



PART ONE

your baggage
from the beginning



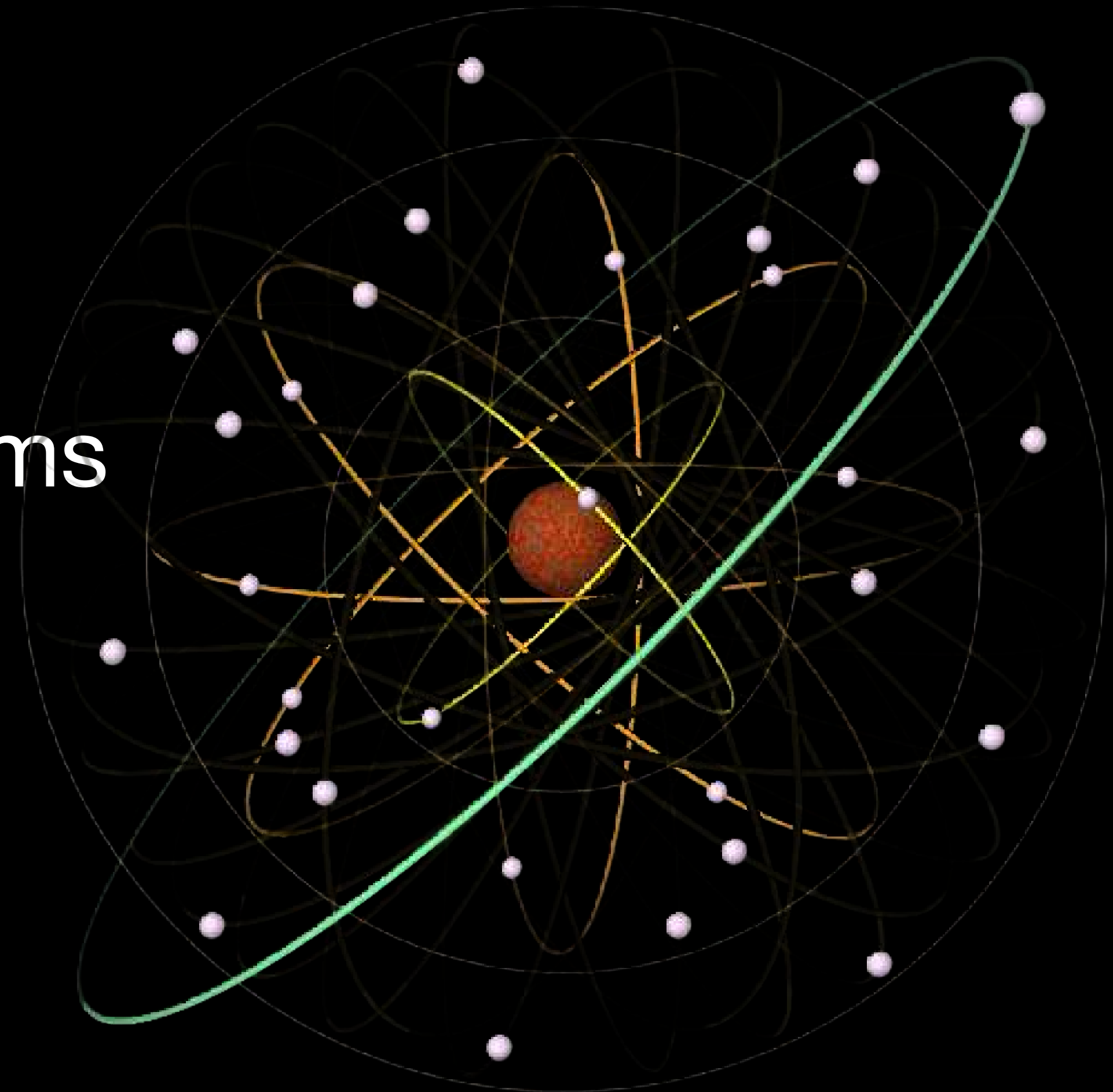
atoms

we are all made of stars

14.5 billion year baggage

Our Atomic History

- Fabric of time and space
- Interconnectedness of life
- Last forever - 1bn Buddha atoms
- We are energetic beings
- Quantum possibilities
- Electron entanglement





**“Once of our greatest achievements is
realising the insignificance of this planet
but at the same time realising as far as we
know, we are the only part of the universe
aware of itself”**

-Brian Cox

“A clump of atoms become
aware.”

-Unknown

Learnings



Everything is connected
Your atoms are eternal
You are the universe

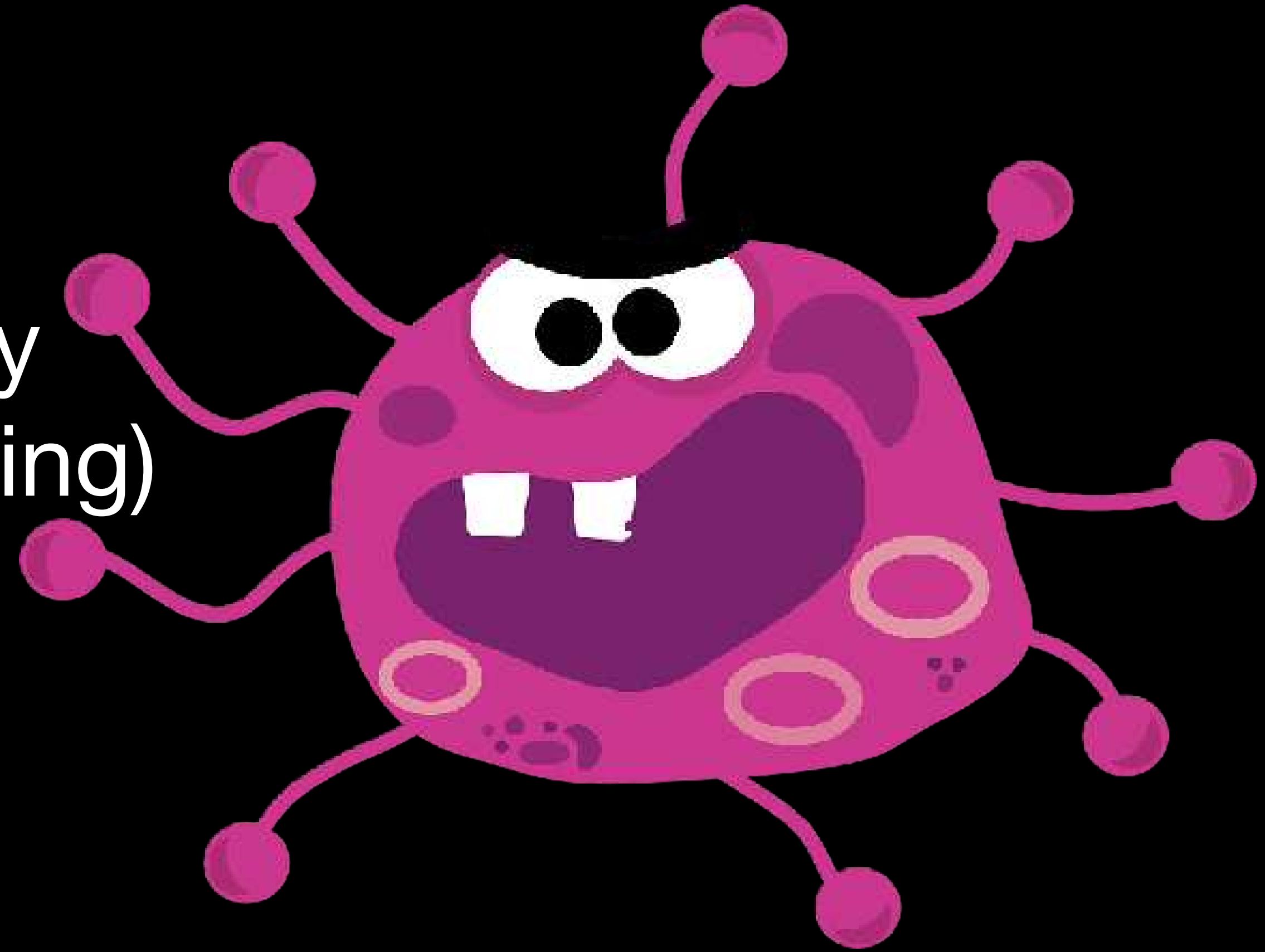
prokaryote

Bacteria - Your Parents

3.5 billion year baggage

Our Bacteria History

- 1:1 human to bacteria cells
- Live & thrive in communities
- Communicate through energy and chemicals (quorum sensing)
- Past events modulates behaviour
- Have a bad reputation



**Bacteria
Prokaryote**



**Cross Kingdom
Communication**

**Human host
Eukaryote**

Who is serving who?

Learnings



You are half human half bacteria
Learn to love both

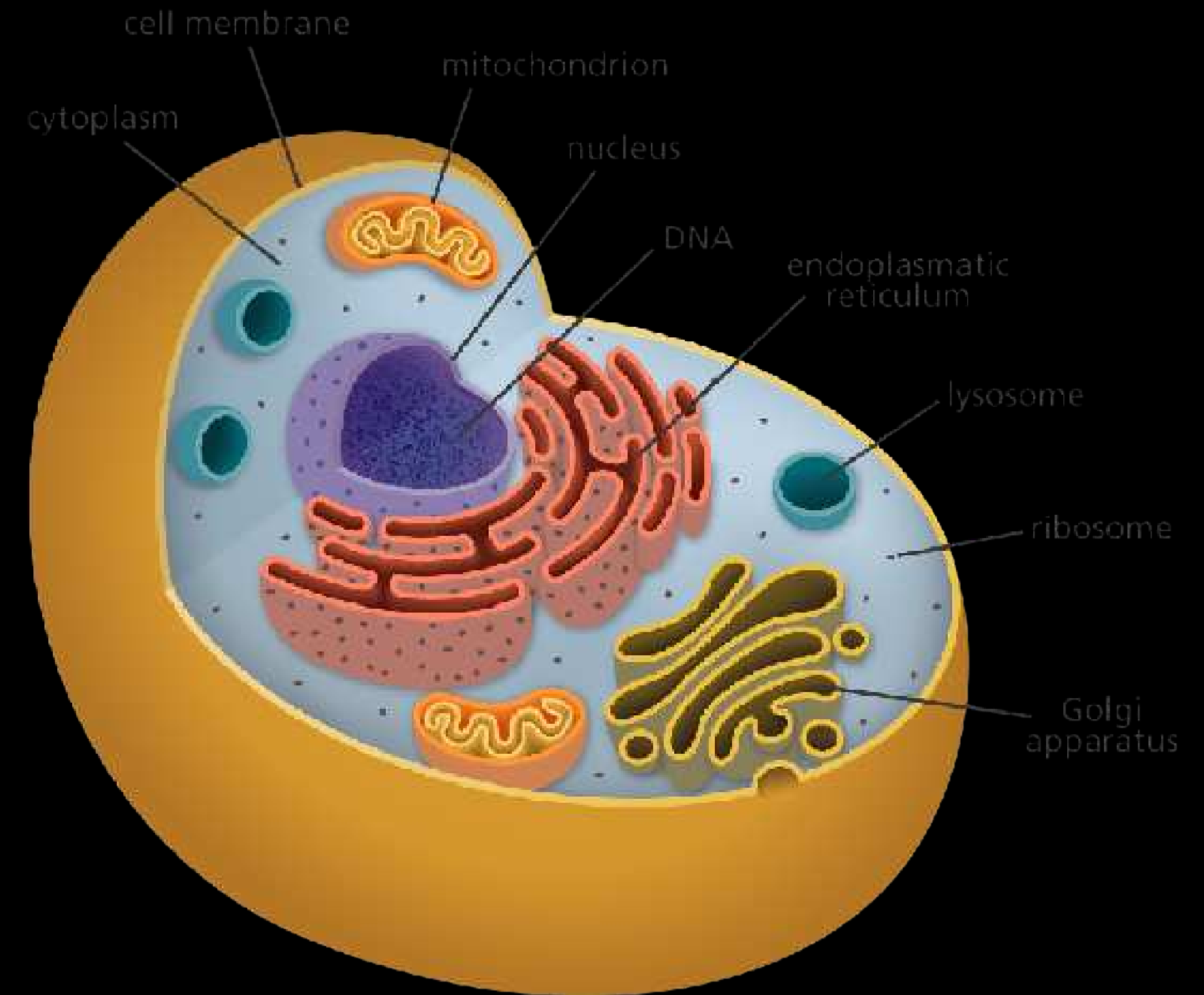
eukaryote

cells - the unit of life

1.5 billion year baggage

Our Cellular History

- Many functions & states
- Surface area 10x bacteria
- Membrane includes receptors and effectors
- Receive environment and effect a response
- They work together and join together





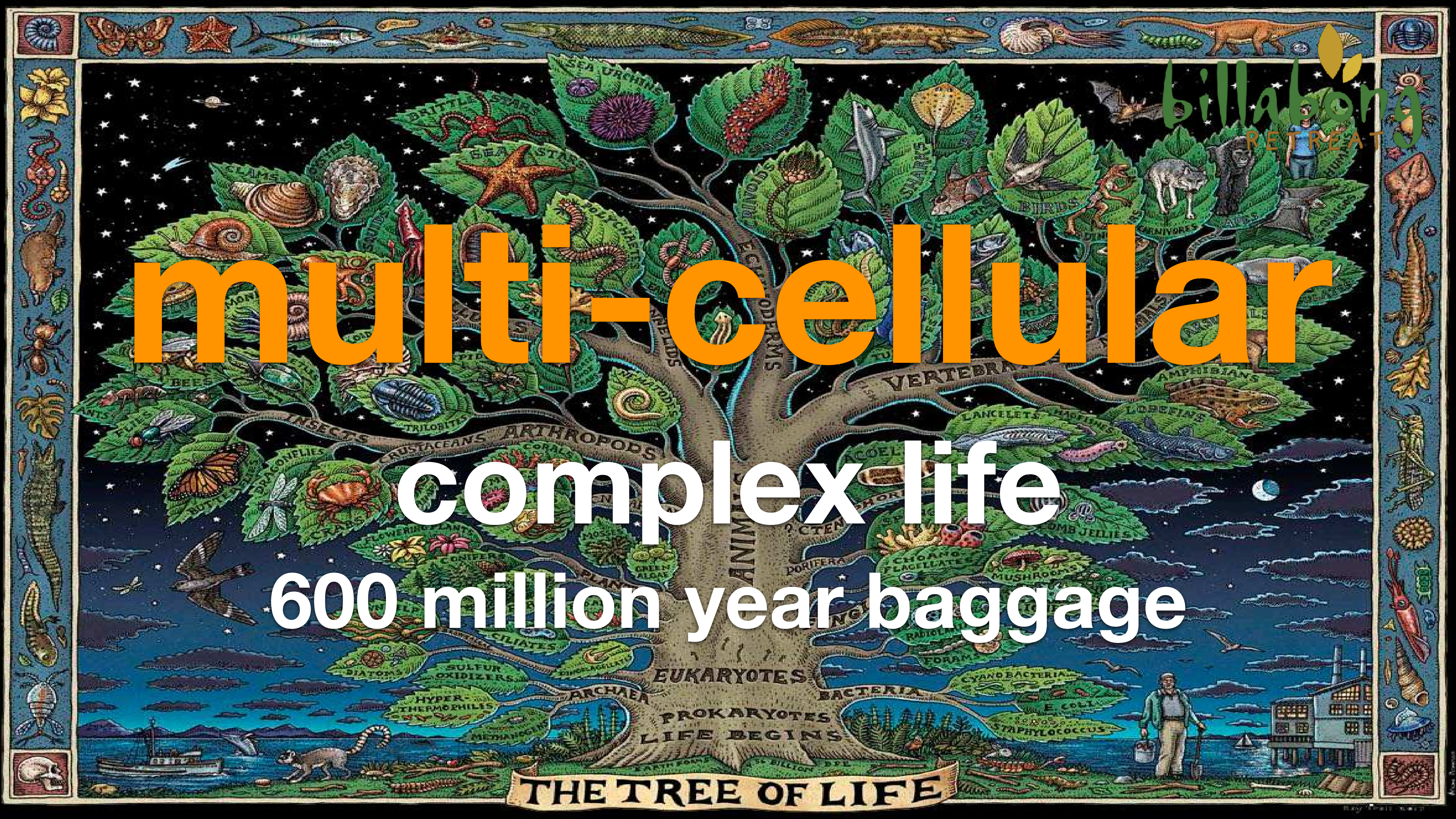
Connection & co-operation is good for
increasing awareness

Cells react to their environment

multi-cellular

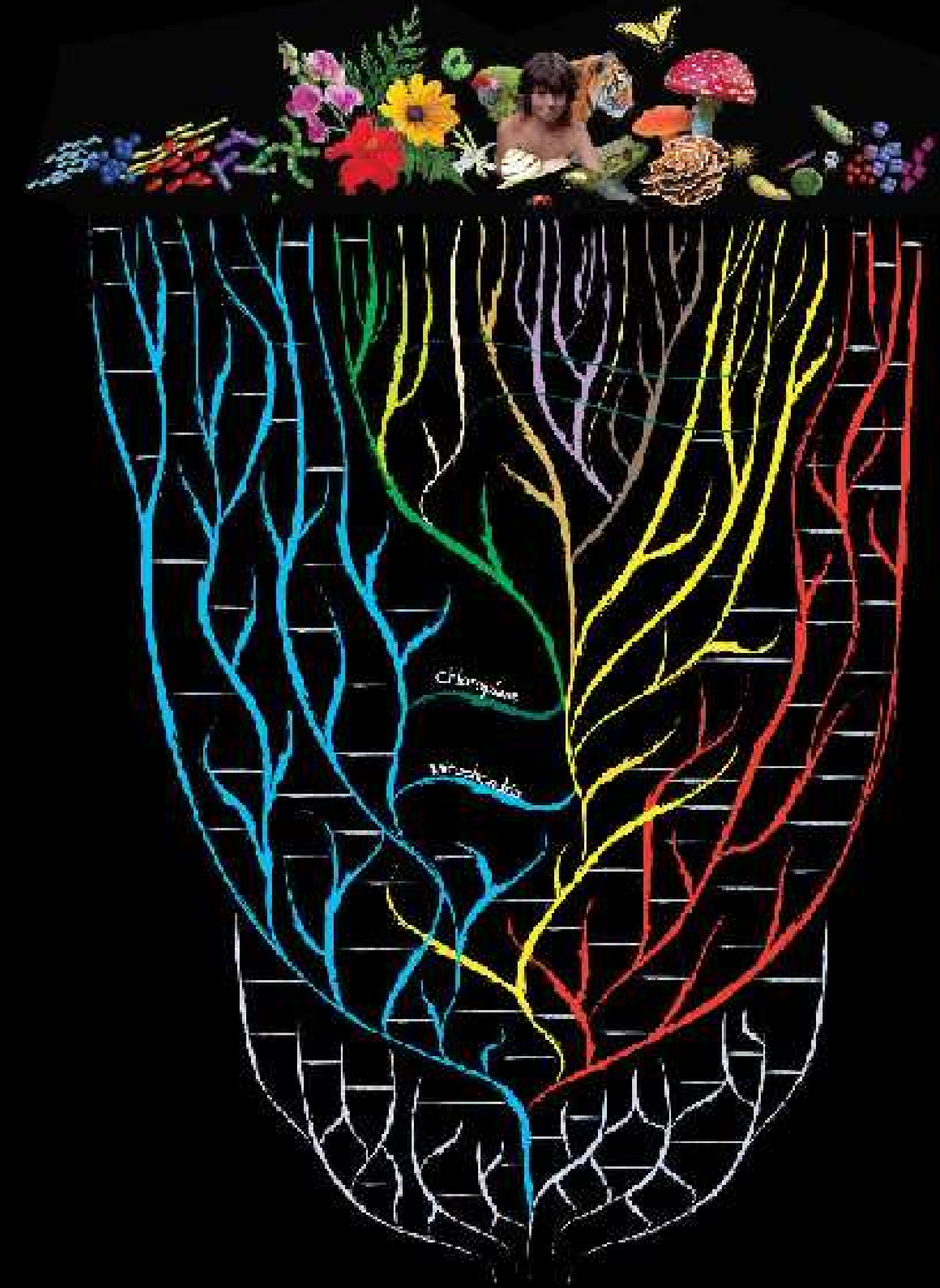
complex life

600 million year baggage



Our Multi Cellular History

- All plants and animals
- Surface area and awareness growing
- Intelligence evolving
- Better able to read environmental signals

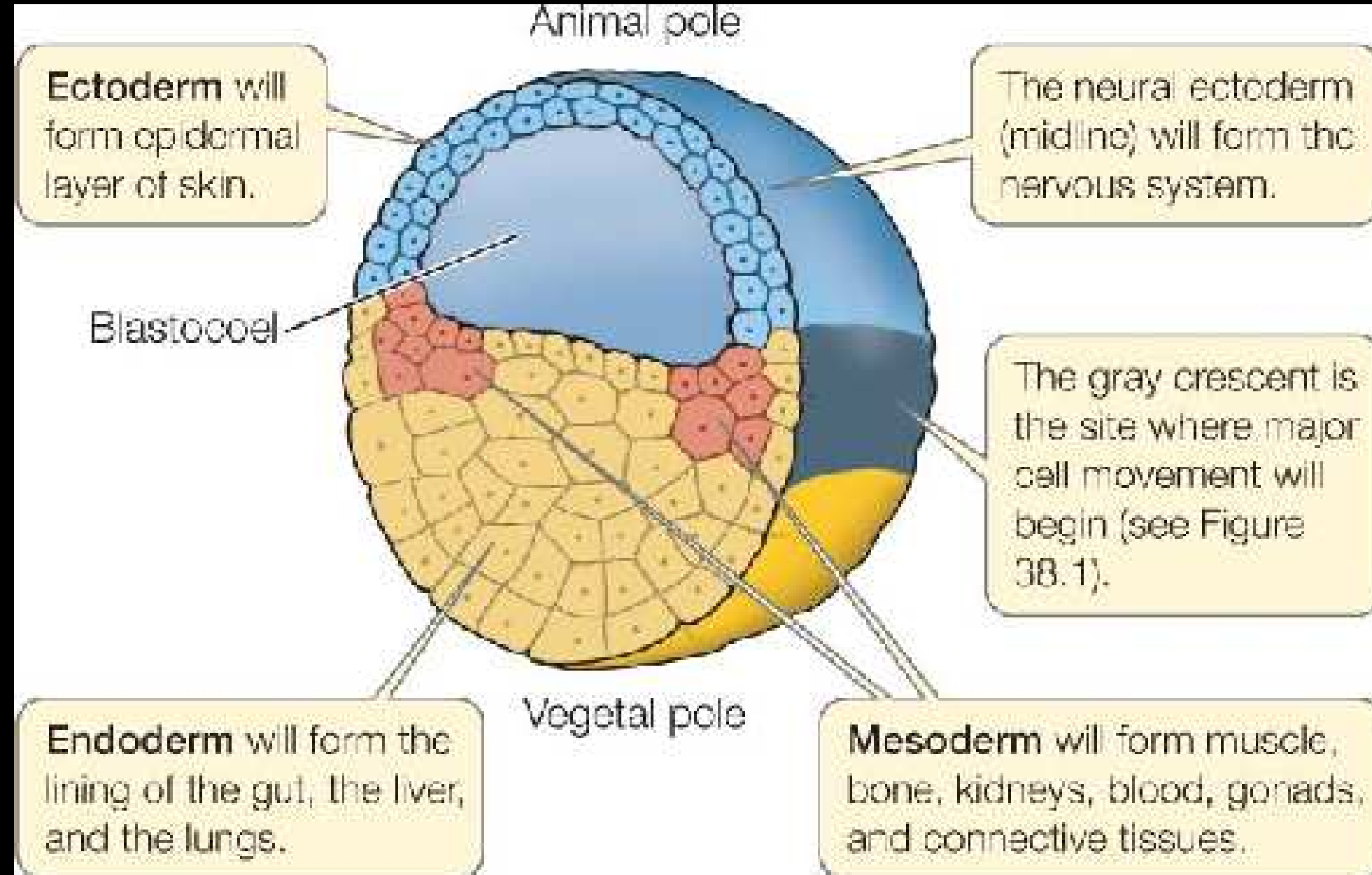


Our Multi Cellular History

- Central Nervous System like membrane: co-ordinating cellular response
- Receiving environment and effecting response
- DNA is not the intelligence
- Personality played to the cells



Multi Cellular



Ectoderm to nervous system





Like a cell you receive the environment
and effect a response

Direct what you broadcast to your cells
because they respond to it

A close-up photograph of a lizard with yellow and brown mottled skin perched on a weathered log. The lizard's mouth is slightly open, and it is looking towards the left. The background is a blurred natural setting with green foliage and a blue sky.

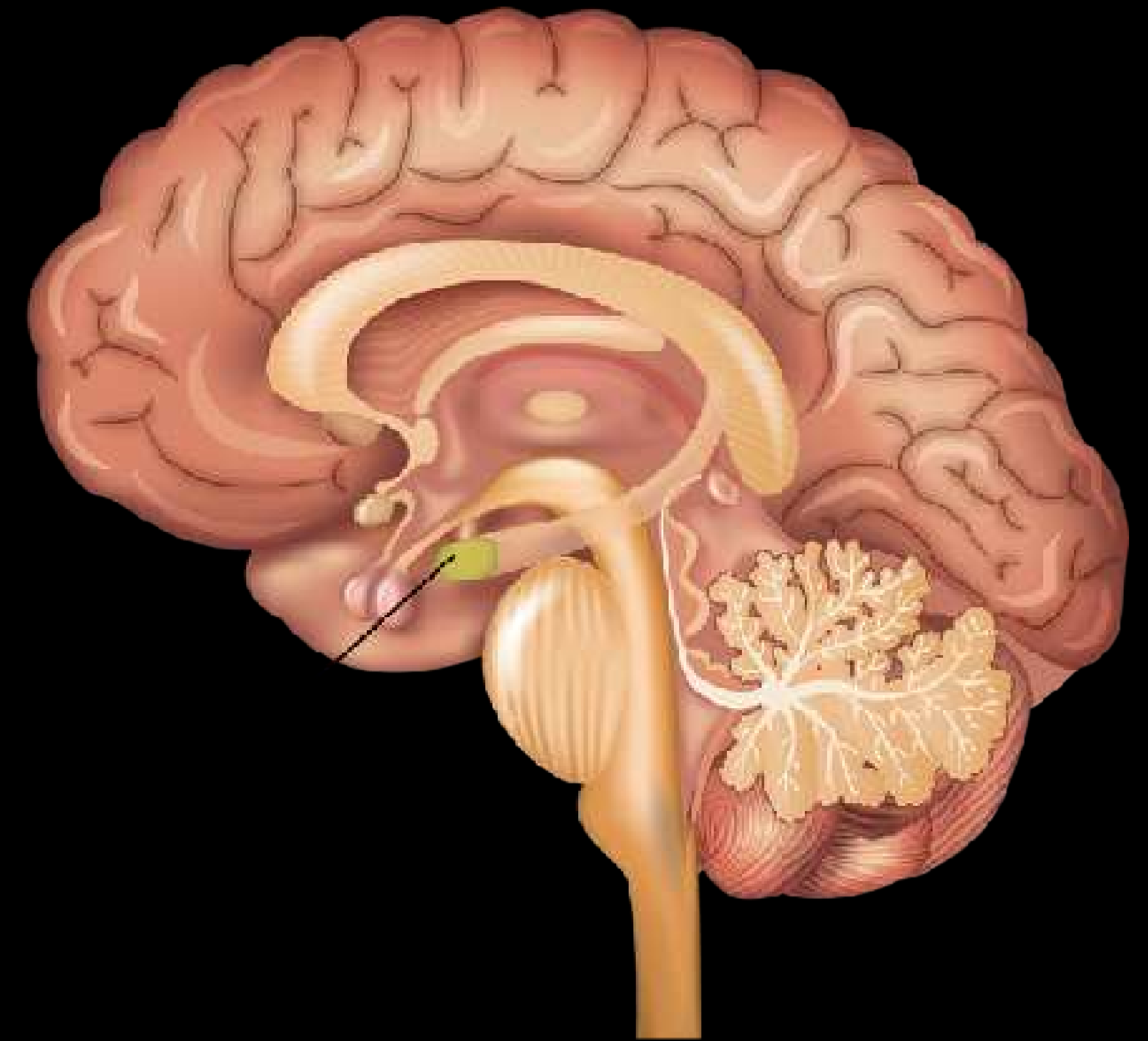
vertebrates

fighting and fearful

350 million years of baggage

Our Vertebrate History

- Amygdala develops
- Core of survival mechanism
- Linked to fear
- Triggers the fight flight stress response
- Not very clever





Your amygdala is powerful
It is not very clever
It has a tendency to stress
Learn to over-ride it

A detailed illustration of a prehistoric landscape. In the foreground, a large brown squirrel-like mammal is running across a rocky stream bed. To its left, a smaller brown and white mammal is walking. In the middle ground, a large grey rhinoceros-like mammal is standing near a body of water. To the right, a brown mammal is drinking from the stream. In the background, a herd of similar grey mammals is grazing in a grassy field. The landscape is filled with lush green trees, a waterfall cascading down a rocky cliff in the distance, and a clear blue sky.

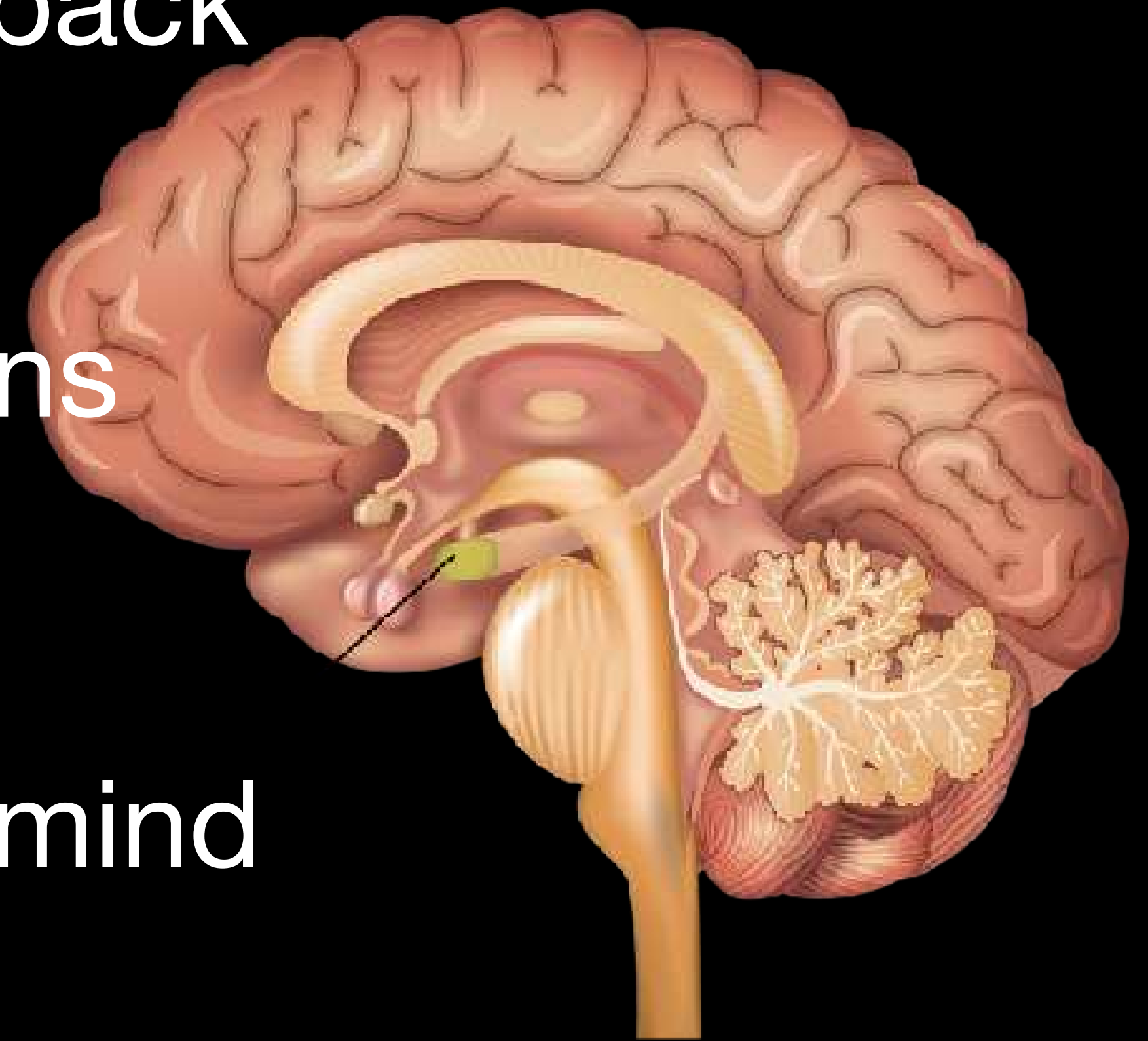
mammals

forming habits

60 million years of baggage

Our Mammalian History

- Limbic region develops as playback record device
- Use of emotions to cause actions
- 60 million years of 'feelings'
- Part of powerful subconscious mind
- A negativity pessimistic bias





Notice your emotions
Don't let them rule you
Be aware of habitual patterns
Stay alert for negativity bias

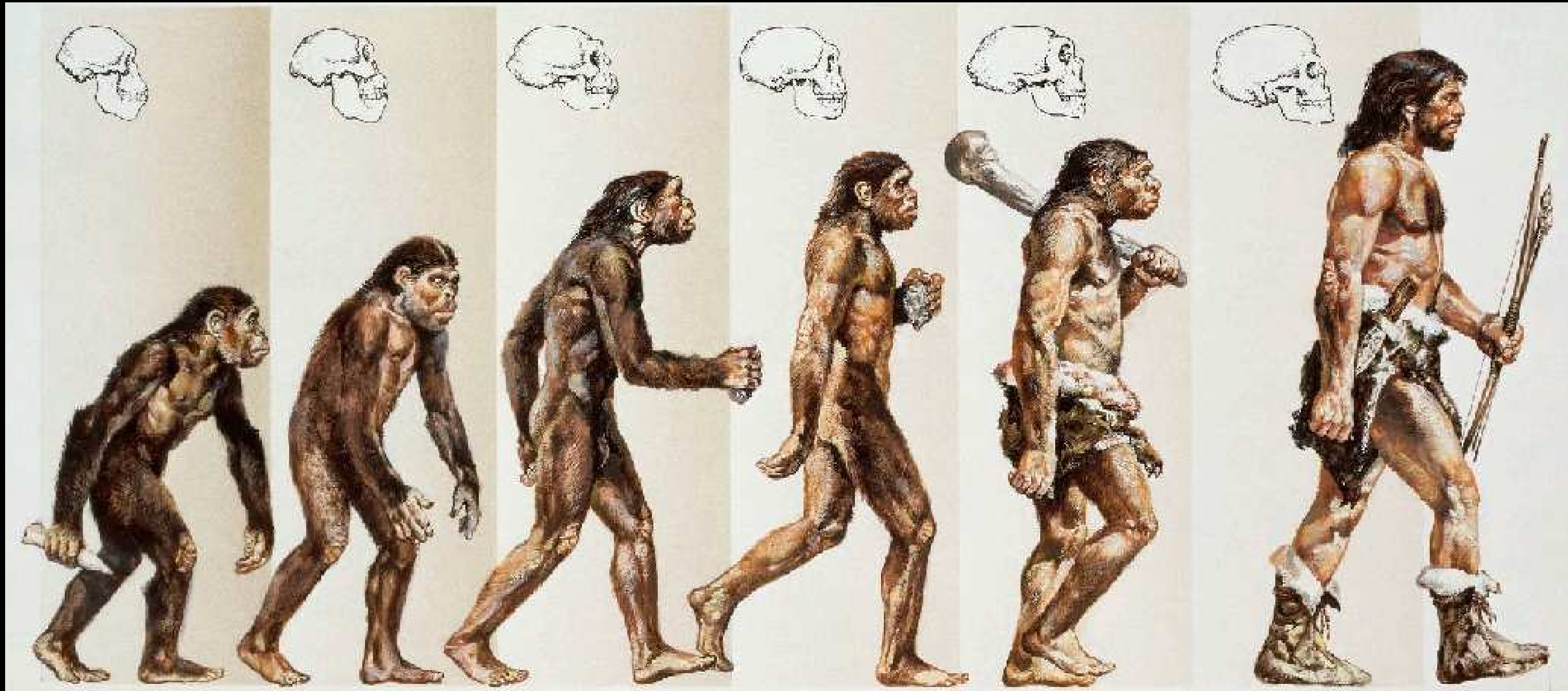


primates

getting clever

7 million years of baggage

Our Primate History



massive growth in cortex and prefrontal cortex

Our Primate History



use comfort food



intelligent



affection



gestures



recognise faces



laughing

tool use

social networks

Learnings



You have a large prefrontal cerebral
cortex
USE IT!

A person stands in the silhouette of a cave, looking out at a sunset over a grassy field. The scene is bathed in warm, golden light from the setting sun, creating a dramatic and contemplative atmosphere. The cave's interior is dark, contrasting with the bright light outside.

homo sapien

out of the caves

10,000 years of learning

Our Ancient Baggage



How you feeling?

I'm so angry I'm having to work on my own

These pancakes with honey will make me happy

Not good, forgot to do my meditation

agricultural revolution | complex language | specialisation | art

Summary Part One



Understand your evolutionary history

Nurture your cells & bacteria

Live in forebrain not hindbrain

Celebrate magic interconnectedness of life



PART TWO



ancient times

learning from masters

5,000 years of wisdom

Ancient Greeks

billabong
RETREAT

Mens sana in corpore sano
sound mind in healthy body

Hippocrates 460 - 370bc

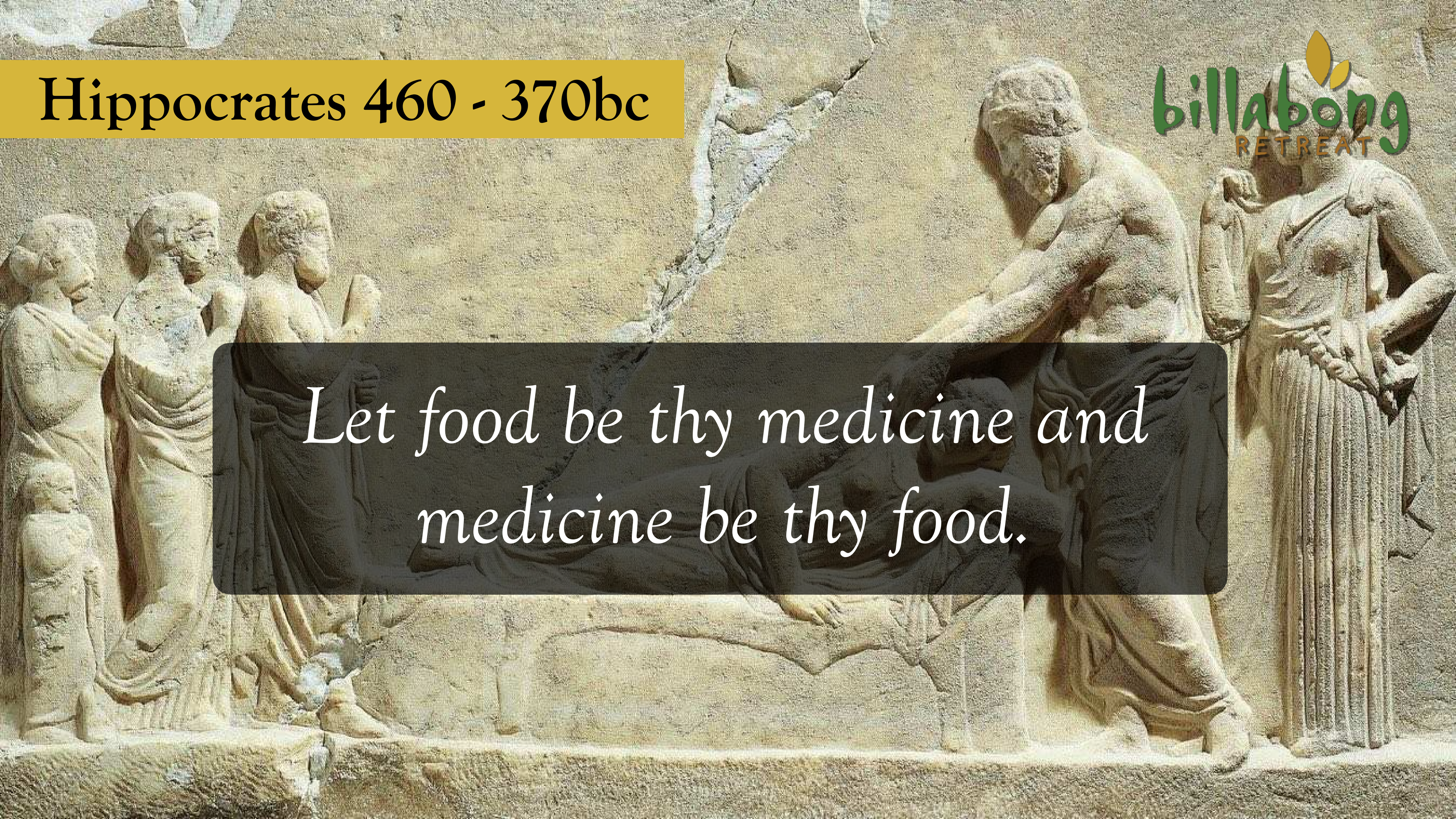
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RETREAT

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

Hippocrates 460 - 370bc

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RETREAT

*Let food be thy medicine and
medicine be thy food.*



Muhammad 571-632bc

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RETREAT

*Seek knowledge from
cradle to the grave.*



Siddhārtha Gautama 563-483 bc

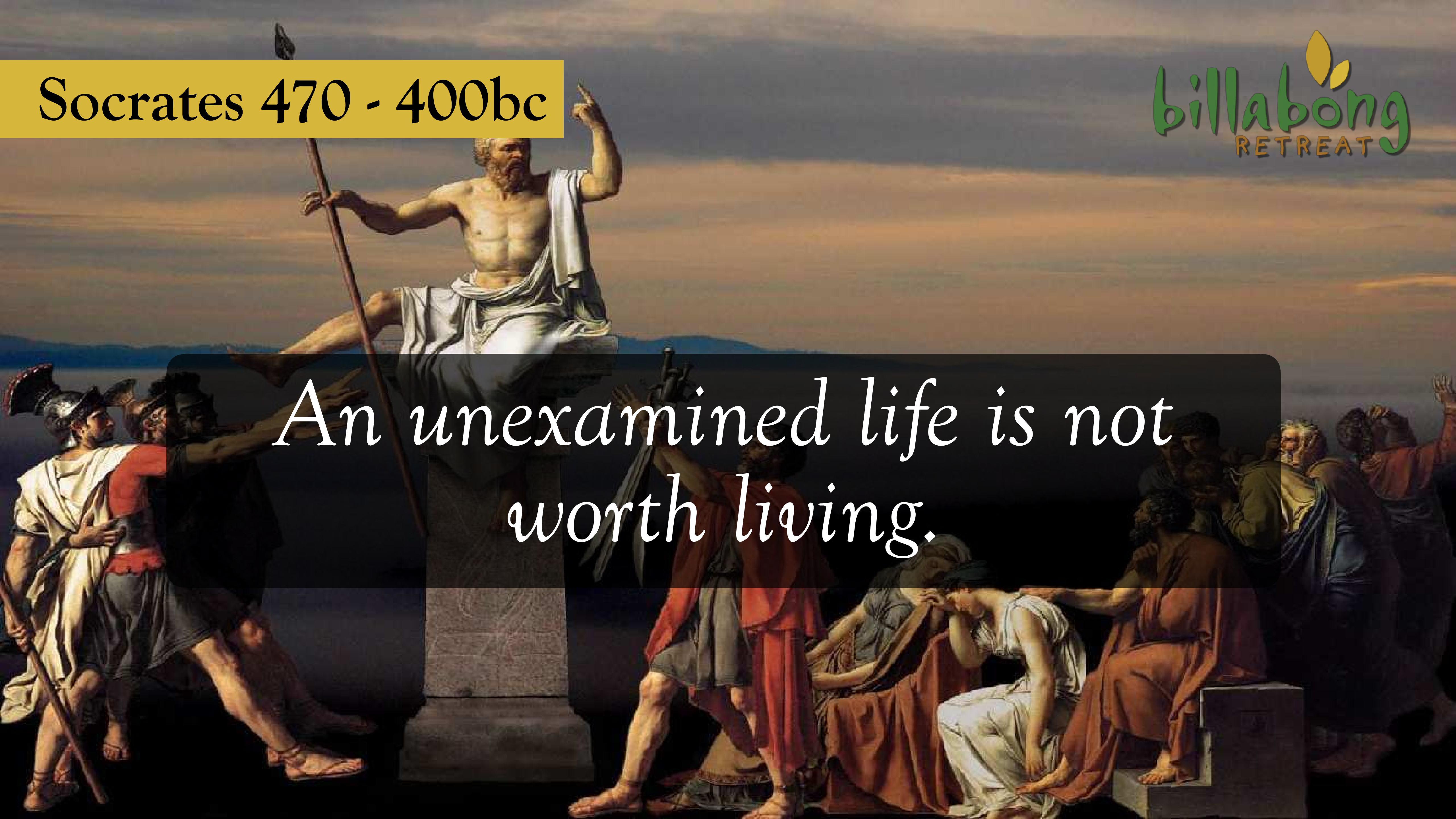
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RETREAT

*Pain is inevitable,
suffering is a choice*

Socrates 470 - 400bc

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RETREAT

*An unexamined life is not
worth living.*





PAY ATTENTION

Patanjali's Yoga Sutras 300bc



अथ योगानुशासनम् ॥ १ ॥

Atha yoga anushasanam

*Pay attention and then the experiential
practice of yoga can begin*

Yoga Sutra 1:1

Eckhart Tolle

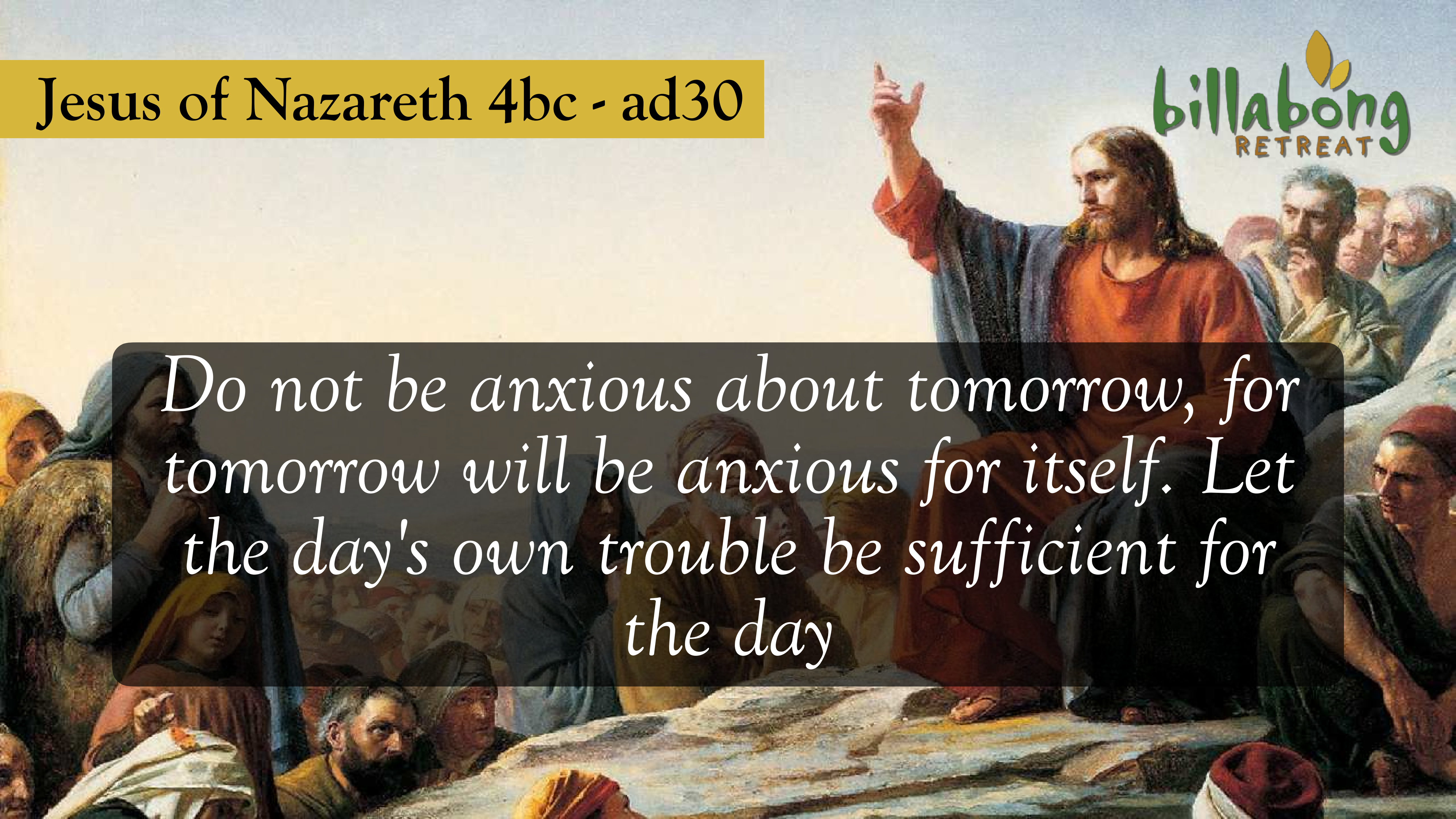


*Your entire life only happens in
this moment. The present
moment is life itself.*

Jesus of Nazareth 4bc - ad30

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RETREAT

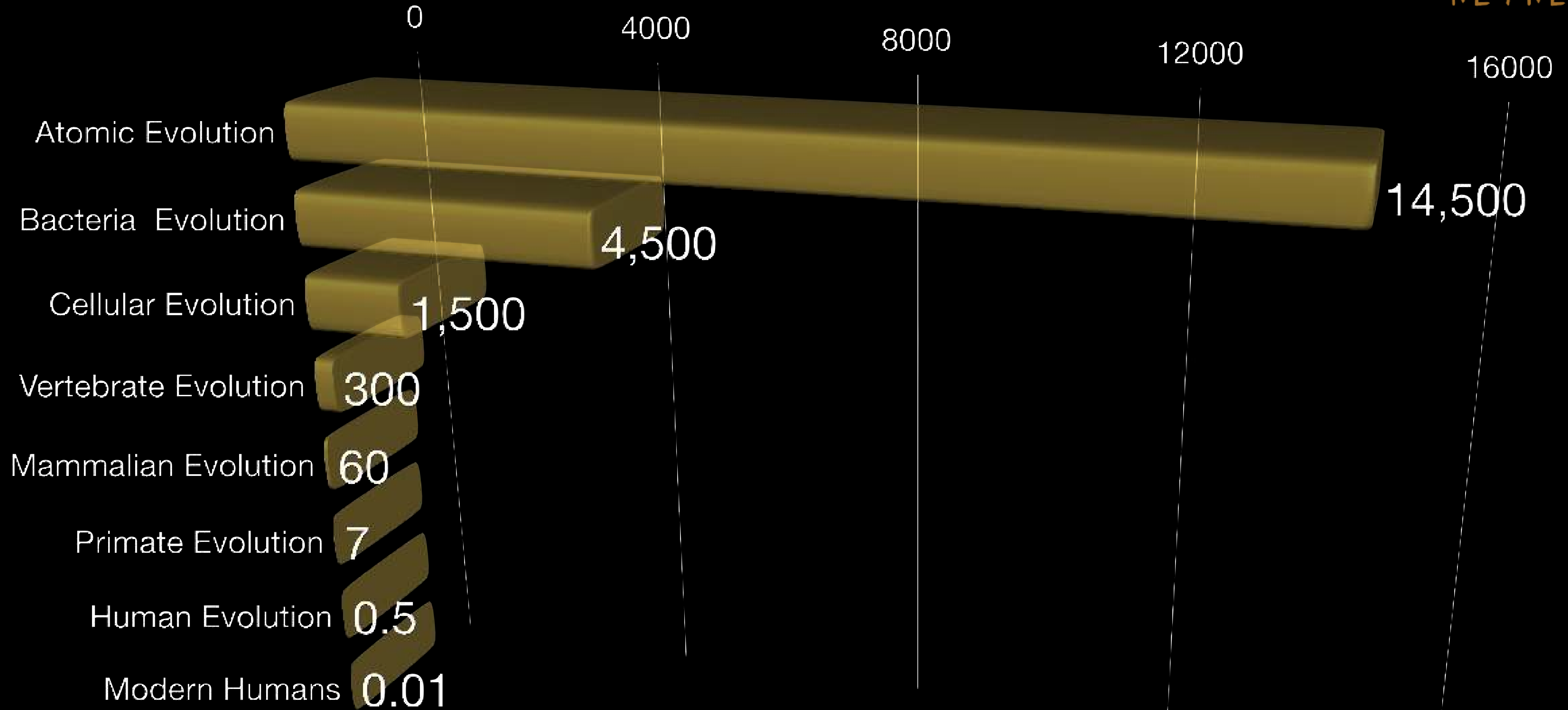
Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day





KNOW
THYSELF

Your Evolutionary History



Millions of years of evolution (approx!)

Ancient Greeks



gnothi seauton - know thyself

Patanjali's Yoga Sutras 300bc



स्वाध्यायादिष्टदेवतासंप्रयोग

Swādhyāyādiṣṭadevatāsamprayogaḥ

*Through self study we discover our
strengths and weaknesses and learn to
use them wisely*

Yoga Sutra 2.44

Lao Tzu 601bc - 521bc

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RETREAT

*Knowing others is wisdom, knowing
yourself is Enlightenment.*

Leonardo da Vinci 1452-1519

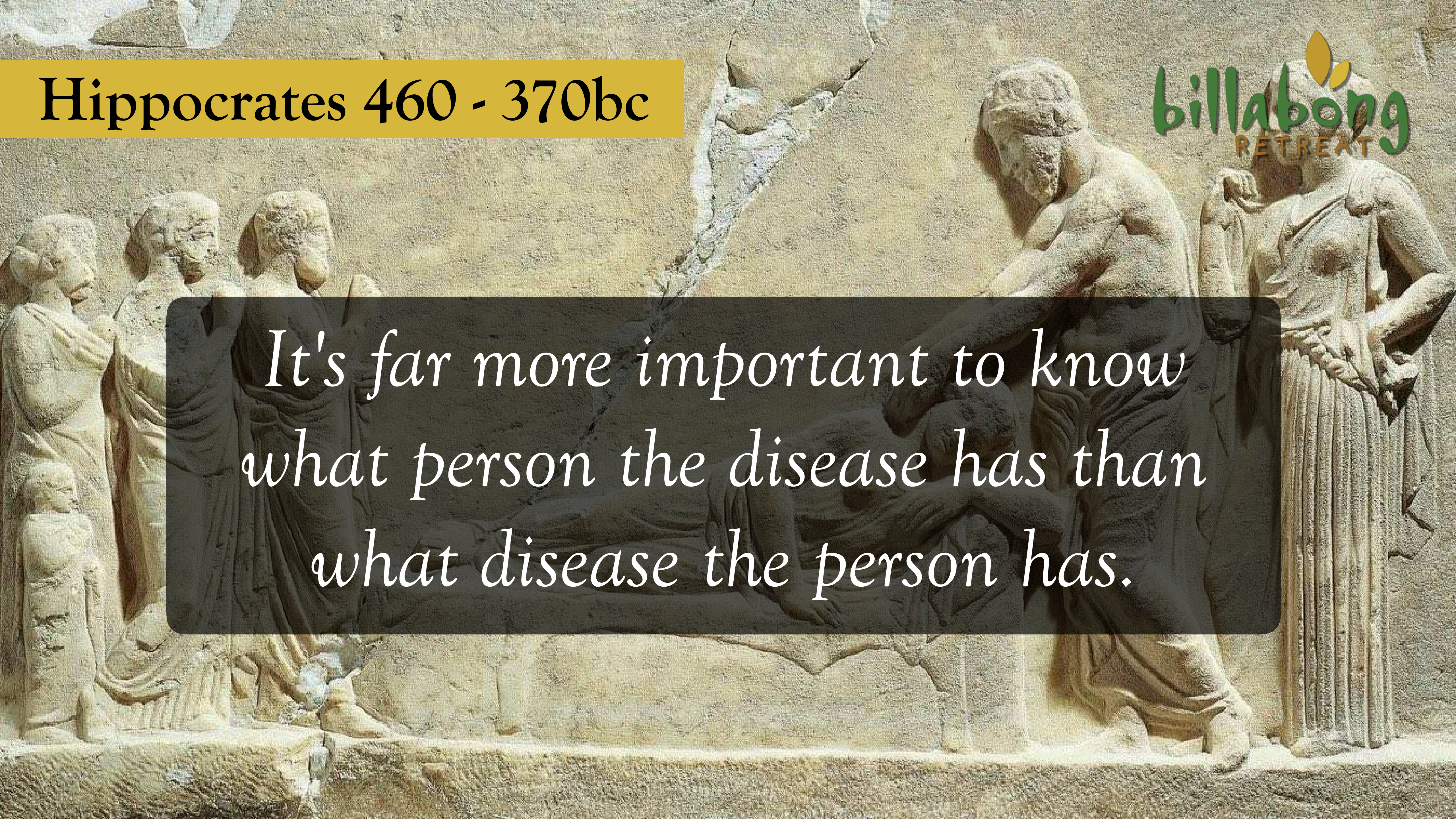


*You can have no dominion
greater or less than that over
yourself*

Hippocrates 460 - 370bc

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RETREAT

*It's far more important to know
what person the disease has than
what disease the person has.*



Rumi 1207 - 1273



*I am not this hair, I am not this
skin, I am the soul that lives
within.*

A close-up portrait of Eckhart Tolle, showing his eyes and part of his face. The background is dark and out of focus.

Eckhart Tolle

billabong
RETREAT

Boredom, anger, sadness, or fear are not 'yours,' not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you.

Sigmund Freud 1856 - 1939



The only person with whom you have to compare to, is you in the past. And the only person you should become than, is who you are now

Byron Katie

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RETREAT

As long as you think that anyone or anything is responsible for your suffering—the situation is hopeless

Brene Brown

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RETREAT

*Owning our story can be hard but
not nearly as difficult as spending
our lives running from it.*



William Shakespeare 1554-1616

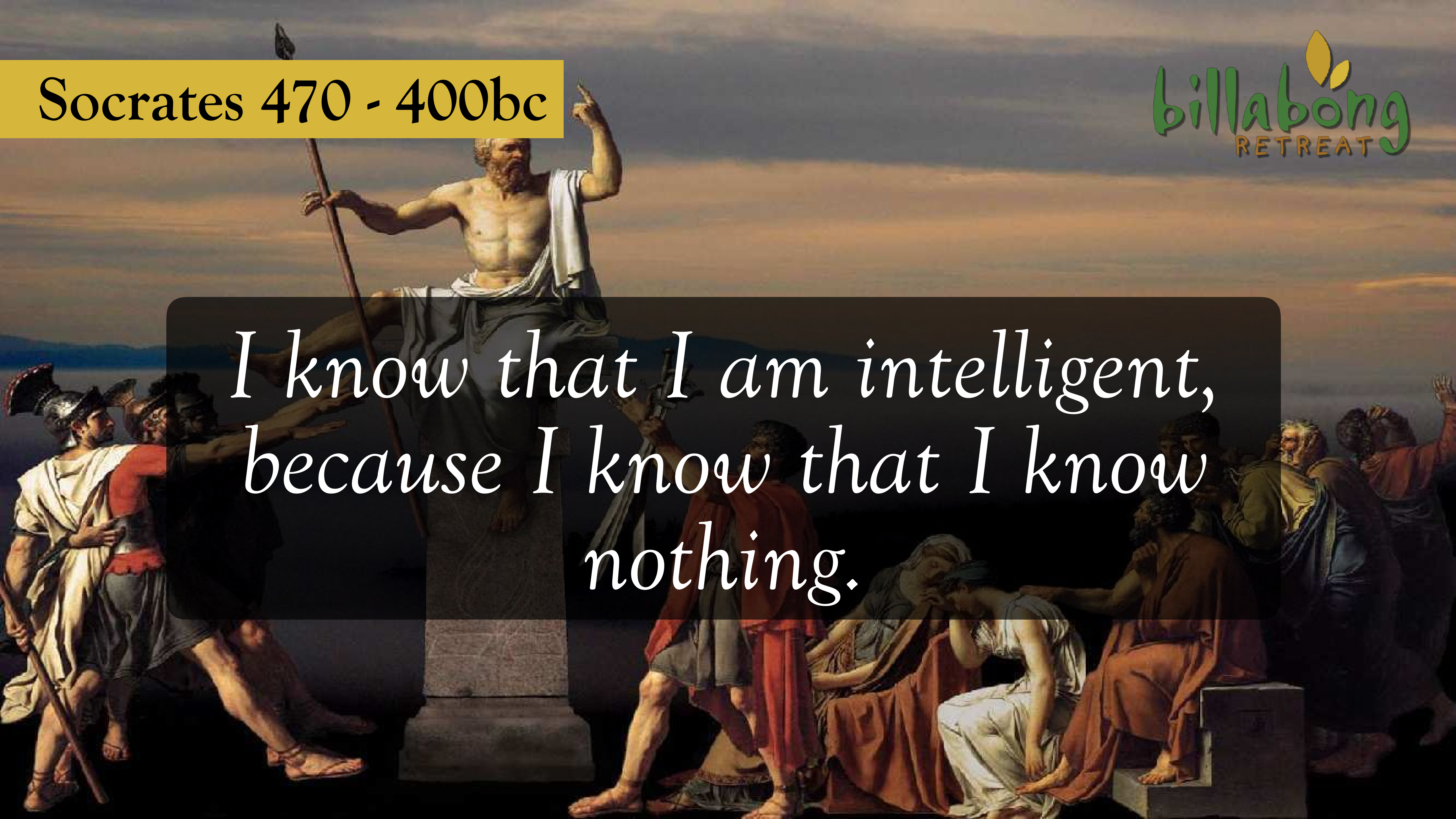
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RETREAT

*The fool doth think he is wise, but
the wise man knows himself to be
a fool*

Socrates 470 - 400bc

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RETREAT

*I know that I am intelligent,
because I know that I know
nothing.*



Mahatma Gandhi -1869-1948

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RETREAT

*It is unwise to be too sure of one's
own wisdom*

William Shakespeare 1554-1616

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RETREAT

*If we are true to ourselves, we can
not be false to anyone*



TAKE SMALL STEPS

Confucius 551-479bc

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RETREAT

The man who moves a mountain, begins by carrying away small stones.

Lao Tzu 601bc - 521bc

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RETREAT

*A journey of a thousand miles must
begin with a single step.*

Siddhārtha Gautama 563-483 bc

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RETREAT

*One moment can change a day,
one day can change a life and one
life can change the world*

Mark Twain 1835 to 1910

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RETREAT

*The secret of getting ahead is
getting started*



Mahatma Gandhi -1869-1948

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RETREAT

*You may never know what results
come of your actions, but if you
do nothing, there will be no result*



PRACTICE
PRACTICE
PRACTICE

Patanjali's Yoga Sutras 300bc



अभ्यासवैराग्याभ्यां तन्निरोधः ॥ १२ ॥

abhyasa-vairagyabhyam tan-nirodhah

with practice (sadhana), the right effort (abhyasa) and non attachment to the outcome (vairagyam) then bliss can be found (samadhi)

Yoga Sutra 1:14

Patanjali's Yoga Sutras 300bc



स तु दीर्घकालनैरन्तर्यसत्कारासेवितो दृढभूमिः ॥ १४ ॥

sa tu dirgha-kala-nairantarya-satkara-adara-asevitah-drdha-bhumih

It is only when the correct practice is followed for a long time, without interruptions and with a quality of positive attitude and eagerness, that it can succeed

Yoga Sutra 1:14

Lao Tzu 601bc - 521bc

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RETREAT

Wu wei - effortless action



Lao Tzu 601bc - 521bc

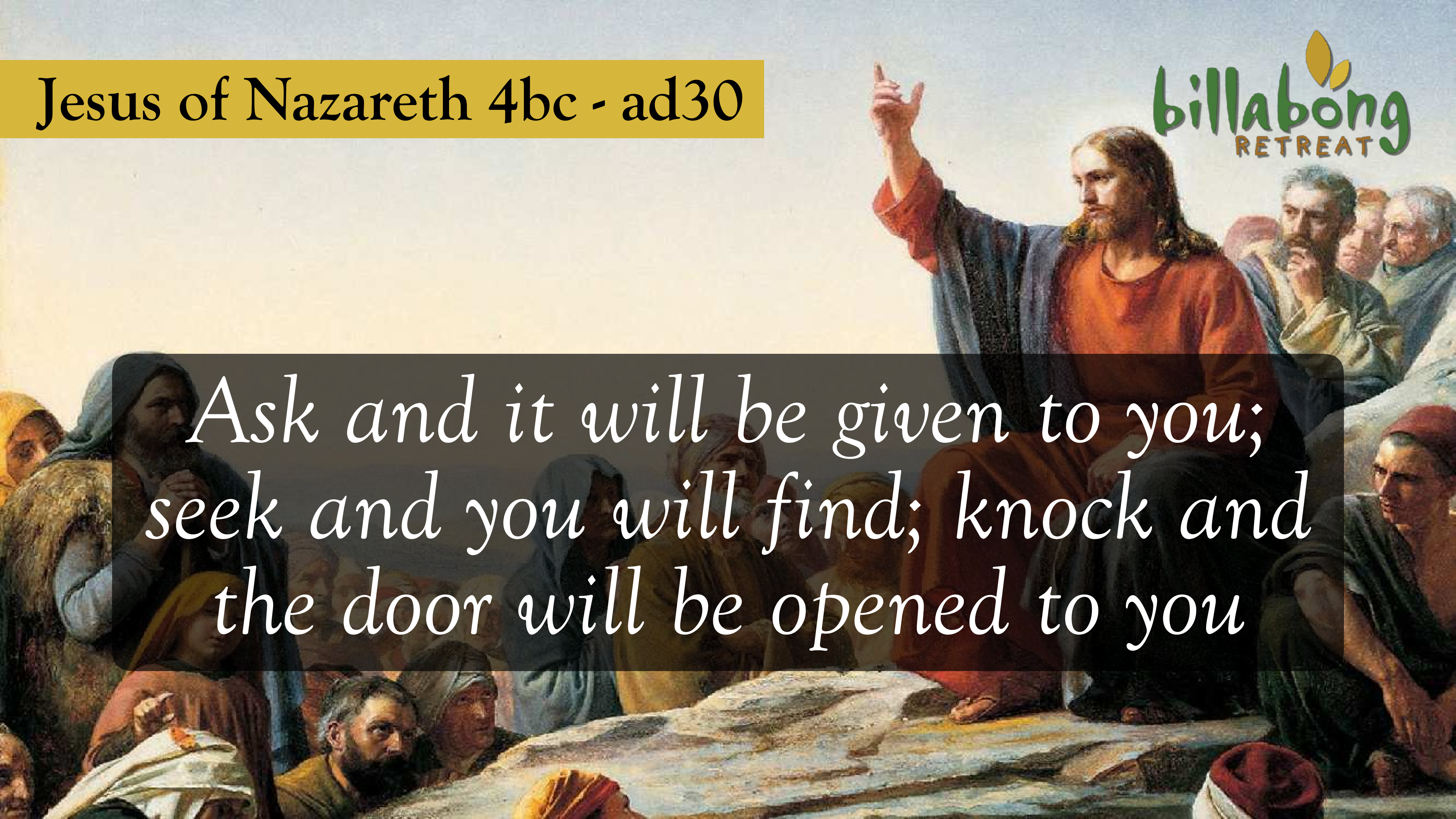
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RETREAT

*A good traveler has no fixed plans,
and is not intent on arriving.*

Jesus of Nazareth 4bc - ad30

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RETREAT

*Ask and it will be given to you;
seek and you will find; knock and
the door will be opened to you*



Stoicism 150bc - 100ad



We might be fluent in the classroom, but drag us out into the practice and we're miserably shipwrecked.

Epictetus 50 -135 ad

Leonardo da Vinci 1452-1519



He who loves practice without theory is like the sailor who boards ship without a rudder and compass and never knows where he may cast

Proverb



*Practice makes ~~perfect~~
permanent.*



INTENTIONS & GRATITUDE

Proverb



*Grass is greener
where you water it.*

Louise Hay

billabong
RETREAT

*My day begins and ends with
gratitude and joy*

Louise Hay

billabong
RETREAT

*Make the rest of your life the best
of your life..*

Stoicism 150bc - 100ad



When the light has been removed and my wife has fallen silent, aware of this habit that's now mine, I examine my entire day and go back over what I've done and said, hiding nothing from myself, passing nothing by. For why should I fear any consequence from my mistakes, when I'm able to say, 'See that you don't do it again, but now I forgive you.'

Seneca 5bc - 65ad



KINDNESS IS KING



KINDNESS TO SELF

Siddhārtha Gautama 563-483 bc

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RETREAT

*You, yourself, as much as anybody
in the entire universe, deserve
your love and affection*

Brene Brown

billabong
RETREAT

*We can only love others as much
as we love ourselves*

Muhammad 571-632bc

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RETREAT

*Be kind, for whenever kindness
becomes part of something, it
beautifies it.*

Siddhārtha Gautama 563-483 bc

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RETREAT

*Kindness should become the
natural way of life, not the
exception*

14th Dalai Lama

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RETREAT

My religion is kindness

Proverb

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RETREAT

*Your brain is the best
pharmacy.*



KIND THOUGHTS

Lao Tzu 601bc



*“Watch your thoughts, they become your words;
watch your words, they become your actions;
watch your actions, they become your habits;
watch your habits, they become your character;
watch your character, it becomes your destiny.”*

Siddhārtha Gautama 563-483 bc

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RETREAT

*What you think you create, what
you feel you attract, what you
imagine you become*

Mahatma Gandhi -1869-1948

Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny

Mahatma Gandhi -1869-1948

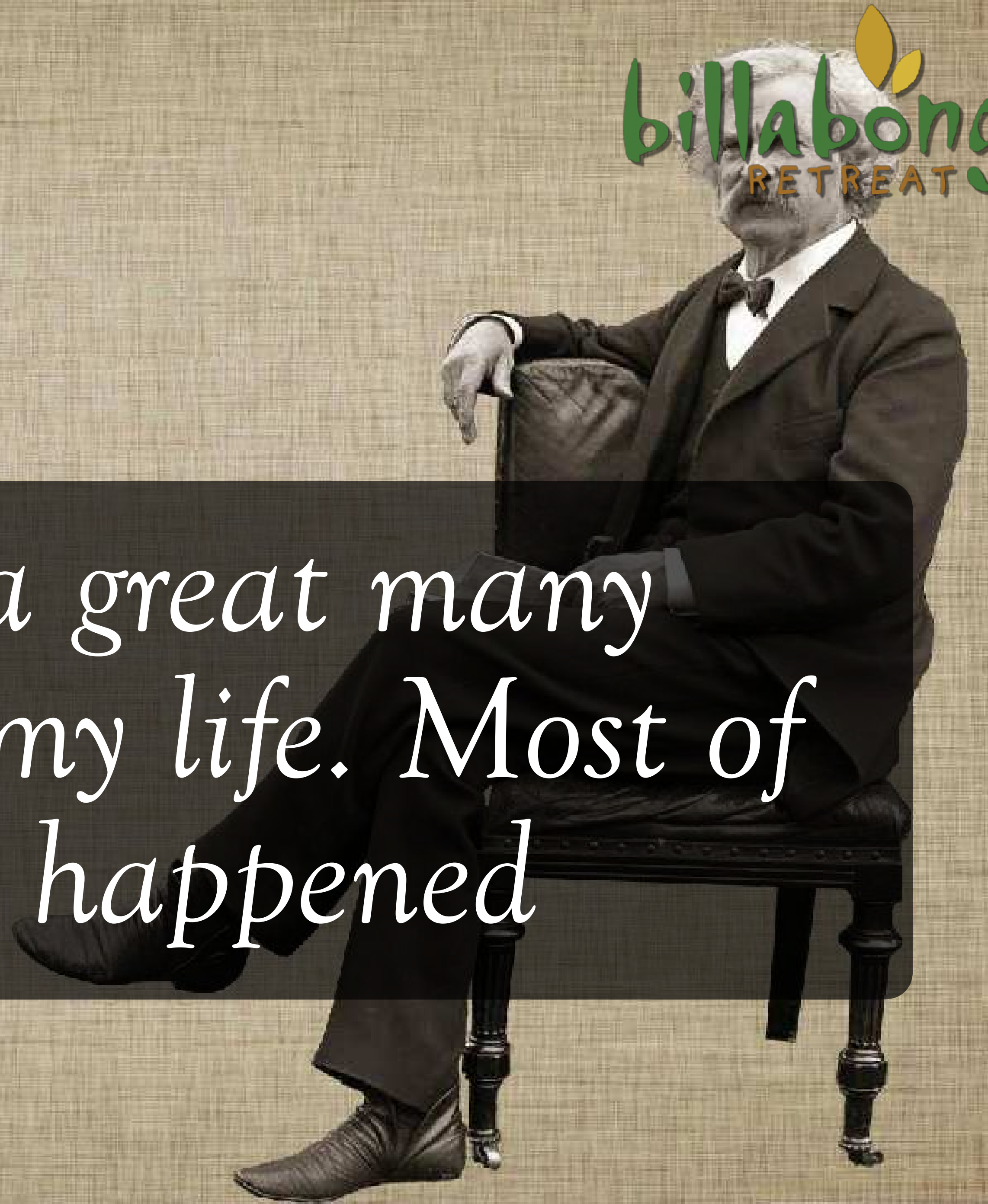
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RETREAT

A man is but the product of his thoughts. What he thinks, he becomes

Mark Twain 1835 to 1910

billabong
RETREAT

I've suffered a great many catastrophes in my life. Most of them never happened



Proverb



*As you make your bed,
so you must lie on it.*

Byron Katie

billabong
RETREAT

A thought is harmless unless we believe it. It's not our thoughts, but our attachment to our thoughts, that causes suffering

Louise Hay

billabong
RETREAT

*I do not fix problems. I fix my
thinking. Then problems fix
themselves*

Eckhart Tolle



*Stress is the gap between
experience and expectation.*

Ellen Langer

billabong
RETREAT

*I'm not gonna give up today
worrying about tomorrow.*



KINDNESS TO
EVERYTHING ELSE

Confucius 551-479bc

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RETREAT

*Wheresoever you go,
go with all your heart*

Jesus of Nazareth 4bc - ad30

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RETREAT

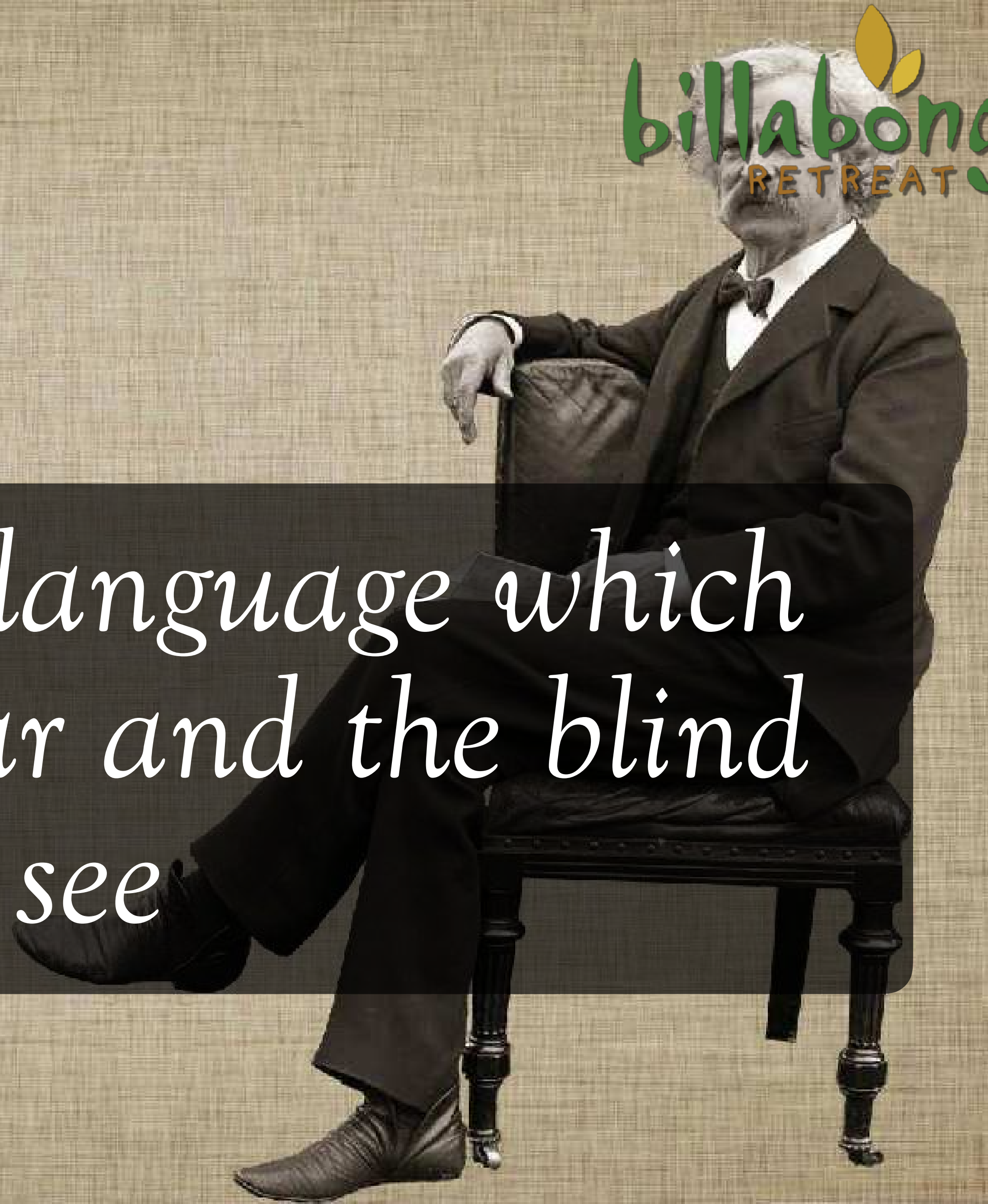
*Forgive them for they do not know
what they do*



Mark Twain 1835 to 1910

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RETREAT

*Kindness is the language which
the deaf can hear and the blind
can see*



Mother Theresa

billabong
RETREAT

*Spread love everywhere you go.
Let no one ever come to you
without leaving happier*

Louise Hay

billabong
RETREAT

*Life is very simple. What I give
out comes back to me. Today, I
choose to give love.*

Native American Wisdom



*“I’m sorry, please forgive me,
thank you, I love you.”*

–Ho’oponopono

Socrates 470 - 400bc

The children now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise. Children are now tyrants, not the servants of their households. They no longer rise when elders enter the room.



PART THREE

Summary so far



Understand your evolutionary history

Get started with small steps

Wellness as living practice with certain qualities

Intentions & gratitude

Idea of know thyself

Be kind through thoughts, words & actions to yourself,
others and nature

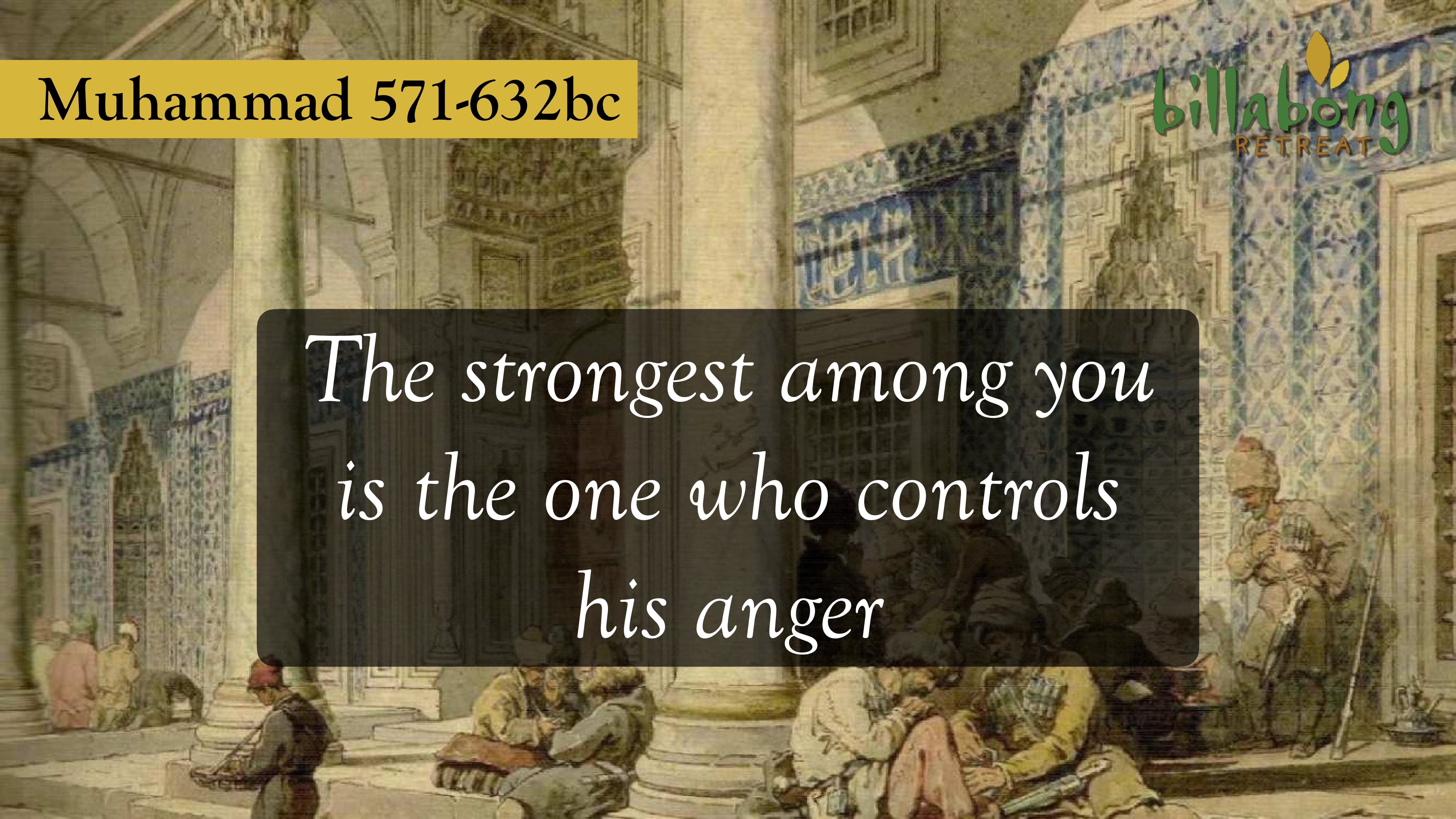


EMOTIONAL INTELLIGENCE

Muhammad 571-632bc

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RETREAT

*The strongest among you
is the one who controls
his anger*



Stoicism 150bc - 100ad



When angry - We should force ourselves to relax our face, soften our voice, and slow our pace of walking. If we do this, our internal state will soon come to resemble our external state, and our anger, says Seneca, will have dissipated.

Siddhārtha Gautama 563-483 bc

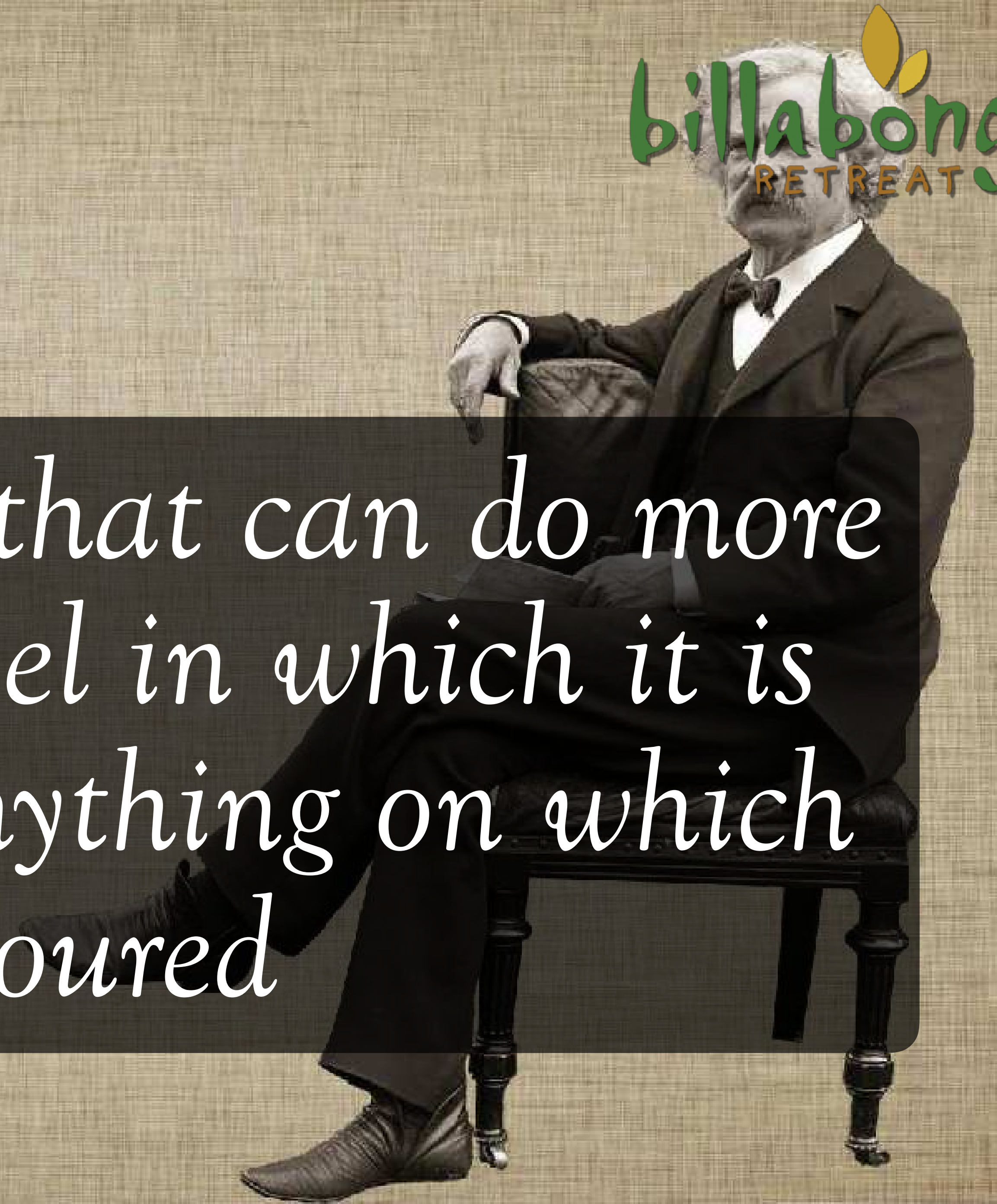


*Holding on to anger is like
grasping a hot coal with the
intent of throwing it at someone
else; you are the one who gets
burned*

Mark Twain 1835 to 1910

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RETREAT

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured





LOVE CHANGE



LOVE CHANGE
IN YOURSELF

Confucius 551-479bc

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RETREAT

*Only the wisest and stupidest
of men never change.*

Rumi 1207 - 1273



*Yesterday I was clever, so I
wanted to change the world.
Today I am wise, so I am
changing myself*



Albert Einstein 1879 - 1955

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RETREAT

*The measure of intelligence is the
ability to change*

Mahatma Gandhi -1869-1948

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RETREAT

Our greatest ability as humans is not to change the world; but to change ourselves

Maya Angelou

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RETREAT

*If you don't like something,
change it. If you can't change it,
change your attitude.*

MAKERS

Oprah Winfrey

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RETREAT

Step out of the history that is holding you back. Step into the new story you are willing to create

Joe Dispenza

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RETREAT

*Hardest thing about change is not
making the same choices you did
yesterday*



LOVE CHANGE
IN EVERYTHING ELSE

Stoicism 150bc - 100ad



People are disturbed not by things, but by the views they take of them

Epictetus 50-135 ad

Stoicism 150bc - 100ad



If you are pained by any external thing, it is not this thing that disturbs you, but your own judgment about it. And it is in your power to wipe out this judgment now.

Marcus Aurelius 121 - 180ad

William Shakespeare 1554-1616

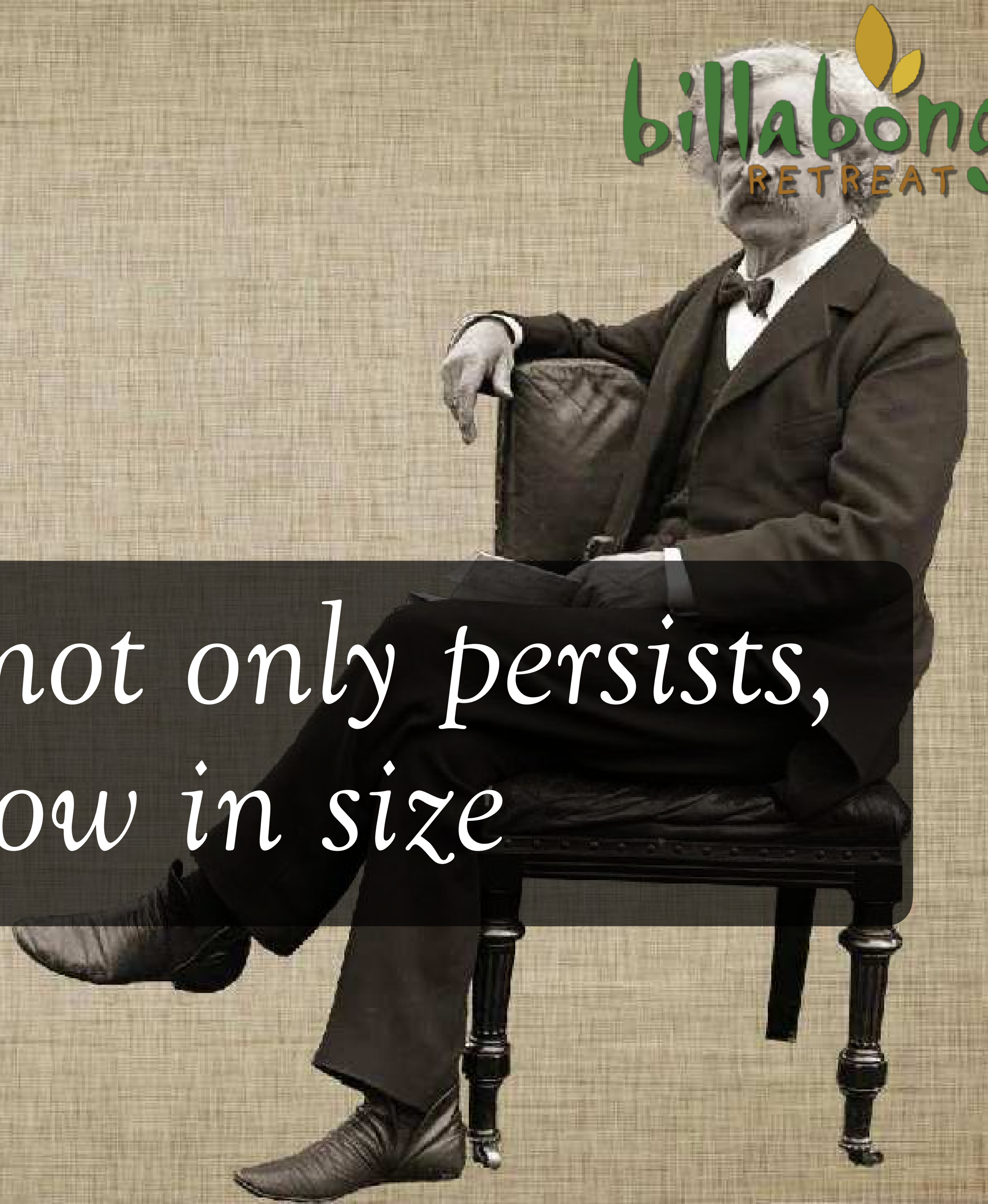
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RETREAT

*There is nothing good or bad but
thinking makes it so*

Mark Twain 1835 to 1910

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RETREAT

*What you resist not only persists,
but will grow in size*



Byron Katie

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RETREAT

*When we stop opposing reality,
action becomes simple, fluid,
kind, and fearless*

Louisa May Alcott 1832 - 1888



*I'm not afraid of storms, for I'm
learning to sail my ship*

Jon Kabat-Zinn



*You can't stop the waves, but you
can learn to surf*



ART OF ACQUIESCENCE

equanimity

/,ɛkwə'nɪmɪti, i:kwə'nɪmɪti/

Stoicism 150bc - 100ad



Focus on What You Can Control, Accept What You Can't, Make the best use of what is in your power, and take the rest as it happens.

Epictetus 50 -135 ad

Stoicism 150bc - 100ad



art of acquiescence

*Seek not for events to happen as you wish
but rather wish for events to happen as they
do and your life will go smoothly.*

Epictetus 50 -135 ad

Rumi 1207 - 1273

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RETREAT

*If you are irritated by every rub,
how will your mirror be polished*

Reinhold Niebuhr 1892 - 1971



*Grant me the serenity to accept
the things I cannot change,
Courage to change what I can,
The wisdom to know the
difference*

Siddhārtha Gautama 563-483 bc

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RETREAT

Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it

Wayne Dyer 1940 - 2015



If you change the way you look at things, the things you look at change.

Proverb

A photograph of a clear glass tipped over on a light-colored wooden floor, with a large puddle of white milk spilled out. The glass is tilted to the right, and the milk is spreading across the floorboards. In the background, a faint watermark of the word "DISSOLVE" is visible on the floor.

It's no use crying over spilt milk



LOVE LIVING
IN THE MYSTERY



Albert Einstein 1879 - 1955

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RETREAT

The most beautiful thing we can experience is the mysterious. It is the source of all true art and science

Patanjali's Yoga Sutras 300bc



तदा द्रष्टुः स्वरूपेऽवस्थानम्
tadā draṣṭuḥ svarūpe vasthānam

*The outcome of being in a state of yoga is that
then we will know the magnificance of our own
reality*

Yoga Sutra 1:3



Albert Einstein 1879 - 1955

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RETREAT

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.



CREATIVE IMAGINATION



Albert Einstein 1879 - 1955

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RETREAT

*The true sign of intelligence is not
knowledge but imagination*



LIVE WITH VALUE
&
DIE CONTENT

Stoicism 300bc - 400ad



Eudaimonia
A contented state of being .

Muhammad 571-632bc

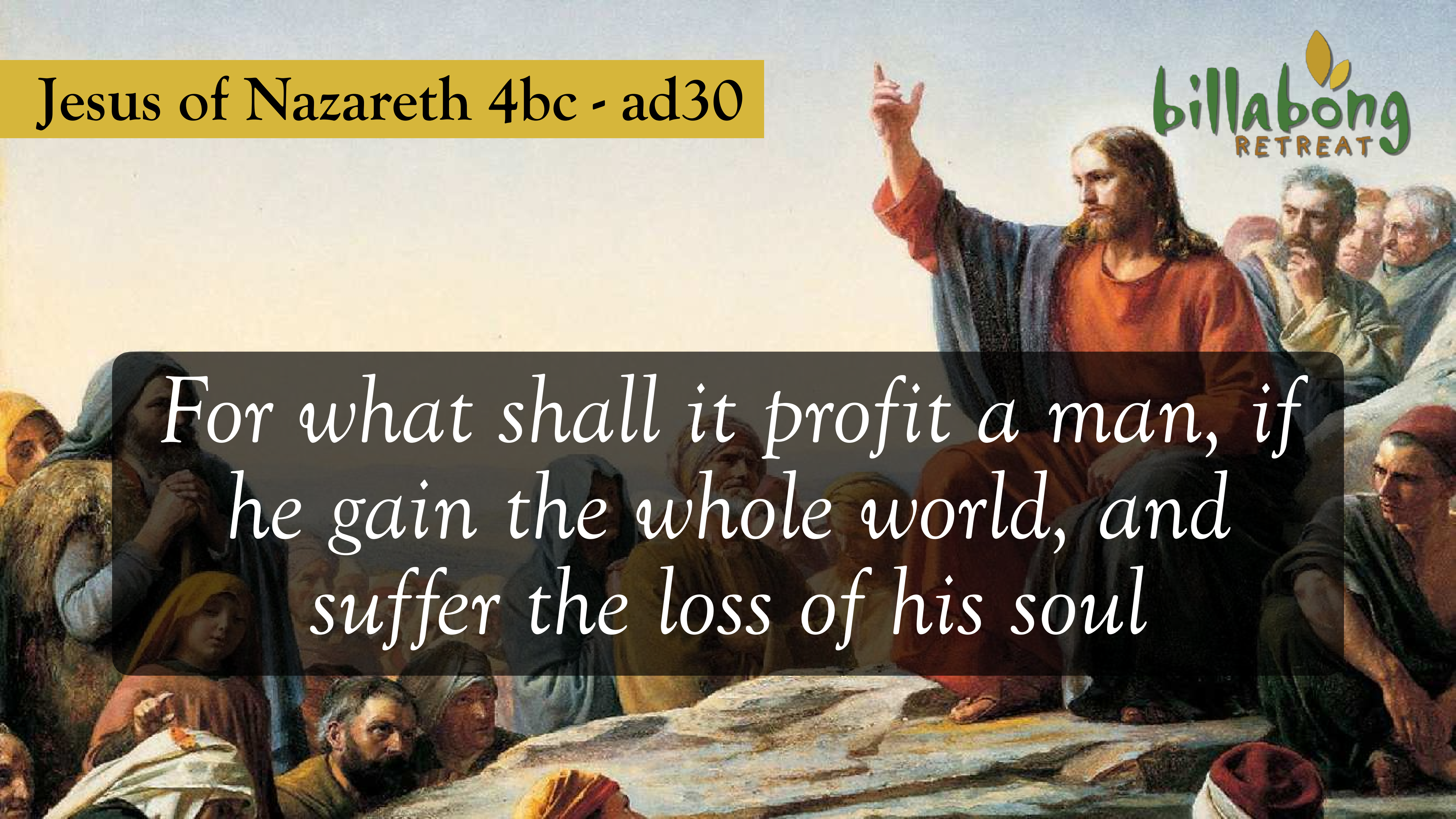
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RETREAT

*Riches are not from an
abundance of worldly good but
from a contented mind*

Jesus of Nazareth 4bc - ad30

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RETREAT

For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul



Siddhārtha Gautama 563-483 bc

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RETREAT

*Even death is not to be feared by
one who has lived wisely*

Leonardo da Vinci 1452-1519

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RETREAT

*As a well-spent day brings happy
sleep, so a life well spent brings
happy death*

Mahatma Gandhi -1869-1948

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RETREAT

Live as if you were to die tomorrow. Learn as if you were to live forever



Albert Einstein 1879 - 1955

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RETREAT

*Strive not to be a success, but
rather to be of value*

A portrait of Jane Goodhall, an elderly woman with short, wavy grey hair, looking upwards and to the right. She is wearing a light green button-down shirt. The background is a blurred wooden interior.

Jane Goodhall

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RETREAT

*What you do makes a difference,
and you have to decide what kind
of difference you want to make.*

Ashley Richards

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RETREAT

The power you have is to be the best version of yourself you can be, so you can create a better world



Albert Einstein 1879 - 1955

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RETREAT

*Don't let your brain interfere with
your heart*

Jane Goodhall

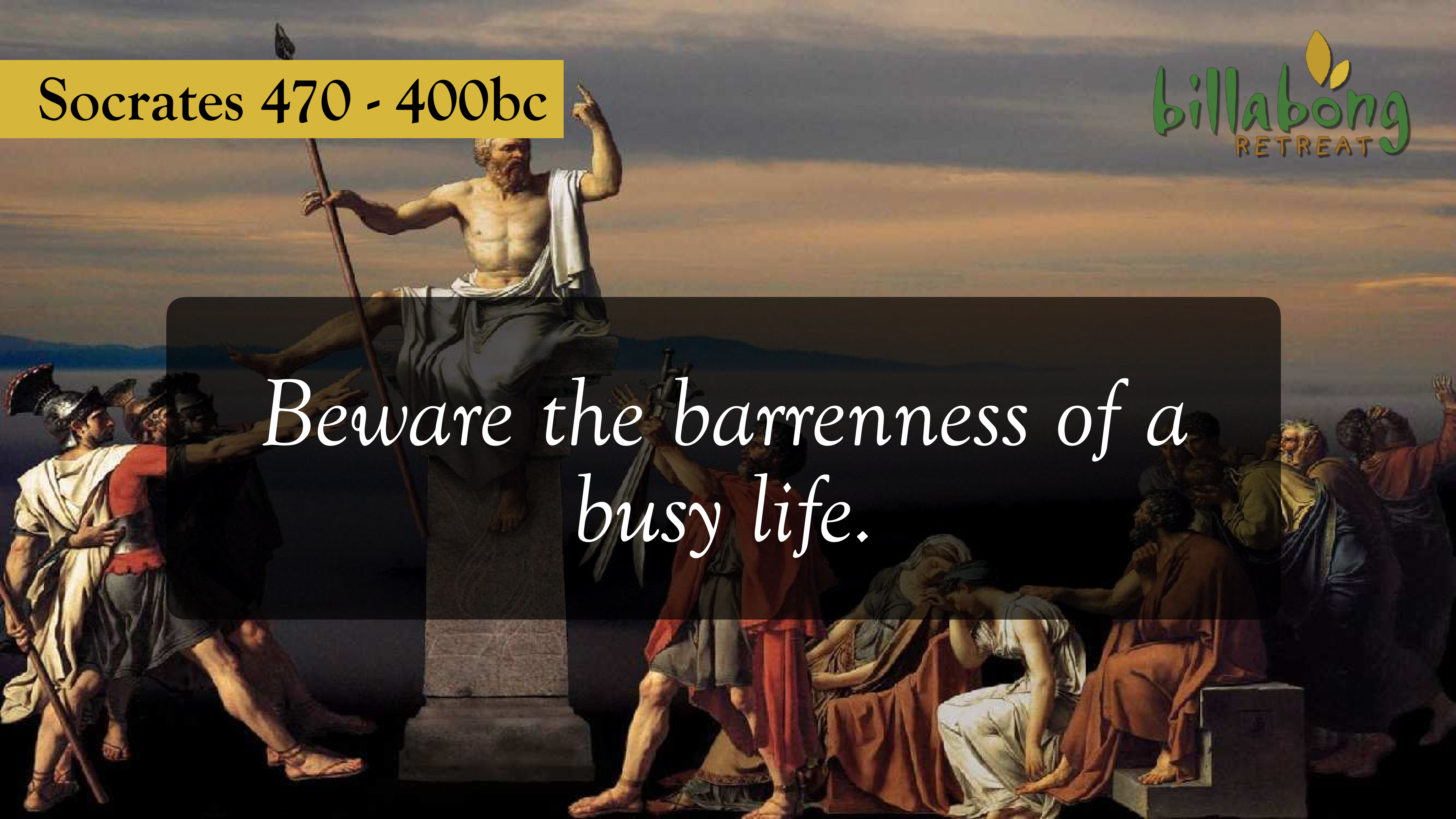


We can only achieve true potential if we have harmony between head and heart

Socrates 470 - 400bc

billabong
RETREAT

*Beware the barrenness of a
busy life.*



Ingrid Bergman 1915 -1982



*Success is getting what you
want, happiness is wanting
what you get.*

Proverb

*Don't spend your whole life
climbing the ladder only to realise
it's leaning on the wrong wall*



SUMMARY

Step 1



Understand your evolutionary history

15 billion years of atoms, bacteria, cells, vertebrate, mammal, primate and human

Seek guidance from wise ones

Do you want to try and work everything about being human out yourself or are you open to explore the wisdom from the past 10,000 years

Start practicing

Take small steps, set intentions, get a teacher

Four Stages of Change



Unconscious unhelpful habits
evolutionary, inherited & acquired

Conscious unhelpful habits
Understand yourself and what you are creating

Conscious helpful habits
Practice wisely kindness & gratitude with aware intention. Formal & informal.

Unconscious helpful habits
Become a different person

Sample Day



First Thing: Formal

Inhabit mind, body & breath. Set intentions. Add gratitude.

During Day: Informal

Kindness with thought, word, actions & compassion.

Notice irritations, rushing & cravings - use mantras.

Feel the magic at least once.

End day: Formal

Calm the mind. Relax the body. Read wisdom. Reset intentions.

Gratitude. Review day with compassion.

Mantras



There is nowhere I would rather be, Nothing I would
rather be doing. No-one I would rather be with.
I have no complaints

The trick to life is not to live in the know but to life in
the mystery.

I'm sorry, please forgive me, thank you, I love you.



THE END