



## J. KRISHNAMURTI RETREAT

*On*

### CHOICELESS AWARENESS

21 - 26 MAY 2021

**58700 Beaumont-la-Ferrière, France**



**"Only choiceless awareness can lead to non-duality, to the reconciliation of opposites in a total understanding and total love." - Aldous Huxley In The foreword to *The First and Last Freedom***

#### **THEME OF THE RETREAT:**

Choiceless awareness, also called effortless awareness, is at the heart of J.Krishnamurti's teachings. The pragmatic experimental aspects of the teachings are contained in it and it may be the most direct approach to the art of living.

But before exploring what is involved in the state of mind required for it to take place, its nature, effects and meaning, we perhaps ought to remember Krishnamurti's advice that in order to go far one must start very near. And what is near us, in fact? Is it choicelessness or rather choice? Are we aware that we spend our days in evaluating, judging - choosing? This is the reality we live with. Actually awareness can only be choiceless, otherwise it is but analysis of the thinking process. The awareness itself reveals all the dangers involved in psychological choosing and why this activity plays such an important part in our life. Such explorations will be part of our shared journey in this retreat before we can understand and approach the state of mind required for choiceless awareness to take place and flower.

#### **QUESTIONS TO BE EXPLORED DURING THE RETREAT:**

- What is Choiceless Awareness and how it is directly related to the awakening of a holistic intelligence free from the limitations of our conditioning and of our feeling of separateness?
- What is its relationship with observation, attention and a quiet mind?
- Can it be practised in our daily life?

#### **SPIRIT & PROGRAM OF THE RETREAT**

In this week-long retreat, set in a quiet beautiful French village, we are going to explore as friends and co-travellers fundamental question of our day-to-day life in a relaxed and affectionate atmosphere. The daily schedule will include short introductory talks, meditative dialogues, silent observation, long walks in nature, and meditation. The primary intention is that our entire day becomes a meditative process by taking a complete break and allow our minds and hearts to deeply rest, breathe, rejuvenate and open up for the unknown...

#### **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. He sees that a deep non-authoritarian meditative process of self-inquiry, based on love, listening and looking from a quiet mind and heart, is essential to establish peace and harmony in one's daily existence and society. His website: [www.schoolforselfinquiry.org](http://www.schoolforselfinquiry.org)

## **DAILY SCHEDULE**

8.30 : Breakfast [All means vegetarian]

9.30 to 12.30 : Introductory talks, Silent Sitting and Meditative Dialogue session

13.00 to 15.00 : Lunch in silence and rest/free time

15.00 to 16.00 : Krishnamurti Video

16.30 to 17.30 : Silent Walk in nature

18.00 to 19.15 : Meditative Self Inquiry Session

19.30 : Dinner

[With flexibility seeing the group's need.]

Utmost care will be taken to observe the sanitary measures.

## **LOGISTICS**

Arrival: Friday 21 May 2021 from 5.00 pm

Departure: Wednesday 26 May after lunch. Charges for the seminar all inclusive:

Single Person: 310 €.

For a couple: 520€

For your reservation, please leave a deposit of 100 € before 7 May.

From France, by cheque to:

Christiane JOSEPH

Postal address: Soffin, 58700 AUTHIOU

Ror reservation from abroad by transfer with the mention "Pour Vida Asgharzadeh, rencontre Mukesh.

IBAN : FR 77 3000 2004 0600 0006 5094 Y19

SWIFT CODE: CRLYFRPP

E-mail: [christiane.joseph2@orange.fr](mailto:christiane.joseph2@orange.fr)

## **VENUE**

**Centre Beaumont-ACK, Le Bourg, 58700, Beaumont-la-Ferrière, France**

If you come by train and we have to collect you at the railway station

**La Charité-sur-Loire**, please for both ways count 10 extra euros.

## **CONTACT**

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