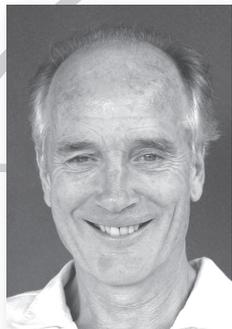


## Keep Being Here Anyway



Alan Lowen

### Alan's Column

Hello friends,

A little late, let me wish you anyway a New Year rich with blessings!

Looking at our Calendar of Events, I'm impressed with the rich tapestry of workshops and courses on offer. The major event, for some of you anyway, will I guess be the new Body, Heart & Soul® Training starting in September.

It's only January as I write this, yet somewhere in my soul I can't help tuning in with the slow gathering of the people who will become the circle; it's an energy phenomenon driven and escalated by each person from the moment they choose within themselves to join the Training. To know that you're going to embark on a 2-year adventure that will have impact of such magnitude on your life and being gives it something of an epic quality. And even if this much isn't known – because some people have to find each other and sit in the circle together and see who's there before they can agree with themselves that Yes, this is my circle, I want to do this, I belong here – this only adds another element, still more mystery, to the process.

It's at the end of Body, Heart & Soul® 2 that suddenly HERE WE ARE, a circle of people staying on together for the weekend, everyone very aware that the reason we're all still here, after 7 days touching our way to the depths of pleasure and the heights of ecstasy (which is what Part 2 is all about), is because we're drawn to make this 2-year journey together, to commit ourselves to meet again and again in this circle in which we are going to touch souls, open, explore, learn, let go, deepen, expand and celebrate not just the mysteries of our male and female yin-yang song and dance with each other, but BE THE CIRCLE in which it will all happen. It is this, THE CIRCLE, that I'm sensing coming into being. Even all these months away I feel its power. Sitting here in the Caribbean – yes! I'm on the lovely island of St John in the US Virgin Islands – with no idea who will be in this new Training (besides Jan and myself and a few assistants from past Trainings), I can feel us, who for whatever reasons have to be there, all being moved towards our destiny with each other.

The awareness of the circle expands as I sit here looking out over the turquoise waters of the bay far below me, the horizon studded with islands, the tropical breeze blowing strong this afternoon, and it's as though I'm in touch with ALL the circles, all these island of consciousness – the ones I'll sit in with some of you in the coming months, and the hundreds of circles I've sat in with you all these years, and in my imagination I can hear my dear friend Miten singing, "There is so much magnificence near the ocean..." and all our circles are vibrant in me on this balmy afternoon, and every cell of my being understands why we do this, why we come to the circles!

With love and aloha, alan

### I'd really like to .....

Recently, I was driving towards the highway into town with a list full of errands and a to-do list that was longer than usual. There is a part of me that can be very focused and efficient and she was definitely in charge that day.

A small voice within me whispered "I'd really like to drive the long way, it's prettier and I could stop and eat lunch under that big tree" followed by "It's much more efficient on the highway, you've got a lot to do" and then again "I'd really like to ....." It went on like this for a while until finally I turned the car around, breathed out and enjoyed the slower drive on the back road into town. As I ate a quiet lunch under *the tree*, I felt incredibly happy, tender and very connected to myself. It was as if I was saying to myself, yes, you are worth looking after, you are worth listening to.

I've been paying attention to this voice more and more lately, just listening to the still very quiet voice that wants to go for a walk or pull some weeds in the garden for a while. And as I've been enjoying this voice of my own wanting, I've also been fascinated observing the responses people have to their wanting; all the tender, the outrageous, and the very ordinary wishes that we don't allow ourselves. I've watched the fears that come up and the judgemental voices, all the reasons why we can't even admit, let alone give ourselves, what we want. Yet when we finally live our longing, whether it be the tender or the outrageous, it's like coming into tune with ourselves and we are inevitably rewarded by a sense of aliveness and joy. So I encourage you to begin to pay attention to the voices of your wanting and as Mary Oliver says in her poem, to "let the soft animal of your body want what it wants" ... as an act of kindness to your own self and a way to begin to embrace the beloved.



Jan Day

Aloha, Jan

## My Way!

If we didn't have personalities, we would all be transparent nonentities; time enough for that when we die! Seriously though, in being ourselves, our personalities play a colorful role. They give us our uniqueness and some of our endearing qualities as well as our bad habits and our mechanical routines. Yes, if personality is all we are, or rather, if we function as though it is all we are, then we live - hopefully! - with the deep-down feeling that something's wrong. It's not fun to live wondering, "What's wrong with me?", but the simple fact is that if we spend our life trying to fit into something that others made for us rather than a personality we shaped ourselves to accommodate our real needs, visions, talents and idiosyncracies, there IS something wrong, really fundamentally wrong!

About the idiosyncracies! I don't think I've ever met anybody who wasn't in some way wounded by their upbringing. Perhaps it's our necessary initiation, the price we have to pay in order to become who we really are. Perhaps we're all like the butterfly that HAS to struggle out of the cocoon in order to be strong enough to fill out and fly once it's got free of the shell. Our wounds are integral features of our personality and they add to its uniqueness. There is all kinds of healing that happens as we grow into ourselves, but there are wounds that are simply to be accepted and befriended; wounds that are like scars or impediments or weaknesses that will always be there in us. When we accept them, and this is of course essential work on our journey of self-realization, we integrate them into how we live. They have a strong influence on what makes us happy. Even when we are deeply at one with ourselves, they give us different likes and dislikes and different capabilities, so that we cannot help but seek different ways to live our lives.

All of this is vividly demonstrated in how different are people's longings in the realm of intimate relationship. It is no use society deciding what is right. All that does is to harass people with the notion that unless they are able to conform, they are wrong. What is right is a profoundly personal matter. Discovering it is one of the great adventures in learning to live the gift of our being. Colored by our inherent

nature and all that happens to us from the moment of our conception all the way through to growing up, we are each one of us a mystery seeking its fulfilment. This is ultimately a mystical quest that takes us one day into the spiritual realm, but nothing is going to touch us, excite us, raise us up and sometimes crash us down as powerfully as our love-relationship(s). It isn't even so that we have to have any intimacy in our lives at all. There are people who find bliss in solitude and seek nothing but seclusion. For most of us though, the adventure is about finding the one we long for, or about opening ourselves to be able to enjoy and celebrate sexual intimacy so

---

*I want everybody to find and value the way that is truly theirs.*

---

that we can, perhaps, find THE ONE.

This *perhaps* is very important. I see all the time, especially in The Art of Being®'s Tantric workshops and courses like Body, Heart & Soul®, that some people simply need to discover their innocent, unashamed sexual aliveness, and for all kinds of very good reasons need to be free to play erotically. They aren't looking for a relationship, perhaps because they know they aren't ready for that kind of commitment and perhaps because they have spent too long already imprisoned in past relationships that only brought them unhappiness. Perhaps they on their way to learning how to be in a beautiful relationship with their eventual one-and-only beloved, and perhaps they are on their way to discovering something totally different.

And this is the point! On this journey into the full celebration of our being, with all its mystery and the infinity of our spiritual potential, what we need is to find our own way. If we don't find that, what are we doing here? You are not here to do it my way, nor I yours. If we find that bringing our ways together makes us happy, how beautiful that we found each other; and for sure there will be challenges along the way - yours or mine? Whatever turns us on, we are going to face challenges. They are our teachers. Some of our wounded ways we do need to grow out of because they don't serve us or anyone else. It's one of the gifts of being human that the more deeply we learn to accept

and befriend our inner life, the more we become free of the petty and ugly characteristics of our personalities. Our way may be like no one else's, but like everybody else's, finding it gives us our grace and our beauty.

Understanding this, we can give each other REAL friendship. That can never be, "I know what is right for you." It can only be my presence beside you when you need a friend to help you keep trusting YOUR journey and finding YOUR WAY. This is the guiding principle of The Art of Being. It is why the sexuality workshops are designed to be a safe learning space for everyone, from those who come alone and open to everyone to those who only want intimacy with their beloved. And it is why there is a workshop where couples can learn how to look after each other, and themselves too, when their ways don't fit so well together; to learn, that is, how to also be their beloved's dearest friend. I want everybody to find and value the way that is truly theirs. I don't have to know what it is. I just have to love it for them until they love it for themselves. That's my way.

©Alan Lowen, January 2006

## The new Body, Heart & Soul® 2-year Training

starts 8.9.06 - 17.9.06

Waldhaus, Switzerland

led by Alan Lowen & Jan Day

Body, Heart & Soul® is an ever-evolving course in sexual loving, intimate relating and the essence of Tantra. The Body, Heart & Soul Training includes about 60 days of workshop time, including group and individual assignments during the 2 year period. To spend 2 years opening, exploring, relating and sharing with the same circle of people is a remarkable journey. People join for all kinds of reasons, personal and professional. Everyone's commitment to the circle is in itself a powerful dynamic that encourages the deepest healing, transformation and self-realisation. This training is about becoming your whole man, your whole woman, your whole being.

*To join this 2-year Training you have to first complete Body, Heart & Soul 1.*

Please ask for the Body, Heart & Soul Training booklet.

A complete listing of Training dates can be found on our website: [www.artofbeing.com](http://www.artofbeing.com)

## Freedom to Feel, Freedom to Love

14.4 - 21.4.06 Somerset, England *led by Jan Day*  
12.5 - 14.5.06 Berlin *led by Jan Day*  
2.6 - 5.6.06 Waldhaus, Switzerland *led by Alan Lowen & Jan Day*

This workshop invites you to discover and experience the power, richness, beauty and playfulness of your own existence as a man or woman. It is about learning to let your sexuality become a way of growing and of healing; and it is about beginning to find in yourself that which enables you to enjoy all the gifts of intimate loving in your life.

## Opening to Intimacy

28.4 - 30.4.06 Prague, Czech Republic *led by Alan Lowen*

Tantra means "weaving together all that is". It means learning to embrace and surrender to all that you sense, feel and experience. This is what makes sexual intimacy possible. Open to your inner life, you can be truly intimate with your beloved, your partner, your friend. Opening totally, body, heart and soul, you discover the sacred realm where making love becomes also a spiritual experience.

## Body, Heart & Soul®1: Restoring Sexual Innocence

14.4 - 21.4.06 Somerset, England *led by Jan Day*  
2.6 - 9.6.06 Waldhaus, Switzerland *led by Alan Lowen & Jan Day*

The purpose of this 7-day journey is that you can be deeply at home and happy being the man or woman that you are, enjoy real intimacy in your sexual relationship(s), and learn how to keep opening to all that becomes available when you are truly present in your body, feelings, heart and soul.

Guided into an ever-deepening Yes to your male/female nature, you find yourself gradually letting go of the limiting sexual judgements you may have grown up with, and reclaiming whatever freedom and entitlement you may have lost in the realm of your sexuality. Body, Heart & Soul 1 is designed to restore innocence, playfulness, celebration, integrity and sacredness to the way you live your sexual nature as an intrinsic part of your whole being.

## Body, Heart & Soul® 2

### Pleasure, Surrender and Ecstasy

8.9 - 15.9.06 Waldhaus, Switzerland *led by Alan Lowen & Jan Day*

To experience ecstasy in sexual loving, you have to learn how to surrender to the experience of pleasure. This is not the surrender of defeat, but of profound trust in being male or female. It is learning that brings more happiness to every aspect of your life.

## The Universal Experience

18.9 - 20.9.06 Waldhaus, Switzerland *led by Alan Lowen*  
22.9 - 24.9.06 Waldhaus, Switzerland *led by Alan Lowen*

One of the most beautiful and life-transforming workshops available on the theme of death, dying, loss and letting go, this remarkably real journey into life's greatest mystery has restored trust and understanding for countless people. The Universal Experience will almost certainly transform your relationship with death. Its greatest blessing, however, is the effect it is likely to have on the way you live your daily life.

## The Gift of Being

20.10 - 22. 10.06 Waldhaus, Switzerland *led by Jan Day*

The Gift of Being is a carefully guided journey back through your personal history to the beginning of your life. It is designed to restore and awaken inner resources that you have lost or put to sleep as you grew up, and to help you learn to enjoy your life and relationships free of the influence of childhood wounds and traumas. It offers a way to experience and be able to receive fully the gift of your own existence. It is a journey of reconciliation with significant experiences in your life, all the way back through your birth and your life in the womb to conception, and perhaps even beyond.

## Love & the Shadow (for couples)

14.4 - 17 or 20.4.06 Schloss Glarisegg *led by Alan Lowen*

Your partner only reflects to you the limits of your freedom to love, showing you what you reject within yourself. These are your shadows. Your relationship is your golden opportunity to learn to befriend your shadows, and in doing so to open to the most profound intimacy, within yourself and with your partner.

## Sacred Sex: The Heart of Intimacy

29.4 - 1.5.06 nr Köln, Germany *led by Jan Day*  
27.6 - 30.6.06 Czech Republic *led by Alan Lowen*  
(+ optional vacation weekend in Prague 1-2.7.06)

Sexual loving makes possible an intimacy of such beauty and totality that it can move us beyond life's normal boundaries, opening inner pathways to the soul of existence. To find this quality of intimacy we have to be willing to open with total trust, to be naked all the way through. Only when we are this

## Discovering The Art of Being®

3.5 - 7.5.06 Waldhaus, Switzerland *led by Alan Lowen*

Befriending all that you feel and sense is how you gradually awaken whatever is still asleep in your being, and heal wounds from the past that limit your freedom, happiness and love for life. And it is the most valuable and stable foundation you can create in yourself for enjoying real intimacy with another. In this 4-day workshop with Alan, you learn this through the medium of profound connection - with others and with your own being.

## Embracing the Beloved

5.5 - 7.5.06 Schloss Glarisegg, Switzerland *led by Jan Day*  
6.10 - 8 or 11.10.06 England *led by Jan Day*

Embracing the Beloved is an invitation to move through whatever keeps us from enjoying open-hearted connection with others. The way lies in finding deeply loving acceptance of ourselves. Embracing our inner being, it becomes easy to give our love to others. In touch with the inner beloved, it becomes easy to feel and find the beloved in others. This is a workshop in which every touch - with our words, with our bodies, with our feelings - is to discover and awaken to the Beloved, within and without.

## Touching the Essence

29.9 - 1.10.06 nr Köln, Germany *led by Jan Day*

The deepest intimacy, with both ourselves and others, happens when we can embrace more and more of our own feelings and being, finding a true friendliness with ourselves. This Art of Being® workshop is a gentle yet powerful lesson in HOW to open up our "no-go" areas through being touched physically, emotionally and if we allow, to the heart and soul of our being.

## Being! A 7-day Art of Being® Intensive

13.10 - 20.10.06 Schloss Glarisegg *led by Alan Lowen*

A blue-print for living consciously, happily and in love with life.

Like last year's Total Presence, Being! is an intensive workshop that creates the space for people to open deeply to themselves, and to relate with each other in ways that make it easy for everyone to open more and more. It is an adventure that engages participants in the richness of living their wholeness as sensing-feeling beings who can celebrate the gifts of their male/female nature and awaken into extraordinary states of consciousness. The purpose is to learn to live the art of being, enriching your inner life, your enjoyment of your world, and your connection with spirit.

For a full description of each workshop see  
[www.artofbeing.com](http://www.artofbeing.com) or ask for the brochure.

14 - 17 or 20 April	Love & the Shadow (for couples)	Schloss Glarisegg, Switzerland	Alan Lowen
14 - 17 April	Freedom to Feel, Freedom to Love	Croydon Hall, Somerset, England	Jan Day
14 - 21 April	Body, Heart & Soul 1	Croydon Hall, Somerset, England	Jan Day
28 - 30 April	Opening to Intimacy!	Prague, Czech Republic	Alan Lowen
29 April - 1 May	Sacred Sex: The Heart of Intimacy	Haus Beuerhof, near Köln, Germany	Jan Day
3 - 7 May	Discovering The Art of Being®	Waldhaus, Switzerland	Alan Lowen
5 - 7 May	Embracing the Beloved	Schloss Glarisegg, Switzerland	Jan Day
12 - 14 May	Freedom to Feel, Freedom to Love	near Berlin, Germany	Jan Day
17 - 21 May	Artisans Circle (for training graduates)	Schloss Glarisegg, Switzerland	Alan Lowen
2 - 5 June	Freedom to Feel, Freedom to Love	Waldhaus, Switzerland	Alan Lowen & Jan Day
2 - 9 June	Body, Heart & Soul 1	Waldhaus, Switzerland	Alan Lowen & Jan Day
27 Jun - 2 Jul	Sacred Sex + vacation weekend in Prague	Czech Republic	Alan Lowen
8 - 15 Sept	Body, Heart & Soul 2	Waldhaus, Switzerland	Alan Lowen & Jan Day
8 - 17 Sept	Body, Heart & Soul NEW 2-YEAR-TRAINING BEGINS	Waldhaus, Switzerland	Alan Lowen & Jan Day
18 - 20 Sept	The Universal Experience	Waldhaus, Switzerland	Alan Lowen
22 - 24 Sept	The Universal Experience	Waldhaus, Switzerland	Alan Lowen
29 Sept - 1 Oct	Touching the Essence	near Köln, Germany	Jan Day
6 - 9 or 11 Oct	Embracing the Beloved	Somerset, England	Jan Day
13 - 20 Oct	Being! A 7-day Art of Being® intensive	Schloss Glarisegg, Switzerland	Alan Lowen
20 - 22 Oct	The Gift of Being	Waldhaus, Switzerland	Jan Day
28 Dec - 18 Jan	High on Life 2007	Maui, Hawaii	Alan Lowen & Jan Day

## INFORMATION & WORKSHOP REGISTRATION

MAIN OFFICE : PO Box 790269, Paia, HI 96779, USA  
 Tel: +1-808-572-1435 (voicemail)  
 Email: [info@artofbeing.com](mailto:info@artofbeing.com)  
 UK Tel: +44-(0)20-7870 1774  
 Germany Tel: +49-(0)221-9976 422

### FOR WORKSHOPS HELD IN:

#### WALDHAUS, SWITZERLAND

Tel +41-(0)34-461-0705  
 Email: [waldhaus@waldhaus.ch](mailto:waldhaus@waldhaus.ch)

#### SCHLOSS GLARISEGG, SWITZERLAND

Email [info@artofbeing.com](mailto:info@artofbeing.com)  
 Malou, Tel: +41-(0)1-796-1053

#### ENGLAND:

Meru, Tel. +44-(0)1453-752604  
 Voicemail: +44-(0)20-7870 1774  
 Email: [uk@artofbeing.com](mailto:uk@artofbeing.com)

#### GERMANY:

+49-(0)221-9976 422 (Art of Being voicemail)  
 Köln: Sara, Tel: +49-(0)178 48 78 119  
 Berlin: Anna, Tel: +49-(0)30-3954 380  
 Email: [workshops@artofbeing.com](mailto:workshops@artofbeing.com)

#### CZECH REPUBLIC: Denisa, Tel: +420-603-422 329

Email: [info@tantraworld.com](mailto:info@tantraworld.com)

## High on Life 2007

28th Dec 06 - 18th Jan 07

Maui, Hawaii

led by Alan Lowen & Jan Day

Our annual vacation workshop invites you to break out of winter into a tropical paradise far removed from the cold climes of North America and Europe. High on Life will again take place on Maui, amidst the beauty and magic of our island home. High on Life is our deep celebration of nature, heart, being and spirit, balanced between the workshop sessions where we open all the gifts of our being, and our sojourns into the glories of Maui. This is an experience to treasure your whole life, both for the awesome loveliness and for the inner blessings. There is a third element too: the Art of Being community that we become for the time we are together is a blue-print for how we can love, learn, heal and celebrate together.

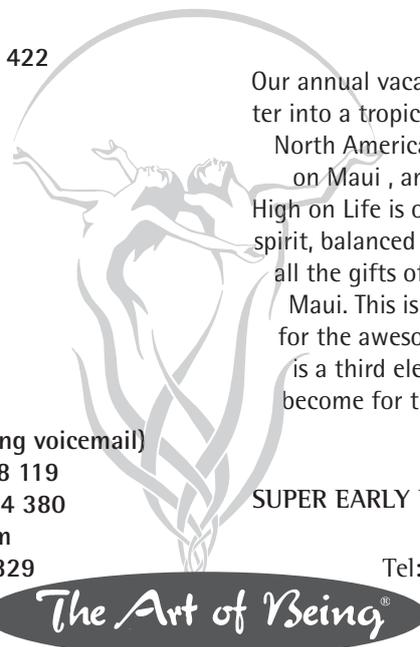
**SUPER EARLY BIRD PRICE** for bookings by 28th July 2006

Email: [info@artofbeing.com](mailto:info@artofbeing.com)

Tel: +1-808-572-1435 Fax: +1-808-573-1096

(Voicemail England) +44 (0)20-7870-1774

(Voicemail Germany) +49 (0)221-9976 422



The Art of Being®