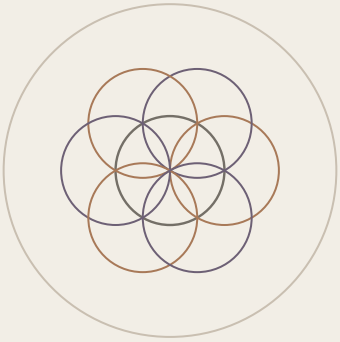
AWAKE

HUMAN REGENERATION



Gatherings & Retreats

A shared field for Direct Path, Human Regeneration and Embodiment.

> Much of human suffering is sustained by the experience of feeling separate - from our true nature, from one another and from life itself.

FOR THOSE CALLED TO LOOK

Gatherings and Retreats are for those who feel a sincere call to discover the truth of who they are.

Some participants may have explored spirituality, meditation, therapy or personal development for many years without finding the lasting fulfillment their search has been seeking.

Others may simply recognize an intimate question arising within them:

Is there something about the nature of my experience that I have not yet recognized?

THE POWER OF A SHARED FIELD

Recognition is direct and intimate, yet something unique can become available when we explore together.

Shared silence is powerful. Questions become shared doorways. Listening to others reveals aspects of experience that may remain unseen when we inquire alone.

Gatherings and Retreats create a field in which Direct Inquiry, Meditative Dialogue, embodied practice and Human Regeneration can support both individual discovery and a profound sense of connection.

No spiritual background, belief system or previous experience is required.

A shared field for Recognition and Regeneration

Direct Path remains at the heart of AWAKE. Human Regeneration supports the human organism when support is needed. Embodiment allows recognition to find expression through relationship, communication and ordinary life.

DIRECT PATH

The direct recognition of our true nature through inquiry, dialogue and stillness - not as an idea or altered state, but in our own experience.

HUMAN REGENERATION

Deep rest, Somatic Allowing, psychological integration and nervous-system support when greater capacity and internal resources are needed.

EMBODIMENT

The natural expression of recognition through the way we feel, relate, communicate, create and participate in life.

PRACTICES & EXPLORATIONS

Direct Inquiry

Looking directly into awareness, identity, suffering and experience.

Meditative Dialogue

Shared exploration through questions, listening and direct pointing.

Stillness & Effortless Mindfulness

Recognizing presence without controlling attention.

Somatic Allowing & True Safety

Meeting experience while respecting present capacity.

Nervous-System Regulation

Orientation, grounding and resourcing when needed.

Yoga Nidra & Deep Rest

Restorative support for human regeneration.

Conscious Movement

Movement, breath and embodied awareness.

Relational Presence

Listening, authentic contact and relationship.

Integration

Recognition and regeneration lived in ordinary life.

GATHERINGS

Focused encounters for intimate or larger groups.
Two to four hours
Private or public
In person or online

RETREATS

Immersive experiences integrating inquiry, rest, movement and embodiment.
One-day, weekend or custom
Private groups or open enrollment

DIGITAL INTEGRATION

Retreat formats may include guided audio, neuro-sensory exercises, deep-rest sessions and PDF materials.

DHRUVA LANCE / FOUNDER OF AWAKE

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