

Short Bio:

Norwegian-born Vimal Gabrielsen works as a workshop facilitator, healer, graphic designer and organizes spiritual gatherings (DEEP Events). She was born with the ability to transmit divine love, wisdom and healing energies to herself and others and is inspired by the visions of Ramana Maharshi and Osho on life and meditation, as well as many other teachers she has met. Since 15 years, she is sharing her light and innerstanding thru workshops and guided meditations, helping people to reconnect with their natural state, providing nectar for body, mind and soul.

Long Bio:

Norwegian-born Vimal Gabrielsen works as a workshop facilitator, healer, graphic designer and organizes spiritual gatherings (DEEP Events). The mother of a daughter was born with the ability to transmit divine love, wisdom and healing energies to herself and others. But only in her 30ies, she started to re-member, trust and expand this divine gift. She's inspired by the visions of Ramana Maharshi and Osho on life and meditation, and was also trained by Dr. Eric Pearl in Levels 1, 2, 3 of Reconnective Healing. For nearly 20 years now, together with her partner Praful (a popular musician), she has traveled the world and visited countless conscious gatherings and festivals. Her inner inquiry was supported by the wisdom she absorbed from many spiritual teachers. She then slowly and gradually started sharing her own light and innerstanding thru workshops and guided meditations, helping people to reconnect with their natural state, providing nectar for body, mind and soul.

WORKSHOPS:

Healing Sound, Healing Touch

This event Vimal offers together with her partner Praful, a master sound healer, singer and multi-instrumentalist (prafulmusic.com)

Their way of working together is very spontaneous and intuitive, trusting fully the divine flow.

They use sound, music, (guided) meditations, relaxation, exercises, movement and dance to gently shift the focus from the head to the heart. When we connect with our innate knowing, we remember that inner peace has always been there and is our true nature. This experience brings tremendous relaxation and supports all healing processes. With

their presence, Vimal & Praful help people to activate their own healing capacities, to intensify the life force and experience the miracles of joy, love and understanding.

“Your workshop combined music and touch in a way that affected me much more than the two of them would have done separately...

I have never felt such bliss ...

The experience left me truly balanced and harmonious...” Agneta, Sweden

Women’s Workshop:

“Why do we women come together? Because when we are seen, heard, loved and feel safe, we connect as Soul sisters with every breath we take. In this space, a lot of healing can happen: we open up to each other in love and honesty; we hold and nurture each other. We trust in truth, and allow our wounds and pain to be exposed and healed, so we can embrace fully who we are. This communion is like a well from which we can drink. All is welcome in this presence.”

Research has shown that women rejuvenate when together in a group; that hugging and skin touch strengthens their immune system and produces more endorphins. Being together calms their minds and gives rest to the nervous system.

Some moments the energy is very sensitive and fragile, others it’s powerful and passionate, and no ‘Bullshit’ is allowed anymore – but all is guided and held in a gentle way, so it can be seen, transformed and flow down the river of life to the endless depth of the Sea of LOVE. Where there is finally just pure BEING.

Vimal integrates Dance, Shaking, guided journeys, Fire breath and singing with gentle spaces and exercises like meditation and massage.

She also leads this workshop in collaboration with other women.

Family Workshop: (for kids and parents together)

This workshop is a highlight: it’s fun and insightful and a strong eye & heart opening experience for both parents and kids. It will change and improve their communication and strengthen their bond. They will listen to and learn from each other. It’s also teaching grown-ups how to take advice from kids, as they are generally much more connected with their intuition. And this is often not happening in real life.

So it is encouraged for parents to come with their kids. Vimal does exercises that help to grow in love, care and solve challenges at home. The intended result is a more harmonic time together. Parents are often very grateful for this life changing experience.

Massage workshop:

Vimal loves to facilitate intuitive massage workshops. She holds a sacred space where touch comes from a place of purity and unconditional love, without using any methods or techniques.

The most important is to move in full consent, so trust is there, we can relax and enjoy while we give and receive in our own individual ways. It's such a fulfilment to disappear in this divine, healing touch.

Meditation Workshop:

Meditation is at the essence of all that Vimal is sharing. It's her deepest heart's calling. Because in her experience, TO RE-MEMBER THE CORE OF YOUR BEING, TO REST IN YOUR NATURAL STATE is the solution to almost all out-of-balance conditions. This coming home creates miracles in body, mind and soul.

And by healing and integrating ourselves, we create ripples around us, and so we contribute tremendously to the healing of others and the whole planet, Patchamama.

Vimal helps you ease into this state of meditation - by sometimes using more physical, grounding exercises, other times silent, guided visualisations.

As always, she creates in the moment, guided by the grace of God. The Flow of Life decides what needs to arise.