

**2-Day Retreat:**

# **Transformation through Meditation/Satsang and Movement**



**Facilitator: Marija Schwarz.**  
**Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.**  
**Saturday 11 - Sunday 12 July 2015.**  
**Registration: 9.30am-10am.**  
**Retreat Days: 10am-5pm.**

Through meditation, the attention from the outside is withdrawn and brought to the inner. The loud and unconscious mind comes to rest. Therefore something much deeper and more delicate is allowed to happen. As long as the mind is running on autopilot, as long as we

are full with tensions, nothing can give deep fulfilment. It comes, when we learn to be silent and bare our own presence. If we are ready to sit with ourselves, no matter how boring or disgusting it may be in the beginning, the more we will open the inner space. The way to exponential increase of love, peace, joy and deep contentment is the reconnection with our true nature, with source, who we are.

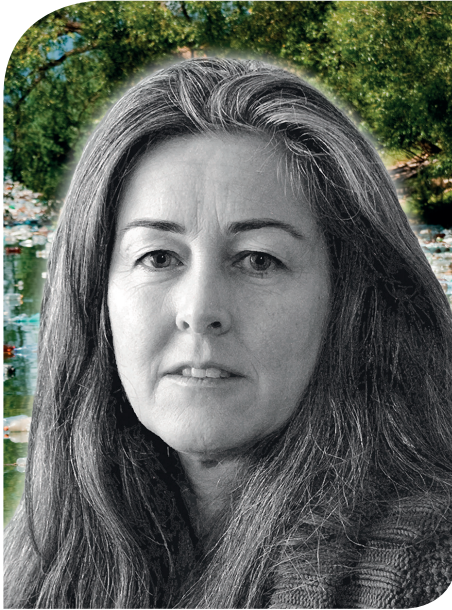
**Marija Schwarz** was born in Serbia but has lived most of her life in Germany. Since her childhood she was aware of the deeper reality of pure consciousness. However, this had to be integrated and merged with the daily life and experience. Through intense meditation with different teachers from the East and West, as well as yoga practice, source was slowly, layer by layer moving to the foreground and becoming the basis of everything. Marija is sharing deeply transforming Meditation/Satsang and Yoga in classes and workshops. It is all about finding the deeper, inner truth and merging with it.

Cost: 100/£80 (Concessions).  
For a Registration Form:  
Contact: Neill Walker,  
mesp2015@hotmail.com,  
0131 331 4469.

Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996.

**[www.eicsp.org](http://www.eicsp.org)**

# *Day Workshop and an Evening with Polly Higgins:* **Exploring Sacred Activism: Breaking the Chains of Ecocide**



**Facilitator: Polly Higgins.**  
**Sanctuary, Augustine United Church,**  
**41 George IV Bridge, Edinburgh, EH1 1EL.**  
**Saturday 12 September 2015.**  
**Registration: 10am-10.30am.**  
**Day Workshop: 10.30am-5.30pm.**

**Registration: 6.30pm-7pm.**  
**Evening Event: 7pm-9pm.**

**Polly Higgins**, world expert on Ecocide law and Earth lawyer, shares her insights from her past 5 years advocating a law to bring to an end the mass damage and destruction to our Earth. Just as the outer mirrors the inner, what are our inner Ecocides - those patterns of harm - that prevent us from living in harmony? Come and explore tools and keys that not only unlock the greatness within us but also pave the way to a greater world - one where we end the era of Ecocide.

Polly Higgins, Chief Executive Officer, The Earth Community Trust, Chairwoman, the Eradicating Ecocide Global Initiative, Honoris Causa Doctorate, Business School Lausanne, International lawyer, barrister, Award-winning author. Eradicating Ecocide Global Initiative, [www.pollyhiggins.com](http://www.pollyhiggins.com)  
[www.eradicatingecocide.com](http://www.eradicatingecocide.com)  
[www.iamdaringtobegreat.com](http://www.iamdaringtobegreat.com)

**Cost: Day Workshop:**  
**£35/£30 (Concessions).**  
**Evening Event: £8/£6 (Concessions).**  
**For a Registration Form:**  
**Contact: Neill Walker,**  
**[mesp2015@hotmail.com](mailto:mesp2015@hotmail.com),**  
**0131 331 4469.**