

## WORKSHOPS 2

Saturday, September 16, 02:30 pm – 03:45 pm

**ERICA ERBER,  
HEINZ VETTERMANN**



### **Network of Mindful Economy \***

The Network of Mindful Economy is working on meaningful alternatives to the prevailing economic system by exploring larger economic contexts and working for mindfulness in work, consumption and the handling of money. The network is supporting a business model that promotes peaceful processes worldwide rather than destroying the live basics for many species. "Mindfulness" is the ground for action in the world: the cultivation of inner peace and contentment, compassion and understanding encourages the freedom to go other ways.

Contents of the workshop: Mindfulness meditation, reflection and exchange for conscious handling of money, consumption and work.

**HANS PETER GRASS**



### **War and I –**

#### **Is War Always Happening to Others or Does it Involve Us? \***

War is both far and near. For some of us it has a lot to do with own history, own experience and fears. For others, it appears mainly in news, cinema, books, pictures or dreams. However, for all of us war is a very unsettling, emotional and controversial issue that does not leave anybody indifferent.

But what is war? How does it affect the victims, the perpetrators and those who are watching? Is war something that always happens to others, or does it involve us all?

**ARAWANA HAYASHI**



### **Embodying Peace – Connecting our Body with the Earth Body**

This body -- our home -- is often not synchronized with the mind. Speed and daily pressures and distractions often make it difficult for us to feel grounded in our bodies, to inhabit and live in our bodies in a way that expresses well-being and presence. Our body can feel disconnected from the "earth body." When body and mind are not synchronized, we struggle. We do not feel contentment.

Then it is difficult to feel ourselves belonging to, in harmony with, or engaging fully with the "social body" -- all the various society groups, including family, team, organization and community systems. We are more aware of social struggle than of the inherent basic goodness of society. We practice connecting our body with the earth body enabling us to extend our awareness to the social body.

**LENNART KROGOLL**



### **Disarming Aggression and Conflict – practical Body-Heart-Mind exercises \*\***

Practical exercises to engage our challenging world with greater courage, presence and radical empathy. This experiential workshop offers short exercises, based on mindfulness-in-action, mindful-resilience, martial art, felt-sense and somatic movement, that we can use in daily life and in situations of challenge and conflict. We can cultivate inherent resilience and the natural wisdom of our entire being. We can learn to thank conflict as simply a messenger of interconnectedness. An opportunity to wake up further and help each other. A workshop with little talk and theory, mostly practice and experience.

## BARBARA PREITLER



### **Preventing Violence and Working for Peace - Psychotherapy for Refugees \***

Massive experience of aggression is generating aggression in victims, and the desire for justice. Refugees have almost never been able to sue injustice that has befallen them in front any national or international court. They often remain left alone with a legitimate desire for justice and with anger and despair. It is necessary to recognize the suffering and the wrong, and it needs to be clarified who is responsible for that wrong. This is the basis for any form of violence prevention with traumatized people. The workshop focusses on ways how recognition, attribution and transformation of aggression can contribute to a self-determined good cooperation in working with relationships.

## PAULA ROSSI, ELISA ZECHNER



### **Selfempathy – Change starts in Ourselves \***

Impuls-Workshop Non-violent Communication

One key exercise in non-violent communication is to explore how we are dealing with ourselves when we have "made a mistake". A compassionate attitude toward ourselves helps us also cultivate compassion towards our fellow-world.

Non-violent communication shows us how we can relate to what is alive in us, how we can enrich our lives and the lives of others.

Trust and courage can grow from this. In challenging situations we need both of them in order to be able to act in way that is useful in everyday life.

## CHRISTOPH SCHLICK



### **Peace for the World ba Making Peace with Myself – \* Values, Meaning and Relationship as Keys**

Meaningful life is "life in relationship" - relationship in various forms and depth and intensity. When relationships are threatened, altered, violated or even lost, conflicts and fear might arise. (Primordial) trust, reconciliation, forgiveness, hope, faith can help stabilize our relationships and heal what has been hurted.

In short impulses, in a joint conversation and with personal exercises, we want to open the topic and make a meaningful and peace-inspiring experience.

## CLAUDIA VILLANI



### **Non-violent Resistance –**

#### **Creative Solutions in Seemingly Hopeless Situations \***

We are driving through Taliban territory. Lads with stone chips in their hands are awaiting us at the end of the village. I am preparing to lay down on the floor of the car. Dr. Pfau is opening the window and gently waving at the young men. They are so surprised that they kindly wave back. Their hands with the stones hanging down.

The workshop is intended to provide us with examples from Pakistan here in Europe, to find creative solutions, even in seemingly hopeless situations.



### **Meditation Practice**

Throughout the symposium there is an ongoing possibility to practice silent meditation, during workshop periods meditation instruction will be offered.

\* *this workshop is expected to be held in German without translation*

\*\* *this workshop will be held either in German or English, depending on participants*