



Hearing and discerning.
Differentiating and deepening.
Developing.

An indispensable feature of all ZIP workshops are the regular breaks for reflecting.

In a silent period the participants pause to think and try to trace their impulses and new insights.

The following questions guide us through these periods of reflection:

What moves/touches me?

I explore my attitude: what has kindled my enthusiasm, where did I have my doubts? What do I perhaps want too much – and what are the things I do not want enough? What can help me to become free again? Because if I try to feel my inner movements, I can face them.

Did I manage to stay unbiased?

Openness amongst all participants results in an openness in the process and result. Was I able to allow the other participants some space and did I listen to them?

What is on the other people's mind?

I have followed the thoughts, feelings and intentions of the other speakers attentively – always appreciative and without judgement. I am trying to get down to their motivation. Instead of banging against shut doors I am trying to find common ground.

Where is our shared objective?

I realize: even if we differ in opinion, there is still a common denominator. This is what we want to find. Because we can assume that everybody has best intentions at heart.

In what way is God connected with what has been heard and experienced?

I am open to the spiritual dimension and let myself be guided by God. »You, my God, what would you tell me now?«

What do the results, that we have reached, mean for me?

At the end of a workshop I try to relate the commonly reached result with my own person, my own situation. What is my own specific next step? What will I consciously give up, what will I myself take up next?