

What is The Art of Being®?

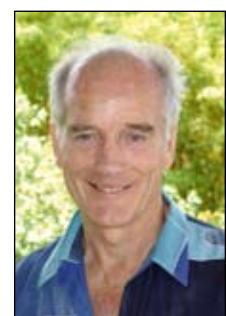
A celebration that begins with your presence! It is you here now, living the gift you really are: creative, passionate, humorous, vibrant, mysterious, powerful, warm-hearted, open, aware, present!

AND SO THERE IS

The Art of Being®: a path that leads you into your full presence, gives you intimate connection with life happening here and now, and teaches you how to keep being here anyway.

Art of Being® workshops are designed to bring you where intellectual knowledge and information cannot go - into experiences that transform your whole being. They enable you to open all your inner resources, to celebrate your nature, to live in harmony with your feelings, to heal the wounds you have carried too long, to find fulfillment in your friendships and intimate relationships and to live in an ever-deepening communion with life's spiritual dimension.

All Art of Being workshops in the USA are led by its founder, Alan Lowen.



Alan is English, and lives in Hawaii, teaching in Europe and the Americas. He studied psychology at London and Oxford universities, and trained with the best, including Dr. Carl Rogers and the great mystic, Osho Rajneesh. He was the 2003 recipient of the UK Kindred Spirit award for his contribution to the field of personal transformation.

The Art of Being Experience

5 days, Aug 30 - Sep 4:
The Omega Institute NY, USA

"When we live our outer life hand-in-hand with our inner being, we never want it any other way." Alan



When we know only the outer life, we don't care until things go wrong. That's the true function of things going wrong. They are inviting us to find what we've lost! These five days are designed to restore the inner connection and replenish the resources that make daily life rich, healthy and fulfilling. The focus is always on experiencing. Along the way, you learn to accept, befriend, release, and celebrate whatever you may have been rejecting in yourself.

The Universal Experience

AN INTIMATE ENCOUNTER WITH YOUR OWN DEATH

Oct 29 - Nov 1:
Kripalu Center MA, USA

"Letting go and embracing death's mysteries brings us freedom, grace and happiness." Alan

The Universal Experience is a remarkably real

Alan founded The Art of Being® as a path of personal growth that everyone could relate to. For 37 years he has been presenting workshops as experiences that address the essential personal themes of our lives:

our male-female nature
our stories and relationships
sex, desire and love
the influences on us of our birth and childhood
the universal experience of death and dying
and our relationship with existence itself.

In Alan's workshops they all become paths into an extraordinary state of being where we naturally accept, honor and celebrate all that life brings without being held captive by any of it.

Alan's teaching style is profound, intuitive and surprising. He begins always where people are, and uses his natural talent and personal presence, the group processes, trance-work, guided journeys and meditations that he has created and developed over three decades to guide participants on an ever-deepening journey into being.

SOME OF THE THINGS PARTICIPANTS SAY ABOUT THEIR ART OF BEING EXPERIENCES

From that one session with you, my life progressively changed for the better. I have joy in my life every day in every way ... I live in the moment & accept what is before me... it was that little trip in my head during your Art of Being workshop that opened my eyes to other dimensions. I thank you for that ...

Dia, USA

I am so thankful for all the changes which began with The Art of Being. I am learning to be with all the weather in me. Nowadays thunderstorms are rare. My parents visited me last week and we had a wonderful time together - the first time in my life! It was a charming turn. Thank you.

Susanne, Switzerland

My husband and I would not be together, probably not even be on speaking terms now, were it not for the enormous work we have done with Alan. He has been



our midwife, guiding us into continually new and fresh ways of being together... We choose our own path. Alan watches with love, humor, and more compassion than you could know. Now and then he holds up a signpost for us, and we take the step...

Kelly, USA

For so many years I have been searching: "Where is my place in life? Where do I belong?" During this week I had the feeling that I finally found home... such a wonderful gift!

Anonymous, Switzerland

My fear about money is gone and I enjoy my life. Through you I learned to let go. Thank you.

Günter, Germany

I am much more a "thinking" than "feeling" man... I had shut myself into a box to protect me from the world. And I came to the important moment of my life. I realized that it is in my power to remove the box, to face my fears, emotions and limitations as a man, to feel more free and happy, to feel in love with myself, with my wife, with all the people and with all the universe. A hard journey for me is ahead, but the first step is done.

Jakub, Czech Republic

This workshop was the deepest I have ever experienced. When I came home I threw away a lot of things and I began to laugh... it felt so good to me. Something new has come! And it was so necessary to make room for the new!

Annette, Germany

The workshop has somehow found its way into my everyday life. There are connections to people and situations that I never noticed before. The world and God seem closer and also further away than I had imagined... I feel such gratitude that my husband and I found our way to you and your workshops.

Liz, England

Alan's US Program August 2009 - July 2010

2009

DATE	WORKSHOP	LOCATION	E-MAIL	TELEPHONE
Sun 30 Aug - Fri 4 Sep	The Art of Being Experience	Omega Institute, Rhinebeck, NY	registration@omega.org	877.944.2002
Thu 29 Oct - Sun 1 Nov	The Universal Experience	Kripalu Center, Stockbridge, MA	registration@kripalu.org	800.741.7353
Sun 1 Nov - Thu 5 Nov	Soul-Life	Kripalu Center, Stockbridge, MA	registration@kripalu.org	800.741.7353
Tue 1 Dec, open evening	Love, intimacy, relationship, shadows	Portland, OR	kelly@intimatehealingarts.com	503.914.1321
Thu 3 Dec, open evening	Introduction to The Universal Experience	Portland, OR	kelly@intimatehealingarts.com	503.914.1321
Fri 4 Dec - Sun 6 Dec	How Do I Love Thee?	Private residence, Portland, OR	kelly@intimatehealingarts.com	503.914.1321

2010

Sat 13 Feb - Fri 26 Feb	High on Life in Costa Rica!	Blue Spirit Costa Rica, Nosara Peninsula	office@artofbeing.com	989.785.0546
Fri 23 Jul - Fri 6 Aug	Let there be Love! Maui Special for couples	Shanti-Alegria, Maui, Hawaii, USA	office@artofbeing.com	989.785.0546

An Introduction to The Universal Experience

Open evening: Dec 3

An evening with Alan exploring death and dying, and introducing his celebrated workshop, **The Universal Experience: an intimate encounter with your own death.**

How Do I Love Thee?

Dec 4 - 6: Portland, OR, USA

A weekend workshop learning with Alan how to love more, hurt less, and honor YOUR way of being in the dance of love and intimate relationship.

This workshop is designed to bring you wherever you need to shed light on your relationship: on the ways that you and your love-partner(s) unknowingly hurt yourselves and each other, on the dark and shadowy places that need your friendliness, and above all on the places where what you struggle with can become your path into a richer and sweeter celebration of love given and received. This workshop is open to everybody - with or without partners - who feels that 'this is for me, or for us.'

High on Life in Costa Rica!

A TRANSFORMATIONAL VACATION

12 days, Feb 13 - 26, 2010:
Blue Spirit, Nosara, Costa Rica



For two weeks we create our Art of Being community, this winter at a lovely, brand-new retreat center adjoining the finest beach in Costa Rica and surrounded

by one of the most beautiful green zones in the country. Here we live an unhurried and potentially life-transforming mix of time together in the Art of Being circle, and time exploring and enjoying this Pacific Eden. Ask for our brochure or find it at www.artofbeing.com

"Let there be Love!"

AN ART OF BEING® MAUI ADVENTURE FOR 6 COUPLES

2 weeks, Jul 21 - Aug 6 2010:
Shanti-Alegria Hawaii, USA

At our lovely north-shore residence: a two-week vacation balanced between time in Alan's Art of Being circle and time out on the island revelling in Maui's tropical delights. The circle sessions with Alan are devoted to deepening intimacy, healing and resolving personal and relationship issues, and celebrating love.

THE ART OF BEING® IN PORTLAND, OR

Love, Intimacy, Relationship, Shadows

Open evening: Dec 1

An evening with Alan introducing **How Do I Love Thee?** - the coming weekend workshop.



Workshops and Courses
with **ALAN LOWEN**,
founder of The Art of Being®

THE ART OF BEING®
AUGUST 2009 - JULY 2010

THE ART OF BEING®

For all of Alan's workshops and courses, plus articles, podcasts, CDs, Alan's personal blog, etc. go to:
www.artofbeing.com

The Art of Being®
PO Box 790269,
Paia, HI 96779
e-mail: office@artofbeing.com
USA internet tel: 989 785 0546