MLE RETREAT: FACTS & FIGURES

Venue:
Veranstaltungsforum
Fürstenfeld, Germany

Dates:
October 27 – 29, 2019

No. of Participants:
37

Answers to survey:
19

Countries represented:
18
MLE RETREAT: IMPACT

„I have never in my life felt so empowered and connected. I am forever grateful for the people that made the MLE Retreat happen.“

„Participating in the MLE Retreat was one of the most remarkable and transformative experiences I had in my life.“

„The MLE Retreat 2019 was profound and suave at the same time. The sensation of connection could be expressed and felt without words.“

„It was very interesting to learn deep contemplation techniques to help access our intuitive wisdom, which I am sure I will continue to use in both my professional and personal life.“

„I feel grateful, honored and privileged for being given an opportunity to participate in this retreat.“

„I left the MLE Retreat feeling inspired and motivated to continue to work with contemplative practices within academia.“
“The MLE Retreat 2019 was profound and suave at same time. The sensation of connection could be expressed and felt without words. There was a synergy in the group. It is a privilege being part of this network. I’m grateful for each detail.

As I said in the Retreat, I’d never imagined to be in a retreat with scholars. As contemplative practices are becoming more common each day, having a group of reference for scholars guided by practitioners with a great background as it was, is fundamental to keep going with ethics and personal practice. Without a qualified guide and a group the challenge is much higher.”

– TATIANA AMATO, BRAZIL
“The MLE Retreat provided a much-needed pause from my busy professional life, which allowed me to reflect on my core values, as well as whether I am bringing these values with me into academia. I was able to deeply contemplate how I arrived into my current professional position, as well as where I would like to go in the future.

The MLE Retreat allowed me to practice what I preach by applying contemplative practices to my professional life. This is a rare opportunity that is not often given in academic settings. I came away with a renewed sense of inspiration and community by knowing that I am not alone in the struggles that I face when trying to merge my contemplative life with my professional life.

Thank you for this wonderful experience!“

– BETHANY BUTZER, CZECH REPUBLIC
“I am pleased to convey my gratitude for the interesting and enriching CSS and MLE Retreat. The success of both events is due to the high competence of the lecturers and the meditation instructors of the retreat, and of course also for your skillful and friendly organization.

My learning from both events will help and guide me in the research work I’m currently working on, especially regarding creating a course protocol combining Ethical practices with Meditation practice. (...)

Moreover, due to the CSS and MLE Retreat I have met with interesting researching participants, with whom I have inspiring conversations and I hope that the personal connections will establish a community dedicated to combining contemplative practices with relevant current scientific research.

I hope that the generous supporters are pleased with the success of both the CSS and the MLE Retreat and I wish to thank them for their support.”

– ALEXANDRA ANIS WEIL, ISRAEL
“Participating in the MLE Retreat was one of the most remarkable and transformative experiences I had in my life. The high qualification level of the teachers bringing a good balance between content and practices, working with lightness with the body, brought up a very open atmosphere for learning. This was also possible due to the precious experience of being surrounded by wonderful people from all over the world, creating a strong connection environment.

I must also mention the generosity of people that supported bursaries and made this experience real for some of us that otherwise, we could not have. I am looking forward to disseminate this learning for the benefit of others.

My deep gratitude for all of you working for the Mind & Life Europe.”

– EMÉRITA S. OPALEYE, BRAZIL
“I participated in the Contemplative Science Symposium and the following MLE Retreat in Munich and I just wanted to express my deepest gratitude for this opportunity. It has been such a wonderful experience and I have had so many insights, both during the Symposium and in the silent retreat afterwards. I have been in the middle of a transition back to university and it has been quite a challenging time for me where I have felt lonely with a lot of my thoughts.

I feel like the Symposium and the MLE Retreat made me feel less alone with many of my thoughts as I realized that there are other people who are interested in the exact same things and I had a golden opportunity to exchange ideas and experiences. I left the retreat feeling inspired and motivated to continue to work with contemplative practices within academia.

I would not have been able to participate if I had not received financial support and I am so thankful that I was able to receive this. I am super motivated and inspired to give back and I will do my best to integrate all these new insights in my daily work.“

– PERNILLE VILLUMSEN, DENMARK
I particularly enjoyed the MLE Retreat and believe it will be a valuable experience for my future research career. (...) Hanneli and Martijn organised it really well, so it felt both productive and restorative. It was clear they had a wealth of experience to share and sincerely wished to facilitate us on our paths. The guided meditations and yoga were an excellent way to deepen our practice. It was also very interesting to learn deep contemplation techniques to help access our intuitive wisdom, which I am sure I will continue to use in both my professional and personal life.

Being in retreat with a group of early career scholars was also very beneficial. This allowed us to share our past experiences, future plans and discuss our research. I feel that, counterintuitively, being in silence for most of the retreat improved the quality of our interactions and deepened our connections rather than lessened them. We have already set up several ways to stay in contact, hopefully this will provide us with a support network and future collaborations that would not have been possible without this retreat.

Thank you so much again for the financial assistance I received that made it possible for me to attend. It was a very worthwhile experience that will help me in my future research career and personal life.

– JONATHAN HAMILTON, UNITED KINGDOM
“The MLE Retreat granted a safe space to explore the mind, heart, and body and an opportunity to engage with empowering and compassionate people that are entering different stages of life but nevertheless on the same path towards more integration and enlightenment.

I have never in my life felt so empowered and connected. I am forever grateful for the people that made the MLE Retreat happen and for the other attendees that touched my heart and soul.”

— SHANNON MALONEY, UNITED KINGDOM