

Presentation of the past themes (most recent ones only – since 2016)

22-24 February 2019

The Power of the Powerless

Inspired by a text by Vaclav Havel (ex-"dissident" and ex-President of the Czech Republic) [the full text to be downloaded from our website \(47p\)](#) - extracts (6p) in the document here below.

Our true power is not imposing; it relies on our ability to live in the Truth. It is not very different if we live under a totalitarian system or if we live in a materialistic society, whether our search is focused on a social-political level or on a metaphysical-spiritual path. The price to pay is certainly not the same in these different cases, but these are the same desires and forms of attachment that prevent us from finding simplicity and freedom. When we are free to live within the Truth, we acquire the simple power of the powerless.

The workshop investigates how to find a leading vision or guide for our life and we will search together for tools how to live in the Truth and to become free.

[Download and read the main document of the workshop \(202 kb in pdf format\)](#)

17-18 November 2018

Individualism, Friendship, Community; what is true love?

We live in a society which promotes individualistic values and our economic system (market, welfare state) has totally taken charge of us: either we are consumers or workers or assisted people.

In this context that seems to reject our creativity and reduce us to simple cogs, what are then our potentials and roles as full beings to develop true human relationships of solidarity?

The workshop investigates how our market exchanges have replaced direct human relationships and reciprocity; or how our possibilities for true relationships with friends seem to be rather limited to "leisure time" (sharing a meal / holidays / sport games) that remains only at the periphery of our everyday life.

How can we dare to develop links of solidarity which may involve us together in a common "work" that could build true community? a community which may allow us to better decide about our daily conditions of life; in which we may, each of us, be valued for who we are (unique); and how can this experience of community become the place where we learn what Love is truly?

[Download and read the main document of the workshop \(232 kb in pdf format\)](#)

21-22 July 2018

Money, Work, Generosity

We usually have very preconceived ideas about what role money, work and generosity play in our lives. They seem to be linked but also opposed.

The workshop investigates how these three energies are supporting each other when we dare to recognise their respective true functions and meanings.

This new recognition may help us to be more in tune with the laws of the Universe than with the laws of market, with new attitudes for every day.

This is less about stuff, and more about being: we belong more than we own!

[1\) Download and read the main document of the workshop, \(585 kb in pdf format\)](#)

[2\) Download also the addenda about the ecological footprint \(165 kb in pdf\)](#) - borrowed from www.footprintnetwork.org

19-20 May 2018

Observation, most powerful tool

We live in an incarnated world that seems to hide the invisible Reality. Yet we can learn how it also reveals this mystery to us when we become able to observe with detachment.

Observation is the most powerful tool to help us to see what is as it is truly. We may then be set free from our false representations... and from suffering.

This workshop intends to investigate how we can apply the tool of observation to the outer world, to the laws that rule our daily lives, to others, to our own inner states of mind and discover how the false constructs in our mind may hopefully dissolve and how this may open us to a new vision of Reality.

[1\) Download and read the main document of the workshop, \(888 kb in pdf format\)](#)

[2\) Download also the questions that go with the main document \(zip file - 181 kb\)](#)

The parts of the main document are numbered with 00-... or 01-... etc. The attached documents are also numbered and each of their numbers refers to the part with the same number in the main document.

17-18 February 2018

Listening to the Voice

In our everyday life we never stop being guided.

Yet we need to learn how to listen to this discrete inner voice which is so subtle and remains too often unheard.

This workshop intends to investigate the many ways of listening: to other people, to nature, to the inner voice, to the many gifts of the Spirit; and to make us aware how it can deeply change our life when we live rooted in this inner inspiration.

[1\) Download and read the main document of the workshop, without the many added documents \(827 kb in pdf format\)](#)

[2\) Download also the accessory documents which may be useful if you intend to lead the same workshop \(zip file – 1.71 Mb\)](#)

The main document is numbered with 00-... . The attached documents are also numbered and each of their numbers refers to the part with the same number in the main document.

18-19 November 2017

Mythical reading of sacred texts

There are many different ways to read sacred texts (such as the Upanishads, the Sutras, the Bible, the Quran): these texts can be understood literally, historically, symbolically, mythically. We read a few of them and develop our ability to get different understandings, on these different levels. This workshop intends to open us to a more subtle understanding of traditional teaching that goes beyond words and representations. Reality cannot indeed be described with words. We have to learn how to open to our imagination and our intuition (our spirit).

[1\) Download and read the main document of the workshop, without the many added documents \(71 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 6.5 Mb\)](#)

The main document is numbered with 00-... . The attached documents are also numbered and each of their numbers refers to the part with the same number in the main document.

19-20 August 2017

True Self / False Self

The true self reveals our deeper nature that is impossible to grasp but remains the core of our being. It is too often prevented to lead us because our false self wants to keep control and shine. With the help of Richard Rohr and Thomas Merton we will examine how these two antagonistic energies cohabit in us and how we can recognise them despite the many subterfuges the false self uses; and how we can feed and free our true self.

[1\) Download and read the main document of the workshop, without the many added documents \(52 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 1.7MB\)](#)

[3\) Download and listen to the audio file as additional attached document 07b \(audio file - 2.4MB\)](#)

The main document is numbered with 00-... . The attached documents are also numbered and each of their numbers refers to the part with the same number in the main document.

20-21 May 2017

Listening to the call for meaning in our hearts

Inspired by Viktor E. Frankl, Viennese psychiatrist (and young contemporary of Freud), who tested his thoughts on humankind's need and search for meaning in the crucible of his experiences in Auschwitz,

we examine how we, too, can resist the fear messages of today's public debate and media, develop resilience

and discover our innate will to meaning and its freedom through the uniquely human capacities of self-transcendence and self-detachment.

[1\) Download and read the main document of the workshop, without the many added documents \(52 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 418 kb\)](#)

The main document is numbered with 00-... . The added documents are also numbered and each of their numbers refers to the part with the same number in the main document.

18-19 February 2017

A time to find new ways of living

When we believe that life is sacred, we discover new priorities: this is a radical change of mind. And we feel the need to adapt our ways of life to this truth.

We have to learn how to do this and it is not always that evident!

Luckily matter is a great teacher to make visible what happens in our relationships with our surroundings

and to help us find more adapted ways of living.

We investigate why we behave as we do under the pressure of conformism in very practical issues of our daily life,

such as (true) needs, resources, work, nature, land, technology.

Then we explore how a change in our values, attitudes and behaviours can bring more peace and happiness into our being.

We look at these different aspects of our life in a very practical and playful way. It is all about joy, not guilt!

[1\) Download and read the main document of the workshop, without the many added documents \(54.3 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 1.06 Mb\)](#)

The main document is numbered with 00-... . The added documents are also numbered and each of their numbers refers to the part with the same number in the main document.

16-17 July 2016

Pulling ourselves apart playfully to find a new wholeness

Who am I? Body, mind, memory, spirit, false or true self, ego, consciousness, etc?

We are made of so many and conflicting parts that we have difficulty bringing them together to build a harmonious whole.

We look at each of our parts to know more accurately what they mean for us and how we can better deal with them, take a stand and see the whole.

This is a playful approach that should help us to reconcile with our many gifts and flaws.

[1\) Download and read the main document of the workshop, without the many added documents \(96.3 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 2.30 Mb\)](#)

The main document is numbered with 00-... . The added documents are also numbered and each of their numbers refers to the part with the same number in the main document.
