



i-exist
2025

i-Exist 2025

True
Nature
Direct
From
Source

March 21-27, Glastonbury UK

Welcome Meditation: Day 1



20 min.



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A.


1. Sit as **relaxed** as possible
2. Become aware of **any physical sensations**.
3. Let yourself **be aware of that which is aware**.
4. Become aware of any **thoughts**.
5. Let yourself **be aware of that which is aware**.
6. Become aware of any **feeling/emotion**.
7. Let yourself **be aware of that which is aware**.

B.

8. Connect with the **Heart Chakra and move inside**.
9. Move into the **Center Line** of the body
10. Let yourself relax down **through the Center Line and into the earth**.
11. Silently say the words **I Exist and listen** to the tone of your inner voice.
12. Connect with **the sense of peace** and **share the experience with your stone**



Morning Meditation: Day 2

 30 min.



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A.

1. Find a **relaxed** position.
2. Connect with the **ID**. (A point 30 cm above your head)
3. Connect with the **Earth Point**. (A point 30 cm under your feet)
4. Circulate from the **ID to the right in a wide circle** via the Earth Point.
5. Repeat a few times and **connect with the whole circle**.

B.

6. Move through the body **from the ID to the Earth Point**.
7. Connect with the **Central Column** inside your body.
8. Imagine the **Central Column** as an **empty tube**.
9. Allow yourself to **be the empty tube**.

C.

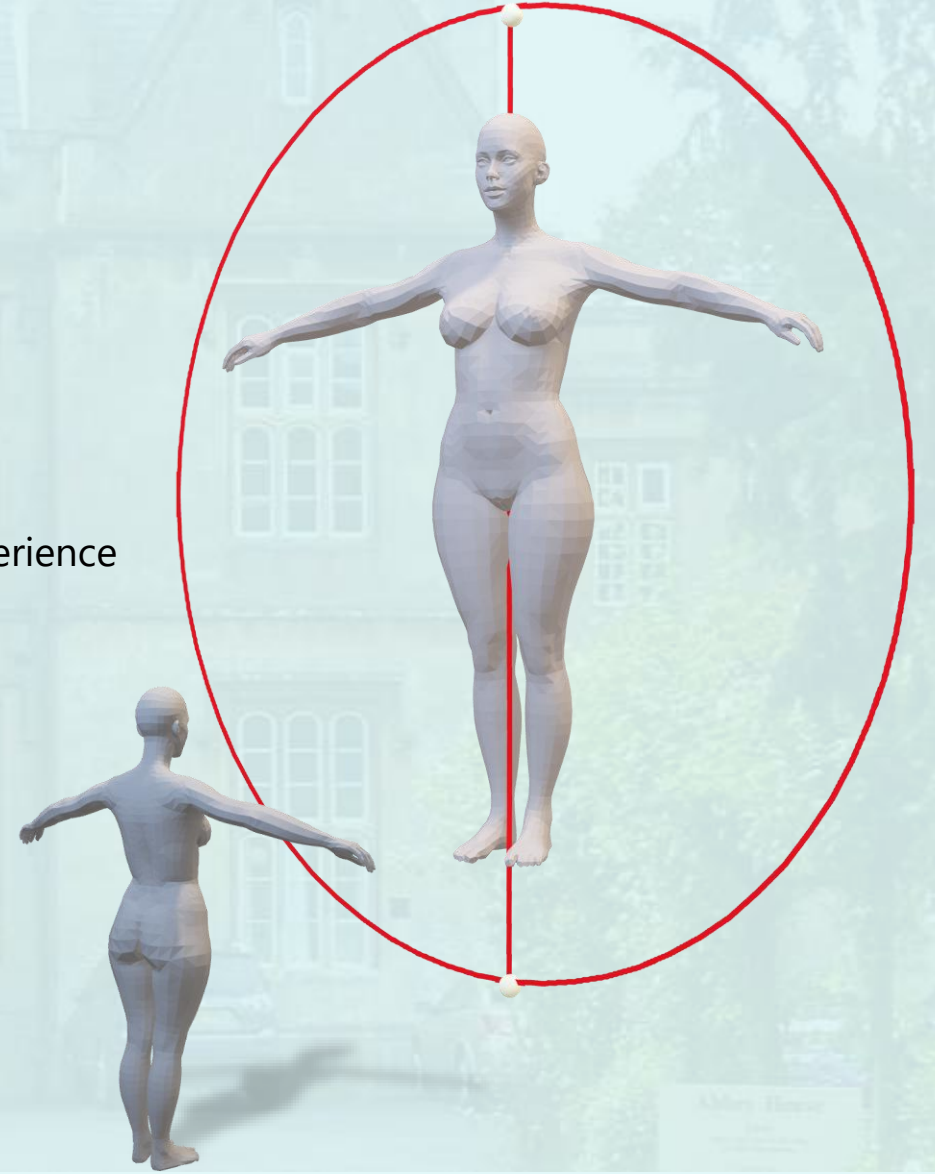
10. Connect with the sense of the **Living Miracle** inside yourself. (A memory or experience you had with this Quality)
11. Inhale **the vibration of the Living Miracle** down through the **Central Column**.
12. Exhale **whatever wants to release**.

D.

13. Connect with a **symbol of the Living Miracle outside yourself**.
14. Inhale **the vibration of the Living Miracle** down through the **Central Column**.
15. Exhale **the sense of the Living Miracle inside yourself**.

E.

16. Connect with the **physical body**.
17. Relax in the **vibration of the Living Miracle** in the body.
18. Share **the experience with your stone**.



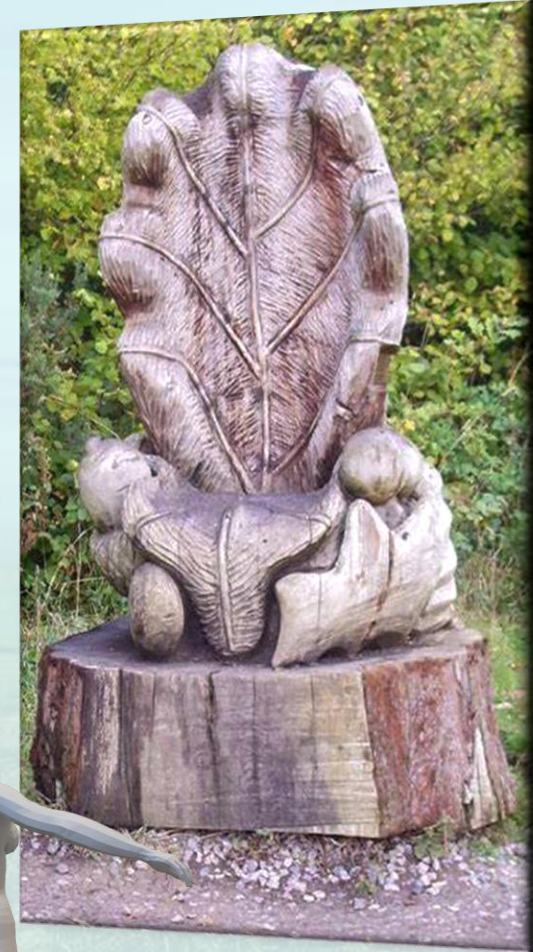
Exercise 1: The Living Landscape

20 min.



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1. Find a **relaxed** position.
2. Connect with the **sky**.
3. Let yourself fall through the **Central Column deep inside the earth**.
4. Connect with **light in the earth** and rise up through the **Central Column** to the **chest area**.
5. Expand into **the whole landscape** in front of you.
6. Let yourself be drawn into **an area of the landscape** (within the earth, vegetation, wildlife, sky, an element).
7. Connect with the **sense of the miraculous** within that aspect.
8. Allow that aspect **to have a life of its own**.
9. Let yourself **journey with your imagination** and throughout the landscape with the aspect.
10. Return to your breathing and **the living miracle of being here, now**.
11. Share the **experience with your stone**



Morning Meditation: Day 3



30 min.



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A.

1. Find a **relaxed** position.
2. Connect with the **ID**. (A point 30 cm above your head)
3. Connect with the **Earth Point**. (A point 30 cm under your feet)
4. Circulate from the **ID to the right in a wide circle** via the Earth Point.
5. Repeat a few times and **connect with the whole circle**.

B.

6. Move through the body **from the ID to the Earth Point**.
7. Connect with the **Central Column** inside your body.
8. Imagine the **Central Column** as an **empty tube**.
9. Allow yourself to **be the empty tube**.

C.

10. Connect with the **sense of the living Earth** inside yourself. (A memory or experience you had with this Quality)
11. Inhale **the vibration of Earth** down through the **Central Column**.
12. Exhale **whatever wants to release**.

D.

13. Connect with a **symbol of the Earth outside yourself**.
14. Inhale **the vibration of Earth** down through the **Central Column**.
15. Exhale **the sense Earth inside yourself**.

E.

16. Connect with the **physical body**.
17. Relax in the **vibration of Earth** in the body.
18. Share the **experience with your stone**



Exercise 2: Heaven and Earth

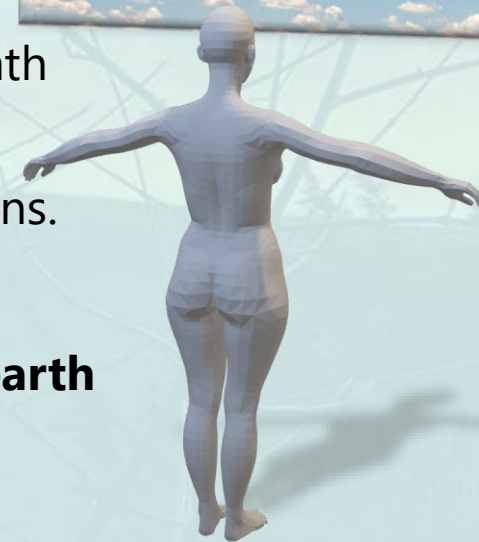


30 min.



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1. Lie or sit down **as relaxed as possible**.
2. Choose a **cloud**.
3. Open the different **senses** through the cloud.
 - a) What would you **see as the cloud**?
 - b) What would you **hear as the cloud**?
 - c) What would you **smell as the cloud**?
 - d) What would you **taste as the cloud**?
 - e) What would you **touch/feel as the cloud**?
4. Connect with your **physical body** and connect with **the earth** beneath you.
5. Let your **conscious awareness expand** across the field in all directions.
6. Connect with the **grass**.
7. Move to the **roots of the grass** and let yourself be pulled **into the earth** beneath the field.
8. Rest in **the here and now**.
9. Share the **experience with your stone**



Exercise 3: Sound Wheel at the Tor

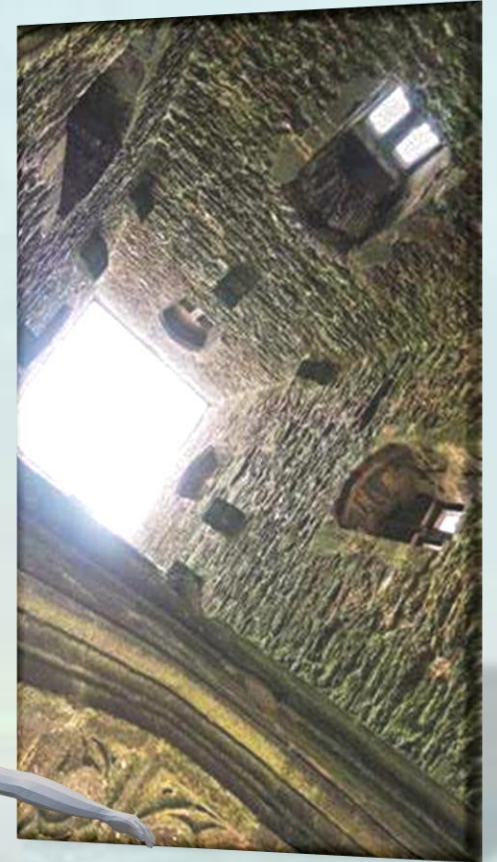


30 min.




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1. Find a **relaxed position**.
2. Connect with the **Central Column** inside yourself.
3. Connect with your **breathing**.
4. Move with your **inbreath your consciousness** down through the Central Column to the **pelvic area**.
5. Let yourself **exhale anything that wants to release** upward through the Central Column.
6. Let yourself **"be" in the Central Column**.
7. From the Central Column, make a feeling connection with **the sense of heaven**.
8. From the Central Column, make a feeling connection with **the sense of earth**.
9. Allow **heaven and earth to meet each other** in the Central Column.
10. Share the **experience with your stone**.
11. Chant **Aum** with the group.



Morning Meditation: Day 4

 30 min.



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A.

1. Find a **relaxed** position.
2. Connect with the **ID**. (A point 30 cm above your head)
3. Connect with the **Earth Point**. (A point 30 cm under your feet)
4. Circulate from the **ID to the right in a wide circle** via the Earth Point.
5. Repeat a few times and **connect with the whole circle**.

B.

6. Move through the body **from the ID to the Earth Point**.
7. Connect with the **Central Column** inside your body.
8. Imagine the **Central Column** as an **empty tube**.
9. Allow yourself to **be the empty tube**.

C.

10. Connect with the **sense of Universal Care** inside yourself. (A memory or experience you had with this Quality)
11. Inhale **the vibration of Care** down through the **Central Column**.
12. Exhale **whatever wants to release**.

D.


13. Connect with a **symbol of Care outside yourself**.
14. Inhale **the vibration of Care** down through the **Central Column**.
15. Exhale **the sense of Care inside yourself**.

E.

16. Connect with the **physical body**.
17. Relax in the **vibration of Care** in the body.
18. Share the **experience with your stone**



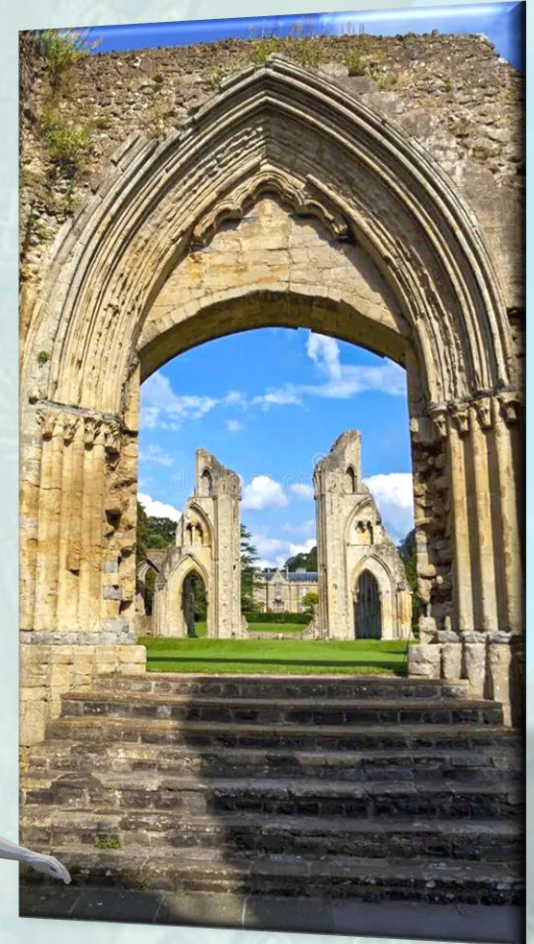
Exercise 4: The Stillness of Care

 30 min.




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1. Take some time to **connect with the Heart**.
2. Enter the **Abbey Ruins**.
3. Explore the Abbey and feel into **what attracts you from the Heart**, what lights you up, touches you.
4. Find a place where **you feel comfortable to sit**.
5. Connect with **the sense of care inside yourself**.
6. Connect with **the sense of care within that what touched you**.
7. Pendulate between the two until there is just the **Stillness of Care**.
8. Notice whatever **comes forward as a reaction** from body/heart/mind.
9. Allow this to be within **the Stillness of Care**.
10. Share the **experience with your stone**



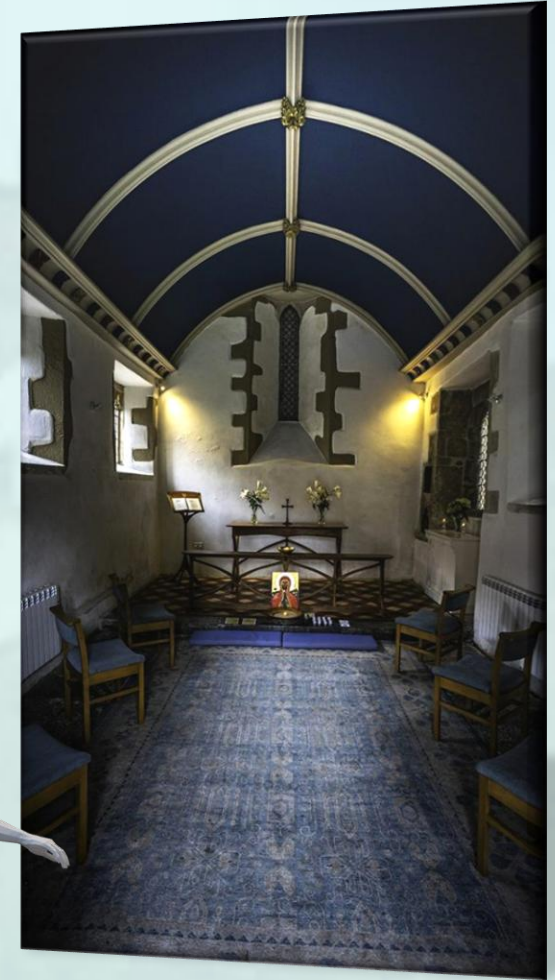
Exercise 5: Care for the Care

 30 min.



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1. Make yourself **as comfortable as possible**.
2. Connect with **a suffering in the world** which touches you.
3. Give it **time and space**.
4. Let yourself for a moment **experience yourself in that situation**.
5. Breathe into the **Central Column** in the here and now.
6. Turn again toward the situation and be curious about the **vibration of suffering**.
7. Allow **the sense of Care** which is there.
8. Notice the **Care within the allowance of Care**.
9. Attune to the **pure vibration of Care**.
10. Let the **Care come to life**.
11. Visit again **the situation that touches you**.
12. Relax the body and **release whatever want to release**.
13. Share the **experience with your stone**



Morning Meditation: Day 5



30 min.



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A.

1. Find a **relaxed** position.
2. Connect with the **ID**. (A point 30 cm above your head)
3. Connect with the **Earth Point**. (A point 30 cm under your feet)
4. Circulate from the **ID to the right in a wide circle** via the Earth Point.
5. Repeat a few times and **connect with the whole circle**.

B.

6. Move through the body **from the ID to the Earth Point**.
7. Connect with the **Central Column** inside your body.
8. Imagine the **Central Column** as an **empty tube**.
9. Allow yourself to **be the empty tube**.

C.

10. Connect with the **sense of Wholeness** inside yourself. (A memory or experience you had with this Quality)
11. Inhale **the vibration of Wholeness** down through the **Central Column**.
12. Exhale **whatever wants to release**.

D.

13. Connect with a **symbol of Wholeness outside yourself**.
14. Inhale **the vibration of Wholeness** down through the **Central Column**.
15. Exhale **the sense of Wholeness inside yourself**.

E.

16. Connect with the **physical body**.
17. Relax in the **vibration of Wholeness** in the body.
18. Share the **experience with your stone**



Exercise 6: Oceans of True Nature



30 min.



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A

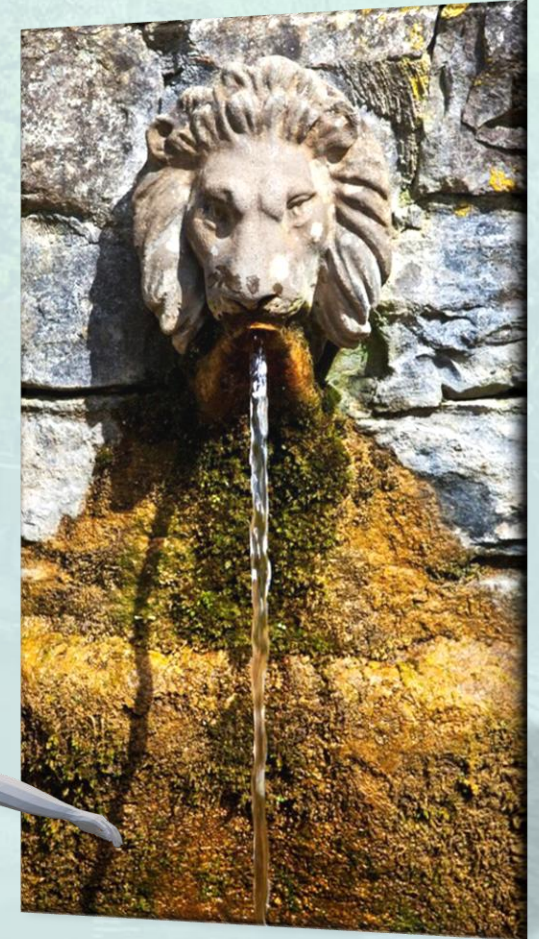
1. Take your **stone**.
2. Choose something **that is asking for Healing**.
3. Find **your place** in the garden.
4. Connect with what is asking for Healing and allow **the vibration to move through you into the stone**.

B

5. Open your **senses to the Callice Well waters**. (sound, sight, scent, taste, touch)
6. Connect with the **waters inside the body**.
7. Pendulate between the **waters inside and waters outside**.

C.

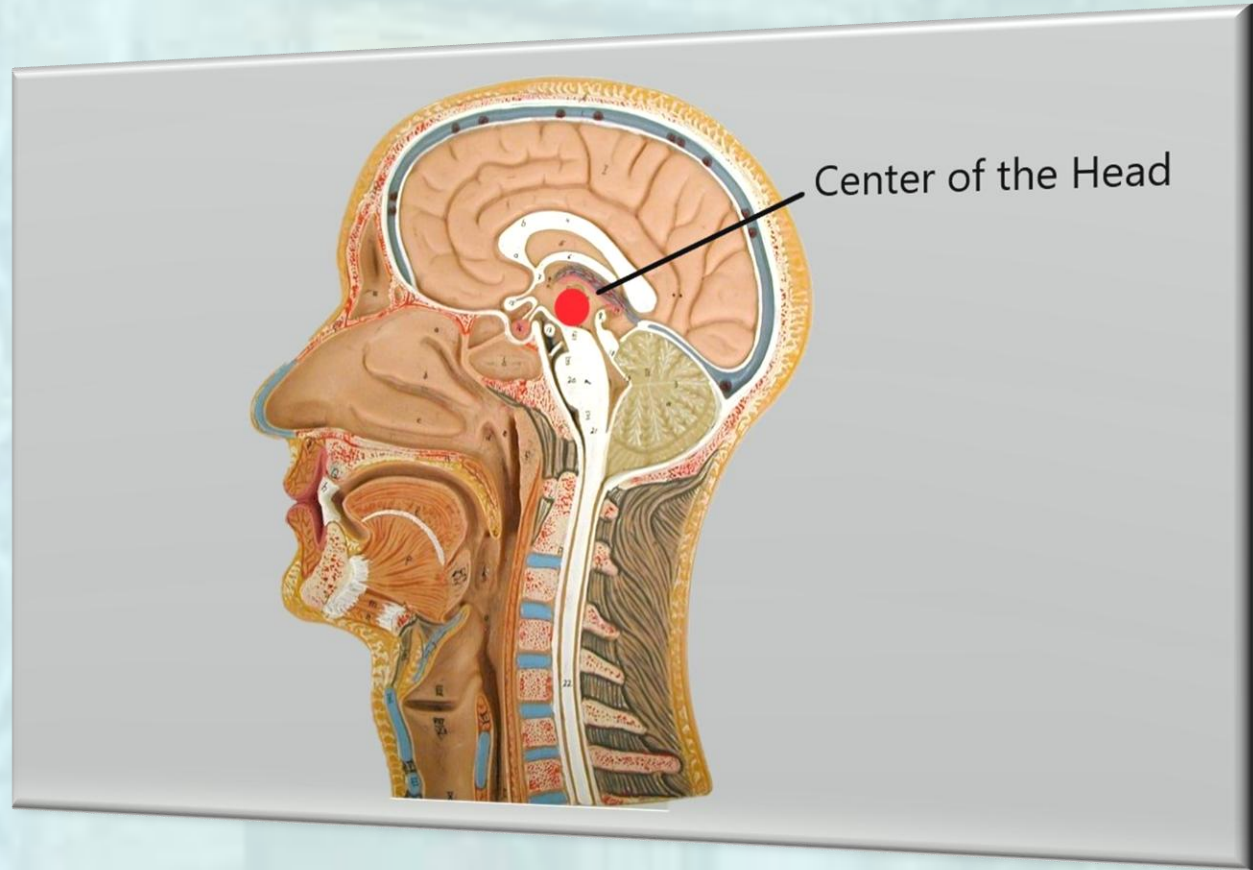
5. Connect with **the navel and let yourself be drawn inside**. Pause.
6. Visualize a **pure red drop**.
7. Move with the red drop **through the central column to the Heart Chakra**.
Pause.
8. Move **from the Heart Chakra to the stone**.
9. Take time to **listen to the stone**.
10. Move with whatever **sound/vibration you feel from the stone to the navel**.
11. You can **repeat C. a few times**.
12. Listen to the **sounds of the Chalice Well**.



Center of the Head.



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Exercise 7: The Origine of Life

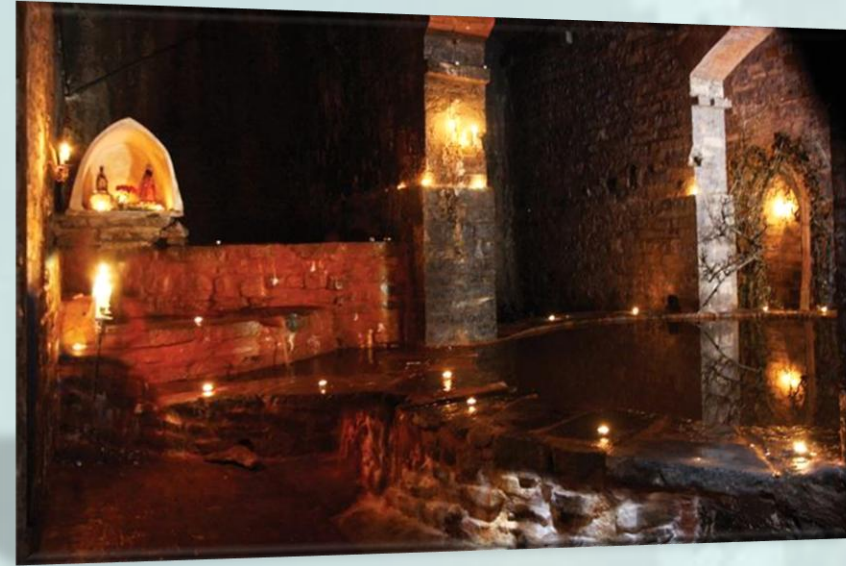


30 min.




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1. Find a **place to meditate**.
2. Connect with **the waters inside yourself**.
3. Connect with **the waters of the White Well**.
4. Let the waters **flow into each other**.
5. Find a position in **the Center of the Head**.
6. Connect with **a pure drop of white light**.
7. Connect with the **Central Column**.
8. Let the **white drop swell** until it naturally **falls into the Heart Chakra**. Pause.
9. Allow the **vibration of the Heart Chakra to resonate through all the waters of the body and of every cell**.
10. Let the **resonance continue through all the waters of the White Well** and beyond.
11. Relax in the experience and **listen to the sounds around you**.
12. Anoint your **stone in the water** of the White Well and **bring it with you**.



Morning Meditation: Day 6

 30 min.



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A.

1. Find a **relaxed** position.
2. Connect with the **ID**. (A point 30 cm above your head)
3. Connect with the **Earth Point**. (A point 30 cm under your feet)
4. Circulate from the **ID to the right in a wide circle** via the Earth Point.
5. Repeat a few times and **connect with the whole circle**.

B.

6. Move through the body **from the ID to the Earth Point**.
7. Connect with the **Central Column** inside your body.
8. Imagine the **Central Column** as an **empty tube**.
9. Allow yourself to **be the empty tube**.

C.

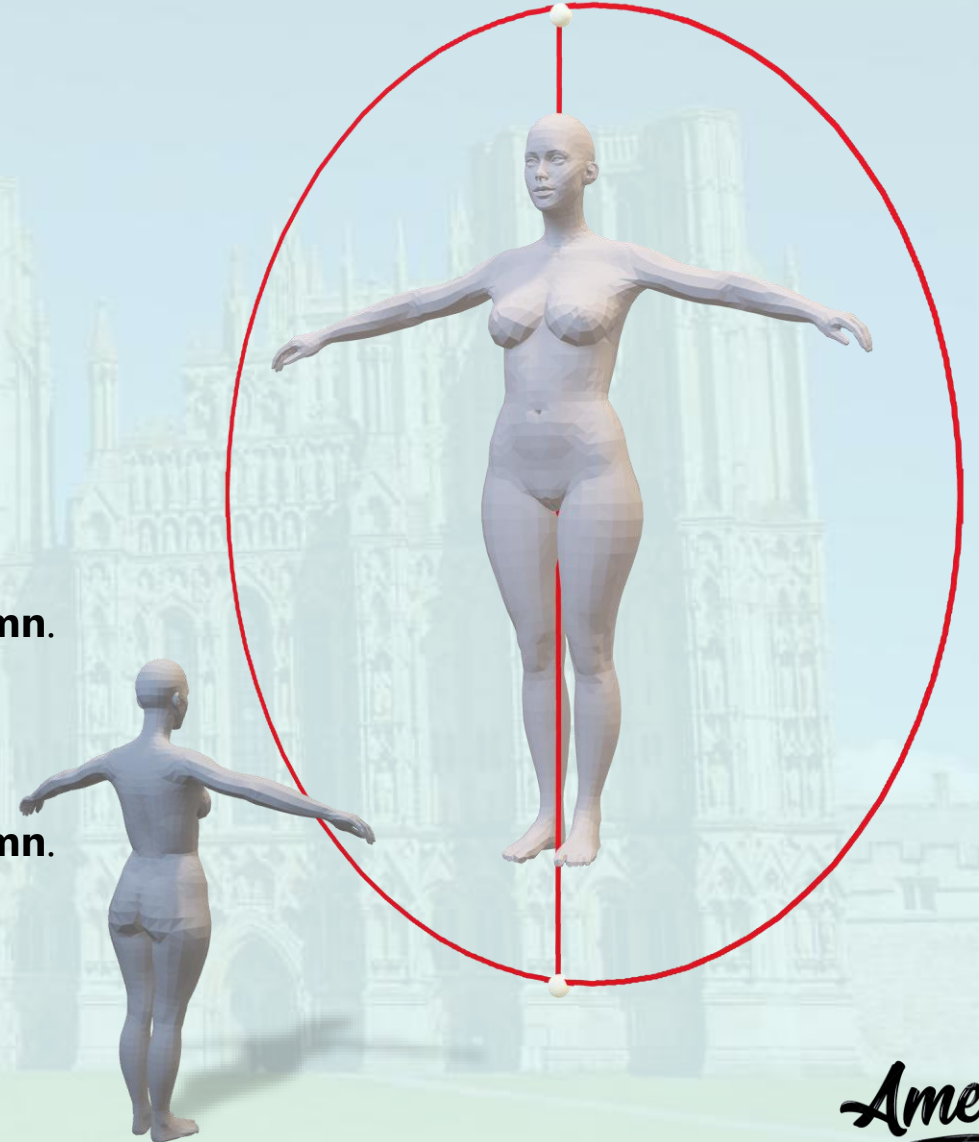
10. Connect with the **sense of Consciousness** inside yourself.
11. Inhale **the vibration of Consciousness** down through the **Central Column**.
12. Exhale **whatever wants to release**.

D.

13. Connect with a **symbol of Consciousness outside yourself**.
14. Inhale **the vibration of Consciousness** down through the **Central Column**.
15. Exhale **the sense of Consciousness inside yourself**.


E.

16. Connect with the **physical body**.
17. Relax in the **vibration of Consciousness** in the body.
18. Share the **experience with your stone**



Amen!

Morning Meditation: Day 7

 30 min.



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A.

1. Find a **relaxed** position.
2. Connect with the **ID**. (A point 30 cm above your head)
3. Connect with the **Earth Point**. (A point 30 cm under your feet)
4. Circulate from the **ID to the right in a wide circle** via the Earth Point.
5. Repeat a few times and **connect with the whole circle**.

B.

6. Move through the body **from the ID to the Earth Point**.
7. Connect with the **Central Column** inside your body.
8. Imagine the **Central Column** as an **empty tube**.
9. Allow yourself to **be the empty tube**.

C.

10. Connect with the **sense of Mystery** inside yourself. (A memory or experience you had with this Quality)
11. Inhale **the vibration of Mystery** down through the **Central Column**.
12. Exhale **whatever wants to release**.

D.


13. Connect with a **symbol of the Mystery outside yourself**.
14. Inhale **the vibration of Mystery** down through the **Central Column**.
15. Exhale **the sense of Mystery inside yourself**.

E.

16. Connect with the **physical body**.
17. Relax in the **vibration of Mystery** in the body.
18. Share the **experience with your stone**.



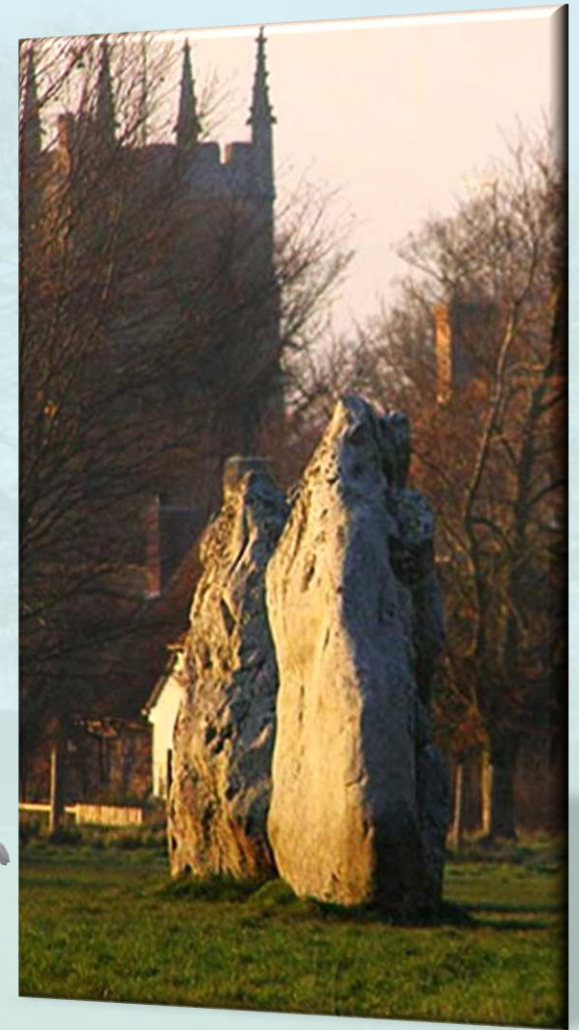
Exercise 8: The Circle of Infinite Space

 30 min.




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1. Find a **rock to sit against**.
2. Connect with the **Central Column inside yourself**.
3. Connect with the **sense of infinite space inside yourself**.
4. Connect with the **sense of infinite space within the rock**.
5. Pendulate between **the space inside the rock and inside yourself**.
6. Connect with **infinite space within both** you and the rock and relax.
7. Invite **the rock to ask you a question**.
8. Lean back in the **togetherness with the rock**.
9. Share the experience **with all the rocks of the stone circle**.
10. Share the **experience with your stone**.



Exercise 9: The Open Circle

 30 min.



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1. Place your **stone in a circle** around the flowers/candles.
2. Find a **relaxed position**.
3. Connect with the **Central Column inside yourself**.
4. Go to the **Heart Chakra**.
5. Make a **feeling connection with your stone**.
6. Greet all the stones by **moving to the right through the circle**.
7. Move back to your **Heart Chakra**.
8. Connect with **an experience** from this i-Exist **which is precious** to you.
9. Connect with the **Central Column between the stones**.
10. Share **the experience with the Central Column** between the stones.
11. Connect with the **vibration of this Central Column**. Pause.
12. Relax through the **Central Column into the earth**.
13. Arrive through **the earth at your body in the here and now**.
14. Don't forget to **take your Healing Stone**.





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Thank you!

With love Georgi & Bart

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