

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

**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 \(audio file - 2.4MB\)](#)

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**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.*

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