

## Friends in Spirit

Pan shares his journey through this life.

<http://panatthehill.de/novutierra>

---

## Next

Monday February 19, 2018

The next phase that Pan and Lalla are heading for is what we call the Ashram play.

An ashram is a place for a spiritual retreat.

It is a place for people who want to awaken from the dream of the conceptual dualistic mind.

The only hindrance for being in the here and now, to be simply present, is the belief in the always moving mind. Mind moves like a pendulum from one extreme to the next extreme.

Only in the present moment mind stops, no thoughts can move.

To be centered in the moment is to be centered in no mind and a deep relaxation and easy playfulness follows it like a shadow. An ashram is a place for learning through unlearning.

It is a place for fellow travelers, a place for spiritual friendship where people support each other to be in the here and now.

Love,  
Pan