



TE Associate Training

*Basel, Switzerland * September–November 2019
Henry Marshall PhD, Marie–Paule Ricchi, Michael Schönen*

**OM GAM
GANAPATAYAE
NAMAH
GAURI NANDANA
GAJAVADANA**

WELCOME

TE Associate Trainees

- * grounded / based in love
- * well known to TE Trainers
- * lots of personal development
- * TE-based personal work experience

THE 7 STRETCHES

© Rickie Moore

TRIENERGETICS®



First stretch
Stretch



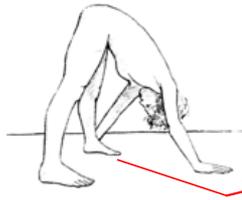
Second Stretch



Third Stretch



Fourth



Fifth Stretch
Stretch



Sixth Stretch



Seventh

When you do the 7 stretches with a group **it is very important** to tell them to:

- Breathe in by the nose
- Breath out by the mouth

Always use first the left hand under the left foot, it is the "outflow", then charge up with the right hand under the foot, it is the "inflow".

ALWAYS end the 7 stretches with gratitude, by bringing your hands slowly with the palms together in front of your chest.

If you leave out one of the 7 stretches , that is OK, **but also tell the group!**

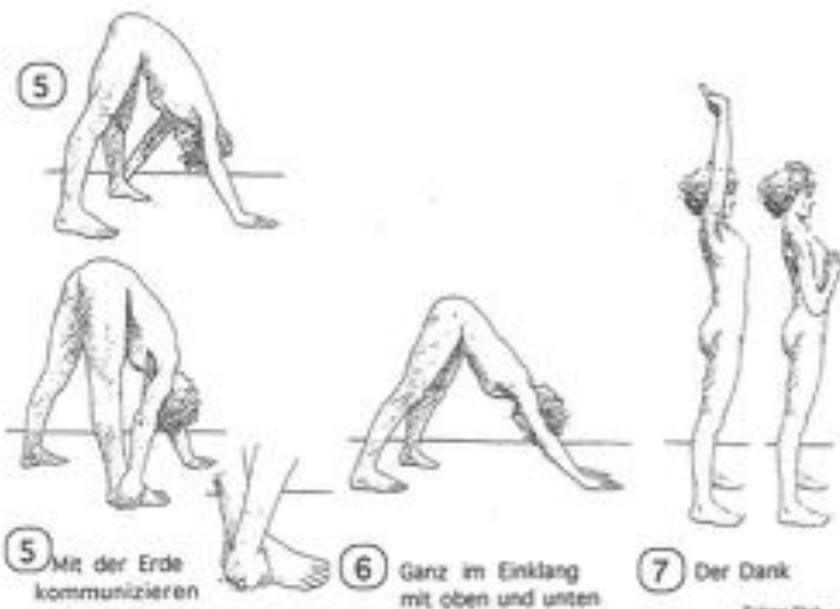
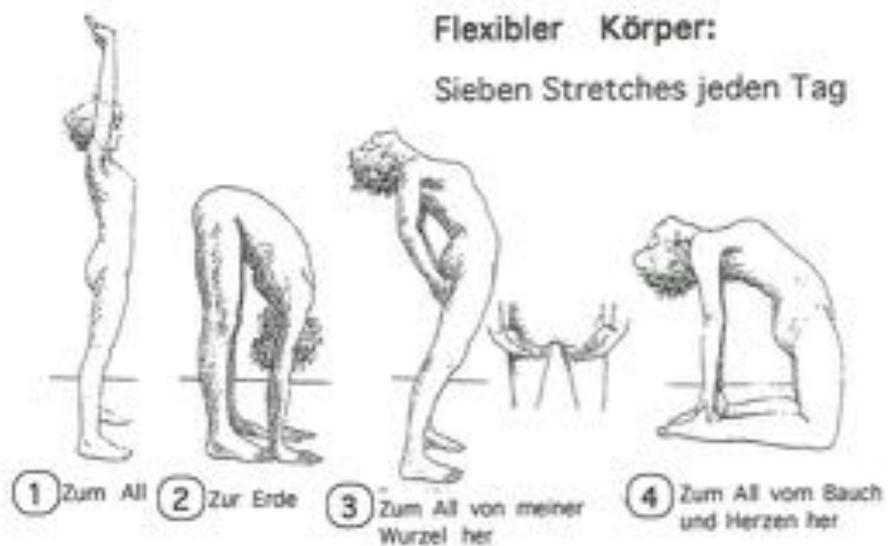
Flexibler Körper:

7 Stretches jeden Tag

- 1 Erstes Stretching: Nimm diese Stellung wenigstens für die Dauer von zwei bis drei tiefen Atemzügen ein, ansonsten so lange, wie du spürst, daß es dir guttut und keine Beschwerden bereitet. Stehe aufrecht, die Füße parallel in Schulterabstand auseinander. Atme tief durch die Nase ein und durch den Mund wieder aus. Nach ein paar Atemzügen hebst du die Arme langsam empor und streckst sie zum Himmel. Die Hände sind schulterweit auseinander. Bring die Oberarme nah an die Ohren, halte die Arme gerade und parallel zueinander ... und streck dich, soweit du nur irgend kannst, indem du weiter durch die Nase ein- und durch den Mund ausatmest.
- 2 Zweites Stretching: Bleibe in dieser Stellung mindestens eine Minute lang. Du atmest durch die Nase ein und durch den Mund aus und beginnst, die Handflächen gegen den Boden zu stemmen und langsam die Hüften nach oben zu drücken. Wenn du dich auf die Hüften konzentrierst, wie sie in Richtung Himmel steigen, fällt es dir leichter, die Kniesehnen zu dehnen, und auf diese Weise bekommst du die Beine eher ganz gestreckt. Entspanne die Nackenmuskulatur, laß den Kopf einfach baumeln ... und genieße deinen Zustand.
- 3 Drittes Stretching: Du stehst mit leicht angewinkelten Knien, die Füße bilden eine senkrechte Linie mit den Schultern, Fußspitzen geradeaus, die Daumen fest in die Falte unter den Pobacken gedrückt. Beuge dich nach hinten und schau zum Himmel. Ziehe die Schultern zurück, drücke das Herzzentrum nach vorne. Den Körper sollte jetzt von den Füßen bis zum Kopf eine durchgehende, anmutige Kurve beschreiben. Dies ist keine schwierige, anstrengende Stellung ... entspanne dich und gib dich ihr ganz hin.
- 4 Viertes Stretching: Greife nach deinen Fersen (rechte Hand an die rechte, linke Hand an die linke Ferse), atme ein und strecke den Bauch zum Himmel hoch, wobei der Kopf locker nach hinten herabhängt. Die Arme sind vollkommen gestreckt, die Ellbogen durchgedrückt. Diese Stellung fällt den meisten von uns recht schwer, aber mit beharrlicher Übung wird sie leichter. Je tiefer du atmest, desto leichter wird es.
- 5 Fünftes Stretching: Die Füße stehen ungefähr einen Meter auseinander, und die Hände stützen sich ca. einen Meter vor den Füßen auf, so daß Hände und Füße ein gleichseitiges Dreieck bilden. Mit dem Po in der Luft siehst du nun wie eine vollkommene Dreiecks-Pyramide aus. Während die rechte Hand auf der Stelle bleibt, schiebst du die linke Hand von außen unter die Ferse des linken Fußes und trittst leicht mit der linken Ferse auf die Finger. Dadurch werden die Reflexpunkte in den Fingern der linken Hand aktiviert. Laß den Kopf entspannt gegen den rechten Arm hängen und achte darauf, daß die Füße und die rechte Hand gleich weit voneinander entfernt sind.
Setze die Übung fort, aber diesmal mit der linken Hand einen Meter vor den Füßen und der rechten Hand unter der rechten Ferse.
- 6 Sechstes Stretching: Lege die rechte Hand neben die linke. Die Füße sind weiterhin einen Meter voneinander entfernt, die Hände einen Meter davor, dicht beieinander. Bringe das Hinterteil soweit wie möglich Himmelwärts. Halte die Arme gestreckt und laß den Kopf entspannt an ihnen ruhen, so daß du ein vollkommenes Tetraeder (Dreieckspyramide) bildest. Genieße.
- 7 Siebentes Stretching: Bewege die Füße schrittweise bis auf Schulterabstand aufeinander zu, und laufe dann mit den Händen auf die Füße zu. Strecke langsam mit einem tiefen Einatmen nach und nach die Wirbelsäule, bis du wieder ganz aufrecht stehst. Atme tief durch und erlebe, was du für dich getan hast. An diesem Punkt sind unsere Bedürfnisse von Mensch zu Mensch sehr verschieden. Eine Möglichkeit ist es, dich auf etwas zu besinnen, wofür du dankbar bist. Danach kannst du dich einige Minuten im Stehen oder auf dem Rücken liegend auszuruhen.

Flexibler Körper:

Sieben Stretches jeden Tag



En marchant sur mes deux pieds
J'avance, j'avance j'avance

En marchant sur mes deux pieds
Je danse je danse et je danse

Sous mes pieds y'a la terre
Et la terre c'est ma mere
Et la terre c'est ta mere

TE is based
on a fundamental ground:

WE NEED LOVE

Rickie Moore, 2015

“Gold Nuggets of Tri-Energetics”



is a community
dedicated to personal
development





is a system

for understanding human functioning

SPIRIT

CURIOSITY

INTENTIONS

*MIND
EMOTIONS*

COMPASSION

WANTS

BODY

FLEXIBILITY

NEEDS



<i>SPIRIT</i>	<i>CURIOSITY</i>	<i>INTENTIONS</i>
<i>MIND EMOTIONS</i>	<i>COMPASSION</i>	<i>WANTS</i>
<i>BODY</i>	<i>FLEXIBILITY</i>	<i>NEEDS</i>

The image features a 3x3 grid of colorful woven ribbons. Each ribbon is a different color and is woven together to form a textured background. Overlaid on this background are nine blue ovals, each containing a text label. The labels are arranged in three rows and three columns. The colors of the ribbons are: top row (blue, green, purple), middle row (yellow, orange, pink), and bottom row (red, yellow, pink).

Spirit

Curiosity

Intentions

**Mind -
Emotions**

Compassion

Wants

Body

Flexibility

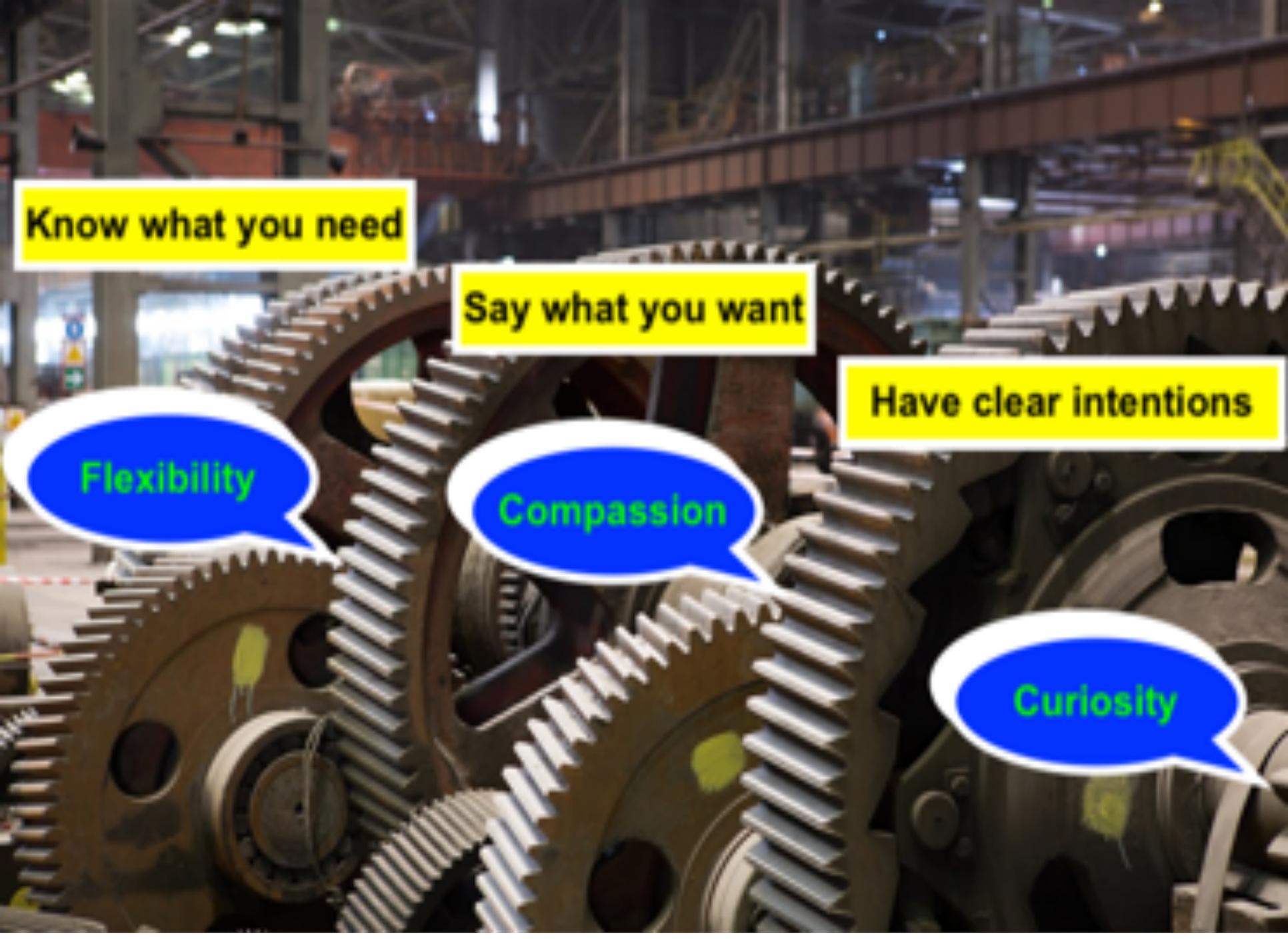
Needs

TE is a formula

for simplifying situations and relationships

- Know what you need
- Say what you want
- Have clear intentions

- Be flexible
- Be compassionate
- Be curious



Know what you need

Say what you want

Have clear intentions

Flexibility

Compassion

Curiosity

Know what you need
Say what you want
With clear intention
Get what you want

Just be Flexible
Compassionate
And Curious

“SAY WHAT YOU WANT”

What does it take?

- Voice
- Courage
- Presence
- What else?

“KNOW WHAT YOU NEED”

What does the situation
need in order to get what
you want?

Releasing Repressed Emotion

Do you repress feelings by denying them, rationalizing them, or projecting them onto others?

When you scream, or weep from deep within the belly, you can actually touch that pain, release it, and dignify the sounds of your soul.

Life goes better with a lot of love, a few good laughs, and the freedom to scream.

Rickie Moore

Tri-Energetics, 1999



Hand Squeeze (with one helping person) –

Cup your hands, interlock the fingers, and place the thumbs inside. The client squeezes your cupped hands. Amazingly, even the strongest person can squeeze your hands and it won't hurt. This technique provides the tension needed to really let go of repressed sound.

Scream into a Pillow (on your own) –

If you or someone else needs to scream and you don't want to be run out of your neighborhood, scream into a pillow. It blocks the sound.



Arm pull (standing, with two helpers) – Stand with feet grounded and your hips relaxed. Raise your arms shoulder high to ninety degrees with your hands relaxed and fingers pointing upward. Take the hands of your helpers in a way that lets you hold hard without hurting their fingers. Relax your throat and jaw, push your chest forward, let your head look slightly up. Pull down hard with your arms and make a long deep sound from your belly. Use all your breath to make the sound. Continue. Go deeper into the sound and feelings. Let yourself relax and enjoy your power. Maybe you will even feel like laughing.



Arm pull (lying, with one helper) –

Lie on your back stand with knees bent, feet grounded, and your hips relaxed. Raise your arms shoulder high to ninety degrees with your hands relaxed and take the hands of your helper in a way that lets you hold hard without hurting her fingers. Relax your throat and jaw, extend your your chest forward, let your head look slightly up. Pull down hard with your arms and make a long deep sound from your belly. Use all your breath to make the sound. Continue. Go deeper into the sound and feelings. Lift your hips and thrust them upward. Let yourself relax and go into your feelings. Enjoy your power. Maybe you will even feel like laughing.

Arm pull (lying, with two helpers) –

In addition to having a helper hold your hands for the arm pull, this variation makes use of a second helper to support releasing tension in your lower body. Allow this second helper to guide you by
1) holding your knees together while you lift your hips and thrust them upward,

or

2) holding your knees apart while you lift your hips and thrust them upward.

Relax, cooperate with your partner. Let yourself relax and go into your feelings. Enjoy your power. Maybe you will even feel like laughing.

(CLEAR) INTENTION

MICHAEL SCHÖNEN

TE-ASSOCIATE TRAINING IN BASEL 2019

TUNING IN ...

MY INTENTIONS FOR THIS PRESENTATION

- TO BE OF SUPPORT WHAT IS NEEDED (SERVICE)
- ENJOY THIS TRAINING, TO LAUGH AND BE AT EASE (NEED)
- HAVE A GOOD SHARING WITH YOU (WANT)
- TO LISTEN TO ... (SERVICE)
- TO DEEPLY UNDERSTAND THAT STUFF (WANT)
- TO PROVIDE SOME INFO TO STUDY DEEPER (WANT)

THE WORD INTENTION

- ITAL: INTENDERE - LISTEN TO
- LATIN: INTENDO - TENSE, PULL TIGHT,
- MULTIPLY, INCREASE, ZEAL (EIFER)
- ON A BOAT: GRAB THE OARS,
- IN WEAPONARY: TO DIRECT, STEER, TURN
- SYNONYMOUS FOR GOAL, AIMING AT.

THE UPPER TE-TRIAD

- SPIRIT = ALL IS CONNECTED. THERE IS MORE THAN MY PERSONAL SOUL. I AM A VALUABLE PART OF THE CREATION.
- CURIOSITY = WANTING TO UNDERSTAND. GETTING BEYOND MY OWN LIMITS. CURIOSITY SERVES THE NEED TO GROW AND HELPS MANAGING CHANGE.
- INTENTION AS A FOCUS. FROM A POINT HERE AND NOW TO GET CLEAR ON WHAT I NEED AND WANT AND INVITE THE FUTURE. THAT IS WHERE TRUST COMES IN. AND LOVE. AND MANIFESTATION MAY HAPPEN. ENERGY GATHERED AROUND MY INTENTION-LOADED „WANT“.

INTENTION CLEAR ?

- IS A CLEAR INTENTION A GUARANTEE FOR A FUTURE TO HAPPEN?
- I HEAR RICKIE'S VOICE: CONTROL IS AN ILLUSION. THAT IS A TOUGH ONE TO ACCEPT. DO YOU HAVE YOU A SIMILAR SENSE ABOUT THAT?
- „I HAD SUCH GOOOOD INTENTIONS BUT ...“ ??

QUOTES FROM THE WISE*

- INTENTION IS AN ATTITUDE, A FINE-TUNING. IT NEEDS PRACTICE. IT IS LIKE A TRACTOR BEAM TO THE FUTURE. INTENTIONALITY IS GUI-DANCE FROM THE SOURCE
- RICKIE: IN CHAPTER 6 OF THE GOLD NUGGETS QUOTES WAYNE DYE: „OUR INTENTION CREATES OUR REALITY.“ AND SHARON SALZBERG: „EACH DECISION WE MAKE, EACH ACTION WE TAKE IS BORN OUT OF INTENTION.“
- THAT HAS THE KIND OF CONTEXT OF MAGIC IN IT? CALLED MANIFESTATION...

QUOTES FROM THE WISE 2/2*

- INTENTION IS A MOMENT IN PRESENCE WHERE SPIRIT MIND BODY ALIGN. GATHERING POWER OF NOW INTO ATTITUDE TO CHANGE OR REACH OUT (WANT STH) INTENTION IS SET UP IN THE HERE AND NOW.
- MEDITATE! SIT. STOP AND SIT. = GET INTO PRESENCE. ... YOUR WAY ... WHAT WORKS...FOCUS...YOGA ITSELF IS A MEDITATION.
- SPEAK WHAT YOU WANT - THAT IS ALSO AN INVITATION TO PARTICIPATE ... SUPPORT YOUR INTENTION OR GETTING EVEN MORE CLARITY

*RICKIE MOORE - THE MAJOR TEACHING:
„TREAT YOURSELF WITH LOVING KINDNESS. COMPASSION.“

THE CLEAR INTENTION

- THE CONDITION FOR AN INTENTION TO COME THROUGH IS SET COMMITMENT!
- IF WE WERE ASKED FOR OUR INTENTION WE WOULD BE ABLE TO GIVE A STRAIGHT AND CLEAR ANSWER!
- THE ANSWER WOULD REFLECT ON WHAT GROUND WE STAND.
- UNCONSCIOUS INTENTIONS CAN SABOTAGE WHAT WE REALLY NEED AND WANT.

WAKE UP WAKE UP
KNOW WHAT YOU NEED
WAKE UP WAKE UP
SAY WHAT YOU WANT
WAKE UP WAKE UP
WITH A CLEAR INTENTION

TO LIVE LOVE LAUGH
AND BE HAPPY

I'M UP AWAKE AND FLEXIBLE
I'M UP AWAKE COMPASSIONATE
I'M UP AWAKE AND CURIOUS

TO LIVE LOVE ...] x2
AND THANKS TO T.E.

IT'S EASIER FOR ME

TO LIVE LOVE ...] x1

INTENTION
TO
WAKE UP

A VERY
INTENTIONAL
SONG

TRI-ENERGETIK

- **TE AS A TOOL. CAN BE USED IN SELF-REFLECTION, COACHING OR COUNSELING. THE TE SET OF QUESTIONS CAN GET YOU ALIGNED ONTO YOUR INTENTIONS!**

INVITATION TO SHARE*

- WHAT IS YOUR PERSONAL PRACTICE? WHAT IS YOUR CULTURE TECHNIQUE?
- HOW DO YOU GET UP GOING? WHAT WORKS FOR YOU?
- WHAT IS YOUR NEED AND HABIT TO GET WHERE YOU ARE SUPPOSED TO BE? DO YOU WANT TO BE THERE?
- HOW DOES CHANGE FEEL? HOW DO YOU PERCEIVE YOURSELF IN CHANGE ?

***WE ALL ARE EXPERTS!**

**SARASWATHI
MAHALAKSHMI
DURGA-DEVI
NAMAHA**

Compassion: Love Serving Others

Mitgefühl: Liebe, die anderen dient

- A** Attention & Affect / Aufmerksamkeit & Affekt
- B** Balance
- I** Intention and Insight / Absicht und Einsicht
- D** Discernment / Unterscheidung
- E** Embodiment / Verkörperung → Engagement

Compassion-based interactions

Mitfühlen-basierte Interaktionen

- **G**ather attention / Aufmerksamkeit erregen
Grounding, focus, balance / Erdung, Fokus, Balance
- **R**ecall intention / Absicht abrufen
Why am I here? / Warum bin ich hier?
- **A**ttune to self & other / Attune zu sich selbst und anderen,
Recognize biases, develop resonance /
Erkennt Verzerrungen, entwickelt Resonanz
- **C**onsider what will really serve /
Betrachten Sie, was wirklich dienen wird
- **E**ngage, enact → end / Engagieren, verordnen → enden

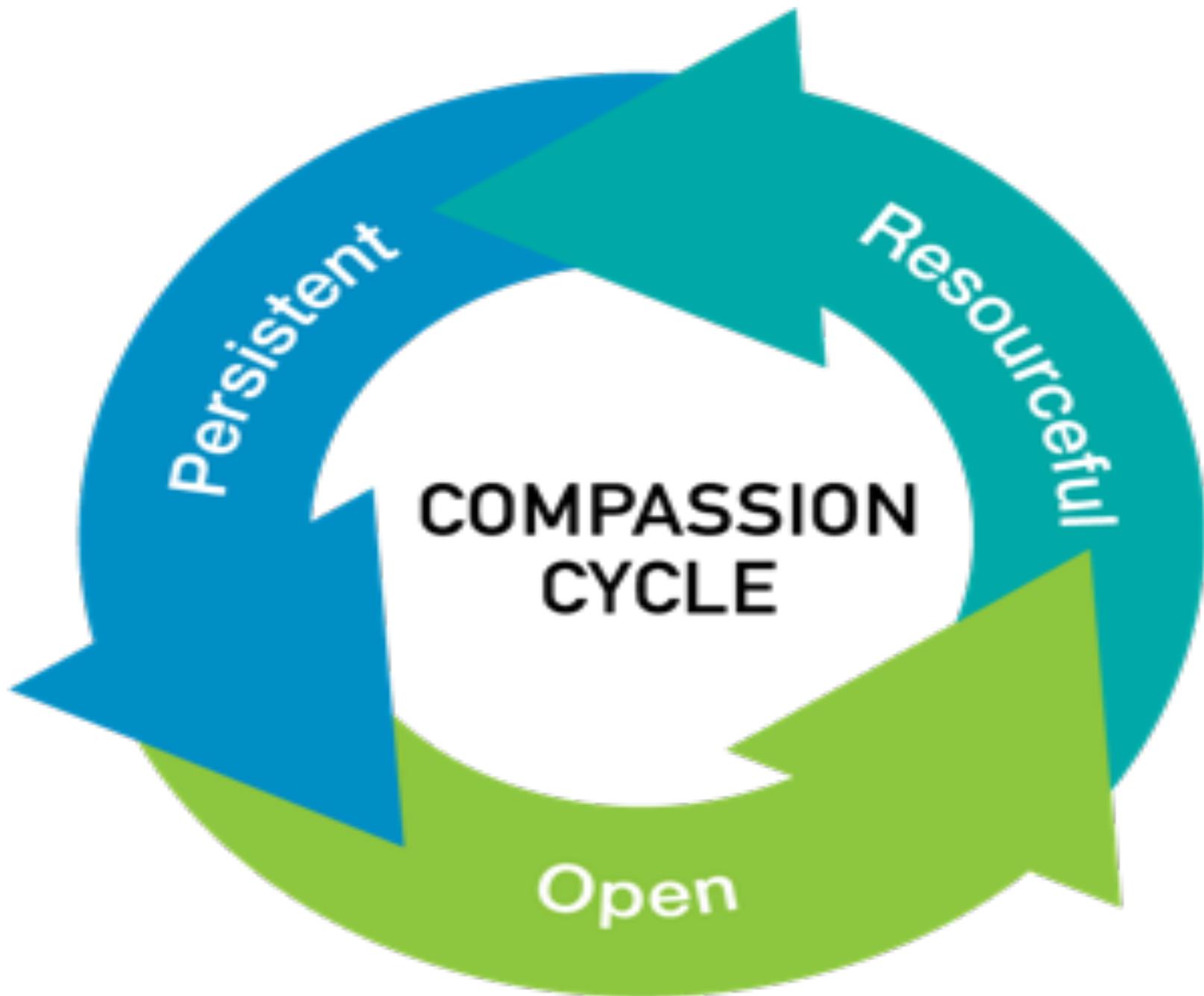
PERSECUTOR

RESCUER



DRAMA

VICTIM



Représentation
du problème

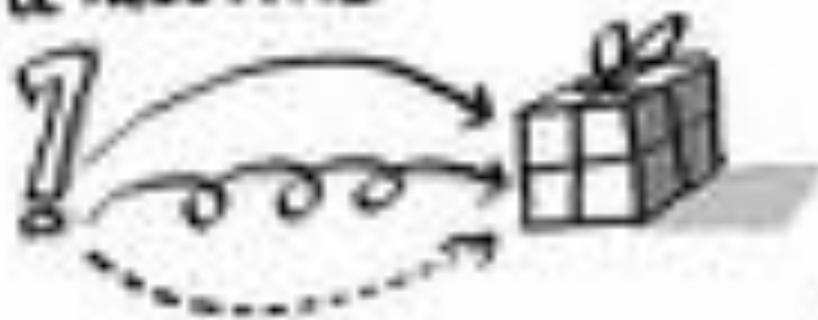


Ceci n'est pas ton chapeau



NOUS

Chemin
pour le résoudre



naty.fr

BSER

Bilaterally Stimulated Emotional Reprocessing

(Bilateral stimuliertes emotionales Verarbeiten)

Human Holographics® Trainings and Seminars

www.HumanHolographics.com

• Der Vorschlag wäre, diese Strategie mit einem Partner zu machen: zunächst geht der eine alle Schritte durch, dann der andere. Es kann auch alleine durchgearbeitet werden, soweit es sich nicht um ein gravierendes Kindheitstrauma handelt. In diesem Fall ist entweder die Zusammenarbeit mit einem liebevollen und traumatherapeutisch erfahrenen Partner erforderlich, oder du wartest bis zum nächsten Gruppentreffen.

IM VORAUS: Identifiziere ein Ereignis, in dem du dich emotional gestresst, verstört oder traumatisiert gefühlt hast.

1) Selbst-Vertiefung: Beschreibe das Ereignis verbal, erlebe es dabei erneut und verstärke die Emotionen, sodass sie auftauchen und Ausdruck finden.

- 2 Minuten
- ERSTE Person, VERGANGENHEIT.

2) Selbst-Distanzierung: Beschreibe das objektiv Ereignis mit Worten, vom Anfang bis zum Ende, während du es aus einer sicheren, veränderten Perspektive wahrnimmst.

- 7 Minuten
- abwechselnd links-rechts mit den Händen TAPPEN
- mindestens 5 Mal wiederholen, jedes Mal objektiver und kürzer
- DRITTE Person (dein gegenwärtiger Name), VERGANGENHEIT

{Danach: 1 Min. Stille, erlaube die neuronale Neuerschaltung}

3) Göttliche Selbst-Intervention: Gehe in den "Lichttempel" und verbinde dich mit der universellen Quelle der Liebe, Dankbarkeit und Demut. Erlaube der Liebe, die Einzelheiten zu gestalten und fülle die Situation mit Licht. Verwende dieselben Elemente und denselben Kontext der Ursprungssituation, um ein ganz neues Ereignis zu erschaffen mit ausschließlich positivsten Ergebnissen für alle.

- 5 Minuten
- abwechselnd links-rechts TAPPEN (etwas langsamer)
- mindestens 3 Mal wiederholen, jedes Mal schöner und positiver
- ERSTE Person, GEGENWART
- so viele innere Sinne als möglich nutzen, um die Erfahrung zu stärken

{Danach: 1 Minute Stille, die positiven Ergebnisse fühlen & die neuronale Neuerschaltung erlauben}

BILATERALLY STIMULATED EMOTIONAL REPROCESSING

Advanced Group - Free Spirits

In this natural self-healing approach, both sides of the brain are alternately, repeatedly stimulated while one focuses on an emotionally charged memory, which prompts exceptional neural connectivity. This seems to increase physical relaxation and mental calm, providing a sense of distance from—and more control over—the overwhelming emotional and traumatic events in one’s past.

Unlike other therapeutic techniques that are based on bilateral brain stimulation, the success of the following work-in-progress strategy also depends upon other tools. They include purposefully induced physical relaxation, being grounded and the spiritual aspect of connecting with one’s innate Higher Self and allowing that level of consciousness to “render” a new reality in place of the old. This has proven to be extremely helpful in giving participants a sense of freedom in relationship to their past psycho-emotional wounds and a more empowering relationship to their present and future potentials.

Suggested use of this strategy is to take turns with a partner in going through these steps (except #4 which is done solo). The steps can also be done while working alone, unless the event is a strong childhood trauma. In this case, either work with a loving and experienced partner or wait until you return to our group.

— —

1) REMEMBER & IDENTIFY EVENT: Isolate one event in your past that is still emotionally charged in your memory (either neg. or pos.).

2) RELIVE & AMPLIFY EVENT (2 min. limit!!!): While sitting with a partner (yourself in the active role), describe the event and its setting in detail. Purposefully reconnect with the charged emotion and cause it to surface and express. After 2 minutes only, the passive partner gently reminds you to finish. After a few deep breaths, your partner becomes active.

3) REPROCESS WITH ALTERED PERSPECTIVE (7 min. limit!!!): While sitting with a partner (yourself in the active role), revisit the scene of the event and imagine yourself watching it unfold from a different perspective. Rather than viewing it through your eyes as you did when it actually occurred, instead see yourself participating in the event from a safe distance at least a few meters away, off to the side or somewhat above while looking down. Describe the event objectively from beginning to end. If emotions surface, just allow them without encouraging them. Focus instead on the objective details of the event from a detached perspective. After 7 minutes, the passive partner gently reminds you to finish. Your partner then becomes active.

- Quickly and lightly, tap upon your legs with your hands in a repetitive, alternating left-right pattern continuously during the entire exercise.
- Repeat the description of the event AT LEAST 5 times, more condensed each time.
- Use progressively more neutral language; in the FIRST PERSON - *PAST TENSE*.
- Keeping your eyes closed might make it easier to concentrate on inner visuals.
- After each 7 minute session, let there be 1 minute of silent recognition of the neural activity in the brain.

4) WALKING BILATERAL STIMULATION: Leave the sitting position and take a small break. Then practice walking from the belly (2nd energy center), without any destination and while letting your mind wander freely. Do this for about 4-5 minutes.

5) TEMPLE PROJECTION (approx. 5 min.): While sitting with a partner (yourself in the active role), connect with your Higher Self, love, gratitude and humility. Recite the Master's Revelation (below). From this vantage point within yourself, using aspects of the same setting of the original event, create an entirely new event with only positive results for ALL concerned. As you imagine shining the Light upon the earth, allow Love to design every detail as you describe the event as it unfolds. After 5 minutes, the passive partner gently reminds you to finish. Recite the Master's Revelation again. Your partner then becomes active.

- Quickly and lightly, tap upon your legs with your hands in a repetitive, alternating left-right pattern continuously during the entire exercise. You might also keep the finger triggers connected at the same time.
- Repeat the description of the event AT LEAST 3 times, more condensed each time.
- Use the FIRST PERSON - *PRESENT TENSE*.
- Keeping your eyes closed might make it easier to concentrate on inner visuals.
- After each 5 minute session, let there be 1 minute of silent recognition of the neural activity in the brain.

Master's Revelation

I create reality as beautifully as I choose
 According to my free will
 As the Master I am
 In service to the Light
 And for the good of all concerned.
 So Be It - Amen

WAKE UP WAKE UP

KNOW WHAT YOU NEED

WAKE UP WAKE UP

SAY WHAT YOU WANT

WAKE UP WAKE UP

WITH A CLEAR INTENTION

TO LIVE LOVE LAUGH AND BE HAPPY

LIVE LAUGH LOVE AND BE HAPPY

I'M UP AWAKE AND FLEXIBLE

I'M UP AWAKE AND CURIOUS

I'M UP AWAKE WITH A CLEAR

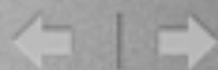
INTENTION

TO LIVE LAUGH LOVE AND BE HAPPY

LIVE LOVE LAUGH AND BE HAPPY

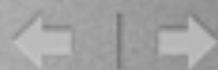
AND THANKS TO TE IT'S EASIER FOR ME

TO LIVE LOVE LAUGH AND BE HAPPY



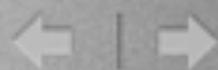
Curiosity

Michael Schönen
TE-Associate Training in Basel 2019



Intentions - for this presentation

- To be prepared well
- To give an orientation.
- To give you something for after to study
- To stay curious how we will travel together.
- To stay open for questions!
- To assume that you take care of your needs ;-)*



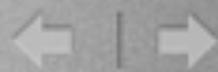
Curiosity in TE

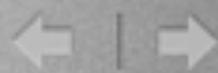


Rickie Moore, PhD (1937 - 2016)

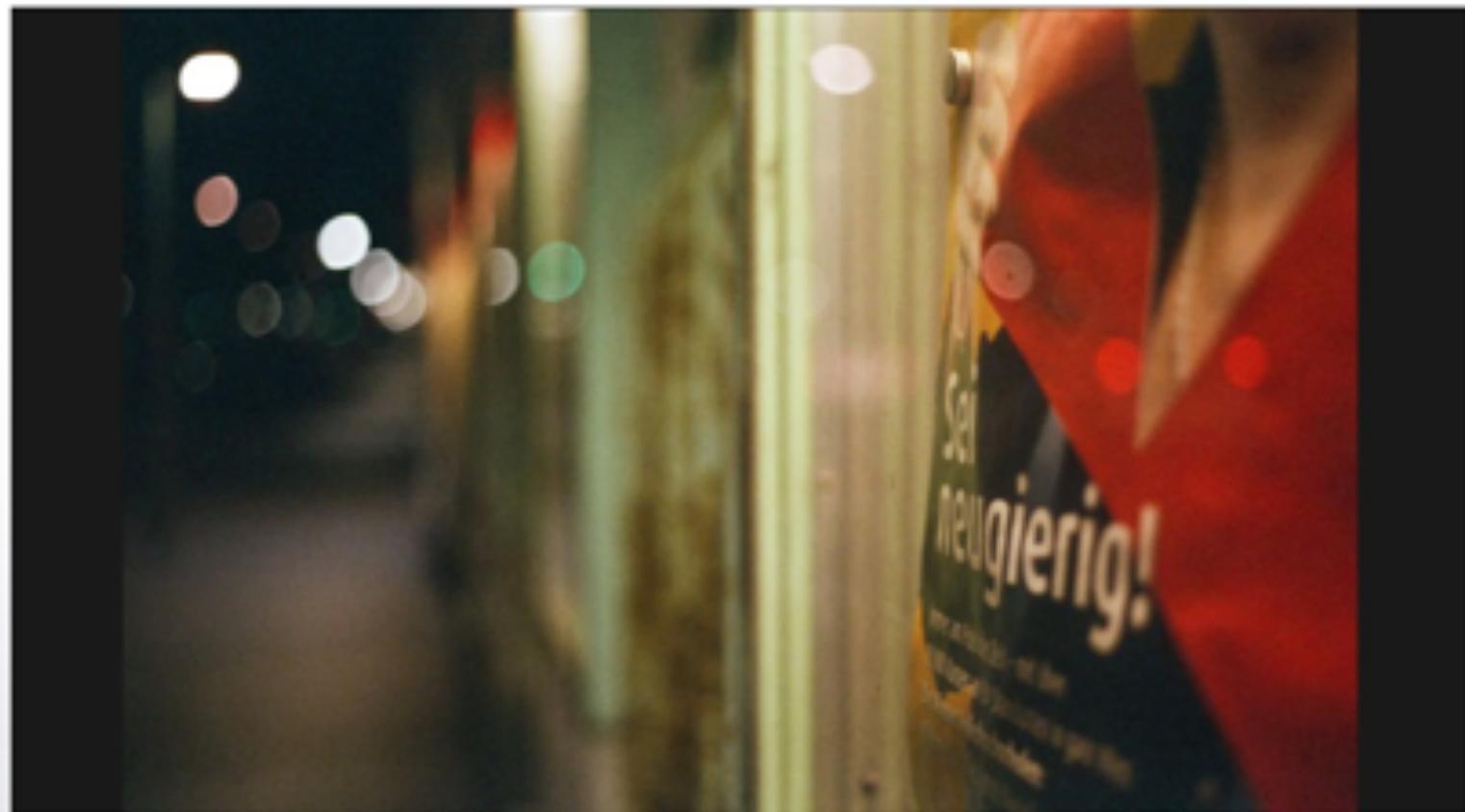
- Curiosity about life's meaning is the spirit's intention (or plan); it also means being open to physical stimulation, and being emotionally and mentally interested in what is happening in oneself and in the world.*

* <https://www.inpeacenet.com/trainings.html> - theory -

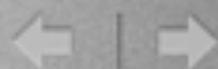




Okay, with a deep breath ... *



* INSPIRATIONAL INTRO: Leonard Nimoy speaks the intro to Star Trek II - Wrath of Khan:
<https://www.youtube.com/watch?v=xZoiKcdfPk4>



Curiosity - Science - Wiki

Anthropologically, curiosity is not a defined research term or object. It is not an anthropological constant! It is not a value in all culture.

(<https://www.zeit.de/zeit-wissen/2017/05/neugier-neurologie-anpassung>)

Berlyne (1960) believes that curiosity is a motivational prerequisite for „exploratory behavior“.

(<https://www.csun.edu/~vcpsy00h/students/explore.htm>)

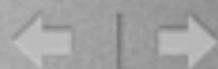
Observation of Animals: Exploratory behavior and play is quite close together.

With humans: Attachment behavior and exploration behavior interact with each other. Both behaviors have a major impact on later development.

A human child often only exhibits exploratory behavior when it is certain that the attachment person is available at all times to be able to absorb emotional restlessness.

Children who have a mismatch between exploratory and attachment behaviors often show negative social behavior later in their development. Children who exhibit increased exploration behavior are also under increased stress, as are children for whom attachment behavior predominates.

(<https://de.wikipedia.org/wiki/Erkundungsverhalten>)



Curiosity

- Curiosity is a major motivation to explore environment and develop a healthy life!
- Humans need hugs and nurturing closeness for a healthy development and become and to stay curious. We want to feel safe and loved.
- Curiosity comes with an open heart and mind
- Curiosity can be trained!
- Curiosity is an intense expressive activity. It is not without stress!*

*Stress can have a positive effect and we have to take care of our boundaries (needs!) - not to get into „Distress“



Quotes on Curiosity*

- Die Neugier ist die mächtigste Antriebskraft im Universum, weil sie die beiden größten Bremskräfte im Universum überwinden kann: die Vernunft und die Angst. (Walter Moers aus Die Stadt der träumenden Bücher)
- Alle Kinder sind geborene Wissenschaftler, bis wir es ihnen austreiben. Nur ein paar wenige sickern mit intakter Neugier und Begeisterung für die Wissenschaft durch das System. - Every kid starts out as a natural-born scientist, and then we beat it out of them. A few trickle through the system with their wonder and enthusiasm for science intact. (Carl Edward Sagan; 1934 - 1996 in Seattle, war ein US-amerikanischer Astronom, Astrophysiker, Exobiologe, Fernsehmoderator, Sachbuchautor und Schriftsteller.)
- Die Öffentlichkeit hat eine unstillbare Neugier, alles zu wissen, nur nicht das Wissenswerte. - The public have an insatiable curiosity to know everything, except what is worth knowing. (Oscar Fingal O'Flahertie Wills Wilde; 1854 - 1900; Irischer Schriftsteller)
- Die Welt ist voller magischer Dinge die nur darauf warten, dass unsere Sinne schärfer werden. - The world is full of magical things patiently waiting for our wits to grow sharper. (Bertrand Arthur William Russell; 1872 - 1970; britischer Philosoph, Mathematiker und Logiker.)

*<https://www.myzitate.de/neugier/Zitat>

THERE IS MORE ...<http://zitate.net/neugier-zitateText> and MOORE ;-)



Sharing about Curiosity

- What is your Experience with Curiosity?
Look at different stages of life...
- What is your Expectation listening to a lecture about Curiosity?
- You are Experts on your way of being and staying Curious!
- How is curiosity „hardwired“ to your system?



Surfacing Curiosity

- Is curiosity just a good way to approach in any given conversation? not in all cultures!
- The opposite is often taught: Be careful with curiosity!
- Children too often are told to stop their questions!
- Asking my colleagues with family-roots in Turkey and Iran about curiosity in their culture. As children they often heard: „Do not put your nose into things of other people - it will be cut off“

Preview: I will share about 2 remarkable authors, enthusiasts about Curiosity:
IT DOES MATTER TO BE CURIOUS! IT WILL HAVE IMPACT ON LIFE.



„A Curious Mind“



Inspiring
Book
by

Brian Grazer:
Filmproducer*

Charles Fishman:
Journalist

(Simon & Schuster 2015)

* splash, my girl 1&2, parenthood, the doors, housesitter, apollo 13, ransom, the nutty professor, sgt bilko, mercury rising, the grinch, 8 mile, a beautiful mind, inside man, da vinci code, american gangster, iluminati, rush, the dark tower...



On Brian Grazer and Charles Fishman's Book - A Curious Mind 1/6

- Information is not everything about Curiosity? **Does having all information at hand make us more curious?** In the wwweb we „only“ get historical answers. The machine with all the answers seems to him like the pope. *
- He describes how to use curiosity = assembling of information to create or build something new - **keep staying curious and keep sharing knowledge.**
- Ask questions and stay awake!
- Grazer attempts to teach his ways of curiosity, that made his life so successful: Very early in his job, he was just carrying the contracts or scripts to the moviepeople, actors, stuff - he insisted on handing those papers over personally. So he met a lot of people and he tried to make real contact with them - **he really planned to set up meetings and later he called that curiosity talks** - he decided on some principles and strategies for his curiosity talks.

* ...the ongoing discussion if information in the internet is real - dependable. How can we separate truth from fake news? How available and free is information for all...?



On Brian Grazer and Charles Fishman's Book - A Curious Mind 2/6

- **Real curiosity, listening with an open mind!** In the beginning of a talk he wanted to make sure, that the person knew that Grazer did not want a job or anything else - **just a time-frame for a talk**. In the talk, he asked questions about the field of expertise that person was in. Being well prepared, having just enough knowledge about the person. **Aware to ask open questions that keep the conversation going, learning about/from the person.**
- Those talks lead him to a vast pool of information that he assembled about various fields... and helped him to realize different and interesting characters in his movies and also a innovative and reality-close storytelling. **Curiosity talks: Being able to letting judgements at the side, and knowing that assumptions may spoil the curiosity.**
- In his background - there is already a meaningful task and successful business frame. Curiosity creates stories for films. Films are for curious people. If the audience does not stay curious - the story or the film will not be successful. The people who give the money do not finance the good story, meaningful character. They want € or \$. Hollywood is a field, where „no“ more often is an answer than yes. Grazer: **Perseverance, tenacity and endurance and assertiveness go well together with Curiosity.***

* Ausdauer, Hartnäckigkeit, Ausdauer und Durchsetzungsvermögen passen gut zu Neugier



On Brian Grazer and Charles Fishman's Book - A Curious Mind 3/6

- He also describes how he uses **curiosity for leading people**, guiding them through their diverse and multiple projects. „how passionate are you about that movie“...
- To him it is proof enough **curiosity is a skill for running a business and staying successful**
- Curiosity is great, but if what we learn evaporates, if it goes no further than our own experience, then it doesn't really help us. Curiosity itself is essential to survival. But **the power of human development comes from being able to share what we learn, and to accumulate it**. And that's what stories are: shared knowledge.(p 82)



On Brian Grazer and Charles Fishman's Book - A Curious Mind 4/6

- **Curiosity allows the possibility that the way we're doing it now isn't the only way, or even the best way.** (p 62)
- Asking questions gives people the chance **to tell a different story** than the one you're expecting. (p 137)
- I've learned to rely on curiosity in two really important ways: first, I use **curiosity to fight fear**. in addition ... I use curiosity to instill my confidence - in my ideas, in my decisions, in my vision, in myself. Hollywood ... is the land of „no“. (p 100)
- Persistence carries curiosity to some worthwhile resolution. ... Curiosity navigates persistence. (p 109)



On Brian Grazer and Charles Fishman's Book - A Curious Mind 5/6

- Curiosity gives you power. It's not the kind of power that comes from yelling and being aggressive. It's a quiet kind of power. It's cumulative power. **Curiosity is power for real people**, it's power for people who don't have superpowers. (p 125)
- **Curiosity as tool for discovery**, as a kind of secret weapon to understand what other people don't. As a spark of creativity and inspiration. As a way to motivating yourself. As a tool for independence and self confidence. As a key for storytelling. As a form of courage. ...To create sincere human connection. (p 132/3)



On Brian Grazer and Charles Fishman's Book - A Curious Mind 6/6

- And curiosity gives us the skills to better relate to people, and to better manage and work with them in professional settings. That's the quality of my asking questions in the office. I'm not quite having an open-ended conversation with A.C. or our other executives about the state our movies in production, but I'm also not pursuing specific answers with the relentless zeal of a police detective. Those kinds of conversations are a kind of accountability curiosity - open to hearing what's going on, but **asking questions with a specific purpose in mind. (p 182)***
- „If we are not **able to ask skeptical questions**, to interrogate those who tell us that something is true, to be skeptical of those in authority, then we're up for grabs for the next charlatan political or religious who comes ambling along. It's a thing that Jefferson laid great stress on.“ Here Grazer quotes Carl Sagan to notice the **value of curiosity in managing our public life, our democracy.**

* that sounds a lot like asking intentional questions - aka TE!



Okay ...





Food for Sharing

- WHO DO WE KNOW OF BEING CURIOUS?
- PANDORA...
- ADAM UND EVE ..
- urge of curiosity ... may also create stress ...
- web-search-engine-addict while looking for the best what-ever-thingy.... kind of multitasking, when in need of rewards.
- Seeking Transpersonal experiences ...
- Beyond our „normal description of reality - Altered state of minds - curiosity on the beyond.
- Drugabuse vs. Riskflecting.
- Further namedropping: SHERLOCK HOLMES a character who is often shown bored, when no challenging case is there and who curiously researches and is expert in many fields (Several Cinema-films and TV: Elementary or Sherlock) describes him as a „NEED TO KNOW ADDICT“ to solve things.
- **I loved to share this with you!*** In Star Trek Next Generation Data is an Android. He experiences emotions for the first time. <https://www.youtube.com/watch?v=ok5I26Fs0LI>

*i could go on and on with those kind of links...



Curious?

**Todd Kashdan:
Clinical psychologist
at
Mason University;
Researches
on Curiosity**



Author of „Curious? - Discover the missing Ingredient to a Fulfilling life“ (Harper-Collins 2009)



Kashdan: the Curiosity Family

- As the Research-Term Curiosity was quite new in 2009, Kashdan invites the reader to dive deeper with those terms, which are basics for his research:
- INTEREST - FLOW - INTRINSIC MOTIVATION - NOVELTY SEEKING - OPENNESS TO EXPERIENCE - SEARCH FOR MEANING*

* Rickie mentions these in her „nugget“ about C.



On Todd Kashdan's Book about Curiosity 1/5

Benefits of harnessing curiosity*

- **Health** - declining curiosity is an initial sign of neurological illness and declining health.
- **Intelligence** - Children with high curiosity show intense cognitive development in their formative years. We need to ask whether the goals of teaching children is for them to do well on tests and get into the best colleges or for them to be successful. If it is the latter, the cultural obsession with intelligence needs to be reconsidered and curiosity needs to be brought to the forefront.
- **Meaning and purpose in life** - interests, hobbies, passions, fascination. Curiosity is the driving force behind finding and creating small and sustainable pockets of meaning.

* (p 35-41)



On Todd Kashdan's Book about Curiosity 2/5

Benefits of harnessing curiosity*

- **Social relationships - Curiosity „as a cure“ for boredom.** In the absence of curiosity and openness to experiences, people show an intolerance of uncertainty and a strong need for closure in their lives. While these characteristics might aid in protecting a person from anxiety and stress, their destructive influences on social relationships are far ranging. **Less curious people rely on stereotypes** to describe others and find new information that is inconsistent with these beliefs to be threatening. As a result they cling even more strongly to their first impressions even when they are wrong. This closed-mindedness is the springboard of prejudice and the rapid rejection of those who disagree or fail to conform. To avoid discomfort of uncertainty in social relationships, **less curious people quickly shift from love to hate, trust to mistrust, and other forms of black and white thinking.**

* (p 35-41)



On Todd Kashdan's Book about Curiosity 3/5

Benefits of harnessing curiosity*

- **Social relationships** - Curious people are **comfortable working through doubts and mixed emotions in their relationships**. Less curious people view ambivalence about a relationship partner as sign of unworkable problems that quickly escalates into extreme action: violent disagreements, rejection and distrust, and abrupt break-ups. The origin of societal ills can often be traced to the absence of curiosity
- **Happiness** - Two factors that have the strongest influence on how much enjoyment a person experienced on a given day were „being able to count on someone for help“ and „learned something yesterday“. ** Other Research*** listed 24 basic strength's a human being can possess that would predict happiness in life. Some of them, such as love, spirituality, and emotional intelligence, wisdom, perseverance....

* (p 35-41)

** 130 000 people from 130 nations were scientifically surveyed by the Gallup Organisation.

*** Martin Seligman and Chris Peterson devised a scientific classification of basic strength human beings can possess..



On Todd Kashdan's Book about Curiosity 4/5

Benefits of harnessing curiosity*

- **Happiness** - In research*** curiosity was most highly associated with:

Experiencing overall life fulfillment and happiness.

Taking satisfaction from one's work.

Living a pleasurable life.

Living an engaging life.

Living a meaningful life.

Curiosity was voted as more important than other highly touted qualities such as love, spirituality, emotional intelligence, kindness, forgiveness, perseverance, wisdom and others.

„Higher ranking“ than curiosity were hope, zest and gratitude.

* (p 35-41)

*** Martin Seligman and Chris Peterson devised a scientific classification of basic strength human beings can possess..



On Todd Kashdan's Book about Curiosity 5/5

Benefits of harnessing curiosity*

- **Happiness** - Curious Explorers** feel more optimistic and hopeful, confident and believed they were in control of their actions and decisions as opposed to feeling governed by what others think. Instead of feeling like „pawns“, with no control over their destinies (as bored kids did), curious explorers felt a sense of self-determination - a powerful motivator to take the reins of life's offerings and challenges. ... under the right conditions people who relentlessly pursue „personal growth“ are best suited to thrive. Enjoying the process and the outcome, and feeling like the masters of their own destinies, curious people are in a great position to create and sustain happiness and more.
- Invitation: „Watch 2 min clip!“ <https://www.youtube.com/watch?v=Bv3wQ94G6xE>

* (p 35-41)

** Kashdan did research on 1200 teenagers. wearing a watch. At the sound of a beep they had to answer several questions about what they were doing, thinking, feeling at the time they were beeped. Curious Explorers were the most interested of those 1200 teenagers....



On Todd Kashdan - 5 dimensions of curiosity 1/3

5 dimensions of curiosity

- 1. Joyous exploration
- 2. deprivation sensitivity
- 3. stress tolerance
- 4. social curiosity
- 5. thrill seeking



Todd Kashdan - 5 dimensions of curiosity 2/3

- **1. “Joyous Exploration” Curiosity:** You are filled with wonder and fascinated by the world—like when you travel to a new place, discover a new artist you love, or pursue a new hobby like geocaching.
- **2. “Need to Know” Curiosity:** You feel uncomfortable because there is a gap in your knowledge, and you have to fill that gap—like when you’re prepping for the science fair, and the robot you built just went belly-up, literally. What do you need to know in order to fix it? (This dimension is technically called “Deprivation Sensitivity.”)
- **3. “Social” Curiosity:** You want to know more about another person, so you watch them and talk to them—like when you try to find out what makes your new friend laugh.



Todd Kashdan - 5 dimensions of curiosity 3/3

- **4. “Accepting the Anxiety” Curiosity:** You tolerate any uncomfortable feelings that may come with a new experience, and they don’t hold you back—like when you join a new hip hop club even though you don’t know any of the other members. (This dimension is technically called “Stress Tolerance.”)
- **5. “Thrill Seeking” Curiosity:** You take risks because you enjoy new and exciting experiences—like when you run for president and give a speech at school or go snowboarding for the first time. You don’t just tolerate the anxiety; it actually feeds you.



Todd Kashdan - 4 types of curious people

4 Types of curious people

- **1. The Fascinated** - high scores on all dimensions of curiosity, particularly Joyous Exploration
- **2. Problem Solvers** - high on Deprivation Sensitivity, medium on other dimensions
- **3. Empathizers** - high on Social Curiosity, medium on other dimensions
- **4. Avoiders** - low on all dimensions, particularly Stress Tolerance

If you want to find out what kind of curiosity-type you are, take the test:

<https://www.toddkashdan.com/toddkashdan/wp-content/uploads/2018/02/Curiosity-5DC-measure-Kashdan-et-al.-2017.pdf>



Todd Kashdan - Research Impact

- Kashdan's work may have consequences on school and teaching: „Each student will be curious in their own individual way. There are several different types of curiosity—which affect what students are interested in and what that interest looks like. If we welcome and celebrate all types of curiosity at school, we can not only help our students learn but also contribute to their well-being in life.“ *
- Kashdan's research was highly welcomed by Merck - the huge pharma industry: - there is homepage online with tests, some „games“ and animated „insights“ - <https://www.merckgroup.com/de/company/curiosity.html>
- In 2018 Merck publishes a „Curiosity Study“: <https://www.merckgroup.com/content/dam/web/corporate/non-images/company/en/State-of-Curiosity-Report-2018-International.pdf>



A final Definition of Curiosity

- „Curiosity is a thirst that has to be quenched, an impulse that has to be satisfied, oftentimes no matter the price; its something that even if forgotten can be brought back and cultivated.“
Diana Pitaru is a Romanian psychotherapist in private practice in Denver, Colorado*



*<https://blogs.psychcentral.com/unleash-creativity/author/dianap/>

This Quote is a great summary - though this lady, has, as far as i know not ever had contact with Rickie or Henry - the spirit of Curiosity is a connecting spirit....



TE and Curiosity

- TE uses curiosity, compassion and flexibility as a means to awake and stay awake.
- Explore: INTENTIONAL CURIOSITY...
- We are on the path to build on what that means, for me, for you and for us as a TE-Community, with the Intention to stay open and grow together.
- TE intends to water the seeds of LOVE and INNER PEACE *. Curiosity will help to make those grow

spirit
mind
body

compassionate
flexible
curious

intention
wants
needs

I open my heart to you
... I honor your spirit
... I see your beauty
... I give you friendship
... Grounded in my body
here and now

OM SRI RAM

JAI RAM

SATYA-NARAYANI

NAMOSTUTE

SARVA

MANGALA

MAANGALYE

RESOURCES to search on the internet

- Joan Halifax, Compassion, Buddhism
- Nate Regier, Compassion Cycle, Next Element
- Rickie Moore, A Goddess in my Shoes
- Stephen Karpman, Drama Triangle
- Tri-Energetics, tri-energetics.com
- Tri-Energetics, inpeacenet.com
- Tri-Energetics, publications

PSYCHOLOGIE

collection



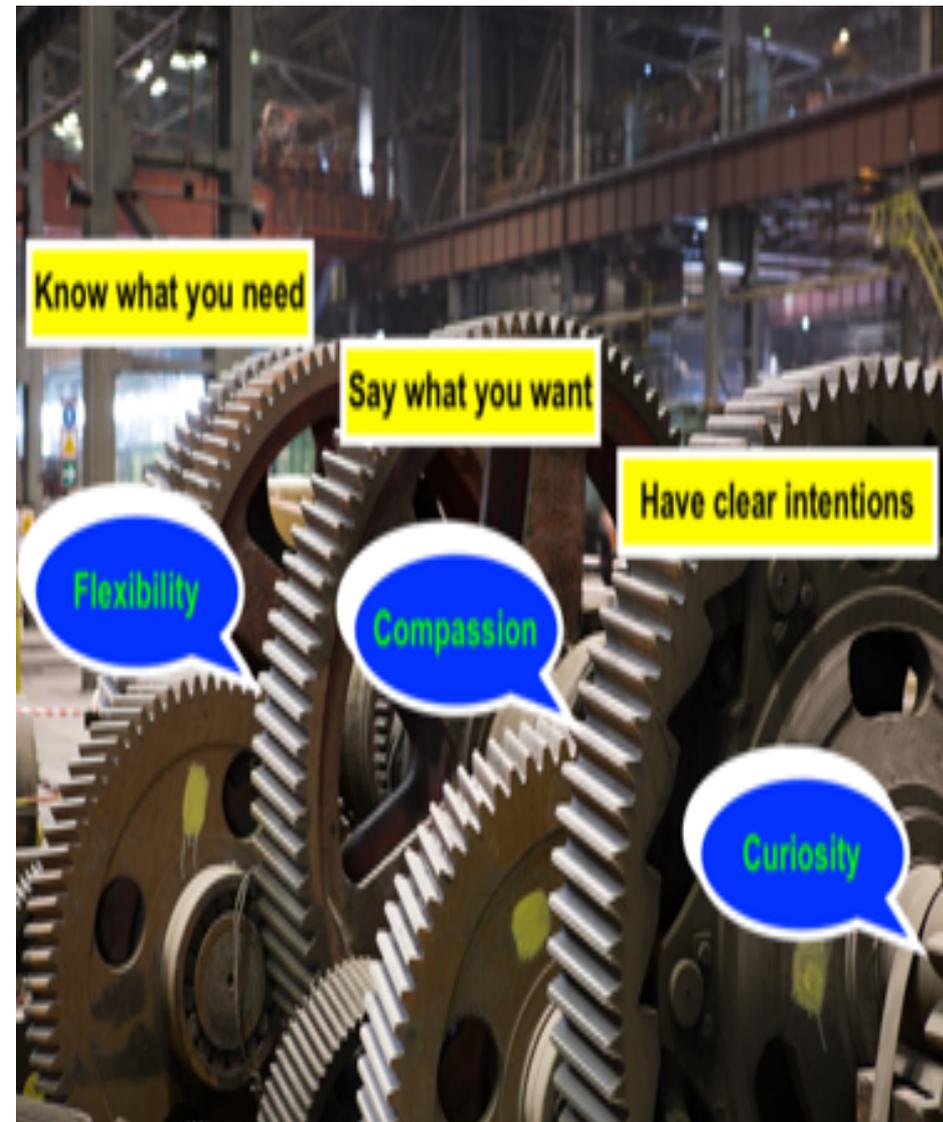
Évelyne CLÉMENT

LA RÉOLUTION DE PROBLÈME
À LA DÉCOUVERTE DE LA FLEXIBILITÉ COGNITIVE



ARMAND COLIN

From Ideals and Aspirations



To
Tools and Practices

SPIRIT

CURIOSITY

INTENTIONS

*MIND
EMOTIONS*

COMPASSION

WANTS

BODY

FLEXIBILITY

NEEDS