

# An Italian Summer Creative Meditation Retreat August 2017

## The Synthesis of the Heart – From the Mundane to the Magnificent



This is the best kind of Love.  
Be a lamp or a lifeboat or a ladder  
But the eternal summer shall not fade  
Discipline of spirit is like a 'Healing Garden'  
For it is life, the very Life of Life  
And though I am only a messenger I am me  
Every flower is a sermon of Divine Power  
Give away My gifts, that others may grow  
Why do you stay in prison when the door is open wide?  
Life is the turning aside, like Moses, to the miracle of the burning bush.  
Composite Group Poem 2016

Our personal wisdom flowers in the centre of our heart. Its blossom is that of beauty with a delicate fragrance of loving understanding that radiates as a silent blessing to all those whom we meet and come into contact with. The distractions of our daily duties and responsibilities take us far away from the livingness of our inner unique wisdom. The *din and dash* of modern day life tune out the call of our soul song. And yet this lack of contact haunts us as a divine longing and emptiness that years to be filled. Our annual creative meditation retreat in this beautiful part of the Italian countryside, allowed us to make a step change that brought us back into contact with the heart wisdom of our spiritual being, our Higher Self or Soul.



The experiential exercises that we undertook together throughout the week allowed us to experience the aspects of creative meditation. Meditation can be considered in its simplest form as 'thinking things through'. It can also be considered as a spiritual discipline that enables the wisdom of the soul to come into a working relationship with its personality. Each of us comes to realise that knowledge is fragile and the lessons of life can only be

understood in the laboratory of life through trial and error. So our retreat time together was designed to allow us to tap into our reservoirs of wisdom and to apply it in such a way that it brings new insights and meanings to mundane happenings.



This year we shared Igeia with an Italian Creative Meditation Group. Meal times were a shared group experience. We took our turn in setting the tables, clearing away and washing up. These daily inter-group activities were part of our overall joyful team experience.

Every object, every form in our world, has started as an idea that has been worked into a practical manifestation. Each object has a purpose and a function, it has a quality, and if we can pause to ponder, it also has an essence, a subtle gift, that enriches our experience with it. We often overlook and miss this last component and by so doing we deprive ourselves of experiencing and appreciating the subtle wonder of life which surrounds us at all times.

During our week together we took part in several creative exercises that were specifically designed to take us step by step through these layers of perception, so that we could open to a new and surprising relationship with objects. Memories were released working with the 'island exercise crafted in clay'. This treasury of recollections brought with them an overarching understanding which was a gift for now.



*'Nature uses only the longest threads to weave her patterns, so that each small piece of her fabric reveals the organization of the entire tapestry.'* – Richard Feynman

*'To behold with eyes of the heart, to listen with the ears of the heart to the roar of the world, to peer into the future with the comprehension of the heart; to remember the cumulations of the past through the heart; thus must one impetuously advance upon the path of ascent.'*

– Heart I © Agni Yoga Society



Our visits this year took us again to Mondo X which is a remarkable project that helps people who are in crises to find their way back into relationship with life. This healing is achieved through their community living and their cooperation with and application of the laws and principles of the soul.

We also visited Cortona and the St. Francis of Assisi Hermitage. During this visit we had a group picnic and stopped in Cortona to visit the museum and to savour the delights of Italian ice cream.

On the Friday evening we met with the other international creative meditation groups in the Hall of Culture at Poggio del Fuccho. Each group presented an entertaining glimpse of the work that they had undertaken together. It was a fun filled evening with lots of joy where new friendships were made and old ones renewed. We all agreed to meet next year – August 2017 – in this same inspiring place. As we took our leave we realised that in the meantime each of us would be sharing our group joy with others.



**'This is the best kind of Love.  
For it is life, the very life of Life.  
Give away My gifts so that others may grow.'**

## Feedback Comments

'This Italian retreat has become a regular date in my dairy. Every year something profound happens which causes me to notice subtle changes in my perspective, new insights and new understandings. The retreat is a wonderful combination of experiential exercises, outings to extraordinary places, meditations, working with art and all of this in a truly delightful setting and place. And yes, the amazing company and delicious Italian food all contribute to making this a magical event.'

'How this annual spiritual retreat unfolded was surprising. Three trips were organised that took us to nearby places of interest. The visit to Mondo X is an inspiring community project. It demonstrates the power and abundance of living in harmony with the natural laws that shape our destiny and our lives. This is the second time we have visited and each time it fills my heart with inspiration and gratitude.

'On our last evening together we shared a glimpse of our week's work with the International Creative Meditation Community in the beautiful Hall of Culture. It was a meeting with new and old friends. In preparation for this we went through the normal stages of not wanting to take part, then trying to decide what to share and then doing it with nervous trepidation. In the event, the entertainment evening is something I will remember for some time. It was full of light, tenderness, laughter and fun.'

'The community spirit that we all shared and the generosity of the community members was an outstanding example of living spirituality and pure love in action. There were so many highlights, magical moments, insights and joyful heartfelt connections made throughout the retreat. The weeks work in the intensive workshop we shared has deepened and enriched my soul's purpose and focus.'

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## An Italian Creative Meditation Summer Retreat

4.30pm Sunday 13 August to 1.00pm Saturday 19 August 2017

'The Creative Art of Living Life –

– Responding to the Touch of the Soul'

**Group Facilitators:** Elisabetta Raspini & Janet Derwent

The mysteries of the livingness of the laws and principles of the soul can be revealed through focused attention and reflective thinking applied to our everyday living. We, humanity, learn by doing. During this experiential creative meditation retreat we will explore levels of perception that lie behind the form and which bring life and meaning to our daily encounters.

The Retreat will take place in one of the Community of Living Ethics' centres. These are located in the heart of the beautiful and charming countryside situated between Rome and Florence. Activities undertaken during the week will include group study and meditation, sharing, contact with nature, physical exercise, visits to sacred sites such as St. Frances' retreat monastery and to some places of art in the surroundings nearby.

The Retreat is offered with full board, including meals, both vegetarian and non-vegetarian. Prices supplied on application.

Book a place by directly contacting: [light.net@comunitadieticavivente.org](mailto:light.net@comunitadieticavivente.org)



The Group for Creative Meditation – A Roberto Assagioli Legacy