

Susannah Grover

## THE ART OF MEDITATION AND SELF INQUIRY – ONLINE



Course language English

SELBSTERFAHRUNG  
SPIRITUALITÄT

### ● **Anreise mit der Bahn**

Fahren Sie vom Starnberger Bahnhof, einem Flügelbahnhof des Münchener Hauptbahnhofs, in Richtung Garmisch bis Tutzing und von dort weiter mit der Regionalbahn Richtung Kochel bis nach Penzberg. Von dort geht es weiter mit dem Taxi. Wir empfehlen, das Taxi vorzubestellen unter den Rufnummern: +49-8856-81844 oder +49-8856-2270

### ● **Anreise mit dem Auto**

Mit dem Auto fahren Sie auf der Autobahn München–Garmisch bis zur Ausfahrt Penzberg, dann rechts in Richtung Iffeldorf, nach etwa 120 m direkt nach dem Ortsschild Unteraurach (dort steht links ein Wegweiser Richtung ZIST) wieder nach rechts und auf dem Nantesbucher Weg durch Wiesen und Wälder und an Seen vorbei genau 3,7 km bis ZIST.



Stand: 12.11.2021

- **ZIST ist** ein Institut für persönliche und berufliche Fortbildung zur Entwicklung menschlicher Kompetenz durch Selbsterfahrung in Krisenhilfe, Wegbegleitung und Psychotherapie vor dem Hintergrund der Humanistischen Psychologie in herrlicher Alleinlage im bayerischen Voralpenland und Heimat der *ZIST Akademie für Psychotherapie*.

Das Programmangebot von ZIST umfasst

- Workshops zur Selbsterfahrung in den Bereichen Persönliches Wachstum, Beziehungen, Gesundheit, Kreativität und Spiritualität.
- Workshops zur Fortbildung und
- längere Fort-, Weiter- und Ausbildungen in tiefenpsychologisch fundierten, potentialorientierten und Spiritualität integrierenden Verfahren.
- Ausbildung zu Psychologischen Psychotherapeutinnen/Psychotherapeuten an der staatlich anerkannten *ZIST Akademie für Psychotherapie*.



**ZIST gemeinnützige GmbH**

Zist 1 | 82377 Penzberg

E-Mail **info@zist.de**  
 Telefon **+49-8856-93690**  
 Mo. – Fr. 9.00 – 13.00 Uhr  
 und 14.00 – 15.30 Uhr

[www.zist.de](http://www.zist.de) | [www.zist-akademie.de](http://www.zist-akademie.de) | Facebook

FEBRUARY 2022

# THE ART OF MEDITATION AND SELF INQUIRY

## ● DATE & PRICE

February 25 – 27, 2022

German course times

Friday: 7 p.m. – 9 p.m.

Saturday and Sunday:

10 a.m. – 1 p.m. and

3.30 p.m. – 6.30 p.m.

Fee 325 €

Registration: ZIST

Penzberg No. 220222

## ● Hinweis

Wir machen Sie darauf aufmerksam, dass eine finanzielle Unterstützung für Workshops zur Selbsterfahrung durch den ZIST Förderverein e. V. möglich ist. Bei Interesse schreiben Sie uns an: [verein@zist.de](mailto:verein@zist.de)

## ● DESCRIPTION

The art of meditation is a way of bringing ourselves increasingly more in touch with reality. We are conditioned by surface life such that we tend to confuse symbolic representation as if it is reality, just as we confuse our self-image with our true self. Reality, however, is not a concept. Reality can only be known through direct experience. The more we clarify our experience, the more we arrive in deeper truth, deeper Reality. Meditation supports us to relax mental constructions and to return to a sense of true connection with our deeper self and, ultimately, with all of life.

Self inquiry is a practice which assists us to clarify our direct experience and come to ever deeper truth. We get in touch with the deeper knowing already present in ourselves. Meditation and self inquiry, along with some other practices we will learn, all work together and enhance our ability to find a quiescence and peacefulness, as an antidote to the rushed and stressful demands of our lives.

We have found the explorations we do in our courses to have profoundly positive psychological, spiritual and health implications, for ourselves and for the clients of any practitioners in attendance. This weekend workshop will address many levels and facets of experiential practice and will become the basis for exploring more advanced psychotherapeutic and spiritual trainings for those wishing to continue the process in future workshops.

### Technical requirements

The online workshop will take place via the Zoom platform. When setting up the meetings, we pay attention to relevant data protection settings. All you need to take part is a PC, notebook or tablet and a stable internet connection. Technology newbies will receive detailed instructions from us and the opportunity to have a test meeting one day before the start of the workshop.

## ● BIOGRAPHY



**Susannah Grover**, is a regular faculty member of the ZIST Academy, where she teaches the final class of the 5-year training program. She teaches *Spirituality in Psychotherapy*, where the therapists come to understand the transpersonal. For more than 50 years Susannah has been immersed in psychological and spiritual trainings and practice. She was initiated into Buddhism and Sufism, as well she was made a spiritual teacher by her teachers. She has been a professor of anatomy and physiology, of Eastern and Western Spirituality. Susannah had a large multi-disciplinary healing clinic in California as a Chiropractor and Craniopath. She was a Diamond Approach teacher for over 20 years and had groups in Ireland and Sweden, offering individual session work, small group work, and large group didactic teaching. Her current approach to inner work emphasizes facilitating direct experiences of the teachings.