anger and the specific negative thoughts in your mind that are holding you back from advancement.

They invite you to experience the healing power of your own breath through Liberation Breathing®.

They invite you to explore with them the profound teachings of *A Course in Miracles*, what Tara Singh referred to as “the greatest spiritual gift to come out of America.”

They invite you into the mystical world of the India Quest, and the direct experiences shared by Sondra of Babaji, the Immortal Yogi-Christ of India spoken about in *Autobiography of a Yogi* by Yogananda.

And most of all they invite you to experience the Power of the Divine Mother in your life to give you the peace, the joy, and the happiness that is your inheritance, and the possibility of Physical Immortality.

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