



Circle of Being

"Mini-Retreat in Malta"

30 September to 3 October, Gozo

Circle of Being

A Circle of Being is a 'coming together' that helps us to discover the truth inside of us, through the interactions with each other and the awareness that we put onto the space inside of us. A Circle can be a great help on your path of self-discovery as it provides you with an opportunity to dissolve the mental concepts that you have about yourself that result from conditioning; the Circle acts as a mirror for you to see yourself with much more clarity. From Saturday morning September 30, to Tuesday afternoon October 3, a four days Circle will be held on Gozo, Malta.

These four days we will be together to have a deep look at ourselves and to try to answer the question 'Who am I' by observing and dismissing that what we are not, and give ourselves an opportunity to move into a much deeper space in ourselves. Besides our focus on self-inquiry to find out who we are beyond conditioning, the Circle is also a great place to bond with others through the sharing that we do during the retreat. In the Circle you probably will find many like-minded people who are just like you sincerely interested in finding out who they are beyond conditioning. The retreat will be led by Paul Eijkemans, assisted by his Maltese friends. A video on the Circle can be found [here](#).



Program

Every day we start in the morning with the Circle and spend several hours interacting and doing exercises in order to become more aware of what is at the surface of our space. We address the conditioning that comes up and let it dissolve through the awareness that we put onto it. During the Circle you are continuously guided, primarily by Paul himself but also by the group. After lunch we engage in an activity together, and since there is many things to do

on Gozo you will get a great chance to know the island through the eyes of a local. On the activity list are a visit to the beach, a visit to the famous Gozo cliffs, a sea-side walk and on the last day a meditation in one of the many churches on the island. In the late afternoon we have some time off, and relax at the pool in the sun. After dinner, which we prepare together, we again sit together to do more exploring, accompanied by sound and music. In essence, the retreat is a pleasant combination of both learning something really profound about yourself, and relaxing and having fun. This mini-retreat can easily be combined with a more extended holiday on Gozo or Malta.

Intuitive Capabilities

This retreat is about the self-discovery process that we do during these four days. Together we explore our own intuitiveness and learn how to put it to use in our self-inquiry process. There is many exercises that we do as a group and in pairs to deepen our intuitive capabilities and to understand how to effectively use them, and you probably will be amazed about what is naturally there for you. By keeping our awareness at all times on that which happens in the space inside of us during our interactions, we gradually develop a deeper sense to that reality inside of us. This brings a clearer 'seeing', with which our personal



identifications can more easily be recognised and thus dissolved. Such dissolving is not a temporary effect: once recognised a mental concept of oneself loses its grip on you. Besides sincerely looking at ourselves in this way, and dissolving what is necessary to dissolve, we also have a lot of fun together while learning new things about ourselves.



Location

This retreat will be held on Gozo, a small ferry trip from the main island of Malta. We stay for four days in a large and beautiful holiday villa in the countryside. Our location provides us a comfortable place to hold the Circle in peace and tranquillity, while the relaxing surroundings provide an opportunity to be in the body and connect with ourselves. In the night all participants sleep in the main room of the house, where we also hold the Circle. Showers and toilets are available.

What to take with you

The most important thing to take with you is a deep and sincere willingness to know who you are. This willingness helps you to fully participate in the Circle and to cultivate awareness on what is inside of oneself. Please also bring a mat or an air mattress, a sleeping bag, a pillow, a towel and definitely your swimming gear. Please also bring any other personal items that you might need during these four days, such as toiletries and prescribed medication.

Additional information

Besides the information given above, the following information might help in answering your questions:

- In the Circle English will be spoken;
- The Circle starts on Saturday morning at 10:00 and closes Tuesday afternoon around 16:00. Although it is recommended to come for four days, you can also come for three or for two days;
- All the meals that are served are vegetarian. If you have any specific dietary requirements then please let us know beforehand so that we can decide together with you what to serve you. Water, tea and coffee are continuously available during the day;
- Please note that there will be no use of any plant medicines during the Circle of Being: we are in the Circle to move beyond what plant medicines have to offer on the path of self-inquiry.



Costs to join

The costs to join this Circle of Being are 435 euro. Malta residents pay 385 euro. Included in this price is your participation in the Circle, involvement in all exercises and activities, all the guidance during the four days, lodging for three nights and all the meals from Saturday lunchtime to Tuesday lunchtime.



Contact information

For more information on this retreat or to have answered any question that you might have, you can contact Kevin and Christine, the organisers, at cri.harmer@gmail.com. They have been in the Circle before and can help you decide if this way of finding the truth inside of yourself is the right one for you. They can also help you to find accommodation before and after the retreat, and help you to get to Gozo. If you would like to be kept informed about future

Circles then please provide them with your email address.

More on information on self-inquiry can be found on www.PaulEijkemans.com