



Natural Wisdom

A Practical and Spiritual Journey Home



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A PRACTICAL AND SPIRITUAL
JOURNEY HOME

With Ian Watson and Clare Brown

Contact for enquiries: Clare Brown on clare@peoplepot.co.uk and Ian Watson on ianwatson@btinternet.com

What is the Natural Wisdom Programme?

“The magic and power of nature is that it can stop our busy mind in its tracks and bring us into the stillness and beauty of the moment.”

The programme is a gentle journey of discovery through two seasonal retreats of 2 days, exploring the principles that underpin our lives and guiding us back to our true nature as human beings. Together, we uncover our natural essence and take a deeper look at our innate capacity to live peaceful, creative, and fulfilled lives.

Understanding our interdependence with the whole of nature and our unique way of experiencing life as human beings, enables us to more easily navigate the ups and downs of life. The positive impact of taking the time to understand this more deeply results in an ease and balance in life that arises effortlessly as we rest more comfortably in our true nature – a feeling of being at home.



Spring

The exuberant energy of spring-time, opens us up to the possibilities beyond. This natural time of new growth reminds us of our own creative potential and our capacity to have new thoughts and ideas in any moment.



Summer

We are nature. Being clear that there is an ebb and flow annually, seasonally and in every moment creates a certainty that we can navigate the undulations of life and harness its natural rhythms to support us to live, love and create our most fulfilling lives.



Autumn

Autumn symbolises the balance between light and darkness, releasing and letting go of the old, preparing for the winter and creating time for self reflection. The perfect time to set our intentions and reflect on what we would love to create.



Winter

In winter we nestle in the quiet space before growth This is the time for rest and quiet curiosity, to become comfortable in the not knowing and the stillness/nothingness that precedes creation and new life.



Over the course of a year, we will come together for four days and immerse ourselves in the beauty of our natural surroundings and explore together, witnessing the transformations in nature and experiencing our own.

This programme focuses on supporting participants to gain a greater understanding of how we work as human beings in both a spiritual and practical way. Whether you are new to this work or looking to deepen your understanding of The Three Principles, this programme will guide and support you.

We recognise the practical value of looking in the direction of our innate wellbeing and how this can particularly help those of us in leadership or helping roles in our communities. Through an understanding of these principles, we come to recognise the innate wellness in ourselves as a constant, despite the fluctuations in our experience. This in turn enables us to realise that it works the same way for everyone and brings a transformative quality to our work with others. You can read an introduction to The Three Principles at the end of this document.



“I’ve experienced a truly wondrous year and know my life will never be the same. Our last two days were special and really brought home the inter-connectedness of all things. ”

— Trudy Corsellis, Natural Wisdom Participant 2018





We share a simple understanding that has been profoundly helpful to us in our own lives, as well as transforming the work that we do with others. Known as The Three Principles, this understanding reveals the innate wellbeing that exists within each and every one of us and helps us to live our lives with greater ease and less suffering.

As we come into alignment with our own wellbeing, we naturally begin to live more harmoniously with others and within the world that we inhabit. We are part of nature, and we love to explore how the cycles and seasons in the outer world reflect the cycles and seasons of our own lives.

The more we live in alignment with our own true nature, the more we are able to have a positive impact on the lives of those we are in touch with in our daily lives.

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Who is it for?

We are passionate about sharing what we have learned with others.

In our roles as leaders, facilitators and guides in our communities we have seen how this work brings a richness, depth and impact when supporting others to re-connect to their innate wisdom, creativity and wellbeing.

This programme is open to everyone, whether you are new to these principles or looking to deepen your understanding and will be of particular value and interest to those who are curious about exploring nature, psychology and spirituality in a practical way that enables you to:

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- *Increase your creativity & connect with your life's work and passion*
- *Bring a deeper quality to your experience of leading and supporting others*
- *Resolve relationship, community and organisational difficulties effortlessly*
- *Relax and enjoy your life now, not in some imaginary future*
- *Release yourself from negative conditioning, old wounds and painful memories*
- *Quit struggling, striving, trying too hard & doing too much (have you noticed how unhelpful they are?)*
- *Increase efficiency & productivity – achieve more with less effort*
- *Let go of any destructive habits and behavioural patterns*
- *Breathe easier and eliminate stress by understanding how it gets created*



What will we learn?

We will do as nature does.....

Nature reminds us that life is good and has a magical way of evaporating our busy thoughts. It opens us up to the joy of being alive and a gratitude for all that it offers us in our experience of life and living.

The seasons reflect different aspects of our humanness and provide a rich seam of inspiration for our personal journey of exploration. We will use the cycles and seasons of nature as a framework to guide our time together and inspire a deeper connection to our own true nature.

We are nature. Being clear that there is an ebb and flow annually, seasonally and in every moment creates a certainty that we can navigate the undulations of life and harness its natural rhythms to support us to live, love and create our most fulfilling lives.

It is this wisdom, the wisdom of nature and our innate capacity to live a connected, creative and rich experience of life that this group programme will explore and celebrate.

We will learn about the principles that underpin our psychological and spiritual lives, reconnecting us to our innate wellbeing and wisdom and bringing us home to our true nature, of peace, love and harmony. You can read more about these principles below. For those of us leading and supporting others, this learning will enable us to deepen our connection to those we are serving and facilitate sustainable change in us and them, in a natural and effortless way.

Where and When?



DARTINGTON HALL

Our time together will be spent in the beautiful setting of Dartington Hall in Devon with lots of opportunity to explore the beauty of nature on the grounds of the estate.

Wholesome, locally-grown organic food is available at the Dartington Hall eateries. We will also have the joy of experiencing the beautiful gardens and estate which will bring us closer to the nature of life and how this creates inspiration for our personal journey and hopes for the programme.

We both love the venue for our Natural Wisdom Programme. Dartington Hall is a hidden gem nestled in the heart of Devon. No matter what season we come and visit there is always so much to see, particularly in the beautiful

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gardens. It is the perfect setting for us to explore our inner and outer landscape and come home to our true nature, within nature.

As a visitor to the estate, you can stay in the hotel, catch a film in the Barn cinema, wander around the extensive grounds, look at the sculptures and listed gardens as well as visiting the river Dart and the shops.

But most of all there is a special quality in the space and silence that can be found in the spirit of this place which will provide you with everything you need to come away feeling refreshed, with less on your mind.

You can find more information here: www.dartington.org



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2026 Programme Dates

The dates for our 2026 Programme are: -



Winter 30th and 31st January 2026

Summer 26th and 27th June 2026



Participants can enrol for the whole programme or opt to come along for one of the sessions

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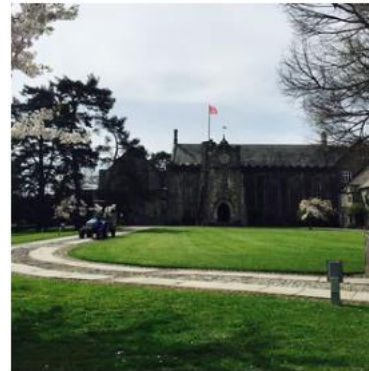
Fees

The fee of £250 per two day session can be paid in advance of each session.

This does not include accommodation, food and travel but you can find out more about staying at Dartington Hall here: www.dartington.org and there is a wide variety of accommodation to suit all budgets close by.

Payments can be made directly using the following link: - <https://www.theinsightspace.com/natural-wisdom-programme>

For booking enquiries or to arrange payment via bank transfer please email either Clare Brown on clare@peoplepot.co.uk or Ian Watson on ianwatson@btinternet.com





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“We have a shared love of nature and a passion for guiding people back to their innate wisdom, creativity and well-being.

Through collaboration and combining our interests and talents, this programme has emerged organically as the perfect vehicle for us to co-create something together that we know will be deeply nourishing and transformational for both the participants and ourselves.

Now in its fifth year, we are so grateful to have this opportunity to bring together such wonderful groups of people to learn and grow together.

We look forward to welcoming you onto the programme.”

Ian and Clare

Ian Watson



Ian is the Founder and Managing Director of The Insight Space and the co-founder of The Wisdom & Wellbeing Consultancy. Ian has worked in the field of natural healing and personal transformation for almost thirty years. He was founder of *The Lakeland College* in 1993, and is widely known through his books and audio materials on homeopathy and related topics. Ian was certified as a Three Principles Trainer by Dr Mark Howard and Cathy Casey, two of the foremost teachers who learned directly from Sydney Banks.

Clare Brown



Clare is a facilitator, coach and artist with over 30 years' experience working in the field of leadership and organisational development. Clare's art explores our inner and outer landscapes, inspired by her work with people and the UK coast and countryside. Clare was a strategic director in the public sector and has a passion for the health and social care sector and social enterprise. Clare has trained with and been mentored by a range of Three Principles teachers including Dr Mark Howard, Dr Dicken Bettinger and Michael Neill.



What are The Three Principles?

The term *Three Principles* refers to the innate gifts of *Mind*, *Thought* and *Consciousness* which every human being uses to generate their experience of life from one moment to the next. The principles provide a universal blueprint for understanding how and why life appears to be the way it is for each of us, and that understanding in itself transforms the way we experience life.

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Although the truth underlying these principles has been spoken of by many wise teachers throughout the ages, it was an ordinary working man named Sydney Banks (1931 - 2009) who, via an extraordinary insight into the nature of his own experience, was able to describe what he had realized in an accessible way that could be grasped by anyone.

These principles operate behind the scenes of our everyday experience, and an appreciation of how they function fosters what is commonly called an 'inside-out' understanding of life. To understand life in this way is to realize that your entire experience of life is being created from within you, despite all appearances to the contrary.

*Mind, Consciousness and Thought
are spiritual gifts that enable us
to see creation and guide us through life.*

- Sydney Banks, The Missing Link

How is it helpful to learn about the three principles?

The principles shine a light on our own true nature and have enabled many thousands of people worldwide to free themselves from a life of insecurity, struggle, addictive and destructive behaviour patterns, relationship difficulties and a whole spectrum of psychological and emotional problems.

These remarkable benefits, and many more besides, occur quite naturally as a result of seeing how these universal faculties are functioning within all of us. The simple realization of the nature of the principles brings forth the innate wisdom, creativity and psychological health that resides within everyone.

As our minds get calmer and clearer, virtually every indicator of human well-being shows an improvement, from self-confidence and communication to resilience and performance at work. Relationships become easier. Physical health improves as we learn to attune to our inbuilt body-wisdom. We stop being so driven by conditioned ideas of what we think we should be doing, ought to do or have to do, and begin to discover and live from what we are truly capable of.



Isn't this the same as mindfulness or similar teachings?

The wisdom teachings throughout the ages have agreed upon one basic fact: *what we are looking for is already inside us*. Peace of mind, clarity, wisdom, compassion, happiness and fulfilment in life are not to be found by external means, for they are *innate human qualities* that emerge by themselves when we are in alignment with our essential nature.

Whilst many great teachers have realized this fact for themselves, very few have managed to communicate it to others in such a way that they, too, could have a similarly life-changing realization. As a result, what starts out as a simple, direct and spontaneous insight for one person frequently turns into an increasingly complicated and never-ending series of practices and techniques for everyone else.

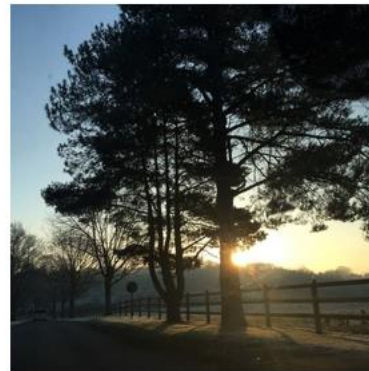
The principles, by contrast, continue to be a straightforward and accessible approach that remains refreshingly free of dogma. For those who are struggling in life, they bring the hope and real possibility that sustainable change can occur, no matter how difficult things have been. For those who are already doing well in life, they awaken creativity, increase resilience, unleash hidden potential and bring forth a deeper sense of meaning and purpose in life.

One major difference is that there is no requirement to practice any kind of technique, or to believe in anything in order to experience the benefits of learning these principles. Just like gravity or electricity, these are natural forces that work impartially for everyone - the only variable is our own degree of awareness as to how they operate. The deeper we realize how the principles function within us, the more we experience being in the flow of life. It's that simple.

What is Innate Health?

The term *innate health* refers to the intrinsic well-being and resilience that resides within every person, regardless of their past experience, current life circumstances and presenting psychological, emotional and physical state.

An understanding of the principles brings forth the psychological health and peace of mind that lies behind every kind of emotional turmoil on the surface. This understanding is revolutionizing the field of psychology, gently moving the focus away from 'fixing what is broken' and showing what is possible when we help people re-discover the well-being that already exists within them.





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“Wow what a journey it has been.”

“A wonderful experience with an ever deepening awareness and connection to nature and to you all.

Being steeped in nature and the Wisdom that brings is just the best tonic ever. Thank you so much Clare and Ian for having the insight to make this happen.”

— Donna

“I already feel lighter and more free”

“Thank you so much for a wonderful 2 days. The Insights I had today were amazingly powerful. Thank you so much for creating the space that enabled me to have these realisations. I already feel lighter & more free.

— Ann

“We all look wonderful!”

What a space we created in which to reflect and reveal our collective wisdom. How wonderful to experience the space within to witness our insights and to feel the presence of such love. I am deeply grateful for everyone who showed up in whatever emotional colours we happened to be wearing that season. We all looked wonderful!

— M.B.

“A loving, warm and safe environment.”

Thanks Clare, Ian and all the special souls that made our time at Dartington such a unique voyage of discovery through the seasons, truly an amazing time together. To be able to share such depths with you all in such a loving warm and safe environment, made it such a very special place to be. So thank you all.

— A.B.



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