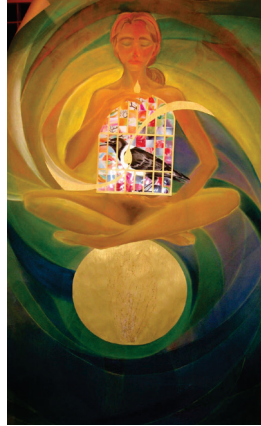


The Art of Being



How do you find meaning in your life?
Does it feel as if you are living your life or treading water without a clear sense of your destiny or life purpose?
What do you occupy your life with?

Socrates said: "**The unexamined life is not worth living and the unlive life is not worth examining.**"

The Art of Being is a unique personal development course of 11 months duration which gives you an opportunity to do both.
The journey of The Art of Being speaks to the quality of your life and the value of understanding and examining its purpose and meaning.

If you are serious about your life this is an invaluable course. It is deep and intensive. It is not a quick-fix course. It requires commitment to yourself and your life. It will challenge you in unprecedented ways but in ways which make you feel alive, awake and connected with yourself.
If you are ready to go to the edge of your experience in a grounded and practical way this is a good course for you. If you want to wake up to your soul/spiritual purpose this course will awaken you to it.

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Social development:

The Art of Being also offers the opportunity to experience closeness and connection with others in ways that are truthful, genuine and compassionate. This kind of personal connection is increasingly rare in a world of 'superficial' social media.

Creative development:

Art (pastels, clay, body maps, eurythmy and gesture) is used as a complementary tool for engaging with your heart intelligence. This is NOT AN ART COURSE but art is used as a very powerful instrument of self-observation.

Modules:

The Three-Fold Levels of Being
The Fourfold Human Being/Levels of Existence
The Four Temperaments
The 12 Senses
Biography work
Childhood and adolescent