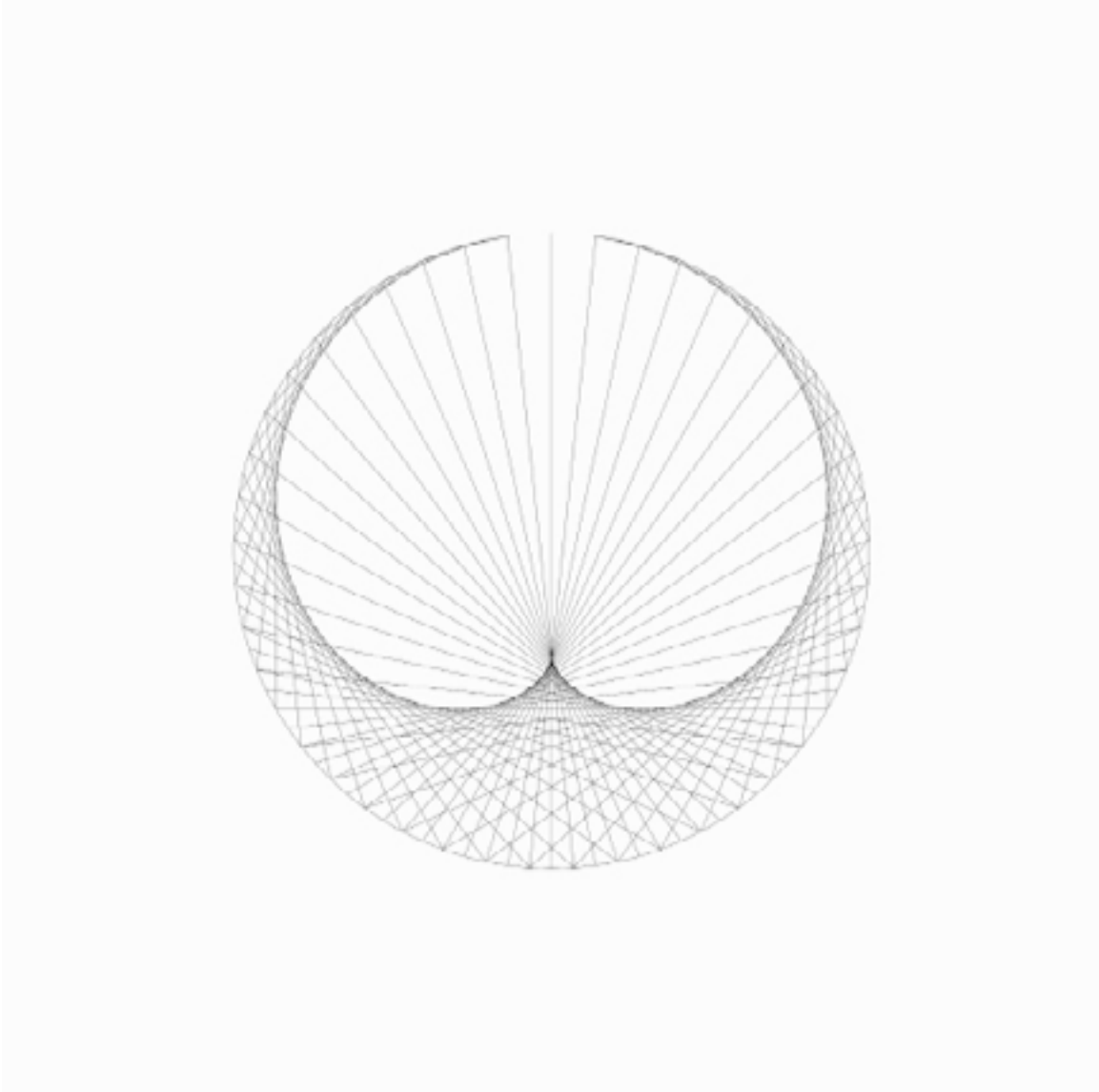


# THE DRUNKEN MONK



## ENLIGHTENMENT INTENSIVE PROGRAM DETAILS AND AGENDA



## CONTENTS

WHAT IS THE ENLIGHTENMENT INTENSIVE? .....	1
HOW TO PREPARE FOR THE INTENSIVE .....	2
AN EXAMPLE SCHEDULE .....	3

## WHAT IS THE ENLIGHTENMENT INTENSIVE?

Who am I? What is my true nature? .. these are fundamental questions. The Enlightenment Intensive is an effective and powerful process to produce a state of Being, completely present and free from the relentless stream of thought. The technique is based on the deep contemplation of the question 'Who am I?'. To explore what it is to completely connect with the essential self, free from social conditioning, restraints and our masks. For three days participants are placed in a complete secure and safe environment with no distractions. The core of the process are enquiry sessions called Dyads that facilitate a physical, mental and spiritual detox. The process also includes supporting holistic techniques, meditation, five meal breaks and rest periods. Past guests have described this process as life changing.

"I have tested this technique and I have compared it to other methods of enlightenment. This technique is about 50-100 times more rapid in producing enlightenment experiences than the classical techniques." Charles Berner

This process is for those who are passionate and have a deep commitment to Awakening. This is a direct knowing, the self realisation of who you are, where you come from and to understand your true purpose.

The key lies in the direct knowing of the Essential Self as being the true source of satisfaction with the personality, the form identity, as a servant to that Presence. The primary aim of this process is to crack open the challenges that mask your true self and to allow your essential nature to flow and bloom.

Everything is cared for and there are no distractions. The space is devoted to the complete focus on the enquiry, the intention, opportunity and the openness to be and to know your Truth.

On the fourth day participants are invited to relax and enjoy a day of integration, relaxation, movement, bodywork and to bask in the afterglow of the Intensive Experience.

It is recommended to refrain from caffeine, tobacco and sugar for a few days prior to the workshop and to arrive willing to dive deep within. Please read the Retreat Program Section to understand the commitment required to participate in this amazing and powerful process.

### What Is A Dyad?

The core of the process are enquiry sessions called Dyads that facilitate a physical, mental and spiritual detox. Dyads are enquiry sessions that are held with two people. One listening in stillness the other communicating their direct experience of this moment in response to the question 'Who am I?' After five minutes the roles change.

This is repeated for thirty or forty minutes and is followed by a break. It is encouraged to start the next Dyad with a new partner. The effect is definite ... each Dyad clears the mind of the day to day chit chat and gives space to your authentic self to be. After a while the grip of the mind loosens as you move deeper into the question with the clear intention ... 'To know the answer directly!' In the traditional practice of Zen this is known as a Satori ... A glimpse of enlightenment.

## How to Prepare for the Intensive.

Please read the following carefully to fully understand the commitment required to participate in this amazing and powerful process.

### Food

There will be five meals breaks each day. The food is vegetarian and specially prepared to support a natural detox of you physical body. An important part of the journey. There will be no coffee, black tea, sugar, alcohol, meat or fish. If you drink a lot of coffee it is highly recommended that you stop for two or three days before the Intensive starts. Otherwise, you may find that you have a caffeine withdrawal headache during the group.

### Smoking

It is recommend stopping to smoke during the process. If you do smoke, cutting down to 3 a day would make it easier to spend a few days without tobacco. If you feel that you cannot manage this then we can find a balance that you are comfortable with.

### Mobile Phones

You will be asked to surrender your mobile phone for the three days of the Intensive. In case of emergency then you will be given a number that friends and relatives can use to call and leave a message. During the process, unless in an emergency, there will be no contact to the outside world so please make sure your affairs are in order before we start.

### Schedule

On arrival day there will be the opportunity to rest and relax. After dinner there will be a welcome meeting to explain the technique. Day one and two start bright and early and end around 22:45hrs. The third day will finish at 21:15hrs. The fourth day will be an open integration day where you will be free to do your own thing and bask in the afterglow of the Intensive. There will be events to join should you so choose to do so

### Silence

The three day Intensive will be held in social silence. You will be talking a lot during the program but will be in silence when outside the group space. Being in silence also means you will not have access to the Internet, phones, TV, radio or any distractions that take you away from your contemplation.

### Open heart and mind

This process is intense and has been carefully structured to work deeply and with lasting changes. It is challenging yet the rewards are reflected in the changes that may occur with a deeper understanding of yourself and the world around you. I encourage you to be open and have a clear intention as to what it is you wish to reveal in yourself. Energy follows intention,... it really does!

# An Example Schedule

The Schedule is subject to modifications and is here as a guide.

## Arrival Day

Guest are welcome to arrive from 16:00 hrs on the 27th of December.

Dinner will be served at 19:00 hrs and there will be an Introduction session from 20:30 hrs.

## Day 1 & 2

6:15 - 6:30	Arise and Dress
6:30 - 6:45	Instructions / Dyad
6:45 - 7:30	Dyad or Chi Gung
<b>7:30 - 7:45</b>	<b>Tea and Snack</b>
7:45 - 8:30	Dyad
<b>8:30 - 9:00</b>	<b>Breakfast</b>
9:00 - 9:45	Dyad
9:45 - 10:30	Dyad
10:30 - 11:30	Walking Contemplation
11:30 - 12:15	Dyad
12:15 - 13:00	Dyad or Working contemplation
<b>13:00 - 13:45</b>	<b>Lunch</b>
13:45 - 14:30	Dyad
14:30 - 15:15	Sharing and talk
15:15 - 16:00	Meditation
16:00 - 16:45	Dyad
<b>16:45 - 17:00</b>	<b>Tea and snack</b>
17:00 - 18:15	Rest and Shower
18:15 - 19:00	Dyad
<b>19:00 - 19:45</b>	<b>Dinner</b>
19:45 - 20:30	Dyad
20:30 - 21:15	Dyad
21:15 - 22:30	Walking Contemplation
<b>22:30 - 22:45</b>	<b>Tea and Snack</b>
23:00 - 06:15	Sleeping Contemplation

## Day 3

Schedule as for Day 1 & 2 but with an earlier finish.

19:45 - 20:30 Dyad

20:30 - 21:15 Dyad

## Day 4

Integration day. Relax, movement, sharing. A precious time to enjoy the sweet flowing moments.

## Day 5

Rest and relaxation, sharing and departure.

## Contact The Drunken Monk

That's great that you've made it this far. I can imagine there maybe other questions that you would like to ask about the Intensive, location or anything about the process. If so, then you can either go to the website and send a message or email directly to :

**[info@the-drunkenmonk.com](mailto:info@the-drunkenmonk.com)**

Take a moment to visit the website for inspirational articles and recordings.

**<https://the-drunkenmonk.com/>**

