

## A DAY WITH ADAM - Thursday, March 3rd

Dear friends,

We are pleased to invite you to join the first of a series of events with Adam Chacksfield in Sofia, Bulgaria

The event is divided into two parts "Falling Open Together" and "Erotic Embodiment & Intimacy", which overlap each other.

It is possible to join one of the two parts or both, which is highly recommended.

When: 3rd of March, 2022,  
22, San Stefano str. Sofia, Bulgaria

1:00-5:30 pm EEST

Where: the venue will be announced soon

1:00 - 3:00 pm

"Falling Open Together"

3:30 - 5:30 pm

"Erotic embodiment & Intimacy"

Fee - donation

To participate in the meeting, send your names and request to:

e-mail: [luchana@adhoc.bg](mailto:luchana@adhoc.bg)

You will receive an e-mail confirming your participation together with a link, which you can follow on the exact day.

More about Falling Open Together:

Falling Open Together guides us to become more aware and open to the nondual truth and to give way to the natural, life-giving, loving consciousness that flows through us. When we live wide open, our experience becomes deeply rich and intimate. We can feel the full energy of life moving through us. We find ourselves completely accessible to everything that happens, guided by the natural love and wisdom that arises effortlessly from within and reaches beyond the limitations of beliefs or opinions. This experiential gathering event helps us to discover a radical alternative to the self-destructive ways we have learned to use in order to cope with challenging situations. It is an invitation to lift the weight and unburden ourselves from the ideas we have been taught about how life should be. Instead, we are to receive in fullness the gift of life that is already here for us, waiting to be accepted. Trusting and opening to life is truly as simple as it sounds.

More about Erotic Embodiment & Intimacy:

This event offers the possibilities to meet our intimate experiences in the field of loving awareness which Adam opens with gentleness and compassion.

The collective shame around our erotic lives and sexuality is often so intense that most of us rarely receive any loving company in this realm beyond our intimate partners. And even with our intimate partners, our shame and fear of abandonment, and theirs, often makes it feel unsafe to honestly share our experience or feel empowered to explore new possibilities.

Even in nondual spirituality, where everything is supposedly included, sexuality is often subtly dismissed as unspiritual or too triggering to address. Yet denying the erotic dimension often deprives us of its juice, diminishing our inspiration, joy, and vitality. It also fails to heal the wounds that so many of us have around sexuality and intimate relationships. So we continue to get wounded and wound others, or we stay in hiding because we don't have any safe space to lovingly explore what's really happening.

This event has no preconceived agenda about what anyone's erotic embodiment or intimate relationships should look like. Every one of us is unique and every relationship is.

The invitation is to trust the wisdom of bringing loving awareness to our direct experience whatever it is

This Erotic Embodiment & Intimacy retreat might be right for you if you'd like to:

- Be more empowered to ask for what you really want in intimate relationships and say "no" to what you don't want.
- Have more ease and confidence around any aspect of intimacy.
- Feel less shame around any aspect of your erotic experience.
- Enjoy a deeper connection to the aliveness of your desires.
- Feel more free and/or more secure in your intimate relationships.

More about Adam:

Adam has the extraordinary gift to guide people to open their consciousness, to merge with the flow of the energy of love and compassion. Centered in the heart, direct and attentive, he offers a direct path to our true nature and a deep awareness of our pure self. With his delicate presence and deep knowledge, Adam builds a soft, open and protected space. His meditative techniques help participants dive into consciousness beyond the veil of illusory perception. In a gentle, understandable and completely non-violent way, participants experience opening of heart and mind and the flow of the natural and life-giving consciousness. As they overcome the resistance within, they enjoy the natural state of abundance, joy, wisdom, and love that were suppressed by fear, stiffness, and expectations.

You are welcome to share together the awareness of our pure self and nature, as Adam guides us with love, understanding and ease.

The event is led in English, with translation into Bulgarian.

More about Adam:

<https://www.youtube.com/watch?v=24FMkghvEzM>

<https://www.youtube.com/watch?v=gAaODBwywwk&t=142s>

<http://www.luchanaslife.com/2019/01/16/adam-chacksfield/>

<http://www.adamchacksfield.com/>