

*Through gratitude, all things are possible, including seeing you at...*

**BADEN POWELL SCOUT CENTRE**  
POMONA ST PENNANT HILLS

Just 10 minutes walk from Pennant Hills Station.  
Off-street parking is provided for cars. Pomona Street runs off Pennant Hills Road.



*A female humpback had become entangled & weighed down with crab traps and lines. She was struggling to stay afloat. A San Francisco fisherman spotted her and radioed an environmental group for help.*

*Within a few hours the rescue team had arrived. The only way to save her was to dive in and untangle her. They worked for hours & managed to cut away the lines. The whale swam in joyous circles.*

*Then, she came back to each and every diver. One at a time, she nudged them gently, thanking them. It was an extraordinary, life-changing experience.*

*May you and those you love be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you...& may you always know the joy of giving & receiving gratitude.*



### Great to Bring

- ...sleeping gear & **earplugs**
- ...tent if you prefer non-communal sleeping
- ...summer clothes for the days, layers for the evening
- ...we're in the bush so bring closed shoes  
**( bare feet & thongs not ok )**
- ...swimsuit & towel
- ...hat, sunblock
- ...yoga mat, cushion for meditation
- ...notebook, pen & art materials
- ...money for craft & book stalls
- ...**a gratitude poem**: original or just one you love, for Saturday's Poetry Slam.
- ...your appreciation for life as it unfolds



## The Buzz

“

it's about being awake, aware & living in the present

my heart & mind were engaged by inspiring, entertaining & inclusive activities - the kiirtan rocks!

I look forward to my 10th Spiritfest: it leads me to a sense of real peace & authority in my life

a happy chance to revive one's body, mind & spirit

strengthens my understanding of the Divine within

emphasises universal spiritual principles that resonate with my daily life

a safe, stimulating & collaborative environment

authentic & relevant for the modern meditator

non-judging, accepting & diverse perspectives ”

has an immediate practical & loving focus

mindful, interactive & wise

gives me more energy & enthusiasm for life



### Contact us

Call Georgina JD on **02 9557 2774 / 0406 372 142** if you plan to come, or email [sydneyspiritfest@gmail.com](mailto:sydneyspiritfest@gmail.com)

*Drug, alcohol & pet free environment*

This festival is dedicated to justice and balance, to beauty & the natural systems that provide what we need.

Join us in extending our respect to the original custodians of this land, the Guringai people.

*“Our deepest human nature is to want to love” Shrii Shrii Anandamurti*



**Baba Nam Kevalam**

Infinite love is all there is

REFLECT ON THE GOOD THINGS OF LIFE:

*Celebrate gratitude at the*

**10th Sydney Summer**

# Spiritfest

**Thursday 12 - Sunday 15 January 2012**

**extra retreat day Monday 16**

Baden Powell Scout Centre

by Lane Cove National Park



*learn silence  
from the talkative  
tolerance  
from the intolerant  
& kindness  
from the unkind  
be grateful to those teachers*

*Kahlil Gibran*

**Brought to you by the Ananda Marga Fringe Festival**

# SAVOUR • SELF • SPIRIT • SILENCE • STILLNESS • SOUL • SURRENDER • SERENITY

AT THIS YEAR'S SPIRITFEST WE TURN OUR THOUGHTS TO GRATITUDE. WE WILL FOSTER GRATITUDE TOWARD THE EARTH, COMMUNITY, LOVED ONES, AND TO ALL BEINGS LINKED IN THE WEB OF LIFE. THROUGH SHARED SPIRITUAL PRACTICES, CONCERTS & LAUGHTER WE ARE REMINDED THAT OUR HEARTS ARE ALWAYS STRONG ENOUGH TO SHARE. GRATITUDE HELPS US COUNT OUR BLESSINGS AND CELEBRATE OUR ACCOMPLISHMENTS. GRATITUDE MAY BE THE GREATEST OF VIRTUES, AS IT BRINGS OUT THE BEST IN US, PROMPTING US TO BELIEVE THE UNIVERSE HOLDS WONDERS FAR BEYOND THE SEEMINGLY URGENT MINUTIAE OF OUR LIVES.



To cherish what we have, to contemplate the richness of our lives, is a profound spiritual practice. Being grateful lightens the heart; subverts greed, fear and insecurity; and highlights the support and love around us.

Gratitude springs from a belief in our inborn goodness, helps make sense of our past and creates the possibility for inner peace. It can turn a humdrum existence into a meaningful life, problems into blessings and the unexpected into gifts.

Gratitude is the essence of genuine happiness. Focusing on the positive we respond with an outflow of love. Noticing obstacles to gratitude and overcoming them is a sure path to significant personal growth. We learn a magical lesson – making the most of what we have turns it into more. And we've much to be grateful for: the ability to sustain honest relationships, the awareness and deep appreciation of our being, the opportunity to support others and ask for help when we need it.

No matter who we are, where we are or what we have, gratitude, like meditation, works. It is an act of faith that all our lives matter. **Giving thanks for the moment is a wonderful way to glimpse eternity.**

*The soul should always stand ajar, ready to welcome the ecstatic experience.* Emily Dickinson



At this, our **10th Spiritfest**, the programme is as wide-ranging as ever. As always, *all* spiritual paths are welcome. **Collective meditation** and **kiirtan** (chanting to live guitar and drums) are at the heart of Spiritfest. Don't let lack of meditation experience keep you away. We're happy to show you the basics so you can come to view your mind as a supportive friend. There are also many fun activities exploring ideas of optimism, creativity and sustainability. The central values of connectedness, empathy and responsibility shift our gaze inwards.

At Spiritfest we acknowledge the universality of loss, joy, doubt, triumph and hiccups. It's come as you are, wherever you're at - and be willing to go further.

*Happiness cannot be travelled to, owned, earned, worn or consumed. It is the spiritual experience of living every minute with love, grace & gratitude.* Denis Waitley

*Gratitude is the memory of the heart.* Jean Massieu

*Gratitude is a vaccine, an antitoxin & an antiseptic.* John Henry Jowett

In this nonprofit event we co-create a communal village. It works because we use good sense and cooperative effort. Community guidelines have evolved to help things run safely and with respect. To keep costs low, we're rostered for a few tasks, mostly kitchen related.

This is a wonderful gathering to share with your kids. We provide an engaging **children's festival** with an exciting new outdoor adventure programme.

**Costs...**for a little money, you get superb vego food, a comfy bed, live music, great workshops and lots more.

Please bring **cash** as there is no pre-registration.

**Adults \$230/200 or \$70/60 per day or part thereof Monday Retreat additional \$30/25**

Children up to 6 free, up to 16 half price concession includes travellers > 150km one day and weekend attendance is welcome

*There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.* Albert Einstein

*Gratitude is the best attitude.* Author unknown

Thursday	Friday & Saturday	Sunday
arrive after 3pm & settle in 5.30 orientation 6.00 kiirtan & meditation 7.00 dinner 8.30 <b>festival welcome</b> meet the crew & with your affinity group celebrate your blessings creative style	<i>your choices begin with</i> 6.45 yoga 7.30 kiirtan, meditation & announcements followed by breakfast & workshop time 12.00 bhajans (spiritual songs) 12.30 lunch - did we tell you the food is fab? <b>friday arvo:</b> women's & men's business <b>saturday arvo:</b> Poetry Slam then time for sport, swimming, bushwalking, drum circle, performance rehearsals 6.00 meditation, readings before dinner at 7.00 <b>friday night</b> Eurovision Spiritfest Style: come as your fave country & sing up a fabulous storm <b>sat night</b> Gratitude Concert & then we dance	6.45 yoga nidra 7.30 Shiviir: alternating kiirtan & meditation, readings, brekky 10am Gratitude Forum 12.30 Lunch 2.00 Closing ritual & gratitude gifting <b>Retreat</b> for those staying on 6.00 Avarta kiirtan & meditation followed by dinner & an evening of spiritual storytelling on <b>Monday</b> feel welcome to join in a beautiful programme with even deeper kiirtan, meditation & spiritual philosophy

*"May all beings dwell in the heart. May all beings be free from suffering. May all beings see the bright side of everything. May all beings be healed. May all beings be at peace."* Shrii Shrii Anandamurti

# REFRESH • REMEMBER • RESPECT • RISK • REOPEN • RELEASE • REVEAL • REGARD