Claudio Naranjo: "After an introductory orientation to the place of self-knowledge and self-care in self-development, I expect to be guiding participants in an exploration of self-awareness ranging from the physical and affective, to the understanding of personality and life history, to the subtler awareness of awareness itself. I have invited Steve Hoskinson to present something of his work on contacting organismic intelligence -- the wisdom of the body and instinctual self, which opens up when we are not only attentive to it, but when we are free from conditionings."

"One of the discoveries we can make this weekend is how loving-kindness is a natural expression of daily living. Our biology, our "organic intelligence" sends these messages to us constantly and consistently. Our task is learning how to recognize these vital "bio-gifts" in order to savor their essential support. In this learning, effortful self-care meets essential Self-care, and forms the basis for intuition and understanding."