

EMPOWERING RELATIONSHIPS

A 5-week **Online Course** by **The Gnostic Centre**, **Facilitator: Anuradha**



Relationships are an integral part of our lives. The closest ones we take for granted. Often, only a loss, a betrayal, or a break brings across their value to us.

Relationships may empower us or they may disempower – either way, they exert a great power over the way we think, feel or behave, and who we become.

Let us take some time to look at our most significant relationships.

Let us spend time empowering our relationships and letting them empower us.

The readings, discussions and reflective assignments shall be built around the following ideas (as modules). Besides these, more ideas would flow from the participants that would add to the richness of the course.

1. The Principle of Freedom... respecting space
2. Beyond assumptions and morality... not judging
3. Celebrating differences... widening and inclusivity
4. Widening the Consciousness... a meditation
5. Reinforcing the Positive... seeking the noblest
6. Learning from the Negatives... reality check and beyond
7. Unconditionality... beyond expectations and barter
8. Harmony of Silence... and silence of harmony
9. Finding the inner link, the psychic core of the relationship
10. Love, Trust and Friendship
11. Nurturing Dignity and Self-esteem

This course is not ‘taught’ – each person engages individually with the content and the reflective assignments experientially – relating these directly to one’s life. Should a need emerge, online group interactions or even one-to-one online interactions with the facilitator (at a mutually convenient time) may be organized – but are not essential to the course. The 11 modules of the course are spread over 5 weeks, with weekly submission dates for assignments, to help maintain rhythm and practice. The participants would receive their grades and feedback online.

ANURADHA has been facilitating classes & courses in self-development & integral education since 1986.

REGISTRATION

Group size: 12-15

Course fee: Rs.3500 per participant (within India)

Certificate fee: Rs.750 per participant (within India) (This is an optional fee applicable only if you apply for a Certificate of Professional Studies from The Gnostic Centre for this course, subject to successful completion.)

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Note: Fee for those outside India would be different. Please contact for details