

The Spiritual Warrior:

Moving Beyond Victim-Tyrant Relationships
Into Heart-Centeredness, Fulfillment and Unity Consciousness

A Weekend Intensive with [Brad Laughlin](#) and [Victoria More](#)

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Johannesburg, South Africa



The dynamic of the victim-tyrant relationship, which is synonymous with power struggles, is the primary issue holding each of us back right now. Whether in our romantic relationships, in our relationships with family and friends, or in our relationship with money or work or the government or an apparent enemy, we often find ourselves feeling victimized by the outside world and hurting. Have you experienced that no matter how hard you try to change the dynamic, you feel stuck in a pattern, which can repeat itself over and over? Have you tried re-arranging your outer world by moving house, changing jobs or finding a new partner, but still the victim-tyrant relationship persists? How do we end this cycle?

It is possible to move beyond victim-tyrant relationships and other limiting patterns—by changing our inner world. Because the outer world and all of our relationships in it are actually a reflection of our inner consciousness, we can shift our outer reality by transforming inwardly.

Einstein said we cannot solve our problems with the same thinking we used when we created them. This wisdom taps into the profound Truth that if we shift our consciousness, our outer world will also change.

If you feel stuck in limiting patterns such as “victim consciousness”, negativity, anger, pain or fear, you can move beyond those by adopting the persona known as the *Spiritual Warrior*. By transforming his/her consciousness, the Spiritual Warrior lives in a new paradigm of heart-centeredness, balance and clarity and in an expanded experience of reality. Our relationships in this new paradigm take on a much more egalitarian and loving tonality. We find a much greater sense of fulfillment in all aspects of life.

Living in the Heart

Living in the heart is a hallmark of this new state of attention, and we develop a greater ability to live in love, tolerance, empathy, compassion and forgiveness.

The Spiritual Warrior learns how to take back his/her power, to live in full accountability and responsibility, and to live in a state of fearlessness and courage. *Courage* is a heart state, and the word has its root in the Latin *cor*, meaning *heart*.

Through dissolving limiting, egoic conditioning and shadow aspects of the personality, the persona of the Spiritual Warrior is a bridge out of the old, conditioned human self and into the state of unity consciousness and enlightenment. He/she learns to ground on the inner spiritual core, which is permanent and everlasting, instead of on the unstable and transitory world. Eventually the Spiritual Warrior moves far beyond feeling powerless, unworthy, limited and selfish, and finds ways to serve the welfare of others and assist the Earth.



At this pivotal time for humanity and all life on Earth, when people and nature are suffering in such extreme ways, when corruption and greed appear to rule the

planet and when victim-tyrant relationships seem to dominate our world, the greatest service we can offer the Earth at this time is our own awakened consciousness.

Come and join Brad and Victoria for a weekend intensive of great spiritual power, healing and upliftment. Shift your consciousness, transform your life, and change the world.

What You'll Receive:

- simple, effective, powerful tools for transforming your consciousness and living a more fulfilling life
- teachings about how to take back your power and live a more fearless and courageous life
- inspiration, guidance and practical information to help you move beyond victim-tyrant dynamics and into the heart
- an understanding of the principles of non-duality and unity consciousness
- guided meditations which include:
 - aligning and balancing of the subtle body anatomy and chakras
 - connecting with the Earth and universal source of healing energy
 - an activation of the *Cave of Brahman*, a mystical, inner source of connection to the higher self and to the cosmos
- an initiation into the peace that passes all understanding.

About Brad Laughlin

[Brad](#) is the Executive Director of the U.S. non-profit organization, [CoreLight](#), which is dedicated to fostering outer peace in the world through developing personal inner peace. For over 15 years he has practiced and taught [classes](#) in the transformation of consciousness, using innovative ways of helping people awaken during these challenging times. With his partner of 20 years, [Leslie Temple-Thurston](#), who is a teacher of enlightenment, he is the co-author of [books](#) which focus on the teachings of non-duality as the most profound form of healing. Brad also facilitates journeys to sacred sites worldwide and is a co-founder of [Seeds of Light](#), CoreLight's humanitarian arm, serving marginalized communities and AIDS orphans in South Africa. He has a B.S. degree from Duke University, attended Yale University's Divinity School, and lives part-time in Santa Fe, New Mexico, USA, and in Limpopo Province, South Africa.



Victoria More

[Victoria](#) began her professional career as a ballet dancer, performing with the NYC Opera, NYC Ballet and the Joffrey Ballet companies, during her early twenties. She realized that much as she loved the expression of joy and beauty found in this art form, performing didn't truly fulfill her inner longing for divine connection, and was ultimately drawn to the practice of meditation. She left her performing career to become a Transcendental Meditation teacher and has been immersed in the practice and teaching of spiritual growth and development through various forms of meditation, yoga, and wisdom teachings ever since. She is versed in both eastern and western esoteric traditions, and has been ordained as a Buddhist monk and a CoreLight minister.



Spirit has led her to many wonderful teachers and traditions, including the paths of Vedanta, Zen and Tibetan Buddhism, Mysticism, the [Marriage of Spirit](#) and the Perennial Wisdom teachings. Her experience is that with commitment, passion and continuous surrender, all of these paths ultimately lead to the Truth of Oneness. She is eternally grateful to all of her teachers as unique expressions of Truth, and especially to her beloved friend and mentor, [Leslie Temple-Thurston](#). She currently serves as Director of the CoreLight Enlightenment Studies program and offers classes through CoreLight and the A.W.A.K.E.N. Academy.

Location

[Melody Hill Retreat Center](#) is a unique get-away in the Magaliesburg—in the countryside just outside Johannesburg—with a wonderful free-flowing design utilising recycled materials that offer a rich history. Simple yet comfortably styled to suit the country, Melody Hill is set in a secluded and peaceful peacan-nut orchard, on the banks of the Magalies River. This river-side forested estate boasts a unique ecosystem teaming with birds and indigenous plant life. The home of Nag-apies, Porcupines and Kingfishers. Melody Hill offers a peaceful and tranquil setting for mind, body and soul integration. Total harmonious relaxation cures the body of many ailments. With its high ceilings and spacious rooms, Melody Hill has the security and facilities of a private weekend villa, offering a beautiful location to spend a few days throughout the year. Pool and shady trees keeping you cool in summer, and wood burning fireplaces are cosy in winter.

Logistics

To learn more about this retreat, including the price and how to register, please contact:

Savannah Steinberg: (082) 879-3046 savannah@startransformation.co.za
Or Michael Raal: (082) 411-1668 mike@service2others.co.za.