

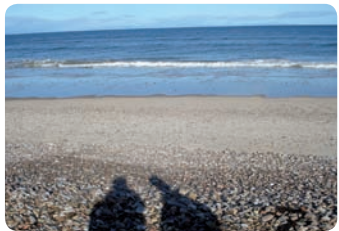


## Purpose and Outcomes

We live in times that call for new kinds of individual creativity and an ability to participate co-creatively with life. This programme is an exploration into experiencing and practising this.

Our vision is that over the 18 months you will have:

- greater understanding of yourself and the way you relate to life and others
- greater clarity of your unique patterning, the potential gifts you contribute to the world, and your sense of purpose
- deeper understanding and experience of what the sacred is to you, and the ability to access and live from this ground of being
- broader awareness and experience of your potential for co-creative living
- accessed and applied new life-enhancing ways of living, appropriate to you and your life context
- developed your inner and outer resources and a network of support to draw on
- grown in confidence, self-esteem and ability to step forward, living from a stronger sense of inner and outer leadership



*'Love and wholeness are not simply ideas; they are actions. They are behaviours. They manifest as connections and relationships born of compassion, caring, honouring and respect.'*

*The positive signs of our future lie in the fact that more and more people are dedicating themselves to making these connections and to embodying a new, holistic consciousness that enables the expression of love and a greater manifestation of wholeness.'*

David Spangler; Facing the Future



[www.findhorn.org/intensive](http://www.findhorn.org/intensive)  
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FINDHORN  
FOUNDATION

# Findhorn Intensive

Six residential weeks, over 18 months,  
with distance mentoring  
and peer support

## Perspective

Almost 50 years ago, three individuals' dedication to listening deeply to their inner sources of wisdom and acting on it opened up possibilities for co-creating with life and ways of living that they had never before imagined. That was the beginning of the soon-to-be-famous Findhorn gardens – and the now thriving spiritual community, ecovillage and education centre.

To this day we continue to explore these founding principles, and the ways they seek expression through us, as we create new models for individuals and communities that embody inspired forms of ecology, economy, culture and spirituality.

We are now delighted to offer the Findhorn Intensive, a new long-term participative enquiry offering in-depth exploration and grounding of these principles, while in residence at Findhorn and back home in the context of your everyday life.



## Candidates

This enquiry is for anyone who cares deeply about cultivating a sense of personal presence and individual creativity; who feels called to actively participate in a way that positively adds to life; and who values connectedness with the Sacred, and the vast dimensions in which we live, in doing so.

It is relevant for those who see themselves engaged in world work at some level, and those who aspire to be. Whatever your current occupation, this programme is for you if you would like to deepen and enliven your participation and relationship with life.

Its rhythm enables those whose life commitments do not allow for long

residential stays at Findhorn but would like to engage more deeply with this centre and the application of its principles.

Participating in the **Findhorn Intensive** qualifies those interested in a longer-term engagement here to interview for our **Living Education Staff Programme**.

Deepen your connection  
to your inner self

## The Curriculum

Six residential weeks, over 18 months, facilitate an immersion in the material in the context of the group's emergent life and this dynamic working community. During the in-between weeks at home the support of peer group interactions, a mentor, personal practices and resource materials assist personal deepening and application in daily living.

During our residential weeks we will come together and create an environment in which to enquire, discover and practise. We will understand more of ourselves and each other; explore a sense of sacred and how it lives in and through each of us; and connect in ways that support new possibilities for life and living to emerge. We will:



- draw on Findhorn's mystery school and living education approaches, as well as our individual and collective practices of alignment and engagement
- sit in circle, in the ancient deep listening approach of Way of Council, discovering ourselves, each other, our interconnectedness with life, and 'the new' that emerges
- explore the framework of Incarnational Spirituality and its relevance in enabling us to participate in life's unfoldment in a way that is productive and beneficial for the whole
- and, steered by the group's particular interests, we will draw on the inspiration and practice from those at Findhorn engaged in sustainable service, in areas of spirituality, creativity, ecology, culture and economy.

In-between these weeks, back in the context of daily life, we will continue to deepen, ground and apply the learning. A peer group, mentor, written and practical home assignments, reading and resource materials and your chosen learning 'projects' will support this.

Open to new possibilities  
for living and engagement

*Content weaves throughout the programme, emphasised in three main themes:*

## Self and Sacred

Self-reflective tools and enquiry, encompassing body awareness, purpose work, creative exploration and expression. Deepen understanding and connection with the Sacred through attunement, meditation, retreat and ritual, deep listening and other practices.

## Co-creation and Emergence

Refine inner and outer abilities of collaboration, including communication tools, group consciousness and process, awareness of and attunement to the group field and the system's energies, holding emergent spaces, relationship with our environment, and connecting with the intelligence of nature.

## Life-Affirming Living

A focus on daily life application, drawing on Findhorn examples of sustainable or life-enhancing culture, spirituality, economy, food and ecology; exploring the practice of work as 'love-in-action' in the Findhorn community and through the development of personal projects.



Bring your unique contribution  
to the world in a way that positively  
adds to the ecology of life

# Findhorn Intensive - Application Information

## Dates for 2012/2013 programme

The six residential weeks are based at either our **Park** or **Cluny** campus, and run Saturday to Saturday:

8 – 14 September 2012

8 – 14 December 2012

2 – 8 March 2013

1 – 7 June 2013

7 – 13 September 2013

7 – 13 December 2013

## Prerequisite and Commitment

To be eligible to join the **Findhorn Intensive** we ask that you participate in an **Experience Week** before your interview. As your engagement is a key contributor to the aliveness and effectiveness of the programme, for you and the group, we ask that you be willing to bring yourself into active relationship with the programme, your own enquiry, and group life.

We request that you be willing to commit to a daily practice of connecting with the sacred, attending each of the six residential weeks, and participating in monthly peer group meetings (via Skype or phone) throughout the programme.

## Price

The income related prices for this programme are £3450/£2950/£2550. In line with our usual pricing policy, we invite you to choose the low, medium or higher price based on your personal income. This includes full residential board for the six residential weeks of the programme itself, and mentoring sessions throughout its duration.

A non-refundable deposit of £200 (which will be deducted from your fees) is payable after your interview to secure your place on the programme.

## Enquiries and Application

Please address any enquiries or your written application to [findhornintensive@findhorn.org](mailto:findhornintensive@findhorn.org)

It should be no more than three typed pages in length, and include the following information:

- Name, date of birth, address and postcode, contact telephone number and email address
- Date of Experience Week
- Other programmes at / contact with Findhorn
- Present occupation and life circumstances, including your relationship to these
- Brief educational background
- Brief personal background
- Brief spiritual background
- Your reasons for wanting to do this programme, including your perceived strengths and challenges, hopes and fears, and ability to make the commitments required for active participation
- A brief description of your health
- The promise of a letter of support from...

*(The purpose of this letter is to develop a network of support around you as you take on this exploration. Choose someone in your life who knows you, who you have spoken to about this decision, and who supports this direction in your life. Ask them to write about why they recommend this as a good step for you. They can send it to us directly, or via you.)*

**Once we have received your application we will contact you to discuss and arrange an interview. This may be done by phone or in person if you are in Findhorn.**

If you have a picture of yourself you are willing to share with us we would love to see you.

**Thank you very much!**

Adele Napier and Clive Kitson, Programme Focalisers