

Mensch sein

Retreat mit italienischen Freunden Juni 2025

1. Vortrag am 29.06.2025

Chapter 1: Arrival and Setting the Stage

The speaker welcomes participants and acknowledges the transition they've experienced from their hectic, stressful everyday lives to the peaceful atmosphere of the gathering. They set the stage for a week of calm and reflection, contrasting the overwhelming pace of the “city atmosphere” with the slower, more harmonious pace in this new setting.

Chapter 2: The Sufi Story and Waiting for the Soul

The speaker shares a Sufi story about a rider who waits for his soul to catch up at an oasis. This serves as a metaphor for participants needing time and space for their own souls to arrive after a long period of disconnection, highlighting the unfamiliarity with inner calm in Western living.

Chapter 3: Recalibrating and Inviting Presence

The challenges average Westerners face in slowing down are outlined, noting initial discomfort with calmness. The process of reconnecting with oneself—letting the soul “come out”—is discussed, culminating in the “miracle” of people slowly finding peace and joy after a few days of stillness and community.

Chapter 4: Bringing Calm into Everyday Life

Participants are urged to consider how this experience of calm can be integrated into their everyday routine. Simple practices like eating mindfully, taking time to rest, appreciating art or music, and especially two minutes of silence are recommended as ways to sustain inner quiet amidst busyness.

Chapter 5: Inner Silence and Authentic Presence

The concept of “silence of the mind” is explored, as distinct from religious or spiritual notions of connecting to a higher power. Instead, the focus is on inviting one's soul to be present, opening up to true presence, and fostering gratitude and joy in daily life.

Chapter 6: Daily Reflection and Practice

The speaker encourages a daily practice of reflection by asking oneself each evening whether their heart is content with how they lived that day. The “two minutes in silence” practice is repeatedly emphasized as accessible and transformative for cultivating awareness and gratitude.

Chapter 7: The Power of Choice and Humanity

Human beings are defined by their ability to choose, differentiating them from animals who are bound by instinct. The speaker stresses that blame should not be placed on others for one’s choices, and that gratitude for one’s life and experiences is foundational to being truly human.

Chapter 8: Freedom, Liberation, and Identity

“Liberation” is reframed not as a mystical achievement but as the freedom to choose one’s way of being. Common societal and spiritual misconceptions are challenged, underscoring that self-knowledge and responsibility, rather than rigid belief systems, shape true human identity.

Chapter 9: Knowing Oneself and Human Potential

Through the metaphor of a rose that inherently knows how to become itself, humans are encouraged to trust their own inner sense of self. The speaker expresses the hope that participants will leave the retreat with a renewed understanding of what it means to be human, emphasizing simplicity—like “two minutes in silence”—over complex theories.

Chapter 10: Humanity as a Work in Progress

The speaker reflects on the ongoing evolution of humanity, using anecdotes about blocked roads and childlike politicians to illustrate that society as a whole is still developing. Humanity is described as a “work in progress,” likening our collective development to that of young children.

Chapter 11: The Brain, Stress, and Survival Mode

An explanation of brain structure is provided, contrasting the automatic, survival-driven “limbic system” with the uniquely human “prefrontal cortex” responsible for choice and reasoning. Chronic stress is shown to deprive the higher faculties of energy, making it difficult to live as a conscious, creative human.

Chapter 12: Modern Struggles and Responsibility

The practical difficulties of living as a conscious human in modern society are discussed, noting that most people operate in survival mode or blame circumstances and their past for their actions. The speaker insists on self-responsibility and the importance of making intentional choices, rather than attributing one's behavior to outside influences.

Chapter 13: Core Practices for Being Human

Simple foundational practices are outlined, starting with mindful breathing ("breathing in, breathing out") and expanding on the earlier "two minutes in silence." These practices are recommended for raising energy, calming the mind, and fostering clarity.

Chapter 14: The Role of Care and Evening Reflection

Participants are urged to actively care for their own humanity by stepping back and practicing calmness and reflection daily. The evening ritual of asking oneself if one's heart is content is reemphasized as part of leading a conscious, grateful life, while noting that the community values small, attentive practices over grand gestures.

Chapter 15: Community, Simplicity, and Closing Thoughts

The session concludes with reflections on the enduring value of the place and the tradition, the importance of modest rituals, and the reassurance that simplicity and attentiveness to oneself and others are far more powerful than elaborate or imported practices. The speaker invites participants to celebrate their progress and gather again tomorrow with renewed care and awareness.