

Midsummer mystery school

Wakefulness, wildness, friendship and wisdom – in the body.



Helgenæs, Denmark, 4-6 July* 2016

(* three full seminar days – the stay can be extended – see "start and end".)

Moving Meditation offers a new kind of event for everyone who loves the mystery.

The mystery school is about your deep wakefulness, and its living streams in life – in the body, in being with others, in the understanding. The mystery school is days when mystery is allowed to set the agenda while you take a well deserved holiday break from the doing, being and competing of modern existence. The mystery school is also an open, explorative community. And a celebration.

Moving meditation is our main approach, structured so that new, deep steps – wild and safe – can be taken by beginners as well as very experienced meditators. In particular, the entire second day will be dedicated to a new intensive sequence *Kosmogonia*, "birth of the world" that takes you to the very core of the mystery. We believe you will find it as moving as we do.



There will also be time and space for sun, bonfires, scientific / musical contributions from contemplative summer guests etc. (see below).

Course leaders are Maria Rose Dybvad – yoga teacher, dancer, psycho-motoric therapist, and Niels Viggo Hansen – Ph.D., philosopher, researcher, meditation teacher.

Sted: Nordic midsummer in Helgenæs is the perfect setting for living mysteries. We are at "Strandgaarden" which is part of the Buddhist retreat center Gomde Denmark.

What is Moving Meditation? MM is an organic family of individual and collective meditative practices with a special approach through the wakeful body. We work in the entire spectrum from deep silence to intensive movement. It is a non-dogmatic, open, explorative form, and will have a familiar feel to it if you already have some kind of meditation practice with roots in mindfulness, vipassana, Buddhist meditation, TM and many other things in the family of deep awareness training. The special characteristic of MM is a systematic involvement of the body, not just as source of experiences but as living, participatory reality. The methods are introduced step by step, with feedback and reflection, so that they are always directly applicable and alive for the experienced and for newcomers alike. You can read more about methods, materials, sources, training, etc. at www.moving-meditation.dk



MM's style of practice is also characterized by lightness and humorous depth. Sometimes you may encounter strong waves of sorrow, joy or other moods in moving meditation, but this is all transient. What you train and expand is your wakeful ability to be open and flowing with it. To be "dancing with what is". Not a particular kind of experience or being.

The program.

A detailed program for the three days will be handed out at arrival, as we will be adjusting it to weather forecasts and the contemplative summer guest contributions outlined below.

Each day will start with an hour's **silent morning meditation** in Gomde's beautiful Buddhist temple.

Each day will have **2-3 sessions of 2-3 hours** of shared meditative explorations in interplay with reflections, movement, music...

Walks. Breaks with tea/coffee. Beautiful colorful meals (vegetarian, Mediterranean style).

Some sessions will include sweet, wild, reflective or colorful **contributions from summer guests** – e.g. "cosmic tango lesson", "inner life of pictures", "food is love" and "ambient sunset garden concert". We will make sure everything rests wakefully in the mystery.

On day 2 we will go through a special, intensive meditative sequence, "**Kosmogonia**".

The evening after that will be a **beautiful celebration of the mystery**, in the spirit of ancient mystery schools.



So this will be a thoroughgoing, organic pulse of intensive formal practice, informal community and sharing, celebration and various colorful contributions for common exploration. We realize summer holidays should also be wholeheartedly enjoyed with sea, sun and high skies. Helgenæs is great in these respects. Holidays and mystery days in a good groove together.



The "**Kosmogonia**" meditations are new and not yet published, but they will be, like the Three Moving Meditations (CD / downloads). Their basic architecture is waves within waves of silent and dynamic.

Perhaps you are familiar with intensive retreat days in silence, with cycles of sitting and walking meditation? Here, this format is given a new, perhaps wilder and certainly more organic interpretation – a journey, at the same time deeper and deeper into meditation and further out into limbs and vertebrae of organic life.

The meditation sequence is rooted in the extraordinary insight into the time of nature itself, through which our young culture has had a very special basic relationship with nature for the last few hundred years – not yet fully understood – the insight that we are of nature, part of its self-unfoldment through development spirals within spirals. The idea of *evolution* is in fact a deeply spiritual thought first shaped by meditative thinkers a generation or two before it became scientific mainstream. This idea opens unique possibilities of a new, wild and moving light on meditative practice, just as meditation may re-open life and heart in a modern worldview which was deeply inspired at birth but became gray and bloodless in one-sided focusing on control, production and consumption.

A full day of this process is comparable in many ways with the initiations of ancient mystery schools. Not into dogma or memberships, but opening doors of experience and expression. Expansion of consciousness, without a shadow of drugs. Higher skies, more cosmos.

Contemplative summer guests might be:

One of our Buddhist teacher friends: the living heart of Buddhism

Max, Caroline, NV and Kenneth: ambient evening garden concert

One of our artist friends: a journey in the secret life of pictures

One of our tango friends: total cosmic tango lesson

One of our contemplative cook friends: Mystery dinner with contemplative wine tasting

Niels Viggo: Mysteries, mystery schools and mystery celebrations 3000 years – East and West.

One of our biologist friends: life on the edge – surfaces between the inner and outer as a deep characteristic of the living.

Venue: Accomodation and seminar room at Strandgården, which is part of the Buddhist retreat center Gomde. Just outside the door there are hills, apple orchards, field paths, forests and beaches. Address: Esby Strandvej 8, Helgenæs, 8420 Knebel, Denmark. A week or two in advance participants will receive detailed travel info and be invited to a forum for shared transportation.



Seminar leaders Maria Rose Dybvad – Teacher of ritual dance and narrative, Vestjyllands Højskole, psykomotoric therapist, tango dancer. Niels Viggo Hansen. Ph.D., philosopher and physicist, researcher at Århus University in group dynamics, meditation and related fields, meditation teacher through 35 years, student of Michael Barnett, Chökyi Nyima Rinpoche and others.

Seminar starts: Mon 4 July. Breakfast and check-in 9.00-10.00 a.m. first meeting 10.00 a.m.

Seminar ends: Wed, 6 July, 4.00 p.m. There will be coffee and a snack before departure.

It will be possible to extend the stay at Strandgården before and/or after the mystery school, so that you expand the event into a bit more holidays in wonderful Helgenæs.

Prices:

including course fee, room and board – colorful vegetarian meals, coffee, tea, fruit, etc.

Seminar 4-6 July, all inclusive	DKK	EUR
Bed in a shared double room	2450	330
Single rooom	3050	415
Camping / accomodation elsewhere	1850	250

Staying an extra night at Strandgaarden: DKK 250 (d) / 350 (s), EUR 35 (d) / 48 (s)

Registration: Send an email to info@moving-meditation.dk saying you would like to join and stating your choice of accommodation. Please include a line or two about your previous experience with meditation, body therapies, etc. We will reply with a confirmation of your reservation, account information, etc..

Contact: Moving Meditation, info@moving-meditation.dk / tel +45 2895 0103.

Web www.moving-meditation.dk. Facebook <https://www.facebook.com/MindfulnessMoving/>