

## OBITUARY

**MRS MANIJE PESECHKIAN****(15 July 1940 – 3 March 2020)****by the German Association for Positive and  
Transcultural Psychotherapy (DGPP) and the Peseschkian Foundation**

Dear friends and colleagues,

With sad hearts, deep solidarity and gratitude, we say goodbye to our Honorary President, Manije Peseschkian, who left this world on 3 March 2020 after a brief, but serious illness. Although her health had been impaired for several months, she continued working for everyone, even up until a few weeks before her death, as the “mother of Positive Psychotherapy”.

Manije Peseschkian was born on 15 July 1940, the second of three children of the Eghrari family in Tehran. She attended grammar school, completed her science-oriented high school as the best in her year and then began to study biology. To this she said herself: "In this phase of my life, only gaining knowledge counted - until 1961 when Nossrat appeared". In December 1961, the couple married and then, in 1962, they moved to Frankfurt, and finally to Wiesbaden. Their sons, Hamid and Nawid, were born in 1962 and 1964 respectively. Manije Peseschkian completed an apprenticeship as an EEG assistant and worked for many years at Nossrat's practice. She reached her actual professional goal of 'pedagogy and family therapy' shortly before her 40th birthday and then worked for many years as a family therapist.

Their third child was Positive Psychotherapy (PPT). We can only approximate Manije Peseschkian's contribution to the development of Positive Psychotherapy. The expression of the teamwork of this couple can be found in the formation of the many centers at home and abroad, and also in managing the publishing of more than 30 books around the world in as many as 26 languages! In the face of the stories and sayings, one learned again and again in personal meetings how the Peseschkian couple were co-creative in the development of the PPT. Manije Peseschkian was

soon perceived as the “mother of Positive Psychotherapy”. In an interview in November 2019, however, she described herself as the “midwife of positive psychotherapy” and she also made this child known in numerous lectures and seminars. It was important to her throughout her whole life; her strength and commitment belonged to it.

Together with her husband, she founded the 'Prof. Peseschkian Foundation', in which she worked until the end as Chair of the Board. After Nossrat Peseschkian's passing in 2010, she made a significant contribution to the continuity and unity of Positive Psychotherapy - both in Germany and worldwide. With the maintenance of the foundation archive, she ensured a strategic positioning, and with the organisation of advanced training events (not only) for counselors and therapists in Germany and Ethiopia, she ensured the dissemination and deepening of PPT, and finally with the courses for teachers in Hesse, she ensured the use of PPT in other social fields.

She has always had a particularly close relationship with the DGPP. Through her constant presence, her advice, her contributions to various events and, last but not least, her hosting, she has repeatedly strengthened, encouraged and, to our delight, accepted the honorary presidency in 2018. We all remember the warmth of her heart, and after direct contact with her, you immediately felt noticed by her and that you were important.

Manije Peseschkian was a loving mother and grandmother, a committed member of the Bahai community in Wiesbaden. She used to meet everybody with warmth, open-mindedness, extraordinary kindness and humour, be it in encounters with professional or voluntary collaborators - essentially in all her contacts with others. Manije Peseschkian had a rare and special ability to make everyone feel welcome and comfortable. Her faith shaped her perception of people and the world ever since childhood and gave her strength and basic trust. In 2003, she reported on her special encounters with the Angel of Death and added that “through such experiences I have become more tolerant, patient and humble. The years I have left are a bonus. I cherish life, infinity and the mystery of God and hope that I can duly accept the inevitable end of life”.

It could be like that. A few days before her death, she wrote the following message for us:

*"Dear family and friends,*

*2020 was my 80th year on planet earth. I really enjoyed this journey because I was able to travel to all 5 continents and saw more than 70 countries and regions. Each of you, personally, were an important part of accompanying my journey through life, for which I am infinitely grateful. Now is the time to begin the longest journey of my life. A few months ago, I reserved a ticket for my last adventure in the Abha Kingdom."*

Manije Peseschkian is survived by two sons and four grown grandchildren. Our thoughts are with her family. May they find sufficient strength, calm and courage during this time.

The funeral took place on 13 March 2020 in the cemetery in Wiesbaden-Sonnenberg. She is buried besides her husband.

*Board of Directors, Advisory Board, Board of Trustees and Head Office of the DGPP and Peseschkian Foundation*



Report on the funeral of Mrs. Manije Peseschkian by Larisa Schicker from Kyiv (Ukraine)

“Dear friends, let me confide my inmost soul to you and share my impressions of the farewell ceremony for our beloved Manije Peseschkian. Today, I'm filled with sweet sorrow, faith, love of life, responsibility for life and the moment of

transition to the other world.

Manije was the perfect role model for me. She managed to finish all the things she intended to do on this earth and arranged for everything, including the nomination of a successor to her lifetime project. My narration might be of interest to all the friends who were eager to go to Wiesbaden but did not manage to go. The Peseschkian family arranged a farewell ceremony in accordance with the traditions of the Baha'i Faith. All the friends who came to pay their last respects to Manije Peseschkian received memorial booklets which contained the farewell message of Manije to her beloved family and friends, and some Baha'i prayers.

All those present were touched by the insightful farewell speeches of Manije's sons - Dr. Hamid Peseschkian and Dr. Nawid Peseschkian - as well as the prayers and music. It wasn't mourning - it was instead an occasion to cherish the memory of our dear Manije and express the sublime love which everyone had for her.

After the spiritual ceremony we proceeded to the burial place where we saw the closed coffin covered with fresh flowers as a symbol of eternal life. The coffin was entombed as the following Baha'i quote was chanted: God is sufficient unto me, He is the Al-sufficing! Let the trusting trust Him, let the trusting trust! All those present, one after another, approached the basket filled with rose petals and threw a handful of petals into the grave. We bid our final farewell to our beloved Manije with our rose petals of love. The photo of the burial place, which was taken by Dr. Hamid Peseschkian, showed the flowers covering both the graves of Manije and her husband, Dr. Nosrat

Peseschkian. As their bodies are resting side by side, so their souls are now together in the Abha Kingdom.

The celebration of the life of Manije Peseschkian took place from 3 p.m. until 8 p.m. in the beautiful hall of the "Dorint" restaurant. All those present enjoyed delicious food, a cordial atmosphere and divine music. Every family member shared personal stories, memories and photos. We were immersed in the ocean of love and gratitude that they had towards their great Mother, loving Granny, faithful Wife, Scientist, Chairperson of the Board of Directors of the World Association of Positive Psychotherapy, Chairperson of the Nosrat Peseschkian Foundation; our beloved Manije Peseschkian. This event united one and all, strengthened us in our faith and love, so that we would strive to continue serving people as our angel Manije did throughout her life.

We will always cherish her memory in our hearts. My colleagues - Natalia Ruda and Yanina Danish - and I, on behalf of all those who knew and loved her from the positive psychotherapists of the Eastern region, left a record in the Memorial Book and expressed our sincere condolences to the family members.

We are grateful to Dr. Hamid and Catherine Peseschkian, their children Leyla and Farid, Dr. Nawid and Shida Peseschkian, their children Tara and Samira, to all the relatives, close friends and colleagues of the Peseschkian family for their attention, care, and the atmosphere of love and friendship throughout the day. With love and respect to the dignified life of Manije Peseschkian. In loving memory. Manije's legacy will be continued".