

# “Relationship-wise”

Seminar Test by *connection Spirit* magazine



Friday evening, it starts with Otto Richter’s workshop – “one2-one”. I learned about it from a girlfriend and spontaneously became enthusiastic about it. We are about 30 people, and after a short welcome Otto continues with free dance exercises, body experiencing and feeling comfortable with ourselves.

According to Otto's theory, there are three types of relationships. Relationship number one is to one's own self, relationship number two is to one other person and relationship number three is to a group. The beginning focus of the seminar is relationship number one, because this is most crucial and defines your relationship with everyone else. It's all about seeing oneself clearer, and as well, seeing your programmed behaviors and patterns in relationship. The goal is to relate to others consciously and appropriately rather than react blindly.

Dancing different states of consciousness and having the feeling of being in my body and connected to myself, I experience as crucial. Then, when connecting to others, I am more conscious of myself. With questions and answers, painting, fantasy journeys and again and again a little theory - Otto Richter leads us closer to our core. I love the variety of exercises and how the different elements of the process are connected; giving me clarity and helping me find my recurring pattern of reaction in relationship. The whole weekend is playful and easy for me, but at the same time very profound and instructive. Despite the large group, I feel that Otto addresses each individual. He leads us with humor, joy and real confidence. He creates a group atmosphere in which each person is valued. He convinces me by his authenticity and the joy with which he shares his knowledge and promotes the development of each individual.

Otto promised us at the beginning of the seminar, that we all would go home with a "pearl", and I can attest to that! I have found my "pearl". And it is already having a positive effect in my everyday life.

Otto Richter, American born former professional musician, is internationally known through his seminars on personal development and successful lifestyle. He developed his teaching method on the basis of long-term studies with spiritual teachers like Paul Solomon, Tara Singh, Gabrielle Roth and Eduardo Calderon Palomino in North and South America. He sees himself as a "Global Teacher," who brings the world together and enables people to care more deeply for themselves and to live from the heart.

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### **Our Ratings for this Event**

Organization	EXCELLENT
Pricing	VERY GOOD
Location	VERY GOOD
Leadership	EXCELLENT
Didactics	EXCELLENT

This is how *connect spirit* tests: The authors agree with the editors and the Seminar providers to participate in a seminar of their choice (*connection*-related topics) free of charge. Authors are basically free to make their own assessment of the quality of the offer. After visiting the seminar they write a short report of the experience and rate the seminar. If you would like to become a *connection* seminar tester, or have an event tested by *connection*, contact [christine.hoefig@connection.de](mailto:christine.hoefig@connection.de). The rating on these pages is predominantly by one of the individual testers and not the editors.

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Monika Zimmermann, born in 1980, was earlier in the online editorial of *connection Spirit* and works now as a holistic nutritionist in Munich. Currently she is writing as a co-author of *Shamballah*, a book about dealing with an opening to the spiritual world.