

"You are already that which you seek" - This course is open to all those who are ready to turn towards this simple yet profound truth.

2006



- Are you ready to live life rather than survive it?
- Do you want a course to support you in living who you are and what you know?

Living Transformation



with
Richard Farmer

1st Seminar
2nd Seminar
3rd Seminar

Friday 10th to Monday 13th March
Thursday 22nd - Monday 26th June
Friday 6th - Monday 9th October

Where did this course come from?

Why am I here? Who am I? What really matters? What is a life well lived? These are some of the questions that have journeyed with me on my path. I have been exploring and teaching Tai Chi Chuan and meditation for the past 28 years, learning from these ancient eastern practices and applying them to living in the modern western world.

Firstly, what I found was that I borrowed spiritual authority from these systems because I felt insufficient. Whilst I could construct a good “suit” out of their cloth, it was not me or mine. I was walking in another’s clothes and no matter how good or holy or calm or understanding I was, it was a learnt response, not something natural.

This feeling of falseness and the continuing wish to know, led me to a deeper exploration and the eventual discovery and understanding of the simple principles of living authenticity. These can be summed up in the saying, “You are already that which you seek”.

A “Practice” comes out of a moment of understanding, a moment of “Ah Haa!” Exercise systems come out of this meeting of mystery and embodied knowing to become a Form or discipline practised by others. To **become** it requires us to take off these borrowed garments and go back to the beginning and there we will find not only ourselves, already formed, but that moment of understanding. This is what Practice is for, to go back to this beginning, not to be good at the Form or Practice.

What is Living Transformation?

Living Transformation is a course based around the results of years of teaching these principles of living authenticity to Tai Chi and meditation students and asking the question, “What really works when the Tai Chi flows or meditation “happens?” The Form of that practice is lit from within by the living flame of that person’s Being rather than just clothed by an

outer discipline. It is the same with life. When we put the essence of ourselves back into life then life becomes ours not someone else's. We become a co-creator - we are in harmony with life. Just like when life flows through an oak seed you get an oak tree, so it is that when life moves through us what comes out is a genuine, authentic response.

The "Transformation" is about seeing we are already that which we seek, rather than looking outside or being caught in external methods. The "Living" is being supported in coming more and more from this in our daily lives.

What will we do?

We will use formal and informal methods, not to be good at these methods, but to let them teach us that we are already that which we seek. When we understand this simple truth we are home and no more need be done than to live and remember. Put this together with the incredible holding energy of a group of like-minded individuals and these experiences and tools will help you for the rest of your life. Between the meetings will be some "Coming Home" work to help strengthen and ground your understanding in everyday life.

This is an extraordinary and rare opportunity, in some ways, to start where other courses end. It can change your life. It can allow you to realize your simple and yet profound spiritual nature. No matter what you study or practice, what will be offered is the very heart of it and it will illumine all it touches in your life. Living Transformation is a rite of passage into your life, so that you may live it more fully.

It is a great gift to give yourself and therefore also to those who are close to you.

I hope that you will join me in this adventure.



Living Transformation

Aims - *to facilitate*

The living principles of transformation
Spiritual integration into life
Living life not surviving it
Becoming happy and whole

Methods

Meditation
Shibashi Chi Kung
Healing touch awareness
Living Movement
Other magical moments

Richard Farmer: Richard has devoted his life for the past 28 years to exploring the question – Who am I really? - and to sharing this with others that they too might live it. He is a living experiment in truth and he rests in the clarity of this space. He is the founder of one of the UK's leading Tai Chi Schools, Rising Dragon Tai Chi. Together with his wife Marigold, he is founder of Living Dharma Tapes and they run their own retreat centre, Poulstone Court. Richard is also an excellent teacher of meditation as an art of living. He has worked in the USA, Europe and throughout the UK. He brings the wisdom of the East and shares it in a humorous style making it applicable and accessible for the western mind.

Cost

Payable per session - March £275, June £366, October £275 - including deposit, tuition, accommodation and all meals, - some concessions & monthly instalments possible by request.

Rooms

4 sharing in large spacious rooms, some doubles and triples available. Single room by request - space allowing.

Where

Poulstone Court is a beautiful Victorian country house set in peaceful surroundings close to the River Wye. Great food and great spaces. Easy access M4, M5, M50, A40 or train. See the house at: www.poulstone.com

The first meeting is entitled "Return to Centre".

Friday 10th to Monday 13th March - This meeting will be dedicated to introducing you to the essence principles of Living Transformation. It will offer you the opportunity to embody these principles thus making aliveness readily accessible. The homework will be to look at where you give yourself away and how you can refind your aliveness.

The second meeting is entitled "Magnificence of Being".

Thursday 22nd June to Monday 26th June - We will use this longer period to deepen the connection to our aliveness and explore the core energies that anchor that aliveness in everyday life. The homework will be to ground the work by exploring a gift to the world that you wish to engage in using these core energies.

The third meeting is entitled "Celebration" *and will be just*

***that!* Friday 6th to Monday 9th October** - A time to share the journey of your gift to the world, a celebration of what we have discovered together, to be nourished and bathed once again in that which we already are and finally to complete the understanding of what Living Transformation is inviting us to live.

I have been waiting my whole life for this, I feel very blessed to be on this course - Andy

I now have the tools to step back into the centre of my life - Viv

The exercises allowed me to feel my spirit - Sally

So, would I recommend this course to anyone? Yes without a doubt - Andrew

Yes I would like to reserve
my place on Living
Transformation 2006



I enclose a booking fee of £50 which I agree
commits me to the three meetings outlined.
(payable to RDTTC)

Name:

Address:

Post Code:

Phone:

Email:

Have you worked with me before:

What exercises or other practices have you or do you
use:

Are you on any other ongoing training at the moment?
If yes, what is it?

Please tick -

Single Room request:

8 Monthly payments

Reduced Fee request:

3 Per session payment

Send as soon as possible to:

**RDTTC, Poulstone Court, Kings Caple, HR1 4UA,
Herefordshire**

*for further info phone: 01432 840 860 or email:
soulmoves@btconnect.com*