

Meditative Exploration

The field beyond (Rumi)

“Out beyond ideas of wrong-doing and right-doing there is a field. I will meet you there.
When the soul lies down in that grass, the world is too full to talk about.
Ideas, language, even the phrase *each other* doesn't make any sense.”

There are many portals to access “the field beyond”.

Both: ancient spiritual traditions and modern somatic therapies offer tools that supports us in deepening our presence, awareness and connection to the world and the field.

Come explore together to start or deepening your meditation practice, to have a space for self-inquiry and to have a support to integrate meditation and your daily life.

You might be surprised how it can be playful, nourishing, healing, and soul-oriented at the same time.

In Spring, on Wednesdays 6.15pm to 8pm:

The field of Exploration

April/27 -The Embryonic field - Our context for exploration

May/04 - The directions - Orientation

May/11 - Ground - The relationship with Earth

May/18 - Space - The way back home

In Fall, on Wednesdays 6.15pm to 8pm:

Hapticity - Touch and being touched

Sep/28 - Senses and perception

Oct/05 - Inner Space

Oct/12 - Outer Space

Oct/19 - Body as agent and body as territory

We will explore the meditative space with:

Some silence, some talk, some movement and some sound.

Bring comfortable clothes, curiosity and openness.

The idea is a group of 8 people.

The explorations are progressive, best if you participate in all of them.

Each group of 4 explorations is €120-

Facilitator: Marisol Aimée Valente

My lifelong inquiry is how to support the unfolding of human consciousness. I've been studying and experiencing meditation and spiritual practices for more than 30 years. I coordinated meditation groups in a mystic school for more than 10 years. Looking for the sacred I've found the body and I've been working as a Body Therapist, a Somatic Movement Educator – and sometimes a “Body-enchanter” and a “Body-whisperer” for 15 years. I am a Certified Advanced Rolfer®; Roling Movement®, Biodynamic Craniosacral and SourcePoint® Therapist.

Influences: SourcePoint Therapy®, Roling®, Biodynamic Osteopathy, Body-mind-centering®, Continuum, Gnosis, Vipassana Meditation, Tantra, Vajrayana Buddhism.

Please, contact me before April 7th if you want to participate.

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Looking forward to meeting you!