

Dear Ian,

May has been a particularly busy month, culminating in my first visit to Belgrade last week as a guest of the Serbian homeopathic school. It's heartening to work amongst those who are striving to bring about healing and inner transformation in a region that has been torn apart by conflict in recent years.

What I find most striking through my travels is that, while the social and economic situation varies enormously from one country to another, the inner struggles we face tend to be remarkably similar, and the thirst for self-healing is universally strong.

My schedule is considerably more relaxed during the next few months, and I hope you'll find the space for some rest and rejuvenation too.

Warm wishes,
Ian

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Who to Trust?

In my work with individual clients and also with groups, one of the positive side-effects that appears quite frequently is that people begin to trust themselves more than they did previously. Perhaps a better way of putting it is that they start to rediscover the trust that they once had but had somehow lost, often without realizing it.

It seems to me that trust is closely related to instinct, which means it is a bodily kind of knowing that is largely inherent. This inbuilt awareness of what is healthy and good for us, as well as what is detrimental, can either be reinforced or undermined by our life experiences and the conditioning we receive from those around us.

Unfortunately, all too often, as youngsters we learn very quickly that someone else knows better than we do, and a

New Website Launched



Ian Watson Seminars
& Consulting

As an outward reflection of my own process of inner transformation, I have taken down my old website and put a completely new version up in its place during the past week.

As my 'window to the world', it feels like a significant step, and I'm enjoying the process of dismantling and rebuilding my virtual 'home'. Having said that, like most house moves, it hasn't all been plain sailing, and there are still some important items 'in storage', waiting to be unpacked.

Take a look at the new version when you get the chance, and tell me what you think. I'll be adding some new features and restoring some of the missing pieces over the next few weeks.

***"Myths are public dreams.
Dreams are private myths."***

Joseph Campbell

pattern is established that continues long into adulthood.

When I first suggest to a person that they simply trust the image that appears in their mind, or the feeling sensation that arises in their body, they often look at me as if I'm mad. It has become almost a foreign idea to us that we should trust our own, self-generated, internal experience. We would sooner have someone else tell us what is valuable and what is not, and even what is real and what is not.

On a collective as well as an individual basis, we have forsaken our internal authority, and put our faith in experts, institutions and other external forms. Only after we have suffered the consequences do we realize the price we have paid for handing over our authority in this way, and then we must begin the difficult task of reclaiming it.

In modern society, an excessive amount of faith is given to the authorities in science and in medicine, and we consent to all kinds of harmful practices and procedures because those who are supposed to know these things have told us it is safe to do so.

Not only that, we have been brainwashed into believing that the 'real' world consists only of that which is reasonable, rational, objective and tangible. Anything else is dismissed as 'superstition' or 'just your imagination', as if it were something of no consequence. We forget to our peril that our *inner experience* is ultimately the most valuable thing we possess.

Carl Jung told a sad tale of what happens when a group of people begin to deny their inner experience. When he visited the Elgonyi tribe in central Africa in 1925, he asked the *laibon*, the medicine man, about his dreams. With tears in his eyes, the old man told how the *laibons* used to receive all the important knowledge for the tribe from their dreams, but now these dreams were no longer needed because the English knew everything! In that single statement, Jung saw the disintegration of an entire society.

Societies, just like individuals and smaller communities, need meaningful dreams and visions to sustain and guide them. But the crucial factor in each case, is that they must come from within, and their true worth must be honoured and recognized.

Forthcoming Seminars

Quick Links...

[Ian's New Website](#)

[Seminar Schedule](#)

[Audio Downloads](#)

[Books & CDs](#)

Join Ian's mailing list!

June 23rd, Yorkshire
The Healing Journey Seminar

June 30th - July 5th, Czech Republic
Homeopathic Summer School Event

July 19th - 21st, Egypt
Red Sea Mini-Retreat

September 30th, London
Lakeland College Graduate Circle Event

October 9th - 11th, Ireland
Self-Transformation Residential Retreat
Earlybird expires 30th June

Visit the website schedule for further details of these and other events to be held later in the year.

[Further Seminar Details & Bookings.....](#)

Consultations with Ian

There are still a few appointments available in London on June 12th -14th, and the next available dates will be July 12th - 14th. Consultations in Devon and telephone consultations are available on other dates. See below or send an email for more information and to book an appointment

[More information on Ian's consultation work](#)

Subscriber Information

This newsletter is sent to Ian Watson Seminars subscribers, who may unsubscribe at any time. You are welcome to forward it to friends using the link below. Remember to update your details if your email address changes. Your feedback is always welcome.

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