

The Italian Summer Creative Meditation Retreat 2014 'The Livingness of the Laws and Principles'

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The Italian Summer Retreat met within the influencing energies of this summer's astrological leonine gateway. In the annual spiral of progression these Leo energies cultivate sensitivity at many levels within the soul infusing personality and its placement in the golden web of life. They are known as the *relinquishing point* of the One Self. The work undertaken by our group of seven wise women during the week retreat bore testament to these subjective energies playing within, around and through us individually, as a group and out into the environment.

Igeia is one of the seven houses of the Community and is dedicated to the art of healing. We shared the house with a group of six German creative meditators from Munich. We met together at meal times, refreshment breaks and when sharing the house duties such as washing up and setting out. It was an intergroup service activity full of humour, laughter, conversations and fine dining.



The room in which we worked was bedecked with rainbow coloured banners, an outer manifestation of the spiritual rainbow bridge that links the subtle soul realms with the form world. These vibrant colours transformed our working environment and heightened our awareness to the tones and qualities of our surroundings. As the group experiential exercises unfurled we travelled through some of the conditionings of our 'forgotten' unconscious climate. The group witnessed these recognitions and transition points, thereby allowing them to be shared in the solar light of day. Onward we moved, working with the revelatory essence of the livingness of the Laws and Principles of the Soul.





We used reflective considerations, projected sounds, spontaneous writing and creative contemplation to work with seed ideas, guided visualisations and meditative themes, thereby weaving the wisdom threads of our subjective group mandala. We anchored these impressions and insights when we visited the House of Peace and undertook a contemplative walking meditation. On our final day together we worked with the Law of Spiritual Approach and the Principle of Essential Divinity and explored the essence of an art exhibition. In the stillness and quietness of receptive meditation we endeavoured to glimpse the subtle and subjective qualities of the art work that appealed to us individually. Onward we moved and together we shared our experiences and insights.



During our week together we worked for several days with the Principle of Unanimity and the Law of Group Endeavour as we coloured in a mandala. It was a huge undertaking. We flagged, we rested, we reviewed and recommitted. As we worked we covered ourselves and the surrounding floor with the dust of the pastel chalks we had used. Eventually we reviewed the work done and amazed ourselves, for despite the superficial muddle of our loose cooperation, we had created a thing of beauty that resonated with joy. Using fire as a transforming agent we gifted our work to the collective.



Our journeying together was time measured and soul filled with memories that cascaded down, through and over the years. We came upon memories of childhood with their sense of aloneness. These were healed, relieved and recognised in the presence of the group compassion. Wonders surrounded and surprised us daily, from an abundance of grasshoppers, sculpting and model making, to mulberry fruits savoured in the grounds of Igeia, along with the sugar craft artistry seen in an Assisi shop window. In our experience these 'sugary desired forms' of the phenomenal world contrasted with considerations of the horizon where the formless invisible and visible realms meet. These symbols mark the battle ground where the struggles between the distractions of the personality and *the call of the soul* work out. The Creative Meditation Retreat facilitated again an inner deep healing that birthed anew more of the heart's radiance and perfume, nurturing a further blossoming of our inner rose of Love, Light and Life.

