

GENTLE ACTION

A GATHERING OF SHARED EXPERIENCE

Pari, Italy — June 12-19, 2025



Pari Center
25th Anniversary



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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-Tzu, Tao-Te-Ching



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Undoubtedly, we are faced by problems of great complexity. The environment, society and even life on earth, is under threat and, as a result, the human race is struggling with feelings of anger, frustration and helplessness. Something, we urge, must be done; some action must be taken. Tomorrow, we sense, will be too late. Yet it is these very feelings and reactions that have become part of the problem.

The urge to change and control, to analyze, prioritize, plan and act are all aspects of the same pattern that, in the first place, drove us to the edge of this crisis. What is needed is a radical change in human consciousness, in organizations and governments if we are to survive into the second half of the 21st century. This I have called Gentle Action.

F. David Peat



GENTLE ACTION: A GATHERING OF SHARED EXPERIENCE

Dates	June 12-19, 2025
Location	Pari, Tuscany, Italy
Event	The event starts with a welcome dinner on Thursday June 12 at 19:00 and ends after lunch on Thursday June 19
Fee	950,00 euros, which includes: <ul style="list-style-type: none">▪ 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.

The event

A weeklong interaction through dialogue at the Pari Center based on F. David Peat's concept of Gentle Action.

Embracing the present and choosing to act more gently, allows insights and interconnections to emerge and bubble up in a natural manner. Such moments are often accompanied by experiences of openness, trust, joy, and a childlike sense of wonder. In the beautiful and peaceful setting of a medieval village, participants in our Gentle Action gathering will have ample opportunities to connect with nature, their fellow dialoguers, and—perhaps most importantly—themselves. Experience the power of dialogue, creative suspension, and active listening in an open and supportive atmosphere.

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?'

And here's David Bohm on Dialogue

In our modern culture men and women are able to interact with one another in many ways: they can sing, dance or play together with little difficulty but their ability to talk together about subjects that matter deeply to them seems invariably to lead to dispute, division and often to violence. This condition points to a deep and pervasive defect in the process of human thought. Because the nature of Dialogue is exploratory, its meaning and its methods continue to unfold. No firm rules can be laid down for conducting a Dialogue because its essence is learning—not as the result of consuming a body of information or doctrine imparted by an authority, nor as a means of examining or criticizing a particular theory or programme, but rather as part of an unfolding process of creative participation between peers.

Join us for a week of living in Pari—the alchemical vessel where transformations take place. Practice living in the moment for the moment, while acting and speaking in more gentle ways.

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 far and wide 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, 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 in the piazza. 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 the participants' relationships with themselves, others, and the world around them. 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	Dialogue sessions
13:00	lunch
16:00 - 19:00	continue the Dialogue, take a walk, explore the surrounding area, partake in activities
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 our Gentle Action Gathering, participants are encouraged to explore the village and its surroundings. We will meet in the newly renovated palazzo for our dialogues which will include sessions with the whole group as well as participating in smaller groups. A variety of activities will be offered which might include taking part in a yoga class, exploring the wisdom of Tarot or *I Ching*, creating a mandala walking in the countryside, visiting the local hot springs—or just relaxing with an espresso in Pari's piazza



‘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 began to drop from 1500 to the present 100 as people left to find work in the cities. The Pari Center maintains a close relationship 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 travelling to the village.



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Pari Center