

How much of your own mind have you actually looked at?

Most of what runs your thinking, feeling, and reacting was never chosen — it was just absorbed. This is a hands-on taste of looking directly at your own experience and finding out what's actually there.

Why people show up for this

- You catch yourself mid-reaction, not just afterward
- Charged conversations get less charged
- Less energy lost to fear and craving — more spent getting things done
- You stop mistaking old habits for who you actually are

This isn't insight from a book — it's two days of investigating your own mind and how you relate to others, first-hand and as honestly as you can, using a method built on decades of Peter Ralston's research into consciousness. No prior experience needed. You're not asked to believe anything — only to look for yourself.

WHAT IT IS

- A method of inquiry into your own life
- Firsthand experience, not new beliefs
- Tools you keep using afterward

WHAT IT ISN'T

- Not therapy
- Not a belief system
- Not about trusting a teacher

A taste of what you'll explore

- Automatic thought and emotion patterns you usually miss
- Patterns behind how you communicate with others
- Practices and principles to keep exploring on your own

A short taste, not the whole path — enough to help you decide if you want to go deeper.

Sat–Sun, 10–11 October, 2026

08:30–19:00 Sat · 08:30–18:30 Sun

Ardoq offices, Grensen 9B, Oslo

2000 NOK — money-back guarantee

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