

To Be a Lamp Onto Oneself by Fernando de Torrijos

Mindfulness

Today mindfulness is broadly accepted as an effective method to reduce stress, pain and the effects of burn-out. Mindfulness implies observing our thoughts, feelings and sensations as they are, in a non-judgmental manner, without reacting to or trying to change them. We are thus more aware of the current moment.

The aim of the seminar and retreat

Mindfulness practices are derived from Buddhism, actually as a necessary tool for the spiritual path. The aim of the seminar and retreat is to explore the living spiritual reality behind mindfulness.

Seminar: four stages of mindfulness

The goal of the seminar is to provide participants the knowledge and skills necessary to apply mindfulness meditation principles and techniques in their own lives and in the lives of those around them. The talks address specific relevant topics such as: awareness of the body, reactions to stress, training in specific mindfulness meditation techniques.

Stage 1 The bloom of the present moment

Stage 2 Exploring the roots of suffering

Stage 3 The role of attention and intention in self-regulation

Stage 4 From anger to compassion: the alchemical effect of assertive behaviour.

The retreat

The retreat will allow us to go deeper into our individual spiritual experiences. Paying attention to our experience, without judgment, cultivates an awareness that supports wise discernment. Bringing an attitude of kindness will assist us in creating the conditions that deepen understanding. By knowing 'this is how it is now' we can access the bright, clear path leading to wisdom and a loving heart.

Through silent sitting and walking practice, guided meditations, instructions and time for questions, we will explore the difference between judging our experience, and seeing it clearly.

This retreat is suitable for both beginning and experienced meditators.

Learning objectives

Participants will be able to:

- Apply the principles of mindfulness in daily life.
- Describe and teach others how to bring the power of attention and intention into their lives.
- Instruct and guide others in formal and informal methods of applying mindfulness meditation in various settings.
- Discuss ways of using mindfulness practices to cope with personal and professional stress in a more effective way.

Participants of the seminar and retreat

The seminar and retreat are important for those who have experience with mindfulness, either as trainer or as participant, and are interested in a deeper understanding of the spiritual life.

The Buddha says that the four foundations of mindfulness form *the only way that leads to the attainment of purity, to the overcoming of sorrow and lamentation, to the end of pain and grief, to the entering upon the right path.*

Of the four applications of mindfulness the contemplation of the body is concerned with the material side of existence; the other three are concerned mainly with the mental side. The contemplation requires all four contemplations. Though no fixed order is laid down in which they are to be taken up, the body is generally taken first as the basic sphere of contemplation; the others come into view later, when mindfulness has gained in strength and clarity.

Fernando A. de Torrijos



Director Mindfulness Programs in Psychiatry at the University of Massachusetts, USA, Medical School. He is a friend, and since 1995, the colleague of Dr. Jon Kabat-Zinn.

Being a member of The Theosophical Society for 40 years, Fernando is ideally positioned to explore the spiritual life behind mindfulness.

The International Theosophical Centre

The ITC aims to be an active and inspiring spiritual centre, contributing to the service of the world and the uplifting of mankind in particular. The ITC therefore invites people at the Centre to work on the process of human regeneration through individual transformation.

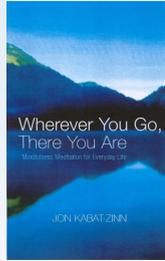
Any stay at the Center is meant to promote quietness of mind, peace and a harmonious life. Therefore smoking or using drugs on the estate is not allowed; furthermore only vegetarian meals and non-alcoholic beverages may be consumed.

Time schedule

The seminar consists of two parts: a seminar, followed by a retreat:

- Seminar, June 23rd - 25th:
Arrival and registration, Friday June 23rd in the afternoon / evening.
18.00 dinner, followed by informal meeting.
Seminar will start on Saturday morning June 24th.
- Retreat, June 26th - 28th:
Retreat will start on Monday morning June 26th.
Departure on Wednesday June 28th, after the afternoon session.

Recommended reading



- *Wherever You Go, There You Are: Mindfulness meditation in everyday life* by Jon Kabat-Zinn
- *Choiceless Awareness* by J. Krishnamurti
- *To Be a Lamp Onto Oneself* article by N. Sri Ram in *The Theosophist* - December 1972 see www.itc-naarden.org

Registration

The number of places is limited, so you are advised to register in time.

For information on registration, lodging and prices please look at www.itc-naarden.org or email activities@itc-naarden.org

...The soil in which meditative mind can begin is the soil of everyday life, the strife, the pain, and the fleeing joy. It must begin there, and bring order, and from there move endlessly. But if you are concerned only with making order, then that very order will bring about its own limitation, and the mind will be its prisoner. In all this movement you must somehow begin from the other end, from the other shore, and not always be concerned with this shore or how to cross the river. You must take a plunge into the water, not knowing how to swim. And the beauty of meditation is that you never know where you are, where you are going, what the end is.

J. Krishnamurti

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Mindfulness: A Gateway to a Spiritual Life

Language: English

Seminar and Retreat with Fernando de Torrijos June 23rd - 28th, 2017



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Venue

International Theosophical Centre
Meentweg 9 - 1411 GR Naarden - The Netherlands