

# The Inward Revolution

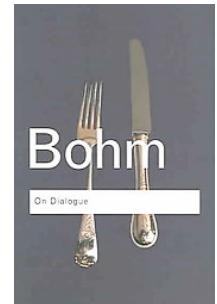
## On Developing Community and Understanding Fragmentation

Exploring the legacy of Dr. David Bohm and Jiddu Krishnamurti  
Mallorca, Spain, November 1<sup>st</sup> to 8<sup>th</sup> 2015

Whereas today's problems and challenges are global, solutions are first of all local, and largely personal. How can we develop solutions based on "Choiceless Awareness" and facts?

In this series of dialogues inspired by J. Krishnamurti and Dr. David Bohm, we explore our thoughts and actions while holding a space for something new to emerge. Together we look into possibilities and opportunities for a more sustainable, resilient, and self-sufficient world by identifying blind spots and bridging world-views.

Is radical change possible if we join together and look at facts without separation? Moving from a fragmented and disconnected reality, can we re-connect and find "inclusiveness" in an often-divided Society? By looking at facts on Energy, Economy, and Ecology, what can be our role in the future that emerges?



### What makes these questions relevant to your life and work balance?

An open perspective can facilitate an active process of discovery. Exploring current ideas, hopes, and fears allows for new insights to emerge. Learn how to navigate in the eye of the storm. Change is a constant of life and learning is a process of transformation. We will develop our faculties for awareness and equanimity, powerful tools that can help define a strategy for radical transformation and renewal. Experience living in the flow.

*"...I'd like to go into this question of meeting this enormous complex thing called living, existence, with an energy that is whole, non-fragmented, not broken up. And to find that energy, to come upon that energy, that is the problem. Is this fairly clear? We have exercised a great deal of energy to create this society, we have exercised a great deal of thought to bring about a religious order which is disorder, a discipline that has become mechanical, an energy which has produced an extraordinary technological advancement, an energy created by thought that has fragmented the world. So we first have to look at that energy - the energy that thought has created. Right?" - J. Krishnamurti*

### Join this in-depth exploration of community and coherence beyond disruption and fragmentation.

Welcome to the beautiful island of Mallorca, Spain from Sunday to Sunday November 1<sup>st</sup> to 8<sup>th</sup>, 2015  
(Mindfulness retreat November 1<sup>st</sup> to 4<sup>th</sup>, Dialogues November 5<sup>th</sup> to 8<sup>th</sup>)

See program, venue, and other details to register at: [www.sacredvalleydialogues.org](http://www.sacredvalleydialogues.org)

Or write us for more information at: [info@sacredvalleydialogues.org](mailto:info@sacredvalleydialogues.org)



The dialogues will be facilitated by **Christer Söderberg** using a varied methodology including: Journaling, Contemplative Practice and Open Space. Christer is comfortable with change: After living in nine countries, speaking seven languages and managing companies on four continents, it's all about dealing with change, flexibility, and adapting. Christer left corporate leadership 2002 to choose a path of self-development and working towards a more balanced lifestyle in harmony with the planet on the island of Mallorca, Spain



The meditation will be facilitated by **Gerald Blomeyer**. Gerald recently returned to Berlin after an eight-year sojourn in India and Nepal. He started meditating in 1986. Today he offers interactive weekend courses on leadership skills with Buddhist philosophy, meditation and yoga. Gerald lectured at universities for 10 years, and ran his own PR agency for 17 years. <http://blomeyer.berlin>

### For more information, please contact:

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# The Inward Revolution

**Sacred Valley Dialogues Retreat & Workshop**  
**Sóller, Mallorca, Spain - November 1st to 8th 2015**

**Dates:** November 1<sup>st</sup> (arrivals) to 8<sup>th</sup> (departures) November 2015

**Food & Lodging:** Included as follows: Welcome dinner 1/11, 5 lunches, and celebration dinner 7/11 included. All other food self-catering (one day lunch, five days dinner and seven days breakfast not included). In shared double room with shared baths (\*). For single use room add €100.-

**Cost:** €750.- p.p. for seven days retreat and dialogues incl. food & lodging as above. As above, no lodging €600.- p.p.

## Program (preliminary):

### Day One (November 1<sup>st</sup>) Sunday

All day Arrivals  
19.30 Welcome dinner

### Day Two (November 2<sup>nd</sup>) Monday

All day Caring Mindfulness and Meditation - Gerald Blomeyer/Mind-training Berlin

### Day Three (November 3<sup>rd</sup>) Tuesday

All day Caring Mindfulness and Meditation - Gerald Blomeyer/Mind-training Berlin

### Day Four (November 4<sup>th</sup>), Wednesday

All day off Optional: Train (from 1912) to Palma and two-hour walking tour of the old town.

### Day Five (November 5<sup>th</sup>), Thursday

Morning session Optional yoga + meditation, Introduction, Energy, Economy, and Ecology.  
Individual group dialogues; "What does this mean?" Open Space dialogue

Afternoon session Open Space

### Day Six (November 6<sup>th</sup>), Friday

Morning session Mindful Hike; mountain hike around the Sóller Valley. Picnic lunch en route.

Afternoon session Dialogue and reflection, together in groups or choose your personal space

### Day Seven (November 7<sup>th</sup>), Saturday

Morning session Optional yoga + meditation, "Check in", Open Space. Summary on dialogue; any steps?

Afternoon session Walk, Talk & Reflect, group dialogue. Initiatives/practice.

19.30 Celebratory dinner

### Day Eight (November 8<sup>th</sup>), Sunday

All day Departures (or stay on another week?)

## Application/Registration:

To reserve your participation, a non-refundable fee of €300.- must be paid when booking, with balance to be paid no later than October 1st 2015. For more information contact us at: [info@sacredvalleydialogues.org](mailto:info@sacredvalleydialogues.org) or fill in the [form](#) on our website: [www.sacredvalleydialogues.org](http://www.sacredvalleydialogues.org).

\* Participants are offered on site and off-site living in self-catering rental villas in Biniaraix. The twelve rooms (in three houses) in the village will be filled on a "first come" basis. Subject to change depending on availability and booking.

\*\* Travel alone or together by Bus, Train or Taxi to Sóller from Palma de Mallorca Airport (PMI). Flights, transportation to and from Sóller, travel insurance, etc. not included.

The retreat and workshop will be facilitated in English.