

# THE FOUR SHIELDS OF MINDFULNESS

Tuesday evening May 7. - Sunday noon May 12. 2019  
Humboldt-Haus, D-88147 Achberg bei Lindau am Bodensee



“Let your wisdom as a human being connect with the power of things as they are.”  
-- Chogyam Trungpa, Buddhist teacher

It is tempting in this world where there is uncomfortable information flooding through our lives, to try and step back, even turn away from the feelings and thoughts that come with it. It is also very human in the midst of uncertainty, to rush to fix, rather than to sit in the strong feelings. Yet it is in allowing them in, and not trying to change or judge them, that clarity begins to form, and the “right action” arises.

What do the seasons of nature have to teach us about showing up with awareness moment by moment as we engage with and integrate what is happening around us? How can we strengthen our open hearts and minds to listen to the wholeness of our own wisdom and set aside the cloud of judgment?

Mindfulness of body, psyche, mind and spirit guide us, each in their own way, to take the time to stop and listen with awareness and without the need to be “right” or owner of “the truth.” With this spaciousness and deep listening there is less danger of becoming overwhelmed, and we are able to see all of nature, inside and out, with a presence that opens us to amazement and insight.

Susann and Meredith will weave their complementary voices as we move around the Four Shields of Human Nature, with teachings and practices that will drop us into fertile ground. Each afternoon there will be solo time on the land to plant these seeds and watch the wisdom of their flowering on the land. In the late afternoons and evenings the stories will be told.

## **Kursleiterinnen**

*Meredith Little*, and her husband Steven Foster, co-founded Rites of Passage Inc. in 1977 and The School of Lost Borders in 1981 – pioneering the methods and dynamics of modern pan-cultural passage rites in the wilderness, and “field therapy”. Since Steven’s death in 2003, she continues both nationally and internationally to guide and train others in this work. Her relationship with The School of Lost Borders currently includes her positions as the Co-Director of The Practice of Living and Dying Program, Director of Lost Borders International, and owner/publisher of Lost Borders Press.

*Susann Belz*, on her healing path 1985 she came to the Owens Valley, met Steven Foster and Meredith Little, and her earth based spirituality deepened through the teachings of rites of passage and the medicine wheel. She is a licensed therapist, a shamanic practitioner and a Vision Quest Guide. In 1996 she started her own school "Women and Earth" where she teaches ancient ways of shamanic healing.

## **Begleitendes Team - Assistenz und Übersetzung**

Barbara Lorenz, Gwendolin Altenhöfer und Schülerinnen aus der Schule „Women and Earth“

**Seminargebühr** - CHF 560,00 oder € 485,00

**Zeiten** - Dienstag Abend 19:00 Uhr bis Sonntag Mittag 13:00 Uhr

**Ort** - Humboldt-Haus, Panoramastrasse 30, D-88147 Achberg bei Lindau am Bodensee,  
<http://www.humboldt-haus.de>

## **Unterbringung/ Verpflegung**

€ 49,00 - € 80,00 je nach Zimmer, Zelten und Wohnwagen möglich.

**Bitte Zimmer direkt im Humboldt-Haus reservieren.**

## **Für weitere Informationen und Anmeldung**

Susann Belz, Erlenmattstr. 12, CH- 4058 Basel [info@womenandearth.ch](mailto:info@womenandearth.ch);  
0041 (0)61 312 94 80 [www.womenandearth.ch](http://www.womenandearth.ch)

**Reservation - Erfolgt durch Anzahlung von CHF 180,00 oder € 160,00**

Erst nach eingegangener Anzahlung ist der Kursplatz gesichert. Maximal 30 Teilnehmende

## **Überweisung**

In Deutschland: Women and Earth, Sparkasse Freiburg, BLZ: 680 501 01,  
Konto: 11251336  
IBAN: DE34 6805 0101 0011 2513 36 SWIFT-BIC: FRSPDE66XXX

In der Schweiz: Earth Wisdom, Jurastrasse 11, CH 5035 Unterentfelden, Postscheckkonto  
70-33126-7, IBAN: CH46 0900 0000 7003 3126 7

Annulation - Bearbeitungsgebühr CHF 50,00 oder € 45,00. 50% des Betrages bei Absage 2 Wochen vorher, falls sich keine Ersatzfrau findet. Bei späterer Absage voller Betrag.

Die Wegbeschreibung und Detailinformationen zum Kurs folgen ca. 1 Monat vor Seminarbeginn.