

YOUR LIFE'S YOUR JOB

A RELATIONAL INTELLIGENCE TRAINING

This training is taught in English and translated into Polish.

What is Relational Intelligence?

In this vast enterprise of being human, we are born without an official Guidebook. How can we make a success of our Life without **User's Manual**?

We have parents and a family. We go to school, get an education, a profession and a job. But with regard to our most important job – our Life – we have to invent our own rules.

Our Life's our job. But how do we build a successful relationship with ourself so that we get the most out of our individual gifts? How can we become skilful in intimate relationships, family relationships, and relationships in the workplace? How can we fulfil our creativity?

Life is our relationship teacher, that is certain – but where is our Map? Life takes us this way and that, and sometimes we feel it leads us in all directions but the one we want to go in. We want happy family relationships, a good intimate relationship, a fulfilling job and yet we find it difficult to have all – or even any – of these.

Relational Intelligence gives us knowledge, experience and methods so that we get the best out of our life. This training is my User's Manual and Guidebook. It works very well for me, and it has proved useful to others. I believe it will be useful to you too.

Our User's Manual

What do we need in our User's Manual for Life?

We have a personality.

Supposing we master it. Instead of it controlling us, with its quirks and unpredictability and contrarities, supposing we control it, so that we get the best out of all our talents and creativity, in our intimate relationships and at work?

We have a family.

Supposing we bring peace and healing into our family relationships? Peace with mother, peace with father, peace with our siblings, peace with our ancestors, peace with ourself that we have done the best we can with the situation we were born into?

We have a Fate or Destiny or Karma.

We have a whole inheritance of genes, and these give us our characteristics of bodily shape and behaviour tendencies. Through our individuality, we take different things from our parents and society than our siblings, although they are born to the same parents and into the same society.

And there is something Exalted.

Some people call this God. Carl Gustav Jung, the famous psychiatrist also called this the Self or the Unconscious. There are many names for the wonderful feeling of Oneness and Sacredness that may come to us at any time, through music, in religious buildings, and also through amazing techniques like Breathwork, Voice Dialogue and Family and Conceptual Constellations.

We see that our User’s Manual has four chapters:

Soul	God, Self (Jung’s meaning), Unconscious (Jung’s meaning), Guidance, and all the other words we use for Something that is exalted, inspiring, and that we cannot really understand, but can feel through music, in religious buildings, in nature, and through technique like
Destiny, Fate, Karma	Our genes and innate character tendencies.
Family	Our personal family field. This includes the countries and religions of each close member (children, parents, grandparents, great-grandparents).
Ego	personality, character, self

We master our personality and bring healing into our family field. As we build on that, we recognise the difference between our ego’s energy and our Soul Energy, our ego’s desires and our Soul’s Guidance, our ego’s wilfulness and our Soul’s wisdom.

As we advance, we tune ourself in to our Soul’s Destiny and live our life to its creative fullest.

Relational Intelligence Modules

1. Strengthening Your Inner Child	Every child needs a wise adult to guide it. We will develop resources for your Inner Child, especially a competent Inner Guardian.
2. Acquiring wise control	It’s our job to take control of our lives. Wise control requires the development of an Aware Ego – a Witness to the complexities of our character who can make the most beneficial choices.
3. Taming and Educating Your Inner Critic – the way out of Self-Sabotage	Our Inner Critic is stuck in the past and feeds us our parents’ and teachers negative messages. Sadly, it forgets their positive encouragement. An educated Inner Critic becomes a Wise Adviser.

4. Intimacy and Empowerment	Power and Vulnerability in balance in a personality are the signs of an Empowered person who can achieve her or his goals without harming anyone. Power without vulnerability is the sign of the Tyrant. Vulnerability without Power is the sign of the Victim – who is a tyrant in its own way. Harmony between Power and Vulnerability opens the way to Intimacy and Empowerment.
5. Our life is our job: our Hero's Journey	We are each the Hero of our own Life Story. The Hero's journey has different stages. Each participant will be encouraged to regard their life as their own Hero's Journey and to tell their story from this structure.
6. Quests: the Shamanic Path	Each life is a unique quest with the characteristics of a quest. Psyche functions shamanically. It sends us to do tasks that initiate us, and it sends us the same tasks again and again until we learn it. Psyche also sends us help, in the classically shamanic form of animals and wise men and women to guide us.

Methods

We will use **Voice Dialogue** (Hal and Sidra Stone's method) to master our personality; **Family Constellations** (Bert Hellinger's method) to read the book of our life in our family field and to heal what we can within it. We will do **Energywork** (my method) to tune our energy so that it becomes what we want it to be. We will use **Breathwork** to integrate what we are learning, We will use **Conceptual Constellations** (my work) to explore the archetypal structures that shape our experiences, thoughts and behaviour patterns.

Education. Knowledge is power. We will acquire knowledge through our body, through experience, through learning theory and methods, and through further reading. We will pay attention to the different jobs we have to do at different stages of our lives. We will acquire essential skills to aid us in our vast enterprise of being human. We cannot manage our personality without understanding concepts such as activation, dysfunctional relationships, addiction to dysfunctional relationships, acting out, retraumatise, projection, transfer, counter transfer, archetypes or behaviour patterns

Communication.

Some forms of communication are alienating. For example, sometimes we “explain” to

communicate facts. Mostly we explain to control what other people think – especially about us.

In his world-transforming work in Family Constellations, Bert Hellinger developed a simple and essential style of communication, in which only the truth is uttered. We learn to speak from our heart, using the minimum quantity of words. Learning to talk meaningfully is part of the course.

Basic Reading List

JOY MANNÉ'S BOOKS

Soul Therapy (North Atlantic Books, Berkeley, CA, 1997), traduit en français ***De la Thérapie de l'Ego à la Quête de l'Ame*** (Editions Jouvence - www.editions-jouvence.com); Deutch, ***Seelentherapie*** (Bacopa Verlag, 2003); **Polish**, ***Terapia Duszy*** (forthcoming - New Dawn - www.newdawn.pl).

Conscious Breathing: How Shamanic Breathing Can Transform Your Life (North Atlantic Books, Berkeley, CA, 2004); forthcoming - **Polish**, New Dawn, Warsaw www.newdawn.pl.

Les Constellations Familiales: intégrer la sagesse des Constellations Familiales dans sa vie quotidienne, avec une préface de **Bert Hellinger** (Jouvence Pratiques, 2005 – www.editions-jouvence.com; traduit en **Italian** Edizione Il Punto d'Incontro, 2007); **Portuguese**, Editora Cultrix, Sao Paulo; **Polish**, New Dawn, Warsaw www.newdawn.pl; **English**, ***Family Constellations***, North Atlantic Books, 2009.

Le Dialogue Intérieur au Quotidien : Mettre en scène sa personnalité. Préface de **Hal et Sidra Stone**. (Jouvence-Pratiques, 2006); **Dutch**, uitgeverij de Zaak – www.uitgeverijdezaak.nl; **Polish**, New Dawn, Warsaw www.newdawn.pl;

La Psychologie Bouddhiste au Quotidien (Jouvence, 2007); **Polish**, New Dawn, Warsaw www.newdawn.pl;

Je Respire Bien (Jouvence Pratiques, 2010 - www.editions-jouvence.com); **Polish**, New Dawn, Warsaw, 2008 - www.newdawn.pl;

All of Hal and Sidra Stone's Voice Dialogue books

Everything by Bert Hellinger

Jung's autobiography *Memories, Dreams, Reflections*

Joseph Campbell, *The Hero with a Thousand Faces*