

# El Ha Gahn

Master Healer & Teacher

**Classes, Workshops & Seminars**



**El Ha Gahn** is the Director of The Academy of the Cultural Arts & Life Sciences, a school that trains people in the art of natural living. He is a graduate of The Gibrán Institute. He is also a Master instructor in The Institute of Certified Martial Artists. He has been involved in the Essene healing arts for 34 years. His interest in this pursuit has taken him literally around the world on a journey of discovery about herbal systems, healing methods and wellness strategies.

Having a rich family background of African, and Native American heritage, the contributions of wisdom from family members helped to inspire him in this direction. His travels and studies have taken him to such remote places as Jamaica, Nigeria, France and Israel and he has lived in several of the mountain ranges in the US. For 12 years as part of El Hapiru Monastic Order he did organic farming in New Jersey and has had extensive training in forest and land conservation since a youth.

El Ha Gahn became interested in wellness techniques as a result of a strong desire to get rid of chronic ailments he had as a teenager. The treatments he was receiving at the hospital were not helping, so he determined to conquer this difficulty. Additionally, seeing two of his family members suffer unto death and feeling helpless about it, started the journey. As a modern day Essene, El Ha Gahn has been a vegetarian for 45 years. He is also an excellent culinary artist and can prepare some of the finest raw and vegan delicacies.

With a background in herbal essences and biochemistry, El Ha Gahn is the originator and manufacturer of the ever popular Isle of Paradise Products. Versed in a vast array of the ancient esoteric arts like Yoga, Meditation, Naphtali Martial Art, Moroccan & Egyptian Massage Techniques, aura reading, etc., these all represent the focus of his daily life. As an Essene Healer he is dedicated to the re-education of people towards self development and continued natural wellness. By combining his arts and sciences into a single creative discipline, he is able to integrate his thoughts, ideas and experiences into an approach to life that reflects a harmony of confidence, peacefulness and inner strength.

## Workshops

### Creative Visualization for Accelerated Healing

Skilled thinking and concentration are useful tools for developing a healthy body-mind system.

**Teach your body and mind to work consistently to improve every aspect of your life. It is entirely possible and is within your power. Learn how.**

Creative visualization is a technique to activate the brain's "hidden reserve" Proto Magnetism that triggers primordial influences and draw you into universal alignment. This brings your organs into harmony with one another while attracting to you the tools and circumstances that support the fulfillment of your goals dreams and desires.



## Workshops

### Getting Your Emotions to Work for You

Emotions are powerful Spiritual tools. When properly cultivated, they can boost us into great success or detriment. In ancient societies people were taught to understand and use their emotions for their benefit and to harness spiritual power. Today, we rarely get a chance to cultivate quality emotional states. Achieving true emotional balance is an art form which can enhance the quality life for years to come. In this unusual workshop you will learn some of the skills of the ancient mystics that were practiced in such places as Egypt, Morocco, Timbuktu, Ceylon and Tibet.

**Weigh your emotions**

**Condition your responses**

**Conquer anger**

**Generate positive reflections**

**Return from the “Deep end”**

**Center your thoughts**

**Calm yourself**

**Learn to benefit from your emotions**

**Simple techniques with profound effects**



## Workshops

### The Secrets of Oceanic Herbs

Sea water is closer to the mineral chemistry of our blood stream. The plants that grow there are bounding with healing nutrients, useful for optimum health. The family of marine algae hold tasty alternatives to the vegetables that we normally use.

**How the oceans can help you prevent illness.**

**What to look for in sea herbs & where to find them**

**Identifying trustworthy sources**

**The condition of the oceans**

**Fresh water products**

**How to use sea herbs as foods, seasonings and medicines**

**Composting sea herbs to rebuild your garden soil**

**Cosmetic uses for beauty enhancement**



## Workshops

### Keeping Your Children Healthy Throughout the Year

Critical considerations that we need to be aware of and prepared for to keep our children healthy and strong despite environmental hazards.

Feeding your child a healthy diet

**What is healthy?**

Developing good personal habits

**Preventing colds and the flu**

Herbs to keep on hand and why

**How families can keep each other strong?**



## Workshops

### Real Foods from God's Table

#### Nature walk and Foraging Workshop

Learn to identify and gather wild edibles and medicines

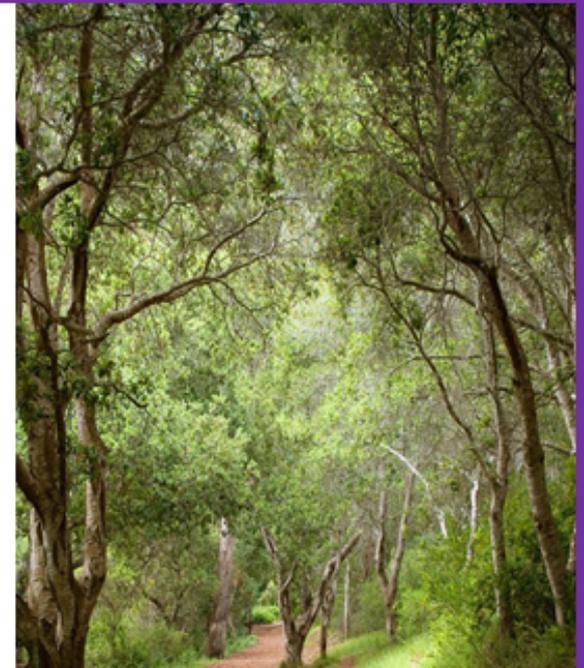
Understand ecology

Become more aware of the role that you play in nature

Learn about common plant species, including: Burdock, Yellow Dock, Nettles, Lamb's Quarters, Oak, Maple, Birch, Chickweed Garlic Mustard, Sassafrass and more.

Learn about the Ancient Peoples who inhabited the land

**Who should attend:** Nature Lovers, Natural Foodies, Gardeners, fitness buffs, hikers, students, teachers, Herb enthusiasts, Healers, Meditators, Martial Artists, ecology initiates.



## Workshops

### Sacred Crystal & Sound Vibrational Healing for Chakra Balancing

**Learn the secrets of famous "Singing Bowls"**

**Learn to play them**

**Learn how to draw on vibration to encourage well-being**

**Learn to identify crystals and their energy levels**



Drawing on the ancient wisdom of the Eastern Masters of Kemet, China, India, Nepal and Tibet. Experience Deep Transformational Meditation Techniques enhanced by the power of Energy Crystals.

## Workshops

### The Truth About Arthritis

Learn to strengthen your internal body.

What is arthritis?

Where does it come from?

High risk populations

Related diseases

History of Arthritis

Nutritional steps to take now

Internal cleansing approaches

Techniques for making your body feel better

Common-sense approaches to lowering your risk



## SEMINARS

### How to use Healing Plants and Simple Techniques for Natural Preventive Health Maintenance

There are so many conflicting ideas about what to do for the best health. This class clarifies best practices for holistic health

What is your body seeking?

Early detection of imbalance.

What it needs and what it doesn't.

Daily practices to improve health.

Where to find nourishing food in your area.

Keeping the children healthy.

Where to find the best herbs and how to recognize them.

How to increase your health ratings.

Recognizing when your health is improving.



## SEMINARS

### Keys to Spiritual Healing

Learn techniques using your mind and inner perceptions to gain understanding of universal spiritual principles.

Enhance your own healing and take your healing work to a deeper level.

Explore ancient insights for the foundation of the spiritual wisdom.



## SEMINARS

### Natural Food Preparation

Delectable Treats and Meals  
with International Flare

Time-Saving and Economic Strategies  
for Healthy Eating

Emphasis on Proper Food Combining  
for Good Digestion

Techniques for Selecting Good Quality  
Foods

Preparing Balanced Menus

Generating Creative Recipes

Making Meals that are appealing,  
Satisfying and Healing



## SEMINARS

### The Health Class You Never Had in School

Knowledge of the body & environmental effects on health.

**Organs and the systems they support**

**What happens when an organ rebels?**

**System discord and incompatibility**

**All about "the Common Cold"**

**All about Cancer**

**Diabetes and the Diabetes Germ**

**Yeast, fungus, germs, bacteria and viruses**

**What is a low-risk environment?**

**Which foods pose health hazards?**

**Eating for optimum personal health**

**All In One Class!**



## SEMINARS

### Hands-On Herbal Training

Featuring:

**Use  
Preparation and  
Healing properties**

For health practitioners as well as initiates of herbal healing, herbal enthusiasts and people interested in their own personal wellness.



## SEMINARS

### Herbal Assistance for Emotions

Learn how emotions are affected by chemical changes in the body and the environment.

Learn how to use herbs to counteract those effects and bring balance into your life.



## Classes

# THE SCIENCE OF REFLEXOLOGY

An introduction into the fascinating world of hand and foot reflexology. This ancient art has been used for millennia to identify illness and open healing pathways. There are many references to it in the Egyptian Hieroglyphics and even in the Bible.

### What is Reflexology?

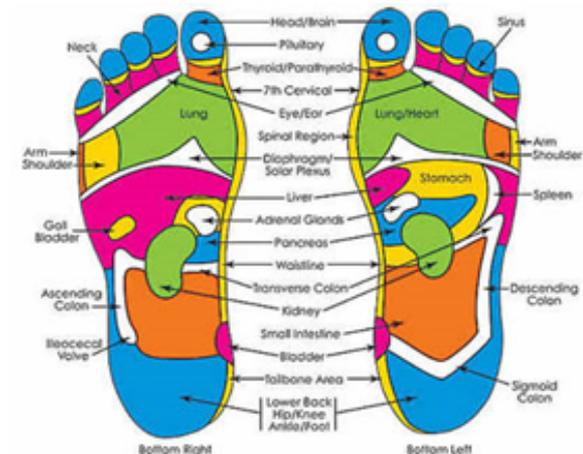
How can it help you in your daily life?

Where did it come from?

What can it heal?

The Basic principles

Techniques



**Who should attend:** Those seeking a deeper insight into natural healing. People looking to add skills to their holistic practice. Healers intending to extend their professional range. Folks who are interested in helping themselves and others have a healthy and productive life.