

TEN PRINCIPLES FOR LIFE

1. ACT FROM PRINCIPLE
2. BEGIN WHERE YOU ARE
3. DEFINE YOUR AIM SIMPLY, CLEARLY & BRIEFLY
4. ESTABLISH THE POSSIBLE & MOVE GRADUALLY TOWARD THE IMPOSSIBLE
5. HONOUR NECESSITY
6. RESPECT SUFFICIENCY
7. OFFER GENTLENESS
8. PROCEED CHEERFULLY
9. WORK SERIOUSLY BUT NOT SOLEMNLY
10. WITHOUT COMMITMENT, ALL RULES CHANGE

ROBERT FRIPP

Commitment is an act, not a word. Jean-Paul Sartre

Does anybody really think that they didn't get what they had because they didn't have the talent or the strength or the endurance or the commitment? Nelson Mandela

The only limit to your impact is your imagination and commitment. Tony Robbins

Commitment is my favourite word. People who are committed are mostly more interesting, more reliable & deeper, than people who are not. Meryl Streep

Great to Bring

- ...sleeping gear & **earplugs**
- ...tent if you prefer non-communal sleeping
- ...summer clothes for the days, layers for the evening
- ...closed shoes for bushwalking, crocs for onsite
(**bare feet & thongs not ok**)
- ...yoga mat, cushion for meditation
- ...notebook, pen & art materials
- ...money for craft & book stalls
- ...your delightful spark within

*Brought to you by the Ananda
Marga Fringe Festival*

The Buzz



I explored the rhythm of my soul
invited me into the timeless unknown
the most fun spiritual & cultural event all year
we celebrated what's right with the world
an experience of happiness
expanded my being
thoughtful, intimate and wildly varied
minds sharpened, music played, souls nourished
a weekend of reflection, discovery, depth & peace

“

Spiritfest is a collaborative event
where everything seems possible

easy to connect with people

perceptive, warm & generous of spirit

my capacity to love has grown

my heart is singing

”



Call Georgina JD on **0406 372 142** if you plan to come, or email sydneyspiritfest@gmail.com

Drug, alcohol & pet free environment

This festival is dedicated to loving every minute,
living every moment.

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



COMMIT TO A POSITIVE PATH FORWARD
INTO THE NEW YEAR

12th Sydney Summer Spiritfest

Friday 9 to Sunday 11 January 2015
+ retreat day Monday 12
Baden Powell Scout Centre
by Lane Cove National Park



*one by one, candle by candle,
love by commitment, concern by
care, change by discipline,
we feed the life fires of the spirit
and light the infinite universe,
little by little from within*

BE INFORMED

We are so very happy to welcome you (back) to Spiritfest, which this year honours the theme of commitment. We invite you to spend a weekend reconnecting with divine love, in a safe and supportive environment that will encourage you to live deeply in your feelings, appreciate the beauty of life and discern what is true for you as you walk your path.

Our journeys to be here at this beautiful site on Aboriginal land and in this community of seekers are varied and meaningful. We come for rejuvenation, celebration, healing... to sing in the meditation hall, dance joyously, see old friends, meet new family and to let ourselves be changed by the loving experience of being here together at this spiritual gathering.

At Spiritfest we will reflect on our commitment to common ground, our shared beliefs & mutual respect. Commitment grounds us in our power, compassion, the sacred. It's about love in action & caring deeply about a self-promise, a loved one, a goal, human rights - going the extra mile. Keeping our commitments strengthens our integrity, brings passion to our purpose & focuses our capacity to carry responsibility with grace.

Each time I choose the more loving direction, the kinder impulse, the most encouraging word; each time I choose to silence my complaint, my criticism; each time I open to appreciate or express gratitude for what is around me, or pause to reflect or offer help & align my self with my finest impulses, I recommit to my spiritual life & **I live it**. We learn it, we get it, we do it. We are it.

Commitment unlocks the doors of imagination, allows vision & provides opportunities to turn our dreams into reality. Individual commitment to a group effort is what makes a team work, Spiritfest work & society work.

Life is busy. It's not always easy to get away. But when we make a commitment to set a date, it all comes together. Making Spiritfest a priority could well be the most important decision you make today. See you there.



BE INSPIRED

At this, our **12th Spiritfest**, the programme is as wide-ranging as ever. As always, *all* spiritual paths are welcome. The magic of **kiirtan** / chanting and **collective meditation** are at the heart of Spiritfest. We offer you time to be immersed in a soundscape amid live guitar and percussion, exploring spirit in sound and movement and discovering the healing potential of our own voices chanting sanskrit mantra and sacred songs.

Meditation is the gift of letting go of preconceptions and knowing the unknowable: to know ourselves as one, not separate. If you don't have your own practice, we're happy to share some that will guide you to your own direct experience.

A recent study of people who meditated regularly for 2 years found they were 10% healthier than the rest of the population. When meditation is done to complement yoga & kiirtan, its benefits have been shown to not only ease stress, but enhance self awareness and help build an inner foundation to improve the quality of daily life.

BE INVOLVED

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 smoothly. To keep costs low, we're all happily rostered for one kitchen related task.

Cost is all inclusive: nurturing food, accommodation, inspiring activities, an engaging children's festival.

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

Adults \$220/200 or Saturday \$90/80, Sunday \$80/70 Monday Retreat additional \$50/40

Children up to 5 free, up to 14 half price concession includes travellers > 150km

While one day attendance is welcome, we find the most benefit is to be gained by committing to the full weekend as an integral part of a loving community.

Location is the Baden Powell Scout Centre, Pomona St Pennant Hills, just 10 minutes walk from Pennant Hills Station. Off-street parking is provided for cars.

Friday	Saturday	Sunday
arrive after 3pm & settle in, maybe a spa, a bush-walk, a hug 5.30 orientation for newbies 6.00 our first kiirtan and meditation 7.00 dinner 8.30 festival welcome Round Robin : be inspired by the talent of Spiritfest regulars who will sing about their take on love, commitment & creativity	<i>your choices begin with</i> 6.45 yoga 7.30 kiirtan, meditation, spiritual talk & workshop announcements followed by breakfast & workshop time 12.30 lunch - the food is always vegetarian, delicious & sattvic 2.00 The Power of Ideas - diverse, short, inspiring talks from people committed to brave forward thinking, complete with musical interludes. What would you do if you ruled the world? then soccer, choir, drumming, massage... 5.00 meditation, readings, dinner at 6.30 8.00 Kick up a song'n'dance with your entry into the Rock'n'Roll Resolution!	6.45 yoga 7.30 kiirtan, meditation & announcements followed by breakfast & workshop time 12.30 truly scrumptious lunch 2.00 Divine songs & chants from many cultural traditions and languages. 5.00 meditation, readings, dinner at 6.30 8.00 Margii-Gras Dance Party : "I can't believe you're wearing that!" – because at Spiritfest we believe life is short, dance often. Prizes for most outrageous costumes. Why not head home high on natural ecstasy? Retreat & late night kiirtan for those staying on Please feel welcome to join in a beautiful, wise Monday programme with even deeper kiirtan, meditation & practical spiritual philosophy

BE PREPARED: *to be tickled in your funny bone, touched in your heart, awakened in your mind.*