

Journey to the Self



Before you can see your reflection in the pool, you have to still the water. --Harry Hermon

Life is better than you think. Our mind filters out the stunning beauty and joyous rapture of our existence with a shabby reflection of a world clouded over with troubles and worries. Only rarely do we catch a glimpse beyond the veil of self-reflection to touch the wonder of our being.

To say that we live in the presence of divine love is only a reflection of a more wonderful truth – that love is our very being. Just to become *present* is to feel the *presence* of great joy and compassion.

Even the best and brightest among us rarely touch the joyous bliss that is available in the field of pure potential that underlies all creation. Recently published letters from Mother Theresa revealed that she labored for fifty years without ever feeling the presence of the divine. Too often religious and cultural traditions invent complicated dogma that masks the simple awareness of self. Authority figures project their own image over the simple elegant presence we all feel when we are in tune with nature. Perhaps that is why religious and cultural differences so often result in conflict.



The simple truth is that anyone can enjoy the light and warmth of pure love, with or without recourse to political or spiritual systems. *Journey to the Self* is the lazy man's path to enlightenment. It is a sweet, gentle journey through the psyche, where you will quickly and easily remember yourself and release into the deep abiding peace that is the core of your being.



To find yourself you only have to lose yourself in something you love. When you discover a game worth playing, your body and mind release you from the prison of anxiety and anger that have dimmed the colors and dulled the sensations in your world. Realizing that you are not the persona you created or the roles that you play, you notice your natural self--the *silent witness*—the one who is seeing this page and hearing these words echo through your mind. You are the awareness that cannot be cut with a sword or burned by fire.



Journey to the Self is a restful 4-day training for entrepreneurs and business leaders who need a time for self-renewal. This course blends entertainment with education to help you understand yourself and others more profoundly. As your system releases layers of tension, you will use your freedom from stress to learn how to read people better. You will learn to identify body types, facial structures, movement patterns and other factors that reveal the intentions of other people. By transcending culture we will find common ground in the depths of our being.



Aliveness is more important than meaning or definition. Vivid perceptions are more valid than insights or interpretations. No one can tell you who you are or show you the sweetness of your love. You don't need any authority to reveal the wonder and beauty of your true nature. These are experiences you can discover easily in the company of a few enjoyable companions. *Journey to the Self* is 4 days of playfully pursuing the "art of the controlled accident". Through slips of mind in the company of a few good friends you will slip into the natural happiness that is always bursting forth from the center of your heart.

Curiosity is more important than knowledge. So we will meditate, but not in the boring traditional way. And we will perform yoga, albeit a fairly irreverent form. Naturally we will dialogue on essential truths. And what would a journey to the self be without hands on healing and energy work. Yet, we will avoid the 'true believer' mentality that often distorts these valuable practices. As we explore the realm of everyday miracles we will continuously remind each other that "that's not it", until all that is left is childlike curiosity and our natural, immutable, infinitely loving selves.

Often it is the nicest people who lose their way by giving so much of their time and attention to others. Sometimes you just have to take some time for yourself, to regain your perspective and to remember your own way.



If innovative adventures and unique experiences awaken your aliveness, this could be just the experience you have been looking for. Please e-mail info@sageuniversity.com to reflect on whether this journey might take you where you want to go.

Tuition:	400 Euros
Hours:	Day 1: 7pm – 10pm Day 2-4: 2pm – 10pm

