

" Skills for Happiness - Happiness can be learned "

Hamburg, Germany, 13. April 2014

Twenty-four people came to the first seminar in our newly renovated UPF - Office in Hamburg. Among them were six guests and as many young adults. After Reinhold Merta had moderately had warmed the atmosphere with his songs , Marianne Burtzloff began her presentation .

She is a social psychologist and had extensively researched the issue of "happiness" . She pointed out, however, that one must not only wait on luck, but you should find ways to Happiness actively. In the center of her presentation, the focus was on the model of „man as a house" . The rooms of the house are referred to as a physical space, mental space, spiritual space and emotional space. Our physical space refers to physical needs, care and health, but also communication and interaction so that we can make ourselves feel good and happy. In the mental space lives our intelligence, our attitude towards life, our faith and other skills that , when brought to fruition contribute to our happiness. Our spiritual space allows us access to the soul through meditation, silence and introspection. All this can be learned and trained. Appropriate techniques such as prayer and yoga can be helpful to us. The emotional space involves our emotions, which are preserved since childhood there. Empathy, acceptance and true love, the most important elements of our happiness , we can cultivate. Our deepest feelings ultimately control our reason. We can not follow the path to happiness without it, because happiness is also felt at the end. As with any building, foundation and basement are the main anchors and so are ultimately our roots in God, the source, the source through which we grow our skills in the other rooms.

After a short break we continued the seminar with Ms. Tappert , an experienced healer and psychotherapist from Schleswig -Holstein. She gave us an introduction to EFT - tapping acupuncture. This is to become free of stress and increase vitality. Similar to the Chinese acupuncture, acupuncture of meridian is working without needles, performed by gently stimulating the acupuncture points.

The Acupressure is an effective method for the treatment of acute and chronic pain and emotional stress; it helps with allergies, headaches, sleep problems, fears and phobias.

The presentation of Ms. Tappert we learned the acupressure tapping and made small joint exercises .

Then we also had time for conversation and mutual acquaintance. We resolved to offer regular meetings in the future on this topic.

Ulrich Ganz

