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Exploring a Totally New Way of Living

An Intensive Week of Self-inquiry and Meditative Dialogues (In English and French)

20 May - 26 May, 2019

“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*

Stress, fear and burn-out are the most dominant factors of our present day of living... There is hardly any inner and outer space in this way of living. How do most of us live? Busy, agitated, hurrying all day long – stress at work, the constant pre-occupations at home?

And then vain attempts to escape through various entertainments/escapes? Is there any creative joy in this way of living..? Is this really living? 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?

As human beings we are facing a deep crisis at every level of our existence. We are destroying our relationships to fellow human beings, to nature, to environment through our ever growing self-centeredness, greed and insensitivity. Why have we become the only species which is a threat to this beautiful earth?

In these most challenging times what does it mean to be sane, alive and awake? Isn't it so urgent to discover a totally different way of living in a society torn by divisions – rising nationalities, violent ideologies and social inequalities...?

Some of the fundamental questions that we are going to explore in this retreat are:

- Is there a totally different way of living which is not mechanical, stressful and destructive?
- What are the deep-rooted patterns of human mind which constantly generate suffering for oneself and for others?
- Is it possible to end these deep-rooted patterns of our day-to-day living?

We are going to inquire, as friends and co-travellers, the deeper questions of our day to day life in a relaxed, meditative and affectionate atmosphere. The daily schedule will include short introductory talks, meditative dialogues, silent observation and listening, long walks in nature and meditation. The primary intention is that our entire day becomes a meditative process by taking a complete break and allowing our minds and hearts to deeply rest, breathe and rejuvenate...

The venue of this gathering is a small beautiful village in the Alps of Switzerland, about two hours from Geneva International airport.

About the facilitators: Mukesh Gupta from The Krishnamurti Retreat Centre, Varanasi, India and Jackie Mcinley from France will be together facilitating this retreat. Mukesh has been engaging with the teachings of J. Krishnamurti and other teachers for more than two decades. He did his Masters in Eastern as well as Western Philosophies. He conducts retreats, study programs and dialogues concerning quest for truth and holistic vision of life in India, Europe and Israël. He also takes inspiration from various sources like Buddha, Upanishads, Sufism, Nisargadatta and Ramana Maharshi. He believes in exploring a deep non-authoritarian meditative process of dialogue based on mutual love, respect and a quality of silence as a way to create a peaceful, non-violent society.

Jackie founded and ran an independent Krishnamurti centre called Open Door in Southern France – hosting monthly inquiry retreats and annual international gatherings in French and English. A language and communication teacher by profession, she now spends her time traveling to various Krishnamurti centers and schools around the world: facilitating dialogues and programs, sharing skills in the schools, and helping out in Krishnamurti related projects.

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

- 08:30 to 09:30 : Breakfast
- 10 : 00 to 12 : 30 : Introductory talk and meditative dialogue/self-inquiry
- 13 : 00 to 15 : 00 : Lunch and rest
- 15 : 00 to 16 :00 : Video of J. Krishnamurti
- 16 : 30 to 18 : 30 : (After Tea) Nature walk in Silence
- 19 : 00 to 20 :00 : Meditative dialogue
- 20 : 00: Supper

Logistics :

- **Arrival :** First meeting and introduction on Monday, 20 May after dinner
- **Departure :** Sunday 26 May after breakfast
- **Total contribution: Eu. 370.- /or 420.- in single room if it is available**
- **Advance registration fee: Eu 100.-**

For details and reservation contact: *Bernard* at: info@riversong.ch, 00 41 79 607 80 65

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