



'Love Changes Everything' – A Creative Meditation Intensive

A Sundial House Residential Re-Treat: 12 - 15 February 2015

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

Love graces our lives in its many different ways through various levels of giving and receiving and in the lightness of its touch. Essentially love is soul resonating with its higher tone, colour and quality. It is like sunshine and when it reaches us we open to its gift like flowers. However, 'love' in the guise and garb of sentimentality and attachment can lead and beguile us with its faint reflection of that which we truly seek. Many of us have been bewildered and lead astray in our pursuit of love in its essential reality.

The soul is consciousness, evolving and developing in this life's journey and adventure. There comes that moment when as pilgrims and travellers on the way we yearn for and seek meaning and purpose. It is then that the soul begins to work with its personality and calls it into a life-long liaison. The love of the soul pulses through and into its personality and then transformational processes begin to take hold, and the individual resounds gradually revealing more of their inherent loveliness and compassion. The reciprocated adventure between the two – the soul and its personality - begins in earnest.

This Sundial House Retreat offered each of us the opportunity to tune in and tune up to the power of love with its ability to change everything. After our Friday evening meal together we as a group of 7 began working with an experiential exercise that allowed us to introduce ourselves above and beyond the normal layers of personality exchanges.



The Gate/Way

So many times in my life
I have felt *driven from within*
into the unknown –
beyond the threshold
into the mystery
of a new creation
and I have
never looked back.
No regrets
Long may this journey continue . . .

The Stillness of a Central Point

A still centre within all the powerful rolling energy
There is a beautiful blue rose, healing & caressing
Constant changes in the tides, bringing in new things –
an old shoe, a starfish
It's like life – ever changing, never knowing





We worked as a house team during the retreat, preparing and serving meals, refreshments, clearing away and washing up. It was another aspect of building the group field through practical and mundane house crafting! The subtlety of our inner work was nourished and fed by experiential exercises. These invited us to explore our inner and outer relationships with others in the light of the many qualities and values of the soul that we each hold dear.

The subjective and subtle work of the group was facilitated by Elisabetta Raspini and Janet Derwent. The experience of individual alignment applied through reflective and creative meditation exercises revealed the power of the Laws and Principles of the Soul at work within our everyday. Each of us came to appreciate the enriched awareness afforded to us through this recollectedness that can and does pervade our daily consciousness. The Sundial House training course and service activity of the Group for Creative Meditation brought and is bringing new meaning into our everyday. Working steadily with the routine of meditation has and is lifting our daily encounters into a richer experience in the soul light of loving understanding and group wisdom.



'Let the quality of the soul be seen in me, the quality of love. It is a love which visions not the little forms of self, but the One Self in all. My quality today is self-forgetfulness.' – D.K.

Feedback Comments

A very rich, insightful weekend and I'm leaving feeling very nourished and centred. Beautiful meditations and very experiential. Laughter was always present. Elisabetta and Janet are great facilitators and so willing to share their wisdom. Love was all around.

A weekend full of love and joy, with a chance to focus on the important work. From the moment of our arrival until the end of the retreat there was a very warm welcome, comfortable and inspiring surroundings, delicious food. Well organised! We worked together and the group bonded. We were guided along the way by our two wonderful facilitators – Janet & Elisabetta.

For me it is not possible to sum up my experience – only that it has been (is) finding another deep place within the ANIMA MUNDI – For all that is - Namaste.

The 'Love Changes Everything' Retreat was a total experience on so many levels. Janet and Elisabetta prepared for us many meditations and reflective exercises which were searching and illuminating. It was a joy to be together, sharing and communing with so many like-minded souls. I feel an inner resolve and am encouraged by the spiritual renewal gained from the retreat experience.



The journey of love back to God. The flight of the swallow symbolises the lonely pilgrim making his way through the experiences and complexities of life. The white lighthouse symbolises the Christ, with the arrow pointing the way. The buildings symbolising that every human being is on his own journey but all to arrive at the same place and that individuality is always maintained. The swallow indicates that the return journey is one of developing joy and bliss, guided by innate love, and that fulfilment of the journey is all that matters.



An Italian Summer Re-Treat

Sunday 16 August – Saturday 22 August 2015

Facilitators: Elisabetta Raspini & Janet Derwent



'The Principle of Sharing is the Grace of Synthesis

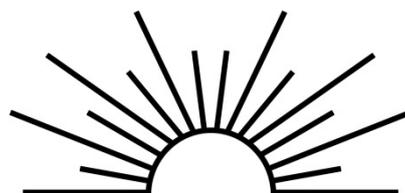
The *principle of sharing* graces all aspects of our daily lives and many of us are oblivious to its inclusive touch and magic. However, we notice in our modern day living its absence. We struggle and strive to make sense of this inner and outer dissonance and loss.

In our own lives and worldwide, there is a growing recognition of an ache and a longing for wholeness. Every day we each die a little to the old and open to the possibilities of the new. We are earnest seekers of *new ways of being* that will heal this chasm in ourselves and in society everywhere.

The interconnectedness of all life is an organic demonstration of cooperation at play. The revelation of this *planetary synthesis* comes to light within *the principle of sharing*. This Creative Meditation retreat will be a living demonstration of the principle of sharing at work near and far, within us and around us, as well as above and below us. It promises to be a wondrous journey of witnessing, recognition and revelation which has the potential to set us free to serve and cooperate with this emerging, powerful and essential soul quality.

The retreat will take place in one of the Community of Living Ethics centres at Poggio del Fuoco. It is located in 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.

For Details and Booking Contact: Secretariat; Loc. Pian di Matton, 14, 06062 Citta della Pieve (PG), Italy light.net@comunitadieticavivente.org Price on application. The price includes full board, including meals, both vegetarian and non-vegetarian.



The Sundial House Group & The International Group for Creative Meditation

www.creativegroupmeditation.org