

Exploring A Wholly Different Way of Living

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

27 May – 2 June, 2019 at Beaumont la Ferrière, France

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*



Introduction: What do we call life? And 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 our society lavishly offers...? Is this not a mediocre, mechanical existence without any creative joy..? Is this really living? And even when we read so-called spiritual books or follow certain practices, how is it that our minds continue to remain mediocre and burdened with stories of past and future? 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. 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...? What prevents us from living the wholeness of life? 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, mediocre and destructive?
- What are the deep-rooted patterns of human mind which constantly generate suffering for oneself and others? Can these deep-rooted patterns end?
- Can we allow a new consciousness, a new mind to emerge in our day-to-day living?

In this week-long retreat, set in a quiet beautiful French village, we are going to explore as friends and co-travellers such fundamental questions of our day to day life in a non-authoritarian and affectionate atmosphere. The entire day will include introductory talks, existential dialogues and shared inquiry into self-knowing, experiment with silent observation and listening, long walks in nature and meditation. The primary intention is that our entire day becomes a meditative process so that we can allow our minds and hearts to open up for the unknown, for our inherent goodness, trust, love and quest for truth.

Facilitator: Mukesh Gupta from The Krishnamurti Retreat Centre in Varanasi, India will be facilitating this retreat. He has been engaging with the teachings of J. Krishnamurti and other teachers for more than two decades and conducts retreats and dialogues concerning quest for truth and a holistic vision of life in India, Europe and Israël. 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.



Venue : La Maison, Champ de la Fontaine, Le Bourg, 58700 - Beaumont la Ferrière, France

Arrival : First meeting and introduction on Monday, 27 May after dinner, **Departure :** Sunday 2 June after lunch.

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“I think it is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds...”

- J. Krishnamurti