

An underwater photograph showing a vibrant coral reef. Sunlight filters through the water from the top, creating a bright, hazy glow. Several small, colorful fish are swimming near the coral. The overall scene is serene and natural.

Online-Class

with Heinke Deloch

October 22nd, 2019
October 29th, 2019
November 12th, 2019
November 26th, 2019
December 3rd, 2019
December 17th, 2019
6.00-8.00 pm CET/MEZ
12.00– 2.00 pm EDT/EST

**Thinking at the Edge:
Focusing & Coaching and „the More“**

Exploring ways of dipping
into the implicit
and unfolding new meanings

Exploring ways of unfolding my personal meaning of Focusing, Coaching and "the more"

6 sessions (2 hours)

Thinking at the Edge_phase 1
Thinking at the Edge_steps 1-5

• 1st session



Dipping into the implicit

- * thinking experientially
- * finding my subject
- * focusing on my thinking attitudes



Exploring the edge of my knowing

- my 1st person thinking
- * capturing the edge: sensations, imaginations, experiences



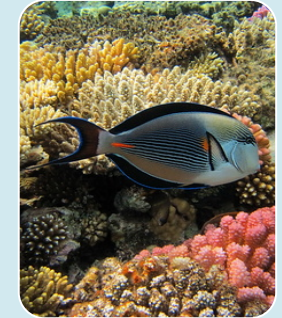
Fishing for the more than logical

- * inviting and allowing weird, paradoxical, absurd aspects in my thinking
- *



Emerging implicit meanings

- * finding keywords
- * unfolding experiential meanings
- *



Letting shine the iridescent new

- * evolving my own poetical naked sayings
- * contemplating what's new