



## 'Living The Beauty of an Open Heart'

A February 2014 Re-Treat held at the Sundial Centre, East Sussex  
[sundialcentre@talktalk.net](mailto:sundialcentre@talktalk.net) [www.creativegroupmeditation.org](http://www.creativegroupmeditation.org)

The Sundial Centre was made ready and used for its first residential Creative Meditation Retreat this February. Nine co-workers responded to *the call*, the note sounded by the group adverts. The charm of the heart is highly valued. We each recognise this in our own way. Our silent radiance is a blessing that graces, attracts and inspires us all, near and far.

During the weekend we built the group field through laughter, joy, and deep sharing held within the atmosphere of our *family endeavours*. We shared practical and mundane house crafting tasks, conversations, walks through the countryside and playing family games.



We also used reflective and creative meditation where we were invited to explore our relationships with our inner territory and the heart qualities that we value and hold dear. We wrote a group postcard home as we wanted to share this joy-filled adventure with others.

*Dear Family, [Family here can also be taken to mean Humanity. Humanity is the family of humankind] We have been to a place of wonderful beauty, of astonishing symmetry, of exquisite colours and contrasts. This is a place of treasures galore, where experiences of challenge, of courage, of resolve, of stamina, of dedication, of love, all reside amongst many others. This is a place that deserves our loyalty and effort, very much a place to visit again and again. It is planet Earth, our father and mother love, and for the time being our home.*



**Our next Re-Treat is an Italian Re-Treat – 'The Livingness of the Laws & Principles'**  
 Sunday 3 August – Saturday 9 August 2014. **Facilitators:** Elisabetta Raspini & Janet Derwent  
**For details & Booking Contact:** [light.net@comunitadieticavivente.org](mailto:light.net@comunitadieticavivente.org) Price on application