

Presentation of the past themes (most recent ones only – since 2016)

20-21 May 2017

Listening to the call for meaning in our hearts

Inspired by Viktor E. Frankl, Viennese psychiatrist (and young contemporary of Freud), who tested his thoughts on humankind's need and search for meaning in the crucible of his experiences in Auschwitz,

we examine how we, too, can resist the fear messages of today's public debate and media, develop resilience

and discover our innate will to meaning and its freedom through the uniquely human capacities of self-transcendence and self-detachment.

[1\) Download and read the main document of the workshop, without the many added documents \(52 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 418 kb\)](#)

The main document is numbered with 00-... . The added documents are also numbered and each of their numbers refers to the part with the same number in the main document.

18-19 February 2017

A time to find new ways of living

When we believe that life is sacred, we discover new priorities:

this is a radical change of mind. And we feel the need to adapt our ways of life to this truth.

We have to learn how to do this and it is not always that evident!

Luckily matter is a great teacher to make visible what happens in our relationships with our surroundings

and to help us find more adapted ways of living.

We investigate why we behave as we do under the pressure of conformism in very practical issues of our daily life,

such as (true) needs, resources, work, nature, land, technology.

Then we explore how a change in our values, attitudes and behaviours can bring more peace and happiness into our being.

We look at these different aspects of our life in a very practical and playful way. It is all about joy, not guilt!

[1\) Download and read the main document of the workshop, without the many added documents \(54.3 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 1.06 Mb\)](#)

The main document is numbered with 00-... . The added documents are also numbered and each of their numbers refers to the part with the same number in the main document.

16-17 July 2016

Pulling ourselves apart playfully to find a new wholeness

Who am I? Body, mind, memory, spirit, false or true self, ego, consciousness, etc?

We are made of so many and conflicting parts that we have difficulty bringing them together to build a harmonious whole.

We look at each of our parts to know more accurately what they mean for us and how we can better deal with them, take a stand and see the whole.

This is a playful approach that should help us to reconcile with our many gifts and flaws.

[1\) Download and read the main document of the workshop, without the many added documents \(96.3 kb in pdf format\)](#)

[2\) Download and look at all the documents of the workshop \(zip file - 2.30 Mb\)](#)

The main document is numbered with 00-... . The added documents are also numbered and each of their numbers refers to the part with the same number in the main document.