



*Elizabeth Schnugh
Institute for the Study of Man
presents*

Relationships I

Dear Friend,

We Believe... that every man and woman should have the freedom to follow a path with a heart. To this end we will support you. If you say you can't, we'll show you that you can. If you believe it is not possible, we'll show you from experience that it is possible.



We Believe... that all men and women are equal even amidst our differences. For the life-force bestowed on king is the same as that bestowed upon beggar. Should you feel unworthy of life, we will affirm your beauty and strength. Should you feel you have nothing to offer, we will show you the riches in your heart.

We Believe... in the importance of the individual unit to the well being of the greater whole. In this we will uphold you. If you fear the distance you have yet to travel, we'll show you the long way you have already come. If you feel the burden of loneliness, we'll show you the joy of taking hands, heart and courage.

Life is a most priceless gift, but if we are to savour the full beauty of this gift we must be able to relate to life. This means that we must develop the ability to relate to ourselves and to those around us in a meaning-full and fulfilling manner. We spend most of our lives interacting with people in one way or another, but we mostly don't know what it means to relate. Our biggest problems arise in our personal relationships. Because we have a whole heap of unvoiced and unfulfilled expectations, warmth and camaraderie become supplanted by anger and blame.

We tend to think that a partner has to supply that which we ourselves lack, and so we often involve ourselves in relationships which are debilitating and frustrating, as they are based on sets of conditions and co-dependency, rather than upon mutual appreciation and sharing.



We dispel the myth that two halves in a relationship can make one whole, and we show you that if a relationship is to succeed, it needs two whole people.

Whether at the level of business, social activities or family life, managing relationships takes skill & practice. On this course we will give you the general principles that will make any kind of relationship work.

We will show you:

- *How to determine what you want out of a relationship with another person.*
 - *That your own inner being is beautiful and is worth relating to.*
 - *How to make your fear of relationships work for you.*
 - *The basic differences between males and females.*
 - *How to deal with conflict, using both your male and female energies to succeed.*
 - *Intelligent co-operation between the sexes instead of competing against & blaming each other.*
 - *How to have effective communication in any relationship.*
 - *How to change the feeling of futility and hopelessness you often get if you do speak up.*
-

Our courses require no prior knowledge or particular standard of education. We start with the basic principles and move forward from there, always remembering that we need a firm foundation to succeed. This is our first course and lays the groundwork for a lot of what we do in our other courses.

Yours sincerely,

Elizabeth

About Elizabeth Schnugh



Elizabeth qualified as a Chartered Accountant at the University of Cape Town, South Africa, in 1976. She then embarked on a highly successful career in the corporate world, becoming Financial Director of Gilbey Distillers and Vintners in 1984 – a position that she held for over ten years. Through her experience of working with a wide cross-section of people in her career, Elizabeth began to realise that her talents and fate did not lie in the corporate world, but in helping people to help themselves. Consequently, in 1991, she started training as a teacher of the humanitarian disciplines, under the guidance of Christopher Nevill. In 1995, Elizabeth resigned from Gilbeys, and since the beginning of 1996 her commitment to teaching became full-time. In November 1995 she started training under the guidance of Théun Mares, Lightbringer of the Toltec Tradition. Since that time Elizabeth has continued to work closely with Théun to bring the courses offered by the Institute into line with the Toltec Teachings.



*Venue: Clonea Strand Hotel,
Dungarvan, Co. Waterford, Ireland
(www.clonea.com)*

Dates: Friday 23rd, Saturday 24th and Sunday 25th April 2010

Registration: Friday 23rd, from 8.30am for 9.00am prompt start in the Comeragh Room, which is overlooking the beach.

Times: Friday 9.00am to 7.30pm, Saturday 9.00am to 7.30pm, Sunday 9.00am to 6.30pm

(The evening times may vary a little). Group get-together on Sunday evening.

*Cost €390 including teas, coffee, and juices in Comeragh Room during course.
(Lunch & snacks are not included.)*

Credit cards accepted - 5% PayPal surcharge; 50% non-refundable deposit.

There will be plenty of breaks and tea, coffee, juice and biscuits will be available at all times in the Comeragh Room. People can order lunch at any time between 12.30 and 2.30 or can order soup and sandwiches at any time. The nature of the course does not allow for set times for breaks, so as the energy begins to flow, people can have food and drinks whenever it is most suitable for them.

The Clonea Strand Hotel can provide accommodation for course participants: €40 per person sharing or €49 single (including breakfast).

You can arrange accommodation by contacting the hotel reception on 00 353-58-45555. Please let them know that you are attending the course to avail yourself of the accommodation prices quoted

*For more information on the course or registration contact Patrick Power on 00 353-58-42903
or email: Patrpower@eircom.net*