

# *Nurturing Natural Performance*

## *Rejuvenating Body, Mind and Spirit.*

### *Modules and Guides*

*This workshop showcases life in harmony with nature, stimulating your personal transformation physically, intellectually and spiritually. The technology and concepts of each module are linked with current issues you face. These different experiences lead to broader perspective. You identify new approaches to life that enrich you, your family, your social dynamics and energise your career.*

### *Modules*

#### **Movement and Nutrition**



Pam helps you reconnect with yourself by becoming more aware of your physical body through stretching, relaxation, attentive breathing and meditation. The sessions focus sequentially on seven subtle energy centres in your body, mapping progressive mental and emotional archetypes. Participants say, “I felt parts of my body that I didn't know existed!”.



You have the opportunity to taste fresh produce, naturally grown, often with modest embellishment and experience the great variety of taste sensations you can enjoy. Your taste buds are stimulated with freshness and unusual fare. You explore nutrition and food economics as well. The menu suggests good habits and intelligent indulgence – even chocolate is allowed!

#### **Humans in Nature**

Gerry takes you on a tour of the Irish jungle that are the ancient woods at Ballin Temple. You will see field, wood and river habitats stopping at selected points to observe and experience nature. Gerry will touch on a tapestry of history and science to help evoke a respect for the power and value of nature.

The journey will start with an introductory gathering in the drawing room, after which everyone, appropriately dressed, will set-off down the hill, over a nineteenth century stone wall, through the tree nursery and down to the river Slaney. We also introduce weaponry and offer the opportunity to experience the use of fishing rod, gun and bow.



#### **Walking The Talk**

This is your opportunity to get close to the experience of integral living. You tour the gardens of Ballin Temple, in particular the working garden and the water garden, to appreciate the whole system, the working environment and the challenges involved. Garden work is one of the few activities which it is difficult for machines to replace, even today.

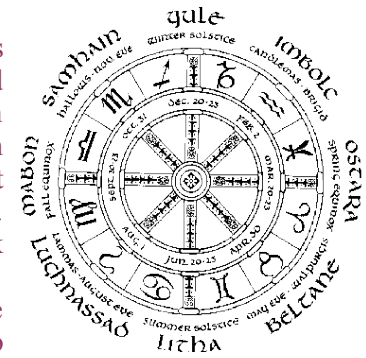


After touring the gardens for a couple of hours, you group into pairs for project work chosen by you from a selection of ongoing activities. Working individually or with a partner you experience working directly in nature – literally “getting your hands dirty”. You begin to notice the detail of life around you from small organisms in the soil to the birds around.

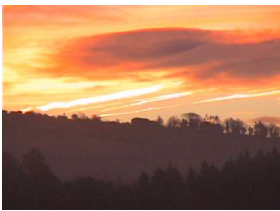
You appreciate the intricate web of life as you see, hear, smell and feel nature. You appreciate the passion required to manage nature and the begin to feel the rationale for working with nature, rather than trying to control it. And you begin to feel the “economics of nature”.

## Natural Rhythms

Celtic spirituality has always been grounded in the natural world, its elemental forces encountered through the cycles of the day, the season and the year, of birth, death and rebirth. These natural bio-rhythms are vested in DNA and experience. Through the Celtic Wheel of the Year you can experience the energy of the natural world and discover a practical map that guides you gently back to balance and a reinvested sense of belonging. This module present you with a special opportunity to consider and work with the balance of forces within yourselves, your life and in the world. We tune the module to reflect the season in which the workshop takes place and the life stage or spiritual stage of participants. We discuss how to integrate these concepts into our way of life and business conduct.



## Awakening The Spirit Within



On your life's journey, you are met with numerous obstacles and situations that you may find to be quite challenging and sometimes extremely difficult. There is a practice of spirituality that can support you on this journey and assist you in living your life more fully. In embracing your personal path you can experience a more meaningful life.

This module is experiential, as well as informative. Various techniques are introduced to help develop a closer relationship with your spirit. Most importantly, you discover insights into the practical application of spirituality that

are appropriate for you.

This is a very personal segment of the course and questions are most welcomed. Your soul's journey is unique and it is essential that you realise that which is right for you. There is no right or wrong way, only your way – an opportunity for becoming the person you are meant to be .

## Integral Know-How

This module presents more formal concepts that enable you to link thoughts and feelings together and choose your future. It is an opportunity to focus on organisation issues and case studies.

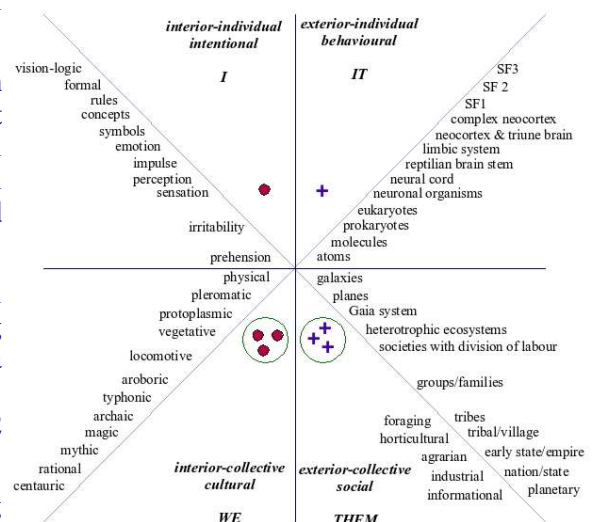
“Holonics” and “integral technology” provides an emerging language for a values based framework that describes Big Picture thinking. It describes the spectrum of experience from modest to sophisticated to spiritual levels, offering a coherence of body, mind, spirit, and aids design of whole systems change.

Self-perspective is a characteristic of higher level consciousness and the key distinction of system thinking is inclusiveness, thus integrating many perspectives is a prime objective. The thought processes are quite zen: winning without winning, etc. Simply put, there are 2 rules: 1) everyone is right; 2) there are no rules!

You will see a selection of models of integral thinking and consider their application in your life. You will

explore facilitating methods for liberating emergence in groups and organisations such as:

- Consciousness model – a sophisticated psychological framework to model personal and organisational performance and improve it.
- Open space- an ancient technology that can shorten decision making time and improve results many-fold. Here it is introduced in a simplified exercise.
- Parallel Decision Making - a simple way to make discussions collaborative, yet critical, without being confrontational.



## Guides

The team that guides participants has wide and deep experience and capabilities in personal and business development. Coming together they complement one another to deliver a full spectrum of skills and approaches. Gerry and Tom begin in the world of nature – with a journey through the woods and garden. Jacquie reconnects us to natural energy rhythms. Judith guides our spiritual reconnection. The whole is wrapped in Big Picture thinking and home cooked meals.

<b>Big Picture thinking</b> - the Theory of Everything both philosophy and science, emergent phenomena, noosphere ...				
<b>Sensory Awakenings</b> - movement & nutrition, senses stimulation, diverse real life activities, natural connections				
<u>Humans in Nature</u> Observe and experience nature. Science and history reveal the power of nature.	<u>Walk the Talk</u> See, hear, smell and feel nature. Work with nature. Experience food economics.	<u>Natural Rhythms</u> Reconnect with natural energy vested in DNA and experience. Map your life.	<u>Awaken the Spirit</u> Experience practical use of spirituality. Sense the observer, relate to yourself.	<u>Integral Tech.</u> Integrate learning - explore TOE, natural design, conscious model, PDMP and more.

**Geert Jan van Soest:**  
Humans in Nature.

Gerry's unusual talents allow us to bridge the divide between traditional mindsets and enlightened mindsets. As a seasoned executive who built the business of Heineken in Ireland and then went on to become CEO of the group in Holland, he knows the tensions of the world of business. As a seasoned game sportsman he was nurtured in the etiquette and knowledge of game and game sports since an early age. He reawakens an appreciation of food and our place in the food web which is so valuable in reconnecting with the our world.



**Jacquie Burgess:** Natural Rhythms.

Jacquie is an experienced therapist, counsellor and healer with her own practice. She is best known for her use and knowledge of crystals and their energies. As well as a busy practice in Tullow, Co Carlow, Ireland, she teaches Meditation and Crystal Healing workshops in Ireland and the United Kingdom and is a co-facilitator of Sacred Science seminars with her husband, author J.H.(Herbie) Brennan. She has had a weekly meditation group in Tullow for the past nine years. Jacquie has written two books; *Healing with Crystals*, published in 1997 and *Crystals for Life* in 2000, both with Gill & Macmillan.



Jacquie has a Combined Honours degree in English and Fine Art from Exeter University and she studied Art restoration and conservation as a post graduate student in Florence, Italy. She moved to London in 1977 and began a career in book publishing, working in both design and marketing. She became Art Director and ultimately Publisher of Tigerprint a division of the international Octopus Publishing Group, responsible for a multimillion budget for a prestigious client list, including Marks and Spencer. She left the business world to pursue her lifelong interest in psycho-spiritual therapy and established her own highly successful practice in West London until 1992 when she married and moved to Ireland, where she has continued and extended her work.

**Judith Merritt: Awakening The Spirit Within.**

Judith has a passion to be an inspiration to those seeking to live a more spiritual life. It gives her great joy to share what she has learned and experienced on her own journey, having studied several areas of spirituality such as Native American Traditions and A Course in Miracles. She is a practitioner of Polarity Therapy, Craniosacral Therapy, Light and Sound Tuning, Crystal Healing and Reiki. For the past fifteen years she has been facilitating spiritually based workshops and seminars in Canada, the USA, Ireland and the UK.



In her private practice, she offers individual healing treatments and counselling sessions. For those interested in deepening their experience, she created spiritual retreats to sacred sites such as Sedona Arizona, New Mexico, Glastonbury England and Ireland. She is committed to inspiring others on their life path and has written articles for various publications dedicated to spiritual awareness.

Judith creates the peace and balance that allows participants to reconnect with their spirit. Her intuitive nature and spiritual knowledge inspires people to embrace their life's journey.



**Pam Butler: Yoga and Nutrition.**

Pam (a.k.a. Kamala Devi) guides your wellness living – exercise, yoga, meditation and nutrition. She is a qualified in yoga instruction as well as in literature and journalism.



Her previous management roles with an investment bank and in news media is complemented by current demands of hands-on parenting of four children and building a rural enterprise.

*Why sit in a stuffy conference room hearing ideas you can read in a book?*

*Instead, get out, breath fresh air, walk in the woods and drink from a spring stream at Ballin Temple.*

*Explore your personal transformation through hands-on experiences combined with leading thinking and references delivered in a comfortable, private setting.*

*Our integrated approach significantly raises your potential in a few days.*

**Tom Butler: Walking The Talk and Integral Tech.**

Tom draws on wide experience and learning to share an understanding of integral systems and help you discover new directions in life. You will consider new ways of living to be happy in work and play.



He has played scientist, engineer, gardener, venture capitalist, parent and entrepreneur, and lived on three continents.

His perspective is unusual. It challenges, invigorates and brings insight.

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