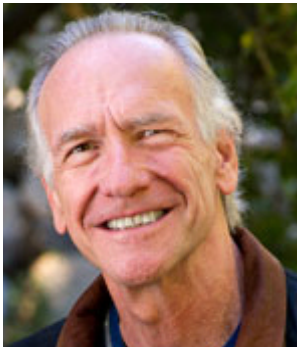


Richard Moss

Radical Aliveness Seminar

Thursday 26th July to Sunday 05th August 2011 at Trimurti

Attention, Presence, Conscious relationships, rediscovering the sacred...in everyday life.



Invitation to Radical Aliveness

"Each year I offer a highly experiential retreat I call Radical Aliveness. It is designed to move you to a level of energy that opens new potentials within you, deeply connecting you to your essential self.

In it you will gain life long tools that enable you to:

- Attain true intimacy with yourself and others.
- Fulfil your deepest desire for love, joy & meaning
- Return consistently to the Now
- Meet your fears and defensive reactions effectively.
- Live in joy and gratitude

Whether you're a beginner or have had a practice for decades, this is a work that nourishes the whole being: body, mind and heart and will support and further your unique path.

As for responsibility, Richard Moss says:

"This seminar is a wonderful opportunity to explore deeper your own process of opening and its embodiment in everyday life. Nonetheless, this work is not to be taken lightly.

I will lead and help you to meet what you must face, to allow you to do the journey wisely and safely. Nevertheless, you remain your own leader. The degree of maturity that we can attain and really sustain depends on the degree of solitude we are able to accept in the depth of our soul ... For these reasons I encourage each person to accept full responsibility for themselves, during and after our work together."

In gratitude

Richard Moss



Richard Moss

For the last 30 years, Richard Moss has been teaching spirituality free of dogmatism and simultaneously respectful of all religious traditions.

In 1976, following his experience of a radical transformation, Richard left his medical practice to dedicate himself to the exploration of consciousness.

With his deep knowledge of the transformational process, he guides groups in the exploration of conscious relationship with self, others, life and the divine.

The work done in seminars emphasizes growth toward maturity and individual responsibility.

The Seminar

During this seminar, Richard Moss invites us to explore the mystery of our humanity. Through group energy and exercises, we step into an adventure that progressively leads us to an opening and a refinement of our awareness. It is a privileged moment for cultivating this precious relationship with the self and to explore relationship with the other, in a context that encourages genuineness and humanity.

During these days together we will deeply explore:

Meditation - developing a focused, spacious mind.

Dreamwork - becoming available to your soul's profound wisdom.

Movement - shifting from moving to being moved.

The Mandala of Being - a model and process for mastering one's inner game.

Energy work - Learning to create a field of presence for expressing love and healing.

Silence - opening to nature's blessings and the magic of simplicity.

There are moments of intensity and time to rest.



Throughout the seminar, emphasis is put on the body because spiritual awareness must be embodied in order to be lived fully in everyday life.



Trimurti

Trimurti is a beautiful venue located in the South of France: 25 acres embedded deep in nature, surrounded by oak trees, vineyards and rosemary, with a view over the gulf of St Tropez and the hills of the Maures.

Trimurti is a place dedicated to "meeting oneself and each other" says its founder Michel Sokoloff, a wonderful venue for residential workshops.

In between sessions, you have access to the swimming pool and can enjoy beautiful walks around the estate and in the hills of the Maures.

Richard Moss speaks in English and Lucie Nérot, his interpreter in France for many years, translates his words. She also translates the French and English-speaking participants. The translation creates a rhythm, like a respiration, that supports the integration of the spoken word.

Seminar fees: 1170€

Lodging all included: Between 470€ and 800€ (camping, shared or single room)

Payment plans available on request. Discount for young adults.

Information and enrolment at:

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