



Estelle & Gabriel, guests at the ecolodge since 2012

WEAVERS OF HAPPINESS?

Happiness, well-being to the power of 10

*In 2010, with the willing to create
a place where to breathe away from civilization,
a place of inspiration and reconnection with Nature
therefore to our own nature, a place of regeneration in short
we made, without knowing it, the vow to become
"weavers of Happiness",*

Laurence & Daniel, creators of

constants d'Absolu
ECOLOGE
& SPA

Why write this white paper on happiness?

What legitimacy do we have as creators of an ecolodge, of a place that cultivates a real love of (motionless) travel to write this white paper on happiness? Here is a preliminary question not to be avoided because if this book was written in the magic of the white (for the shaft of humour), in the magic of a winter spent on a high plateau (at an altitude of 1,145 meters) far from the world, it does not claim the status of sociological study on happiness, nor that of philosophical essay.

But first of all, what is happiness? Defined in the dictionary as a "state of total satisfaction, of plenitude", one thing we are sure of is that we have never felt it more present in our lives than since we created the ecolodge and have settled on this land away from civilisation. Perhaps because, far from the noise of the world, we have never been so close to our feelings, particularly in the listening and the exchange with our guests... coming from various horizons of life, representative of the strata of the society.

How often do we hear such a retired couple telling us they're coming on the recommendation of their grandchildren? How many gift vouchers will we have issued with an aim to share this place ("to our parents", "to our children for their wedding" etc...)?

If commonly in the hotel industry, it is said that one clientele chases another ; at "instants d' Absolu" Ecolodge & Spa, one clientele meets another. A leitmotiv whatever the age or the environment: our time is saturated with anxiety, stress, real saboteur of happiness. A recurring sentence at the time of departure is quite revealing: "it was so good. Now we need to get back to reality."

Would this mean that holidays are cut off from reality; that the ecolodge has settled on another planet? Or would happiness only be allowed far from our daily professional lives, made up of chores and various constraints? What if happiness was to be woven day after day?

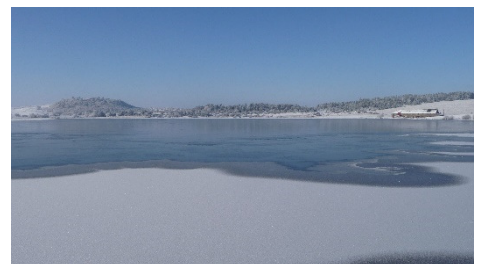
Animated by the desire to share with you the tools that are available at the ecolodge, in order to cultivate happiness, here is how we let this... manual of happiness be written through us in the heart of a wild nature. It is an invitation to awaken our hearts to the source of happiness: the culture of joy, of that spontaneous part within ourselves, that part of inviolate childhood, of absolute candor.

But be careful, if you went further in reading... know that **happiness** carries a risk. It **can be highly contagious!**



Lovers of nature and wide open spaces, Laurence & Daniel discovered the site of Lac du Pêcher at the same time as the evidence of an ecolodge on its shores. In an old Templar house converted into a farm... before this new destiny. She is fond of pristine areas.

Born in Megève, he grew up with a passion for running in the mountains and a taste for the seasons. Music and his friends would surely have kept him in the Alps, hadn't he found at Lac du Pêcher this original harmony which invites to take a new start.



Laurence COSTA & Daniel SIEGEL,
co-creators of "instants d'Absolu"
Ecolodge & Spa – Cantal, Auvergne,
France

«The raw Nature of Masai Mara in Kenya confused me, awakening a deep research of connection with Nature. Iceland and an incursion in Greenland nourished this desire for original areas which offer so many lessons of Life. » (Laurence)

Happiness, directions for use

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***Let this little bee inspire you and listen to what she whispers to you.
Experiment her suggestions and let yourself be surprised.***

BEE you!

« What is Happiness, to you? »

Happiness, what if it was a strong value of our new era?
A value of this era of change that generates so many crises, so many challenges.
Time to lighten the burden from our false obligations, from our pseudo needs to
better connect with Life? What if we shared our recipes and little secrets of
Happiness?

Would the energy of joy developed in Bhutan over the past few decades through Gross National Happiness as a pillar of development of a mountain territory spread on the canvas of our land of Auvergne?

We formulate the wish, and to accompany this beautiful dynamic, **made the vow to launch a table d'hôtes from this spring 2018 on, one evening per week.** At our new table under the sign of Happiness!

What if eating well was precisely one of the recipes for happiness? Isn't that a question, to you?

But well beyond this ritualized evening, another opportunity to weave happiness for our guests, our small team, our partners, and ourselves – *because in order to bring happiness to others, we must start with ourselves* - **everything we've done at the ecolodge since its creation in 2010 has been benchmarked according to the well-being and happiness it brings. We are used to talking about our "little magic rituals".**

Shall we stress them for you together with our approach to happiness?



The contempl'action, the Art of wonder

On the shores of Lac du Pêcher, the naturalistic approach is appropriate and invites to contempl'action: that is to say how to marvel in the moment, without any other object than to be there and rejoice. To grasp in full consciousness the value of the moment. Stripper. Absolute.



It is the kingdom of deers and foxes, of the gentle and soothing mountain which, imperceptibly, transforms into a green steppe by the lake. There, with a view to sharing this rare feeling of plenitude, do nothing... but do it well, contemplating the perfect harmony of the lake, forest and volcanic peaks. By observing the herons, egrets and crested grebes at the time of their nuptial parade. Because that's what holidays are all about...

And, sooner or later, you shall take the road just to be amazed at each pass and discover gorges (of Truyère) deployed on kilometers between steep cliffs, unique peaks (of the Puy Mary). Then, you may wish to take aerial cable cars (towards Plomb du Cantal) just to change world... before finally returning to the lodge. There, at sunset, take a few steps into the forest and surprise a deer. Escape far, far away... and feel that you are there in a region of mystery that promises Adventure. Observe the deer for a while until its silhouette should disappear into the night.

At this moment when time seems suspended, head back to the lodge with the timid solar lamps for unique lights. Walk through the main door and wrap yourselves into a halo of heat in front of the imposing lava stone fireplace (here we call it « Cantou ») before dinner time. Here is a typical day at the ecolodge and the special way our guests are invited to experience this place.

The first rays of a glowing sun tip over from the tops of the pines and come to pierce the misty layer which covers the lake. I just picked up a timeless rare moment.



André Simon, naturalistic photographer

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***There is no point in being happy if you feel unhappy deep inside!
To taste moments of HAPPINESS, being surrounded by WONDERS
is not enough. You first need to be able to WONDER.
So to do, sharpen your senses...***



The contempl'action, into action!

A few practical exercises

As part of sophrology and well-being more largely, here are some simple and regenerative exercises that we suggest you make yours during your walks in the Pinatelle forest... or elsewhere.

Because holidays have the vocation to open unsuspected spaces of other relationship to life. Because we believe in the power of silence and solitude to regenerate ourselves.

A walk in full consciousness to connect to one's balance

Walking is perpetual movement, fragile balance followed by imbalance. We walk every day to the point that we have forgotten the feeling we had when we were young, discovering stability...

Have fun playing with your balance, without any danger! Lower your eyes to see only the ground in front of you and stay focused. Inhale and lift your right foot, start exhaling while putting your right heel in front of you, then put your right foot all the way down as your left foot unfolds behind you. Breathe in again while raising your left foot this time, exhale putting on your right heel...

For a better feeling, walking can be rhythmized by your breathing, as slow as possible to seek your balance without cheating! If you should feel very comfortable, close your eyes to go on practising.

Bare feet on the foam, you will feel the pleasure of the unwinding of the foot!



Water of youth?

*On the surface of lakes,
wrinkles always fade away.*



Aphorisms under the moon

and other wild thoughts – Sylvain Tesson

F feeling like a bird and flying over the lake, to work on the power of visualization

From the ornithological observatory, you overlook the lake. Observe its calm or windy surface. Maybe you'll get a chance to see a heron. Now, discover the bird in you ;-) !

So to do, close your eyes and place your attention in your feet, anchor yourself in the ground.

On a long breath, place your arms horizontally still then gradually impel a very fluid movement from the shoulders to the wrists by bending the elbows like slow flapping wings. Feel your back breathing and fly over the lake!

Imagine the sensation of sliding in the air, just above the water. Open your eyes, you're on Earth!



Perrine Crosmary, archeozoologist passionate of Nature, is among those persons who assist us in our naturalistic dynamic



Stag belling is a magic moment, from mid September to mid October



Lac du Pêcher, a corridor for migrating birds

The cycle of the seasons or the regained naturalness



What is your favourite season?

Have you ever been asked this very simple question whose answer would make us believe that we suddenly understand our interlocutor better?

However, beyond the taste or disgust for a season strictly speaking (don't some people panic as winter with its shortening days approach?), **it is interesting to ask ourselves what the seasons tell us.**

Because, on this high plateau, the ecolodge is in connection with the seasons, we feel them, year after year, deeper inside.

At an age when the relationship with time has hardened, it may seem necessary to live permanently between Spring and Summer, between sowing and harvesting.

Now, if we observe Nature and those cycles that profess the need for a time for each thing, we can better hear the need for a time of introspection to then make germinate and harvest. **By reintegrating the cycle of Nature, by reconnecting with Nature at the heart of our own nature, we make ourselves fit to connect with the seasons in order to co-create with the Universe.**

Don't you feel how Spring is the season of renewal, of awakening, in an energy of expansion? The time to enter into the energy of the Air and dance with Life, in a movement of creativity and innovation, with regards to the messages that winter has brought. To enter fully into this dynamic and let Life circulate within us, the power to be sought is that of focus, of clarity. If we know how to be clear and focused on our objectives, we will indeed co-create our life in correlation with our dreams and our talents and in connection with the Universe.

To help you feel this lively link which unites us to Nature, to the biodiversity we are a part of, **we have wished to celebrate solstices and equinoxes. Because the seasons appear to us as the ultimate richness** ; that which refers to our cycle of interiorization and our personal development, catalyst of Happiness.



The cycle of the seasons or the regained naturalness



Now, do you still have a favorite season? Or can you feel (before you can feel it, experience it at the turn of the next seasons) how irrevocably the seasons connect you to Life, thus to your life? This is to be celebrated beyond all the stumbling blocks, beyond the difficulties and the sorrows, **to Be One with What Is, One with Life** (for sure, one of the pillars of Happiness, not to spend unnecessarily the energy that animates us). However, among the things we have no room for manoeuvre, there is the weather and the seasons.

It's up to us to become acclimatized!

Look no further, happiness is within you.



Matthieu Ricard – Plea for Happiness

Beyond these solstices and equinoxes, specific annual meetings outdoor whatever the climatic conditions (except stormy weather or lightening), the naturalistic excursions we weave with guides to your attention, have for goal to also open the sphere of the understanding. Therefore, in winter, Serge invites to a **COLD SPECIAL** excursion that allows to reconnect with our senses. Feeling the cold, the snow, the fog, is feeling alive. **To accept the elements is to accept oneself, as well as this indispensable link indoor-outdoor, up to vitalize our organism.** During these hikes in the Pinatelle forest, while listening to the Nature, we learn how to feel and better understand winter: when the robin announces the cold... or how the buds prepare under the snow.

In spring, it is time to walk, sometimes barefoot on the moss, interrupted either to write a haiku, or let yourself be invited to watercolor. In the end, to let yourself be touched by the poetry of life.

Also correlated to the cycle of the seasons, our Lake Parenthesis special stays fully participate in this (re)connection, this anchorage to find what intensely nourishes us. They came in response to some requests from guests expecting another kind of « holidaying ». Those special weeks came to life in 2015 in the beautiful presence of Arnaud Riou teaching a Conscious Approach of the Whole Being that synthesizes the physical, emotional, relational, spiritual and creative dimensions. Then, over the past few years, we've had the visit of Vincent Givord, geobiologist, with a wonderful week on the spirits of the nature and the relationship to the invisible, energy and vibrations, but also that of Melanie Veyrond for the practice of yoga.

Listening to the invisible is a beautiful moment of life that fits perfectly into the energy of autumn, time of withdrawal after the summer. However, **in the anchoring, the fact of being fully present, don't we precisely find the bases of a happy and connected relationship with Life? What do you think?**



The Lake Parenthesis stays, Happiness seen by...



« Happiness for me is simplicity, authenticity and human warmth. I found out the ecolodge as we may discover, on a random forest walk, an isolated clearing that makes us want to make a stop. One day when I was looking for a place of nature to welcome a group, I came across the ecolodge. I was looking for an exceptional place, an isolated place, an authentic nature. I discovered exceptional human beings able to remain authentic and allow us to be in the group a little less isolated. We had a magical time there. »

ARNAUD RIOU



« Happiness for me is freedom as I can feel it in my body and mind when I practice Yoga. This feeling I can find it here in this magical place of my childhood, in the open air and with this strong anchoring energy that offers itself to us and gives us wings. Then, there is nothing more to do than taste and savour this happiness. »

MELANIE VEYROND

« Happiness for me is a posture. It's leaving the door open to allow unique moments to enter my daily life. Happiness depends on my ability to wonderl. When a fine rain passes the sponge on my daily life and happiness lets its rays pierce, then it is up to me to reach out to grasp these promises and turn them into reality. Each of my visits to the ecolodge has been transforming.»



ISABELLE CARATTI





Arnaud Riou, coaching la voie de l'ACTE®



Vincent Givord and the invisible



Mélanie Veyrond for the practice of yoga

Happiness, well-being, to the power of 10, at the Spa... and even more

Spa: this single word is evocative of softness and serenity, of letting go and finally of a direct access to Happiness. *Isn't that an impression you share?*

It is precisely for this reason that when creating the ecolodge, we could not have imagined not adding a Spa. **Beyond the equipment strictly speaking that are the sauna, hammam and hot tub... it seemed to us even more essential that this Spa should converse with Nature.** This is why you can relax in the hot tub overlooking the lake while discreetly observing the nuptial parade of crested grebes... or, for the lucky ones, deers coming to quench their thirst. The sauna also offers a view of the forest... while the private steam bath cabin overlooks the peaks of the volcano. **The serenity that one can feel is in the end not so much measured as the surface of the Spa but rather as acres of wild and untamed nature that surround the intimate property, remote and alone on a volcanic plateau.**

To be even more in phase with this land of Auvergne, we have from the opening worked on Spa Menu that - beyond physical body massages and other classic treatments - takes care of the emotional and subtle body. Foot reflexology, reiki, various **energy massages combining the qualities of custom-made and intuitive have the same object of dissolving energy blockages and knots, in respect and concern for the vital energy that inhabits us and keeps us fit.**

Because, **without prior form and energy, even before talking about letting go (ultimate relaxation), is it conceivable to think of Happiness?**

It is in this same search for energy to transmit that the idea of thala-source® came to us, a time of care in the very flavour of a thalassotherapy, but with our own spring water... mixing relaxation in a hot bath with essential oils, exfoliation and wraps with volcanic clay, and time of massage. The clay, extracted from the depths of this Auvergne soil, has a high content of magnesium and trace elements for a time of anchoring to the territory and optimal regeneration.



GUIDED MEDITATION

Beyond the classic breath-centred meditations, **here is an alternative method whose focus is benevolent Love.** It consists in wishing happiness and well-being to all living and sensitive beings by silently repeating a mantra.

Om mani pedme hung, powerful Tibetan mantra, can be yours.

For this meditation, we invite you first to focus on yourself, then on a close friend, then on someone you don't feel particularly close to, or even on someone whom you have a strained relationship with. In the end, you can concentrate on any sensitive being and more generally on the whole universe.

A beautiful meditation on compassion that invites to practice the gratitude: the gratitude attitude ;-)

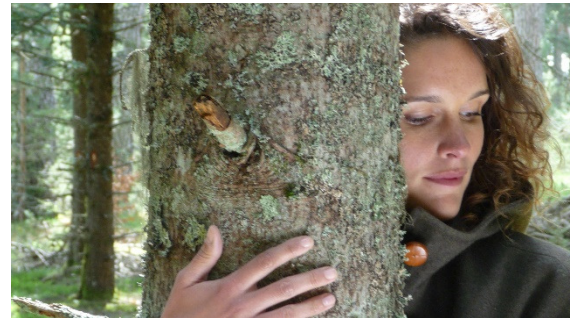


Happiness, well-being, to the power of 10, at the Spa... and even more

Beyond the Spa, there are highly regenerating places, true anchorage points to center in order to be able to aspire to Happiness. The wooden terrace facing the Plomb du Cantal, 5 minutes walk away - which can be undertaken in the spirit of a meditative walk * - is one of those remote places on the edge of the forest where you can meditate or practice yoga. We are happy to provide our guests, upon request, with yoga mats, asana cards and breathing exercises for a relaxing time.

Installed by Vincent Givord, geobiologist, directly overlooking the lake, **the energy trail is another place dedicated to centering.** For the sceptics, it is interesting to note that since the dawn of time, human beings on the five continents have been able to perceive the particular radiance of certain places, beyond what our five senses can perceive. It is also striking that megaliths, churches and cathedrals have often succeeded each other over the millennia on the same precise place. Today we do not cease to find the access to this forgotten knowledge and can thus enter in relation with "the invisible" for the evolution of our consciences. Result of the alliance with particular Forces of Nature, linked to Earth, Heaven, Water, Air, Fire... this trail has established itself as a powerful energetic place in connection with the Elements, present in a harmonious way on this site. As Vincent tells us: **"specific vibratory charges have been fixed throughout the journey so that by parking successively on each of the points it is possible to derive multiple benefits: "cleaning" and balancing the subtle bodies, clarifying emotions, the mind, etc."** Let us note an important prerequisite: it is essential to carry out this journey in full consciousness while making silence in oneself and projecting nothing. Simply letting the energies act in a calm and ample breathing is an open door onto the presence and access to Happiness.

In the Pinatelle forest (a 6,000 acre-pine-and-beech-forest... dotted with lakes and peat bogs), **another activity invites you to the centering in connection with Audrey, sophrologist: the forest bath, also called tree-hugging. A real time of communion with the vegetable kingdom and what it has to tell us. Beyond the openness to our perceptions and feelings, it is an ideal time of immersion conducive to strengthen our immune system.** It is with that same intention of an optimal oxygenation we also offer **hypnosis-hikes with Alexandro. Because well-being also involves understanding and optimizing the mind as a tool that can distract us as well as accompany us in our evolution.**



BREATHING RITUAL

Do you realize that breathing better eliminates toxins and that the quality of our cells directly depends on the quality of our breathing (ideally of course on the air we breathe) and therefore, on our health and vitality?

Attempt to feel it in your cells while we are glad to share a breathing exercise: R-T-V Breathing, a breath that develops body awareness. Shall we go for a practice?:

- * Fill up (inhaling with the nose) for 5 seconds...
- * Hold your breath for 20 seconds...
- * Empty the air for 10 seconds (with the mouth, very gently and until the total vacuum of air).

To start a dynamic of well-being, we invite you to do 10 breaths every morning and night.

* See page 6: walking in full consciousness



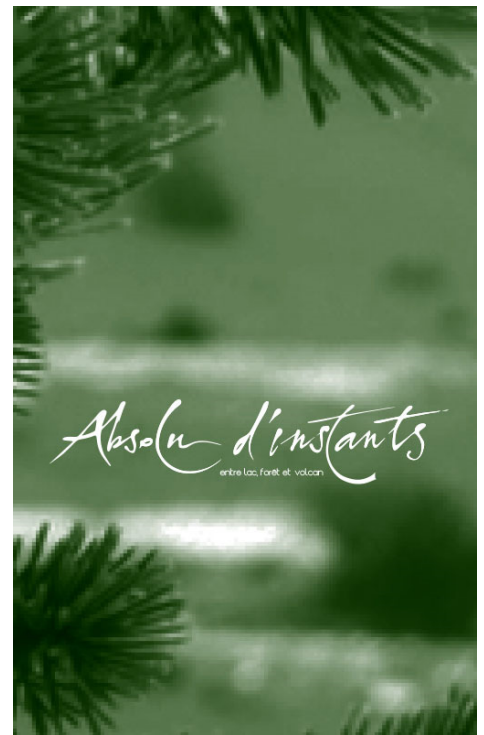


The olfactory Happiness

If it is obvious that our childhood awakens our senses, that our memory-laden madeleine cake (made famous by French novelist Marcel Proust) directly connects with the childhood, there is no doubt that Laurence will have reconnected with part of her childhood - *in Grasse, world capital of perfumery* - to (re)create the perfume of Happiness, extracted from and further to a walk in the forest.

Without any doubt this was the precursor sign of this quest satisfied with the beautiful complicity of Isabelle Poupinel who had the occasion to revisit the logo of the ecolodge in a play on words as a wink to the world of perfumery. « L'Absolue » (a high concentration of plant extracts) was revisited in its masculine form to signify the highest standards, while remaining true to this subtle universe of the perfume. In the end, "letting ourselves be wrapped in fragrances with a view to creating the atmospheric perfume was a high point in the development of the flavour of the ecolodge, beyond the ecolodge itself. As if finally, the outcome of this singular place, half hotel-half guesthouse, was also subtle, micro-detail. "

And because Nature is so present that it envelops the building with its olfactory aura, not finding it indoor had come to appear as a lack, almost a failure. So, "we set off on the paths of perfume, as if we took the path to Compostella, with an absolute, devouring quest until it could be satisfied. Contacting perfumers and creators, we smelled hundreds of fragrances until saturation. To the point of sensing the formula that had to transcribe the volcanic hot earth just as much as chlorophyll, conjugating molecules from the subsoil and from the pure air that surrounds us." Without any question, the molecules of Happiness.



*One day, going out for a walk,
I weaved my first strong links to
the Pinatelle forest. After the rain,
I remember I could smell the
moss together with pine resin until
I pushed the door of the
ecolodge. No later, I was willing to
find again this subtle smell. Until a
few years later... the olfaction of
happiness was born.*

Laurence



CONCENTRATION
OF EMOTIONS

Scented candle - also available as an atmospheric perfume spray, as well as a diffuser with its ceramic flowers & last but not least: pockets of small pebbles to deposit and forget in a drawer.



Pinatelle, Land of Good Living... towards collective happiness?

More and more studies highlight Nature Deficiency Syndrome.

Immersing ourselves in a natural environment inevitably has beneficial effects on our well-being, and hence on our ability to be happy. In the Pinatelle forest, 6,000 acres of greenery dotted with lakes and peat bogs, participate in a collective Good (Living). 6,000 acres to reconnect to biodiversity, to Nature and, in doing so, to our own nature.

If the Pinatelle is naturally a Happiness activator (with the enthusiasm of its inhabitants), it is because this forest combines the assets to offer at the same time:

- a valued living environment: a green setting in the heart of which a few persons will reconnect you to Nature by opening your eyes to biodiversity. So is Sophie Ougier, guide at the Maison de la Pinatelle (eco-museum), who will take you out barefoot in the moss or else will invite you to discover the world of birds, as a gourmand of life she is. Within a few years, she has let herself be seduced by edible wild plants, to be collected in a reasoned way, then cooked and tasted.

At the Village Equinature, Sébastien Rouchy adopts an ethology approach in his horse riding, always with respect for the environment... particularly while taking you out to listen to deers at night, « blind » for a highly sensory approach. Serge Cros also appreciates the night and will guide you on a special trip to observe the sky and the constellations. Some of our guests do not hesitate to say that he restores our intelligence by making the infinitely distant accessible to us.

- an optimized lifestyle:

They accompany you for a healthy life in a unique setting, these persons dedicated to well-being and health, in a dynamic of prevention and primordial health: Audrey Machemie, sophrologist, who has no greater pleasure than to offer you her benevolent guidance in the heart of a forest she feels she belongs to. A scan of the body in the heart of a field of giant dandelions (Land Art work set in 2017 facing the Plomb du Cantal), made the experience even more fascinating. Alexandro Segarra has the pleasure of combining hypnosis with hiking. There is nothing like merging with Nature and the elements to live experiences such as hyperesthesia, increasing of the sensory abilities to increase your perceptions and live more intensely each moment.

If we all are the motors of our happiness, there is no doubt in our minds that the spirit of the ecolodge is a link in a big chain. The collective is therefore essential and the scale of the Pinatelle massif, its actors and its inhabitants, a counterpart of the success of the ecolodge.

While sharing our wishes and missions, we have participated in setting up this collective around the project of the Pinatelle, which advocates a Nature Lifestyle, in the inspiration that Nature simply plays.

- inspired life projects:

It is because this enchanted forest is so inspiring that they feel so inspired by its organic shapes, colors, materials...:

Noël & Géraldine Poulain, a couple of potters at La Boissonnière who like to work with celadon enamel, shino, in an alchemical relationship to the earth ; Guillaume & Véronique Capoul, designers of wooden silhouettes tinted with natural pigments. But also Charlotte Bézy and Maël Cabé, authors of a new type of bakery in Chalinargues, based on organic cereals and natural sourdough... Gaëlle Pierrier, who happily mixes fruits and aromatic plants to create her jams: hum, apricot and lavender! And for the next few years, there are plans for permaculture, resourcing... Inspiration is not lacking as you can understand.





Happiness in business, what if we believed in it?

Numerous studies have established a strong correlation between employees' degree of happiness and their economic contribution to the company.

At the heart of this land of Auvergne, which has kept its values and the essence of what counts: nature, the sense of a job well done, inventiveness, simplicity and tenacity ; we are committed to welcoming and accompanying companies with a view to "less is more", a philosophy capable of boosting happiness at work.

In association with coaches and trainers, our seminars are held on this highly inspiring and soothing site in a relaxing atmosphere conducive to the opening of the heart, so as to try to inscribe happiness in the daily lives of both the employee and the employer. Because cultivating happiness in the workplace is the best antidote to gloom, stress and psycho-social risks.

At the crossroads between personal and professional development, some seminars, notably those set up with Marielle Barbe aim at nothing but happiness, with the ambition of helping talented slasheurs, those cumulators of skills, to find their place in a world of work standardized to mono-activity and expertise.

However, in a multifactorial context of crises and transformations, their singularity and their extraordinary agility are major assets in this emerging New World.

Take the time and distance from the everyday to see more clearly; open a blank notebook to let the blank page be written. Page of a new era to co-create entirely, by developing human capital, by letting our weaknesses express themselves to the point of turning them into assets, in non-judgment and openness... here is the very singular offer of a seminar at the ecolodge. So different, so transforming.

The presence of Audrey, sophrologist, at the time of breaks... proposing to replace the ritual coffee-cigarette break by a breathe & vitality one, certainly is part of the success of a moment out of time, out of the norms. To succeed in combining dream and productivity, wishes and shared success, values and "company with mission". Because certainly one of our missions is to bring Happiness ; what Geneviève felt during her last stay, revealing to us the framework of what she sees as Tomorrow's enterprise : www.entreprisesamission.eu



Passionate about human potential and ability to build a better and happier world, [Marielle Barbe](#) has made her professional life a Rendez-Vous at the crossroads of sustainable development and personal development. She defines herself as an "assumed slasher" and happy to be Coach / Trainer / Consultant / Communicator / Designer / Editor...

Her reference book: "Profession Slasheur" (Ed. Marabout) is presented as a toolbox to help slasheurs transform their atypical, hybrid profile into assets, strength, singularity.



*Happiness is when time
stands still*

can we read at the entrance
of the ecolodge



Overwhelming wild beauty, Open-ended Peace Spirit, & the best of local Organics, become **One:** Natural Opulence

Gourmet without being addictive (avoiding the trio sugar-salt-fat in excess), the cooking had this same bet to enhance nature and especially the good products of our small local producers, in alignment with the values and DNA of the ecolodge: the taste of travel, creativity and food balance. In short, it was nothing more than setting up a cooking that made sense, in phase with the territory as with the spirit of the lodge.



Did you know that the golden apples of the Garden of the Hesperides, garden of immortality reserved for the Gods, were nothing but oranges? What if we found the value of the raw food in the conscious diet?

It is with this single technical sheet as a guideline that, year after year, we have simmered a "gastronomadic cuisine". Thus the felafels revisited with the blond lens of the Planète accompanied by a hummus with blond peas, or the couscous with organic vegetables perfumed with Argan oil embarked on the plane by Laurence and Daniel on the return of their trip in South Morocco.

A cooking which, in the heart of a space devoted to slowness, also takes up the bet of educating the palate and the full consciousness while offering delicious plates from farm to table. Because eating well, beyond the balance of the food bowl and good associations, is also taking the time to savour fully, to feel the flavours and textures (the smoky taste of the trout enhanced by the subtle earthy contribution of the beetroot or the melting of an apple cooked "naturally" suddenly disturbed by the crunchiness of hazelnut), to chew and ingest fully to let the alchemy of life make the rest: gradually, subtly, transform elements foreign to our body into Self, through enzymes, digestive juices and the magic of the human body at the service of our primordial and fundamental health as it is highly maintained in Eastern philosophies (from yoga to qi gong...).

It is with this desire but also with this awareness that we made our vows to join this Slowfood collective in 2018. After a lot of work that allowed us to completely revisit the kitchen, bright and now open onto the forest. Other works followed in the restaurant room to create a space dedicated to the time of the aperitif and digestif, the time to taste some good Whisky or other liqueur. It is now high time to integrate the (Slow) time of the meal into a holistic approach to well-being, by building a bridge between the Spa and the Table. For ever greater consistency. Would you like to know more about eco-gastronomy? Rejoice! The « Grand Guide Slow Food des produits du terroir français » (in case you may read some french) has just been published by Plume de Carotte, a small publishing house specialised in nature and its benefits.

All about Slowfood: <https://slowfood.fr> and Plume de Carotte: <http://plumedecarotte.com>





The Table (d'hôtes), a new place to weave happiness

At the table d'hôtes, we enjoy a unique menu as much as the dreams we share. We refuse any conversation that would anger (it is not the place, the ecolodge, by the way) to talk and hear about recipes and other secrets of well-being, testimonies of life, talks about objects of d(eco)ration, walks and great escapes.

It took shape with these last works, the Table. A separate room, a unique view: direct onto the lake. Designed at the beginning for dinners with the family or friends, at the time of a birthday to celebrate, of a communion, of a time of reunion with the beloved ones ; it arose in our minds at the end of work with another desire, parallel. What if it was also a table d'hôtes? What if some special evenings, we shared our dreams and recipes... for well-being?

All it took was a few exchanges with regular guests, a preliminary question: "Would you like to have dinner (one evening a week) at the table d'hôtes at the ecolodge?" (the answer, a frank and massive YES, because "deep down, we come there to share common values") gave life to these dinners combining nutrition and nourishing positive emotions.

Before watching together: "What is happiness for you?" "A film of public utility retracing over 800,000 km around the world the idea that Man has of happiness, multiple and personal. For the anecdote, we can see between two interviews, some views... of the lake. Surely not by chance ;-). Julien Péron, author and director of this film, comments:

« There is no place for chance, there are only appointments" said Paul Eluard. For 4 years, I travelled our beautiful planet in self-financement to meet these men and women who seek to unravel the mysteries of happiness ». That movie came out.

« A genuine book of personal development,

*It addresses an important number of themes all related to happiness and puts us in front of our responsibilities and choices. **Happiness is vital**, necessary to our balance. It is at the origin of many virtues and plays a predominant role on our health. To be happy allows to live longer, to have a better immune system and feel fit, not less than this! This seems necessary for a harmonious personal and social life."*

Isn't that obvious enough to dedicate a specific time to Happiness?





Anastasia & Alexandre

« Every journey is only an return to one Self. The sound silence of nature awake, the subtle aroma of tea mixed with the scent of July's tall grass, the morning freshness coming from the lake which invites you to put on a jacket, although the day looks radiant. Then a walk in the chiaroscuro of the Pinatelle forest, and this feeling of fullness, the certainty of being part of a Whole: of this sky, of these volcanoes, of this wind, and of this light.

At nightfall, a dinner that makes the Auvergne known and understood through its products sublimated by the talent of an extraordinary chef: authenticity, refinement and accuracy are the key words. And not having the strength to make a break from this nature even for the night, we came out one last time to embrace the sky filled with myriads of stars, and lost track of time. These are our timeless rare moments, and our stay in this remote ecolodge on the shores of Lac du Pêcher, in the heart of Auvergne. »

In 2012, we wrote our first road-book in association with Perrine Crosmary, an archaeozoologist passionate about wide open spaces and wildlife.

The last one was written together with Gaëtane & Guillaume, from the duet BON AIR, while our latest shooting, which we had fun turning into some old style short movies (to be found on our website at the top of the main sections), featured another couple who also radiates happiness: Estelle & Gabriel.

And you,
can you feel in
a soul of
a "happiness weaver"?



Gaëtane & Guillaume – Bon Air

« We are constantly looking for the here and now. This state which transcends us, makes us feel alive, without obstacles, without any judgments, devoid of artful devices. One easily finds this serenity of the present time on the shores of Lac du Pêcher. Everything there is light, calm and soothed like a silent rocking that sends us back to our deep intimacy.

We are in close contact with our true nature. We get a taste for abandonment. It is an appointment that resources us. A reset. A reconciliation with ourselves. A challenge, a source of inspiration. Timeless rare moments in short. »





A unique site, 4 seasons



"Man is unhappy because he does not know he is happy. That's it. He who knows he is happy will immediately become happy, right now," exclaims suicidal Kirloff in Dostoyevsky's *Possessed*.

This is the characteristic of our modern societies: we are constantly thinking about what will make us happy so that we lose the desire to simply be happy in our daily lives. (...) It has to be said that we have often lost the joy of life, the spontaneous acceptance of life as it is, and not as we would like it to be. We are permanently loaded down by an unsatisfied ego and parasitized by a mind that intends to control everything. »

Frédéric Lenoir - The Power of Joy (in french), among the books available in the library of the ecolodge

Isn't it essential to create timeless rare moments, here or elsewhere?

Convinced that there is indeed a specific state of mind linked to the ecolodge, far from the classic hotel industry, we started thinking about BEST OF THE NATURE (one of our new missions). In response to a number of requests from our guests ("And you, where are you going when on holiday?"), what is intended to be a network of ecolodges in the four corners of the world seems to us rich in promises of sharing our mutual experiences, as well as raising awareness of another way of going on holiday and consequently of another way of living. Because the calm, authenticity and beauty of a place can trigger positive emotions that can strengthen human relationships.

Whoever has realized how much we are the World, cannot keep living one more minute without listening to It. It is by integrating this understanding into his cells that Gandhi has undoubtedly been able to claim: "Be the change you wish to see in the world." Now, in order to listen, we must know how to make silence, an inner silence that cleanses the game of the mind, and awakens intuition... to allow us listen to the song of the Earth.

Being alone in nature is a place, a time and a precondition (solitude) for those willing to learn how to enter into silence. By combining these elements with idleness as the art of boredom in the noble sense of the term, to be more in the presence, to be able to pose, to center, and to observe what surrounds us with more discernment, we can access more wisdom and serenity. **Nature has this capacity to foster the emergence of the spiritual. It naturally opens to the consciousness of infinity and eternity, to the seduction of the Absolute...** for a more relaxed life, less sensitive to stress. However, as Sri Sri Ravi Shankar, yogi and man of peace warns us: "stress leads to intolerance (and yoga can reduce both)." As we do agree and have made ours this truth, we wish to offer Yoga regularly sessions and training courses.

These same ingredients are also inspiring. At a time when so many of our fellow citizens are questioning the meaning of their lives, cultivating this peace of mind is a powerful prerequisite if we wish to feel our mission. What is good for oneself and, in an act of contribution, for others, can flourish in a retreat out of a world of distractions, disconnected from technology that, in high doses, ends up having an addictive and polluting effect.

"instants d'Absolu" Ecolodge & Spa was born from this intuition that we had here, on this Land of Auvergne, a precious place in a time of mutation. Precious because isolated and silent. Precious because wild and free. And because it offers this necessary distance to the vision, it is a space of co-creation of Tomorrow's world. A world more sober, more joyful collectively, more serene. With this same perspective, we were more than happy to support the production of the film "Demain" (Tomorrow) by Cyril Dion and Mélanie Laurent. Because as entrepreneurs, we believe that the act of undertaking can, beyond the basic economic needs to be satisfied, create value for the whole society.

All about this film: <https://www.demain-lefilm.com>





*« Learn how to make silence so that your spirit should listen and take up. »
Pythagore – Vth. century BC.*



Willing to join us and weave Happiness together?

Have you ever wondered about the "accidents" of life? about meetings? These experiences on your path that you never imagined would happen, not even in your dreams, and that help build you beyond your dreams. As long as they are big and clear enough, our dreams lead us on our Paths of Life.

What if life was basically made up of these famous accidents?

If on the shores of Lac du Pêcher, we are used to the "pure hazards" of beautiful encounters and other synchronicities, it is because they have marked the life of the ecolodge since the very discovery of the place (*a meeting, a conversation on the slopes of Megève ski resort, improbable, isn't it?*) to the different stages that have allowed us each year to climb up the steps of life and make this place evolve with us. **From now on, we do wish to provoke chance by creating the conditions for meetings... through the seasons.**

But be careful, not just any meeting! **These meetings of aligned people who connect their actions to their souls, committed and contributing fully to the world of Tomorrow, carried that they are by the positive energy of creation, whatever the field.** Thus we will have the pleasure of opening our door once a month and over a whole weekend, to a person meeting this definition, who will be invited to share our table and will be able to dialogue with the team of the ecolodge as well as with our guests, in an informal or more structured way, for example within the framework of a workshop of presentation of his or her Art.

The frame is set, light, in the pleasure of meeting and empathic listening. Everything is open according to the talents to be shared. *

It is in this state of mind and with such enthusiasm that we will welcome Julien Péron at the occasion of the Pinatelle Wellness Day.

* Willing to share your talent and weave happiness with us? Contact us at info@ecolodge-france.com

Julien is one of those persons who, quite young, was already open to personal development... because, dyslexic, he did not have fun at school. So, the answers to his questions, he went to look for them elsewhere (14 years of kung-fu, crowned champion of France in 1999, 14 years of development of the Neo-bien-être and Neorizons Travel networks). Until this trip and more than 200 personal development leaders interviewed around the world for the documentary "What's Happiness for You? »

Another pure hazard? Laurence explains:

« *At a time when we were thinking of the idea of a table d'hôtes around well-being and when I felt the importance of an accompagnement, but what precisely, a film?... fell into our email box, this message: "What's happiness, for you? ".* » Wasn't it a wonderful sign?



« *A few months later, asking myself about lithotherapy and this mineral world that speaks to my heart but not yet to my body in terms of feelings, I exchange with Anne Kristin Becker I met as part of a common training. Formerly a stylist for Kenzo and Sonja Rykiel, she started creating jewellery... but I didn't know that she is, in connection with lithotherapy, creating her jewels on the basis of stones. While she tells me about her desire to work together with someone on the intersection between the chemical composition of stones and their energetic properties, in order to reconcile a scientific and a sensitive approach, I let the desire to co-create the energetic jewel of the Summer. In connection with this season's energy.* » We will have the pleasure to welcome Anne Kristin and start this time of summer vacation together.

Chance doing things right, what if you let your life be guided by these happy coincidences?



And you, are you happy? What does « being happy » means to you?

In your opinion, is happiness to be conquered or is it part of our nature?

Do you have that talent for combining happiness with the present?

Do you have your own recipes, techniques conducive to happiness? Or do you feel like going too often in search of this intimate state of consciousness may make it become inaccessible?

In your opinion, are there places and living conditions conducive to Happiness?

And you, do you have this urge to weave Happiness? And in doing so, to contribute to bringing a stone to the building of a better world?

Thanks to Isabelle Caratti, Coach in personal and professional Life cohesion for her writing page after page... with one wish only: to open a window, put a new lighting for even more consciousness.