

# What Do You Say After You Say Goodbye?

Martin Wells

# About Martin

Martin Wells is a teaching and supervising transactional analyst who has also been studying meditation for over 30 years. He works part-time in the NHS in the UK, as a consultant psychotherapist and teaches mindfulness from a non dual perspective. He is the founder of TA ~ Spiritual and has led retreats in Scotland, Goa, and Spain.

He teaches non dual mindfulness to patients and staff in the NHS and practices and supervises psychotherapy from this perspective.

[nondualmindfulness.simpl.com](http://nondualmindfulness.simpl.com)



# Weekly Group

## Weekly meditation group and exploration of non-duality

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Every Thursday from 8-9.30pm  
in Clifton Bristol.

For more details please contact Martin on  
0117 9737848 or [martinwells4@me.com](mailto:martinwells4@me.com)

# Downloads

(Click the links below)

## Articles

[From Friction to Freedom: Our True Nature beyond Life Script](#)  
- [Martin Wells](#)

[Therapy without the therapist](#) - [Jean-Marc](#)

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## Event Flyers

Please download and share

[Absence is Freedom - The practice of non dual mindfulness](#)  
[Subud Hall, Clifton, Bristol - 11th July 2015](#)

[Boundless joy](#)  
[Orgiva, Southern Spain - September 2015](#)

# Useful Links

(Click the links below)

Podcast:

Therapy Without A Therapist

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T.A. Spiritual

# Website & Contact

(Click the links below)

[www.nondualmindfulness.simpl.com](http://www.nondualmindfulness.simpl.com)

Email: [martinwells4@me.com](mailto:martinwells4@me.com)

Tel: 0117 9737848



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