

## There is a World Within You

There is a world within you  
no one has ever seen,  
a voice no one has ever heard,  
not even you.

As yet unknown  
you are your own seer,  
your own interpreter.

And so, with eyes and ears  
grown sharp for voice or sign,  
listen well -  
not to these words  
but to that inward voice,  
that impulse beating  
in your heart  
like a far wave.

Turn to that sound  
and you will find  
what no one has ever found,  
a ground within you  
no one has ever seen,  
a world beyond the limits  
of your dream's horizon.

- Paul Murray



## DIRECTIONS



**By Road:** From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

**By Public Transport:** From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

*If you would like further information about getting to Drumalis, please do not hesitate to contact us.*

***"Be Still and Know that I am God."***

- Psalms 46:10

## FINDING THE STILLPOINT WITHIN



**AUTUMN INTO WINTER**  
Drumalis, Saturday, 25 November 2017

*Last in the Series of Four Retreat Days  
with Maria Garvey in 2017*

## FINDING STILLNESS THROUGH THE SEASONS



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**"FINDING THE  
STILLPOINT WITHIN"  
SATURDAY, 25 NOVEMBER 2017**

About "Finding the Stillpoint Within" - the fourth in "Finding Stillness through the Seasons" - a series of four themed retreat days at Drumalis in 2017

***Welcoming the Gifts of Winter...***

As the days get shorter and the nights get longer nature itself slowly becomes still. Yet even though on the outside everything appears to be dying there is much life happening underground as the earth and the animals prepare for the season of new life that will come round again.

As human beings, our natural inclination too is to hibernate in Winter and let everything settle and become quiet. Yet, in our frenetic, fast paced world many of us override this inclination and in so doing we deny ourselves the possibility of deep rest and the inner work that we need so that we remain 'hale and hearty' through all the seasons of our lives.

However, these days more and more people are waking up to the realization that we are cultivating this frenzy ourselves. Our bodies run on automatic pilot while our minds are busy running ahead into a future that may never happen. In our world 'busyness' and 'exhaustion' are often seen as badges of honour worn with pride. As we increasingly place value on 'doing' we forget the value and joy of simply 'being'.

Finding the still point within allows us to tune our human nature into nature itself. It allows us to become still on the outside and come into the centre where we find deep peace and healing for our weary souls.

During this retreat in the beautiful, natural spaces of Drumalis we will engage in a variety of quiet practices that will gently support us in coming into the present moment and awaken us to a deeper sense of happiness, self acceptance and compassion. In the quiet of our own hearts we will connect with the still small voice of LOVE whispering to us from the core of our own being.

**About the retreat-giver:**

In a career spanning more than 30 years, as a leader in education, health & social care, community and social enterprise, Maria has brought her experience and knowledge to a wide range of individuals and organizations both nationally and internationally.



Trained in Transformational Leadership, Coaching, Organizational Facilitation, Mindfulness and Spiritual Accompaniment her work is dedicated to empowering people, enhancing wellbeing and optimizing performance in life, work, community and leadership.

Inspiring people to do what inspires them, she facilitates groups, offers leadership coaching and training and teaches Mindfulness Based Stress Reduction (MBSR) and other transformational practices. She is a spiritual companion to a number of people and an experienced retreat leader. Scripture, centering prayer, nature, the creative arts and friendship nourish and sustain her own life and spiritual journey.

**Date: Saturday, 25 November 2017**

The day will run from 10:00 am to 4:30 pm.

Participants are asked to register from 9:30 am and tea/coffee will be available on arrival.

**Cost:**

The day costs £55 (includes retreat materials, morning and afternoon refreshments and a full lunch.)

**Early Bird Rate: £45 payable in full 1 month in advance of the retreat day.**

*"I said to my soul, be still and wait without hope, for hope would be hope for the wrong thing; wait without love, for love would be love of the wrong thing; there is yet faith, but the faith and the love are all in the waiting. Wait without thought, for you are not ready for thought: So the darkness shall be the light, and the stillness the dancing." - TS Eliot*

**BOOKING FORM**

Name .....

Address .....

Postcode .....

Contact No .....

Email .....

Special Requirements (eg, dietary)  
.....

**A non-refundable and non-transferable full payment of £45 per day is required with each early bird booking.**

**Please return completed Booking Form and deposit to: Co-ordinator of Admin Services, Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT**

*Cheques should be made payable to Drumalis.  
We accept payment by credit/debit card.  
Why not save time by paying deposits and booking your place by phone.*