



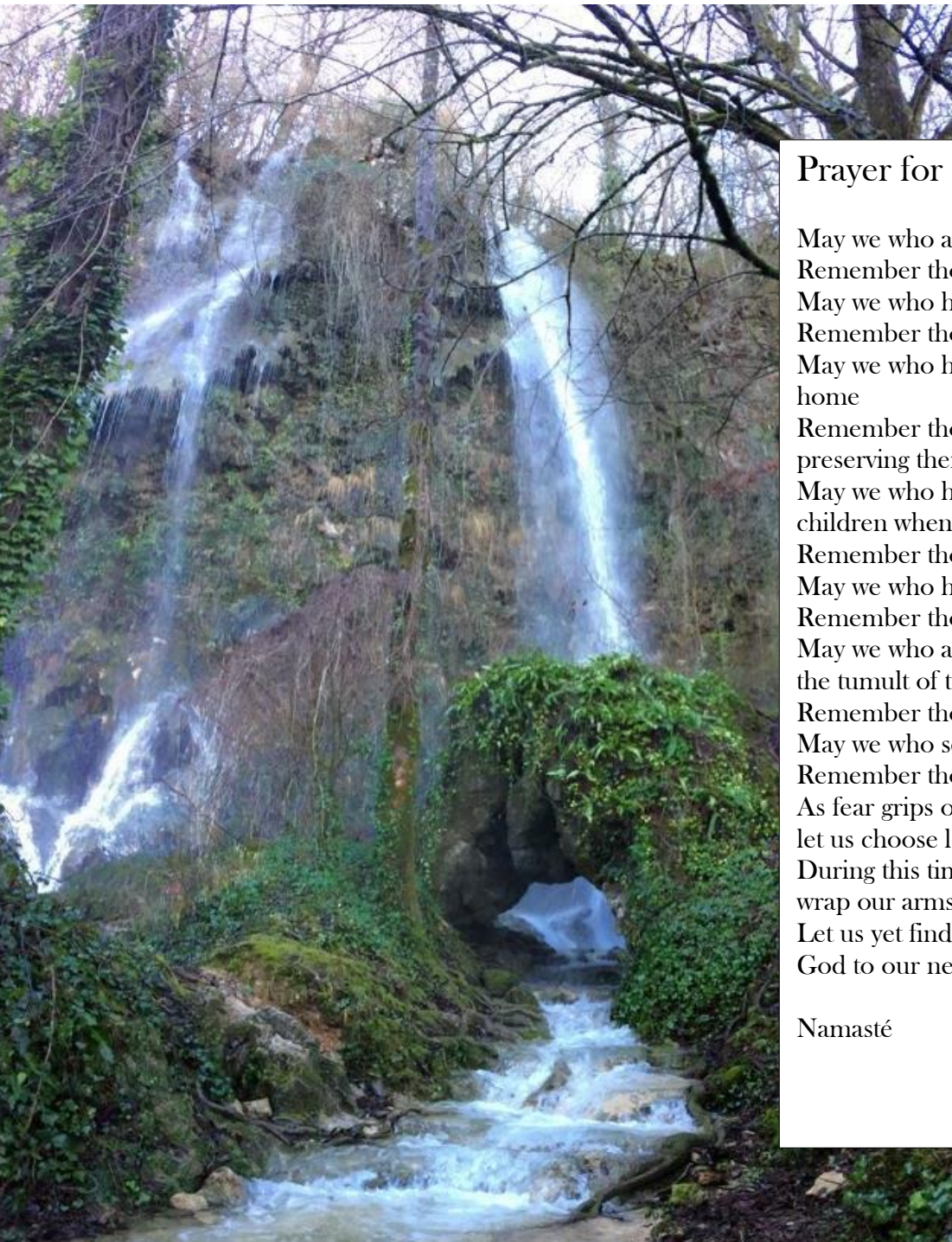
# La Borde Blanche

## Newsletter Spring 2020

Dear Friends,

We hope you are all well! In these turbulent times we would like to reach out to you with some uplifting news, our agenda for 2021, a prayer and two meditations.

But let's start with a prayer.



### Prayer for a Pandemic

May we who are merely inconvenienced  
Remember those whose lives are at stake.  
May we who have no risk factors  
Remember those most vulnerable.  
May we who have the luxury of working from home  
Remember those who must choose between  
preserving their health or making their rent.  
May we who have the flexibility to care for our  
children when their schools close  
Remember those who have no options.  
May we who have to cancel our trips  
Remember those that have no safe place to go.  
May we who are losing our margin money in  
the tumult of the economic market  
Remember those who have no margin at all.  
May we who settle in for a quarantine at home  
Remember those who have no home.  
As fear grips our country,  
let us choose love.  
During this time when we cannot physically  
wrap our arms around each other,  
Let us yet find ways to be the loving embrace of  
God to our neighbors.

Namasté

*By CAMERON BELLM*



## News from La Borde Blanque

Yes, at La Borde Blanque we too have been touched by the turmoil in the world around us and we were being forced in a private retreat. Apart from extra time to think and meditate about the world, our prolonged Winter Rest at La Borde Blanque has given us the opportunity to write, to paint more of the shutters of the Country House, and to finally start the vegetable garden, which we hope you will enjoy when you come for your next retreat!

Since this winter we have 40 functioning solar panels, providing in our renewable electricity. Our next project is to connect also our heating system and hot water to our solar energy system.

## New Website

And with many thanks to Richard van Dijk and to Tara and Shafayet for their initiatives and many hours of dedicated work: La Borde Blanque now has a new website! The name is still the same, but you'll find a new style, new pictures, and the possibility to communicate more directly with us: [www.bordeblanque.com](http://www.bordeblanque.com)

## Cancellation & Rescheduling of Retreats

We've had to cancel our first retreats of 2020. Our policy is that, if we are forced to cancel a retreat in case of a calamity, we offer people another retreat of their choice and time. This can also be the same retreat one year later. To give you an idea of our program for the near and further future we refer to our Agenda's for both 2020 and 2021 at the end of this Newsletter.

## Meditations

We offer you three meditations to practice:

1. A simple meditation on the breath, to practice whenever you feel stress , or just out of your center.
2. A meditation to manage your fears. For fear is more contagious and destructive than any virus can be and fear reduces your immune system.
3. A meditation for the Earth.





### ***Meditation on the Breath I\****

*Close the eyes  
and focus attention inwards  
Observe your breathing  
in and out, in and out  
Feel the breath  
deep under in your belly  
Lay the hands on the lower belly  
and feel how the belly expands  
at an inhalation  
and pulls inwards  
at an exhalation  
in and out, in and out  
Follow the movement of the breath  
with the hands  
and with attention  
Let all tension flow out  
at an exhalation  
Allow relaxation to become  
at an inhalation  
Allow the physical body  
to come to rest  
in this movement.*

*When it is sufficient  
let go of the focus  
Feel the weight of your body  
Breathe in and out three times  
more  
Stretch out*



### **Suggestions**

This is a good relaxation exercise for the physical body preceding a meditation, or as independent exercise for beginning practitioners. This exercise may be practiced for a week or longer, before you continue with 'Breath II'

Stay alert and keep your attention to the breath. Do not breathe excessively, do not force yourself in anything. Relaxation comes especially by focusing on the exhalation. The deeper the relaxation, the longer the exhalation naturally will be.

When you notice that your attention is wandering off, just go back to the breath. It might be that you are restless, which is common in the beginning when one tries to relax and be quiet, or it might be that you are trying to carry on with the exercise for too long. In this last case you had better end the exercise.

\* From: "Meditation & Imagination", bij Elleke van Kraalingen, O-Books  
(Also available in Dutch and French)



### Re-creation of Fear

Formulate in your mind  
a fear, something you are afraid of  
and let go

Close your eyes  
Breathe deeply and quietly in and out  
Relax your body  
Allow your emotions to come to rest  
Allow your thoughts to become still and clear  
Expand your awareness  
beyond the mental  
In the realm of the intuition  
and inner knowing  
the transpersonal Self  
This is who you truly are  
The Self knows no fear  
The Self is free

Look straight at your fear  
from the perspective of the Self  
And ask yourself the question:  
Is this a realistic fear?  
Does this fear concern a present reality as it is?  
When it does not  
ask yourself the question:  
Can I change this fear?  
Do I want to change it?  
Open yourself up to a new reality  
the reality of the Self

Choose another thought  
choose another reality  
free from fear  
Visualise this reality  
let it become true in your imagination  
Imagine that you think,  
feel and act accordingly.

### Suggestions

According to Patanjali fear is one of the five causes of all missequence (II, 2-10):

Primarily there is *lack of awareness of reality*, to hold the non-self for the Self. From here *egoism* develops, we think that we are this 'I' and from this separated I we get *attracted* to certain matters and *repulsive* towards other matters. From here *fear* develops, fear to lose the 'I', to lose ourselves, by dying, fear of pain, fear of the unknown, fear to lose something or someone we feel attached to, or fear of what might happen to us, fear of failure, fear of loneliness, etc.

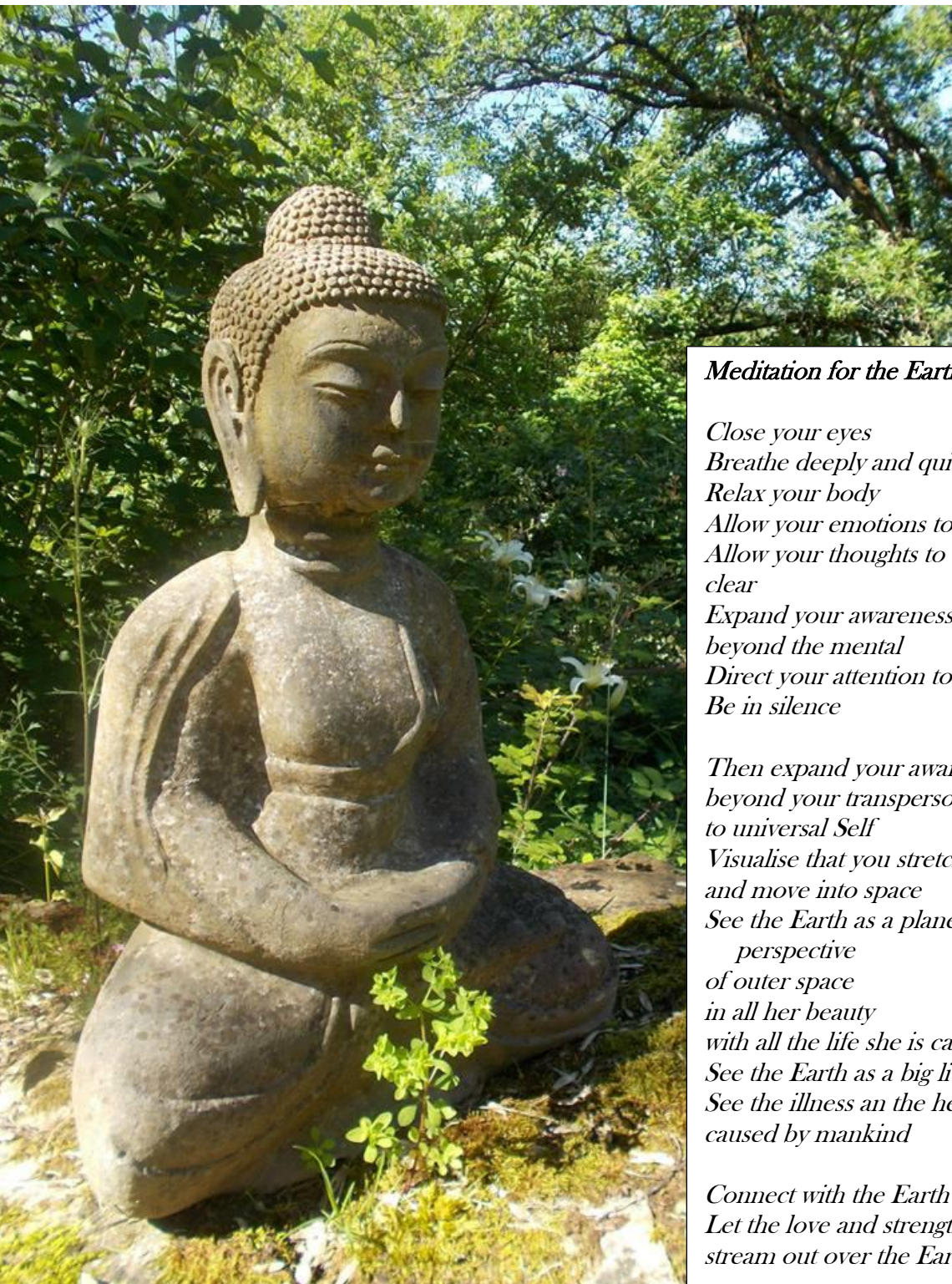
So, actually misery is based upon lack of awareness of reality. Most fears are unrealistic, they concern not the present reality, but the future or the past, so they are illusionary. Like expressed in the saying: 'One suffers the most from the suffering he fears, which will never happen.'

Patanjali says however:

*The misery which is not yet come can and is to be avoided.*  
(II, 16)

He continues to explain that causes of misery can be avoided by the realisation of who we truly are (II, 17). Therefore in this exercise we direct our awareness to the transpersonal Self.

When we realise that we are the Self, there is no fear. At the level of the Self there is no separation, but oneness, love and discernment. This discernment we use to negate the fear. Finally fear is replaced by a constructive thought, which serves us better.



### *Meditation for the Earth \**

*Close your eyes  
Breathe deeply and quietly in and out  
Relax your body  
Allow your emotions to come to rest  
Allow your thoughts to become still and clear  
Expand your awareness  
beyond the mental  
Direct your attention to the Self  
Be in silence*

*Then expand your awareness  
beyond your transpersonal Self  
to universal Self  
Visualise that you stretch out  
and move into space  
See the Earth as a planet from the  
perspective  
of outer space  
in all her beauty  
with all the life she is carrying  
See the Earth as a big living organism  
See the illness an the health  
caused by mankind*

*Connect with the Earth  
Let the love and strength of the Self  
stream out over the Earth*

*Silence*

*Let go of the earth  
Withdraw in your self  
Breathe in and out quietly  
and come back in the here and now*



## Suggestions

One could think of numerous variants to this meditation. One could direct one's attention to specific problem areas on earth, areas of war, starvation, environmental disaster, pollution.

A meditation dedicated to the earth is not meant as a substitution of goal directed action. It is not meant to be a solution for all problems. It is meant as a method to be aware and to remain alert of the necessity of the recovery and maintenance of the balance on our planet. Meditation can inspire to problem solving thinking and to undertaking action.

In addition to this energy follows thought. It is better to direct our attention collectively in a constructive way to a better liveable planet than to our personal struggles. Any change begins with a change in consciousness.\*

\* From: "Meditation & Imagination", by Elleke van Kraalingen, O-Books  
(Also available in Dutch and French)

We wish you all peace of heart and good health and we are looking forward to seeing you back at la Borde Blanche! 🙏

Pieter & Elleke

## Agenda La Borde Blanche 2020



**06 - 13 June**

**Yoga & Meditation Retreat: Coaching & Connecting with Horses**

**20 - 27 June**

**Midsummer Yoga & Meditation Retreat: Connection & Communication with Nature**

**04 - 14 July**

**Yoga & Meditatie Intensive: Science of Soul**

**Module V of the Raja Yoga Teacher Training**

**25 July - 01 August**

**Yoga & Nature Retreat for Families**

**08 - 15 August**

**Yoga & Nature Retreat for Families**

**22 - 29 August**

**Yoga & Meditation Basic Retreat: A Journey through the Yamas & Niyamas**



Basic Module of the Raja Yoga Teacher Training

**05 - 12 September**

**Yoga & Hiking Retreat**

**26 September - 06 October**

**Yoga & Meditation Intensive: Introduction to the Bhagavad Gita**  
Module III of the International Raja Yoga Teacher Training

**24 -31 October**

**Yoga & Meditation Retreat: Coaching & Connecting with Horses**

**31 October- 7 November**

**Yoga & Massage Retreat**

**27 December - 03 Jan 2021**

**New Years Eve Retreat**

## Agenda La Borde Blanche 2021

**27 March - 06 April**

**Yoga & Meditation Intensive: Introduction to the Yoga Sutras of Patanjali**  
Module I of the Raja Yoga Teacher Training

**17-24 April**

**Yoga & Massage Retreat**

**08 -15 May**

**Yoga & Hiking Retreat**

**22 - 29 May**

**Yoga & Meditation Basic Retreat: A Journey through the Yamas & Niyamas,**  
Basic Module of the Raja Yoga Teacher Training

**05 - 12 June**

**Yoga & Meditation Retreat: Coaching with Horses**

**19 - 26 June**

**Midsummer Yoga & Meditation Retreat: Connection with Nature**

**03 -13 July**

**Yoga & Meditation Intensive:**  
Continuation of the Yoga Sutras of Patanjali: Module 2 of the Raja Yoga Teacher Training

**24 July - 31 July**



## Yoga & Nature Retreat for Families

07 - 14 August

Yoga & Nature Retreat for Families

21 - 28 August

Yoga & Meditation Basic Retreat:

A Journey through the Chakras, Basic Module of the Raja Yoga Teacher Training

4 - 11 September

External group

11 -18 September

Yoga & Hiking Retreat

25 September - 05 October

Yoga & Meditation Intensive:

Module V of the International Raja Yoga Teacher Training

16 -23 October

Yoga & Meditation Retreat: Coaching with Horses

30 October- 6 November

Yoga & Massage Retreat

27 December 2021 - 03 Jan 2022

New Years Eve Retreat



# La BordeBlanche