
A Letter from Ursula

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Dear Friend,

Those of you who know me or have read my articles will not be surprised by this letter. One stage of my work with people has come to an end and what I am to do next is being formed. Five years ago I began creating the Gestalt Centre and its training programme. Last summer it grew out of my house. Now I have grown out of the Centre. As I say goodbye I give thanks to all those who joined me and especially to my colleagues and friends in whose good hands I leave it.

Gestalt was paramount in enabling me to take charge of my life and in guiding others to do likewise. My psychological models taught me to express my emotions, especially habitually denied resentments and pain; to know what I want and how to get it and to take risks on all fronts. During this powerful process another dimension was uncovered - the core of me that is awareness, that witnesses my body, emotions and thoughts.

My spiritual models have taught me the perfection of each moment; that what I need is given me; to trust, that I do not have to do anything; to know the deep strength felt through surrendering to a greater power. Through meditation, awareness grew to be experienced as love. I found that all that was alien could be burnt away from the **inside**, in the presence of that love. This way I do not fill up again with the melo-dramas associated with my personality; I find peace.

All my therapeutic skills are still available and spiritual practices are now part of me. My new work brings these two together. My shift in consciousness results in a qualitative change in the place in me from which I guide. LOVE IS. This is the ground of all my work, its source and its validation.

"First find thyself 'tis half the way to God
Then lose thyself and all the way is trod"

Ursula Fausset
