

Course II

THREE LEVEL OF MINDFULNESS

Development



Only for those who have finished the Course I.

Potential and the limits of perfection. Crisis. Ways and methods of development. Methods of shaping and instruments of influence.

4 months.

16 hours of seminars, 4 hours of independent study, 16 blocs of practice, 8 individual sessions.



- 1 A perfect human
- 2 Development of mindfulness
- 3 Degradation of mindfulness
- 4 Crisis
- 5 Modification of the current level of the psyche
- 6-7 Development of mindfulness of the substantive level
- 8-9 Development of mindfulness of the associative level
- 10-11 Development of mindfulness of the metaphoric level
- 12-13 Diagnostics of the levels of mindfulness and the potential for development
- 14 Adaptation reserves
- 15 Energy of change
- 16 The foundation of therapy and self-therapy



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