

# A Message from Our Benefactors

I first came into contact with the Munich Model and its initiator, Andreas de Bruin in 2018 at a network meeting for (former) students. He then invited me to participate in some of his meditation courses. Meditating together with him and his students both touched and inspired me. What's so unique about the Munich model is that its courses allow the freedom of self-awareness and self-development, spontaneously, creatively, and with acceptance. The participants are given the space they need to experience an atmosphere of loving, non-judgmental togetherness. This is an important experience for young people who, in a very one-sided way, have up to now faced only competition and the expectations of achievement in the educational sector.

The variety of impressions and experiences shared in this book reflects the diversity and uniqueness of the participants and their development. And it shows the openness of the Munich model – it doesn't restrict, nor does it exclude. It enables each individual to develop and learn with joy, in a completely natural way, without external obligation or judgement by the teacher. What would be the point of judging? Inner growth cannot be forced by will, nor can it be bought with money or solicited by prayer. We cannot “make it happen” or even control the process – and that's also a good thing.

*Verein für Achtsamkeit in Osterloh e.V.*  
*Maria Kluge*

*Osterloh* 

A fundamental task of the Edith-Haberland-Wagner Foundation is to make life more worth living for present and future generations. With its event series “Forum für den Wandel” it provides inspiring incentives and initiates a dialogue on how to shape our present and future in a meaningful way. With this in mind, the Edith-Haberland-Wagner Foundation has decided to promote the Munich model “Mindfulness and Meditation in a University Context”. The programs offered within the framework of the model, especially the courses for students, provide fertile ground for new experiences and generate a positive impact on mental hygiene, concentration, self-esteem and self-efficacy, as well as creativity and empathy and compassion. Many students also apply its teaching approaches later in their professional fields after graduation, such as in day-care centers and schools; in this way, the respective on-site target groups also benefit from them. Above all, as a successful example, the Munich Model inspires other universities and educational institutions to engage with the topics of mindfulness and meditation and to implement approaches locally, whenever possible. It therefore contributes in a variety of ways to positive social change.

*Board of the Edith-Haberland-Wagner Foundation*  
*Catherine Demeter, Martin Liebhäuser*



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