

*Northbrae offers presentations on spirituality with a multi-cultural emphasis. First Wednesday of each month, September - June. Check [www.northbrae.com](http://www.northbrae.com)*



## ***Spiritual Awakening and the Prayer of the Heart***

**By Olga Louchakova**

**Wednesday - June 2, 2010 at 7:30 p.m.**

**Northbrae Community Church**

**941 The Alameda, Berkeley**

Olga Louchakova will speak about the process of embodied spiritual awakening, and the transformative practices supporting it, such as the Hesychast Prayer of the Heart, or the Sufi Dhikr of Divine Names. These practices work with Spiritual Heart, which is the most important subtle energy center in the human body. Using these practices in personal work can become a powerful alternative in psychotherapy, as is true in the Hridayam® method of inner spiritual work developed by Professor Louchakova.

Olga Louchakova, M.D., Ph.D. is a Professor at the Institute of Transpersonal Psychology, neuroscientist, phenomenologist, internationally acclaimed spiritual teacher, and a prolific writer. She taught in Russian spiritual underground, and worked as a senior scientist in the Pavlov Institute in St. Petersburg. Her research of visual imagery in Tibetan Monks was featured on BBC News and Science Daily. Her talk will be accompanied by slides of spiritual art.

**The talk is open to the public and free of charge.  
An optional pasta dinner is served at 6:30 p.m.  
(Adults \$7.00/children free). Call 510 526-3805  
to make dinner reservations.**