

Core Values of The Pantarei Approach

EVERYTHING FLOWS

The term Pantarei originates from ancient Greek, signifying 'everything flows'. Although it may not always feel this way, life is a continuous dance, an awe-inspiring movement. The Pantarei Approach wishes individuals to be in touch with this unique movement within themselves, those around them, and the world at large. We want to support people in gracefully navigating all currents of their lives while staying connected to the collective flow.

EMBRACING UNIQUENESS

Each of us is unique - unique in what we dream about, in everything we've been through, in how we perceive ourselves and the world around us, in what we struggle through, fear, engage with, and love. The Pantarei Approach honors people's distinctive paths and teaches us to connect to our unique and felt wisdom as an essential guide on our journey through life.

MORE THAN WORDS

Communication is at the foundation of any relationship. Each of us communicates in ways that are unique to us. This involves our ability to express and listen not only to what is being said but also to what we feel, sense, and perceive. The Pantarei Approach explores how communicating beyond the exchange of words can deepen our understanding of ourselves and others and become part of any process of desired transformation.

CONNECTION THROUGH THE BODY

While we walk this earth, our body is from where we experience our existence; it is where we sense, perceive, feel, and think. When we include our body in the way we pay attention to ourselves, others, and the challenges we face, we are more present and can make choices that are better aligned with who we are. The Pantarei Approach emphasizes our ability to unify the mind, heart, and soul through the body and find a center that binds all of us to the flow of life.

BEYOND THE SELF

When we are attentive to our uniqueness and the uniqueness of the people around us, we cultivate an inclusive, creative, and enriching process of change that benefits ourselves and the world around us. The Pantarei Approach seeks to foster a community that honors and nurtures personal and collective growth, where people mutually perceive, appreciate, and inspire each other.

These core values go hand-in-hand with the Pantarei Approach Code of Ethics and Professional Conduct of the Pantarei Approach.