

Flowering in Wholeness A Meditative Self-Inquiry Retreat

When: 11th to 13th of October 2024

Where: [Seminar Centre 'Haus Dreiklang'](#), Im Sanig 1, 57612 Birnbach, Germany

Language: English, translations into German can be provided if required.

The Retreat:

Allowing questions to flower is an art; in flowering they open us up to the lively space of silence. A silence, where transformation naturally unfolds.

Inspired by the teachings of Jiddu Krishnamurti, this retreat offers a compassionate environment for meditative self-inquiry, facilitated by Mukesh Gupta and Ann Engels.

You are warmly welcome to join us during this special 3-day program, which includes live music, silent walks in nature, dialogues of self-inquiry as well as full board (vegetarian/vegan) at the beautiful Seminar Centre Haus Dreiklang, in the Westerwald region, Germany.

Living with fullness, peace and joy comes naturally when body, mind and heart are in harmony; a harmony that is inseparable from wholeness, from the deep essence of 'what is'.

What takes place when the brain, the mind and the body are really quiet and harmonious - when the mind, the body and the heart are completely one? Then one lives a totally different kind of life.

J. Krishnamurti, 'The Awakening of Intelligence'



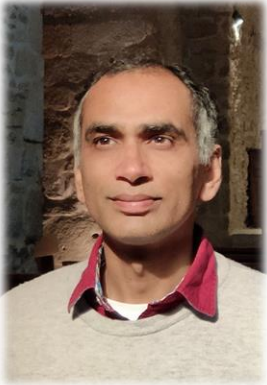
The Venue:

The retreat will take place at the open Seminar Centre ['Haus Dreiklang'](#) in the Westerwald region in Germany, surrounded by a vast woodland area that invites for walks in nature.



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The Facilitators:



MUKESH GUPTA is a globally invited speaker and educator from India who has dedicated himself to the theme of 'Self-Inquiry' for 25 years. He feels especially inspired by Jiddu Krishnamurti, the Buddha, and the teachings of non-duality. He has given over two hundred lectures, retreats and seminars worldwide. Prior to his international lecturing activities, he worked for two decades at the Krishnamurti Foundation of India (KFI). Mukesh is the founder of the [School for Self-Inquiry](#).



ANN ENGELS conveys a deep connection between music and transformation as a passionate cellist and transformational coach. In a safe and supportive space of presence and listening, the soothing sounds and melodies invite you in a natural and deep way to come to rest and link to your own centre in the space of the heart. (www.caramuse.be)

The Program:

The retreat offers a safe, non-judgmental and compassionate space of learning together, where one's true essence can unfold and flourish. It is directed to individuals at any stage of the journey of self-discovery and transformation. It is for all those who recognize the importance of living and working from a deeper level of presence in our daily life.

Exemplary schedule:

- 07:00 - 07:45 Music & sound meditation
- 08:00 - 08:45 Breakfast
- 10:00 - 12:30 Live talk and self-inquiry
- 13:00 - 13:45 Lunch
- 14:00 - 15:30 Rest period
- 15:30 - 16:45 Meditative self-inquiry
- 17:00 - 18:30 Meditative walk in nature
- 18:45 - 19:30 Dinner
- 20:00 - 21:30 Music

The event will be conducted in English. Translations into German are possible if required.

Details:

Start: October 11th, 2024, 5:00 PM (17:00h)
End: October 13th, 2024, 4:00 PM (16:00h)

Participation fee including full board and accommodation:

€285 in a shared room

€300 in a double room

€315 in a single room.

A discount can be granted for participants under 35 years by arrangement.

Chairs and yoga mats are provided. You are invited to bring your meditation blanket. If you prefer to sit on the floor, please bring a suitable cushion.



Registrations until 1st October 2024 via e-mail: info@hausdreiklang.de.

For further inquiries about the retreat, please contact: retreat_info@posteo.de.