

The Challenge of Being Human

An Intensive Full Week Retreat

May 11 to 20, 2018 at Beaumont la Ferrière, France

When you observe what you are as a human being, you see you are completely the result of the past. There is nothing new in you, you are second-hand. You are the past looking at the present, translating the present. The present being the challenge, the pain, the anxiety, a dozen things which are the result of the past, and you are looking at it getting very frightened and thinking about tomorrow, which again creates another pleasure - you are all that. To understand the now, is an immense problem of meditation - that is meditation.

- J. Krishnamurti *You are the world*



What does it mean to be a human in these challenging and hard times..? What is a human being..? What makes us human..?: Is it constant suffering..? Living in fear..? Living under the shadow of outer or inner authority..? Self-centredness..? Living in isolation..? Living with past all the time..? Struggling..? Being the prisoners of time and conditioning..? Pursuit of success, security and pleasure most of the time..? Or: Is it asking fundamental questions..? Exploring what is truth and what is false..? Understanding the self and its inherent conditionings..? Exploring what is love, what is beauty, what is freedom and creativity..? What is compassion and living together in harmony with everything..? Exploring what is sacred and if there is anything beyond thought and time..? So it is really a deep question: what is a human being and what makes a human being..? If we don't ask any question then what happens..: we continue to live in a mediocre and mechanical way... without real joy and creativity... then there is hardly any difference whether we are alive or dead.

A long retreat gives us the necessary time, space and leisure to reflect, to meditate and rest deeply with oneself... it provides the necessary space to remain with real questions of one's life and therefore inquire more intimately. In Krishnamurti's words : "I think it is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds..."

This is the fifth year when we are gathering for this intensive long-week retreat in a serene beautiful French village where we are going to explore as friends and co-travelers fundamental questions of our day to day life in a relaxed, meditative and affectionate atmosphere. The schedule 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 J. Krishnamurti, Buddha and other teachers for more than 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.

Vegetarian Meals: ...

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 and rest time
- 15.15 to 16.15 : Video talk of J.Krishnamurti
- 16.45 to 18.00 : Nature walk in silence
- 18.45 to 19.15 : Meditation
- 19.30 to 20.00 : Light supper
- 20.30 to 21 :15 : Coming together for reflection and sharing the experience of the day before going to bed



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

Arrival : By afternoon or evening on Friday, 11 May

Departure : Sunday 20 May after lunch. Retreat concludes by 13 :00

Charges for the whole seminar:

Advance registration fee : 150 € (refunded in case of cancellation up to April 10)

For details and reservation contact Christiane Joseph at:

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So can a man live without sorrow, without friction, without jealousy and greed, without conflict of any kind?

- J.Krishnamurti *Urgency of Change*