

# To be on a Learning- Path

Everything that I encounter, no matter, how painful it is can contribute to my learning and my spiritual growth.



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# Self-Awareness

Knowing the own weaknesses and trigger points. Not hiding them, but working with them..



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# Self-responsibility

I am responsible for almost everything that happens to me.

It's only myself who can change my life, I cannot expect from anybody else to do it.



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# Conscious Emotions

Taking responsibility for my emotions, and exploring the background. Why do I react with this emotion? What does the emotion tell me? What can I learn from this?



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# Empathy

for myself and for others.



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# Interest for people

Real interest in the diversity and similarity of human experiences.

The awareness that I can learn a lot about myself in encountering others.



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# Win-Win instead of Win-Loose-Games

The conviction, that we can often find a solution, in which everyone can win, and the search for such a solution.



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# Respecting the needs of others

... and the attitude that it is okay, that everyone is looking for a way to meet their needs.



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# Honest and transparent Communication

Communication about intimate issues, about the own weaknesses and doubts, create trust



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# Dealing with Roles, Power and Privilege

conscious dealing with the implications of roles, power, rank and privilege. The goal should be to empower as many people as possible



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# What is reality?

Beyond the question of right or wrong, there is a place where we can meet. (Rumi)

Accept subjective truths and take them seriously.



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# Inviting Feedback and Dealing with Mistakes

Being open for giving and receiving feedback.  
Welcoming mistakes as a chance for learning and  
not blaming people for mistakes.



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