



Anjet Sekkat, nee Eich

Anjet is a Trainer for Transparent Communication by Thomas Hübl, an Innovation and Life Coach, and an Alternative Practitioner of Physiotherapy and Midwifery. She is a Co-founder of Trans-Parents – a platform for transformational parenthood. Anjet works with groups, teams, couples and individuals. As a student and assistant, she supports the work of the spiritual teacher Thomas Hübl. She loves to facilitate the unfolding of the immanent intelligence and beauty in people and to explore transformation.



Axel Perinchery

Axel is a Trainer for Transparent Communication by Thomas Hübl and for Intercultural Communication and Integral Development of Consciousness. Axel is working internationally as a Life-Coach. At the Academy of Inner Science he is training the practice group leaders in Transparent Communication. As an assistant he is studying and supporting the work of the spiritual teacher Thomas Hübl. Axel is passionate to contribute to taking the next step in our development of consciousness, that both individually and as a society we need to take – and with that, invites us to dare stepping into unknown terrain.

The Art of Relating: belonging & becoming

Registration

Please register by October 14th, 2016
Stefanie Stretz
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Dates

All modules start on Friday 5 pm and end
Sunday 2 pm
Oct. 28th -30th, 2016
Dec. 2nd - 4th, 2016
Feb. 17th-19th, 2017
Mar. 31st-Apr. 2nd, 2017

Locations of Training

Tao Zentrum und THE MOVE
Freiburg im Breisgau

Prices

Early registration until August 12th, 2016:
1.030.- Euro (incl. 19% VAT)

Regular price after Aug. 12th, 2016:
1.150.- Euro (incl. 19% VAT)

The training will be in German with English translations.

More information about this training

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Imprint

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Intensive for
Transparent Communication
Training Group 2016/2017

With Anjet Sekkat & Axel Perinchery
Four weekends,
October 2016 – April 2017
in Freiburg

*„This course is a declaration of love to life.“ Irina,
34 Jahre*

The Art Of Relating

*It is impossible for us to not relate to each other.
Yet the question is how...*

How do I relate to my partner, my family and to the people in my everyday life? How do I relate to world events? Are there relationship dynamics that keep repeating themselves? What are the filters through which I perceive myself, other people and the world around me? How much do I allow myself to be touched by life? And how can I strengthen my ability to relate? As challenges arise - how can I meet them with freshness, surrender and clarity? When we meet life with an open heart, courage and love, we experience a deeper intimacy. We feel more connected, present and alive. We can allow more intimacy, and we can fully arrive in the present moment as we learn to no longer be guided by our defense mechanisms.

A Journey in Consciousness in Four Modules

For four weekends, we will go on a journey together: We will explore the art of relating on different levels and follow our longing for deeper intimacy with life.

„The world needs caring spaces in which the walls of protection are allowed to slowly melt, so that we can really meet and encounter each other as human beings.“ Thomas, 45 Jahre

BELONGING & BECOMING - Fully arriving and belonging & more and more becoming who we really are and walking our own path - these two forces are important fundamental pillars of a healthy life. Everybody needs to feel safe and protected amongst other people. Only then, there is space for flourishing and maturing. To allow the dance between these two aspects brings out the beauty of our deepest humanity.

Module 1 **Belonging – In My Past.**

How fully did I land in my life? How much did we experience a feeling of security and belonging in our childhood? And what are the intelligent strategies we developed to compensate for any lack we might have experienced?

Module 2 **Belonging – In My Life, Now.**

Where do I live MY life, and where do I repeat the painful experiences of my past? How can I create a healthy feeling of security and belonging in my every day life today? How do mature and nourishing relationships in my family, professional life and in the world look like for me?

Module 3 **Becoming – In the World.**

What do I want? What is it that wants to be created through me? What's my vision? How do I integrate stumbling blocks and how do I meet resistance as it arises on my path? What is transformation, and how can we live with that as a guiding principle in our life?

Module 4 **Becoming – In My Relationship To the Divine.**

How much can I relate to something that is beyond me? How can I find deeper access to the eternal presence? How do I relate to the movement immanent to life? How much space do I dedicate to the divine in my life?

How we work...

In learning and deepening the techniques of Transparent Communication we gain competence in bringing more presence and acceptance into our relationships. Transparent Communication is an amazing tool to make visible, understandable and accessible to each other the true underlying motivations in every moment of life. This facilitates a precise personal recognition, and a deeper understanding of the universal principles of life.

In addition to shadow and integrating work, we also strengthen our competence to relate by immersing ourselves in the Integral Map and the Spiral Dynamics Model of Consciousness. This allows us to recognize where we are at both in our individual and collective development and makes our next healthy steps obvious.

Our contemporary and modern form of spiritual practice includes exercises working with contact, intuition, and different ways of meditation. In small groups and interactive on-line sessions, we deepen the practice in between the modules so it can be fully applied to our every day lives.

This training is meant for all who feel that great longing to deeper relate with life. We warmly invite all who wish to live in a culture of relating with each other that, beyond personal concepts and habits, is anchored in an alignment to something much bigger.

„This course put me on the tracks of a journey toward myself. For that, I am endlessly grateful and happy.“ Birke, 44 Jahre