

Life is Relating –7 months stream

Awareness & Relating

Life is relating, from birth to death we are relating, we are in a relationship, with ourselves (body, mind, emotions), with our close relatives (family, friends) with our work environment (school, work, social), with the whole world. At every stage of our life, without exception, we are in a relating mode. Every aspect of our life is a relating. And for most of the time this relating is not satisfactory, this relating does not bring us the joy, the happiness and the contentment we feel entitled to.

Why is it so? Why can't we be happy, joyful and fulfilled?

Why do we have to struggle and meet adversity?

Why can't our relating flow like a river?

When stress prevails, harmony and health quickly disappear. Confusion sets in, wrong or not so appropriate decision are made.

Clarity is needed to restore a healthy situation in all aspect of our life. Body, self, family and work

When clarity prevails, decision making comes easily and naturally.

This stream of courses that we propose is especially design to restore a true connection with ourselves and to give us the tools to communicate more efficiently within our work, within our social life.

It will lead participant into the understanding and experience that they are not isolated in this world; everything that they do, think or communicate has an effect on their inner world and on the outside world - thus the use of the word 'Relating'. What in Buddhist tradition is known as the law of Karma or the law of action <=> reaction.

Another aspect of this 'stream' is also help participants realize that they can change their ways of relating and consequently improve the quality of their life, said differently, it is about bringing back the 'capacity of choice' in their life.