

Who Am I

Enlightenment Intensive Retreat



Yoga

Meditation

Communication

Self Realization



Who Am I and the Quest for Self Knowledge

The self reflection, “who am I” is as ancient as human consciousness itself. Men and women, adults and children in countries and places around the world and throughout the ages have wondered, who am I?.

Quite often this self enquiry into the nature of oneself and life arises spontaneously out of the tragedies of life such as the death of a loved one, failing health, divorce or by some life circumstance that radically shakes the foundations of our seemingly immortal and stable existence.

Others make the quest to ‘know thyself’ a life long passion finding great joy and wisdom in exploring, pondering, penetrating and meditating upon this existential enigma, ‘who am I?.’ Those who have pondered this enigma, come from all different spiritual and religious traditions. Some have become well known due to their literary, artistic or scientific achievements such as William Blake, Ralph Waldo Emerson, Michelangelo, Isaac Newton, Albert Einstein, Lao Tzu and Ramana Maharshi. But most have come and gone, known only to those that have loved them and who were loved by them.

‘Who am I?’ is the ultimate self enquiry. Directly knowing the truth of who you are is called enlightenment or Self knowledge. It is the knowledge of what you truly are and the ultimate satisfaction to the timeless question, “Who am I?”

Who are you?

asked the caterpillar from
Alice in Wonderland.

“I hardly know,” replied Alice.

Many people, like Alice share
that state of uncertainty.

When you know who you are,
you stop trying to become
someone or something.
You are content to be yourself.

When you know who you are,
you stop running from the past
and chasing the future.
You live your full Presence, NOW.

Know who you are
and you know everything.

What is Enlightenment?



“Pointing at the moon is not the moon,” say Zen meditation masters.

And words can never describe your enlightened Presence, though they can point to the experience.

Enlightenment is often described as a state of divine love, oneness, union, presence or communion.

It always occurs in a timeless instant and always in the NOW.

It expands your state of awareness, deepens your contact with others and uplifts your life.

It is purely subjective, self evident and beyond doubt.

Poetically, enlightenment has been described as ‘Opening the Minds Eye’ or ‘Awakening to Your True Nature’.





What is the Enlightenment Intensive Retreat?

The purpose of the Enlightenment Intensive Retreat is to directly know your Self.

The core technique that I use combines the 10,000 year old yoga self enquiry meditation, 'who am I,' with a two person tantra-style communion exercise that increases listening, effective communication and genuine understanding.

The Retreat setting is a meditation rich, zen-like environment of focus and relaxed concentration that directs your intention firmly and lovingly towards knowing, expressing and presenting your Self.

It is experiential, intense and self empowering. It includes a variety of self reflective meditation activities, inspiring lectures and wholesome vegetarian food.

Can I get Enlightened in only a weekend?

Yes!

Some people succeed in as little as a weekend. Others need more time to clear away the mental and emotional barriers that stand in their way.

But everyone at the Enlightenment Intensive Retreat expands their self awareness, communication skills and their abilities to meditate and focus one pointedly.

What accelerates the process of Enlightenment?



Contact and Presence

The process of enlightenment is accelerated and stabilized by relating and communicating your true and authentic self to another.

Presentation or presenting what you are conscious of is a modern contribution to the ancient paths of self realization.

What do others say?



“I’m never going to forget who I am!”

Mary, physician

“I am love and feel a oneness with everything.”

Harry, bank executive

“The love and contact with others was the deepest spiritual experience of my life.”

Ethan, biologist

“I’m completely happy, whole and content.”

Charlie, auto mechanic

“Who am I? Who am I? Who am I? This meditation is tremendously powerful!”

Carl, engineer

“Empty. Complete. Full & accepting. I am all of Me.

Brenda, business owner



Who is the Facilitator?

zYoah Jack Wexler, PhD has facilitated the Enlightenment Intensive Retreat in Australia and America since 1980. He is a modern Renzai Zen Enlightenment Master that inspires and teaches in the tradition of Ramana Maharshi's self enquiry 'who am I' meditation.

He is a transpersonal psychologist, teacher of meditation and shakti pat transmission guru in the Shivite lineage of Swami Kripaluananda.

His 1985 PhD doctoral dissertation in psychology studied the stress reduction effects of hatha yoga on the body and mind.

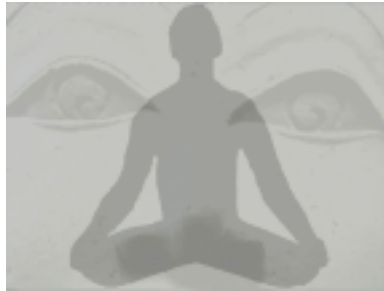
His latest video production, **Enlightenment** and the book **Knowing Your Self** are now available.

He can be contacted via email at:
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When is the next Enlightenment Intensive Retreat?

31 March – 3 April 2006 Bali
21 - 23 May 2006 Melbourne
18 - 24 May 2006 Byron Bay
6 - 12 July 2006 San Diego, California
15 - 18 September 2006 Kayaverohan, India

other dates TBA



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