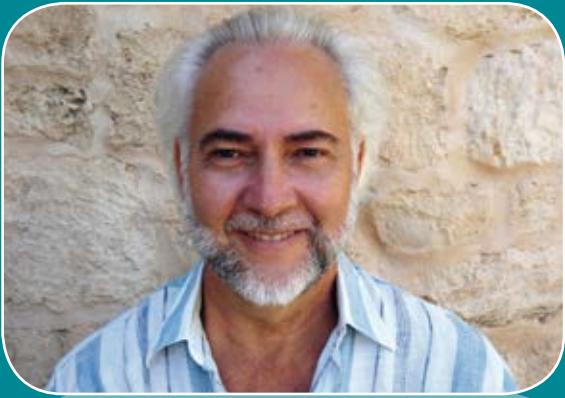




Expressive Spirit

International Seminar with Stèphano Sabetti

Mallorca, January 3 – 9, 2016



Stèphano Sabetti, spiritual teacher

Stèphano developed the **Path of No Way®**, *Essential Inquiry*, *Process Meditation* and the *Middle Course of Confluence*. He was inspired by the teachings of Ramana Maharshi, J. Krishnamurti and the 16th buddhist Karmapa (Rigpe Dorje). He has a Doctorate in Counseling Psychology, Boston University (USA), and trained in Acupuncture, Shiatsu, Yoga and Martial Arts. Stèphano is the founder of Life Energy Process® with forms in body psychotherapy, expressive arts, counseling, pedagogy and others.

On the Path of No Way we explore our unique spiritual paths as we discover our true meaning in life. We do this by rediscovering our essential nature, learning from physical nature and translating psychological issues into spiritual themes.

Through the use of expressive arts such as dance, voice, art, etc., in addition to traditional arts, e.g., Yoga, we'll open our inner research and deepen it through Essential Inquiry and Process Meditation.

All levels of spiritual experience are welcome.

Path
of
No Way

Essential Inquiry – the way of self-discovery

Essential Inquiry is based on an internal investigation that extends Ramana Maharshi's essential question: "Who am I?" into a practical examination of daily life issues. In effect, we remain longer in the self inquiry process, minimize resistances and come more quickly to the essential point of momentary learning while experiencing deeper Self-knowledge.

Process Meditation – through the body to the spirit

In *Process Meditation* we follow our own internal movement that is unique for every person instead of following a given meditation structure. We learn to follow an inner signal, e.g., a physical symptom or a spontaneous opening, which leads to spiritual essence and becomes over time deep surrender.

Participation Fee:

€ 480 before Sept. 15, 2015,
€ 520 after Sept. 15, 2015.

Food/Lodging:

€ 490,
single-room possible: + € 300

**Further information
and application:**

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