Restoring the Flow of Frozen Energy

Logosynthesis

in the resolution of Trauma and Fear
Content:
- An Experiment
- Matter, energy, information, consciousness
- Life energy - two characteristics
- What is logosynthesis?
- What does it works?
- Applications of Logosynthesis
- How can i learn it?
- Concept, methods, excersises, a demonstration
EVERYTHING IS ENERGY

e=mc^2
• Energy is *the potential to cause something*
• Energy is required:
  • To accelerate an object
  • To heat a substance
  • To allow electrical current to flow
  • To emit electromagnetic waves
• Plants, animals and humans need energy to live
• Energy can either flow freely or be stored:
  • As a food
  • As fossil fuels: natural gas, crude oil
  • In a reservoir in the Alps
The term energy is flexible
energy exists as physical energy as already describe
Other form include:
  - matter as a completely static form
  - information
  - consciousness
In quantum physics, these terms can barely be taken apart
  - $E = MC^2$
Energy Psychology and Energy Medicine assume that a subtle form of energy exists. This subtle energy is said to be coherent and goal oriented:
  - From this energy new, more complex phenomena arise.
This concept is not new, it’s deeply rooted in the history of mankind:
  - Almost every culture has assumed the idea of a life energy that allows for reaction and development.
Aristotle and Zeno already knew the concept of growing force of nature, which:

- causes organism to develop higher forms
- lets embryo grow to become an adult
- guides healthy people to strive after their ideals

In different cultures, this subtle, manifesting, creative energy carries different names:

- Ka, Physis, Ruah, prana, Qi, Elan vital
- in science, it’s hidden as “evolution”
- in Logosynthesis, we call it *Essence*
Biology and Psychology usually take a skeptical, materialist stance. They tend to deny that there is more to life matter, e.g. Virchow, 1860:

Medical science has recently defined its approach as mechanical, the goal being to realise a physics of organisms. Medicine has proved that life is merely an expression of a sum of phenomena, with every single phenomenon based on known physical laws.
• Sigmund Freud saw an inherent creative power in nature as “a pleasant illusion”

• Eric Berne, the founder of transactional analysis, took a more pragmatic stance:
  • Perhaps physic (life energy) does not exist at all, but in spite of our ability to be definite about this subject, but there are so many things which happen as if there were such a force, that it is easier to understand human beings if we suppose that Physis does exist.
MAX PLANCK

All Matter originates an exists only by virtue of a force which brings the particle of an atom to vibration and holds the most minute solar system of the atom together.

We must assume behind this force the existence of a conscious and intelligent mind.

This mind is the matrix of all matter.
ENERGY AS A METAPHOR

• Metaphors allow for new understanding in a new field:
  • Freud explained the dynamics of the unconscious with the physics of the steam engine
  • Cognitive behaviour psychology borrows information processing mechanisms from computer science

• Physics has many different description of energy, depending on the context in which it is used
• Here we will use energy as a metaphor to comprehend complex processes, not as a “logical” explanation
• In Logosynthesis and energy Psychology, ife energy and corresponding concepts offer metaphors to understand pathology and healing in a new field
Assumptions:

- There’s a human energy system, with acupuncture points, meridians, chakras and aura
- Life events influence this energy system
  - physical, mental, emotional
- Physically and emotionally distressing situations can lead to disturbances in this energy system
- Specific activation of the energy system can heal these disturbances
- Logosynthesis enables such an activation
There are various methods for stimulating and readjusting the energy system:

- Tapping on a set series of acupuncture points: Emotional Freedom Techniques - EFT
- Touching Acupuncture points in combination with breathing in and breathe - TAB
- Adopting a specific posture with the simultaneous stimulation of acupuncture points:
  - Tapas Acupressure Technique - TAT
  - Heart Assisted Therapy - HAT

- **In Logosynthesis, you say specific sentences to get life energy moving**
This application of these methods required a strong working alliance.
The client tells the story - including painful memories and fantasies.
Individual aspects of traumatic events are briefly activated in the processing phase.
Intervention occurs as soon as the memory is activated.
The energy system then finds a new balance and the treated aspect loses its emotional intensity.
a ten - point scale allows an assessment of the level of distress both before and after the intervention.
• SUD = Subjective Units of Discomfort.
EFFECTS

- Thoughts, feelings and behaviours move in a healthy direction as a consequence of the healing process
- Distress related to traumatic events and fantasies is reduced
- Positive changes remain for the treated memories or aspects
- In initial research, these effects were confirmed with high degrees of significance

Logosynthesis also assumes the existence of a subtle energy system.

Two properties of this subtle energy are relevant for Logosynthesis:

- It's either flowing and in connection with a greater whole or it's boundary between them.
- It belongs either to a person or to his or her environment - there’s a boundary between them.

Logosynthesis aims to make this life energy flow and move it to the right place.

The distress caused by Traumatic events will then be lowered and disturbing emotions will be reduced.
• When our energy isn’t flowing it’s bound up and trapped in energy structures
• All static memories, ideas, physical feelings, emotions and thoughts bind up energy structures
• These limit or block the free flow of a person’s life energy and lead trauma, fear, grief, rage, shame, loss of meaning and lack of self confidence
WHAT IS LOGOSYNTHESIS?

a system for healing, growth, development
LOGOSYNTHESIS IS A COHERENT SYSTEM FOR SELF-COACHING AND GUIDED CHANGE FOR HEALING AND DEVELOPMENT
What is Logosynthesis?

Logosynthesis contains elements from psychoanalysis, hypnotherapy, NLP, transactional analysis, and energy psychology and more: it is rooted in age-old wisdom.
Logosynthesis work is always embedded, in classical forms or stages of guidance:

1. **Contact**: Create a positive learning alliance
2. **Inquire**: access information from the client
3. **Focus**: Identify relevant issues for change
4. **Frame**: Give information on the nature of change
5. **Tune in**: Activate the experience and its triggers
6. **Process**: Work through experiences and events
7. **Go**: Reassess and integrate the change

*(Lammers, 2008)*
HOW DOES LOGOSYNTHESIS WORKS?
THE MECHANISM OF LOGOSYNTHESIS IS UNUSUAL:
THE POWER OF WORDS
The power of words is the oldest known power in the history of mankind.

Logosynthesis

how does it work?
In spiritual traditions, the power of words is the origin of creation.
With words together bring
Logosynthesis applies the power of words with the help of SPECIFIC SENTENCES to RESTORE THE FLOW of your life energy.
You just **SPEAK** these sentences and the power of words 
**STARTS WORKING,** immediately, beyond reason.
You can apply Logosynthesis for the past and the future
your past and future only exist as ENERGY CONSTRUCTS
Your energy can **FREEZE** in the past and in the future.
your energy can freeze in **STORED PERCEPTIONS**, in **EXPECTATIONS**, and in **FANTASIES**
stored PERCEPTIONS contain everything you’ve seen, heard, sensed, tasted, or smelled at a certain moment IN TIME
Imagination, convictions, beliefs, hope, expectations, dreams, wishes

Fantasies describe:
how it could have been
how it should have been
how it could be
how it will be
how it should be
Energy can freeze in a painful past: TRAUMA, DISTURBING MEMORIES
Energy can freeze in a positive past:

GRIEF, NOSTALGIA
Energy can freeze in a positive future:

ILLUSIONS, WISHES
DREAMS, HOPE,
LONGING, EXPECTATIONS
Energy can freeze in a negative future:

FEAR, APPREHENSION
Energy can freeze in unfulfilled task:

FAILURE, AMBITION
Guided change restore the flow, moves energy to where it belongs
As a result: YOU FIND MEANING
Logosynthesis in a Nutshell

- We are life energy
- Life energy is either bound or in flow
- Dissociation is life energy frozen, bound
- Energy in flow is non-local
- Bound energy is frozen in space
- If energy is bound, life is limited and we suffer
- Logosynthesis can restore the flow of bound energy
• at least 600 hours of training in coaching, psychology, psychotherapy, psychiatry, counseling
• Logosynthesis training:
  • 3 days Logosynthesis Basic
  • 3 days Logosynthesis Live
• 2 or 3 other Two-days workshops from the Path series:
  • The Path of Courage - Logosynthesis with trauma and fear
  • The Path of the Bond - Logosynthesis in Relationship
  • Counselling
• 2 Units of supervision, Individually or in a group
• Written paper