



the journey to sustainable living

As our lives become overwhelmingly stressed and complex, we find ourselves yearning for true contentment and purpose. To satisfy this yearning, we must develop our natural capacities for self-healing, social engagement and true meaning-making. The Journey to Sustainable Living teaches people hungry for deep transformation the insights and skills they need to achieve a meaningful balance of personal, interpersonal and professional growth throughout their lives.

THIS JOURNEY introduces participants to systematic methods of self-healing, emotional intelligence, creative vision and integration designed to meet the demands of today's complex world. From 15 to 60 participants form peer learning groups, offering an enriched environment for mastering the insights and skills that build and sustain well-being. The Journey is made up of four distinct paths, each explored in a two-day retreat. Each retreat sparks experiential learning through open dialogue, guided meditations and interactive group exercises. Overall, The Journey teaches the full range of mindsets and practices that promote sustainable living, spanning the four main horizons of positive health and development.

The Path to Freedom: Taking Care of the Here and Now

Self-healing insights combined with daily practice of mindfulness and journaling help participants break out of the life sentence of stress and trauma, and find liberating self-knowledge, conscious self-mastery and radical acceptance of oneself and the world.

The Path to Engagement: Embodying Care in the Everyday World

Emotional intelligence insights combined with daily practice of mind-clearing and positive intention help participants heal the traumatized childhood self and build a mature social self with the confident resolve to turn social stress into caring engagement at home and at work.

The Path to Transformation: Modeling Vision for a Changing World

Role-modeling insights and practices of positive vision, affirmation and action help participants dispel self-limiting images of themselves and the world and shape more sustainable ways of being in the world.

The Path to Integration: Finding the Energy for Sustainable Living

The most advanced insights and practices of inspiration and mastery help participants release the grip of instinctive stress and tap the natural highs of pure openness, spontaneity and flow.





2 | M Consulting, LLC
909 Goose Lane
Guilford, CT 06437
(O) 203-652-1357
(M) 203-521-0772
info@2mconsulting.org
www.2mconsulting.org



Nalanda Institute
for CONTEMPLATIVE SCIENCE

300 Central Park West, 1D
New York, New York 10024
(O) 212-249-7747
(M) 646-639-4196
info@nalandascience.org
www.nalandascience.org

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All four retreats combine insights and methods integrating the Indian and Tibetan traditions of contemplative science with the latest ideas and practices from contemporary neuroscience, psychology, medicine and business. Each retreat offers participants a complete voyage through one of the four main horizons of positive health and human development. The four retreats work together to offer a complete journey of gradual progress beyond mere survival towards the highest levels of liberating self-knowledge and empowering self-mastery.

why this journey

The Journey to Sustainable Living will empower you to gain greater control of your intentions and actions; to awaken your emotional intelligence; and to cultivate sustainable ways of being in the world that will help you reach your highest aims, create an authentic life of your choosing, and build lasting fulfillment for yourself and those around you.

who we are

Nalanda Institute is a non-profit community building a sustainable future by infusing ancient contemplative science into contemporary culture and ways of life.

2|M Consulting is a coaching and consulting firm joining the latest methods of transpersonal coaching with neuro-linguistic programming and energy work to foster sustainable excellence and positive human development.

co-leaders and facilitators

2|M Consulting founder, transpersonal coach Michael McDermott RMT, MNLP.

Nalanda Institute founder, contemplative therapist and meditation instructor Joe Loizzo, M.D., Ph.D.

learning environment

The Journey to Sustainable Living unfolds within an experiential learning environment enriched by contemplation and interactive teamwork, fostering an ideal space for personal reflection, mindful dialogue and empowering group cohesion.

registration

The Journey to Sustainable Living's Path to Freedom Retreat is from November 13–14, 2009. For more information or to register, please call 212-249-7747 or email us at sustainable@nalandascience.org. Enrollment is limited.