

Base Camp

The Journey of no Distance

Foundation workshop
with Graham Brown



grahambrown.earth



The Journey of no Distance Base Camp



The Journey of no distance

The Journey of no Distance is a progressive series of workshops from Base Camp, the foundation course, to year long programs for small groups (Max 15) wishing to follow their inner journey with intensity and dedication.

Overview

Base Camp is where we begin a journey. If you are reading this you are contemplating an inner journey or wanting to continue one already begun. In response to an inner call... a silent one

Millions of people on earth are hearing this same call
What is it?

It matter not whether we are happy or sad, whatever the nature of our experience, we are always aware of it. The awareness by which we know our experience has no content. It is silent, empty, ever present, and ever aware.

When we are absorbed in the content of our experience we overshadow that silent awareness. This is separation and we call this the EGO, a separated sense of self.

It is our silent awareness that calls us.

Calls us to go beyond our separated sense of self to awaken to silent awareness, that is ever with us. In that experience there is peace and happiness.

That is The Journey of no Distance.
Base Camp is where we prepare for such a journey.

Preparing for the journey

Whenever we make a journey we must prepare, and this inner journey is no different.

If this journey were easy, our ancestors would have made it centuries ago. But for most, it was beyond them, and the ongoing actions of separated selves over millennia, have now put all life on this earth in great jeopardy.

We will either find ways to live in harmony with ourselves, each other and our planet, or we will become the dinosaurs of our age.

The course progression

The Landscape

If our journey is to make reunion with silent awareness of our essential being, we need to know what currently obstructs our direct experience of that. We must understand the landscape and the obstructions. In this case the landscape and obstruction of the mind, and our separated sense of self, the EGO.

So the first part of the workshop is gaining that understanding.
Not as hard as it might seem when you have helpers.

The Helpers

Helpers come in many forms. Two physical structures have illuminated the pathway of my understanding. One very familiar, one not so. The Triangle of Hierarchy and the Reciprocal Frame.

We investigate the nature of the mind with these helpers, and chart and dialogue what we have come to understand of ourselves.

The Tools - Meditation

We need some tools for our journey, and the skill to use them. This takes dedication and practice. No quick fix here I'm afraid.

In Base Camp you will be given a simple meditation on the breath. Technique is one thing, approach is another. You will be given a deep understanding within which the practice will reside and grow to progressively open the mind to the presence of awareness.

Awakening Dormant Qualities

As we meet the content of our mind in increasing spaciousness, we need to awaken some dormant qualities in our awareness. Qualities that are capable of communication with our addictive patters of thought in our separated sense of self, our ego.

Information

The program takes place on two consecutive days between 9.30am and 5.30pm. There can be midweek courses taught in english and weekend courses in english with german translation.

Courses can be organised in your locality for a minimum of 8 people. Please contact Graham Brown to arrange this.

The price per person for the workshop is 250 Euro, Concessions available.

Please check the Website below for further information and dates of planned courses.

Contact & Booking

Graham Brown
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Graham Brown

I was born in 1953. At the age of 12 I sat on my bedroom floor to meditate. This was in response to a silent inner call. I had no one to guide me. I simply followed that silence with whatever willingness and strength I possessed.

My road has included bear traps and blessings, in equal measure to frustrate and awaken.

In 1987, The Reciprocal Frame, a physical structure dropped into my awareness. It is timeless wisdom in structural form. A wisdom which de-constructed the old in my being and illuminated the presence of silent awareness.

I share the wisdom and practices gathered on that "Journey of no Distance" in these workshops.

I sit every day, the silence and I knowing each other as one and the same.

