

INNER PEACE IN A CHANGING WORLD

How the great spiritual teachers can help us
in these turbulent times

Led by Alan Heeks and Cordelia Prescott

22-23 February at The Abbey, Sutton Courtenay near Oxford

Discover how the wisdom of Jesus, Buddha, Muhammad and others can guide you to a happier present and resilient future, amid the uncertainties we live in. Explore timeless insights on finding your own clear centre, acting from your passion and aligning with humanity's purpose as stewards of the Earth.

This is a unique chance to experience and embody this wisdom, through methods used when it was first given: such as walking meditation, sound mantras and chants in the original language, and body prayer and movement, along with current approaches like Deep Ecology. The teachings of Neil Douglas-Klotz are a key source, including his powerful re-translations and original practices from the Christian, Islamic and Jewish traditions. This weekend is intended for people on any spiritual path, or none: you are free to try these teachings, and use them or not as you wish.

A photograph of a caravan of camels and riders in a desert landscape. The camels are brown and are carrying riders. The riders are wearing traditional Middle Eastern clothing, including headscarves. The landscape is a vast, sandy desert with rolling dunes under a clear sky. The caravan is moving across the dunes, leaving tracks in the sand.

Current times can feel so overwhelming that it's hard to face them, let alone the future. Exploring in a group, connecting with old wisdom and present possibilities, can help. This day will offer space to explore both hopes and fears for the future, to use visioning tools to open up our sense of how to shape life for the better, and find ways to strengthen our

Alan Heeks has been involved in practical sustainability projects and leading spiritual development groups for many years, and runs the Facing the 2020's project on personal and community resilience. See more at www.living-organically.com

Cordelia Prescott is an experienced group leader, musician and healer with a long-standing interest in environmental issues, sustainability and Permaculture.

Timings 10.30-5.00 Saturday, 10.00-4.00 Sunday

Residential cost including meals and accommodation: £160 (Concessions £130)

Non-residential cost including two lunches: £95

CELEBRATING CREATION: Experience, the joy and power of oneness and creativity in an evening of dance, song and story, with live musical accompaniment. "From what is small and fragile let abundance and power come: let humanity take on the consciousness of the whole creation."

Led by Cordelia Prescott and Alan Heeks ~ Saturday 22 February 7.30pm -9.30pm ~ Price £15 (Concessions £10)

For enquiries and bookings t: 01235 847401 e: admin@theabbey.uk.com w: www.theabbey.uk.com