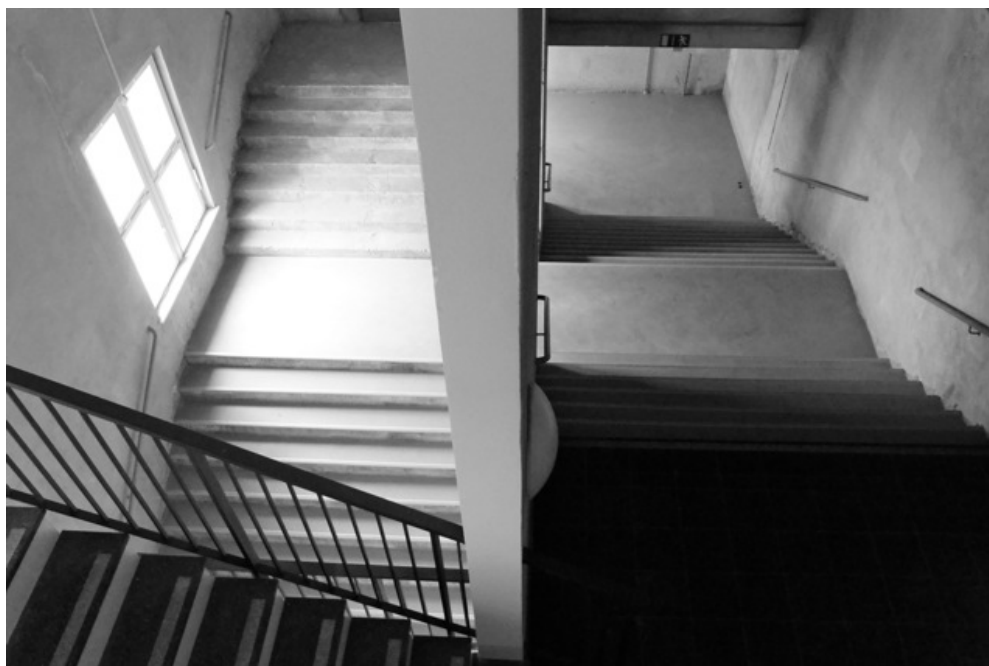


# Choosing life, life choices.

18 - 19 - 20 March 2016 with Asaf Rolef Ben-Shahar



In this experiential workshop we will explore the wide spectrum of choice as it appears in our life. From the high choice of choosing life, till the daily, mundane life choices. We will play with metaphors, bodies, beliefs and values. With how we balance choices of self-realisation and choices of connection, choices of leadership and choices of followership, ...

And we will explore in the moment the hidden dynamics and felt sense of our own choices. So we can get a deeper, embodied understanding of the cognitive, psychological, somatic and spiritual dimensions of how we choose or not. Moment by moment we'll wonder: how can these dimensions of choice be aligned? How can our choice free us from our unconscious ties with the past? What will be my way of turning choice stress into bliss?

## For who

For all people working with people, as a coach, group facilitator, leader, manager, teacher, therapist, social worker, body worker, healer, artist...who want to strengthen their presence in the world by unfolding and expressing the forces in themselves.

## Program

### - Why choice

We have all been given life, and our psyche had little say about that matter. But can we adopt a spiritual metaphor? Suppose that at soul level, we have chosen to be born and maybe even where and when. This may not be true, but how do we organise our lives when we assume this? Suppose that as our soul descends to embody in the flesh, we forget about our soul's choice. Now that we strain in the limitations of our embodied life, now that uncertainties envelop us, now that making sense becomes as important as make success: now, we are called to renew our first choice. To choose life, again and again. This is high choice.

I remember a client, who came to see me because of panic attacks. She wanted to leave her boyfriend of twelve years. She was twenty-six, they dated since she was fourteen. He was all that she knew. Any attempt to speak about relationships caused her stress, so I tried talking about other choices. "Suppose you are in an ice-cream shop," I suggested, "How do you choose which flavour to take?" She smiled, "that's easy. I choose mint." I looked puzzled. "No," I said, "you don't understand the question. I didn't ask WHAT you choose, but HOW you choose it." She smiled again, "No. It is **you** who don't understand. I choose mint. I like mint. It's what I always had, and it's what I am always having...."

One of the founders of humanistic psychology, Abraham Maslow, believed that there are two types of guilt. The first, was internalising voices of our parents and other authority figures. We feel guilty when we do things that we perceive as 'bad'. This guilt, believed Maslow, mostly holds us back as adults from taking true responsibility for ourselves and our actions. The second type of guilt, which Maslow considered as justified, was the feeling of guilt from not living our life's purpose more fully. We know, so Maslow believed, when we come closer to our purpose and when we move away from it. And when we move away we should feel guilty. So how serene are we in our choices?

### - Choice exploration

For a workshop about choice, it feels natural to sculpture the program of these 3 days according to what pops up amongst the participants as important choices issues.

As a taster, you can find here a menu of the issues we could look at, experientially for ourselves and in relation to the people we are working with:

- Binary (either/or) and inclusive (both/and) choosing
- Between choice and determinism
- Body choices, heart choices, mind choices and soul choices.
- Active choice, passive choice, responsive choice, receptive choice
- Choosing and being chosen (*or not*)
- Defaults and novelty in choice
- Compromise and integrity
- The energetics of choice (life giving choices, draining choices)
- Strategies and blind-spots
- Too much choice, too little choice

## Approach

Bringing together systemic thinking, shamanic work and relational body psychotherapy, we will practice ways to transform ourselves and others in relationships. Within a theoretical framework we will explore, share and learn in practical exercises and body-mind-soul experiences. A variation of interactive learning forms in groups, pairs, solo and demonstration. Music and movement whenever we relax and integrate.

## Trainer



Dr. Asaf Rolef Ben-Shahar, PhD is a man, father, international trainer, relational body-mind psychotherapist, writer and deejay for the soul. He practices and teaches all over Europe. Relational human development work comes from a relatively new development in psychotherapy, which places a special emphasis on the mutual transference dynamics that grow naturally in human interaction. It refines the art of consciously embracing those relational dynamics with flexibility, creativity and integrity. It integrates the shamanic worldviews where the self is first and foremost a shared field, and only later an individual.

## Organizer & host



Kristin Verellen of Peel The Onion has initiated the first relational field workshop by Asaf Rolef Ben-Shahar in Belgium in spring 2010. Because of the immediate success of this groundbreaking workshop, she has turned it into a ritual to bring together each year a group of 20 open-minded people for a transforming relational encounter. A group formed by people who have come already and want to deepen their experience, and people who come for the first time. This creates a strong group dynamic from the start. It enables to go straight to the heart of things, peeling the onion, till the essence emerges.

## Practical



The 3-days venue takes place on **18 - 19 - 20 March 2015, from Friday till Sunday**, in De Heerlijckyt van Elsmeren, in which we have a very comfortable workshop space, surrounded by 20ha of peaceful nature – [www.heerlijckyt.org](http://www.heerlijckyt.org)

Spoken language during the training is English. We will translate when needed.

Timing : Friday 18.3.16: arrival at 9.00, workshop 9.30 – 18.00. Saturday & Sunday 19-20.3.16: 9.00 – 17.30

Total price for the 3 days: 713 € excl. vat (training, accommodation and catering included (863 € incl. vat 21%):

- 450,00 € excl. vat for 3 days training by Asaf Rolef Ben-Shahar
- 263,00 € excl. vat for 3 days accommodation with delicious, healthy food (3 lunches, 2 buffet dinners, 2 breakfasts, 6 coffee breaks with homemade dessert in the afternoon), 2 nights in shared bedroom with shower.

A single bedroom can be provided at request for an additional 70,30 € excl. vat for 2 nights, depending on availability.

Reduction for campers and home sleepers with 2 dinners is 78,00 € excl. vat

Reduction for campers and home sleepers with 1 dinner on Saturday is 101,00 € excl. vat

Reduction for campers and home sleepers without dinner is -124,00 € excl. vat

The price to stay the night before is 40,00 € (excl. vat) for a shared bedroom with breakfast; 76,00 € excl. vat for a single bedroom with breakfast.

A vat rate of 21% will be applied on the net prices.

## Contact and subscribe

If you have any questions regarding the content of the workshop, you can email Asaf on [asaf@imt.co.il](mailto:asaf@imt.co.il). For any other question, you can contact [kristin@peeltheonion.com](mailto:kristin@peeltheonion.com) or call +32477/67.24.09

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