

UNIVERSAL TRAINING

NEWSLETTER

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STORMY SEAS

An interviewer asked G K Chesterton "What is the one thing you would want if you were stranded on a desert island?" His reply was "A book on shipbuilding!"

Life is uncertain, unpredictable. One thing we know is that there are ups and downs. How big are the ups, how deep are the downs and how long does each of the cycles run? These are but some of the questions we might ask of ourselves in endeavouring to take charge of our life. Try as we do, life is not to be controlled. Understanding and embracing this principle is at the heart of what is spoken of as "the will of heaven", the TAO.

The more we learn to dis-identify with either the ups or the downs and simply witness or be mindful of "this process", the more liberated we feel. Learning to connect more and more with the inner source of who we are, our candle flame, is "the book on shipbuilding" for our life journey.

Forging closer links with people who hold this shared reality is a constant challenge requiring a willingness and a sense of humour. The more we connect with each other in this way, the more we find we are already "at home" and that there is nowhere to get to. The enigma is that our centre has never left this place, recognising this is a gradually evolving story, deepening our connection moment by moment.

Turning Point and all the courses are designed to deepen that awareness as we all embark on our shipbuilding project to find our way home.

Graham Browne



BUSTER

*It is difficult to be told, that Buster is dead,
just twenty-four years old*

*It is difficult to deal with the rage
because a boy has been killed
for just living his age*

*It is difficult to accept this violence
to be mute to it all, to stand in silence*

*It is difficult to accept that we all knew him,
in some small way,
and that now, physically he has gone away*

*But it is not difficult to accept that
his spirit lives on
and that in our bodies and hearts,
he is not gone.*

Barry Guest



A FEW WORDS FROM THE LITTLE FELLOW

Hello everyone, my name is Oscar Samson Browne. I was born on 31st January 2002 to Sam and Graham. I thought you might like to know what I've been up to for the first six months. Well, where do I start? I'm still trying to fathom exactly why I chose these two as my parents. I might have bitten off more than I can chew (especially with no teeth!) but there's plenty of time yet, so we'll see how things go. I'm attracting quite a lot of attention round here, with people travelling from all over the place to see me. Of course, they have to pretend that it's Mum and Dad they've come to see, to avoid upsetting them, but we know that's not what it's about!

I've already been to my other homeland, Australia, to visit my two half-sisters, nephew, auntie and cousins. They seem like a nice bunch of people. I'm looking forward to attending my first Turning Point. I've popped in to check up on a couple of the courses, but I'm waiting until I'm a bit bigger before I sign up. I've also been to a couple of post-course meals, although I wasn't impressed with the seating arrangements, as I had to sit on the floor. Is that how you treat all your guests? Anyway, Mum and Dad are very proud of me and I'm surrounded by loving people, so I'm generally a very happy bunny. Must go now, it's nearly time for my next feed.

Oscar

ON-GOING SUPPORT AFTER TURNING POINT

Refresher Sessions

Another series of 5 Wednesday morning sessions in October and November for those who are really committed to implementing the Turning Point teaching into their day-to-day life.

Following the success of the recent refresher sessions we are now looking forward to the next series in October. They have proved to be an excellent way of enabling people to strengthen and “keep alive” their growing experience after Turning Point without necessarily taking another course.

These refreshers are specifically there for you to consolidate, revisit and reconnect with the key themes and elements of Turning Point and receive on-going support to integrate the Turning Point teaching into your lives.

Everyone is welcome whether you have taken a Turning Point years ago or very recently. You may have done all or some of the other courses and yet want to “refresh your foundations”.

For details of dates, times and venues, see the insert.

POINT OF CHOICE

Point of Choice is an immensely powerful leap off the springboard of Turning Point. The TP springboard enables us to awaken the dream within, catching glimpses of the place where we are all parts of each other.

As we leap off the springboard in Point of Choice, we are flying and looking down on so much of the landscape of our lives as essential steps, which have brought us to exactly where we are. We see that every step of the way has shaped us, however painful, difficult or embarrassing it might have been and however much we might have wanted to erase it from our past.

Consolidating this transformed relationship with our self is the real business of Point of Choice. Some people have described it as far more penetrative and challenging than Turning Point, but in a more subtle and non-dramatic way. However you might experience it, you can be assured that it will probe the nooks and crannies of your awareness, cleaning out past patterns and defences in an amazing and often enjoyable way. It is not presumptuous to say that the tools you are given in Point of Choice are at the leading edge of human consciousness development. Seeing so clearly what we have been doing all our lives quite unconsciously is exciting and revealing as well as empowering to us and to others.

Spiritually, Point of Choice encompasses the deepest place of relationships and at the heart of that the nature of forgiveness and finding peace in our heart. It is truly a magical journey.

POINT OF MASTERY

After an absence of over 3 years, in response to numerous requests, the Point of Mastery course will be rekindled this autumn. A tranquil rural setting in Suffolk provides the venue for the extended weekend on the 14th – 17th November, with the lead up and post weekend sessions being held closer to London.

The course will take place in the evocative surroundings of Leiston Abbey, near Aldeburgh in Suffolk. The Abbey was founded by the Premonstratensian Order in 1182 at Minsmere, three miles from Leiston and rebuilt on its present site in the 14th century. The Premonstratensian order was started in 1119 by Saint Norbet of Premontre in northern France and was a very strict order which favoured remote locations well away from towns. The inmates wore black and white robes and were ordained priests unlike the monks of other religious orders. Leiston, along with all the other monasteries, was dissolved by King Henry VIII and destroyed in 1536. The Abbey became a farmyard until saved from further decay in the 1920's. The buildings were used as a retreat house for the Diocese of Bury St Edmunds from 1923 to 1977 and sold to the Pro Corda School for young string players in 1979.

The Abbey ruins and open countryside provide the backdrop for the group of buildings which have been restored or rebuilt. Residential accommodation is mainly in Abbey House, part Tudor, part Georgian in origin. Meals are served in a newly re-constructed building, the Guesten Hall, which is on the site of the hospice of the Premonstratensian Abbey and which houses the kitchens and refectory.

Point of Mastery is the 3rd course in the trilogy and brings a completion to all the material in Turning Point and Point of Choice.

If we use the analogy of Turning Point as the springboard, Point of Choice as the leap into the unknown, then Point of Mastery is the water itself. It makes sense of everything and enables us to act on whole areas of our life with a scalpel-like precision.

Please contact us for further information as Sue Allen and Peter Lorenzo head up a team jointly to administrate this remarkable event.

You've waited a long time for this so don't miss out. Be sure to clear your diaries and be on board.



THE NATURE OF SERVICE

"When you serve you give yourself and when you give yourself, the separation and the pain is over."

Patch Adams MD

Service is a state of being. It is the candle flame expressed in action. Sometimes referred to simply as "love in action". An act that makes a difference, that touches the heart or moves us in some way. It is something that is transmitted from deep within our being. When this spirit of willingness and service is generated, not just as an individual, but collectively as a team, then magic can happen. This is what a service team is all about and what we will be exploring together on the Nature of Service course. It is truly seeing that we are a part of each other.

The ability to be there for others and reflect back what we see taking place is at the core of all our service team and support work. The Nature of Service course is the foundation for going forward to be on service teams, and it is also a profound personal development experience in its own right. We look forward to you joining us on this journey.

For details of dates, times and venues, see the insert.

BRIGHTON AND REGIONAL INTRO TALKS

Following the recent "Intro Talk" training there is now a team of people who are currently giving introductory talks for the Turning Point course. This has brought a fresh energy to the regular talks on the first Wednesday of the month in Enfield, with different speakers giving each talk. The plan now is to set up intro talks in various locations around the country. There are already some talks scheduled to be held in Brighton by Mark Reeves on 3rd and 10th October. The venue for these talks will be Flat 2, 24 Powis Square, Brighton and all are welcome. If you are keen to see Turning Point introductory talks held in your local area then please let us know.

"I have now been living in Brighton for a year and during that time have increasingly felt the urge to get things going here. It's an amazingly vibrant place with so much happening and I have felt the sense that it's just waiting for Turning Point. It has taken me until now to feel ready to take the first step, that has been partly to do with settling into the place and on a personal level finding a home, which I've now done. It's also to do with my doubts and fears about putting myself forward and letting my voice be heard in the community. It means a lot to me to see it happening as it is something that I have been holding in my heart for quite a while, and it feels like an exciting venture. If you would like to be a part of this in any way your support would be most welcome. If you know of people in the local Sussex or surrounding areas please invite them to attend."

Mark Reeves

TEACHER TRAINING

So far this year there have been 2 modules of teacher training, starting with the "Intro Talk" training which involved people facing their fears and doubts about giving a public talk. Over the 6 sessions people visibly grew in stature in their up-front presentations. The essence of teacher training is simply about being yourself and not hiding behind any scripts or props, it's about learning to be authentic.

The second module, "Teaching Meditation" took everyone to yet another level of discovering and unfolding their teachership.

Sue Allen has now taken the plunge into the next phase, which involves teaching certain sections of the Turning Point course – a very challenging path to undertake, and she is going to be joined by others over the next couple of months. Sue talks about her experiences below. This is very significant for all of us at Universal Training, as the training of new teachers creates exciting new dimensions for the future.

LAUNCHING INTO TEACHER TRAINING

When I took my Turning Point in 1994 I just knew I wanted to teach on the courses. I have stayed with that dream and done many Service Teams – at times finding the various roles quite a challenge as we all do!!

At last my dream was realised and in January this year I was able to join the Teacher Training course.

Over the past few months, an image keeps coming to me of a large white water lily, outer petals opening and falling away, leaving the inside of the lily standing upright and tall. I could only liken it to my ego being stripped away, finding the core of my being which stands secure and firm. I am continually working at maintaining connection with my candle flame and finding the forum of Teacher Training a supportive place in which to do this. Thanks to the teaching and support of Graham and Mark, whilst painful at times it is also fun.

I feel as though I have launched myself from the top of a cliff and whilst at times I plummet, use all my strength to hover, I do then manage to rise again to fly a bit further.

I am feeling really excited about this new stage of my journey and in particular the challenge of doing my first teaching on the Turning Point this August. Of course, I also feel very nervous!!

My dream continues with the desire to create more courses in other parts of the country including Suffolk where I live and eventually in Europe. I know that, together, we can do this and look forward to working with you all to achieve this.

With love, Sue Allen

UNIVERSAL TRAINING FAMILY PICNIC

*In response to the numerous requests for social gatherings for the Universal Training family, we are organising a **Family Picnic** for all course participants, service team members, their families and friends.*

*Saturday 7th September
Trent Country Park, Enfield
12.00 onwards*

*The format for the day is informal.
Turn up when you want, stay as long as you want, do whatever you want.
Bring your own food, drink, barbecues, furniture, bats, balls,
frisbees, duck food, mosquito repellent, kitchen sink!*

*The park entrance is in Cockfosters Road (A111)
just north of Cockfosters Station (Piccadilly line).
From the M25, follow the A111 south from junction 24.
Park near the café, then walk along the roadway.
We will be in the field to the right of the road.*

*We hope to see you all there.
Please join us for what we hope will become an annual event
in the Universal Training calendar.*

*If wet, the venue will change to the Cock & Dragon public house, Chalk Lane, Cockfosters,
which is just a short walk from the park gate.*

AND FINALLY...

No Newsletter would be complete without the regular feature entitled "Mark's New Address." Here with the latest (and last?) instalment, we quote the man himself.

"I have found myself a really nice new home. This feels like a relief as I have felt in limbo for some time. A home is of course our foundations and for me is about issues of belonging, feeling "at home in the world" and I have been facing that question and those doubts in recent times. As soon as this shifted within me I met someone who was also looking to create a house share, and within a very short time we found a home which we move into on 1st August.

New address: 41 Montreal Road, Brighton, BN2 9UY

I also have a request. The house is empty and we are very much in need of furniture and general household things. So if anyone has anything they are getting rid of, please pass it this way. Contact me on 07812 126348.

Thank you."

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**For further details of the courses and activities in this newsletter,
see the insert or contact us at the above address.**

If you have any contributions for future newsletters, please forward them to us.