GENTLE ACTION

A GATHERING OF SHARED EXPERIENCE

PARI, ITALY / JUNE 13-20 2024

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Pari, Italy / June 13-20 2024

The world is a sacred vessel
...If you tamper with it, you'll ruin it...

Can you see things as they are,
without trying to control them?

Can you allow others to express
themselves while remaining
centered?

Lao Tse, Dao De Jing #29
Mitchell, MacDonald, et al.

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‘The idea of bringing people in. They could be business people, they could be environmentalists, whatever, and bringing them in without any sort of fixed program, without them giving talks and powerpoint presentations. Just to sit in the room and see what emerges, because they are in a container, it’s in an alchemical vessel which allows something transformative to take place. So that was the idea of Pari as a container.’

F. David Peat w/ Jena Axelrod in *The Absurdity of Certainty*

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GENTLE ACTION:
A GATHERING OF SHARED EXPERIENCE

Dates	**June 13 - 20, 2024**
Location	**Pari, Tuscany, Italy**
Contacts	**Manfred Kritzler, Germany** **Michael Weaver, United States**
Founders	**Jena Axelrod** **Manfred Kritzler**
Event	**This event starts with a welcome dinner on Thursday, June 13th at 19:00 and ends after lunch on Thursday, June 20th**
Fee	**950 euros**, which includes: • a 7-night stay in private accommodation; • breakfast, lunch, and dinner at the local restaurant featuring locally sourced produce and traditional dishes; • water, wine and coffee are served with lunch and dinner; • refreshments provided at mid-morning and mid-afternoon coffee breaks.

The Event

Join us for a week of living in the moment, for the moment, surrounded by the peaceful hills of the Tuscan landscape in Pari. With its beautiful palazzo, rustic bar, and numerous quiet places, the medieval village of Pari serves as an alchemical vessel for growth and personal transformation.

Throughout the week you will have plenty of opportunities to cultivate connections with Nature, others, and—perhaps most importantly—yourself. Explore the medieval village and its surroundings, or take in the beauty of the landscape from Pari's expansive palazzo.

Dialogue with others in a supportive atmosphere and experience what it feels like to have others truly listen to your unique perspectives and experiences from a place of genuine interest and curiosity. Set aside thoughts of forcing or striving and experience how insights and interconnections naturally bubble up during dialogue.

Become more responsive and less reactive by learning to actively listen, not only to others, but also to yourself. As F. David Peat, one of the founders of the Pari Center, states in his autobiography, *Pathways of Chance*:

> Much depends upon how we react when the unexpected occurs and a new door temporarily opens. Do we compensate as best we can and attempt to remain on our own predetermined track, or do we ask 'What is life trying to tell me? In what direction could this new possibility take me? Is it worth suspending what I am doing at the moment to explore something new?'

Somewhat paradoxically, setting aside striving and engaging in gentle action often gives rise to the types of benefits that many people often seek, but seldom find in a sustainable form. Along with feelings of openness, trust, joy, and a childlike sense of wonder, gentle action often gives rise to a deeper sense of engagement with yourself, others, and the Universe.

Our Story

Several years ago, a small group of us were sitting outside the bar in Pari, Italy when the idea came up to bring a group of very open-minded people together for a gathering without any agenda, topic, intention, or specific purpose.

After leaving Pari, we continued to meet monthly through an online Zoom dialogue, where our small group of three individuals gradually grew in a most organic manner. More than a year of online meetings led to our first *Gentle Action Gathering* back at Pari in September of 2022.

Our original group of Jena, Manfred, and Tom, who hail from New York, Germany, and Ireland has gradually grown into a thriving community. Members of our online community have traveled from throughout the world to meet one another in person. Similarly, new participants who meet during our in-person Gentle Action Gatherings, frequently wish to stay in touch through our online dialogues.

Over the course of time we have come to discover that we have much to share with one another. Somewhat paradoxically, many of us believe that this is due to—rather than despite—our differing backgrounds. Throughout our interactions, we have also found that we have much in common. Perhaps most importantly, we all share a genuine interest in one another's perspectives on the world, quite reminiscent of Rumi's quote:

Out beyond the ideas of right and wrong, there is a field. I will meet you there.

This June we have chosen to meet once again in Pari, Italy. The medieval village of Pari, nestled in the Tuscan landscape, provides the perfect backdrop for new insights and explorations. During our *Gentle Action Gatherings*, participants are largely free to roam around as they please. They can meet in the newly renovated palazzo, take part in a yoga class, explore the area's hot springs, or just sit down to have an espresso at the charming and peaceful square. Many find that leaving their daily routine behind and setting aside the expectations of the outer world allows them to reconnect with their innermost nature.

Taking the time to communicate and interact in the moment, for the moment, provides a unique opportunity to engage with the world in a much more playful manner—deepening participants relationships with themselves, others, and the world around them.

Many participants notice that an almost childlike curiosity tends to emerge, unforced and unbidden, 'beyond the ideas of right and wrong' allowing them to experience the innate beauty of the present moment.

Our Story (cont'd)

More than anything, our gatherings have given us a deep sense of connection and friendships that endure beyond the limits of time and space.

This June we get to come home again.

It would be wonderful if you could join us
Jena, Lisa, Manfred, Michael, Todd, and Tom

What a typical day looks like

8:30 - 9:30	breakfast
10:00 - 13:00	ease into the day, unwind, connect, and recenter.
13:00	lunch
16:00 - 19:00	continue conversing, take a relaxing walk, explore the surrounding area, let your intuition be your guide.
20:00	dinner
21:00	free time (retire to your accommodation for quiet time, engage in informal discussions, or, if there is a village event such as music in the piazza, join in)

During out *Gentle Action Gathering*, participants are largely free to roam around as they please. Meet in the newly renovated palazzo, take part in a yoga class, explore the area's hot springs, or just sit down to have an espresso at the charming and peaceful square. Pari is the perfect place to leave your daily routine behind and reconnect with your own innermost nature—all while setting aside the expectations of the outer world.

Testimonials

Here are a few words from our past participants:

Alistair
My first response is that of gratitude. Firstly, to the six of you who have carried the flame and brought it to this point so others could share your dream. Thank you for drawing us in. It felt like sacred ground. And gratitude to all of you who were there. I gained so much from so many. Thank you!

Angelica
I felt connected and present. I could be who I am, not trying to fit in, and yet felt that I was very welcome and appreciated. That gave me an inner space to go deeper into myself and understand more about me, without being taught or lectured to. The experience of love among participants was spectacular…

Artur
It is always very difficult to describe a rich experience that impacts many different dimensions of Being. Being present and simply letting your Presence happen in the way the Soul chose was what touched me the most.

Ciara
I am both changed and restored by the deep relationships that formed over the week. Relationships with each other, with place, with reality and with a way of being I thought had got lost in the noise of modern life.

Daniela
It was magical to participate in six days of conversation where I felt healing of some sort took place (at least for me), not because someone offered therapy, or an intervention took place. It happened because everyone could say what was on their mind and it was witnessed and welcomed.

Jena
I don't think I've ever seen a group coalesce so quickly into respectful dialogue; I've never seen a dialogue group begin with so few rules and definitions on what dialogue is. That may not exactly be a paradox but feels a bit like a Zen koan to me at the moment.

Lina
The Gentle Action was a real bath of benevolence and such a sentience-provoking atmosphere…

Tim
The depth of integrated experience, wisdom and special talents of our lovely group became increasingly clear. Love, generosity of spirit, deep listening, laughter, and pain became manifest. Eternal thanks to you all.

Tom
Our get together of many people and nationalities in Pari was a joy. I think in Pari we paid homage to Martin Buber's great insight: *I and Thou*. 'In harmony with you…beyond our egos…we get glimpses of deeper truths.'

The future has an ancient heart.

CARLO LEVI

Our founder David Peat compared Pari to an alchemical vessel—a place where transformation can come about—as well as an opportunity to pause for a moment and re-assess one's life. Participating in an event at the Pari Center means not only meeting with scholars and experts but living for a week in a medieval village, mingling with the local population, eating local dishes and drinking local wines. It also means being able to view the beauty of the surrounding countryside, and participating in a very gentle way of life far from the frenzy of work and city living.

Pari today continues in a remarkable state of preservation. In the 1950s, Pari's population bang to drop from 1500 to the present 100 as people left to find work in the cities. The Pari Center maintains a close relationships with the village people and supports the local economy by renting accommodation—furnished apartments—on behalf of our participants, by having the local restaurant provide meals, and by supporting the local businesses.

Pari is located a few kilometers from the main superstrada that connects Siena to Grosseto. The nearest airports are Rome, Florence, and Pisa. Once you have arranged your flight, we can guide you on the best means of traveling to the village.

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