



Human Flow Center for Inner Quietness

Human Flow – what happens?

Do you control your mind, or does it control you?

The mind is an excellent servant and powerful tool, but a terrible master, especially, when thoughts have gained a self-destructive momentum. The **Human Flow** method takes away the mind's control, and you discover an access to you and your life, which lies beyond restlessness, merely functioning and internal fear.

Through a systematic process, conditioned exhaustion and suffering patterns are eliminated at its root, independent on the specific reasons for the personal crisis, and how it expresses itself. The individual experiences inner quietness and flow, and begins to see behind the curtain. It is a subtle, yet far-reaching shift in perspective.

The following description serves as an example for a 7-days **Human Flow** coaching schedule. The actual coaching content may differ, because we adjust it continuously to the individual's development, personal preferences/goals, and constitution.

Day*	Content**	Phase
	Before the first coaching session, we get to know each other. Why are you interested in Human Flow coaching? What are your goals? What will the coaching be all about? What is the coaching plan/retreat schedule? The introduction generally takes place on the day of arrival or before.	introduction
1.	In the first coaching session, we lead you on the <u>walk of death</u> . On this simple promenade through the surrounding forest, we guide you in a state of experiencing yourself as inner quietness and lightness. Past and future loose their importance, and a lively sense of awareness reaches out for you. Through this clear experience of here and now, something deep inside is stimulated and put into motion. It is that what you are, beyond mental information, emotions, and any story about you. To consciously experience this, is the basis of the Human Flow method. On this day you also learn a meditative tool to be used during the coaching period.	experience (stopping)
2.	The lesson begins, like all following days, with a feedback conversation. Afterwards, we deepen the experience of yoga (state of mental silence) by doing some simple, physical exercises. Also, we train how to eat, drink, walk, breath, etc., while being aware. The second day of coaching aims at the deepening experience, and discovery of inner quietness, whether we utilise dynamic or calming activities.	deepening (inspiration)
3.	During the first two lessons, we used body signals and our senses to stop unconsciousness. In this lesson, we target those feelings and emotional states, which are most threatening for you: fear, anger, sadness, loneliness, pressure, emptiness, uncertainty, insufficiency, or others. We take you on a journey into the darkness of your own conditioning. You investigate within, like never before, and while doing so, find a priceless access to you. You discover the possibility of how to step out of the narrowness of conditioned functioning.	deepening (inspiration)
4.	We teach you Vedic Walking, Human Flow 's variation of Nordic pole walking: vitalising, meditative and flowing (despite the poles :-). You experience how you can be in your center in the midst of dynamic activity. Performance moves in the background, making place for flow and gracefulness. The path becomes the goal. We also introduce you to the technique of oceanic breathing, yet another way of stopping mental noise. Inner quietness arises, and breathing normalises. We complete the coaching with Human Flow 's version of the sun salutation, a set of dynamic exercises out of the yoga tradition to heighten silence and flow. After the coaching lesson, you spend the rest of the day in silence, meaning without speaking and hearing. This may be unusual at first, but in the context of	frustration (effort)

	the coaching, deeply revealing and cleansing.	
5.	With the help of some simple Tai Chi movements, we lead you into the lightness of flowing. Body and mind harmonize, and spontaneous action arises from within. You step out of the way. Afterwards, we take you on a walk of grace, like as if we were walking in a Japanese garden at the Emperor's palace. Doing so, we hear, we see, we feel, we taste and we smell. Playfully and effortlessly, but totally present. At night, we take you on a stroll/jog into the darkness of the forest, each person according to his or her emotional and physical abilities. Uncertainties and fears may rise, like in real life. But what happens to inner silence? Does it go anywhere? We test and investigate.	relaxation (lightness)
6.	Preparation for going home. What about special situations? How can I integrate flow and awareness with the challenges of daily life? In addition, we show you the simple mechanism behind positive thinking, goal setting and mind power. For the remainder of the lesson, we guide you through Human Flow's body scan, another tool pointing towards inner quietness, which is also a helpful technique for individuals with sleeping disorders.	challenge
7.	We ramp up the challenge. What about being in the moment in real life, the busy market place, which is ruled by pressure, noise, instability and change? To find out, we go there. We dive into the busyness of the city, visit a wild bar or casino, and check how it feels to stay centered. To move, see and hear out of your middle, is a wondrous experience. Chances are, you have never experienced yourself so aware and calm in the midst of external noise. You are wide awake, without the need to escape into past or future. Alternatively to the city visit, we go tree climbing with you, or even worse...;-) Time to say good-bye. Human Flow coaching has come to an end, but the discovery has just begun. Walking aids aren't necessary anymore (in fact, they never really were), because there was nothing to be gained, just the opposite. You leave with less. However, you feel a lively diamond in your pocket. You experience the moment. You know yourself. How very fortunate!	challenge, integration

* A coaching lesson takes 1-2 hours.

During the **Human Flow coaching process, we recommend you undergoing a physical cleansing process, such as an Ayurvedic Panchakarma retreat. The Ayurvedic therapy plan will be prescribed by a trained physician.

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