

# GOING DEEPER

## An Exploration of the Heart of the Three Principles – a 3-day retreat on the beautiful Island Tjøme in Norway

Join Dicken Bettinger and Natasha Swerdloff for a 3-day deep dive into the heart of the Three Principles! Together we will reflect on:

- 🌿 Our true Self
- 🌿 Our deepest spiritual core
- 🌿 Our boundless capacity for love
- 🌿 Awakening our senses so that we may enjoy our lives
- 🌿 What it means to be guided effortlessly by wisdom through our ups and downs and through any challenges we face
- 🌿 How we have everything we need to bring more peaceful, kindhearted presence into any relationship
- 🌿 How shifts in our level of well-being create positive impacts on those close to us, on our environment, and on the global community.
- 🌿 How love is always the answer to all of our problems.

### **Please join us for this uplifting 3-day retreat!**

This retreat will be relaxing and reflective so that you will have the opportunity to have your own insights that transform your life. The retreat will be engaging, and everyone will have an opportunity to participate. Dicken and Natasha will share their freshest insights gained from studying the works of Sydney Banks, whose enlightenment experience revealed the Three Principles.

### **Dates:**

September 30th – October 2nd 2022  
The retreat starts with lunch, at 12:00, on Friday 30 September 2022 and ends on Sunday afternoon at 3:30 pm on 2 October.

### **Cost:**

The participation cost for this unique event is NOK 4500,- Equivalent in other currencies (note that exchange rates changes): USD 500; Euro 458; DKK 3400  
Please note: The NOK 4500 will only cover your participation in the retreat. The cost for room and board at the venue will be in addition to this (see below).

### **Location:**

The retreat will be held at Eidene Senter on the beautiful island of Tjøme, close to Tønsberg in the southern part of Norway. The retreat center is situated in the middle of a large nature reserve, with lovely forest walks and scenic coastline.

You can see accommodation cost, including full room and board by going to [www.3pskolen.no/kurs-events/](http://www.3pskolen.no/kurs-events/)

### **To register:**

[www.3pskolen.no/kurs-events/](http://www.3pskolen.no/kurs-events/)

### **To hear Syd Banks sharing the Three Principles:**

[www.sydbanks.com](http://www.sydbanks.com)

### **For further information on Dicken and Natasha:**

[www.3principlesmentoring.com](http://www.3principlesmentoring.com)

[www.theprinciplesinstitute.com](http://www.theprinciplesinstitute.com)

For further information please get into contact with Tore Skatun: [tore@3pskolen.no](mailto:tore@3pskolen.no)



This retreat is led by internationally renowned authors and speakers Dr. Dicken Bettinger and Natasha Swerdloff. Dicken and Natasha co-authored the book *Coming Home* in 2016 and have since then traveled around the world sharing the insights they have had into the Three Principles as discovered by Sydney Banks. They are basing this retreat on their mutual and never-ending curiosity about our true Self. This retreat is appropriate for people of all ages and backgrounds, who want to deeply explore their true nature!

# GOING DEEPER

## An Exploration of the Heart of the Three Principles – a 3-day retreat on the beautiful Island Tjøme in Norway

Join Dicken Bettinger and Natasha Swerdloff for a 3-day deep dive into the heart of the Three Principles!

Together we will reflect on:

- 🌿 Our true Self
- 🌿 Our deepest spiritual core
- 🌿 Our boundless capacity for love
- 🌿 Awakening our senses so that we may enjoy our lives
- 🌿 What it means to be guided effortlessly by wisdom through our ups and downs and through any challenges we face
- 🌿 How we have everything we need to bring more peaceful, kindhearted presence into any relationship
- 🌿 How shifts in our level of well-being create positive impacts on those close to us, on our environment, and on the global community.
- 🌿 How love is always the answer to all of our problems.

This retreat will be relaxing and reflective so that you will have the opportunity to have your own insights that transform your life. The retreat will be engaging, and everyone will have an opportunity to participate. Dicken and Natasha will share their freshest insights gained from studying the works of Sydney Banks, whose enlightenment experience revealed the Three Principles.

Dates:  
September 30th – October 2nd 2022

Cost:  
\$500 for all 3 days including lunch and snacks but excluding staying at the venue.

Location:  
Norway on the beautiful Island Tjøme

To register:  
[www.3pskolen.no/kurs-events/](http://www.3pskolen.no/kurs-events/)

To hear Syd Banks sharing the Three Principles:  
[www.sydbanks.com](http://www.sydbanks.com)

For further information on Dicken and Natasha:  
[www.3principlesmentoring.com](http://www.3principlesmentoring.com)  
[www.theprinciplesinstitute.com](http://www.theprinciplesinstitute.com)  
For further information please get into contact with Tore Skatun: [tore@3pskolen.no](mailto:tore@3pskolen.no)

Please join us for this uplifting 3-day retreat!



This retreat is led by internationally renowned authors and speakers Dr. Dicken Bettinger and Natasha Swerdloff. Dicken and Natasha co-authored the book *Coming Home* in 2016 and have since then traveled around the world sharing the insights they have had into the Three Principles as discovered by Sydney Banks. They are basing this retreat on their mutual and never-ending curiosity about our true Self. This retreat is appropriate for people of all ages and backgrounds, who want to deeply explore their true nature!