Welcome to the Dojo – A place to practice life.
Warrior of the Heart is a training – a practice – that helps us become more centred, skillful, and courageous in our life and work.
Together we will practice....
• Being conscious in circle – our natural home
• Weilding our sword – our inner strength
• Finding focus and centre in the midst of chaos
• Being effective through decisive, compassionate action
• Enjoying stillness in meditation and movement
• Being wisdom council for each other by playing the Flow Game

There is a larger call underneath so many similar calls.

Ah - it seems to be the time to let complicated concepts, superficial ideas, and attachments go to return again and again to simplicity.....

by breathing in life as it does its magic within and breathing out wiser action

Come if you are hungry to step deeper into who you are – saying no to whatever is destructive in your self and in the world, - and saying yes to compassionate and wise warriorship by learning to listen to our hearts and practice courage and compassion. At a time of change in Scotland, and the world, come to consciously deepen your practice, to help hold the new conversations that are needed with clarity and strength.
Toke Paludan Moeller is co-founder and CEO of Interchange, based in Denmark. Co-founded of the Warrior of the Heart Dojo, the Art of hosting and harvesting practice and the Flow Game.

Since the early 1970s he has been organizing, learning, teaching and co-creating - hosting inspired spaces for collaborative learning across the world, including dialogues, strategic change processes, learning conferences, circle councils, and participatory leadership training - all in support of life-affirming leadership, participatory learning, organizational and social transformation.

He is a life-long practitioner of Self-knowledge meditation, Aikido and the Art of participation.

Logistics

The dojo takes place Thursday 13th November to Sunday 16th November at 12noon at Comrie Croft, Perthshire (Full venue details). The training will start 6.30pm for 7pm on Thursday. You can arrive from 5pm.

The price of the training is £240 per person including accommodation, tuition and all meals from Thursday evening to Sunday lunch.

To help us create the economy for the training if you can afford to pay more it would be most appreciated, as this will help us meet the costs for the training and help those that can’t afford the full fee. If you can’t afford the full fee, you are invited to pay what you can and a little bit more. If you would like to discuss the fee please speak to Pamela – pamelagalbraith@yahoo.co.uk or Gordon – gacarmichael@me.com

Please note that accommodation is dormitory style. If this is a problem, please contact one of the organisers.

Come with comfortable clothes with open mind and heart – ready to enter the learning field.

Please contemplate:
How do I practice compassionate warriorship in my life?

See more information here:
The Warrior of the Heart practice
The Warrior of the Heart facebook

Who is the training for?
Warrior of the Heart training is for anyone who has already done Warrior of the Heart practice, or who has participated in an Art of Hosting training. The training is also open to anyone who would like to become more centred and courageous in their life and work. At previous courses participants have come with their children (12+) or partners to learn and practice together to art of conscious warriorship.

The only requirement is that anyone who comes makes their own decision to come.

If you need any more information or clarity on this you are welcome to contact Toke Moeller

toke@interchange.dk
Help us co-create the training

The Warrior of the Heart training is also an experience in training and living together for a few short days. Although the training itself is hosted, the whole experience is itself created by the participation and involvement of those who are there.

You can help us co-create the experience by, helping to make meals happen – organising, shopping, cooking and clearing up – or by, more generally, helping with things that will need done over the course of the training.

If you would like to put forward your name now for doing something, please contact Pamela pamelagalbraith@yahoo.co.uk or Bronagh bronagh.gallagher@gmail.com

To register, please complete the google docs registration form

Warrior of the Heart Registration document

If you cannot open the link, please contact Pamela.

To discuss anything to do with fees or payment please contact Pamela – pamelagalbraith@yahoo.co.uk or Gordon – gacarmichael@me.com

We look forward to seeing you on the 13th November 2014, the organising team – Pamela Galbraith, Gordon Carmicheal, Sandy Bruton, Andy Lippock, Bronagh Gallagher and Toke Moeller.

The secret of Aikido is to harmonize ourselves with the movement of the universe and bring ourselves into accord with the universe itself. He who has gained the secret of Aikido has the universe in himself and can say, “I am the universe. I am never defeated, however fast the enemy may attack. It is not because my technique is faster than that of my enemy. It is not a question of speed. The fight is finished before it is begun. When an enemy tries to fight with me, the universe itself, he has to break the harmony of the universe. Hence at the moment he has a mind to fight with me, he is already defeated.

- Morehei Ushiba, O Sensei