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Support-Training: The Tools for strengthen your Inner Power daily

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1. Introduction

Support-Training is a brand new Self-support-Training, with which you can observe and guide your inner awareness through the chaos of emotions, thoughts, physical sensations and energetic ups and downs.

Four tools will help (switching, being present, collecting and unfolding), strengthen your power in every situation inside and outside of you. After bringing your attention to one of this tool, may be with painting the symbol, you will notice the felt sense about it. I will give you these symbolic paintings as a self-support tool. I see it also like driving your vehicle with step and throttle down the gas and handling the break, until you can drive with your automatic consciously.

2. Social Education

Beside to the common education in Kindergarten, School, College and University we have to learn many things. Not only how we can stay in health, or moving forward in this world. Also we have mentioned our different steps of aging! Therefore we have to learn by experiences where we are and for what - as an individual human - we are living here, at this place in this time. All of our experiences depend on our circumstances and surroundings.

In this fast changing life we have to find our own way to live, to take care of ourselves and to move forward without loosing our path. Than we can take responsibility of others. What might support us to go through all the different inner and outer experiences of – at one side - partnership, family, job and other relationships and at the other side - our dreams, wishes and visions?

For me, we have to find many different ways of SOCIAL EDUCATION, in all areas of established and common institutions. FOCUSING is one very important part for my thoughts about Social Education. Social Education includes inner and outer communication, giving things and peoples the own meaning, viewing the consequences of our acting.

An because it should have an easy structure in which we can move forward or stay and see what will come up or at next I want to show you the

3. The Holistic Diagram

Wholeness	The Clear	The Unclear	Dialog	Function	Disharmonies	Training	Harmony
PHYSICAL BODY	Upright body, inherited and develop ability to move around	Harmonic necessary functions of all bodily circulation's	To be conscious through the senses: smelling, tasting, seeing, hearing, feeling - active behavior	Visible and touchable figure within the surface of the skin	pain, limitation in moving and functions	hygiene, sport; wellbalanced nourishment and relaxing sleep	development of personal and common abilities as living the BEAUTY
ENERGETIC BODY	Vitality, personality	Adaptable to variable rhythmic and energetic changes	attraction and pushing away	Whole personal aperience, individual radiation	lack of personality and vitality	activating of all centers of energy (chacras), unfolding of the own being	living the whole vital energy as ONENESS
MENTAL BODY	Logical communication with thoughts and the ability to tell stories	Assessment, judgement, selection	thoughts which comes deep out of the inner self and flow away	Logical control	acceleration and retardation (by forming thoughts and define stories and describe pictures	improvement of the definition, receiving more information, variety of experiences	formulating of the most inner knowing of sincerity and tolerance as TRUTH
EMOTIONAL BODY	Educated and culture-dependent emotions	Mood, fancy, preferences, desires, intuition	processing emotions into experiences, develop intuition	Make sense, bringing in the individual direction, building up personality	depression, aggression, obsessive disorders, inhibitions	turning towards and stay with in	open emotions as a source of inspiration LOVE

4. My personal motivation

for creating a new Selfhelping- method was, that I learned a lot of these methods

Autogenic Training - Dialog between mental and physical body

Reiki – Movements between energetic and emotional body

Focusing – Communication between all levels of consciousness and unconsciousness

And for myself I found out, that I need a more different and clear structure to go walk around inside of myself. I want to know where I am now and where I want to go!

So it happened, that in November 1997 I wake up in the early morning and I was very sure, I have to write down a new Training, which combines the Holistic World inside and outside of myself and a creative, supportive Training in every situation of my life! It should not only be a Training for an individual development, it also should have exercises for being part in a group, family, class, club and, at least, it should support in working in a project successfully. I found the

5. Support-Training

The Structure of the Support-Training

			Toolbox	Self-development	development in a group	common projects and targets
	the inner attitude	daily training	Tools	basic-modules	construction-modules	supplement-modules
<p>PHYSICAL BODY</p> <p>To be conscious through the senses: smelling, tasting, seeing, hearing, feeling - active behavior</p> <p>pain, limitation in moving and functions</p>	<p>I AM</p> <p>learned and developed abilities and skills, harmonic functions of all body-circulation</p>	<p>hygiene, sport; wellbalanced nourishment and relaxing sleep</p>	<p>switching</p>	<p>distance and nearness</p>	<p>individual abilities support the variety of the possible fitting actions</p>	<p>development of personal and common abilities as living the</p> <p>BEAUTY</p>
	the inner attitude	daily training	Tools	basic-modules	construction-modules	supplement-modules
<p>ENERGETIC BODY</p> <p>attraction and pushing away</p> <p>lack of personality and vitality</p>	<p>I MOVE</p> <p>lively radiance, unfolding of the individual personality, adaptation to running rhythmic and energetic changing</p>	<p>activating of all centers of energy (chacras), unfolding of the own being</p>	<p>being present</p>	<p>The own and the strange</p>	<p>alignment to the best of oneself and the community</p>	<p>living the whole vital energy as</p> <p>ONENESS</p>
<p>MENTAL BODY</p>	<p>I OBSERVE</p>	<p>improvement of the</p>		<p>to listen and understand</p>	<p>Individual and common definition</p>	<p>Finding the inner knowing of</p>

thoughts which comes deep out of the inner self and flow away acceleration and retardation (by forming thoughts and define stories and describe pictures	Logical formulations of thoughts, stories, meanings, judgements, making choices	definition, receiving more information, variety of experiences	collecting		and understanding	sincerity and tolerance as the inner wisdom of TRUTH
EMOTIONAL BODY processing emotions into experiences, develop intuition; depression, aggression, obsessive disorders, inhibitions	I RESPECT educated and culturedependent emotions, moods, tempers, preferences, intuition	turning towards and stay with in	unfolding	Open time and space	Sharing of different emotions/intuition	open emotions as a source of inspiration LOVE

6. Overview

At the 15. International Focusing Conference in Pforzheim I wanted to give an overview of my Training and show you how you can use the four tools for strengthen your life daily.

This is your Toolbox with four Tools, you can learn in a second:

Switching – for becoming aware of what is going on around you and what is inside of you.
Exercise: Sitting comfortable and rake a look around you! Notice all things and people, than with open eyes switch to what is inside of you. Shift between these perceptions
Your Felt Sense of switching

Being present – for staying in a situation without doing anything.
If you have switch to what is going on inside of you, just stay there and become aware of yourself and the surrounding, it is like becoming very concentrate to what is.
Your Felt Sense of being present

Collecting – for there is always something which want to support you, inside and outside of yourself. May be it is the wind in the leaves of a tree or the white clouds at the sky – may be it is just the feeling of your heartbeat or the ground you are stand on.
Your Felt Sense of Collecting

Unfolding – for feeling all the power you have and all the potentiality you can unfold.
Your Felt Sense of unfolding

Personal Note

I want to thank all participants in my presentation very much, for their attention and wonderful support.

Do you remember it was a Friday evening after a very intensive Focusing-Day and we feel more tired then concentrate?

But after our exercises and when the SPARK touched all of us we felt much more well and our power was coming back to unfold our laughing and happiness.

I will ever remember how nice you where to me and how you helped me to bring out my thoughts and ideas more clear.

I hope we will see us next year in Costa Rica!

Address

If you have questions or you want to hear more about the Support-Training, please feel free to contact me:

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