The Findhorn Foundation presents

TRANSFORM

a magazine about spirituality, community & sustainability

2019 edition

in this year’s edition:
Experiencing the Mystery
What is an Active Spiritual Retreat?
Climate Change & Consciousness
Faces of Findhorn
Putting Peace into Action
2019 Workshops & Events at Findhorn
Realise you have within you all wisdom, all knowledge, all understanding. You do not have to seek it without, but take time to be still and go deep within to find it.
WHO WE ARE

The Findhorn Foundation
is an international living laboratory for
transforming human consciousness

WE WELCOME YOU TO JOIN THE
ongoing exploration

For however long you come, you will be part of this unique spiritual community, taking part in our daily life and practices. Our service is to provide transformational learning to people from around the world. To really serve, transformation must be a process that includes all inner and outer levels. In light of this, our educational work engages people’s spiritual, personal, social and ecological dimensions.

We aspire to bring three core principles into everything we do:

LOVE in action
INNER listening
CO-CREATION with nature

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findhorn.org
Scottish Charity Number SC007233
The story of the Findhorn Foundation might seem absurd to you. Three ordinary spiritual seekers living next to a rubbish heap in a Northern Scotland caravan park hear inner guidance that they will establish a global spiritual community. Then people and resources show up exactly when their inner guidance says they will, each one building another piece. Over 55 years later, a thriving community has appeared, with gardens and eco-buildings hosting thousands of people from around the world each year on transformative workshops and events. The guidance has become true.

The Foundation’s dedicated spiritual seekers are still making claims that might seem absurd:

By accessing inner knowing we will be guided through any crisis, opened to our higher potential and offered a vision of life that goes far beyond personal concerns.

By bringing our love into everything we do, we can transform ourselves and our world.

By collaborating with the consciousness of nature, we can co-create solutions to environmental problems like pollution and global warming.

Seen from the perspective of spiritual teachers and an increasing number of quantum physicists, of course, this is not absurd at all. They agree that the fundamental nature of reality is consciousness and that when we change ourselves we influence our world. In fact, the truly absurd story is the one that describes people as separated and powerless and views physical material as the only reality, the one that describes nature as an object we can use up until we wreck the planet.

Here in the Foundation we try to live in a way that lovingly demonstrates the absurd truth rather than the accepted absurdity. There are many ways for you to experience and become part of our experiment in new ways of living, from Experience Week through dozens of workshops to training to join our staff. This year, we are emphasising our world’s climate situation through our conference Climate Change and Consciousness. And we marvel at the way life here brings greater awareness, love, purpose and inner peace to those who join this community, however long they stay.

Experiencing The MYSTERY

I plunged the first spoon into the hot, soapy water. How to let love flow into the spoon? Would other people feel the love I shared with the spoon? The kitchen clean-up shift was not a leisurely mindfulness-workshop kind of affair. We were intent on getting things done not just well, but efficiently. But as I settled into a flow, bringing myself back to the felt sense of love whenever I became distracted or too task-focused, I noticed my way of working was changing. I was enjoying the slippery smoothness of the spoons and dishes, the plunging movements of my arms as I wiped them clean. I began to feel affectionate toward these ordinary utensils and the →
kitchen space where we were enacting this little drama of renewal through cleansing water.

“Okay, let’s tune out,” said Stewart, our focaliser (a Findhorn word to draw attention to the fact that the person is holding the focus for a specific activity, not directing it), calling the team into a circle, holding hands. “Notice how you’re feeling now, after the shift,” he invited. I realise I am feeling more energetic than before, and when I look at the curve of the table top and the row of hanging ladles, I have a sense of appreciation for their forms, their expressed functions. My perception of them has changed and I sense I am related to them now. They are no longer simply objects. I notice I feel physically relaxed and my breath is deeper.

Moreover, something in me seems to have changed subtly. At that moment, I can’t quite define what it is, but as I spend more time in Findhorn it begins to become clearer...

Half a year later, in the pouring sunshine and blue skies of August, the kale in Cullerne (the Findhorn Foundation’s main vegetable garden) spreads fingered purple leaves. I am in love with the kale I am weeding.

Suddenly I am not exactly in my body, and the whole world is green and full of living intelligence, infinite exuberant spiritual joy, expressed in the physical forms of the kale plants. The experience only lasts a moment, but I know it has permanently changed my understanding of life.

Seeking more understanding, I go to one of the early educators in the Findhorn Foundation. Most people, he explains, spend their lives as if the things around them (spoons, kale plants, houses, the sun) are background objects on a stage where they are the lead actor. But this is not a true picture of reality. Everything physical, he tells me, is shaped by and embodies universal consciousness. Instead of being like a sun surrounded by lightless planets, he tells me, a human is like a star among other stars of varying brightness and colour. Our light - our consciousness - is always intermingled.

How do I try this out? “Go to the garden. Relax and get inwardly still. Then go to a plant that draws your attention and hold a question in your mind,” advises Judy, the focaliser of our apprentice group.

Working in the garden, I have been curious about the apparent competition between the plants - is nature really a constant struggle, ‘red in tooth and claw’? How do the plants see it?

I breathe deeply for a while, then allow my eyes to be drawn to a plant - a tall white lupin swaying slightly in the afternoon breeze. I walk slowly towards it, keeping the question in my mind. I begin to feel emotions, as if directed at me in communication. Joy. They are overjoyed that I am reaching out. In response to my question, I sense almost a kind of pity at the mindset that the question comes from. An idea-picture comes to me: each plant is doing its exuberant best to bring its sacred idea into form. It’s not a competition. Each one is celebrating its existence as joyfully as possible. Their joys overlap.

A year later, I am speaking with Roger Linden, a spiritual teacher and friend of the Foundation. “Being at Findhorn is confusing,” I begin a little confusedly. “I feel a sense of higher calling and when I become still and listen I sense what I need to do, but it’s hard to rely on that and not have plans.”

Roger nods quietly. “How has making plans worked out?” he asks. I can sense the question touching a whole network of deeply held assumptions: ‘I should plan out my life,’ ‘it’s irresponsible just to trust life. I need to control things,’ ‘if people who don’t share my experience can’t understand my way of living, that’s a problem’. But I realise something else: when I take time to become still and listen to my inner wisdom, life has gone well. When I try to control life with plans based on my assumptions, it has not worked.

At the end of our session Roger has not told me anything I didn’t know. He has simply helped me to see what I already knew.

Alone in the sanctuary’s flickering candlelight that night, I consider the felt sense that is growing in me. It is uncomfortable – a sense that what I thought of as ‘me’ is dissolving. And I also remember the countless times I chose to follow an intuitive impulse that felt right. What is this larger ‘me’ that always knew the right answers?

I don’t know if I will ever answer that question completely, but I am learning to enjoy living the question. Moment by moment, I am choosing to practise the ‘Findhorn curriculum’: allowing myself to become still, inviting connection with the greater whole, acting on the intuition that comes. And the more that the old ‘me’ dissolves, the more I am able to be present with the limitless wonder and complexity of the world - and with how I am able to work with it.

My new goal is to live up to one of the community’s slogans: expect a miracle.
W HILE THERE ARE MANY WAYS INTO THE FINDHORN FOUNDATION COMMUNITY, EXPERIENCE WEEK BY FAR IS THE QUINTESSENTIAL INTRODUCTION. IT IS THE PREREQUISITE FOR CORE PROGRAMMES (SEE BELOW) AND IS OFTEN QUOTED BY PARTICIPANTS AS A LIFE-CHANGING EXPERIENCE WHERE YOU’LL BE CHALLENGED, YOU’LL GROW AND YOU’LL MEET LIKE-MINDED YET DIVERSE FRIENDS FROM AROUND THE WORLD. (PP 7-9, 33) FINDHORN.ORG/WORKSHOPS

EXPERIENCE WEEK

Step away from ordinary life to reconnect with spirit and your highest self. You’ll have time for reflection, nature and community service. (PP 12-15, 34) FINDHORN.ORG/WORKSHOPS

SPIRITUAL RETREATS

We also offer plenty of programmes that have no Experience Week prerequisite. They incorporate special themes, and run year round. (PP 18-21, 24-26, 37-40)

• FINDHORN.ORG/RETREATS

A once-yearly, long-term programme held in more structure. Integrates meditation, nature, service, and creativity. (PP 35) FINDHORN.ORG/WORKSHOPS

• FINDHORN.ORG/WORKSHOPS

SPIRITUAL DEEPENING

JOIN US FOR AN ACTIVE WEEK OF PRACTISING LOVE IN ACTION. AN AFFORDABLE WAY TO BOTH GIVE BACK AND SPEND TIME IN THE COMMUNITY. (PP 34) FINDHORN.ORG/WORKSHOPS

• FINDHORN.ORG/WORKSHOPS

BEING IN COMMUNITY

An opportunity to get a richer feel for life and service in the community. You’ll have more free time for yourself and to build upon your relationships with people and spirit. (PP 35) FINDHORN.ORG/WORKSHOPS

LCG LIVING IN COMMUNITY GUEST PROGRAMME

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LEAP LEARNING ESSENTIALS APPRENTICESHIP PROGRAMME

COMMIT TO PARTICIPATING FULLY IN LIFE HERE, JOINING IN A SERVICE DEPARTMENT AND HOLDING GUESTS. AN ESSENTIAL STEP ON THE JOURNEY TO BECOME STAFF. (PP 35) FINDHORN.ORG/WORKSHOPS

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Throughout human history, people of all faiths (and none) have known the value of stepping aside from everyday life for a time. Spiritual retreats are a millennia-old way people have found reconnection with what is most meaningful.

Findhorn draws from these ancient roots, but with a different focus. Its aim is not to escape, but to transform consciousness by bringing active spiritual connection into each moment of life. So what does a Findhorn spiritual retreat look like? Two of the community’s master retreat leaders share their perspectives.

**Why go on an active spiritual retreat?**

**by Judith Bone**

**Retreats give you space to focus on your spiritual journey.** Sometimes it’s difficult to hold a higher perspective when you are engaged in a daily routine. Giving yourself space away from daily life allows you to take in the bigger picture of your life’s journey. You are more able to see what is serving you well and what is not.

**Retreats help you relax, replenish and renew.** On the windswept beauty of Iona, free of distractions, you can spend a whole day walking barefoot on white sand, roaming the wild hills or curled up in the cosy warmth of the Foundation’s retreat house in contemplation. I see people’s posture change, the lines in their faces disappear, their breath deepen. On retreat their bodies, hearts and minds have space to relax and open.

**Retreats can help you find new insights about life direction.** Away from all distractions, we can sense more clearly our inner calling. What is it that truly stirs your heart? What do you long for? What needs to change? I have seen how many people on the retreat are able, as their tensions dissolve, to let their dreams become clear again.

**Spiritual retreats can make it easier to let go.** A common barrier for people seeking to realise their vision is feeling stuck to what no longer serves them. It is important to give yourself the space and freedom to see this clearly, and let new possibilities begin to feel more real.

Judith Bone is a long-term Findhorn member who has brought grace, wisdom and experience to the sacred task of holding retreats and spiritual workshops, including sacred dance for over twenty years.

**What is an active spiritual retreat?**

Unlike traditional spiritual retreats, which are a way to withdraw from normal life for a time, Findhorn’s spiritual retreats bring meditation into action. In them, instead of withdrawing, the aim is to infuse each activity with loving awareness, peace and connection. By weaving awareness into activities such as gardening, making ceramics and sacred dance, a Findhorn active spiritual retreat prepares you to re-enter your normal life in a new, more loving and peaceful way.
A good spiritual retreat invites you to transform through joy. It shouldn’t be a retreat from the enjoyment of life, but should enhance your enjoyment of nature, spirit and life.

A good spiritual retreat helps you answer the questions ‘how am I actively engaging with the challenges of my life? My culture? What is the world asking of me?’ Finding these answers will lead to real change and inner peace.

Many good spiritual retreats give you the chance to have dialogue with people who are like-minded, who are asking the same questions as you.

Retreats at Findhorn run nearly every week of the year and include the following themes:

- Wilderness • Clay • Permaculture • Living Intuitively
- Integral Mondo Zen • The Game of Transformation
- Spiritual Deepening: Living from Purpose and Soul
- Primal Painting • Isle of Iona • Isle of Erraid

A good spiritual retreat helps you find the answers you need within yourself. If it does that, it is helping you be more rooted in your own ability to know your own path.

Book your Findhorn retreat at findhorn.org/retreats

Craig Gibsone is Findhorn’s ‘feral elder’ and has decades of experience leading active spiritual retreats at Findhorn. His favourite retreat moment is digging clay from Findhorn Bay and accompanying it on the transformational journey from the Bay to Findhorn’s Earth Lodge, moulding it into form then straight into the live fire of the Lodge.
We shape our future in partnership with the other beings, physical and non-physical, that share this world with us.

You are in an era of change when old ways are breaking down.

Let acquisitiveness or greed or desire for power burn out in you.

In their place will arise a clear field of awareness of the whole.

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**Message from fire devas, Dorothy Maclean**

FINDHORN FOUNDATION CO-FOUNDER

To commemorate this anniversary of the Findhorn Foundation’s birth, the community gathered together for a special bonfire.
Our planet’s climate is going to change. There is no stopping that now. But we can choose our way forward. How can we come together as a community to envision and start living our shared future?

Climate Change & Consciousness 2019 (CCC19) will bring together voices from all directions - eminent scientists, wisdom keepers, business people, activists, artists, entrepreneurs, young people. Much more than a seven day conference at Findhorn during Easter week 2019, it’s a think, feel and do tank, an energy-infused lens for collective mind, heart, and action.

As I watched the US election returns late into the night of 8 November 2016 I was riveted by a certainty and clarity of direction. I knew without a sliver of doubt that there was one issue that I was to focus on now: climate change. I also knew, in what felt like a head-to-toe sweep of guidance, that I was to convene a major conference to develop resilient, sustainable communities and that it was to be at the Findhorn Foundation.

In retrospect, I would call this experience a quickening. Quickening is the moment during pregnancy when foetal movements are first perceived by the mother. It is a numinous experience. My heart was still as a mother who first feels the beckoning of new life. And whilst this appeared sudden, I can see now that it was an evolution. This moment had a history and that history was mine.

I did not study the environment or climate. Yet when this purposeful directive arrived in my body on the night of 8 November I stepped in one bound out of the realm of personal healing into that of collective awakening and environmental science. I knew with absolute certainty that the greatest trauma the world faces or will face is due to climate change. I also knew that it was my job to stand up to be a steward of the land and her creatures, for my children and for all the children of the future. This was my unquestionable assignment.

With this precise orientation came another irrefutable knowing: that I could not do this alone. All my life I have been a stubborn independent. I preferred to be alone with my creativity and free from interference or interruption. Yet in this rush of understanding that seemed to descend upon me I relinquished that preference and embraced community; I reached for it and felt its comfort immediately as though I had already received it.

A ten-year-old girl named Aika Tsubota said “I think of the Earth as a gentle cradle that watches over all of the lives in it.” The time has come to cherish this cradle of life with unremitting passion so that it continues to be the cradle of humanity for generations to come.
The greatest distance in the existence of Man is from his mind to his heart.

Unless he conquers that distance he can never learn to soar like an eagle and realise his own immensity within.

My rallying call is for life for all who inhabit this planet not just humans it can be your call too if you so choose. I ask you to join me.

Soil, not oil, holds the future for humanity.

My rallying call is for life for all who inhabit this planet not just humans it can be your call too if you so choose. I ask you to join me.

Every young person in the world has the potential to lead.

There is nothing holding us back whether it is on the local level or it is about the entire world we can take on the leadership role.

Angaangaq Angakkorsuaq
Eskimo-Kalaallit Elder
ccc19 speaker

Polly Higgins
Ecological Law Expert
ccc19 speaker

Dr. Vandana Shiva
Environmental activist
ccc19 speaker

Xiuhtezcatl Martinez
Indigenous Climate activist
ccc19 speaker
My biggest challenge: knowing how much transparency there truly is in community life. I’m learning to let go of this need to hide things from the people that I sometimes forget actually love me.

What I love about Findhorn – and the challenges – are one and the same: adjusting to the peace and serenity that pervades the culture here, intensified by the amount of love that fills the energy field. But my challenge is: how do I let that in? How do I soften the walls that protected me in my previous life in NYC? Slowly the surroundings, the meditations, the gentle ease into life here began to awaken me. I’m a different person now: open, expanded, grateful. My experience here has not disappointed.
War makes a few people extremely rich, and billions extremely poor. Every year, we spend £1.6T on war. The total value of the global arms trade alone was £74B in 2014. By contrast, just £8B would cover clean water and sanitation for everyone on the planet. In the face of this imbalance, how do we stay actively hopeful? Can we take action?

On 15 - 17 June Peace in Action will unite changemakers of all kinds: from policy makers to meditators, this Findhorn special event will be as much about inner work as it will be about the actions we take in the outer world. It is Scilla’s firm belief that both are essential to a changemaker’s toolbox.

How can we feel hope in the face of global wars and the huge systems that rely on them?

Well, I think that a lot of people are bombarded every day by the news media and stories about war. Obviously, the media make a lot of money out of frightening stories. Yet I don’t feel troubled, depressed or discouraged because I work every day with people who bring about extraordinary results by their own personal courage.

My good friend Gululai Ismail immediately springs to mind. She lives in Northwest Pakistan, which must be one of the most dangerous places in the world to be a woman. At age 15, she started getting girls into school and her colleague Malalai Yousafzai got shot in the head for doing that. Gululai, completely undeterred, went on to train groups of young people to go into the madrasas – schools where young men are being trained for jihad, meaning in most cases suicide bombing. And what Gululai and her teams do is go back to talk with the parents and talk about why the Koran would not approve of suicide bombing.

So far they have dissuaded over 200 suicide bombers from carrying out their tasks. If you calculate the number of lives that has saved all over the Middle East and other places, it is a stunning achievement and also shows not just great strategic common sense but also enormous courage, because Gululai’s life is under threat.

You emphasise the role of inner work in your activism, which is rare among activists. How can our inner work contribute to a more peaceful world?

To my way of thinking inner work is absolutely essential if we want to change the world. Because if we go out trying to make a change and we are driven by anger or fear, we will project – even unconsciously maybe – our anger and our fear onto others, those we see as responsible. And that doesn’t serve to open the dialogue, doesn’t serve to get change to happen.

I know this because in 1982, I was furious that new nuclear weapons were being developed without consulting the British parliament, and I started to find out who had made the decisions and then I tried to engage them in dialogue, but I was completely unsuccessful. Why? Because I was projecting what I would call my shadow – my darkness, fear and anger – straight onto those who I wished to talk to. And of course the result was ‘we don’t want to talk to you’.

So I had to learn to tackle my own dark side. And I think we all need to do that to be effective in the world. In other words, I’m not just communicating a judgment about something, I’m wanting to communicate from my whole being with somebody who might be able to make a difference. And it’s that loving connection, that openness, that’s vital.

Who were you able to engage in peace-building processes?

The people I was talking to are very senior military people and also the physicists who build nuclear warheads – in all the nuclear countries: the US, Russia, France, Britain and China – and then subsequently India and Pakistan as well.

I started off by interviewing them for my doctorate, actually. And that was a question of asking them – very openly – why they do what they do. Because it’s a very responsible position they’re in. I drew cognitive maps as they spoke, and that allows you to draw the ‘sink’, or if you like, the flower pot out of which their ideas grow. And in 12 out of 13 cases, that ‘sink’ was feeling threatened. So these were people who grew up (and they talked about their childhoods) feeling threatened. And so weapons were, in their view, the most potent way of protecting...
So it was very important for me to be able to listen to them very attentively. And that made them feel that I wasn’t just an objector, a critic. I remained unconvinced about their reasons, what they were doing, but I was able to invite them to come to an old manor house near Oxford run by the Quakers. A very simple, ancient place where they could meet their opposite numbers from other countries. So a physicist from Los Alamos in the States would be meeting his opposite number from Russia, China or Britain.

What kind of effect did your inner work have when you talked with nuclear weapons policy makers?

Most importantly, and we only discovered this after a while, I invited very experienced meditators to come and sit in the library, which was underneath the beautiful panelled room in which the meetings were held. And I asked them to meditate all day for two days, which they were kind enough to do.

I know it was effective because the morning after the meetings, a guy from the US State Department came to me and said “Scilla, this is a very special room!” I explained that it was old, that people had been having dialogue and doing yoga here for many years. But he said “No, there’s something coming up through the floorboards!” And I said “Yes, there is...” and I told him about the meditators. I told him: go ask those elderly people who serve you your lunch and so off he went, and he came up to me later and just saluted. And he got it! And I know that what I called my ‘circle of standing stones’ - those people who were meditating - were holding everything that was happening within their loving awareness, and I never held a meeting without them if I could help it.

The most important lesson I’ve learned is that INNER WORK is a prerequisite for OUTER EFFECTIVENESS
Whatever is done, should be done in a consciousness of love and peace. If you are in disharmony or upset, stop working. Find that inner centre so that the right vibrations are put into what you’re doing.

It is those vibrations that set up a magnetic force field which draws people to you. If you create the vibrations, then those of like vibrations will be drawn to you.

love in action
Everything we do, we aim to do with love.

A recent revival of the bee colonies at our Cluny Hill location is part of a larger movement to restore the bee population in the UK. A very special thank you to all of our donors who helped make this initiative possible!

CLUNY GARDEN
A recent revival of the bee colonies at our Cluny Hill location is part of a larger movement to restore the bee population in the UK. A very special thank you to all of our donors who helped make this initiative possible!
Where We Are » The Findhorn Foundation has grown organically as people have responded to the spiritual impulse that brought it into being. Currently four main sites host our participants, workshops and events.

Our Cluny Hill site is a former Victorian spa hotel set amid forested hills near the historic town of Forres.

The Park site, five miles away from Cluny Hill and near the village of Findhorn, lies within a dune land ecovillage. Business Insider UK named the area one of the 18 coolest neighbourhoods in Europe.

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Cluny Hill

The Park

Within sight of Iona, the tiny island of Erraid hosts a vibrant offshoot of the Findhorn Foundation. The Erraid family hosts guests year round to experience working and spiritual retreats, or simply to enjoy the island’s stunning beauty and peace. erraid.com

Iona

Erraid

The Foundation runs a retreat house on the sacred island of Iona, a historic destination of pilgrimage. Guests can visit the local Abbey or enjoy the wild solitude of the island, its rugged hills and white beaches. findhorn.org/iona
Being at Findhorn is like being in the pressure cooker of spirituality! It has brought up my own issue with judgements: of myself and others. In a way, it’s forced me to work on it faster than I normally would have. What I love is that I can go immediately into quality conversations with quality people, bypassing the superficial formalities that are usually required. Those connections are something I find so much nourishment in!

Lilia (top left) from California, USA is doing LCG in Park Kitchen

Essential Findhorn: Core Programmes

**Experience Week** • 7 days • £780 | £610 | £490 unless noted otherwise below
An introduction to the essence of the Findhorn Foundation and the spiritual community and ecovillage that it sits within, Experience Week also serves as a prerequisite to many other Foundation programmes.

Runs nearly every week of the year; check our website for exact dates and more info: findhorn.org/workshops

Experience Weeks with special themes run at the following dates:

- **Ecovillage Experience Week**
  10 March, 3 August, 28 September

- **French Experience Week**
  6 April
  Additional summer date to be announced

- **German Experience Week**
  6 April, 10 August

- **Japanese Experience Week**
  13 April

- **Hinterland Experience Week**
  25 May

- **Italian Experience Week**
  22 June

- **Portuguese Experience Week**
  29 June, 14 December

- **Music Experience Week**
  29 June

- **Family Experience Week**
  13 July, 27 July

- **Family Follow-On Week**
  3 August
  Experience Week prerequisite

- **Spanish Experience Week**
  17 August

- **LGBT+ Experience Week**
  5 October

- **Skills for Sustainable Living**
  2 November

**How Tiered Pricing Works**
You’ll note that our programmes have three price levels, as we recognise that what is affordable for some can be a stretch for others. We invite you to attune to the price that is most appropriate for your personal circumstances.

**£100 Off for 18-25 Year Olds**
To support young people at the start of their life journey, we offer £100 off an Experience Week! Just check the relevant box on the booking form online and our Bookings Team will apply the discount.
Findhorn International Centre for Sustainability (FICS) has been a great success story of bringing the business world to Findhorn with such pertinent programmes as Climate Finance, Findhorn International Forum on Sustainability, Authentic Investor, and Spirited Business. Learn more about upcoming events and bespoke retreats for your own team at fics.findhorn.org

### Being in Community •7 days• £780 | £610 | £490
prerequisite: Experience Week
A great next step after Experience Week that offers more time and space to integrate your experience of the Findhorn Foundation. Also an attractive option to reconnect with the community.

Runs nearly every week of the year; for exact dates and more info: findhorn.org/workshops

### Service Weeks •7 days• sliding scale: £375 - £160
prerequisite: Experience Week
An affordable opportunity to come lend a hand while giving yourself the gift of practicing love in action. Price covers food, accommodation and admin fees. The week includes personal sharings and is a good way to meet people living here.

For exact dates and more info: findhorn.org/workshops

### Spiritual Retreats •7 days• £920 | £680 | £510
prerequisite: Experience Week
Spend time away from ordinary life to reconnect with the spirit that inhabits the centre of life and our highest selves. Our retreats can include reflection, meditation, nature immersion and community service.

For exact dates and more info: findhorn.org/retreats

### Spiritual Deepening •Living from Purpose and Soul• 4 weeks £1510 | £2070 | £1890
prerequisite: Experience Week
Step back from everyday life and immerse yourself in the transformational field of Findhorn. Our community has a unique capacity to hold you with wisdom and deep empathy as you open to new possibilities in your life. Includes guided inner work, meditation, journaling, mindfulness practice, expressing love through service, a silent retreat, creative expression and body-based practices.

For exact dates and more info: findhorn.org/workshops

### Living in Community Guest Programme (LCG) •4 week segments
price dependent on number of segments completed: £870 - £470
prerequisites, option A: Being in Community or Service Week or Spiritual Retreat
prerequisites, option B: Spiritual Deepening or Applied Ecovillage Living or Learning English in Community

A deeper, month-long (or longer) exploration of community life within the Foundation. Begin by clarifying your purpose and end with a personal review to support you in integrating your experiences and to explore your next steps.

This month-long programme starts every Saturday, with some exceptions in December & January; for exact dates, pricing and more info:

WEB » findhorn.org/workshops
EMAIL » lcg@findhorn.org

### Bursaries (Financial Assistance)
Bursary funds are available towards the cost of participating in our programmes and we encourage those who need help with payment to apply. Just check the relevant tick box when booking online and our Bookings Team will send you a bursary application form.

**Findhorn International Centre for Sustainability (FICS) has been a great success story of bringing the business world to Findhorn with such pertinent programmes as Climate Finance, Findhorn International Forum on Sustainability, Authentic Investor, and Spirited Business. Learn more about upcoming events and bespoke retreats for your own team at fics.findhorn.org**
conferences & events • workshops

Situated on the west coast of Scotland, Iona is a sacred island known as a historic place of pilgrimage. Traigh Bhan is the Findhorn Foundation’s retreat house on this magical isle. It offers the opportunity for quiet contemplation, while the island itself – with its views and spectacular coastal scenery – is ideal for long walks of exploration and contact with nature’s beauty.  

£700 | £550 | £450

Transformation in Retreat
13 APRIL, 15 JUNE, 28 SEPTEMBER, 2 NOVEMBER

Lifting the Veil
18 MAY
no Experience Week needed

Space for the Heart
1 JUNE

£650 | £500 | £400

Japanese Summer Retreat
13 JULY

Returning to the Light
21 DECEMBER

New Year Retreat
28 DECEMBER

£600 | £450 | £350

Easter Retreat
20 APRIL

Summer Retreat
6 JULY, 20 JULY, 27 JULY, 3 AUGUST, 10 AUGUST, 17 AUGUST, 24 AUGUST, 31 AUGUST

£500 | £400 | £300

Spring Garden Retreat
25 MAY

Equinox Retreat
21 SEPTEMBER

The Way of the Pilgrim
22 JUNE

Co–Create a New “I”
29 JUNE

Deepening into Meditation
7 SEPTEMBER

Active Hope
5 OCTOBER

£700 | £550 | £450

Erraid offers sustainable living off the land and sea, whilst experiencing outstanding stillness and raw, wild beauty. Explore options for retreats, love in action weeks, and special events at erraid.com

The Universal Hall
Our own community theatre with a great range of public shows and events
see www.universalhall.co.uk for what’s on

ISLE OF IONA • 7 DAYS • prerequisite: Experience Week

Conferences & Events

Climate Change & Consciousness:
Our Legacy for the Earth see pp 18-21
20 – 26 APRIL • £400 | £300 | £200
findhorn.org/streaming

Peace in Action: Get the Skills to Change Our World with Scilla Elworthy
see pp 24-26 • 15–17 JUNE
£670 | £550 | £410
findhorn.org/scilla-elworthy

Festival of Sacred Dance, Music and Song
see p 62
6 – 12 JULY • £1150 | £880 | £730
findhorn.org/workshops

Unfolding Your Inner Sidhe with Søren Hauge & Susse Luscina Nielsen
15 – 17 OCTOBER • price tbc
findhorn.org/workshops

Workshops

£1110 | £840 | £690 is the standard price for all workshops unless noted otherwise.

4D = 4 days | 1W = 1 week | 1M = 1 month etc.

Game of Transformation
4D • £800 | £670 | £500 • 2 FEB, 2 MAR, 16 MAR, 12 JUN, 10 JUL, 5 OCT, 16 NOV
7D • £1100 | £840 | £690 • 11 MAY, 17 AUG, 28 DEC

Centred around a circular board symbolising each player’s world, the Game offers a playful yet substantial way of understanding and transforming key life issues. findhorn.org/workshops

Christic Mantras • 1W • 16 MAR
Learn a meditation practice focussed on mantras from the Christic tradition that inspire us to reconnect with the sacred. You’ll open your heart to more light and to let go of fears which block your full potential. findhorn.org/workshops

The Art of Inquiry • 1W • 21 FEB
Learn concrete ways of detecting and disengaging from the inner critic. This workshop will give you the capacity to listen compassionately without judgement to all parts of yourself and to others. findhorn.org/workshops

CHRISTIC MANTRAS

International Training Circle Dance
Harmony Method® • 1W
14 APR • £1180 | £910 | £750
Combines meditation with movement. Inner listening grows through gestures that produce body consciousness. Gain basic knowledge of the Harmony Method® and an expanded circle dance repertoire. findhorn.org/workshops

Life Purpose • 1W • 9 MAR, 17 AUG
Create a deeper connection to yourself and others, a clear understanding of your soul’s agenda, plus your own purpose–driven map and personalised tool kit to keep you on your path. findhorn.org/workshops

£700 | £550 | £450

Japanese Summer Retreat
13 JULY

Returning to the Light
21 DECEMBER

New Year Retreat
28 DECEMBER

£600 | £450 | £350

Easter Retreat
20 APRIL

Summer Retreat
6 JULY, 20 JULY, 27 JULY, 3 AUGUST, 10 AUGUST, 17 AUGUST, 24 AUGUST, 31 AUGUST

£500 | £400 | £300

Spring Garden Retreat
25 MAY

Equinox Retreat
21 SEPTEMBER

£700 | £550 | £450

Erraid offers sustainable living off the land and sea, whilst experiencing outstanding stillness and raw, wild beauty. Explore options for retreats, love in action weeks, and special events at erraid.com

ISLE OF ERRAD • 7 DAYS • various programmes from: £850 – £250 • no Experience Week needed

Within view of Iona, the tidal island of Erraid offers sustainable living off the land and sea, whilst experiencing outstanding stillness and raw, wild beauty. Explore options for retreats, love in action weeks, and special events at erraid.com
Esalen Massage Certification Training | 1M | 27 APR | £4160 | £3800 | £3610
Get in-depth knowledge and practice of techniques fundamental to Esalen Massage, enabling you to give a professional, full body massage upon completion of the programme. findhorn.org/workshops

Esalen Massage Deepening Your Presence | 1W | 12 OCT | Learn how to use Deep Bodywork® as a method that integrates the qualities of an Esalen Massage with the therapeutic effectiveness of deep tissue work. findhorn.org/workshops

Animal Communication and Deep Nature Connection 1 | 1W | 4 MAR, 3 AUG | £1150 | £880 | £730
Rediscover your innate ability to communicate with animals and others with whom we share this planet, while immersing yourself in the beautiful landscape of the Moray coast. findhorn.org/workshops

Animal Communication and Deep Nature Connection 2 | 1W | 7 SEP | £1150 | £880 | £730
An exciting opportunity to add depth to your interspecies communication skills through supported practice. findhorn.org/workshops

Beyond Mindfulness Meditation Masterclass and Retreat | 1W | 4 MAY | Deepen your own practice, led by one of Britain’s most experienced mind–body–spirit educators, William Bloom. Be introduced to various traditions and practices, and evaluate the ones most appropriate for you. findhorn.org/workshops

Glimpsing the Kingdom of Light | 1W | 4 MAY | Through hands-on exercises, build your intuition and practical knowledge of etheric kingdoms, including subtle beings, alchemical symbolism, planets, ley lines, sacred sites, and devas. findhorn.org/workshops

Active Hope: Nourishing Our Capacity to Act for Life on Earth | 1W | 4 MAY | Our times confront us with realities that can be painful to face. This workshop aims to strengthen our capacity to respond with Active Hope. Participate in a story that move towards the future we hope for. findhorn.org/workshops

Seven Portals into Sacred Circle Dance | 1W | 4 MAY | £1150 | £880 | £730
Explore Sacred Circle Dance as a tool for transformation. We use movement awareness, attention and guidance to create visceral pathways into greater spiritual meaning. findhorn.org/workshops

Wilderness Retreat | 5D | 18 MAY | £795 | £695 | £595
A perfect digital detox. Our expert guides will take you into the wilderness of the Scottish Highlands to enjoy its raw, natural beauty. findhorn.org/workshops

Guidance for Life Opening to Higher Intelligence through the Subtle Realms | 1W | 25 MAY | Learn more of our own subtle nature, healing inner blockages, and tap more skillfully into inner wisdom. Will help you bring what you receive more boldly into the world, as part of a worldwide healing movement through higher consciousness. findhorn.org/workshops

Project Earth Balancing the Grid of Our Planet | 4D | 25 JUN | £1010 | £770 | £570
You are invited to gather at the Findhorn Foundation to facilitate the earth’s transformation and restore the grid of energy around the planet. The wisdom and energy of ancient powerpoints like Findhorn is needed to bring balance and renewal. As within, so without. findhorn.org/workshops

Co-Creation with Crystals for Healing | 1W | 20 JUL | £1150 | £880 | £730
Learn the basics of working with the mineral kingdom, how to respectfully attune to crystals and the subtle realms, and how to be of service in co-creating a better world for all. findhorn.org/workshops

Transformation Game Alchemy | 1W | 27 JUL, 23 NOV | £1260
Combines two proven tools for uplifting consciousness: the Game of Transformation® and SoulCollage®. Follow the emerging impulse in your life and make a graceful shift into new ways of being alive. findhorn.org/workshops

The Healing Power of Nature Co-Creating with the Plant Kingdom | 1W | 1 AUG | £1180 | £995 | £895
Deepen your connection with the intelligence of nature, and the plant kingdom in particular, by honouring our beautiful planet and the beings we share our home with. Deeply experiential, this workshop offers practical tools to benefit yourself and the planet. findhorn.org/workshops

Spiritual Activism Leadership as Service | 6D | 3 AUG | £1040 | £770 | £640
Explore such themes as movements, leadership, power and consciousness. You’ll learn about the psychodynamics of campaigning, liberation theology, tools for support, and the magic of a spiritually resourced life. findhorn.org/workshops

A Qi Gong Retreat | 1W | 10 AUG | £960 | £770 | £640
Tapping into the ancient wisdom of Daoism and Chinese Medicine, we will engage with the unnameable mystery that infuses all life and develop a Qi Gong practice to connect into oneness. findhorn.org/workshops

Embracing Change an Open Floor Workshop | 1W | 17 AUG | £1040
Dance deeper into your own creative self, to be honest about your vulnerability so you can access your equilibrium and strength. findhorn.org/workshops

All information and pricing is correct at the time of going to press and is subject to change.
**Systemic Constellations** *Unravel Entanglements with Love* • 1W • 31 Aug
Work with the family field to create a great energy and concrete opportunity to lift our common history up to a higher level: into the heart. findhorn.org/workshops

**Whole Body Mindfulness** *Increasing the Power of Your Intuition* • 1W • 31 Aug
Awaken the intuitive power of your body wisdom. Combining elements of the Alexander Technique with the Inner Focusing practice, you’ll encourage more of the body into the process of self-enquiry, increasing grounded presence and energy flow. findhorn.org/workshops

**The Paqo’s Path** • 1W • 7 Sep
 prerequisite: Experience Week • Paqos are mystics and healers of the Q’ero lineage of the Andes. Using energy systems from ancient Peru, we’ll open our capacities of mystical seeing, speaking, and being – all with nature’s guidance. No guru needed. findhorn.org/workshops

**Still Point, Moving World**
*Prayer and Festive Dances including Mevlevi Dervish Turning* • 1W • 28 Sep
£1150 | £880 | £730 • Learn and practise two forms of movement meditation: Mevlevi dervish turning and Sacred Circle Dance. These practices develop the whole person, offering you the chance to live in the present moment with heart, head and feet functioning as one. findhorn.org/workshops

**Integral Mondo Zen Retreat** *1W • 26 Oct • Price TBC*
Join zen master Doshin Roshi in a playful, humorous, life-changing, enlightening and yet deadly serious journey into the luminous darkness, the terrain of who we are at our deepest. A mixture of seated and walking meditation, Qi Gong and Mondo Zen Koan dialogue practice. We will sit, eat and walk in silence. findhorn.org/workshops

**Wild Wisdom** • 1W • 26 Oct
Take shamanic journeys and share activities that heal, expand consciousness and strengthen our relationship with nature. By opening our hearts to the magical lands, nature beings and non-physical intelligences at Findhorn, we will transform ideas and fears that suppress wild intelligence. findhorn.org/workshops

**The Essence of Art, The Essence of Spirit** • 1W • 1 Nov
 prerequisite:
 Essence and Empowerment or Self-Care, Module 1 and 2 of the TARA Approach • Using movement, masks, puppetry, clay work and painting, we will take a co-creative journey together to express our individual uniqueness and rediscover our relationship with nature. findhorn.org/workshops

**New Year Celebration** *Crossing the Threshold* • 4D • 28 Dec
£1040 | £770 | £640 • Join Findhorn community celebrations and rituals that take place during the Christmas season. findhorn.org/workshops

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**Festival of Sacred Dance Music & Song**

*July 6 - 12 2019* Findhorn, Scotland

Lena Shamoon, Kostantis Koumoudias, Nikolas Angelopoulos, Traditional Ritual Dance

Festival Orchestra & Choir

Susanne Bartholomäi, Dance Meditation

Kicky Anderberg, MAHALA BAND

Peter Vallance, Celtic Dance

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£1150 | £880 | £730 is the standard price for all workshops unless noted otherwise.
4D = 4 days | 1W = 1 week | 1M = 1 month etc.
For over fifty years the Findhorn Foundation has been inspiring people from all over the world to experience personal development and spiritual growth by taking part in our transformative programmes. Here’s how you can help extend that work even further:

**Chat with a friend**

One of the most powerful ways people hear about the Findhorn Foundation is through word of mouth. When you openly bring up your transformational experience with a friend in conversation, you play a critical role in sending that light further into the world.

**Share on social media**

We’re always working on new ways to bring inspiration to everyone who wants to maintain their connection with us on Facebook, YouTube and Instagram. Share the posts you find meaningful with friends and family who you feel may benefit.

**Give generously**

As a charitable trust we welcome your donation to support us in our vital, life-changing work. Please visit our website for current projects and gift list, or to join the Network of Friends.

@findhorn.org/support
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