



'Our duty, as men and women, is to proceed as if limits to our ability did not exist. We are collaborators in creation.' – Pierre Teilhard de Chardin

Interludes between activities are essential to enable each of us to maintain our poise and balance within the maelstrom that passes for daily life. Annual holidays, long weekend breaks seem an indulgence and yet they keep us calmer and more centred so that we can engage more effectively with the opportunities that frequently arise.

A spiritual retreat, or a transformational retreat is recommended once a year. It represents a time for resetting our inner rhythm so that we are able to unwind and adopt a more harmonious slower rhythm. From this point of recollected inner stillness we are able to come back into relationship with our true Self. We pause and journey into inner space using our tool kit of creative meditation techniques. The annual Creative Meditation Retreat hosted by The Community of Living Ethics within the beautiful Italian countryside of Perugia, Umbria and Tuscany, offers a setting very suitable for exploring this way of transforming and refreshing ourselves.

The international team members convened within the influential energy gateway of Leo. This group journey offered the possibility of purifying the entire nature of our personalities through the delightful natural surroundings of Poggio del Fucco with its superb accommodation and the typical home cooked Italian cuisine offered throughout the week by a team of volunteers.

The walking and guided meditations, the reflective and contemplative exercises and the dialogue and exchanges during the week stimulated the will-to-illumine with a gradual tendency for each of us to deepen our self-knowledge, self-perception and intellectual positivity. The subjective work undertaken together allowed each of us to unfold and unfurl like petals infused with new and vibrant soul qualities. We contributed to the creation of our *'flower of the Self'* and that of the group as we opened to new insights and impressions of the Higher Self.



The outgoing Piscean influence over time has played through human kind and brought about a variety of adjustments leading to the development of an international spirit and to the formation of groups in all department of human endeavour. This has prepared the way for the synthesis of Aquarius to play its part as humanity moves slowly from intellect to intuition and from the 'I Am' individual consciousness to the 'I Am That' group consciousness.

We worked with the intention of adjusting our soul vision from personal development to include the changes and opportunities working out within the muddle and chaos of current world affairs. We noticed during the week that there was an emerging change of consciousness as we extended our horizons, deepened our loving understanding and cultivated an expanding and inclusive wisdom.



The subtle and subjective energies generated in experiential exercises, the musical movement, the group healing work and meditations on the natural laws and principles of the soul all contributed to a sense of well-being and deepening understanding of the art and service of the creative meditation and prayer work that we regularly undertake together as a subjective group.

Now we have all returned home safely and are *new and refreshed* in our collective and individual understanding of the wisdom of the soul. The soul is playing each of us as its musical instrument so that we may stand more steady and balanced in the *Being-ness* of who we truly are. Through our personalities the soul sings the songs and sounds of its life to enrich and inspire not only ourselves but all those we meet and come into contact with. The simplicity of silently standing thus is the soul service we each undertake in the locations where life has placed us.



To register an interest for the next Italian Creative Meditation Retreat planned for 12 – 18 August 2018 contact light.net@comunitadieticavivente.org For the event to run a minimum of 6 firm bookings is required.

'For love is the desire for the whole and the pursuit of the whole is called love.' - Plato