

The Inner Power of Stillness

Author interview with Alexander Filmer-Lorch,
Caroline Barrow, and Maggie Gill

hosted by



Experiment

- ⊗ Are you conscious, present, and aware right now?

...of course you are, because this simple experiment shocked you into the present moment for a millisecond . . . It becomes very obvious that the concept or idea of being fully present is worlds apart from the actual experience, which does not last long enough for us to fully grasp what has happened in a moment of complete presence.

. . . it is not our place to rescue our clients but to create an environment where they feel listened to . . .

Over time, and with no pressure or pushing, they find the best time to come to an empowered sense of self-realization.

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- Beginning in spring of 2017:
 - Alex will be hosting a monthly "dharma" talk which will include a teaching as well as a downloadable exercise to incorporate into you life and your practice.
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