



DIALOGUES WITH JEFF FOSTER (Barcelona 6 /8 February 2015)

“Stop Trying To Fix Yourself, You Were Never Broken”

Falling in Love with the Joy, Heartbreak and Passion of This Precious Life “



Seminar coordinator .

Javier García de Andoín

Place: CASA SANT FELIP
NERI Nena Casas 37-47
08017 BARCELONA

**The house is a Modernist
Tower, in Sarria Suburb.
Buses in Barcelona:
FGC,LINES L6,S5,S55.Tres
Torres stop.
Buses:16,68,70,V7**

“Just to sit without expectation with someone who is in grief or fear or loneliness or despair, without trying to fix them in any way , or manipulate their experience to match your idea of how it should be ; just to listen, without playing the role of “expert” or “enlightened guru” or “the one who knows best”; just to be totally available to the one in front of you , and to walk with them through the fire , to hold their hand when they are broken- this is how we begin to heal each other through love. Beyond our roles, unprotected, unresolved, undefended, we truly meet.

Jeff Foster

THE DIALOGUES WILL BE IN ENGLISH WITH A REAL TIME
TRANSLATION BY
PH. DR. JORDI PIGEM

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When , just for a moment , we make the radical commitment of not trying to fix ourselves and each other, and simply allow things to be as they are, we may just discover that we are not broken, and that everything “wrong” with us is absolutely “right” from the perspective of the Universe. Our greatest pain may turn to be our greatest teacher, our doubts our greatest guru , our deepest sorrow our most trustworthy friend.

Awakening is all about letting go . Sometimes hearts need to break wide open to make room for more love. Sometimes dreams need to die, plans need to crumble, doubts needs to rage. Sometimes all our ideas about life , “spirituality” and even “enlightenment” need to shatter. When we turn towards the present moment, however powerfully the storms rages, with a spirit of curiosity , gentleness and honesty , we may discover unexpected gifts. When we get out of the way, perhaps true healing can begin.

Join British author/ teacher Jeff Foster for this special gathering , to explore the intelligence, wisdom, and creativity buried in the darkness and the shadows of our experience, hidden in the so-called “negative” and unwanted aspects of life.

This will be a weekend of talks, taboo-busting meditative dialogues and restful silences; a weekend of laughter, honesty and tears; a weekend of seeing our struggles, our fears, our sufferings in a fresh new light; a weekend of resting deeply , of letting go of the exhausting search for “something more” ; a weekend of being present with whatever arises in ourselves and each other. A weekend of falling in love with where we are.

Whether you are struggling with your life and are looking for peace and space amidst the chaos, or you are a healer or therapist interested in meeting your clients in a new way, this event is for you.

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ABOUT JEFF FOSTER

Jeff Foster studied Astrophysics at Cambridge University. In his mid-twenties, after a long period of depression and illness, he became addicted to the idea of 'spiritual enlightenment' and embarked on an intensive spiritual quest for the ultimate truth of existence.

The spiritual search came crashing down with the clear recognition of the non-dual nature of everything, and the discovery of the extraordinary in the ordinary. In the clarity of this seeing, life became what it always was: intimate, open, loving and spontaneous, and Jeff was left with a deep understanding of the root illusion behind all human suffering, and a love of the present moment.

Jeff was voted #59 on Watkins Review's 2014 list of the world's 100 Most Spiritually Influential Living People. Jeff has published five books in over six languages. His latest book "Falling in love With Where You Are" is now available from Non-Duality Press.

Jeff's website can be found at:
www.lifewithoutacentre.com

FRIDAY 6 18.00 h – 18.45 h
Reception

RESERVATION AND REGISTRATION

e mail a : jgarciaeandoin@telefonica.net

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fijo 94 – 4232116

Conchi mob. Telf.(+34) 618 306748

fee payment. Accomodiation in Casa San Felipe Neri
meals and participation in Dialogue.
Enrolments before 10.01.15 : 330 €
Enrolments after 10.01.15 : 360 €

Only Dialogues:

Enrolment before 10.01.15 : 230 €
Enrolment after 10.01.15 : 260 €

Dialogues and Lunch of Saturday and Sunday. (limited seats)

Enrolments before 10.01.15 : 260 €
Enrolments after 10.01.15 : 290 €

For reservation, please apply for the seat by mail informing your name and telephone number. Once confirmed do a payment of 90 € as seat reservation.

Account.

2095.0312.40.9102155812
IBAN ES93 BIC BASKES2BXXX
Account holder : Javier García de Andoín

Specify your surname, name and "Jeff Foster Dialogue". Note:..The booking is not refundable for cancellation after 10.01.2015 The remaining amount will be paid at the beginning fo the course in Berriz.

ACCOMODATION AND PARTICIPATION

Places are limited , so please reserve as early as posible.

Food consisto n an ovo-dairy vegetarian diet.

Early in the morning Yoga sesión with Javier García de Andoin

It is recommended to bring a blanket and cushion to sit on the floor during yoga sessions.