

# Inner Simplicity & Stillness



A Long Weekend of Self-inquiry and Meditative Dialogues in Sint-Maria-Aalter, Belgium

**2 - 5 September 2021**

“Our minds are so crowded with an infinite knowledge of facts, of what others have said, that we have become incapable of being simple and having direct experience ourselves. These problems demand a new approach; and they can be so approached only when we are simple, inwardly really simple. That simplicity comes only through self-knowledge, through understanding ourselves ...” – J. Krishnamurti, *The First and Last Freedom*

The art of living demands an awakening of a totally different kind of intelligence which is whole and not confined to intellect. A mind that is simple and still can have an excess to that holistic intelligence of life. Such a mind can have a clear and direct perception into complex problems of our life and deal with them in a simple way. This retreat is an invitation to come together as friends and co-learners in order to explore the significance of inward simplicity and stillness in our daily life.

Program: The daily schedule of the retreat will include short introductory talks, meditative dialogues, silent observation and listening, walks in nature and sitting together silently. 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.

**Facilitator:** Mukesh Gupta from Varanasi, India, is going to facilitate this retreat. He is an international speaker and regularly facilitates self-inquiry based retreats, workshops and dialogues inspired by the teachings of J. Krishnamurti. His website: [www.schoolforselfinquiry.org](http://www.schoolforselfinquiry.org)

**Venue:** Blekkervijverstraat 20, 9880 Sint-Maria-Aalter, [www.domeinmenas.be](http://www.domeinmenas.be)  
(station Sint Maria Aalter op 1,2km)

**Fees:** Accommodation in a single room and meals included 260€, members Leerproject 253€, double room -9€, participants staying elsewhere 155€

**Logistics:** First meeting and introduction on Thursday, the 2nd of Sep. 2 pm. The retreat will conclude on Sunday, the 5th of Sep. 2 pm

**Registration:** +32467000065 [joost.de.wulf@gmail.com](mailto:joost.de.wulf@gmail.com) Please transfer amount before 15 August 2021 to IBANnr NL79INGB0005508295 bic INGBNL2A Vereniging Leerproject

As Mukesh does not receive any wage except for the travel expenses, we suggest that you support him by way of a gift (suggested amount 35€) for Sohini, his daughter, who will be studying Liberal Arts in Groningen (NL). Please wire your gift to Joost De Wulf BE74000451254407 bic BPOTBEB1

