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## Satsang, Sandcastles and Seva

31 Aug – 14 Sept €930

### Jac O'Keefe Leads two weeks of Non-Dualism Meetings in Greece

[Click Here to Book Your Place On This Retreat](#)

#### Advaita Satsang Fortnight

This satsang retreat offers a unique three-in-one package.

Each morning there will be group meditation and satsang sittings. This will be intensive up until lunch time.

Taking a packed lunch with us, we head to the beach to snooze in the sun, swim or perhaps bury yourself in the sand!

By late afternoon we head back to the centre to participate in a short period of work/service and to have dinner.

Each day closes with a silent sitting.

In this way, a holiday in the sun is combined with spiritual practices.

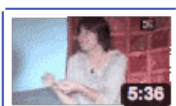
The mixture of activities throughout the day provide ample opportunity for latent or habitual 'I stories' to arise. A time for play and a time for physical work offer a contained and supported environment in which to see how regular life pulls attention outward.

Watch what engages the "I", watch how separation presents as real during these activities and explore these tricks of

maya/tricks of mind at satsang.

For those who may be attracted to a lifestyle that involves community living and service, this week offers a taste of how that works.

All in all, this week presents a rich and integrated package. It's a holiday in Greece with bit of a difference!



See Jac O'Keefe's video "Born to be Free"

#### What You Are Looking For is Where You are Looking From



*The problem is not with the mind, it is the personal identification with thoughts that creates suffering — Jac O'Keefe*

*Simply abide in the Self. Sink into the Self 24-7 until time reveals that time also is a concept and until who is doing the abiding, merges with the Self. — Jac O'Keefe*

*As long as the 'I' is looking for peace, there will be no peace. — Jac O'Keefe*

*In any moment, you are either observing effortlessly or you are believing your thoughts. — Jac O'Keefe*

**Kalikalos' affordable (€250) Living-in-Community programme invites you to stay on a week before or after your retreat to relax and fully enjoy this special, unspoilt region of Greece. [Book now!](#)**

#### About Jac O'Keefe

Jac O'Keefe was raised in rural Ireland. Wanting to know about God she studied theology and music. Graduating in the 1980's, her studies left her disillusioned and a non-believer.

Turning her focus to issues of social inequality, she studied adult and community education, and began her career interweaving community development with the arts. In 1997, her life changed dramatically when her sixth sense awakened. Quite spontaneously, she was able to see chakras, energy fields and auras. Moreover, she could communicate with animals and with those who have passed away.

A practice in healing work developed within a short time, with Jac offering private sessions and residential retreats. She developed and delivered holistic programmes that focused on viewing depression as a spiritual awakening rather than a bio-chemical disorder. Using a variety of methodologies, her work had the primary focus of raising consciousness.

Jac continued for seven years as a spiritual teacher, before stopping her work in 2006

and leaving Ireland to deepen her own spiritual practice. Her personal quest led to that which is beyond the mind—a transcendence of dualistic thought. Jac now lives in Ireland and India. She facilitates spiritual gatherings in question-and-answer format, offering clear pointers to spiritual seekers of truth.

Visit [www.jackieokeefe.com](http://www.jackieokeefe.com)

for further information about Jac and for downloads of previous satsang gatherings.

[Book this retreat online now.](#)