

AHUVA'S VITAE

Ahuva's Training and Spiritual Empowerments

My life has been filled with exposure to a variety of leaders and teachings in consciousness and spirituality, as well as in healing and clinical psychology. In 1974, I began studying and practicing Tibetan Buddhism. In 1991, I received a Master of Divinity in Ministry from San Francisco Theological Seminary.

While in Seminary, I met Gabriel Cousens, MD, and instantly resonated with him and his conscious living teachings: the live-vegan lifestyle; clearing consciousness with Zero Point; subtle energy healing; and the Essene teachings - the Torah based liberation way of Essene Master Jesus and his followers.

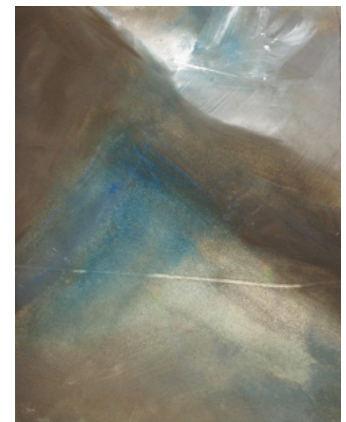
At the time I called myself a Spiritual Warrior and a walking interfaith (Buddhist-Taoist-Christian-Indigenous & Beyond) dialoguer, and wasn't so sure a Christian ordination was my calling. Having receiving my Usui Reiki Master-Teacher Training from Dr. Cousens, we both felt an ordination in the Essene tradition would be a fit for me. September 1991, I was ordained in the First Christians' (Essene) Church.

Coming full circle - July 2012, I journeyed to the Tree of Life Center in Patagonia, Arizona to gather with other Essenes and to upgrade my ordination as an Essene Priestess in the Essene Order of Light, founded by Rabbi, Gabriel Cousens. While in Patagonia, I asked Rabbi Cousens for a spiritual name to inspire and support me in my Essene ministry. He graciously blessed me with the Hebrew name Ahuva, meaning Beloved - to be Blessed as gold, your joy makes every day a celebration.

My practice is to walk my talk, to en-joy life, and to live up to may name Ahuva . . .
. . . be the joy makes every day a celebration and share that joy.

Being joy, to me is having deep gratitude for myself and for being on earth, and having the opportunity to live and teach the Divine way of self-compassion, loving kindness, and cosmic wisdom. Moving into the still point with keen focus and conscious awareness, we can more easily align with the Divine and into loving allowance for our limiting and self-destructive mental-emotional 'stuff' and for making some not so cool choices.

With Divine Grace, we can be liberated. From that place, one can more easily feel grace and just be. Be the 3-D temporal earthly creature with confusion, questions, fears, and frailties; as well as with inner strength, emotional intelligence, caring and loving attributes - the Divine aspect - the Greatness-of-Being and Joy and Creativity that each of us came here to experience and express and share with others. **Yod Heh Wah Heh.**



Ahuva's Training, Empowerments, & Work Experience

Psycho-Spiritual/Consciousness Clearing Techniques: After studying Zero Point with Dr. Cousens in the late 1980's, my research led me to different ways to clear thought-forms and evolve human consciousness.

- Zero Point, Dr. Gabriel Cousens, MD
- Gary Douglas, Access Consciousness
- George Conley, Metaphysical Dowser
- Dr. Kam Yuen, The Yuen Method
- Eric Pearl, DC, founder of Re-Connection
- Carl Bracy, Advanced Field Dowsing
- Richard Pavek, Shen Physio-Emotional Relief Therapy
- Peter Mutke, MD, Clinical Hypnotherapy

Subtle Energy Work:

- Usui Reiki, All Levels including Master, Gabriel Cousens, MD
- Usui Reiki Master-Teacher Internship, Kiya Cote, Pathways to Light
- God's Healing Gift, Rev. Francis Geddes
- Reconnection, All Levels, Eric Pearl, DC
- Tai Chi and Chi Gong, Victor Kim, Hawaii
- Tai Chi, Fong Ha, Integral Ch'uan Institute

Tibetan Buddhist Empowerments and other Energy Transmissions:

- Shatipat, Rabbi Gabriel Cousens, MD, 2012, 2013
- Master and Personal Energy Transmissions, Mr. Trivedi, 2011-2012
- Usui Reiki Master-Teacher Empowerment, Rabbi Gabriel Cousens, MD, 1991
- Padmasambhava, His Holiness the Dalai Lama, San Jose State, 1989
- 1000-Arm Chenrezig, Venerable Lama Lodru Rinpoche, KDK, 1987
- Red Tara, H.E. Chagdud Tulku Rinpoche, 1986
- Refuge, The Venerable Dorge Chang Kalu Rinpoche, 1978
- Bodhisattva Vow, The Venerable Dorge Chang Kalu Rinpoche, 1978
- Black Crown Ceremony, 16th Gyalwang Karmapa, San Francisco, CA, 1974

Other Empowering and Awareness Modalities

- Vocal Awareness, Arthur Samuel Joseph, small group online training
- Mastery System - Conscious Language, Robert Tennyson Stevenson
- Forgive for Good, Dr. Fred Luskin, Stanford Forgiveness Project, Stanford, CA
- Enneagram for Spiritual Direction, Jesuit School of Berkeley, CA
- Enneagram Teacher Training, Helen Palmer, Berkeley, CA

Meditation:

- Dzogchen, Sogyal Rinpoche, Retreat, Holy Names College, Oakland, CA
- Zen Walking Meditation, Thich Nan Hanh, Green Glutch Zen Center
- Vipassana-Insight Retreat & Weekly Sitting, Jack Kornfield, Marin, CA
- Vipasana-Insight Retreat, Alan Clements
- Chenrezig, Lama Kunga Thartse Rinpoche, Kensington, CA
- Kum Nye, Tartang Tullku Nyingma Institute, Berkeley, CA

- Guru Rinpoche, Tartang Tullku Nyingma Institute, Berkeley, CA

Conscious Nutrition:

- Spiritual Nutrition-Live vegan/Conscious Eating, Founder Rabbi Gabriel Cousens, MD
- Fasting Retreats, Rabbi Gabriel Cousens, MD

Academic Education:

- Master of Divinity, San Francisco Theological Seminary, San Anselmo, CA.
- Post Graduate Instructional Design, Arizona State University, Tempe, AZ.
- Post Graduate Clinical Psychology, John F. Kennedy, Pleasanton, CA.
- Master of Public Health, University of California, Berkeley, CA.
- Master of Arts, Speech Communication, Bowling Green State University, OH.

Post-Graduate Continuing Education Courses:

- Transpersonal Psychology
- Brain-Based Therapy, Neuroscience
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Mindfulness-Based Cognitive Therapy
- Acceptance and Commitment Therapy (ACT)

Licenses and Credentials:

- California Licensed Marriage Family Therapist
- California Massage Therapy Technician Certificate
- California Community College Instructor Credential

Health Educator/Community Organizer:

Developed, Implemented, Managed Health Education programs:

- Senior Health Educator, Marin County Public Health Nursing, San Rafael, CA
- Director, Tribal Health Education, White Mountain Apache Tribe, Whiteriver, AZ
- Patient Educator, W. Joe Weick, MD, MPH, Private Women's Health Practice, Berkeley, CA
- Community Organizer, Santa Barbara Neighborhood Clinics, Santa Barbara, CA

Instructional Designer and Community College Instructor:

- Instructor, Continuing Education for CHA Caregivers, Heart of Humanity, Novato, CA
- Trainer, Professional Hospice Volunteers, Our Lady of Peace Hospice, Novato, CA
- Instructional Designer, Outpatient Substance Abuse Manual, San Rafael, CA
- Instructor, Effective Listening, Public Speaking, Rio Salado College, at Motorola, Scottsdale, AZ
- Instructional Designer, LVN Program, Rio Salado College, Phoenix, AZ
- Instructional Designer Intern, Caterpillar, Phoenix, AZ and Intel, Chandler, AZ
- Instructor, Stress Management, Northland Pioneer College, Show Low, AZ
- Instructor, Public Speaking, Interpersonal Communication, Laney College, Oakland, CA
- Instructor, Health Education, Human Sexuality, College of Alameda, Alameda, CA