

NVC & FOCUSING PROGRAMS II

Our personalities are based on a certain set of beliefs about ourselves and a certain worldview. Identifying with the parts of our personalities keeps us bound to a limited way of experiencing the world and ourselves. By identifying, clearly seeing, and accompanying the parts of ourselves that hold these beliefs and these worldviews we begin have space and freedom from them. Working with and seeing through the self-images and identifications from the past helps us to understand these beliefs and their origin and uncover their actual, essential nature. That is the whole practice of Inner Relationship and whole-body focusing, which are the main practices of self-transformation in these programs.

We also use body sensing practices (like Inner relationship Focusing and other forms of inquiry) in reconnecting and aligning the self with the qualities of our true nature. Open-ended inquiry into our personal, in-the-moment experience is the main practice of this path. We encourage our participants to be curious, open, non-judgmental and without preference about their experience, and to sense into and explore their experience in the present moment. A willingness to explore whatever arises, not knowing how or where it will unfold from moment to moment, is the true spirit of inquiry. We will combine specific NVC dialogue practices, with this work of inquiry, practicing the key processes of NVC to help us bring our inner healing states to our relationships. In the programs that we offer based on NVC and Inquiry, we will also employ other experiential offerings, song and movement to our inner work of learning to embody our values and live from trust, surrender and presence.

RETURNING TO TRUE NATURE
With Gina Cenciose
Meister

Eckhart

Love Poems from God

«WHEN I WAS THE FOREST

When I was the stream, when I was the forest, when I was still the field, when I was every hoof, every foot, fin and wing, when I was the sky itself, no one ever asked me did I have a purpose,

no one ever wondered was there anything I might need, for there was nothing I could not love.

It was when I left all we once were, that the agony began, the fear and questions came, and I wept, I wept.

And tears I had never known before.

So I returned to the river, I returned to the mountains.

I asked for their hand in marriage again, I begged-I begged to wed every object and creature, and when they accepted, God was ever present in my arms.

And he did not say, "where have you been?"

For then I knew my soul-every soul-has always held him».

*Revenir à la nature en soi
Returning to True Nature*

THE RETURNING TO TRUE NATURE NVC PROGRAM CONSISTS OF 2 AREAS OF CONCENTRATION

- Practices for Whole Hearted Living (coming back to life) inside of oneself –
 - includes different NVC practices
 - Inner Relationship and Whole Body Focusing
 - Meditative Inquiry
 - Belief work (including Byron Katie's The Work)
 - Reconnecting with Nature
 - Singing and movement.
- Practices for Whole Hearted Living (coming back to life) with others includes –
 - Dialogue Circles and councils
 - Collaborative Leadership Processes
 - Conflict Transformation with Restorative Circles
 - Group Facilitation and Decision Making Skills with NVC Developing a deeper relation to Nature is an important part of Coming back to life in this program.