

CENTRES OPEN TO ALL CENTRES

Who is welcome

Staffed by volunteers, Invitation to Life centres are welcoming places where one can be listened to and be harmonised. They are open to men and women of all ages, all cultures and all beliefs. Membership is not required to access Invitation to Life centres.

Listening

Confidential personal one-to-one meetings held in trust give us the privilege of being listened to and allow us to express what we hold deep within. This compassionate and non-judgemental exchange should help us to better understand our existence and hence find a new impulse in dealing with life.

S.O.S. Listening

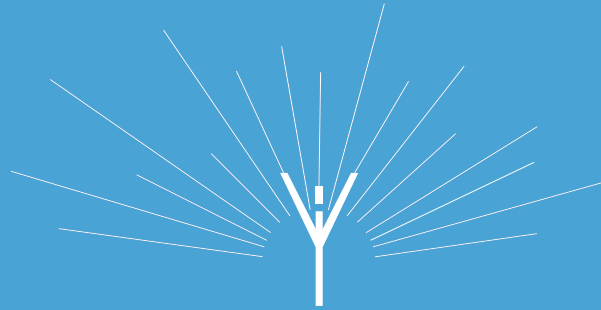
A hotline that offers comfort through an anonymous listener at the end of a telephone, supported by prayer.

Harmonisation

Harmonisation is a gestured re-balancing of the energy centres of the body. It works on all levels: physiological, emotional and spiritual. By liberating accumulated tensions such as stress, guilt or sorrow, the resulting relaxation helps you live life with more serenity.

In no way should harmonisation replace medical advice or therapies.

It is available to anyone who desires it, either at Invitation to Life's centres, or through appointments for those in need, in hospitals, homes, retirement homes and elsewhere.



Invitation to Life

Invitation to life (IVI) is a secular association that offers each person a new approach to life based on one universal value: Love.

To put this into practice demands a true transformation of oneself. Often fear or wounds from life prevent our soul from expressing itself, and hence confines us in isolation and solitude.

At **Invitation to Life**, with the help of prayer and harmonisation, we open ourselves to this love. We learn to receive and hand back this creative energy that binds us to all beings, thus discovering a new dimension to life without escaping from its reality, whether it be in our everyday life or in the world around us.

It is not a solitary or individual journey. This is why at Invitation to Life members get together to welcome, listen or be listened to, understand, console, soothe and relieve all those who call upon it whether in France or elsewhere in the world.

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Often, people who are harmonised and listened to in the centres of Invitation to Life express a desire to go deeper within themselves, or simply wish to give back to others the peace, comfort and hope they have received.

An opportunity is then offered to join a group where they will first familiarize themselves with praying together and this will then be followed by the practice of harmonisation and vibration.

Groups of prayer

IVI is a path to individual transformation in the search for our inner freedom, within our normal every day environment. Each of us is responsible for oneself but we also need others to move forward.

Meeting once a week, the group experiences the strength of shared prayers for loved ones as well as for the great causes of humanity. These meetings also evolve around essential subjects and themes which shed a new light on personal and professional issues. This learning to listen allows everyone to share their experiences whilst respecting others' differences, thus overcoming social or age - related prejudices and barriers.

Some months after this introduction, during a seminar, the group will then experience an important stage where the meaning and act of harmonisation is first demonstrated and then taught.

From then on, more activities are available to members: in particular, vibrations – a group workshop where use of the voice, breath and movement allows us to feel and resonate with the earth in order to re-energize ourselves and our lands.

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Activities

With prayer, harmonisation and vibration, Invitation to Life offers its members three keys for a better understanding of ourselves, of others, and the earth. These three tools become most effective and meaningful when applied and shared in many areas of life.

The Arts, Health, Education and the Family.

Activities in these areas bring together members of the association with similar professional or main interests in order to develop their thoughts, their creativity, and their actions.

Pilgrimages provide opportunities to pray for all those in need in our countries and beyond. They also encourage a better understanding of ourselves by discovering other lands, other people, other cultures, and other civilisations.

Events

Events are open to everyone – members and non-members alike.

Symposia bring together international speakers to address important themes such as: "Man, earth, life"; "The Child"; "The planet in danger: What keys for life?"

In addition, there are organised **gatherings of young people** from the five continents enabling them to meet, to bond, to communicate, to express their wishes and desires, and to build a better world for tomorrow.

The background of IVI and its development

Invitation to Life started under the initiative of Yvonne Trubert. For many years, day after day at her house she would receive dozens of people and offer them comfort and support. Her method is simple: listen, understand and love without limit. To help her respond to growing demands, she gathered into prayer groups men and women of different backgrounds united together by the love they received and now wished to share.

It was in this spirit that an association was established in February 1983. A first centre opened in Boulogne-Billancourt (Paris) followed by 17 others in France. Today more than 40 countries host sister associations, some with registered charitable status.

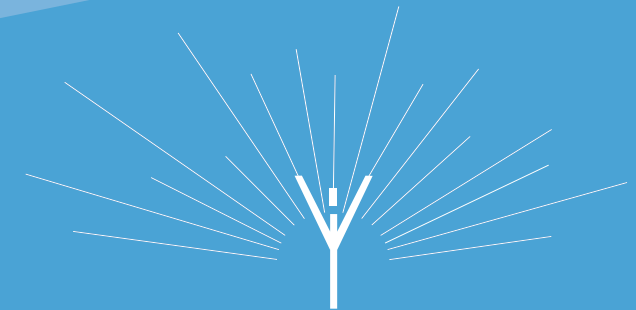
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Invitation to Life USA is a non-profit organization



Invitation to Life

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every Friday evening from 7:00 pm to 11:00 pm EST

SOS Listening (France): +33 (0)1 47 61 95 95
every evening from 8:00 pm to 0:00 pm and all day Sunday

The message of Invitation to Life is also available in the Centres or by request, through books, CD's and audio tapes.

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