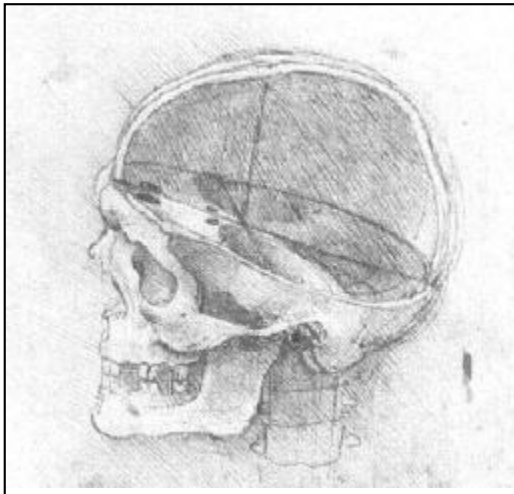


CONSCIOUS COMMUNICATION

A course based on Daniel Goleman's ideas of Emotional Intelligence, Marshall B. Rosenberg's Non-Violent Communication methods, Bernhard Lievegoed's theories on man's potential for psychological and spiritual development and C. G. Jung's concept of archetypes and multiple personalities – cybernetics as further developed by Ole Vedfelt.

Coach: Lisa von Schmalensee
Burgess, mag.art.



Emotional Intelligence

Modern neurological research indicates that a person's conventional intelligence cannot develop in any significant degree after about his 10th year. Emotional intelligence can! And since the evidence suggests that it is precisely emotional intelligence that has the greatest influence on quality of life, there is every reason to make the effort to develop it. The commonest hindrance to this is emotional hijack (where we react instinctively like an animal instead of consciously like a rational human being), and this is what this course can help to prevent.

We have found that Rosenberg's Nonviolent Communication – popularly known as Giraffe Language – embodies methods that can alert us to situations where an emotional hijack is taking place – where our inner Jackal is taking over the conductor's baton. The idea is to focus our consciousness on what we are observing, feeling, needing and requesting. This is why we have found this form of communication to be the most effective in developing emotional intelligence, and why we try to use this language throughout the course.

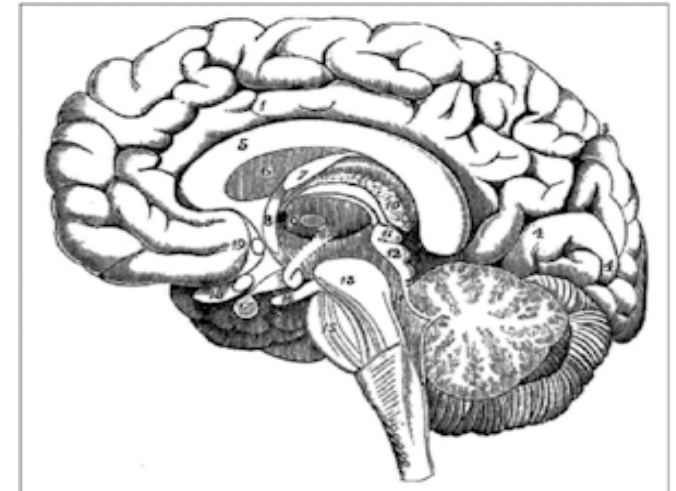
Our inner jackal embodies destructive emotions stored in the brain's limbic system relating to events we have experienced all the way back to earliest childhood. Seen in the light of the giraffe's empathetic nature, the destructive nature of these reminiscences can be neutralised.

During the course, we will communicate with ourselves in giraffe language about our whole life experience – our biography – also in the light of the possibilities for psychological and spiritual development inherent in life's different phases.

With a view to painting a clearer picture of the partial personalities revealed during this process, we will make use of cybernetics – the Jung-inspired theory of control systems. This equips us with the tools to identify which of these personalities it is that hijacks our brain in a specific type of situation and thereby to recognise and curb it before a hijack can take place.

It is in situations where the destructive emotions we all possess are converted to constructive ones that dendritic sprouting can take place and we find ourselves in a state of flow. This is a particularly rewarding experience with all parts of the brain operating in harmony with each other and the rest of the body. It contributes to a fortified immune system and some claim that it can delay the onset of dementia.

What happens inside us has of course an effect on the groups we are members of. If we boost our ability to control the way we act and react, we will also benefit our workplace, family and social circle.



This course of training qualifies participants to conduct projects within the Prometheus Concept. It consists of six weekend sessions each of 16 hours' duration (9-17 Saturday and Sunday) coupled with 80 hours study group practice.

Not more than 16 can take part. Students are expected to have read Rosenberg's *Nonviolent Communication*.

Course fee: ISK 110.000, payable in advance.

Weekend sessions at Háskoli Islands:

13-14 March 2004 (Observations – focus on age 0-7)

17-18 April 2004 (Feelings – focus on age 7-14)

1-2 May 2004 (Feelings – focus on age 14-21)

22-23 May 2004 (Needs – focus on age 21–28)

19-20 June 2004 (Needs – focus on age 28–35)

21-22 August 2004 (Requests – focus on age 35–42)

CONSCIOUS COMMUNICATION

A pilot project involving elements of the concept developed by Lisa von Schmalensee Burgess for Prometheus Kommunikation has been conducted in offices with poor workplace atmosphere by HK, Denmark's primary office workers' union. HK is planning a film to introduce the model's theory and practice.

By learning to discuss our life experience nonviolently with ourself and to see it in a greater cosmological perspective, we can through this course of training enrich both our own and others' lives.

For further information, please contact:
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