

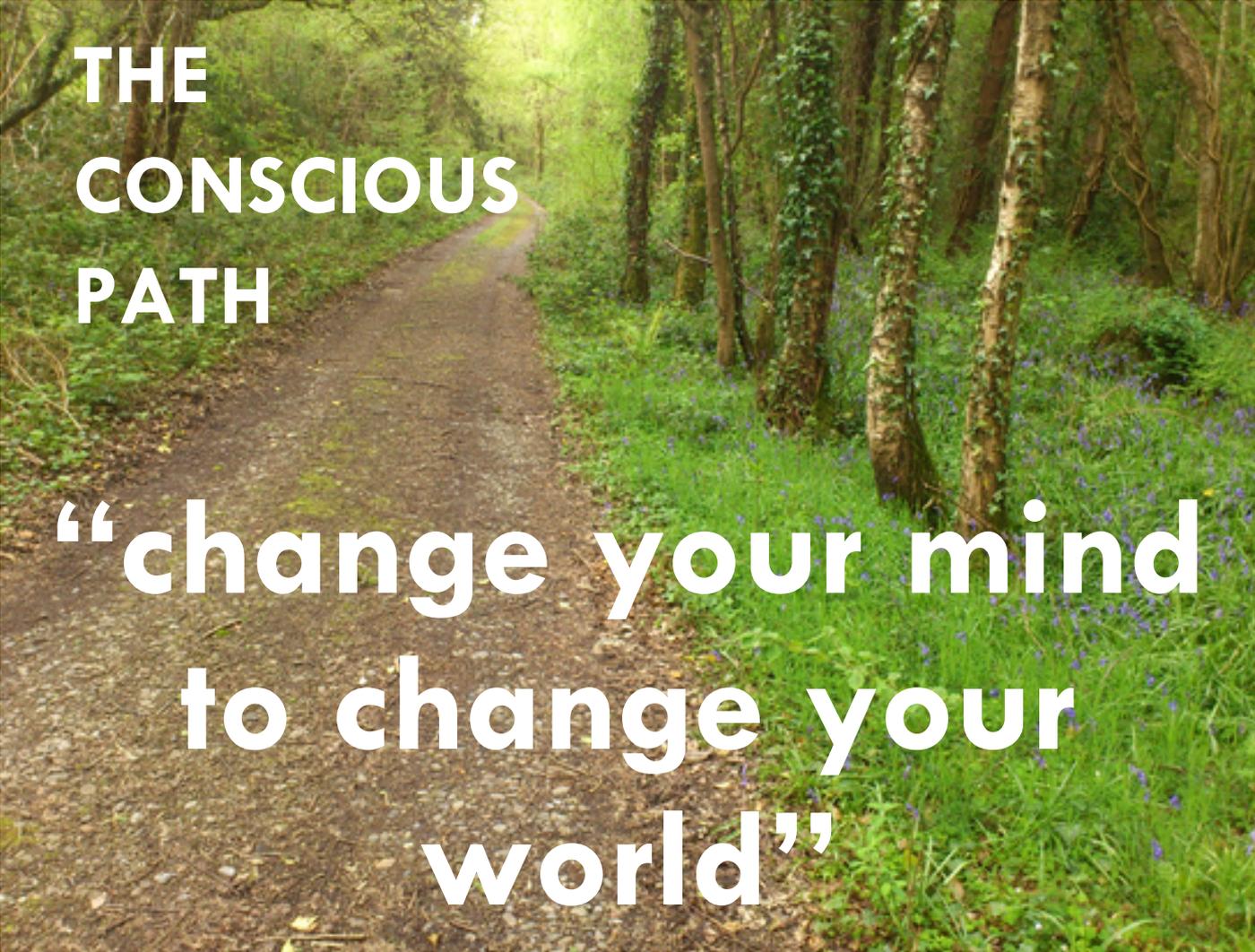


# The Conscious Path

Weekend Retreat

Teach Bride Holistic Education Centre,  
Tullow, Carlow

## Programme\*



THE  
CONSCIOUS  
PATH

“change your mind  
to change your  
world”

\*preliminary draft, subject to change



Welcome!

Let's turn strive in to thrive. This retreat will help you live life more fully by opening up new perspectives, learning powerful tools for self-actualisation and addressing personal issues which can hold us back from living the life we seek. Our journey together will be fascinating and fun.

You will learn:

- How to increase awareness.
- How to manage thoughts and emotions.
- How to reduce stress tension and negativity.
- How to understand your values, motivations and behaviour better.

The ideas and techniques we share will help you:

- Improve relationships.
- Enjoy work more.
- Control your relationship with money.
- Improve your health and longevity.
- Improve your quality of life.

Our approach is open and self-organising allowing a fun, flexible atmosphere. Participants may direct attention to areas that serve them best. The retreat is an opportunity for exploring new perspectives and creating new opportunities.

Refreshments will be provided. If you have particular dietary needs please inform organisers.

Participants should bring pen and paper and a means of accessing the internet such as a laptop or smartphone.

### **About Astraea**

Astraea was born out of a desire to understand the trade-offs between economics, ethics and environment. We wanted to find out if people could earn a living without defrauding other people or destroying the natural environment. The original research was completed between 1998 and 1999. The answer is yes.

Astraea was launched with a web portal explaining Big Picture ideas in 1999. Since then a wide diversity of practical research and advice has been delivered. The experiential research in to sustainable living provides a uniquely realistic framework for understanding the system changes that might occur if the ongoing Sixth Mass Extinction does not obliterate higher life forms. (As of 2020 over 60% of mammal species have been wiped out in the past 50 years.)

### **About Pam and Tom**

Pam and Tom come from different backgrounds, different countries and different perspectives. One is more a dreamer, the other more a realist, yet they have worked out how to complement each other. Both have experienced the value of system change in life and work and enjoy sharing the technology and experiences with people from all walks of life.

<b>Friday</b>	
17.00	Registration and tea.
17.30	Introductions
18.00	Overview
18.30	Supper
As you wish	Homework

<b>Saturday</b>	
08.00	Morning stretch
08.30	Breakfast
09.00	Who Am I? Being human and the emergence of consciousness.
10.30	Feel yourself
11.00	Mindful snack
11.30	Earth and the Universe Holonics and morality
13.00	Lunch
14.30	Natural Connections body – mind - spirit
15.30	Yoga and Visualisation
16.30	Tea
17.00	Language, Liberty and Learning
18.00	Mind over matter DMP, Triggers and Choices
19.00	Breathe – Think – Flow Self-actualisation the easy way.
19.30	Supper
As you wish	Homework – where am I going?

<b>Sunday</b>	
08.00	Morning stretch
08.30	Breakfast
09.00	Perspectives: Faith, Money and Technology
10.00	The Future
11.00	Tea
12.00	Design Your World – team exercise.
13.00	Lunch
14.00	Options Participants will suggest and choose topics for discussion, e.g. <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Food Systems</li> <li>• Organisation</li> <li>• Creativity</li> <li>• Politics</li> <li>• Open space</li> <li>• Death</li> </ul>