

Relationship WITH THE Self

Most of us long for a meaningful and uplifting relationship, but if we are ever to have such a relationship, then it cannot be based upon codependency. The first prerequisite for any relationship, is that we must be able to relate to ourselves properly and with honesty.



17-20 June, 2021
Tartu, Estonia

There are very few people in the world today who can truly claim to be inwardly complete, who feel adequate in every respect, and who truly believe in themselves. Instead, most of us feel insecure in some way or other.

In order to hide our insecurities and shortcomings, we have all learned to constrain our behaviour by playing carefully chosen roles. But sooner or later, usually once we are in a relationship, the strain becomes too much, and the mask begins to slip – the real person begins to show. The results are well known!

Relationship with the Self

In ***Journey of Adjustment***, we look at the general principles involved in any kind of relationship and in ***Threshold to Excellence*** we explore the importance of working on the relationship with yourself, but in ***Relationship with the Self***, we work from the basis that you cannot expect anyone to love and respect you if you do not love and respect yourself. Therefore, the accent is on commitment, and on what this means for you.

On this course we will show you;

- + What true honesty entails.
- + How to differentiate between the real you and your behaviour.
- + How to assess and change your self-image, at a physical, emotional and mental level.
- + What it means to be a whole person, and how to achieve this.
- + How to listen to your heart.
- + How to act rather than react.
- + How to find lasting love.
- + What it really means to take responsibility for yourself and your own life, and how to make this work for you.



Course Prerequisites

Please note that to enrol for this **Relationship with the Self** Course (previously known as 'Relationships II' Course) it is necessary to have first completed the following three Courses;

+ [The Journey of Adjustment](#)

(previously known as 'Relationships I' Course)

+ [World of Little People](#)

+ [Threshold to Excellence](#)

ISM has implemented this requirement because through experience it has become clear that people cannot benefit fully from the material imparted in this Course without first having acquired the fundamental tools for relationships imparted in **The Journey of Adjustment**, and having come to grips with their childhood through the material imparted in the **World of Little People** and **Threshold to Excellence**.

Many people consider that because they may have received counselling and/or done workshops on childhood issues, they have their childhood issues resolved, done and dusted. But we at ISM have found that in ALL cases this does not suffice, and simply because concepts such as awareness, the relative factor of awareness, the formative years of a child, social conditioning from even before birth, etc., is all material that is generally not known and neither to be found in any of the workshops, seminars and counselling activities available to the general public. As a result most adults today live with a stunted emotional and/or mental development. And where there is this stunted development it is not possible to grasp the material offered in this Course.

(For your own good and for the good of the other participants, NO exceptions will be made to the above requirement.)





Course Content

The Course includes discussions, individual work, group interaction and a variety of games. Everything is designed to show you how you behave in your life so that you can decide whether or not you like it. Then if you don't, we will give you the tools with which to change it.

Post Course Support

Because of the habits of a lifetime, this Course is the beginning and not the end of a process. With that in mind, there are a variety of other Courses, after-course meetings, further learning opportunities and activities on an on-going basis. Whether or not you want to take part will depend on where you want to take your life.

Give yourself a most precious gift!



www.institute-for-the-study-of-man.com

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 how you can.

If you believe it 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.



About Elizabeth Schnugh

Elizabeth founded and is Director of the Institute for the Study of Man. The Courses and Retreats offered through the Institute have been developed to give people valuable insights, as well as practical tools, so that they can effect meaningful and lasting change in their lives.

Elizabeth Schnugh – Seeker by heart and apprentice of the late Théun Mares, started her career as a Chartered Accountant. She was Financial Director of a multi-national company subsidiary for many years. As she reached the height of her career, and as her work brought her into touch with an increasingly wide cross-section of people, Elizabeth began to realise that her talents and fate did not lie in the corporate world but in helping people to help themselves. In 1991 she embarked upon a new journey, first of all training in the humanitarian disciplines, and then in 1996 becoming a full-time teacher.

Elizabeth has a simple, honest and highly practical approach in guiding people to look within their unique life experiences to find their own answers. This approach is immensely uplifting and empowering, since you will learn how to solve any problem or challenge that comes your way.





Course Details

Where? The Course will be held in sTARTUp Hub at Raekoja Plats 16, Tartu, Estonia.

When? June 17-20, 2021. The Course starts Thursday afternoon, 14.00, and finishes on Sunday evening with dinner together. For those able to extend their stay, a voluntary post-course follow-up meeting will take place between **14.00-19.00, Tuesday, June 22, 2021**. It is highly recommended you attend such a follow-up meeting.

There will be plenty of breaks with coffee, tea, juice and biscuits available at all times. The nature of the course does not allow for set times for breaks.

Lunch will be between 12.30-14.30, dinner will be between 19.30-21.30.

Costs? The cost for the Course participation is **€600** including all meals, tea, coffee, juice and small refreshments during the breaks. Accommodation is not included in this price.

Accommodation: You can arrange your accommodation through [AirBnB](#), or by choosing one of the nearby hotels below;

[Hotel Pallas](http://www.pallas.tartuhotels.ee/accommodation-in-tartu) (www.pallas.tartuhotels.ee/accommodation-in-tartu)

[Hotel London](http://www.london.tartuhotels.ee/) (www.london.tartuhotels.ee/)

[Hotel Lydia](http://www.lydia.ee/en) (www.lydia.ee/en)

[Hotel Dorpat](http://www.dorpat.ee/) (www.dorpat.ee/)

[Hektor Hostel](http://www.hektorhostels.com) (www.hektorhostels.com)

Contact: For registration and booking of your place on this Course, please contact the Course Organiser, **Triin Sarri** triin@contriber.com. To secure your place, please register and pay the fee by **May 20, 2021**.