

What prevents us from living fully now..?

An intensive week with self-inquiry and silence
May 27 to June 4, 2017 at Beaumont la Ferrière, France

We never ask, never, how to live – to live with delight, with enchantment, with beauty every day. We have accepted life as it is with its agony and despair and have got used to it... To live completely, wholly everyday as if it were a new loveliness, there must be dying to everything of yesterday, otherwise you live mechanically, and a mechanical mind can never know what love is or what freedom is.

- J. Krishnamurti *Freedom from the Known*



What do we call life? And how do most of us live? Busy, agitated, hurrying all day long – the stress at work, the constant pre-occupations at home? And then fruitless attempts to escape through the various entertainments our society lavishly provides : a mediocre, mechanical existence without any creative joy. Is this really living? And even when we read so-called spiritual books or follow certain practices, how is it that our minds continue to remain mediocre and burdened with stories of past and future? And what is this recurrent feeling of missing something essential, something precious? The feeling that life passes me by, the feeling of a dreamlike, confused, often conflicting existence?

What could it mean to be completely there, fully present, fully alive, awake and aware? What prevents us from experiencing what Krishnamurti calls the wholeness of life? And what might be the relevance of such a holistic way of living in a society torn by divisions – rising nationalities, violent ideologies, economic and financial wars and social inequalities...? Why have we become the only species which is a threat to this beautiful earth? So the question is: can we allow a new consciousness, a new mind to emerge – which is able to live with love and compassion in one's daily life – by seeing through and ending the root cause of suffering and ignorance?

In this week-long retreat, set in a quiet beautiful French village, we are going to explore as friends and co-travellers such fundamental questions of our day to day life in a non-authoritarian and affectionate atmosphere. The entire day will include introductory talks, existential dialogues and shared inquiry into self-knowing, experiment with silent observation and listening, long walks in nature, simple yoga exercises and meditation. The primary intention is that our entire day becomes a meditative process so that we can allow our minds and hearts to open up for the unknown, for our inherent goodness, trust, love and quest for truth.

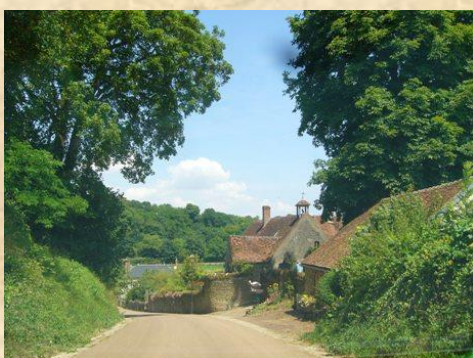
About the facilitator: Mukesh Gupta of Varanasi (India) will be facilitating this retreat. He has been engaging with the teachings of Krishnamurti for two decades, conducting residential retreats, study groups and dialogues in India, Europe and Israël. Presently he is the coordinator of the Krishnamurti Study and Retreat Center, Varanasi, India.

Yoga practice: Anita Burkhart-Röser, a senior Yoga instructor from Germany will be offering Yoga lessons in the morning to those who feel interested.

Ayurvedic Meals: Mia Verkuijlen, a senior Ayurvedic instructor from Holland, along with Luc Vanderwinkel's assistance, will be cooking wholesome vegetarian meals during the whole retreat. Mia is also offering a one day workshop on Ayurvedic cooking prior to the opening of the seminar on May 26. For further details see: <http://www.krishnamurti-france.org/nievre-cdf-ayurvedic-cooking-one-day-workshop-in-la-maison-on-saturday-may-21st>

Day Schedule (with flexibility on daily basis, according to the need and the dynamics of the group) :

- 7.30 to 8.30 : Yoga (optional)
- 8.30 to 9.30 : Breakfast
- 10.00 to 12.45 : Introductory talk, silent sitting and dialogue/inquiry session
- 13.00 to 15.15 : Lunch in silence and rest/free time
- 15.15 to 16.30 : Video talk of J.Krishnamurti
- 16.45 to 18.00 : Nature walk in silence
- 19.00 to 19.30 : Light supper
- 19.45 to 21 : 00 : Coming together for reflection, sharing and silence



Venue: La Maison, Champ de la Fontaine, Le Bourg, 58700 - Beaumont la Ferrière, France

Arrival: First meeting and introduction on Saturday, 27 May at 17 :00

Departure: Sunday 4 June after lunch. Retreat concludes by 13 :00

Charges for the whole seminar: 600€ (+ 50 € for the optional yoga lessons) 900 € for couples

Advance registration fee: 150 € (refunded in case of cancellation up to May 15)

For details and reservation contact Christiane Joseph at:

christiane.joseph2@orange.fr

+33 (0)3 86 60 15 07, +33 (0) 6 84 11 32 62 (mobile)

Website : <http://la-maison.beaumont.blogspot.fr/>

Your problem is not only to break away from the society, but to come to life again, to love and be simple...

- J.Krishnamurti, *Commentaries on Living III*