

BEYOND THOUGHT

A Return to Our True Nature

A 2-DAY
SEMINAR IN
AMSTERDAM

An Exploration of the Heart of the Three Principles

There are moments when thinking quiets, and something deeper comes into view.

A sense of ease. A feeling of connection. A recognition of life as it is, prior to effort and self-correction.

This seminar is an invitation to notice what has always been here.

Join **Dicken Bettinger** and **Natasha Swerdloff** for two days of gentle exploration into the heart of the Three Principles. Together we will look beyond personal thinking and toward deeper feeling and knowing that are always present, quietly shaping our experience of life.

Rather than offering tools or methods, this seminar points to an understanding that unfolds naturally when the mind settles. An understanding that reconnects us with our innate clarity, resilience, and capacity for love.

Together we will explore:

- What lies beyond the personal stream of thought
- The difference between being lost in thinking and resting in awareness
- Our true nature, prior to identity, roles, and stories
- How wisdom naturally guides us through both ease and difficulty
- Why well-being is not something we create, but something we rediscover
- How deeper understanding brings more kindness, presence, and ease into relationships
- The quiet way insight transforms how we experience life.

This seminar will be reflective, spacious, and participatory. There will be room for silence, conversation, and the natural unfolding of insight. No prior experience with the Three Principle is needed. Only a willingness to look in a fresh direction.

Dicken and Natasha will share from decades of lived exploration of this understanding, pointing beyond concepts and toward what can only be known through direct experience.

Practical information

- Dates** June 8–9, 2026
- Time** 10:00 a.m. – 5:00 p.m.
(doors open from 9:30 a.m.)
- Location** Stichting De Nieuwe Roos
PC Hoofstraat 183
1071 BW Amsterdam
- Format** Two full days, in person
- Price** Early bird until April 1: € 425
After April 1: € 495.
Prices are incl. VAT.
Coffee, tea, lunch, and tasty refreshments throughout the day are included.
Each participant will receive one of Dicken and Natasha's books.



Scan the QR-code to get
a seat at the seminar.

About the facilitators

Dicken Bettinger and Natasha Swerdloff are internationally respected teachers of the Three Principles. Their work is known for its depth, warmth, and simplicity, and for pointing people back to the innate intelligence and well-being that already live within them. They have written two books together: *Coming Home* and *Life Can be Easier Than you Think*. Both are available on Amazon.

