



The Contemplative Consciousness Network
16 Servite House
27 Bramley Road
London
N14 4HQ

Email us [here](#)

Phone
+44(0)20 8400 445

Website of [CCN](#).

Dear Friends,

1. **Establishment of a European Mind Centre and Contemplative Observatory**

This project has been at the forefront of the efforts of CCN since last summer, much work has gone into it, and the project is progressing along.

A lot of effort has been put into preparing the required documents for launching a fundraiser campaign for major donors, however it is proving much more difficult to produce than we anticipated.

We have been working, together with Alan Wallace and others in Santa Barbara and Australia, towards developing an international statement with endorsements from His Holiness the Dalai Lama and significant scientists. Business plans, detailed structural and operational surveys have been prepared first for Altachorvie in Lamlash, and next for the larger Torridon house estate in the Scottish highlands. While these properties may not be the final location, the detailed planning and investigation has helped us see clearly the paths and processes for developing our contemplative centre for hosting retreatants, whichever location proves to be chosen.

With regard to properties, it appears that Torridon House, the property in the Highlands, may be sold shortly. Altachorvie still hangs in the balance. We are also looking at a property in Snowdonia, north Wales, and considering a location in the Brecon Beacons in central Wales. As soon as further developments or any significant events take place with our continued efforts, updates will certainly be announced at once.

2. **Dr Alan Wallace 11-16 April Retreat in London.**

This will be a foundation Shamatha retreat, very suitable for first time participants.

There are currently three places left on this retreat, if you would like one of these places email the office at Jamyang by [clicking here](#).

For full details about the retreat [Click Here](#)

3. **The Less Dust the More Trust by Adeline Van Waning MD, PhD**

This book is the story of the Shamatha Project through the eyes of a participant. The Shamatha Project is the largest scientific research project ever done on meditation and results are still emerging from it. This personal account from a practicing Psychiatrist who is also Buddhist, is a fascinating read.

For a full account of the Shamatha Project [follow this link](#).

To see official advert for the book [Click Here](#)

To read a review by Pamela Ford [Click Here](#)

4. **Mongolia Tour with Professor Vesna Wallace**

Professor Vesna Wallace is leading another tour to Mongolia this year. This year it is called the Kalachakra Tour and includes the option to stay on and attend a the Kalachakra Initiation with His Holiness the Dalai Lama.

For full tour details [Click Here](#)

5. **Cultivating Emotional Balance Teacher Training on Holy Isle July 2014**

There are still a few places left on the training. This is a unique opportunity to obtain full

credentials to teach the complete 42 hour course. I am hoping we will be able to start promoting and co-ordinating the running of these trainings as interest in the UK develops.
If your area of work would benefit from you obtaining the training, it might be worth investigating and trying to arrange the opportunity and funding to attend the course.
For full details [Click Here](#)

With Good Wishes to all,
Elizabeth

[Unsubscribe from this newsletter](#)