



# Introduction to the Circle of Being

## ***Introduction***

Many of us are on a path of awakening to the truth of who we are. There are various ways of helping oneself to that realization: some listen to the talks of awakened beings like Mooji and Adyashanti, some engage in meditation for self-inquiry, others visit plant medicine ceremonies. Some do all of that. With every step in that process identifications with that which one is not, 'the mental concepts of oneself', are dissolved. It leads to a deeper authenticity, but also leads into a new space within oneself and to more clarity in 'seeing'. A 'Circle of Being' can help you on your path as it provides a safe, sincere and guided environment with the right atmosphere to look at oneself in truth in order to make a permanent change in one's life.

## ***How it works***


In a Circle of Being we are together for three days. In those three days we communicate a lot with each other and do many exercises. These interactions are not meant as a mental or intellectual discourse, but they are there to help you to become aware and release the stronghold that the psychologic mind has on you due to your personal identifications. During these three days we continuously but effortlessly focus on what we feel in the space of ourselves and in the space around us, which is not separate from each other. In that space comes up what needs to be seen, and by putting awareness on it, by observing it and by possibly talking about it, we separate that which comes up from that who we truly are. Through such realization that identification is then dissolved. We do this together; all others in the Circle are there to provide you with a mirror to see yourself, and you naturally have the same role towards them. Gradually a new space opens inside of those in the circle. It is a space of freedom, of deeper love and of greater awareness: it is the space of your true Self. Similarly, your natural intuitive capabilities open up during the weekend, so that they can be put to use for your self-inquiry path.

## ***Theme***

Every Circle has its own theme. That theme is there as an anchor point to lead the inquiry process during the time that we have together. The various exercises contained in the theme help us to point our awareness to what we experience inside of ourselves. With every step we gain more clarity on the topics within the theme, all related to ourselves, while moving into a clearer 'seeing'. With such seeing, which can be experienced by everyone in the Circle, comes a greater trust in one's own, natural, intuitive capabilities. During a Circle you learn a lot of new things, especially about yourself, but the learning of a technique is not the main focus of the Circle; a technique learned can fade away in memory but the discovery of one's true Self cannot. The main focus is to move deeper into the truth of who you really are. This also means that in every Circle, regardless of its theme and whether you visited a Circle with the same theme before, you simply can continue with your self-discovery from the point of where you are at that moment.

## ***My role***

For over fifteen years I have been on a path of self-inquiry in order to discover who I am. The result of that process is what I can share with you: a return to one's authenticity. Because of what I have experienced on my path, I am able to assist you in a pragmatic way with dissolving the mental concept you have about yourself to the point where I did so. Yet, although I can point you to the truth inside of yourself, nobody can walk that path for you to harvest that truth. During the Circle, I use the clarity in my seeing, that was uncovered through extensive self-inquiry, to guide the group by helping to see what is present in the space, both in the shared space and the individual space. This guidance can help prevent you getting stuck in that which is pointed out. In a different way you could also say that in this Circle I take you onto a journey into perceiving the world in a different way, beyond the identification with the body and beyond the identification with the mind. It is a journey into the timeless reality which lays beyond the physical: it is a journey into yourself, although a journey in which you do not have to take a single step.



### ***Comparison with plant medicine work***

Many make use of plant medicines such as Ayahuasca on their path of self-discovery and these can be great tools for that. What we together do in a Circle of Being is comparable to what is done in a (good) plant medicine ceremony: deep introspective work in which you dissolve mental concepts about yourself in order to help you move into who you are beyond conditioning. However, what you do in a Circle goes deeper than what you do in a plant medicine ceremony. There are several reasons for that. One reason is the format of the Circle: we reflect as a group instead of just as an individual, which allows for a more complete and deeper experience. Another reason is that although the plant medicines help to enlarge the mental concepts of oneself in order to say goodbye to them, sometimes the enlargement itself makes it difficult to go beyond those illusions. In the Circle we do not work with anything other than one's own awareness, and therefore a clearer and crispier awareness remains afterwards, with a similar glow that resides after a (good) plant medicine circle. A Circle of Being therefore is especially interesting for those who want to move beyond the work with the plants, or for those who do not want to rely on anything external to find a deeper truth inside of themselves. Those who have been in a plant medicine circle with me can compare what we do in the Circle with the brief personal introspection that we do in the 'hugging round' at the end of the ceremony, although during a Circle we continuously engage into such introspection.

### ***For whom this is***

A Circle of Being is for those who are genuinely interested in finding out who they really are, beyond conditioning. Those who are on the path of self-inquiry might find that the Circle helps them to overcome the pitfalls in which they feel stuck while walking that path. Due to the continuous reflection through interaction, and the awareness of that reflection, you rapidly become aware of the patterns in yourself that hold you captive, after which the guidance during the Circle helps you to permanently move beyond them. It does not matter what kind of conditioning you bring into the Circle: anything is welcome, though there needs to be a true desire to dissolve this conditioning. You decide yourself how deep you want to go, though the safety and warmth of the group helps you to feel confident to truly go into the depths of who you are. The Circle is not meant to introduce a new set of mental concepts into your world, which would only move you from one pitfall into another: we are actually in the Circle to be robbed of our illusions, instead of creating more of them. It is an opportunity to learn something about yourself which not only opens a new space inside of you, but which also helps you to stay in that space after the Circle ends. In the Circle you will meet others who also are interested in who they are: others who want to find their authenticity. This group of like-minded people collectively create an atmosphere of going deep into oneself, which acts as a medium for expansion. Although sincerity is required, we will also have a lot of fun laughing about ourselves.

### ***Requirements***

Those who feel the call to be in this Circle are more than welcome. The only requirement is that you have a deep and sincere willingness to know who you are and with that to live a life in real freedom.

More on information on self-inquiry can be found on [www.PaulEijkemans.com](http://www.PaulEijkemans.com)