

# The Path to Wholeness

*An inner journey from unrest to unity.*

**A weekend workshop with Gerrit Gielen - Brittany, France.**



*Many people do not feel at home in this world. They have a more or less conscious inner longing to find, or to return to, a state of 'oneness.' It is a sort of deep inner nostalgia, a feeling of having lost all contact with the energy of "home".*

*Yet if we believe that everything is part of one great whole, then the life that we are experiencing right now is also a part of this whole. Therefore it is in our interest to accept it. If we do not, we cannot accept the oneness of the universe.*

*If everything is one, how is it possible that as humans we often feel so lonely and separated, so disconnected from the world around us?*

## Workshop Description

Beside the Atlantic ocean in the beautiful Finistère region of Brittany, Gerrit Gielen will be hosting a 3-day weekend workshop for a small group of participants (maximum 12), addressing the question of what wholeness really is, and how the fears and fear-based beliefs of our societies create within us the illusion of being separated from our source. A series of guided meditations will be offered in the aim of helping participants to overcome this illusion of separation and discover their own path towards a lasting sense of harmony and wholeness.

The workshop will be composed of three sessions, and each part will investigate a different question within the overall theme:

1. What is wholeness? (Friday evening)
2. Why do we often feel a sense of separation? (Saturday morning)
3. How can we become "whole" within ourselves? (Sunday morning)



Gerrit Gielen, therapist (psychotherapy, hypnotherapy, regression) and writer for over 30 years, has hosted workshops in Europe and all over the world both alone and with Pamela Kribbe. Using guided meditations he accompanies and invites workshop participants on an inward journey, offering the fruit of his rich experience as therapist and his broad personal research into the nature of humanity and the universe we live in, as well as his fine intuition and caring guidance.

## Workshop Details

The workshop will consist of 3 sessions: Friday evening, Saturday morning and Sunday morning. Each session will include a presentation, guided meditations, and a time for participants to share their experiences and to ask Gerrit personal questions if they wish to gain specific insight and clarity on their own issues connected with the workshop theme.

Gerrit will be speaking in English, with a professional French-English interpreter (Kate Bentley) who will be translating throughout each of the sessions. The workshop is therefore open to both English and French speakers.

This weekend event will be hosted in a small family-run venue, in the charming old harbour town of Audierne, on the mouth of the Goyen river, a short walk from the open sea and sandy beaches. Each three-hour session will be held in a comfortable upstairs lounge (with a brief break for refreshments) and following each workshop session we will be sharing a meal together in the cosy restaurant just downstairs (Friday evening, Saturday lunch and Sunday lunch). These three meals are included in the price of the workshop.



Accommodation is available for those who wish stay on site, but rooms are limited so bookings will be on a first-come, first-served basis. We will provide a list of hotels and B&B suggestions in the area for the remaining participants.



Saturday afternoon and evening will be free time for participants to do as they please: rest, visit Audierne or explore the surrounding area (possibility of organising a coastal path walk of 2-3hrs on Saturday afternoon for participants wishing to take part).

**Dates:** Friday 18th to Sunday 20th May 2018.

**Location:** Audierne (Finistère) - Brittany, France.

**Public:** English & French speaking (interpreter present throughout workshop)

**Schedule:** Arrivals & registration: 2 – 3pm, Friday 18<sup>th</sup>  
Session 1: 4.30pm – 7.30pm Friday 18<sup>th</sup> followed by dinner  
Session 2: 10am – 1pm Saturday 19<sup>th</sup> followed by lunch  
Session 3: 10am – 1pm Sunday 20<sup>th</sup> followed by lunch

**Price:** 360€ per person (includes 3 meals).  
490€ per person (includes 3 meals + 2 nights' accommodation + breakfast).

**Information and bookings:** Please contact Kate Bentley at [k.bentley@orange.fr](mailto:k.bentley@orange.fr) or on +33 (0)6 83 07 89 65.