

# OPEN AWARENESS SATSANG

All are welcome, from any  
Non-Duality tradition/viewpoint.

Dialogue is encouraged, especially  
when it is informed by a sense of  
stillness, rather than the need to  
argue and debate about nothing.

Non-Duality is seen in the context  
of daily life, sharing and friendship.



## Open Mind, Open Heart

We meet in silence (initially), for about one hour - sharing the present moment in Open Awareness. Then a bell will ring, opening the group to verbal exchange (if that is what happens). Out of the silence questions may emerge, or inspired words that want to be shared. Bring with you your passion for leaving the past behind; bring with you your passion for not projecting into the future; bring with you your passion for Being Here Now, in the silent emptiness of your true nature.

*Bring a cushion/shawl or whatever you need in order to be comfortable (Sitting in discomfort is not encouraged. Shuffling is OK!). Chairs will be available, as is the floor space. Please arrive prior to 7:30pm, but if you do arrive late, come in quietly, and take a seat/place as calmly as you can.*

*The word SATSANG means simply "association with the wise", as well as "the real". This can be done with or without a 'teacher'.*

### WHERE?

The Music Room, Foxhole, Dartington Estate, Totnes, TQ9 6EB

### WHEN?

Every Thursday (but check if coming from a long distance)

### WHAT TIME?

7:30pm - 9-30pm (ish)

Please arrive with time to park, and enter quietly

### COST?

£3 suggested donation to cover cost of room hire, publicity, etc

### CONTACT:

For further information, phone Roy on 01803 866119

*Roy (who facilitates the group) is the author of the book 'The Texture Of Being'  
However, this is not a teaching group - it is simply a sharing amongst friends.*