

Creating inner coherence in our time – aligning mind, heart and will?

We hear and read all over “we are in climate change (and can sense it)” – what can we do? What impact does our “inner climate” have on “outer climate”? We may not be in a position to change the world at large but make our contribution and change a piece in the outer space by developing our inner coherence...

We recently held a „special“ *space for purposeful development* online session in which moderators from the Sadler Heath community in the UK and participants of the *space for purposeful development* in Freiburg / Germany came together for a virtual afternoon.

Why us coming together?

More than 9 years ago the *space for purposeful development* was born, a development inspired by Sadler Heath events I had the luxury to attend around 2010 in the UK. People in both groups feel responsible for our long term personal development and that of the world around us.

In the virtual zoom-space we explored the questions “*How can we individually and collectively create coherence in us? What roles do essence and love play in this?*”

A purposeful journey?

Curious as we all were our journey began with a beautifully held meditation which allowed us to deeply connect with the questions. Coming back from it each brought ONE word that comprised the essential insight – not revealing it at that point in time.

We then went on to constellate our words, hidden, creating a collective field with everyone’s word. A beautiful, nearly “sacred” process, all finding their word’s place in silence. This alone was already one aspect of a response to our question – awareness in silence was a part of creating coherence, individually in oneself and at the same time with all on the board!

Revealing our words, further moves led to this resulting picture:



Through an intense dialogue, each and everyone saw

- *their insights* on the board, for example
 - Gratefulness can bring you into your essence if you lost the connection
 - Love “holds” the loved ones “on the board” (and not had them leave)
 - Potential needs to be embraced and felt as coherence etc.
- and *questions* that arose, for example
 - What’s the empty middle held by all around?
 - What does the picture tell us individually and all about creating (the field of) coherence?

At the end we had created such a deep connection and community that nobody really wanted to leave the virtual circle ... and we definitely want to hold such a cross-community event every now and then in the future – to further develop our antennas of perception, to holistically generate insights and research parts of our world while at the same time co-shape a piece of it!

¹ We used the Online-Constellation Board developed by Georg Breiner and his team