

Dimensionen des Seins

Tor zur Essenz

Datum: **15.05.2019 - 29.03.2020**

Leitung: **Turiya Hanover**

Anzahlung 500,00 €

Preis: **2.600,00 €**

[» Link zur Kursbeschreibung und Online-Buchung](#)

Seminarbeschreibung

Das Seminar präsentiert ein neues Verständnis des menschlichen Bewusstseins. Es basiert auf alten Einsichten der Sufi-Tradition des mittleren Ostens und ist durch A.H. Almaas und Faisal Muquaddam bekannt geworden. Es baut auf der Einsicht auf, dass die Abtrennung von unserem Sein, unserem wahren Wesen, der Hauptgrund tiefen Leidens ist. Wir sind nur vollständig, wenn wir unsere verlorene Essenz wiederentdecken und sie in Totalität erleben können. Unter Essenz verstehen wir unsere wahre Natur. Gleich einem Diamanten hat sie viele Aspekte, Farben und Facetten, wie Stärke, Liebe, Vertrauen, Frieden, Kraft, Mitgefühl, Freude, objektive Präsenz und Klarheit.

Während unserer Kindheit haben wir nach und nach den Kontakt zu unserer Essenz verloren, um uns zu schützen und um die Liebe zu bekommen, die wir zum Überleben brauchten. Durch ein tiefes Verstehen unserer Kindheitsprägungen und Persönlichkeitsstruktur werden wir verschiedene Dimensionen des Seins wiederentdecken. Wir sehen dabei psychologische Lebensthemen nicht als Probleme an, sondern begrüßen sie als Tor zu unserer Essenz. Spezielle Übungen zur Selbsterforschung, Meditation und Verstehen unterstützen uns, die verlorengegangenen Aspekte unseres Seins wiederzuentdecken und sie anzunehmen.

Durch die Zurückgewinnung entsteht eine Erkenntnis und Freude, die heilt und uns in einen Zustand von Integrität versetzt.

Dieses Seminar ist für alle, die mit Menschen arbeiten und nach neuen Werkzeugen für ihre eigene therapeutische Praxis suchen sowie Interessierte, die diese Arbeit für ihr eigenes Wachstum nutzen möchten.

Themen und Termine

Weißer Essenz: Vertrauen

15. – 19. Mai 2019 mit Turiya

Innere Unterstützung und Vertrauen in uns selbst und andere. In unserem Zentrum ruhen. Lernen, in einer entspannten Atmosphäre des Vertrauens mit uns selbst und in der Welt zu leben.

Rote Essenz: Stärke, Kraft und Verschmelzen

4. - 8. September 2019 mit Vasumati

Innere Stärke, Lebendigkeit, sexuelle Leidenschaft. Mut, alte Muster aufzubrechen. Individualität vs. Verschmelzen, Hingabe vs. Sichaufopfern.

Schwarze Essenz: Von Zerstörung zu innerem Frieden

23. - 27. Oktober 2019 mit Turiya

Stille, Wahrheit, Frieden.

Grüne und gelbe Essenz: Die Stimme des Herzens

25.- 29. März 2020 mit Vasumati

Grüne Essenz: Freundlichkeit, Mitgefühl, Zartheit, Hingabe, Dankbarkeit.

Gelbe Essenz: in Freude und Helligkeit leben.

Beginn jeweils um 10.00 Uhr.

English description

As a child we were born as a beautiful bundle of energy and essence. Slowly, in order to survive, we had to betray certain aspects of our being; we lost them, or rather, we lost the connection to that part of being. What stays is the presence of 'holes' and a feeling of deficiency and emptiness. In order to survive, we imitate these lost aspects of essence, and so lose our true connection with them. We surround ourselves with personality and defense structures. And so we return to our nature and essence.

Essences are essential states that can be felt. They have a texture, are cold, warm, and circulate in the body. Each brings a

psychological issue. Essence is colorful, subtle and fine, but feeble in the body.

This training will focus on the subtle organs of spiritual perception called the Lataif, as a pathway to retrieve lost essential states. The teaching of the Lataif was transmitted directly to Faisal by a teacher of the highest order in the Sufi tradition.

Each Latifa is experienced uniquely and has its own colour, location in the body, aspects and qualities. We often recognize these qualities in ourselves, and it is extremely confirming to make this connection.

The Lataif also have their own set of issues which may have developed around the holes we experienced when the Essence diminished. The issues show themselves naturally when we invite and experience a particular Essence once more. Coming to know an issue, in the environment of the Essence it has been obscuring, allows the possibility of that Essence being integrated into the system again.

The five major aspects are: will, joy, power and peace, courage and the life juice of love.... We all have that inner urge and longing to find ourselves... We will stop only when we attain godhood. Use the desire and longing to kindle the inner flame.

We all have different aspects of being, but often forget the way to connect with that essence. This process shows you a way to remember again, slowly, step by step.

In this training we will explore different dimensions and aspects of being. Through this beautiful and powerful work, you will gain insight and understanding, and with it comes clear guidance and tools to use in your daily life.

Together with meditation, self-exploration and sharing, the training will enable you to regain lost parts of your essential being, and find the source of your self-worth, love, power, strength and courage, will and trust, and true self-love and compassion.

The White Latifa

known as the Will Essence, it has to do with a feeling of inner solidity, inner support and a sense of value. It is the relaxed confidence that comes when we are in contact with our Being. It is grounded, resourceful and committed.

The Red Latifa

known as the Strength Essence, it has to do with our capacity to be an individual; it brings the strength to separate from old structures that no longer serve our evolution and uniqueness. It is passionate vitality, enthusiasm and the strength to go into the world with all its challenges.

The Black Latifa

known as the Peace Essence, this latifa is about our Love of the Truth and longing for Peace. It is a very deep dimension of looking in and realizing a state of inner mastery. Here we face our concepts and fears about death and confront the main layers of ego defence.

The Green Latifa

known as the Essence of Compassion, this Latifa gives us a profound understanding of and compassion for our ego structure. It is the compassion and understanding which allows us to go deeply into our wounds and heal them. It gives us the capacity to do the same with others.

The Yellow Latifa

known as the Latifa of Joy, this subtle dimension of our Being is like an inner sun shining and is about our innate capacity to live in Joy and Curiosity. It is a place where our old negative self-images and seriousness are dropped and our light-hearted innocence is regained.

This work uses self-inquiry as its principal methodology. Simply put, self-inquiry is our love of, curiosity about and commitment to knowing the Truth about ourselves. Self-inquiry is taught in detail and is applied and articulated in different ways.

Abweichende Seminarsprache

Englisch - mit Übersetzung