



IST Focus Course - Archetypes & Nous

Gliem Paaren (near Berlin, Germany), March 1-8, 2020

About the course

Nous is your faculty of vision that is beyond the OMC (Ordinary Mental Consciousness). Your nous cognizes spiritual and cosmological realities and allows nuances and esoteric mysteries to unfold. Although often poorly translated as 'mind' or 'intelligence', nous is a luminous force above, a form of understanding where you can link all the dots. In another word, clair-vision.

Archetypes are perfect blueprints which exist in celestial realms. As stated in an aphorism of Sri Aurobindo, "it is because there exists somewhere a perfect archetype of the lotus that lotus flowers grow on Earth". As you develop nous, so does your ability to cognize archetypes and their essential beauty.

One of the ways to facilitate noetic vision is to deeply digest this very particular topic on a subtle body level (not just the mind) . Nous is what can make living in the world a fascinating adventure.

In this course you will learn how become more "nous-aware" and learn how to consciously access your "noetic compass". In practices, nous is a key spiritual benchmark and an important connecting-skill. Nous underpins the ability to make a difference in IST.

There will be daily talks on various related topics on nous and archetypes. And as always there will be four IST-sessions i.e., 2 swaps each day, using this technique.

This course requires participants to have done at least an IST-101.

Course instructor

Felix Conradi is a senior instructor from the Clairvision school and will be teaching this course. A born German native, Felix has lived and studied in the USA under Samuel Sagan, the founder of the school for 10 years. There will be several other Clairvision instructors and IST practitioners assisting in this course.

Course organization

My name is Miriam Lampe from Bielefeld, Germany and I am the organizer for this course. You can contact me under:

Email: ist.focus.germany@gmail.com
Phone: +49 (0)30 68837963

Language

The course will be held in English.

Registration

To register for the course please complete the registration form and email it to me (Miriam). You will receive confirmation via email once your application has been accepted by the instructor for the course (Felix).

Please await in making travel arrangements until your registration has been accepted.

Tuition fee

Please send the tuition fee (or a deposit of € 300.00) by bank transfer. The account details will be sent to you after your registration is accepted. The deposit is non-refundable in case of a cancellation on your end.

Normal price: €640.00

Early Bird rate (until Jan 15, 2020): €540.00

- Email me (Miriam) once the payment/ deposit is made.
- Note: if making an international money transfer, any bank charges will need to be paid at the senders end.
- If making a deposit, the outstanding balance for the course fee will need to be paid by transaction by February 15th.

The waiver form

There is a waiver form that Miriam will be sending you together with the application form. Make sure you have read this form and then print a copy, sign it and bring it with you to the course. In case you have any questions regarding the Waiver form contact me.

Venue

Seminarhaus Foxberghof
Maria Vossbeck
Hauptstrasse 30
14621 Schönwalde/Glien (district: Paaren)
+49 174 9504678
info.foxberghof@gmail.com
www.foxberghof.de

Room reservation

Please inform Miriam about your room choice.

Room option	Lodging per night incl. food	Lodging 7 nights	Lodging + Tuition fee (540,00 €, Early bird)	Lodging + Tuition fee (640,00 €, Normal)
Single, incl. bathroom	€ 95,00	€ 665,00	€ 1.205,00	€ 1.305,00
Single, external bathroom	€ 85,00	€ 595,00 €	€ 1.135,00	€ 1.235,00
Double, incl. bathroom	€ 80,00	€ 560,00	€ 1.100,00	€ 1.200,00
Double, external bathroom	€ 75,00	€ 525,00	€ 1.065,00	€ 1.165,00
Shared room, incl. bathroom	€ 70,00	€ 490,00	€ 1.030,00	€ 1.130,00

Please bring bed-sheets and your own towel. You can borrow those from the seminar center: € 7,00 for the bed-sheets and € 5,00 for towels. In case you are bringing a sleeping bag, please bring a sheet for the pillow.

Meals served during the course are vegetarian.

Travels

Please inform Miriam about your exact arrival time.

The venue is situated in the town called "Schönwalde-Glien" and it's about an hour with the car (approx. 45-60 kilometers depending on the route) from Berlin Central.

To get directions via public transport or via car, an easy way would be to use Google maps.

Location of the venue on Google maps:

<https://www.google.com/maps/place/Foxberghof/@52.65501,12.97602,15z/data=!4m5!3m4!1s0x0:0xca51ae8598c87dd8!8m2!3d52.65501!4d12.97602>

Or enter the address into Google or Google maps:

Foxberghof, Hauptstrasse 30, 14621 Schönwalde-Glien

This small village has in fact a district and is also sometimes referred to as "Glien-Paaren" or "Paaren im Glien".

Via airplane:

The closest airports are Berlin-Tegel and Berlin-Schönefeld. Berlin-Tegel is the airport closer to the venue in case you have a choice to which airport to travel.

Via train (in Germany called: Bahn)

For a detailed timetable for the regional train use this address:
www.bahn.com

For a detailed timetable for the bus service use this address:
<https://www.bvg.de/en/Travel-information>

- From Berlin-central station:
 - Regionalbahn (regional train) RB 10, Towards a town called "Nauen"
 - Exit in "Nauen" station
 - take Bus number 659 to Glien-Paaren (estimated fare is € 4,30)
- From Berlin-central station:
 - Regionalbahn (regional train) RE 4 to Spandau train station
 - take Bus 671 to Glien-Paaren (estimated fare is € 3,40)
- From Berlin-Spandau train station:
 - take Bus number 671 to Glien-Paaren (estimated fare is €3,40)

Via taxi:

Let us know in case you would like to share a taxi from the airport or from the station

- From Airport Berlin-Tegel (50 minutes):
 - Taxi for € 90,00
 - [Uber](#) for € 50,00 - € 66,00
- From Airport-Schönefeld (75 minutes):
 - Taxi for € 135,00
 - [Uber](#) for € 75,00 - € 100,00
- From train station Spandau (30 minutes):
 - Taxi for € 60,00
 - [Uber](#) for € 30,00 - € 40,00

Via car:

The village "Paaren im Glien" can be best reached via A10 and the exit called „Falkensee“.

Contact number for Miriam

On the day of arrival you can reach Miriam's cell phone: +49.3068837963

Start-time and end-time of the course

Please arrive no later than 14:00 on Sunday, March 1st. The course begins on time at 15:00.

The course ends at 22:00 on Saturday, March 7. Departure then is the first thing in the morning of March 8 after breakfast.

What to bring?

- A meditation cushion or comfortable cushions to sit on
- Something comfortable to lie on
- A light colored blanket to cover yourself with during the sessions
- A water bottle (made of plastic, no glass)
- A notebook and pen for taking notes
- Clothing: Bring light colored (no black), loose fitting, comfortable clothing to wear during the course. Also include a set of white clothes.

What to bring (Important!)

Use only scent-free body products such as soaps, deodorants, shampoos, body-lotions, face-creams, etc.. Please don't use any perfumes or after-shave, etc. at all.

Sometimes participants develop a strong sensitivity to scents when undergoing third eye meditation practices in which case strong smells can have an interrupting effect on the practices.

More information about IST-courses

About the IST Technique

The primary goal of an IST course is to learn and use the Inner Space Techniques (IST).

IST is a tool to gain self-knowledge and deepen your spiritual development. This technique was especially developed to work on blockages (samskaras) and deconstruct personal limitations.

For more information about the IST technique please visit the Clairvision website:
<http://www.clairvision.org/about-us/ISIS-and-the-clairvision-inner-space-techniques.html>

Energy of the course

Please be aware that IST courses are called intensives for good reasons, they are intense! The course format creates a specific energetic atmosphere to provide spiritual practices of a high caliber.

It is necessary that participants are attending the entire course schedule.

The daily course routine in an IST-Focus course usually is:

08:30 - 12:00	Course
12:00 - 13:30	Lunch break
13:30 - 18:00	Course
18:00 - 19:30	Dinner break
19:30 - 21:00/21:30	Course

The daily course routine includes a 'night practice' from about 14:30-15:30, a practice for resting and recuperation in a lying down position.

The fact that participants remain on the premises for the duration of the course helps to build the energetic space.

An IST course is a time to work on yourself and take time out from your work, family or other responsibilities. To facilitate a greater letting go it is recommended that you arrange this week so you don't have to work on the breaks or at night, keeping computer and phone use to a minimum.

IST is not a therapy

The IST course does not substitute any medical or psycho-therapeutic treatment. If you need medical or psychological support, it is recommended to not participate in this course until the manifested problems have been clarified and improved.

Alcohol

Please do not drink any alcohol at least 72 hours before the course begins. Please understand that there cannot be any consumption of alcohol during the course.

Information for smokers

Please change your clothes after smoking (in the breaks) and be prepared to wash (and possibly shower) after smoking. Participants often experience an increase in sensitivity of the senses because of meditation based techniques.

Preparation for the course

If you would like to study beforehand, feel free to look into the material of the Clairvision school. There is a variety of books and other material available, which can be read or ordered online at www.clairvision.org

The following books are recommended as preparation for the course:

- *Samuel Sagan, Regression*
- *Samuel Sagan, Awakening-The-Third-Eye*
- *Samuel Sagan, Entity Possession (Also includes concepts about the IST technique)*