

## ■ DATES & PRICE

### 1 The Courageous Heart

*Kyo Verberk, Robbert Verschuur*

*and Gertraud Eder-Büntig*

January 19 – 21, 2018

Friday, 6.30 p.m. – Sunday, 2.00 p.m.

Place, registration: ZIST Penzberg No. 180130

### 2 Loving Kindness

*Kyo Verberk and Gertraud Eder-Büntig*

August 3 – 5, 2018

Friday, 6.30 p.m. – Sunday, 2.00 p.m.

Place, registration: ZIST Penzberg No. 180831

### 3 Heart's Desire

*Kyo Verberk, Marko Rinck*

*and Gertraud Eder-Büntig*

December 14 – 16, 2018

Friday, 6.30 p.m. – Sunday, 2.00 p.m.

Place, registration: ZIST Penzberg No. 181233

Fee per workshop 330 € plus room and board

## ■ ÜBER ZIST

ZIST ist ein Institut für persönliche und berufliche Fortbildung zur Entwicklung menschlicher Kompetenz durch Selbsterfahrung in Krisenhilfe, Wegbegleitung und Psychotherapie vor dem Hintergrund der Humanistischen Psychologie. Das Programmangebot von ZIST umfasst

- Workshops zur Selbsterfahrung in den Bereichen Persönliches Wachstum, Beziehungen, Gesundheit, Kreativität und Spiritualität.
- Workshops zur Fortbildung und
- längere Fort-, Weiter- und Ausbildungen in tiefenpsychologisch fundierten, potentialorientierten und Spiritualität integrierenden Verfahren.
- Ausbildung zu Psychologischen Psychotherapeutinnen und Psychotherapeuten an der als Ausbildungsinstitut staatlich anerkannten ZIST Akademie für Psychotherapie.

SELFEXPLORATION · SPIRITUALITY · DIAMOND APPROACH

## THE HEART OF LIFE –

1 THE COURAGEOUS HEART

2 LOVING KINDNESS

3 HEART'S DESIRE



*Kyo Verberk, Robbert Verschuur, Marko Rinck, Gertraud Eder-Büntig*

Course language English



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und 14.00 – 15.30 Uhr  
Do. bis 18.00 Uhr

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Stand: 30.05.2017



JANUARY / AUGUST / DECEMBER 2018

## ■ DESCRIPTION

We offer three ongoing weekends exploring *The Heart of Life* through the central practices of the Diamond Approach: practicing presence and open-ended inquiry; exploring through sensing and verbalizing experience. The Diamond Approach is a spiritual path of love for what is true and authentic.

Each weekend we will explore an Essential Aspect. Essence is not an object within ourselves; it is the true nature of who we are when we are relaxed and authentic, when we are not pretending to be one way or another.

### 1 The Courageous Heart

is willing to step out of the familiar and out of what is comfortable; it has the strength and courage to follow how life is changing, unfolding and optimizing. Keeping ourselves small we don't feel alive. It takes courage to go beyond the limits we set in our mind, heart and body. When we miss aliveness in our life, when we feel frustrated or bored it means we hit a limit. It needs courage to step out of our well known world into real life. Aligned with the life force we feel it as „this is my life, I am living it, I love it“. When we are in touch with the thrill of life, we want it even if it is scary.

### 2 Loving Kindness.

The life force provides the sensitivity we need to attune to what really matters to us at the moment. That is the function of the Essential quality „loving kindness“. It gives our inquiry an empathic precision. Inquiry is then attuned to the pain of the soul, to her suffering and needs, and to her interests and loves. When inquiry addresses exactly where our heart is, the heart responds with opening up.

### 3 Heart's Desire.

In this weekend we explore the desires that control our life. We fall in love with all kinds of things; our mind tells us what we love, and we move out and away from the intimacy of our heart to get what we want. The true heart's desire is not about wanting something from the outside, it is not trying to satisfy something or remove something. It has a selfless generous quality. The language of the heart moves us and touches us deeply. It is pure, free from content. The sacred impulse of heart is ‚I want‘. Allowing this pure innocent wanting brings joy and fulfillment.

For more information on the Diamond Approach and the Essential Aspects see the website:  
<http://www.ridhwan.org>

## ■ BIOGRAPHIES

**Kyo Verberk** worked with people for 30 years individually and in groups. First training people in theatre, bodywork, massage and tantra, she now works as a Spiritual teacher in the *Ridhwan School*. She loves the wisdom of the body that informs and expresses spiritual unfoldment and development.

**Robbert Verschuur**, health scientist in relation to human movement, has worked for the past 30 years as a Unitive psychotherapist, and together with his long-time partner as a couple therapist. He is a student of the Diamond Approach since 20 years and ordained as Diamond Approach teacher in the *Ridhwan School*, working in the Netherlands and the UK.

**Marko Rinck**. My first experience of realization was in the 80's with Alexander Smit, a student of Nisargadatta, who taught the direct path of Advaita Vedanta. In the 90's I discovered the Diamond Approach of A. H. Almaas, and I fell in love with the combination of detailed precision, depth and scope of this teaching. It has been my main path and practice ever since. I now teach the Diamond Approach to groups and give private sessions in Amsterdam. Since 1990 I have been a trainer in communication and personal development for managers, using NLP, Psychoanalysis, Martial arts and Tibetan Buddhism. From 1996 to 2011 I owned a business for training and recruitment. I now combine my work as a Ridhwan teacher with leading groups on personal development at various management centers in the Netherlands.

**Gertraud Eder-Büntig**, Dipl.-Soz.arb. (FH), Psychotherapie (HPG), Fortbildung in verschiedenen Methoden der Humanistischen Psychotherapie, Weiterbildung am *Center for Movement Education*, San Francisco; in Bioenergetik und Gestalt bei Wolf Büntig, in Gestalt am *Gestalt Training Institute*, San Diego und in Hakomi am *Hakomi Institut*. Zertifizierte Lehrerin des Diamond Approach (Ridhwan Schule).