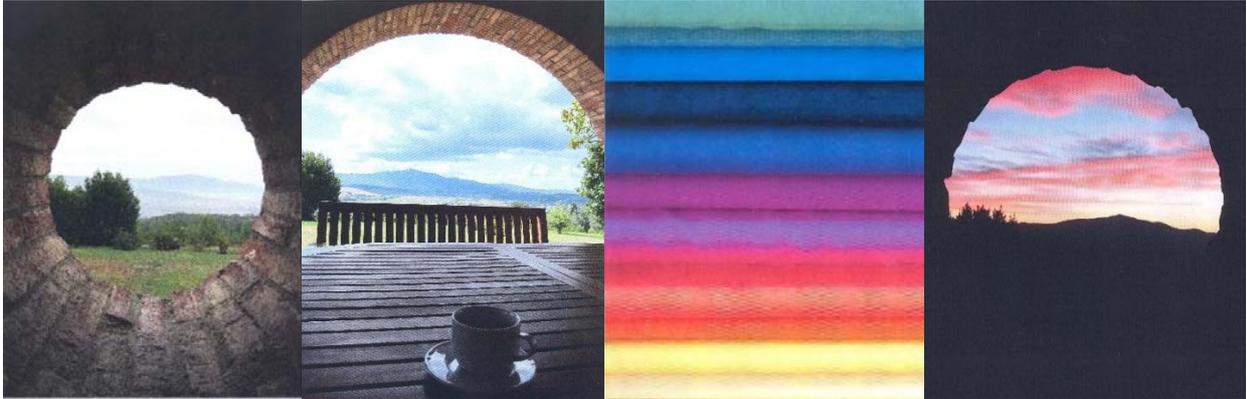


An Italian Summer Creative Meditation Retreat

August 2015

The Principle of Sharing is the Grace of Synthesis



I said to my soul, be still, and wait without hope
For hope would be hope for the wrong thing; wait without love
For love would be love of the wrong thing; there is yet faith
But the faith and the love and the hope are all in the waiting.
Wait without thought, for you are not ready for thought:
So the darkness shall be the light, and the stillness the dancing.
Whisper of running streams, and winter lightning.
The wild thyme unseen and the wild strawberry,
The laughter in the garden, echoed ecstasy
Not lost, but requiring, pointing to the agony
Of death and birth.

East Coker – Four Quartets by T.S. Eliot

Life is lived in a series of moments. Moment by moment we move through each day, immersed in and identified with the world of form. It really is a journey of forgetfulness with rare glimpsed recollections. And yet as with all journeys there comes a time when we have to consult a map and review just where we are and assess where we are going. These Creative Meditation Spiritual retreats are such an opportunity, a moment to pause and reconsider where we have come from and where it is that we are headed.

An astrological chart that mapped the promise of opportunities and energetic gateways for this Group Retreat was shared at the outset of our week's work. It was at a first glance a waymarker of spiritual navigation. The North Node in the 9th House coupled with the presence of the fire of Leo heralded, along with a Sagittarian ascendant, not only the search for truth, but that it would be achieved through deep personal work. Personal work that would release and let go of the old learnt regimes, and allow us to open to a re-freshed personal identify. An identify that opens to a new spiritual light of understanding and radiance.



Through carefully choreographed experiential exercises we were able to give voice to the territory we had travelled over and through to reach this point of our transformational journey. At the outset we were invited to share a book that had resonated with us at some time in our lives.

These stories were varied, but spoke of personal courage and physical endurance. Another spoke of a blindness to the needs of others that eventually led to the ravages of madness. A madness that filled the void of disconnect from right relationships with self and others and the spiritual source of life. One story shared the realisation of the mis-guided wisdom of a mother's gift to her cherished child. It was redeemed at the last with hindsight and reclaimed as an ability to gift love selflessly. Yet another spoke of an epic journey of huge proportions where a child spent many painful and yet hopeful adventures seeking and finding her true spiritual family. 'The Far Away Tree' by Enid Blyton offered the magic and wonder of a world within a living tree that bridged the heavens and the earth. The far away tree being the symbol of the self-realising personality. A personality in touch with the glory of the subtle world of the soul as it worked its way into being through the lovely livingness of its three fold instrument rooted firmly in the here and now.

From this simple introductory exercise we opened expectantly to the new. We began the retreat adventure working with 'The Story of the Three Inner Kings' which shed a different light on this Christmas journey. We came to understand that the economy of the personality has new and more inclusive meaning as the economy of the One Life. This personal economy is made manifest within each and every one of us as we struggle and strive to manage the energy of thought with the directing force of our wish lives and the manifesting substance of our creativity. We recognised that a Christening Box of Delights would be a gift to mark these rites of passage as we stretched to acquire new awareness and skills together. These boxes of delights were made by each of us as a creative festival of working with coloured papers, ribbons, assorted boxes and glue. It was an intensive focused undertaking full of sharing, fun, joy and a wealth of surprises.



Roberto Assagioli having announced that 'life is a journey of disidentification' we revisited the basic dis-identification exercise throughout the week. We approached these exercises in a variety of new and novel ways. We used witnessing awareness by following and experiencing 'pointing out instructions'. We used 'focused perception' as a way of penetrating to and experiencing the subtle layers of beauty and essential divinity that reside within and beyond the mask of form. During these exercises we worked with the sights and experiences of the landscape, a blooming rose, a selection of crystals, water and beautiful images and sounds.



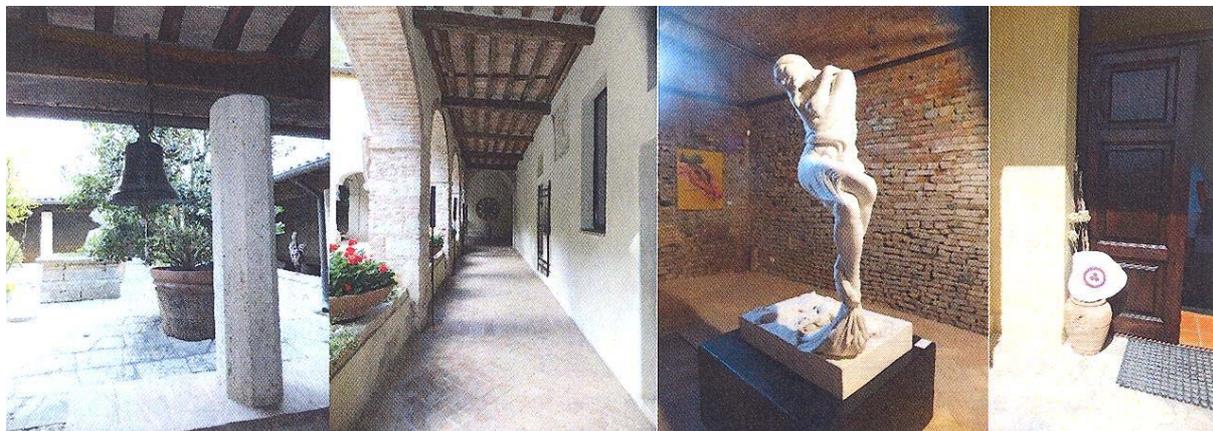
Everyday we worked together as a house team with the Munich Creative Meditation Group. We set the tables for meal times and refreshment breaks. We cleared away the dining areas, washed up the dishes and restored order to the kitchen. It was all done effortlessly and manifested the art and magic of group endeavour and unanimity are work.

During the week we visited a local art exhibition in Citt  della Pieve, a nearby community enterprise known as Mondo-X and one of the houses and cherished service centres within the Community of Living Ethics.

The final evening of our stay was given to shared entertainments that captured the real joy of our group service. We made plans to meet again in August of 2016 as we looked forward to continuing our work together on making manifest within the heart of the Italian countryside the living loveliness of the laws and principles of the kingdom of souls.

Moments
 Managed efficiently dispel
 These many man-made illusions revealing
 Precious right relationships
 Moments

Choices
 Are learning opportunities
 Invitations to acquire new skills
 Life changing understandings
 Choices



We all agreed that the simplicity and power of our week’s work together opened the way for each of us to review our contribution to and participation in the world around, above and below us. We die to the old and open to the new each moment of everyday. The secret we discovered is to work with an open heart and mind. Striving on a daily basis to manage and maintain that inner alignment as it keeps us navigating with our own pole star – our soul, and the Overshadowing Group Soul that we serve and follow.

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Feedback Comments

‘This is a spiritual retreat that comes highly recommended. I’ve been coming for 3 years now and I am finding that every time the experience is fresh, richer and deeper. This time the simplicity and beauty of the carefully delivered exercises led each of us into new territories of understanding. Wonderful as always, beautiful surroundings, delicious food and top class accommodation.’

‘How this annual spiritual treat unfolded was surprising. Three trips were organised that took us to nearby places of interest. The sculpture exhibition in Citt  della Pieve was remarkable by reason of how the artist had somehow managed to capture the livingness and essence of the form. The pieces displayed had an elegance and fluidity of movement that at first glance made one pause and take note because the figures looked so alive. This exhibition helped inform the dis-identification and identification work we went on to do the next day when working with a living rose.’

‘We shared the Community House, Igeia with a Creative Meditation Group from Munich. It was like meeting new and old friends. We shared the house duties seamlessly and with enjoyment. The last night entertainment evening is something I will remember for some time. It was full of light, 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 high lights, 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 7 August to 1.00pm Saturday 13 August 2016

From the Mundane to the Magnificent - 'The Synthesis of The Heart'

Group Facilitators: Elisabetta Raspini & Janet Derwent

'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

The next step on the Way of this initiating journey of ours opens to a growing wideness and deepening of the spiritual life of service which is that of the Heart. The Doctrine of the Heart is based on the universal nature of the soul, conditioned by the Livingness of the One Life. It involves reality, the reality of essential divinity, disguised within the mundane of daily duties. How easily we miss and overlook these daily invitations to experience and participate in the magical creative journey of Life.

The personality can be considered as a group of thought forms. A group is a field of evolving consciousness that gives birth to new ideas and ways of being. The life of any group is its consciousness. The spiritual soul consciousness of any group is its wisdom. This wisdom is a treasury gathered during the experience of this life time, and of skills acquired now and previously. The art and application of the spiritual discipline of creative meditation with the laws and principles of the soul enables each of us to open to *the raincloud of knowable things*. This intuitive alliance maintained and continued via our daily actions enables the group Heart Centre to function subjectively and serve twenty four hours a day, seven days a week.

In this Italian summer retreat of 2016 we will work together creatively using meditation, experiential exercises, projection and dialoguing to experience the sparkling radiance of the Heart Centre as it blesses us individually and our group environments. All are welcome to join us in this new and experimental work.

The Retreat will take place in one of the Community of Living Ethics' centres. These are located in the beautiful and charming countryside in the heart of Italy (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