

No Worries

PETER GREBOT - FEBRUARY 2021



How much time do you spend on a bad day worrying about things, needlessly?

Do you tend to worry? Get stressed out about money, relationships, the environment, work and a million other things? And if so, how much time on a bad day do you spend going round and round in circles worrying about these things with no tangible outcome? The more you think about yourself and your situation, the more trapped you feel don't you? It's enough to drive one to drink, drugs or some other form of distraction.

That happens for a reason, we have become entangled in a "cul de sac" dysfunctional thinking process and the distraction helps us temporarily break free of it, only to return later. The cul de sac actually is the "I" element, the "me" element that feels trapped, limited and at a loss what to do. BUT, what if there wasn't really an "I" element, what if it was all just an illusion?

Let's just consider that possibility for a moment.

Many of the issues would still emerge but I suspect to a lesser degree because now instead of making everything personal it would, in a strange way, be impersonal. We wouldn't get so entrenched in the problem, we would have at our disposal unlimited intelligence, unrestricted access to the problem without the added complications of a desperate, isolated, separate self trying to figure things out. Wouldn't that lead to a significantly different outcome? A totally different reality.

And that, in a nutshell, is what the so-called "spiritual" search comes down to, no mystical experiences, no coloured lights or angels, just crystal clear and fully embodied action within a dancing universe. Anyone interested?

Announcing the 'Awaken' Total Immersion (Online) Program.

Given our current situation, with lock-down restrictions in most countries, sadly it's difficult to plan a retreat until we know for sure when these restrictions are going to be lifted.

We've had several inquiries asking if we can facilitate something online, which is a challenge in itself, as this work really is best experienced with everyone 'in the room' and living in community for the duration of the retreat, which is normally a week.

However, due to our current situation, we have given the idea of an online alternative some serious consideration, and so we are delighted to say we have created the 'Awaken' program, which we are confident will work online, in a small closed group, providing those who sign-up are committed to what the program involves.

Through our HOW model (Honesty, Openness, & Willingness) this is an invitation to open up to the possibility of an alternative way of being.



To free yourself from unwanted, limiting beliefs that may be holding you back from enjoying an enriched and more fulfilling life.

You will need to be available for 2.5 hrs once a week, for 6 consecutive weeks. This is intensive work, therefore, each session must be uninterrupted and require your complete attention. You must also be able to attend the entire program and respect the commitment required of you as it's imperative to the work and your fellow participants.

If we have enough interest from people wishing to participate, we'll be able to run the program from mid March (dates to be confirmed).

We're in the process of finalising the details and more information will follow shortly.

In the meantime, if you are interested, email: maria@knowingconsciousness.com

Our next online meeting will be Sunday 21st February at 15:00 GMT/16:00 CET

Look out for further details from Regis Pradal, Jana Joanna Milbou or Maria Casale. You can also visit -

knowingconsciousness.com

