

# International Retreat in Assisi (Italy)

*with Swami Atmananda Udasin  
2nd – 6th December 2017*

## The Nature of Spiritual Awakening and Non-Duality

*in French, English and Italian*



Saint Francis' message of universal love, peace, tolerance and unity made him perhaps the most fascinating spiritual figure of the West from the last millennium. Mahatma Gandhi exalted him as one of the greatest sages to have lived. His radiant presence is still felt today as the intense spiritual atmosphere of the small medieval town of Assisi where he lived.

Swami Atmananda invites us to join him in this auspicious setting to explore the nature of spiritual awakening through the fundamental concepts of Non-Duality. We will uncover and contemplate the universal Truth that lies at the centre of both Advaita Vedanta and Christian mysticism.

The presence of the Poverello (lit. "Little Poor", the nickname of St. Francis) is an invitation to discover the infinite space of the Heart as our innermost Self. As our spiritual inquiry deepens, our attention is freed from the habitual tendencies of the mind and can return to the source of our awareness itself. In this profound recognition of what is always present, we can discover our true nature as pure Consciousness.

The three-day Retreat will consist of conscious morning walks, group meditation sessions, discourses and dialogues. There will be a French, English and Italian translation available for all participants. Our focus will be on remaining with our own inner silence in order to take full advantage of the spiritual energy of Assisi, which has a rich history as a place of initiation and inner awakening.

For more details, please see [the Practical Information page](#).

To register for the International Retreat, please see [the Registration page](#).