

# Hiah Park

shamanic healing arts

## ZURICH

26<sup>th</sup> -28<sup>th</sup> April 2024

## “Hero’s Journey” & Empowering Young Generation

Lecture  
Ritual Performance  
Workshop

**Hiah Park** is a Korean shaman (mudang) who specializes in the art of ritual dance. She has worked as a court musician and dancer in the Korean classical tradition, has received a master of arts degree in dance, and has taught Korean dance and ethnology - as well as sound and movement improvisation - in universities. Since her initiation as a mudang in 1981, Park has travelled extensively, performing shamanic ritual dance, trance dance, and traditional Korean dance throughout the United States, Europe, and Korea. She also conducts lectures and workshops dealing with spiritual practices, as well as providing a catalyst for spiritual healing and transformation.



## Empowering of the Young Generation & “Hero’s Journey”

A workshop especially for youngsters,  
young adults,  
their parents  
and people  
who like to grow and support  
development processes

Lecture	26 <sup>th</sup> April 2024 at 7:00 pm
Workshop	Start 27 <sup>th</sup> April 2024 at 10:00am End 28 <sup>th</sup> April 2024 around 1:00pm
Ritual Performance:	27 <sup>th</sup> April at 7 pm
Workshop-fee:	450,- Swiss Franc
Location:	Verein GÜXi Kinderkrippen Binzstrasse 38 Best enter Binzstr. 44 from backyard 8045 Zurich
Application:	Hi-Ah Park <a href="mailto:hiahpark@gmail.com">hiahpark@gmail.com</a> <a href="http://www.hiahpark.com">www.hiahpark.com</a>

No matter how difficult a situation we are facing in our life, most of us desire to find a peaceful place in our hearts. When you go through the „Dark Night of Soul“, during those painful periods, those chosen lucky human beings are getting in touch with deeper meaning of life and wisdom eventually. We start to ponder why we are here on this planet, and you will start to realize, our life is beyond pleasure seeking and indulging in suffering to waste our precious existence.

Those lucky enough advanced souls will re-evaluate their life purpose and remember truly who you are, eventually discovering your Divine Nature inside of you. Ultimate Spirituality is, „Know Yourself & Be Completely Free from Temptations“ and „Freedom of all Co-dependency“. You start to know the minute we depend on our happiness outside of us, we start to have pain in our hearts.

Ultimate Spiritual Realization is finding the balance, after all, Life is an incredible Journey to discover „Yourself & Be Liberate Yourself“ into „God Consciousness“ finding inside of you.

Therefore, I like to call it „Hero’s Journey“!!!

Most modern ailments are coming from our psychic imbalances. My psychic surgery only works for those who are willing to confront their dark side and surrender to the primal spirit. When I say “psychic surgery”, I don’t mean cutting into the person - my surgery involves cutting through the fear, stitching up the psychic tears in the fabric of mind, body, and spirit.

The purpose of my workshop is to integrate our life resources and bring them into full awareness, so that we are able to change. I feel it is most urgent that people realize how much we are separated from our own beings and how far we have gone from our own truth (God). It is necessary to transform our destructive unconscious behavioural patterns into the simple joy of existence.

My humble aim as a woman and a shaman is to move culture forward by the exercise of spiritual intelligence and the creative process. I believe that art and spiritual endeavours that are founded on ecstatic experience can contribute to our understanding of life.

## Hi-Ah Park