Co-CREATIVE SPIRITUALITY

Shaping our Future
WITH THE
Unseen Worlds
2018
Thank you!

YOU HAVE CHOSEN to adventure into an unknown territory, with the intention of shaping a better future for our world.

In this conference we will be developing new ways of co-creating with partners from different dimensions of the Earth. We are crafting a new Gaian identity, a new way of being with each other and our beautiful planet. It’s important to know that, like any adventure, this one is a journey of growth that will also bring challenges along the way.

In order to ‘travel’ safely in other realms, seen and unseen, we need to stand confidently in our human identity. We need to be sovereign: confident in our spiritual foundation and able to say ‘no’ as well as ‘yes’ whenever we need to. We will be encountering different realms, energies and beings in rapid succession, so the ability to ground ourselves after encounters will also be important.

Please take very good care of yourself during this gathering. Working with different realms may be like using a set of muscles you aren’t used to using. If you start feeling exhausted or disoriented, let a conference organiser or your home group leader know.

The conference organising team (seen and unseen members) welcomes you wholeheartedly to this adventure. May we shape a future of greater love and cooperation between all our planet’s realms!

Blessings,

THE CONFERENCE TEAM
**Plenary Sessions**

**Saturday Keynote**

**The subtle worlds – Gaian ecology:** David Spangler

In this talk, David Spangler draws upon years of experience with the subtle realms to explore how we might think about them. What is important is how well a particular paradigm enables us to go deeply into the co-creative and collaborative nature of these malleable, non-physical dimensions. David’s own experiences of partnering with subtle allies suggests the value of an ecological paradigm, a way of understanding and relating to the unseen realms that Findhorn itself pioneered in the early days of its existence. At a time when our world needs insights that promote connection and co-creativity, how we understand and relate to the subtle dimensions of the Earth is not just a matter of esoteric speculation. It is a key to how we can begin to bring wholeness out of chaos, healing out of brokenness, and creative hope out of despair.

**Sunday**

**Introduction to the passport territories:** Conference Team

As David Spangler has noted, people tend to approach the subtle realms informationally and intellectually, and can be thrown off balance by the inner, energetic shifts that subtle ‘travelling’ requires. In this session we practice skills that the Lorian Association has developed over decades of research. These include essential practices: standing in our sovereignty and self-light, tuning our imagination to be a tool of perception, grounding and integrating our experiences. We also put these skills into immediate practice by using body attunement to sense into the different passport ‘territories’ we will encounter throughout the week – and afterwards.

**Monday**

**Working with the Sidhe:** Jeremy Berg

Sidhe (pronounced Shee) is the Celtic name for part of the Faerie Otherworlds. The name means (among other translations) the People of Peace, and a number of esoteric teachers and writers consider them the ‘cousins of humanity,’ evolving in parallel alongside us but in the subtle realms. Ancient myths and stories speak of times when the Sidhe and humanity worked more closely, while later stories describe a sundering, when humans and the Sidhe drew apart from each other. In this presentation Jeremy Berg will describe his relationship with the Sidhe and how as an artist, writer and workshop leader he came to work co-creatively with them.

**The gentle wildness – our cousins the Sidhe:** Søren Hauge

Our cousins the Sidhe are our closest relatives in the Gaian ecology. Their name is gaelic and has many meanings, including ‘people of the mounds’ and also ‘peace’ and ‘wind’. This is a beautiful clue to the gifts in our contact and friendly collaboration with the Sidhe.

**Tuesday**

**Subtle beings involved in planetary changes:** Marko Pogačnik

Marko presents the dynamics of the Earth transmutation process with which he has been interacting for the last 20 years. He shows how different ‘fairy tale figures’ like dragons and elemental beings of the indigo Gaia enter the sphere of human consciousness, helping us to detach from the dissolving 3D reality and to tune into the hologram of the renewed multidimensional earth.

**Voices of nature:** Judy McAllister

The foundations of the Findhorn Community were built not just on sand and pebbles, they were built on a profound commitment and dedication to engaging with the Sacred. Through that engagement, relationship with the subtle worlds emerged. Dorothy Maclean’s pioneering work with the devic and angelic domains and R. Ogilvie Crombie’s relationship with Pan and the spirits of nature gave rise to an extra-ordinary garden. The rest as they say is history! In that early garden, in the relationships that built that garden, lies a hope for today and tomorrow, a hope for a future love-relationship with nature. And a hope for ways forward that can build a future we would wish the children seven generations from now.

**Wednesday**

**Transformation game:** Mary Inglis and Judy McAllister

On Wednesday we engage in a large-scale and expanded version of the Transformation Game especially designed for this event. It will provide an interactive forum for us all to explore ways of deepening and expanding co-creative relationships with the different dimensions and intelligences of our whole Gaian ecology. Working around a path on the floor, we can together, individually and collectively, clarify visions and intentions, recognise and build on strengths, review and resolve challenges and integrate new directions. Here is the purpose we will work with in the Game:

Individually and collectively we intend to stand in and fully inhabit our identity as co-creative partners of a living universe, building bridges of love between the human and non-human realms, and shaping a future of resilience, coherence and hope.
Thursday

**Bringing it home – Applied subtle activism:** Timothy Hass & Vance Martin

In this session, Timothy and Vance review real-life examples of conscious, co-creative, conservation activism that work through the programmes of a long-established, globally-focused environmental organisation. The exploration and evolution of this approach has occurred over 10 years, and continues, involving diverse projects such as ‘boots-on-the-ground’ wildlife protection in the middle of a war zone; policy formulation; international relations; and enhanced collaboration between diverse conservation groups and agencies. Inspiring proof that work with the unseen realms is effective in even the most difficult situations.

**Fiery hope:** Various Presenters

This will be an emergent session, taking shape from what we co-create together during the week. Our focus will be on how we can be a part of the greater spiritual impulse that this conference is serving: to increase the love and cooperation between the human and subtle realms. One ally that will serve us well in our endeavours is fiery hope. This is a quality that embraces a projected future not with wishful thinking, but with effective action.

### Passport Sessions

In the afternoons you can choose between a wide array of ‘territories’ to explore - the subtle and spiritual beings and energies that we can work with. These are our subtle allies in the work of shaping a future of greater love and cooperation between the human and non-physical ecologies. Come with an open mind and heart and sense into what is calling you.

### The Territories

There are innumerable ways to map the subtle realms. In this conference, we’ll focus on three main areas, each of which has a distinct ‘feel’ and which came up as important while we were co-creating the event. The three categories are all held within the Gaian field (outer circle)

1. **Physical and subtle environment / Nature partners** (including sentence and intelligence of nature, beings with a physical analogue, humans working with subtle energy)
2. **Subtle / Spiritual** (including working with subtle and spiritual allies)
3. **The Sidhe**

**Passport Sessions**

Time | Monday | Tuesday | Wednesday 1 | Wednesday 2 | Thursday | Friday
---|---|---|---|---|---|---
14.00 - 15.30 | DEVELOPING OUR INNER FOCUS Connecting with the unseen realms | ELEMENTALS AND ELEMENTALS: POWERFUL ALLIES WITH THE UNSEEN | EXPERIENCING THE MAGIC OF THE BODY AS SIDHE | ELEMENTALS AND SPIRITUAL BEINGS IN THE REALMS OF ELEMENTS | BRINGING THE UNSEEN INTO FORM | PASSPORT SESSIONS
16.00 - 17.30 | THE MAGIC OF THE-anchor of the unseen realms | ELEMENTALS AND SPIRITUAL BEINGS IN THE REALMS OF ELEMENTS | EXPERIENCING THE MAGIC OF THE BODY AS SIDHE | ELEMENTALS AND SPIRITUAL BEINGS IN THE REALMS OF ELEMENTS | PASSPORT SESSIONS
Sunday - three hour sessions

**Developing our subtle sense-abilities:** Freya Secrest
The Subtle Worlds speak to us in many ways other than in words. We don’t need to be psychic to be able to communicate, we need to become familiar with our unique subtle senses and trust them in order to learn to interpret the information we receive. Working with honour and respect for our particular subtle sensitivities, we will explore several incarnational practices to strengthen us in our subtle work. Join Freya in a hands-on practice session to explore the unique language of your own subtle connections.

**Cluny Hill as a temple of Sidhe civilisation:** Marko Pogačnik
During the last 20 years Marko has often led workshops within the mandala of the seven hills neighbouring Cluny Hill, one of the Findhorn Foundation’s main sites. In this session he will lead the group to experience the inner worlds of this landscape temple and the presence of the beings that Celts called Sidhe.

**Working with nature intelligence:** Antje Rickowski
This session will help you make a direct contact to the intelligence in nature. You will learn simple tools that will enable you to work with Nature Intelligence. We will explore the key principles of nature communication and experience balanced communication with it, using some practical tools developed by Machaelle Small Wright at the Perelandra Centre for Nature Research over the past 35 years. This will include a simple kinesiology test to aid us in our communication with it, and we’ll do a set of exercises useful for any area of our life. This will help you to gain an enriched understanding on how to work with nature intelligence to answer everyday life questions, and to create balance and true sustainability in your projects.

**Sunday afternoon - first half**

**Techno-Elementals:** Jeremy Berg, with David Spangler (Skype)
Many of us are familiar with the concept of talismans, the idea that an object is alive in some way and carries a certain intent and power in the world. Many people also carry with them meaningful objects - rings, pendants, good luck charms, special clothing, etc. - that are charged with special powers for them. In this session we will take a closer look at this multi-layered phenomena and the living reality it points us to. Does an inorganic object have the capacity to respond to my love, my intent, my emotions? Is everything alive? Does it matter? These are especially relevant questions at a time when many of our objects, devices and machines are increasingly electrified and growing in intelligence. The intent of the work is to begin to build a positive relationship with the feral and forgotten lives we have helped bring into being.

**Travelling through sound:** Sarah Perricone
In our time together we will use sound and vibration to travel into the deepest part of our inner world; to journey towards our fundamental sound and thereby communicate with all being. We can then explore how this resonance can bring us into harmony and greater health. We will do this through toning, listening, sounding the chakras and bathing and relaxing into the gentle sounds and music of the gongs, bowls, violin and overtones played by Sarah.

**Being with the spirits of Cluny gardens:** Sverre Koxvold
Cluny Garden is a place where humans and subtle friends have been co-creating for centuries - and are still doing so. Different parts of the garden have different ‘personalities’. The spirits were called here centuries ago by a very grounded civilisation and they have never left. They become evident when we open to them. They speak in different voices and bring different messages. We have ancient trees, powerpoints, water, animals, bees and humans. All playing together with the unseen beings. It is the chorus of them all, as well as the individual voices that makes it so exciting to close our eyes and listen to Cluny Garden. And then speak.

**Subtle activism:** Mary Inglis
Subtle activism is the art of using our own subtle energy field and presence in relationship with the subtle and spiritual forces of the planet to promote wholeness, healing and emergence in our world - a way of holding the world and ourselves in our hearts, a way of blessing. In this session we will explore some principles of this approach as well as engaging with a subtle activism practice in collaboration with subtle world allies.

**Altaring your life - working with threshold beings:** Timothy Hass
Miracle making is really a kind of science, co-creatively blended with mysticism. We all have the capacity for this. Over the last few years Timothy and Vance have worked with a subtle life form of threshold beings, a stem-cell-like sentience that exists between the manifest and the un-manifest realms of life. Their presence is local, but there is also an overlighting aspect that stretches all across the world. Touch into yourself as a source of generative light and presence. Use this presence to work in partnership with subtle colleagues to atar your life and your surroundings. Create a place of peace in these turbulent times.
Sunday afternoon - second half
16:00 - 17:30

Our higher human co-workers: Uta Gabbay
Together with other non-human companions there exist on the subtle planes of this planet those who have walked the human path longer than we have, who are therefore more experienced and wise. These ‘post-graduate humans’ offer their guidance and cooperation to us, especially on behalf of our planet. In this session we will practice tuning our hearts and minds to the frequency of our higher human coworkers, individually and as a group. Building a conscious connection with our human elders brings us closer to our own future state, our full Self. And it provides us with a solid basis and compass for co-creating with human and non-human subtle beings, the new Earth.

The body as Sidhe portal: Sussie Lusciniia Nielsen
When we are in the body in a way that feels natural and good, we are potentially an open Sidhe-portal. It is this presence and consciousness in the body that makes it possible to sense and experience in a more refined way. This session is about landing in the body, so we are more fully aware and the Sidhe-presence becomes natural and effortless. The use of sound and body experiences will practically help us to land in the body and enter into the Sidhe-reality.

Working with garden nature spirits: Julie Spangler
Subtle beings abound! But what are nature spirits and how can we work cooperatively with them in our own gardens if we can’t actually see or hear them? In this session we will explore how we can enhance our gardens by partnering with the unseen spirits associated with the plants and creatures in our backyards.

Devas of trees and forests: Judy McAllister
We all have a tree story - finding it and telling it, opens the heart and the pathway to engagement with the Devic level; with the intelligence behind/under the form, begins to unfold. Bring your tree hugger self, be it currently active, forgotten, or as yet undiscovered. Together we will explore ways to build relationship with that which fills the forms we see, touch, and sometimes climb; the forms that provide the material for so much of what is around us; the forms that feed and nourish us in so many ways and on so many levels.

Monday - three hour sessions
14:00 - 17:00

Gaia touch body exercises by the elemental beings: Marko Pogačnik
Marko has been engaged in Earth healing work all over the world. Often during the course of this work, elemental and other subtle world beings have presented body movements to him that can help individuals cope with the current Earth changes and support the planetary transformation processes. In this session he will share some of their contributions and lead the group in movement-based exercises.

Touch drawing: bringing the unseen into form: Deborah Koff-Chapin
Experience Touch Drawing, a simple yet profound way of creating images. When you move your hands on paper that is placed over paint, the pressure of your touch makes impressions on the underside. As you create a series of drawings, you enter a flowing state. This transformative art form lends itself to the expression of subtle sensation. As you deepen into the process, it can become a way of translating the presence of unseen beings into visual form. This introductory experience gives you a creative practice you can continue to develop. No artistic confidence necessary.

The magic of Cullerne garden: Cullerne Garden Team
Vibrant, unruly and pulsating with life, Cullerne Garden produces vegetables for the Findhorn community and holds hundreds of guests each year. Generations of garden beings and people co-creating together have shaped an environment that facilitates people’s connection with Nature’s conscious dimensions in all their beauty and power. The Cullerne Garden Team (including subtle members) will hold a practical, hands-on session, leading you through the energetic anatomy of the garden while facilitating different types of encounters with the diverse subtle and spiritual ecologies that call the garden home.
The butterfly and the mountain: Søren Hauge
Our destination is the land of ‘the butterfly mountain’, the state of being where our inner Sidhe-nature emerges. When we truly ‘land in our land’ we experience our mountain-nature of deep grounding. This opens for our flowing life-musicality, the inner butterfly that surfs and navigates on the ‘air sea of the present’. When the two merge we become the butterfly mountain of empowered livingness. We will explore this realm through movement, sound, meditation and co-creative sharing in a spirit of playfulness and joy.

Shamanic practices for connecting with nature: Kurikindi
Kurikindi will lead this exploration of Amazonian shamanic practices for bringing deeper connection with ourselves and the world of nature. Using Kichwa shamanic practices, we will explore how to heighten our subtle and spiritual awareness, sense the unseen dimensions of nature and work with them as Kichwa shamans have done for centuries. We will co-create a closer and more natural connection with the seen and unseen aspects of the natural world, with the goal of increasing our love and skilful cooperation with it.

Communicating with animals: Jacqueline Buckingham and Lesley Downey
Visit the realm of the animals, experience the world from their perspective, and listen to what they have to say to us. The animals are our co-creation allies, especially in the physical realm. Now more than ever we need to listen to the teachings they have for us. Upon visiting this realm you will connect with the conscious intelligence of animal beings, sending and receiving messages from them. You will also be led through an experience of witnessing the world from the point of view of an animal being.

Our higher human co-workers: Uta Gabbay
Together with other non-human companions there exist on the subtle planes of this planet those who have walked the human path longer than we have, who are therefore more experienced and wise. These ‘post-graduate humans’ offer their guidance and cooperation to us, especially on behalf of our planet. In this session we will practice tuning our hearts and minds to the frequency of our higher human coworkers, individually and as a group. Building a conscious connection with our human elders brings us closer to our own future state, our full Self. And it provides us with a solid basis and compass for co-creating with human and non-human subtle beings, the new Earth.

Experiencing the shamanic journey: Sandra Ingerman
Shamanism is the oldest universal spiritual practice known to humankind. In the West shamanism means ‘one who sees in the dark.’ The shamanic journey is the art of using rhythm and intention to enter an altered state of consciousness in order to connect with the spiritual dimension of reality. In this session Sandra Ingerman will guide participants into the non-ordinary realms to meet with a helping compassionate spirit who might appear in any number of natural or mystical forms. You will have the opportunity to ask the helping spirit an important question or they might perform a healing on your behalf. Sandra will also share how to continue your journeying practice so you can continue to work with your helping spirit for guidance and healing.

Subtle activism: Mary Inglis
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Sidhe resonance: Sussie Luscinia Nielsen
We will explore the emerging art of resonating from our own inner Sidhe-essence into the larger Sidhe-field. How do we learn to recognize our Sidhe-nature within, so we can acknowledge and collaborate with our Sidhe relatives? How do we find the balance and awareness in our energetic system so the contact with the larger Sidhe-realm can be as much in flow and flux as possible? Body, voice and presence will be used in exercises creating awareness of subtle sensing.

Love in Action – inviting the devas into your garden: Freya Secrest
Love is at the heart of our ability to connect with the heart and soul of Nature. As the devas told Dorothy Maclean, ‘Love is a firm reality which forms a bridge over which all can walk.’ Using the practical and inspiring wisdom of the Devic Kingdom from Dorothy Maclean’s deva messages we will engage in practices that will deepen your ability to bring love into action in effective ways. This session will help you create bridges of love which will extend your connections into both physical and subtle worlds.
Tuesday - three hour sessions 14:00 - 17:00

Elemental worlds of the Findhorn dunes: Marko Pogačnik
Since the early days of the Findhorn community the dunes were considered a sacred place of the elemental beings. Is it still possible to experience their presence today? In this session, we will journey into the unique landscape of the dunes of the Findhorn peninsula, a world of sand, stone, gorse and wild beings. Exercises of perception will be taught to come in touch with the elemental and other subtle worlds.

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Encountering Findhorn’s gardens: Park Garden Team
Findhorn’s Original Garden is where Dorothy Maclean and other members of the community first began working with the overlighting intelligences of the plants. The incredible abundance that grew from the arid, sandy soil, including giant cabbages, were the community’s first tangible results from this co-creative approach to gardening. In this session, you will join the Park Garden team to explore the Park Garden, which includes the Original Garden. The team will share a bit about the history of the gardens, demonstrate the co-creative practices that the gardeners and their partners use, then facilitate a time of personally connecting with the garden on all levels. Be ready to get your hands in the soil!

The Sidhe – wildness and renewal: Søren Hauge
The real hope for the World lies in wildness. We need to renew ourselves in order to renew the pattern of our shared world. This cannot be accomplished within the framework of business as usual. Exploration into the wildness of our heartland is a must, and connecting with our Sidhe relatives is a potential great help as they are accomplished tour-guides to the wild destinations of our Gaian realm. Through experiential exercises of moving vibration and imagination we will start exploring the landscape of renewal.

Tuesday afternoon - first half 14:00 - 15:30

Communicating with animals: Jacqueline Buckingham and Lesley Downey
Visit the realm of the animals, experience the world from their perspective, and listen to what they have to say to us.

The animals are our co-creation allies, especially in the physical realm. Now more than ever we need to listen to the teachings they have for us. Upon visiting this realm you will connect with the conscious intelligence of animal beings, sending and receiving messages from them. You will also be led through an experience of witnessing the world from the point of view of an animal being.

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Devas of cities and countries: Freya Secrest
The devic world is a creative world and enlivens all that exists on our planet. Learn more about the soul levels of Cities and Countries and the devic beings that work to integrate nature and human structures. They offer a scope of resource and support to help us as we look to build healthy city and community life. We will share an attunement to these beings and discover how we can connect with them on behalf of the planet.

Kichwa Shamanic practices for connecting with nature: Kurikindi
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Tuesday afternoon - second half 16:00 - 17:30

Elementals and elements: Craig Gibsone
Between the ripples, that’s where we lie! You’ll find us there, in earth and sky! Now “who are we?” I hear you ask/ That my friend, our lifelong task
The nature of the elemental kingdoms is intimately connected to the elements of earth, air, fire, and water. We will explore these relationships in Findhorn’s sacred centre - the part of The Park that includes the earth lodge, the sweat lodge and permaculture gardens. It is an area of ritual, sexual polarity and deep vibrancy. Here, we will sense elementals’ and elements’ interconnected nature in ourselves and our everyday reality. Stimulating our primordial nature and awakening our cellular memory, we practice giving space for and expressing our individual interpretations of co-creation.
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Fiery hope: Julie Spangler
Many people during these times of change find it easy to slip into feelings of despair. And when we try to be hopeful, it can feel a little like wishful thinking. In this session we will focus on a kind of hope that is not a wish but an expression of a powerful intent. It is where our subtle partners stand. As David Spangler describes, ‘The ‘fiery hope’ I feel from my subtle colleagues… is the kind of hope that opens, energises and holds a space of possibility, enhancing the probability that something new will emerge. It is mobilising and vitalising, and calls potentialities and possibilities to the surface rather than just letting them sink unacknowledged into the depths of despondency and hopelessness.’ As we stand in Fiery Hope, we become participants in a world of hope, bringing it into being rather than being victims in a world of hopelessness.
Follow-on Workshops – September 28

You have the option of booking a place on one of these follow-on workshops to explore one aspect of the subtle and spiritual realms more deeply. If you wish to book, please get in touch with our Bookings department either in person (this is building 45 on the map on page 3) or via email: bookings@findhorn.org. The cost if booked during the conference is £120.

Touch drawing: Bringing the unseen into form: Deborah Koff-Chapin
Experience Touch Drawing, a simple yet profound way of creating images. When you move your hands on paper that is placed over paint, the pressure of your touch makes impressions on the underside. As you create a series of drawings, you enter flowing state. This transformative art form lends itself to the expression of subtle sensation. As you deepen into the process, it can become a way of translating the presence of unseen beings into visual form. Movement, toning, and writing are woven through the day. Deborah holds space while you draw with the resonant tones of crystal bowls, drum and vocals. This is an immersion in a creative practice you can continue to develop. No artistic confidence necessary.

The Sidhe and me: Exploring an ancient new world: Jeremy Berg
Sidhe (pronounced Shee) is the Celtic name for part of the Faerie Otherworlds. The name means the People of Peace, and a number of esoteric teachers and writers consider them the “cousins of humanity,” evolving in parallel alongside us but in the subtle realms. Jeremy Berg was introduced to this work with the Sidhe some time ago when he published John Matthew’s book The Sidhe: Wisdom from the Celtic Otherworlds. It was later, however, that the Sidhe themselves contacted both Jeremy and spiritual teacher and author David Spangler to collaborate with them on the production of a new Card Deck of the Sidhe which crafted a tool to safely and efficiently connect with the people of the Sidhe. In this workshop we will attune using the technology of the Card Deck of the Sidhe and invite connection with those Sidhe who come forward to collaborate with us during the conference.

Co-creating with our higher human co-workers: Uta Gabbay
This will be a day for familiarising ourselves with the realm of consciousness of our spiritual elders, ‘the community of post-graduate humans’, and getting a taste of co-creating with them, as individuals and as a group. The day will include a general overview of the ‘terrain’; exploring it through meditative inquiry; sharing our findings; and putting into practice what we learnt, in a co-creative project. We will also take some time for integration - allowing the various subtle companions we have met during the conference, human and non-human, to fall into place, looking at them in context and integrating them into our world view.

Animal communication: Jacqueline Buckingham and Lesley Downey
The animals are our co-creation allies, and now more than ever it is important that we listen to the messages that they have for us. In this one day workshop you will learn the basic techniques of telepathic animal communication, take part in communication meditations and learn how to apply animal communication in your everyday life. The day will include fun and playful activities, as well as more focussed discussion. You will also have an opportunity to ask questions and find out more about why this work is so vital at this time in our planet’s co-creative journey.

Elementals and elements: Primal clay: Craig Gibsone
A day for grounding tangibly and deeply into the primal elements. After the intense journey of exploration into the subtle realms, we will join the elementals in shaping clay vessels for our experience. With the landscape of Findhorn Bay and the surrounding coastline as an inspiration for our retreat, we journey with the four elements – earth, air, fire and water. We will use the medium of clay to focus and centre ourselves, and to create spiritual alchemy. Clay is a magical and primal substance that comes alive and takes form. We will dig our own clay from a beautiful, local natural source and work to guide it from raw form through a shaping process to an open fire where we will complete its metamorphosis. As we guide the clay through a process of elemental evolution, we will experience our own inner transformation.

Open day
You can also book a day to simply relax and integrate what you have experienced. Explore the surrounding natural setting, reflect and ground the insights you have gained into your life. There are many private holistic practitioners in the area with whom you will be able to have sessions if you so desire. Although you may need quiet space and relaxation, the Findhorn Bay Arts Festival is also going on in the village of Findhorn near The Park.
General Enquiries and Essential Services

Conference Details - Your name badge is your entry ticket to conference sessions and your meal ticket too. Please carry your name badge with you at all times. The colour of your badge designates where you eat dinner Sunday - Friday (which is also the location where you sleep). We would really appreciate your cooperation with this. Plenary sessions and the passport sessions taking place in the Universal Hall will be streamed live to the Web. If you do not want to appear on camera (which pans across the audience) then please sit in the designated seats draped with blue fabric. Monday night will be unprogrammed. You can offer a meditation, music or some other type of activity - or attend others’ offerings. On the last night of the conference beginning at 20:00 in the Universal Hall, we will have a ceilidh (traditional Scottish dance). There will be space for you to share a poem, song or short skit. Talk to Jonathan Caddy, the organiser to arrange.

Meals – All meals served in the Cluny Dining Room (CDR) and the Community Centre (CC) in The Park will be vegetarian. Alternative options are served in the kitchen. At Cluny, breakfast is served in the Dining Room between 07:30 and 09:00. At The Park, breakfast is self-catering and basic ingredients will be provided in all Foundation guest accommodations. You may replenish these supplies from the Guest Food Shed - please ask our hostesses for code.

Cluny Front Door – (for residential guests only) The front door at Cluny is closed around 22:30, after the last bus arrives from The Park. Please ask Cluny Reception or your Cluny Hostess for the door code if you anticipate coming in late.

Residential guests – As we will have new guests arriving immediately after you leave, we would appreciate your help in making the transition as smooth as possible. Please change your bed linen (clean linen will be provided) and tidy up where necessary. At The Park, dirty linen and towels can be placed in a pile in the kitchen or porch of your accommodation. At Cluny, dirty linen and towels can be placed in a pile outside your door. Please vacate your accommodation by 09:00 am as people will be coming in to clean. In the Park, you may leave your luggage in the hallway of the Community Centre. At Cluny, your luggage may be left in the cloakroom on the ground floor.

Taizé – The community has been singing songs from the Taizé monastery in France for decades. We invite you to join us in the mornings for this beautiful practice of spiritual connection. Cluny Sanctuary 07:45 - 08:10 and Nature Sanctuary in The Park 08:00 - 08:25 Monday to Friday.

Meal Times

<table>
<thead>
<tr>
<th></th>
<th>Park Guests</th>
<th>Cluny Guests</th>
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</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>CC 12:30</td>
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<tr>
<td>Dinner</td>
<td>CC 18:00</td>
<td>Cluny 18:00</td>
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Bus Timetable

<table>
<thead>
<tr>
<th>Sat 22</th>
<th>Sun 23</th>
<th>Mon 24</th>
<th>Tue 25</th>
<th>Wed 26</th>
<th>Thu 27</th>
<th>Fri 28</th>
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Meditations – Group meditations are held daily Monday - Friday. You are welcome to join these if you wish but please do not enter if the red light is on above the door. If you attend, please stay for the full length of the meditation. Outside of these times, all sanctuaries are open and available for personal meditation.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>06:30 - 07:30</td>
<td>Silent meditation</td>
<td>Cluny and Park sanctuaries</td>
</tr>
<tr>
<td>08:35 - 08:55</td>
<td>Guided meditation</td>
<td>Cluny and Park sanctuaries</td>
</tr>
<tr>
<td>17:40 - 18:00</td>
<td>Guided meditation</td>
<td>Cluny and Park sanctuaries</td>
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Taking Care of Yourself – It is very important when living in community to take care of yourself and pay attention to your personal needs, limits and energy levels. Furthermore, the conference itself will be an intense experience. Here are some ideas for supporting yourself if you feel stressed or over stimulated:

- Take one or more sessions off.
- Spend some quiet downtime in your accommodation.
- Spend time in nature - take a walk in the sand dunes or through the woods.
- Allow time for quiet reflection or meditation, either in one of the sanctuaries or in nature.
- Visit the sauna or hot tub and let the heat ease your aches, pains and tension.
- Treat yourself to a healing session from one of the many therapists in the community.

Please tell us if you need any further help or support. In the first instance, see your homegroup focaliser or one of the conference organisers.

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Your Next Steps

This conference is just the beginning of a journey. Here are some suggestions for staying connected with your community of fellow-travellers and deepening your exploration. If you would like to stay on at Findhorn after the conference, check with the Visitors Centre in The Park. Both the Findhorn Foundation and the Lorian Association offer a number of ways to explore co-creative spirituality further. See below for some options. You can find Findhorn workshops at findhorn.org/programmes. Lorian Association workshops are listed on lorian.org.


Oct 4, 2018  Lorian: The Call – A Quest of Identity

October 25, 2018  Lorian: Subtle Energies I – Standing Whole

November 8, 2018  Lorian: Touch of Love – Creating Connection with Self and Other


Findhorn: Pan and His Kingdom of Light: How to ‘See’ and Experience Devas and Co-create with the Unseen

June 22, 2019  Findhorn: Project Earth – Balancing the Grid of Our Planet

July 20, 2019  Findhorn: Communicating with Crystal Consciousness for Healing


Findhorn: The Healing Power of Nature – Co-creating with the Plant Kingdom

September 7, 2019  Findhorn: Animal Communication and Deep Nature Connection II

Findhorn: Paqo’s Path – Ancient Andean Practices for Mastering Living Energy and Connection with Nature
“Engaging with the subtle worlds isn’t simply to experience or explore the non-physical dimensions. The larger purpose is to engage the underlying wholeness that ties the physical and non-physical domains into a living, creative oneness.”

David Spangler