

Attention is a central element in the life of every person. What you direct your attention to will begin to grow and become more real. This is why you are asked to think and feel intensively about something, if you would like it to have or happen.

Such simple “tricks” really work. Not in every case, however, and not very often, because unfortunately, we are just too happy to let ourselves be distracted by all sorts of things. New thoughts arise constantly, they are interrupted by waves of emotions, we react to every little thing in the environment, people attract or repulse us, etc. - so, as a rule, we concentrate on multiple things simultaneously, and, therefore, end up in the evening with a good deal of unfinished business and a loss of power.

I have been studying human attention as a special phenomenon for more than 30 years and will be happy to share with you my observations and methods. You will get acquainted with theories that describe the structure of consciousness in a comprehensible and striking way and offer different procedures to bring your attention to internal structures. Such pathways are good to know, especially also, when working with your clients.

You will get acquainted with a larger set of methods which enhance attention - methods dating from ancient to modern times. You will learn very specific and profound ways how to direct and keep your attention, how to strengthen your concentration, and how to stay away from inner and outer disturbances.

In our program, there will be meditations, group- and pair-exercises. We shall create a loving field of working together, you will concertedly learn how to increase your attention. You are invited to assist and support each other mutually. To accompany another participant will enrich the understanding of your own structure and inner operating.