

# Retreat: Living at the Edge of the Unknown

Finding Freedom and Peace in the Here and Now  
22 – 27 of August, in Beaumont, Belgium



*Are you curious...*

- *how to strengthen your inner balance with the ever-changing reality?*
- *to stand in a place where you cannot stand?*
- *to learn how to master your emotional landscape?*

As T.S. Elliot once said, “Humankind cannot bear too much reality”. Most of the time we live in the illusion that we know what will happen. But when we are confronted with the cruelty of life, we suddenly become aware that we have no control over reality as it evolves. Then we feel we are at the edge of the unknown and it is scary. But if we can accept that we cannot control reality and stay mindful and compassionate as it unravels, we can find the freedom to act appropriately towards the challenges we meet.

**In this retreat** we will use Buddhist & Western psychology and the Theory of Living Human Systems to investigate how our mind reacts to the pounding waves of *Samsara* (a Buddhist term for our life suffused in suffering). We will strengthen inner resources like awareness, compassion, and wisdom to be more resilient as reality unfolds. Practices are offered to explore how we can accept the adversity of our life experiences to grow and become response-able people.

**The structure** of the retreat consists of inspiring talks, silent and guided meditations, mindful movement and mindful dialogue in dyads and small groups. You will have free time after lunch to connect with nature and to relax at this beautiful meditation retreat place.

**The retreat is open to all;** for both experienced practitioners as well as beginners with a minimum experience of 8-week course mindfulness or other meditation discipline.

## **Practical information**

Date and time: The retreat starts with soup at 6.00pm Tuesday 22<sup>nd</sup> of August and ends Sunday 27<sup>th</sup> of August after lunch at 1.30pm

Location: Les Jardins de Meditation, Beaumont in Belgium ([link](#))

Facilitators: Annick Nevejan & Olaf van Kooten ([www.nevejan.net](http://www.nevejan.net))

Language English with French translation

Registration with the Mindfulness Association Belgium - [Click here to register](#)

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