

# The Universal Love Affair

July 28<sup>th</sup> - August 2<sup>nd</sup> 2014

6 day residential retreat on Centre for Inner freedom, Samsø, Denmark

*"A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." --Albert Einstein*

For most of us the experience of love relates to specific people, places, situations etc. But we can also experience glimpses of a big, fat river of connectedness, gratitude and love flowing through us to EVERYTHING – no preferences or reservations.

This retreat is about the connection to this river of Love and the possibility of falling completely in love with Everything and No-thing all at once :o)

Some of the themes we will work with on this retreat are:

- What is the difference between romantic and universal love?
- Why does mind insist on limiting the flow of love?
- What is unconditional love?
- How can we cultivate a love affair with the Universe?
- What happens when we become the universal, unconditional love?

We will work in many different ways – with silent/guided/dynamic meditations, teachings based on q & a, Presence, body work, resonance work and other things arising in the space we create together.

We will also make a full day excursion to Besser Reef – a 7 kilometer long natural reef protecting the Bay of Love (Stauns Fjord). The reef has a miniature manifestation of the powerful landscape temple of Samsø, so we will be walking through the 7 chakras on inner and outer planes as we reach the end of the reef, which has also been called “the springboard of the soul” – who knows what can happen there :o)

## Circa daily programme

06.30 Voluntary Yoga/Sun meditation (some days, depending on participants)



Stauns Fjord – what the Vikings called The Bay of Love



08.00 Breakfast  
09.00 Morning session inside or outside, teachings, exercises, meditation energy and Presence work.  
13.00 Lunch  
14.00 Free time, siesta, walks, swims etc  
15.30 Afternoon session inside or outside  
18.30 Dinner  
20.00 Short evening session with meditation and resonance work  
21.30 Goodnight



After resonance work in the Bay of Love

### Arrival:

July 28<sup>th</sup> around noon where we will start with lunch and an early afternoon check-in session with Presence work, practical information etc. Dinner will be served and then we will have a short evening session circa 20.00-21.30

### Getting to Samsø on July 28<sup>th</sup>

You can catch a ferry from Kalundborg (Sealand/Sjælland) to Kolby Kås or from Hou (Jutland/Jylland) to Sælvig. For detailed info regarding ferries see: <http://www.faergen.dk/> We will book taxis from the ferries to the retreat centre if you tell us when you arrive.

From England: Ryan Air Flights leave from London Stansted Airport to

Aarhus (Århus). To book go to [www.ryanair.com](http://www.ryanair.com)

Airport bus to Aarhus train station leaves 15 minutes after flight arrival arriving at Århus train station. From there it's a 200 meters walk to the bus station.

You can also fly to Copenhagen and take the train to Kalundborg and a ferry from there to Kolby Kås on Samsø, but ferries are less frequent and the trip longer from that side. Please let me know if you need help with planning the trip – I am happy to help. LOL Cecil

**Venue:** Centre for Inner Freedom, Sildeballe 17, 8305 Samsø

The retreat centre is built into two of the old stables on our farm located in the heart chakra of the island. It has 10 triple/double/single rooms and shared bathrooms and toilets, beautiful meditation/teaching halls, big lush garden, open fields surrounding it and walking distance to good beach if you care for a swim in the ocean :o) if you prefer the privacy of a tent, you are welcome to pitch one on the grounds.



The pond in the eastern part of the retreat garden



One of the meditation halls.

Food is simple, vegan and as biodynamic as possible. You are invited to lend a helping hand with laying the tables, cooking, cleaning, as we are self catering.

### **Payment and deposits**

Price is 4.950 DKK including food and board.

For Danes a non refundable deposit of 2.000 kr. can be transferred to account no 8401 1196015 in Merkur Bank – all others please contact [cecil@innerfreedom.dk](mailto:cecil@innerfreedom.dk) for IBAN and SWIFT numbers. The remaining sum should be paid by bank transfer before the retreat starts.



### **Departure**

The retreat ends in the afternoon on the August 2<sup>nd</sup>. After lunch everyone helps clearing up before we hug and leave for the ferries.

Looking forward to explore unconditional love with you :o)

Much love

Cecil & Bruhn