

It will take you out into the mountains at dawn.
It will send you back to the earliest memories of your life.
It will show you how the pattern of your life unfolds.
It will teach you how to take a stand for the person that you really are.

Way of a Warrior is an extraordinary emotional, physical and spiritual challenge that will awake you to your deepest potential, and allow you to break through to a level of awareness that would not be accessible under ordinary circumstances.

You will share six of the most intensive days of your life with people from all over the world who hold the same vision. And together, you will learn how to experience your lives as warriors of the spirit.

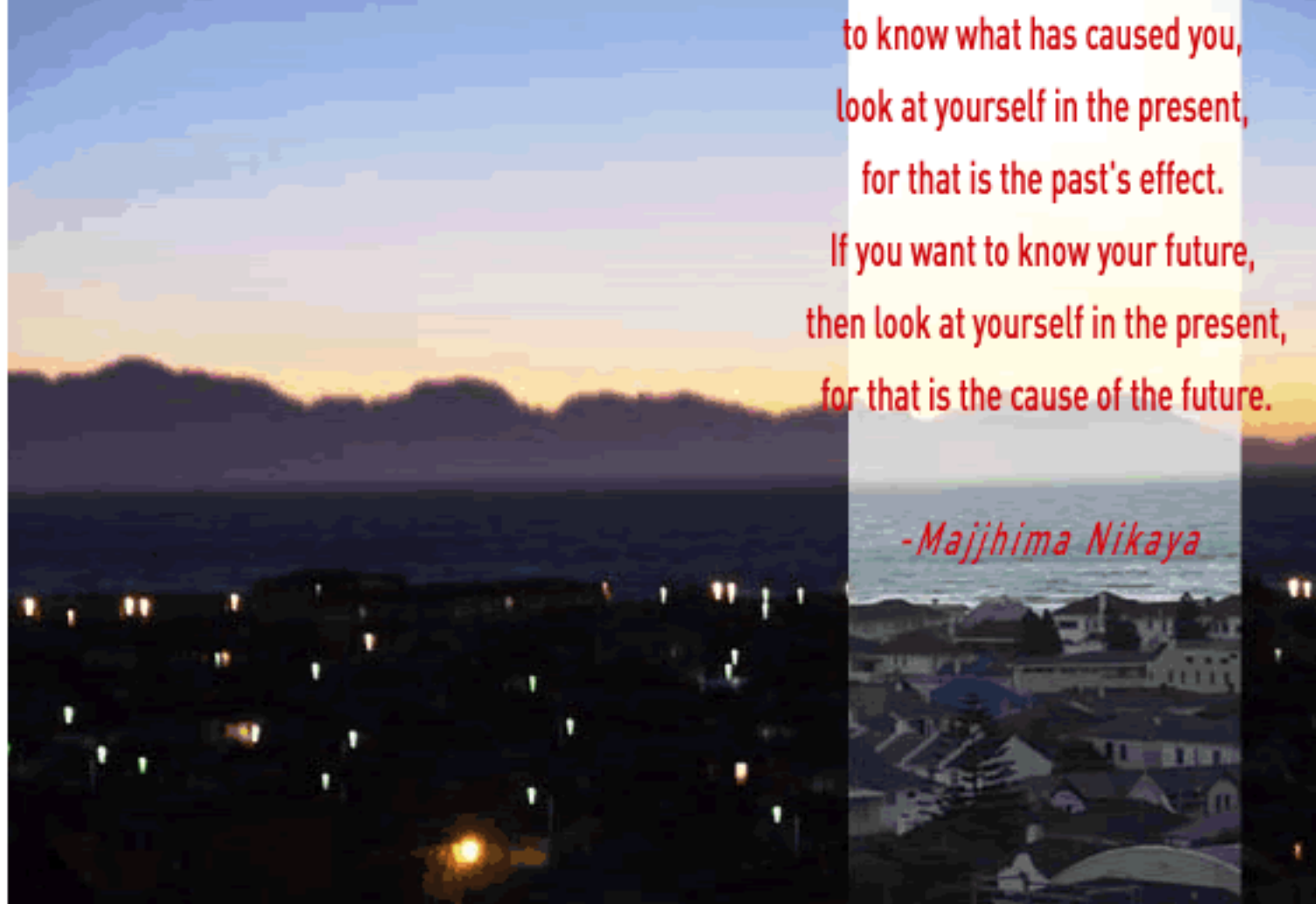
Way of a Warrior: the advanced six-day residential course of the Life Training Programme at Sani Pass Hotel, Drakensberg Mountains, KwaZulu-Natal, South Africa.

See below for more details and Chris Bateman's experience of the WOW week.

WAY OF A WARRIOR

If you want to know the past,
to know what has caused you,
look at yourself in the present,
for that is the past's effect.
If you want to know your future,
then look at yourself in the present,
for that is the cause of the future.

-Majjhima Nikaya



A once-in-three-year chance to spend a full week growing your humanity, authenticity and love-ability in the ancient and primal embrace of the breath-giving Drakensberg mountains at Sani Pass is now just under a month away - and the limited registration space is fast filling up.

Way of a Warrior, the most talked-about advanced LifeTraining course worldwide, is facilitated by several trainers, a large and experienced team, and typically has 110 students taking part, including many from other countries.

Participants share comfy bungalows (and some rooms in the main building) at the spacious Sani Pass Hotel which is set in a verdant valley below the winding pass.

The meals are sumptuous, healthy and filling, and the mainly Zulu and Sotho hotel staff have long ago befriended the 'Warriors', giving us warm and attentive service.

The course itself is a powerful mix of most of what the LifeTraining founders, Brad Brown and Roy Whitten, have created.

I found it to be an exhilarating roller coaster ride that ended all too soon.

I have seldom felt such focus and 'in the moment' living as I did then, both as a student and as a team member.

WoW offers us the opportunity to explore the meanings we put on Yes or No, to take a no-frills look at the shape and shaping of our lives and to more fully express the entire range of our feelings.

We do meditation, daily exercises on the golf course below the ancient mountains, have a look at our higher and defensive faculties, the nature of 'consensus consciousness' and, the one thing that everyone talks about for years afterwards, play the 'LifeGame'!

On the final day, enthusiastic and open-hearted students share their vision and intentions before the deeply honouring closing ceremony or 'Council of Warriors' is held.

Don't miss discovering just what a superb human being you really are!

Way of a Warrior is unforgettable.

- Chris Bateman

Discover what a superb human being you really are!



WoW Dates; 6-13 April, 2003.
Cost: R7 500 (all meals and accommodation)
Early Bird R7 000; payment by February 15th.
Students are responsible for arranging their own transport to and from the Sani Pass Hotel.

Hello Durbanites

Once again the focus is on Durban, with Way of a Warrior starting at Sani Pass April 6.

Warriors will be flying in from all over the world to participate and be part of this unique experience.

This is the 4th WOW at Sani and Durban has a reputation of being warm and welcoming hosts to those who fly in and are transported to Sani. So once again we are asking you to come forward and play hosts to our friends by offering accommodation on their way to the mountains.

Folk will be arriving from 3 April through to Saturday the 5 April.

We are looking for folk willing to fetch from the airport, offer accommodation and then to deliver Warriors to the Pavilion on Sunday, 5 April in time to get the bus to Sani.

A 'Dinner Out' Evening is being planned for Saturday evening and you are most welcome. It has not yet been finalised but please do give Sandra and Tessa a ring at the centre (202 2809) if you want to join in the fun.

(Is this something you want for yourself too? Call the Durban LT Centre or Mary Stephen if you want any more info: 083 460 5873)

Wendy Bouman

SUPPORT: GOING FOR MY DREAM by Teresa Bhengu

My name is Teresa Bhengu, and I'm 34 years of age. I'm a single mother of two teenage boys. Charles is 15 and Brian is 14 years old.

In 1999 my employers talked to me about Life Training, but then I couldn't understand how it could help me. At that time my life needed magic only. So I ignored them. In March 2000 I found out that I'm HIV+. I thank my employers, Mr & Mrs Andrew Pike, who were not disappointed when I ignored them but kept on telling me about LT and what it did to their lives. So I did my training, not even sure whether I was doing the right thing.

Friday and Saturday of my LTW I was confused and not 'getting it', but then come Sunday, I decided to share my dramas. It was painful when I did it because it was the first time in my life that I talked about my life. Afterwards it was as if something was lifted off my shoulders. My eyes, mind, heart and soul seemed as if they were opened. It was amazing. I saw the wheelbarrow that I was pushing, full of misery, blame, judging and anger. LT gives me strength and power to say YES TO LIFE, TAKE MY STAND, AND LIVE TO MY CHOICES.

The reason for writing this letter is because most of my everyday lifeshocks happen at home. The truth about them is we are so many at home. We are a family of twelve living together in a four-roomed house with only two bedrooms, and we need space.

The choice that I took is to build myself and my children a home. I did not marry their father so they don't have what they can call home. The only thing standing in the way I have chosen is that I can't afford to build a house.

I have worked on a RIVA S with my support partner, and some of my action steps are:

1. To find out what support I can get from a government-assisted housing project I have heard about to assist with the cost of building

2. I have sourced the land where I would like to build my house.

3. To enrol support to assist me to raise R10 000 to buy the land.

If you can support me in any way to raise R10 000 to buy the land, please contact me on: 031 764 1518.

Use this powerful tool to:

Connect
Explore
Enroll
Self-educate

Check out our new website!
www.lifetraining.org

e-groups:

Rippon Morford 031 209 3504 (h)
031 201 1281 (b)

Joanne Marx 031 303 7165
082 569 5252

Philip Collyer 031 201 8864
082 374 7213

Update is originated by the Life Training Centre, 75 Davenport Road, Glenwood, Durban Phone 031 202 2809. The articles do not necessarily represent the views of the Life Training Programme or the Kairos Foundation.

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Our TS is not in place yet, but I would like to take this opportunity to encourage you to come forward to be on team for the next training.

Being on team is not just about being in service for the training, it is also a time when you can gain significant insight to your reactive behavioural patterns and an opportunity to work on your personal edges with a team of support.

I have been on team for the last two trainings, and have experienced tremendous personal growth in terms of learning to bring my authentic self forward.

I would like to encourage our community to "run" with these opportunities we have as Life Training Grads to put ourselves forward to be on team, with a definitive purpose to work on our personal edges, moving towards creating the results we are wanting to create for ourselves.

I believe it is through discovery we gain experience, through experience we gain insight and through insight we gain the ability to make new choices, and move our lives forward.

Putting myself forward on team helps me to gain insight through my present and past experiences, and make new choices for myself.

I try to remind myself when I have a life shock that it's time for a new choice, and along with the new choice, an exciting new discovery will follow.

Candice Woods

INTERIORS By Bernice

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ROGER KNOWLES Former attorney, now a speaker, trainer, writer. He is pursuing his passion for communication, as CEO of Assegal Communications, an organisation which offers training in, amongst others, the following:

- Communication - meetings, male/female communication.
- Basic Money Skills - in English or Zulu, at all levels.
- In addition, Roger is a popular Master of Ceremonies and Conference Speaker. His eloquent, but easy-to-listen-to style is well known to Durban graduates.

Call him at 031 309 2905 or 082 892 9752. E-mail - roger@eastcoast.co.za or visit his website, at WWW.assegalcommunications.co.za.

We really want to know where you are, so please let us have your change of address and/or phone numbers.

LT Admin Centre: 75 Davenport Road, Glenwood, Durban Phone 031 202 2809 Hours: 08h30 - 12h30

Unit 10, 369 Umgeni Road, Durban 4001-Tel: (031) 309 8426

Hi! As most of you know I am in the last stages of closing my business.

I am most anxious to place Cathy in a suitable job. She has been in our family as long as my sister Justine - 16 37 years. And I can vouch for her loyalty, honesty and character in general.

She has worked as a domestic and in the commercial world. Please let me know if you hear of anything.

Cathy really is a cut above the rest. Love

Jacky Barrington 082 851 1265

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