



The Contemplative Consciousness Network

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Wishing Everyone  
a Very Happy New Year  
and  
Many Blessing for 2014

Dear Friends,

This brings you my very best wishes for the new year.

We hope that this year will bring growth and change and many interesting opportunities.

A Forward Glance to remind everyone of things to come:

22nd March Day with Sr Ishpriya At the Study Society in London, details to follow.

11th-16th April, Meditation, stability, clarity: Experiencing the liberating power of full attention with Dr B Alan Wallace, for details [click here](#)

fJuly 6th - August 8th, 2014. The fifth Cultivating Emotional Balance Teacher Training (CEBTT) will take place this summer. It will be led by Dr. Alan Wallace and Eve Ekman MSW, at Holy Isle in Scotland. Please request a detailed application by emailing [retreats@sb institute.com](mailto:retreats@sb institute.com)

[Warm Wishes to All,](#)  
Elizabeth

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