



WORKSHEETS

follow the rainbow **Findhorn**



A multimedia journey into the Findhorn Foundation

by Markus Werner

follow the rainbow to Findhorn

If you wish to work more intensively on the movie „follow the rainbow to Findhorn“ then the following pages will help to step deeper in the „rabbit hole“.

You can either use a whole day and work through the full programme or you proceed step by step and chapter by chapter, alone or with other people in a group. This booklet offers not only further links and information about ecovillages or footprints e.g., it mainly provides a catalogue of questions related to the chapters of the movie. These questions may help you to explore your own inner depth. Therefore it acts like a mirror on how you perceive yourself and the world.

After all there has been so much energy flowing into this filmproject from so many different people. I want to thank all of them here again. I also want to underline the fact that the place of Findhorn is indeed quite special.

If you don't have the time, the space or the money to undertake a journey to the north of Scotland to experience this place yourself, then this little booklet is an attempt to share with you a flavour of the „FINDHORN SPIRIT“ in the way I experienced the place and the people during days of interviews, editing and publishing. I've been there already a few times more.

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The idea for this paper arose as I discovered that my motivation on giving my best for this movie was not fading even after I've seen the interviews over 100 times. I discovered that there is some kind of very pure, and simple human wisdom in there that touches me every time I get to see it. It's not a belief system. You will meet people like you and me speaking about the wonder of life, about learning, growing, struggling, hoping and succeeding with their purpose in the world. These are people who dare to live fully – who confront themselves and life with love, compassion and openness.

I am deeply grateful to have experienced this human experiment and hope that the positive energy of this place and the ripples of hope in the movie „follow the rainbow to Findhorn“ will benefit thousands of people all over the planet.

Ottobrunn, 03.05.2010

Markus Werner

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1. OUR WORLD

Please watch chapter 1,2,3

ends at timecode: **00:05:18** (hh:mm:ss)

The Findhorn Foundation is introduced. Michael Mitton was born here. In the second chapter you hear him talking about climate change. There are many more challenges that we are facing as human kind today:

- Oil crises
- Financial crises
- Bankruptcy of whole countries
- Overpopulation
- A growing gap between rich and poor people

What would you like to add:

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Tips to discover Findhorn:

1. Find out where the Findhorn Foundation is located:
<http://maps.google.de/?ie=UTF8&ll=57.65268,-3.590319&spn=0.006475,0.019205&z=16>
2. Visit the website of the Findhorn Foundation:
<http://www.findhorn.org>
3. Find more video-clips on youtube entering *Findhorn*
<http://www.youtube.com>
4. Find out about your personal ecological footprint:
<http://www.myfootprint.org/>

My Ecological Footprint - Quiz Results

If everyone on the planet lived my lifestyle, we would need:



= 2.25 Earths

(Source: <http://www.myfootprint.org>)

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Questions to work on:

(Try to describe as briefly as possible ...)

1. What's your view of the world?
2. Where and how do you see your role in this world?
3. How would you describe your responsibility?

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4. How do you take your authority to make a difference?

5. What price is happiness?

Buddhists belief that the final goal is to reach enlightenment which is a state of mind free from suffering and an ultimate, everlasting state of happiness.

What about you?

2. WHERE DO YOU COME FROM?

 Please watch chapter 4

ends at timecode: **00:08:36**

People living in the Findhorn Foundation tell us where they come from. They inform us what they have done in their past. We hear about their hobbies and lifestyles. Later some talk about experiences they had that made them think about life and changing life circumstances.

Questions to work on:

If you were asked to talk about your life up to the present moment, what would you answer?

TIP: Remember that your life description is the past. RIGHT NOW there is a new moment with the possibility to change or start anew if you wish.

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1. What's your life story?

2. How would you describe your lifestyle?

3. BREATHING FINDHORN

Please watch chapter 5

ends at timecode: **00:10:22**

Take a deep breath

relax and enjoy

the pictures.

No questions:

- You can go on with a meditation just watching your breath
- or you choose to meditate upon the daily angelcard of the Findhorn homepage:

Go to <http://www.findhorn.org> search for „Today’s angel“ and click on personalise.
There you also find Eileen Caddy’s (one of the community founders) daily guidance, another way to inspire your meditation.

4. THE MAGIC OF A PLACE

 Please watch chapter 6

ends at timecode: **00:14:32**

We all know moments in life when life changes direction. Life circumstances turn or we feel the need to change. Sometimes an outer impulse gives us a kick. We get to know new sides of life. We often have prejudices. Things seem weird. But sometimes we clearly know that a change has to happen no matter whether we support it or not.

Most people experience Findhorn as something quite different from what you would experience in daily life somewhere in the rest of the world. What's special for people in this place? – hear more about it.

Questions to work on:

1. Remember a place you have been to in your life that had a special radiance for you – a glance of something new, the flavor of adventure, the key for opening something up in you. Where was it?

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2. What impact had this place on you?

3. What qualities of your being naturally came out?

4. Could you promise to revisit this place in days or months to come?

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TIP: You might explore that only thinking of this place change your mood!

Why not enjoy it a little more?

- you can watch some pictures you took of this place
 - you can draw the place out of your memory
 - you can call a friend and talk about this place
- remembering all the memories that you might share together

Can you feel gratitude?

Can you feel joy?

What do you feel?

5. NO MAN'S LAND

Please watch chapter 7,8

ends at timecode: **00:18:26**

Ian starts talking about the how the community started with people: Eileen Caddy, Dorothy Maclean and Peter Caddy:

- no special personalities, no VIPs
- people without big savings
- people in changing life circumstances
- with the responsibility to care for their children

Listen to what he has to tell about them!

Questions to work on:

1. How would you have felt in the position of Eileen, Dorothy and Peter?

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2. What qualities did they have?

Gabrielle talks about an awakening into herself.

1. What would happen if you imaged an awakening in yourself?

6. CONNECTING

 Please watch chapter 9,10

ends at timecode: **00:23:31**

Do you belief in angels? Do you belief in Devas? Do you belief in any forms of being not from this world? Ian goes on talking about Dorothy Maclean who felt a strong contact to an intelligence not visible.

Dürten jumps in and will explain her way of dealing with these appearances and energies. But Findhorn is not only believing in devas. We get to know a technique that you see quite often being practiced in daily life: an attunement.

Questions to work on:

1. How do you connect to nature around you?

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2. How would you describe your connection to the land?

3. How do you connect to the „centre“ inside of you?

4. How do you connect to people?

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TIP: There are so many books pointing out the importance of living in the NOW

If you want to read more about people speaking about the NOW, quickly visit:

<http://coaching-transpersonal.de/service/links.html>

Two famous writers are:

- ECKHARDT TOLLE – „THE POWER OF NOW“
<https://www.amazon.de/dp/1577314808?tag=wwwcoachingtr-21&camp=2906&creative=19474&linkCode=as4&creativeASIN=1577314808&adid=0NE1D9E22A3F3NDN8Y6V&>
- RICHARD ROHR – „THE NAKED NOW“
<https://www.amazon.de/dp/0824525434?tag=wwwcoachingtr-21&camp=2906&creative=19474&linkCode=as4&creativeASIN=0824525434&adid=0B3ZZA5DN51K2N2B24Y8&>

7. THE BIGGER PICTURE

 Please watch chapter 11

ends at timecode: **00:28:10**

There is wisdom in life. There is a miracle about life. Nature seems to be a perfect helper to remind us of something bigger than ourselves. Nature reflects a deeper knowing: NATURE IS.

Dürten works with the land and cocreates with nature. This aspect of cocreation is a basic value in the Foundation. Follow her explanations about what she experiences while being in the fields.

Questions to work on:

1. Do you believe in something BIGGER than you? How would you call it?

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2. Where can you see this „WISDOM“ acting?

3. How does it feel for you?

Notice:

Masaru Emoto discovered that water crystals change the way they look according to what people say. Here is his official website:

http://www.masaru-emoto.net/english/e_ome_home.html

How we speak, act and behave in the world seems to impact on matter on an energetical level. Buddhism speaks of karma and our motivation. Science also came to the conclusion that every cause has an effect.

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1. How does your thinking influence people around you?

2. How does what you say influence the world?

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3. Which actions create suffering, which actions create happiness?

In other words:

What's nourishing and what is destructive for you and for others?

8. THE SMALL VOICE

 Please watch chapter 12

ends at timecode: **00:30:01**

As an effect of something „BIGGER“ and because of Eileen’s trust in her „SMALL VOICE“ something extraordinary happened. On the outward level vegetables grew on just a thin layer of compost and people started to visit this remote place in Scotland to explore those miracles and decided after a while to settle there. So a community was born ...

Questions to work on:

1. How do you name the truth resonating in you? A little voice? Intuition?
2. What does this truth want to communicate right now?

9. THE MAGIC OF FINDHORN

—
Please watch chapter 13,14,15,16

ends at timecode: **00:40:24**

Right now we are already deeply in the MAGIC OF FINDHORN.

But what is it exactly?

... If you decided to visit Findhorn tomorrow what would you find?

Paradise?

Far out ... it seems like you first meet: **YOU**.

Are you open to explore the community and yourself?

THEN ENJOY THE MOVIE FURTHER ON!

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How to work on:

1. Take a piece of paper!
2. What do you **think, feel and experience** right now regarding the **FINDHORN FOUNDATION**?
3. Write down whatever comes to your mind! Whatever!
There is no limitation, nobody's correcting, nobody's judging!
4. **Take some time!**

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5. Take a marker and draw a circle around the things on the paper that have to do with **you!**

This is how people often describe their first contact to the place, the community and whatever they find:

„It could be heaven and it could be hell.“

„Sometimes it feels like being in a washing machine ... all your buttons are pushed at once.“

(anonymous)

Questions to work on:

1. How do you normally deal with your thoughts and emotions?
2. Can you embrace them as Eileen Caddy suggests?
What would happen if you would?

10. LIVING EDUCATION

Please watch chapter 17

ends at timecode: **00:44:52**

A settlement is called an ecovillage if people care about each other, the environment, and something bigger. „But that’s something every country in the world has to deal with?“ , you might insist. Now the question comes:

HOW DO WE CARE?

Let’s have a look into the world around 2010 ...

Do we know how to deal with our problems on a global level as well as in every single state and society?

How do we find solutions?

What are the tools we need?

The Findhorn Foundation has been experimenting with all the issues concerning living together since 1962. Daily questions are:

- What keeps the community together?
- How to resolve conflicts?

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Questions to work on:

1. What's working out well in your life?
2. How can you design for more of that?

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3. What are the advantages of living in community, with a group of people?

4. Where do you find the supportive environment or space that trusts that you know?

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5. How can you create the space for someone else so that he or she can find his or her own inner truth?

6. To whom could you offer this space at the moment?

TIP: Here is a link to find out more about other ecovillages:

<http://gen-europe.org/>

11. A COMMITMENT

 Please watch chapter 18,19

ends at timecode: **00:48:35**

So far you could believe that people in Findhorn are very open to whatever form of life you choose to establish in their surroundings. But if you ask further, you find out that community people agree on a commitment and a set of aspirations on how to deal with each other.

Questions to work on:

1. What values are reflected in the „common ground“ of the community?

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2. What values are important to you?

3. How do you think about „stillness“, „co-creation“ and „inspired action“?

4. If you should walk your talk: **What would you do?**

12. ASKING ESSENTIAL QUESTIONS

 Please watch chapter 20,21

ends at timecode: **00:52:30**

You might have read the books of Neale Donald Walsch: „Conversations with God“. He has visited the Findhorn Foundation a few times. Here is his message ...

Questions to work on:

1. Write down one or more essential questions that you can carry with you?

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2. What kind of support would you need to ask those questions?

3. If you knew you would die in ten years time what would you still like to do?

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13. MESSAGES OF HOPE

 Please watch chapter 22

ends at timecode: **00:59:20**

Did you find answers to your questions?

Let's turn back again to the people we got to know in the last few hours who have spent some time in the supportive environment of the Findhorn area. They went through their own processes and they discovered something to share with the world. Everyone in his or her own style thereby radiating their own personal TRUTH, and walking a way towards a positive FUTURE upholding a VISION for not only themselves.

Questions to work on:

1. What do all the statements have in common?

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2. What's your message to the world?

3. After all you've heard what STAYS?

14. THE POSSIBILITY TO FLY

 Please watch chapter 23,24

ends at timecode: **01:03:42**

It's time to say goodbye to Findhorn. We hear Neale Donald Walsch again. Ian sums up the experiences of the community. And again everything is open. It says in the Bible:

„For we brought nothing into the world, and we can take nothing out of it.“

(Timothy 6,6-8)

Questions to work on:

1. What would it mean to you not to have the answer?

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2. What would it mean to you not to long for an answer?

3. What would you DO in YOUR LIFE NOW?

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TIP: In Findhorn there is a saying:

IF IT'S NOT FUN IT'S NOT SUSTAINABLE!