

# THE DEEPEST ACCEPTANCE

## JEFF FOSTER 7 DAY RETREAT

Bodhi Khaya Retreat Centre, Gansbaai,  
Western Cape, South Africa  
1<sup>st</sup> to 8<sup>th</sup> October 2013



In a private retreat centre with natural swimming pools, close to the ocean

At least 15 intimate group meetings with Jeff

- Range of accommodation to suit every budget from small dorms to private cottages.
- Delicious vegetarian meals
- Daily yoga (optional)

# The Deepest Acceptance

*Being open to life, no matter what happens.*



*How do we stop running away from “the mess of life”—our pain, our predicaments, our frustrations, our failures, even our longing for freedom and enlightenment—and start flowing with all of it?*

*Is it possible to find an effortless “yes” to this moment, no matter how challenging our lives become?*

*Is it possible to stop seeking love, peace and enlightenment in the future, and discover them where you already are?*

Through talks, guided meditations, intimate dialogues, laughter, tears, and silence, Jeff Foster invites us to take a fresh look at our present experience and discover the ocean of who we really are: a non-dual awareness that has already allowed every wave of thought and emotion to arrive. “Just as the ocean ‘accepts’ every wave,” teaches Jeff, “so too has our awareness already allowed and accepted what is here.” Jeff talks of deep acceptance not as a passive surrender, but as an intelligent and creative emerging into life just as it is. And it is not something that happens “one day”, or only happens to special people – it is always happening, if we have eyes to see it.

Recognizing ourselves as the ocean of deep acceptance radically transforms and simplifies the way we see the world - our relationships, how we communicate, our attitude towards physical pain and depression, how we deal with addictions, and our search for spiritual enlightenment. Candid, thoughtful, humorous—and deeply compassionate toward those searching for a way out of suffering—Jeff inspires us to stop trying to “do” acceptance...and start falling in love with “what has already been allowed.” His simple, accessible and direct teachings point us back to who we really are in this moment – already perfect, whole, and free.

Silence, laughter, lightness, and a sense of real intimacy, honesty and friendship are the hallmarks of retreats with Jeff. His meetings are very spontaneous and informal, and there are plenty of opportunities to share and ask questions, if you are so moved. And of course, if you just want to sit in silence and deeply listen, without sharing, then that’s fine too.

*“Jeff, with his whole being, slowly and deliberately shoves a crowbar in your heart and pries it open and you can’t shut it again.” – S.H.*

*“Jeff answered questions that I did not know how to ask... my mind had hidden them deeply.” - K.*

*“Jeff shows us how to meet everything and to turn toward instead of away from Life... He has no lineage, so he has no spiritual guru baggage to carry around. His meetings are just raw, naked, unconditional love...” - R.P.*



## Programme

At least twice a day, a group meeting with Jeff is scheduled that will last for up to two hours. Meetings are always informal and spontaneous, and there are plenty of opportunities to ask questions, if questions arise for you. And of course, if you just want to sit in silence and listen, that's fine too.

Attendance at all group meetings is not obligatory but strongly recommended.

Every morning there is an optional yoga class.



There is free time for everyone in the afternoon, which can be used to relax and do absolutely nothing! Or you could go walking in the milkwood forest, swim in the natural pools or visit the ocean.



## Costs

We have kept our prices as low as possible, the event is being organised by volunteers. Guests are invited to make a voluntary donation to Jeff Foster at the end of the retreat.

- €415/R4700: Full board, sharing a three or five-person bedroom with separate beds and shared bathroom (separate male and female dorms).
- €445/R5100: Full board, single room and a shared bathroom. Only two available.
- €460/R5200: Full board, 2-person bedroom with separate beds and a private bathroom.
- €475/R5400: Full board, double bedroom with private bathroom.
- €490/R5555: Full board, 2-person or double bedroom in cottage with private bathroom
- €620/R7000: Full board, 2-person bedroom with private bathroom, single occupancy (Very limited availability).

Included in the price are:

- At least 15 group meetings with Jeff
- 3 Delicious vegetarian meals per day
- Coffee, tea and fruit syrups all day
- Daily yoga
- Full access to the grounds of the centre



## Booking & Payment

Please send an e-mail to [nicolavernon@kingsley.co.za](mailto:nicolavernon@kingsley.co.za) and check availability of your preferred type of room. A registration form will then be mailed to you to fill out.

The reservation of your room is confirmed only after a deposit of € 100/R1000 is received.

Please note that the full balance is to be received in our bank account by 1<sup>st</sup> September 2013, otherwise it may be necessary to cancel your reservation.

If you book after 1<sup>st</sup> September 2013 you will need to pay the full price upon booking.

See registration form for bank account details.

### Cancellation terms - please note carefully!

- € 50/R500 of your deposit is non-refundable.
- Fifty percent of the price paid is non-refundable if you cancel after 1<sup>st</sup> September 2013.
- There is no refund, if you cancel after 14<sup>th</sup> September or leave early during the week.

**We strongly recommend taking out cancellation insurance**

## GETTING TO BODHI KHAYA

For guests arriving at the airport a shuttle will be arranged. Please allow up to R500 each way for this service. Book via Nicola Vernon as above.

For guests making their own arrangements:

**From Cape Town:** take the N2 up the Garden Route. Once over Houw Hoek Pass, take the R43 towards Hermanus. As you enter the town of Hermanus, follow the Stanford/Gansbaai signs through the town. Once you get to Stanford [a small village on your right and a bright green co-op on your left] continue on the R43 for about 10kms until you see the GROOTBOS sign. Turn left onto the Grootbos road and pass the entrance to Grootbos Private Nature Reserve. Continue on the gravel road for 3,5kms and watch for the Bodhi Khaya sign. Turn left there - into Baviaans Fonteyn farm. We are 2 hours drive from Cape Town.

**From George:** take the N2 towards Cape Town. Just after Riviersonderend take the R326 to Stanford. Once you get to Stanford [green Co-op on your right], turn left onto the R43 towards Gansbaai and continue on the R43 for about 10kms until you see the GROOTBOS sign. Turn left onto the Grootbos road and pass the entrance to Grootbos Private Nature Reserve. Continue on the gravel road for 3,5kms and watch for the Bodhi Khaya sign. Turn left there - into Baviaans Fonteyn farm.

**NOTE** In order to make the transition from city to country life, there is a 3.5 km stretch of gravel road after you turn off the R43 towards Bodhi Khaya although you don't need a 4x4 to drive on it! We have minimal cell reception on the farm. We are a non-smoking establishment and only permit smoking outside the buildings.

## VISITORS TRAVELLING FROM EUROPE

The nearest airport is Cape Town.

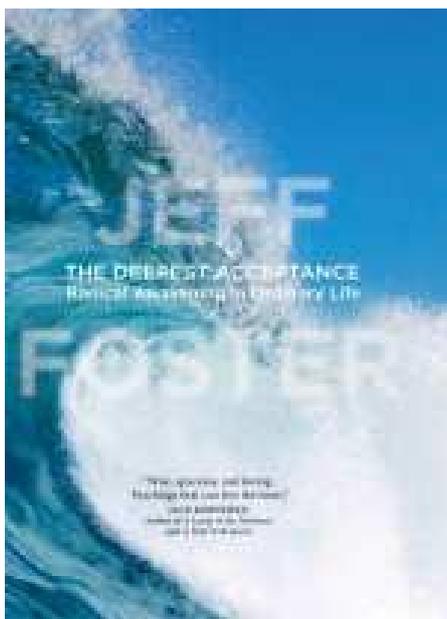
The major airlines of most European countries fly direct to Cape Town including Virgin and British Airways in the UK and KLM in the Netherlands. SAA flies direct from and to most European countries but only via Johannesburg.

Air Emirates offers some of the cheapest flights, travelling via Dubai, or Qatar Air, flying via Doha.

Friends wishing to spend time in South Africa are welcome to contact Nicky Vernon who will assist with travelling arrangements both to South Africa and within the country. She can advise on things to do and see, and places to stay. If you would like to discuss the retreat in more detail please feel free to contact Nicky on:

[nicolavernon@kingsley.co.za](mailto:nicolavernon@kingsley.co.za)

Mobile: 00 27 (0)82 558 7752



### **THE DEEPEST ACCEPTANCE: RADICAL AWAKENING IN ORDINARY LIFE By Jeff Foster Published by SOUNDS TRUE**

Jeff's most recent book, *The Deepest Acceptance*, is available now and covers the contents of the retreat. Participants may like to read it before attending but this is by no means required!

#### LINKS:

Jeff Foster: [www.lifewithoutacentre.com](http://www.lifewithoutacentre.com)

Bodhi Khaya: [www.bodhi-khaya.co.za](http://www.bodhi-khaya.co.za)