



Introduction to Mind Clearing in the work of Charles Berner

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Cost: £80

Mind Clearing comes from the work of Charles Berner who developed the better-known Enlightenment Intensive retreat. Aligned with the *Yoga Sutras* of Patanjali it draws on modern communication techniques to bring this ancient wisdom into contemporary life.

Working on the observation that most distress and ill-health is the result of failed communication and damaged relationships coupled with the recognition that the build-up of mis-communications results in what Berner called the 'mind', Clearing sets out to raise our ability to communicate directly and responsibly. When we do this, we no longer need to engage in neurotic behaviour to get ourselves across but can build richer, more fulfilling relationships. Knowing more about how the mind works, how relationships break down and how they can be repaired, together with practice in a safe environment can significantly improve your life.

The day will consist of:

- An overview of the Mind Clearing in the context of Berner's body of work and in the wider field of self-development, therapy and spirituality
- Information about the mind, its levels, how it is a problem and what we can do about it
- Partnered work exploring and unlocking communication

Who is it for?

- Those wanting to improve their functioning in life and having better relationships with those around them
- Those engaged on a spiritual path who wish to understand the mind, work on clearing this barrier to progress and understand personal development in a wider context
- Anyone interested in learning Mind Clearing for use in other areas such as mindfulness teaching, yoga, counselling and meditation
- Anyone who has been participating in spiritual retreats and Enlightenment Intensives who wishes to deal with the material coming up in these disciplines through a practice aligned with that work