

## Some questions

What is the art of living authentically?

What is transformation and what can facilitate it in our daily life?

What is meditative and compassionate self-inquiry?

What is holistic awareness?

How to face the fact of being stuck in a groove or a habitual pattern and unblock oneself?

Can the mind free itself from the noise and the burden of the past so that it is quiet and new?

## Facilitator

Mukesh Gupta is an independent travelling facilitator – not employed by any organization. He sees that a deep non-authoritarian meditative process of self-inquiry based on deep listening, looking and compassion is essential to bring transformation, peace and harmony in one's daily life and society. Working as a facilitator for intensive retreat has its roots in deep study and personal work of self – knowledge.

# The Art of Living & Transformation

Domein Menas, Maria Aalter, Belgium

14 sep → 18 sep 2022  
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<https://www.domeinmenas.be/>  
<https://www.vereningleerproject.nl/>  
<https://www.schoolforselfinquiry.org/>



Vereniging  
Leerproject  
&  
School for  
Self-Inquiry



This residential retreat offers a meditative space to come together as friends and co-learners in order to explore fundamental questions of our daily living in a relaxed, listening and affectionate atmosphere. The retreat is facilitated by Mukesh and the daily program will include: meditations, introductory talks, experiments, meditative self-inquiry, dialogues and one-to-one sessions.

When we are living only at the level of thinking, memory and the past, life becomes heavy, a kind of prison and a field of suffering for oneself and people around us. The art of living authentically demands a stepping out of this conditioned field of the past so that one can discover a true freedom and a new meaning of life.

Learning about oneself through compassionate non-judgmental self-inquiry and holistic deep awareness is the basis for inner transformation. In this retreat we are going to explore experientially questions which are directly related to our everyday life and challenges.

"The very seeing of what one is, is the beginning of the transformation."

– J. Krishnamurti, Wholeness of Life

### How to attend?

Inscriptions before August 15 !

Transfer 356 € to

Vereniging Leerproject

NL79 INGB 0005 5082 95

&

Mail [joost.de.wulf@protonmail.com](mailto:joost.de.wulf@protonmail.com)

This cost does not include any fee for Mukesh (exc. transport). His presence is only possible through the generosity of friends who value the impact of these retreats.

Donations from the generosity of your heart are welcome on Mukesh Gupta's account FR76 1480 6580 0072 0149 8615 597 Bic/Swift AGRIFRPP848 or in the box available during the retreat.