

What's the most precious thing in the universe?

There's no right answer, is there? But if it isn't to live the life we've been given – living truly our unique self – knowing and loving all that we are, and being comfortable in the place that is ours, settled in snugly with those in their place around us, then I don't know what else it can be.

When I describe this, I think of a jigsaw puzzle...how all the pieces are unique – they each have their place – they don't have to do or be anything spectacular. Just being in their place, fitting snugly alongside the other pieces that are also taking their place creates the whole and allows the beauty of the picture to emerge.

The next opportunity for you to experience 'BE-ing' like this is:

December 14-16 Friday afternoon 14th through to Sunday evening 16th 2018 –

Inner Realm Immersion Weekend

It is held at the very invigorating Burrabaroo retreat in Kootingal near Tamworth NSW Australia. It is low key accommodation but set in a gorgeous untouched ancient rocks and tress as it has been since our first brothers and sisters cared for the land. Just a few kilometers north of Tamworth you can drive or fly from Sydney. If flying you can relax at the domestic Airport and be collected to be transport back to a time when time seem to be still and discover hidden treasures of Australia's natural beauties. [Request an Invitation](#)

What stops us?

It is difficult for us to discover the unique attributes of ourselves, which allows us to recognise our place and really 'see' those around us and be with them comfortably for 3 main reasons:

- 1. Busyness:** We live in such a busy world – with the constant call away from self and others and towards tasks, results, pressures, demands and technology. We're so busy doing, we forget about being.
- 2. Fear of Failure:** We live in a paradigm of Right and Wrong – Success and Failure – Positive vs Negative...a constant judgment of everything. This creates constant critical noise in our minds. We worry about how others might be perceiving us – what catastrophe will befall us if we fail. We are surrounded in an energy of fear – fear of failure or rejection.
- 3. Self-Doubt:** We have been taught incorrectly to rely solely upon logic – our conscious processing only. It leads us to seek information 'out there' – to trust what the expert says – to think, think, think our way through problems. We are constantly being told how we should think and be and live. We are not encouraged to go inside and check what it is we know at a deep intuitive level. This is not only a mistake, it is a trap. Our conscious intellect is just the tip of the iceberg. All this undermines our ability to know our self, to trust our self and creates self-doubt, leading to even more internal cognitive chatter.

How are we meant to truly meet our self or another with all this going on? How can we quiet our minds and return to operating in the world in the way we are designed, as sensory beings? And what happens if we don't? While we are busy doing, getting and having –'achieving', our precious life speeds by and we have missed the most important things... to BE me – to LIVE life – to CONNECT with others.

There are ways though we can learn to still our minds and begin to live – truly live. The first step is self-mastery – mastering thoughts, emotion and responses. We can do this through mindfulness activities, awareness workshops and trainings or even retreats.

Having spent a life time exploring how we tick as humans, spending decades studying human communication and psychology: NLP, Neuro, Cognitive, Bio and Applied Psychology, with more than 25 years working with people with minimal or no language skills as a sign language interpreter, and working with people from all works of life and different cultures... what I've come to understand is we are working and living against the way our brains operate. We are not living in harmony with how we are meant to function as human beings. If you don't think this is so, just look at all the 'DIS-EASE' we have in our society.

One reason for this is, we've become too caught up in 'thinking' and 'language' as our sole form of experience for life. But, it is not through language, nor through thought that we function well!

We are sensory beings. Our brain is designed (or has evolved) to process sensory input from our eyes, ears, body, nose and mouth – our five senses. But there is something more – a sixth sense it has been called. This is a sense that we don't have conscious access to, but none the less we experience it. That gut feeling about someone or something that we can't rationally or logically explain, but it is there, isn't it?

If we really want to be living, we have to and can return to using all of our senses through mindfulness, awareness and centering activities and practicing these regularly to become masterful (see the blog <http://www.imaginemore.com.au/blog/top-5-tips-for-good-to-great/>).

For this reason, I've brought together the knowledge and experience of all these fields of study in our Inner Realm Immersion and our 6 Senses Retreats. The retreats offer a structured environment, teachings and activities that allow you to get in touch with yourself and others without the dependency on language as the vehicle.

Rather than focusing on our own perspective, we are encouraged to connect through noticing the acts of others and by being present in observing through ALL our senses.

Staying open and connected is not as complicated as we often make it. It's about doing the simple things that nourish and strengthen our mind and body, having practices that support us in returning our awareness to what is really present and learning to respond, rather than react without thinking. Simple, yet profound.



Would you like to join us?

**REQUEST AN
INVITATION**

The Concept of Journeying Home to Our Selves

*“We’re so busy being
‘human DOINGS’ we forget
how to be ‘human
BEINGS”*

Deb Maes

Invitation: Join but NOT Bring ...

*Note: You may or may not
wish to bring a journal.*

Who is Invited

For me to meet ‘ME’... to discover what is like to be ‘ME’
WITHOUT (as much as possible) words, distractions &
technology...in a place where it away from daily rush of life AND
spend time seeing and meeting ‘YOU’ in this state and place,
creating ‘WE’.

To stay quiet and be an observer – building a sensory experience
one sense a time, until fully mindful in all the sense

Enjoying real food – minimising processed foods, getting up to
meet the rising sun, do Qi Gong, Yoga and be still, open and
centered, learning mindfulness and meditation and joining
together with ‘YOU’ as you also journey home to self.

(a blog <http://www.imaginemore.com.au/blog/lifes-purpose-is-inding-your-way-home-to-self/>)

It is an invitation to learn how to (at the Inner Realm Immersion) or
practice (at the 6 Senses Retreat) joining with self and others
through the language of our soul/heart/spirit/deeper-
self/intuition/unconscious competence (whatever you would like to
label it, *although I encourage you not to*) and communicating in a
way that has no words– through our heart and eyes.

The invitation is to share the experience of how we can
communicate with our hearts and spirit, through our mind and
senses. As ‘I’ connect with self and all that’s around, we can also
join with others in this experience and connect with each other as
‘WE’.

I invite us to come as close to how we arrived in the world as
we’re able... leaving behind: names, introductions, social
expectations, judgements, histories, stories, language, books
and technology.

The 2 day Inner Realm Immersion weekend is open to ...

- those who willing to learn this kind of connecting ,
those who are willing to experiment and explore and to join in
energy with...

- those whom already have a sense of what it is like to be mindful and connected with an inner/higher/deeper source, those who *know the wisdom* of and *aim* to be gently with themselves and others, those who are willing to hold a clean, open space for others.

The 4-5 day 6 Senses Retreat is open to those who have learnt these things and want a space to rejuvenate, practice and develop mastery.

It's NOT a Vipassana Retreat

The rules for Vipassana are often: No contact with others, no talking, no touching, no gestures, no eye contact. No tobacco, drugs, or alcohol. No yoga or physical exercise, no movement that may be disturbing to other meditators. No music, reading or writing. No jewellery or skimpy clothing. No rosary beads, crystals, charms or religious objects. No contact with the outside world. No leaving for ten days. No fun. It can be a beautiful experience in many ways. But, **NOT what I propose.**

The Nature of this Silence

The silence I'm inviting is simply a putting aside spoken language, both externally and internally. Not the absence, rather an enriching, *of communication, interacting and connecting.*

It is the opportunity to meet self, but it's also about meeting others. As we be fully in self, AS WE connect with others who are also doing that, something very special emerges.

By being silent and being with self, interrupting the perpetual loop of thought, you are learning how to continually and consistently bring yourself back to the experience of right here and now, without distortions of judgment, criticism or fear.

This is NOT like a Vipassana retreat where you are over there connecting with your authentic self and I'm over here and we're not aware of, nor connecting with each other.

Rather, just as you connect and then become more deeply aware of and/or in tune with the trees and birds and air and stars we can join in doing this with each other too. We have the aim to be joining in connecting, cleanly – without all that has been ‘put upon us’ since birth.

There will be encouragements to explore or experiment with doing things a certain way, for sound or scientific reasons, although these won’t always be explained, BUT there are NO RULES. You will be free to do your own thing, in your own way between the sunrise and sunset activities, *always keeping in mind the purpose of what we are jointly creating; a loving, respectful, clean and safe place to journey home to self and others.*

The Program :

When arriving No social chat.

Please refrain from

sharing names,

occupation and histories

(i.e. the normal labels that

we use that we limit

ourselves with or that have

been imposed upon us)..

You are encouraged to

settle in, prepare and eat

mindfully in silence before

the first evening session.

Day 1:

Aim to arrive before sunset, to settle in, eat dinner silently and gain an introduction to the program for the weekend.

Session lead by Deb Maes.

Day 2 – 3:

Each day starts rising at your own time or at least 20 mins before dawn, to be washed and ready to observe the sunrise. Then Qi Gong, yoga, a short a guided mindfulness meditation before returning inside to prepare and eat breakfast.

Each morning after breakfast there will be a brief session orientating us to the sense we are invited to focus on using that day. We do use language in these sessions.

Day 2 morning: Auditory (sound)

Day 2 afternoon: Kinaesthetic (touch)

Day 3 morning: Visual (sight)

Day 3 afternoon: Olfactory & Gustatory (smell and taste)

... followed by a Mindfulness walk to the outdoors focusing primarily on the sense for the day.

Between the morning activity and the evening sunset you will be free to sit or walk in mindfulness, prepare and eat food as you will, and continue to hold self and others in your awareness.

Mindful Walking & Eating

Each evening we come together at dusk to observe the sunset. Then we may prepare, share and eat food. There will be an inquiry session, which is an open space, where any member of the group may ask a question or share their learning. Here again we use language – but be ready to be surprised how much this changes even on the first day.

Afterwards, we are free to wash and retire in our own time.

Closing day will be a special session for reflection and sharing learnings as we bring the shared space to a close.

Afterwards, in our own time, each one may prepare to depart by collecting their belongings. This is to be done mindfully and silently.

Mindful Walking & Eating

The walking meditations involve moving slowly, absorbing the smells, the sensation of sun-dried grass (between your toes if you choose) and the sounds of the native birds. Moving so slowly and consciously is an exercise in receptivity and sensitivity – being fully in each movement and pausing between – focusing on each sense in turn.

Hearty wholesome meals are provided. Please advise of any allergies at the time of booking.

What Participants Say

“This is the best money I’ve ever spent in my entire life! It truly was a game changer for me...Even though it’s the same world it’s not the same at all because I see everything differently.” – Marcin Paszkowski “...An experience that gives you a deep knowing that you could never imagine nor explain to anyone who had not had it...” Barbara James “I am happier than I can ever remember being...I cannot say what it will do for you, and honestly, I think to assume what it may do would take away from the mystery and discoveries that you can find within yourself.” – Faye Porter “Words cannot describe the experience. It’s awe inspiring and phenomenal. The four days have grounded me. There is nothing

like it. Of all the things I've tried, I've experience nothing like it. I've done Demartini and lots of others. Nothing is as real. It's about you, coming in touch with Self and becoming grounded and bringing that out into the world so that you can be sincerely your Self – not fabricating what others think you should be, but being your most authentic and natural Self. I know this will help me not only in my professional work but also in my personal life.” – Cate McMahon “I have a scienti&c background and after 12 years of professional development I came with an open mind, with a speci&c goal to &nd myself. This is not a conventional program. I saw myself in ways that pleasantly surprised me.” – Vicki Donnelly “This retreat is life changing, truly. I met myself and felt like I was truly WITH people for the &rst time in my life. So much has shifted in my world since then and all I can say is THANK YOU!” – Margot Buchanan “A heart opener. A soul opener. Many of the questions I had been asking myself for a long time were answered. It is down time to contact and spend time with Self whilst in the presence of others. I had a fabulous time. If you are looking for Self, this is the place to come to &nd YOU and be in the presence of other beautiful souls as you do.” – Carole Wright

When & Where

14-16 Decemeber 2018

Burraburoo

https://www.girlguidesnswact.org.au/Documents/Properties/Region_Props/SP1510_Burrabaroo.pdf

Investment By invitation

only Places strictly limited

Standard: \$950 AUD Current

Coaching Clients: \$650 AUD

(save \$300) Couples: \$1550

AUD (save \$400) Current

Coaching Couples: \$1350 AUD

(save \$550)

Includes:

- 2 nights accommodation at 2 star Burrabaroo Retreat
- Self-awareness program facilitation
- Meditation classes/training
- Mindfulness practices and activities
- Meals – 3 delicious, wholesome, mostly organic, with ride variety of delicious vegetarian options meals daily
- Yoga & tai chi sessions daily,
- Meditation sessions daily,
- Massage and delights for the senses and Airport transfers.

Early Bird 15% discount til 2 months prior

Flights are additional but a special group discount can be negotiated if booking through our travel agent.

(save \$400) Current Coaching

Couples: \$1350 AUD (save \$550)

What to bring

Besides an open mind, an open heart, trust and belief in yourself, others and the process... comfortable clothes (preferably not synthetics for body or sole – if possible), your own towel and hand towel, any natural foods/snacks you particularly like and personal items you like such as a favorite pillow.

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