

Ian Watson Seminars Newsletter

4th September 2007

Dear Ian,

Apologies for sending this newsletter twice - I've discovered a number of dead links in the earlier version, so please discard it and replace with this one.

I'm excited, and a little daunted, at the fact that my next book is well under way. It's been cooking for quite a while, and it seems I can't put it off any longer. I'll give you more news on this when the end is in sight!

During the last week, I've uploaded about a dozen articles to the website, some of which you definitely won't have seen before. Meanwhile, my autumn seminar schedule kicks off with a one-day workshop in London this Sunday, where we will be exploring the theme of *trust* - what gets in the way of it, and how we can deepen it.

After last month's sufi tale, Fiona Codie sent me a follow-up story involving Nasruddin and his donkey once again, which you'll find in the right hand column. Enjoy.....

Hope to see you soon,

Warm wishes,
Ian

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The Moving Power

In one of his auto-biographical essays, Joseph Campbell describes his shock upon discovering, in his fifties, that he had been saying essentially the same thing throughout his entire life. What he thought had been a steady progression of original ideas and insights was, in fact, the continuous development of a single theme.

Well, I know that feeling. Lately, I've been noticing uncanny parallels between that which most interests me now, and that which has always interested me. And, following Campbell's example, I've come to the conclusion that this is not something to be ashamed of, but is well worth paying attention to, for it is revealing something about what he called '*the moving power of your life*'.

Another Donkey Tale....



A neighbor who Nasruddin didn't like very much came over to his compound one day. The neighbor asked Nasruddin if he could borrow his donkey. Nasruddin, not wanting to lend his donkey to the neighbor he didn't like told him, "I would love to loan you my donkey, but only yesterday my brother came from the next town to use it to carry his wheat to the mill to be grounded. The donkey sadly is not here."

The neighbor was disappointed. But he thanked Nasruddin and began to walk away. Just as he got a few steps away, Mullah Nasruddin's donkey, which was in the back of his compound all the time, let out a big bray.

The neighbor turned to Nasruddin and said, "Mullah Sahib, I thought you told me that your donkey was not here." Mullah Nasruddin turned to the neighbor and said, "My friend, who are you going to believe? Me or the donkey?"

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We are currently taking bookings for a 3-day retreat at Dunderry Park in [Ireland](#) and a 6-day retreat in [Egypt](#), at the Red Sea resort of Nuweiba. Visit

To give an example, I have been fascinated by the processes of self-healing and inner transformation since I was a teenager, but there are specific individuals within that vast field who have made an unusually large impact on me over the years. One of the first was Edward Bach, who gave up a successful medical career to pursue his calling to find 'flower remedies' in the countryside. I was deeply moved by Bach's willingness to sacrifice his reputation and job security and to follow the impulse of his soul into uncharted waters. If he can do that, I thought, perhaps I can too.

Some years later, I read an account of the life of Paracelsus and was deeply inspired. Once again, there was an example of someone throwing off what was expected and demanded of him, and relentlessly following his own instinctual tendency. In so doing, he achieved results which seemed impossible to his contemporaries, and are still impressive today. The life story of Samuel Hahnemann, founder of homeopathy, contains parallels too numerous to mention, and again, it was the *living example*, more than the discoveries that he made, that proved inspirational to me in my own journey.

In recent years, I was inspired by and trained with Brandon Bays, whose 'journey process' work arose out of her own self-healing transformation. I have been similarly impressed by Byron Katie, who discovered through her own experience a simple technique by which others can transform themselves. And when I look back through a list that includes Carl Jung, R. D. Laing, Milton Erickson, Joseph Campbell and many others, I can see a number of common themes that connect them all in terms of my own current understanding and growth.

It is a rewarding exercise to begin to unearth that golden thread that has been running through your whole life, which is still running today like an underground stream. As you look back, you can locate the places where the refreshing waters of your own life's impulse have come bursting through the surface, only to return again to the hidden depths below. And sometimes, you can catch a glimpse of recognition that even the rocks and boulders and gaping chasms that life seems to have placed in your way, have also been helping to give the necessary shape and form to that which you are in the process of becoming.

You might not be given the whole picture, but I'll bet there are clues scattered everywhere around if you have the eyes to see them. *What moves you? Who has inspired you? When do you feel that you are most alive? What interest would you pursue if you were free to do absolutely anything with your life?* The answers to these questions are like neon signs on the enigmatic map of your own life's journey. Pay attention!

[Forthcoming Events](#)

the website for more information.

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*'Follow your bliss', said Joseph Campbell, 'and doors will open where you didn't even know there were doors.'*

Click the link below to see a living example of what can happen when you follow your bliss.....

[Click Here](#)

## Quick Links...

[Ian's New Website](#)

[Seminar Schedule](#)

[Audio Downloads](#)

[Books & CDs](#)

**Join Ian's mailing list!**

**September 9th, London**

**[Developing Trust Seminar](#)**

Learn how to overcome fears and clear the obstacles to trust.

**\*LAST CHANCE TO BOOK\***

**September 30th, London**

**[Creativity & Healing Seminar](#)**

How self-healing leads to greater creativity, and creativity leads to deeper healing.

**October 9th - 11th, Ireland**

**[Self-Transformation Residential Retreat](#)**

A 3-day retreat in the magical setting of Dunderry House.

**October 28th - November 3rd, Nuweiba, Egypt**

**[Journey to the Self Retreat](#)**

A week-long retreat on the Red Sea..... sun, sand, snorkelling and self-transformation!

**November 30th - December 2nd, Helsinki**

**[Practitioner Development Seminar](#)**

**December 3rd, London**

**[Working with the Dreambody](#)**

Evening lecture in S.E. London.

**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](#)**

Appointments for individual consultations in London are available on September 10th -12th, and the next available dates will be October 16th - 18th. 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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