

# Trust and Surrender

October 9<sup>th</sup> – 12<sup>th</sup> 2014

4 day residential retreat on Centre for Inner freedom, Samsø

*"The Way of Love is not an easy argument*

*That door is devastation!*

*Birds make great sky circles of their freedom*

*How do they fly?*

*They fall – and in falling*

*They are given wings" ---- Rumi*

If we do not deeply trust the intelligence behind this amazing manifestation – Life on Earth – it is very difficult to surrender, to let ourselves go without knowing where or if we are going to land on both feet again. The clearer we can see and feel the love, creativity and amazing precision manifesting in each moment, the more trustingly we can approach the surrender to that which is much bigger than ourselves.

Some of the themes we will investigate in the retreat are:

- What are the qualities of this universal intelligence?
- How can we learn to trust it completely?
- What happens in the moment of surrender?
- How is our experience of life transforms when we are surrendered?

We will explore trust and surrender through teachings based on q & a, silent and dynamic meditations, contemplative exercises, presence-, energy- and resonance work and other things that arise in the space we create together.

## **Tentative daily programme**

06.30 Voluntary Yoga (some days, depending on participants)

08.00 Breakfast

09.30 Morning session, energy and Presence work

12.30 Lunch

13.30 Free time, siesta, walks etc.



Magic in the garden :o)



The main teaching hall



15.30 Afternoon session, energy and Presence work  
18.30 Dinner  
20.00 Evening session, energy and resonance work  
21.00 Goodnight

**Arrival:**

October 9<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 October 9<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 (facing the train station go left down the road to the bus station - it's impossible to miss :o))

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 is longer from that side. Please let me know if you need help with planning the trip – I am happy to help. XXX Cecil



**Venue:**

Centre for Inner Freedom, Sildeballe 17, 8305 Samsø

The retreat centre is built in two of the old stables on our farm located in the heart chakra of the island. It has 10 double/single rooms and shared bathrooms and toilets, beautiful meditation/teaching hall, a big lush garden, open fields surrounding it and great walks just outside the doors.

**Food:**

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



One of the meditation halls

**Payment and deposits**

Course fee is 3.200 DKK including food and board.

To secure a place we ask for a non-refundable deposit of 1.2 00 kr. Paid to account no 8401 1196015 in Merkur Bank. The remaining sum should be paid to the same account before the retreat starts.

**Departure**

The retreat ends in the afternoon on July 12<sup>th</sup>. After that everyone helps clearing up after lunch before we hug and leave for the ferries.

Looking forward to explore this very important theme with you :o)

Much love

Cecil & Bruhn

