

!THIS NEWSLETTER

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[Road
through
Zanskar](#)



Beloved Friends! Welcome to this new edition

By Prem Jayadip

Warm greetings from our Himalayan [cave](#)! Here the monsoon has given way to clear and sunny late summer days.

So let me try to catch up with some of the events and the beginning of new developments.

In these days Shikha and me celebrate 7 years of relating!!! Congratulations welcome! We will indulge in a day at the Span Resort where Osho stayed when he was here in Manali. We dared to book the same room!

In Taiwan things for me have changed. For many reasons I am not working there at present. One of

them is that the translation situation is not clear. Another unforeseen event happened, that my 89 years old father needed my support. All this gave me time to review my way of working with people.

Since many years we have been involved with the Diamond work, which is so much about the relationship between being and ego structure.

Through this essence work, my interest is shifting more and more away from ego deficiencies towards the positive qualities of being. So why not change the focus of

my work also into this direction?

In May Shikha and me went to Germany mainly because Almaas gave a seminar in Frankfurt. As we had only read his books this was a rare opportunity, to get to know him personally. His books had been our second leg in understanding the Diamond teaching we received over the years from Faisal.

After the retreat we feel freer to allow more of our own personal understanding.

So what is coming up in the work with others now? One idea is to use

AIM

Awareness Intensive Meditation

For January/February 2007 I am planning to facilitate the [AIM Process](#) with the koan "What is Love?" in GOA, India. This structure is a synthesis of the Awareness Intensive/Satori group with the essence work. You can read more about this seminar on my [webpage](#). Exact time and space aren't fixed yet, as I will arrange this when I go to Goa end of the year. So in case you are in India around that time and would like to be informed or join drop a message to email@this-online.de.

I am planning an easy setup to make it fitting to the Goa life style. You will sleep at your home. We will start not so early as in former settings of this process. However, it will still take most of the days and part of the evenings. I want to arrange 3 fixed meals being prepared for us. Everybody will be in silence during this time, so plan to let go of all social activities during the 3 days process. To keep price and overhead costs low, everybody will join in the setup and other arrangements of the seminar place. Also bring your own meditation cushion. The group will be limited to around 30 participants, with a minimum of 16.

I am looking for some assistants for this process. If you are interested and have some experience in AIM, Who is in? or Satori please [contact me](#).



Jayadip, straight after a wisdom tooth extraction earlier this year in Goa.

Photo by Yoko

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the internet more. Also we have started to prepare for internet seminars. This is exciting more coming soon. Watch this space! Another plan is to continue the AIM process (Awareness Intensive Meditation) which combines the Satori/Who is in process with essence work. I want to do it in Goa, around second half of January or first half of February 2007. Beginning this year in Taiwan we gathered valuable experiences with the koan "What is Love". Well I thought, Goa is just the right place to explore Love in more depth. (Read sidebar)

Coming back to **The Cave** in the Himalayas, I went into an unscheduled 21 days silent retreat alone with my mind and myself, after a small bike accident. Since many Indians drive cars now, they use the roads in a similar way, they were boarding trains. In the mean time Shikha had acquired her new mountain house in Taiwan and decided to come a month later to Manali. So I embarked on an solo trip with my Enfield to Ladakh and Zanskar. This was really another Awareness Intensive, as the roads are tough and i was `trav-

eling in one of th e most remote areas. But i tell you, i think it was one of the most beautiful parts of this planet and i cam back more centered, more accepting and yes, a bit proud to have done this all alone! See [pictures here](#). I wish you can enjoy this newsletter with its new design. As many friends keep asking what I am doing, this is my way now to keep you posted.

With a lot of Love to all of you

Jayadip

PS:

You are welcome to send comments or question to this-newsletter@email.de If you reply to this mail for any reason, thank you for deleting the newsletter in your answer to avoid unnecessary up and download time, as the phone lines here in the Himalayas are not so fast yet.

In case you do not wish to receive this letter, simply reply this email with the subject line "[Unsubscribe](#)".