

Humanistic Alchemy Prospectus

Transpersonal Workshops 2014-2015

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Enlightenment Intensive

David Lawrenson

An Enlightenment Intensive itself is a 3-day residential retreat with a single focus: to have a direct unquestionable experience of the truth (hence the word, 'enlightenment'). It is a finely-tuned combination of continuous contemplation of a core question (e.g. "Who am I?") and communication to a partner of whatever is experienced. There are no teachings, other than instruction in doing the fairly simple technique, and there are no right or wrong "answers". This is a one-day introduction to this remarkable method of affording impatient Westerners a glimpse of truth that is likely to make a difference to their lives, and provides an opportunity to enhance both focusing and listening skills.

David Lawrenson experienced and trained in various modalities of the Human Potential movement at Quaesitor and elsewhere in the 1970s and 80s, and went on to train in and lead Enlightenment Intensives. He has continued to participate in them, including in some much longer ones. He is a teacher of languages and has also worked for many years with people with special needs.



Heart Of Being

Amadis Cammell

Heart of Being is a range of approaches that facilitate a deeper connection with the inner reality of our heart- its capacity for life pulsation, direct awareness and genuine altruism. Classical spiritual traditions such as Daoism, Gnosticism and Sufism, and modern transpersonal modalities are combined to create a modality adapted for the post-modern age. It includes meditation, breathwork, bodywork, groupwork, movement, dance and spiritual surrender techniques to reveal the essence and true nature of our coeur/core/heart. This is the realm of deep feeling, ecstatic love, unbridled joy, inner guidance, innate wisdom and unified being. The concerns of our day-to-day self-preoccupied consciousness dissolve in the fire of heart-felt passion, both personal and transpersonal - what we most fear and yet long for!



Medicine Wheel

Chris Lüttichau

Medicine Wheel teachings are an ancient system that encompasses spirituality, philosophy, ecology, social and personal development. The term 'Medicine' refers to a state of being in harmony and balance with the world, ourselves and Spirit. They speak to the whole being and encourage us through story, humour, song and movement to open up to the mysteries of the universe. On this day we will work experientially with the Four Directions and learn how these can open up a new relationship with minerals, plants and animals and the earth.



Diamond Alchemy

Amadis Cammell

Diamond Alchemy is a process of self-enquiry and core integration. It gradually dismantles the mask layers of our personality to enable a deeper access to our essential authentic self. It engages directly with our vital energy, integral nature and transpersonal consciousness. Its main components of Daoist Internal Alchemy and Diamond Logos include Qigong, meditation, visualisation, reflection, enquiry and breathwork practices. Diamond Alchemy thus facilitates the embodiment and integration of spiritual qualities to activate a greater awakening of our soul, mind and senses. This Core Realisation approach therefore acts as a catalyst for both personal maturation and spiritual growth.



Vision Quest

Jerry Hyde

A Vision Quest is one of the most powerful and potentially life changing events one can undertake, and like running a Marathon, requires significant mental and physical preparation. An ancient ritual with powerful symbolism of death and rebirth, it has been used for millennia as a bridge to traverse life's most important transitional stages.

I'm a musician, artist, writer and photographer and I make my living as a personal and creativity coach. Some have labeled my style of work as 'Gonzo Therapy' (i.e. getting 'stuck in' rather than adopting a distant approach). I run Men's Groups, Creative Work Support Groups and Vision Quests which take place annually in the Lot Valley in France.