

## WORKSHOP PROGRAM – On the path towards trust

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**Time:** 10.00 – 17.00

**Audience:** For those who desire more trust in life, in their abilities and in the future

**Aim:** Learning to trust in the ability of life itself

### **An open space of being**

When you're able to land in an open space of just being, you'll experience qualities within yourself such as love, compassion, creativity, free of judgement, glowing, clarity, a lust for life, and connection. This is a form of wealth naturally present within you. When we are able to not try and hold on to these experiences (and as such not make it a part of our psychological self), but rather relax in equanimity, you'll realize this is your true nature. You transcend your 'limited' self and turn towards the source of life itself. From that place you'll be able to approach life from a fundamental feeling of trust and goodness.

For us to be able to connect to this open space of being, we'll have to slow down again and again, allow the silence and focus our awareness. For this reason, the morning will be dedicated to individual practices of awareness, so that we can find presence in our bodies as well as the surroundings we find ourselves in. From that deeper level we can connect to a broader consciousness. The the afternoon we will look at what happens when we bring this focus into our daily lives.

### **10.00-10.30 o'clock**

#### **Reception with coffee at outdoor location**

- Short introductory round
- What is your name and what brings you here?(approx. 2 min p.p)
- Short explanation of the day's program
- Bathroom break. At the latest meeting 10.30 outside

### **10.30-11.30**

#### **Walking meditation (max 3 km)**

**Aim:** Grounding. Relaxing. Connecting to the present moment.

- Narrate: We purposely walk at a **slower pace** and bring our attention only to our feet for a while. Be very aware of every step you take.
- **Remain silent for 3 minutes...**
- **When thoughts arise, that is completely fine.**
- As soon as you notice this, bring your attention back to your feet again.
- **Remain silent for 3 minutes...**
- Then **slowly and at your own pace** move your attention upwards. Via your calves, knees, thighs...
- Keep an open and curious mind. **All the sensations you encounter** in your body are welcome. Also the absence of feeling, or feeling distracted is welcome.
- **Remain silent for 3 minutes...**
- Now we bring the attention to the belly...chest.. lower back...upper back...shoulders.
- **Remain silent for 3 minutes...**
- And then your arms...hands...and finally your neck and head.
- **Remain silent for 3 minutes...**
- Then we become aware of what **sensations and emotions** we can register. This is a neutral observation. Nothing needs to go away or be different, or bigger or smaller. Everything that occurs we observe with a loving kindness. You simply let everything rest in itself.
- **Remain silent for 3 minutes...**
- Try and relate to your surroundings as intimately as possible.
- **We continue to walk for a bit. When you get caught up in thoughts, bring your awareness back to your feet.**

**11.30 – 11.45**

**Come to a stand still and allow some time to feel:**

- How are you standing here now?
- What's it like in your body right now?
- How is the connection to your surroundings?
- Once more: all feelings that surface are welcome. As well as the absence of feelings, or any feeling of restlessness.

Invite participants to look around and say: when you look around you and you see all this life around you. The trees, the shrubs, the moss... the birdsong...then you can imagine there is one creative source, where all this life comes from. That from a beech seedling a huge beech tree comes into existence, a flower from a seed etc. It's this

same source that makes me breathe, that makes my heart beat and allows my cells to renew themselves. I am not the one who organises this, but something much bigger and more intelligent than me. I can trust in that.

Can you connect to this thought? What happens in your body when you completely surrender to that source? Knowing there's no need to do it all alone, but nature (or God if you will) does this for you, through you and lives like you?

### **11.45– 12.30**      **Continue walking in silence.**

We connect even deeper to our surroundings through our senses.

- Experience the wonder of how your body connects to your surroundings.
- Experience the wonder of how in that space, sounds come and go.
- Experience in wonder the freedom from which everything moves.
- Experience the wonder of the organic structure of yourself and your surroundings.
- Allow yourself to merge with the greater whole. What do you experience?

### **12.30 - 12.45**      **Sharing round.**

- How did this meditation affect you?

*Note: Make sure to face the group when you offer guidance, to make sure they are able to hear you. Sometimes you'll need to wait for the group to assemble before doing this.*

*Experience the meditation for yourself as well to avoid giving directions too hastily and to allow yourself to slow down together with the group.*

*When you notice some participants going too fast, kindly invite them to be curious what would happen when they would slow down a bit more.*

**12.45 - 13.45      LUNCH**

## AFTERNOON PROGRAM – On the path towards trust

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**13.45 – 14.00      Short walking meditation**

**14.00 – 14.30      Connecting to your spiritual nature**

Look for a tree that represents your spiritual dimension. Lean or sit against it. Remain silent and connect to the energy of the tree. Feel how deeply rooted the tree is in the earth and at the same time reaches high towards the sky. Take 15 minutes to take in this spiritual energy. Feel how you yourself also represent this same energy.

Then write down the answers to the following questions:

- Describe the feeling you have at this spot.
- If you would be more often connected to this feeling, what would you do differently in your life?
- What would there be more of? What would there be less of?
- What truly matters?
- How can you integrate this feeling more in your life? Think of yoga, spending time in nature, meditation, dance etc.

**14.30 – 15.00      Sharing in pairs of two (or three) (of drietallen)**

Allow the groups to form pairs of two spontaneously. Continue walking and make sure to lead the way. Allow the participants to share their answers with each other.

**15.00 – 15.30      Sharing circle in the group**

- Can you say something about your experience of today?
- What has it given you
- *Then ask each participant:*
- What truly matter to you? Did you discover that today?

Come to a close by sharing the poem below and then walk back to the starting point, preferably in silence.

*A BLESSING FOR PRESENCE*

*May you awaken to the mystery of being here*

*And enter the quiet immensity of your own presence.*

*May you have joy and peace in the temple of your senses.*

*May you receive great encouragement when new frontiers beckon.*

*May you respond to the call of your gift*

*And find the courage to follow its path.*

*May the flame of anger free you from falsity.*

*May warmth of heart keep your presence aflame and anxiety never linger about you.*

*May your outer dignity mirror an inner dignity of soul.*

*May you take time to celebrate the quiet miracles that seek no attention.*

*May you be consoled in the secret symmetry of your soul.*

*May you experience each day as a sacred gift,*

*Woven around the heart of wonder.*

*John O'Donohue*

## Practical notes

- Make sure you know the area you walk in really well. Know that most work forms take place at one spot, which means that ultimately you only walk a few miles in the course of your day. And the walking meditations are also at a slow pace. A route of about 2,5 to 3 km is more than enough.
- I advise you to first do a pilot (free or at a reduced rate) before working with 'real' participants.
- Take all weather conditions into account by wearing appropriate gear, like a rain coat. (thermo underwear during colder months for instance!) Communicate this clearly to the participants. No such thing as bad weather, only bad clothing.
- Action or other outdoor shops have little sitting mats. This is a handy purchase to make for your group.
- Make sure there's water and snacks or ask your participants to bring their own.
- Choose a starting point where there's the possibility to have a coffee or go to the toilet. Especially when people come from far.