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THE YELLOW DOOR

WHAT WOULD YOUR LIFE BE LIKE IF YOU WERE TO OPEN THE DOOR TO A DIFFERENT WAY OF LIVING?

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MOMENTS OF ZEN ... GLIMPSES OF ENLIGHTENMENT

The Yellow Door is an experience of a life lived fully, in the moment, with calm centred power and clarity.

Based in the contemplative traditions of martial arts, meditation and the scientific studies of psychology and consciousness, The Yellow Door integrates training the mind with awareness of the heart for an experience of living that is both practical and extraordinary.

It is both an introduction and a reminder of the basic skills we can learn to take real responsibility for our lives. To let go what is not necessary and to take on the behaviours that result in happiness, fulfilment and being of value to ourselves and others.

These are the basics of personal and spiritual development which, when practised and integrated into daily life, result in our being able to come to rest to reflect; heal and release some of the beliefs and habits that cause unhappiness and inhibit our ability to love generously and easily.

Freed of some of our emotional habits we can move in a more purposeful way through our lives.

The foundation practice is one of bringing these elements together: mindfulness of everything that is happening, accepting reality and allowing intelligent movement in response.

The material is the harvest of the long and distinguished careers of three master teachers – Robert Meredith, Gai Roper and Margie Braunstein. Their knowledge has been accumulated through formal study in science and contemplative practices, tens of thousands of hours of course room teaching, coaching,

intensive personal development and psychotherapy and more recently, the practical translation into business, corporate culture and leadership change work. The Yellow Door is an expression of their knowledge and experience – the next generation of personal development.

The Yellow Door provides the tools, inspiration and coaching necessary for you to:

- Be still so that you can identify the patterns and habits that inhibit your happiness and success.
- Have the experience of the simplicity of change when you stop resisting; to actually let go some of the thoughts and behaviours that keep you on an emotional treadmill.

Change your behaviours and begin living a more powerful and positive life with tools that will remain relevant no matter the challenges or opportunities you face.

The workshop is active, intensive, fun, warm and engaging. At the same time it is deeply healing, restorative, rejuvenating and life-changing. And it will challenge many of the ideas you have about yourself and the values you hold.

You will make choices that change your thinking; you will take responsibility for your reactions and your emotions; and you will learn how to communicate your own feelings, thoughts and wishes and how to listen and really understand others.

You will be inspired, coached, encouraged and supported to come to know yourself in new ways and to know others in ways that make the experience of living an easier and happier journey.



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Osho said that enlightenment is an accident. What we have to do is become accident prone. In this sense The Yellow Door is a primer for becoming accident-prone.

There will be many moments of enlightenment that show the way. Then we practice those moments until they become our way of being. This way of being results in outcomes that are an advantage in our fast, pressured, seemingly soulless daily existence.

Through practice your experience of The Yellow Door will become knowledge that will change your behaviours and therefore result in different outcomes.

Some of the changes you could reasonably expect are:

- The sense that you are in charge of your life, actively participating and creating rather than being on a treadmill.
- Clarity around how and why we recreate the same reality over and over again, even if we don't want to.
- More time on your hands to enjoy your friends and family, to balance your life with the things you want to do rather than the things you have to do.
- The focus and skills to take charge of your career or to become a better, more effective manager, leader or team player
- The knowledge of how to better take care of your mind and body for a long and healthy life.
- A lighter heart and clearer mind.
- The capacity to focus, concentrate and create solutions more easily, more effectively and more comprehensively.
- The ability to understand what is motivating people, to genuinely care
- The knowledge of your own strengths and weaknesses and some practices to build on the strengths and addresses the shortcomings.
- Increased self-awareness that is the key to personal and professional success.
- The ability to make more realistic distinctions between the things you really want and the things you are being 'sold'.

The Yellow Door is presented by Lotus in the City, a name that reflects the underlying objective of The Yellow Door – centred, calm action in the midst of daily activity. It also points to the philosophical influences: a rich tradition of philosophy and practice that has been called 'Western Zen'. An integrated approach to personal learning and change, The Yellow Door calls upon the intelligence of the mind, body, heart and soul to create a whole new and more satisfying way of living and being.

Although apparently quite simple, this creative and original program has the capacity to facilitate significant life change. It will trigger new and innovative solutions that work in the real world creating permanent and positive shifts in your attitudes and behaviours.

The Yellow Door is appropriate for people who fall in the range of the 'normally neurotic', which is most of us. If you are concerned about the effect the course might have on you please don't hesitate to talk with us. We have many resources we can draw on to assist people living happier and healthier lives. The Yellow Door is just one of them.

The course is held 4-5 times a year in Sydney and comprises five sessions over a week – Tuesday and Friday evening, all day Saturday and Sunday and the following Tuesday evening. The course fee includes a casual restaurant meal on Sunday evening and tea/coffee for each session.

To register, come to an information session, send an email through the website or contact Kevin Wren on the number below.

For more information, course outline and background on Lotus in the City or The Yellow Door call 02 9690 2140