Logosynthesis®
The State of the Art in 2023

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THE ORIGIN OF
LOGOSYNTHESIS®

This paper marks the 18th anniversary of the discovery of Logosynthesis on January 11, 2005. It offers an overview of the history and the developments in Logosynthesis, and it was created with the help of many people. The text is updated yearly.
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1. The Logosynthesis definition 2023

Logosynthesis® is an integrative approach to healing and development to restore the flow of life energy. The use of the power of words to shape reality enables people to resolve disturbing memories, fearful fantasies, and limiting beliefs, as well as numerous other physical and mental issues.[ii]

2. Logosynthesis theory

Since the publication of the first Logosynthesis books my thinking about many aspects of the theory has evolved, and this had led to more clarity:

- Basic assumptions
- Own energy and external energy in energy structures
- The tension between immanence and transcendence in the model
- Materialism, reductionism, determinism: Logosynthesis and science
- Logosynthesis as a practice for guided change
- Logosynthesis as a practice for personal and spiritual development.

Basic assumptions

Logosynthesis starts from the basic assumption that each human being on the surface of this earth is a manifestation of a higher consciousness, a continuous form of life energy, an immortal soul or Essence – as we call it. From this principle, four other assumptions were derived:

- Lack of awareness of Essence leads to suffering.
- Lack of awareness of Essence shows in dissociation and introjection.
- Introjects and dissociated parts are energetic structures in three-dimensional space.
- The application of the power of the word can influence these structures and results in the free flow of energy, information and awareness, in renewed contact with Essence.

These principles are the alpha and omega of Logosynthesis. Especially in the stage of getting acquainted with the Logosynthesis system, new users meet the challenge to bring the four principles in line with their previous outlook and their understanding of development and change. In Logosynthesis there is *no* specific theory for infants, cancer patients, accident victims or allergies. We don't need additional biological and psychological principles to explain health and illness, change and development, but it's recommended to translate the symptom in the assumptions and the language of Logosynthesis. As long as one complies with the seven steps of guided change as published in the handbook[iv], healing and development will follow 'by it Self'. The only relevant disturbances in the flow of energy are dissociation and introjection. Further extensions tend to dilute the model, and they make the implementation of the principles more complex – without additional benefit.

If I don't have time to go into the details of the Logosynthesis model, as in lectures or interviews, this is my 30-second elevator pitch.

1. We are energy.
2. Energy is either frozen or in flow.
3. Energy belongs to you, or it doesn't.
4. Words move energy.

These principles can be printed on the back of a post stamp. I recommend this summary in the teaching of self-coaching in Logosynthesis.

In the course of the past few years, I developed the following version, as *The Laws of Logosynthesis®*:

1. Every single thing, every phenomenon, every being is energy.
2. Human beings are highly organized energy systems, with a mission, a purpose, on this planet.
3. The energy in these systems vibrates at different frequencies.
4. Energy either belongs to a being, or it doesn't.
5. The energy of a being can be split off from one being or taken in from others.
6. The power of words can freeze energy or get it moving.
7. Logosynthesis can restore the flow of life energy.

Fine-tuning the words of these basic principles is a work in progress.

Internal and external energy in introjects

Introjects are energy patterns or structures, energetic representations of people and objects. Every introject has two essentially different aspects:

- An energetic construct, a pattern, structure, or a *thought form*[v], created by the client – from their own life energy. This construct contains a visual, auditory, kinesthetic, olfactory and/or gustatory representation of a remembered or imagined environment (VAKOG)[vi] and it can refer to people, objects and intangible aspects. This energy stored in this construct needs to be retrieved and moved to the right place in the client's Self, with a capital S. Sentence 1 has been designed for this purpose.
- An energetic construct built with energy from the surrounding field of the client, installed into their personal space, or into their body. This energy can be removed with sentence 2.

After retrieving and removing, such constructs tend to fade or even totally disappear. Most clients resolve visual representations, with a combination of both types of introjects.

Whenever people are dissociated, they respond to energy structures as if these were real persons, objects or circumstances in the present. Their reactions are also stored as energy constructs, split off parts from the ever-flowing energy of Essence. We must also retrieve the life energy frozen in the reactions to the constructs mentioned under (1). We do this now with the third Logosynthesis sentence.

With increasing practice in Logosynthesis, users are able to recognize more clearly the differences between such archaic, dissociated states and the experience of the Free Self. This Free Self is connected to Essence, pure consciousness, the Source of all that is. I'm using *Essence* as a name for this Source, because it's neutral and can be easily understood from many different perspectives on life. The concept from A.H. Almaas.[vii]

This distinction wasn't there from the beginning of Logosynthesis. It only became clear after I had written the first Logosynthesis books (Lammers, 2008; 2010). In the Logosynthesis handbook as well as in the latest self-coaching book (2015)[viii] this distinction has been introduced.

In recent years the introject concept has become less important. In the beginning it was a key concept in my own understanding of the dynamics of Logosynthesis. This was based on my conditioning as a psychotherapist. In fact, we don't need the term introject to describe the dynamics. We can explain them easily in terms of thought forms[ix], energy patterns or structures in space, in which perceptions of the outside world, as well as emotional and cognitive

interpretations to these perceptions are represented and stored.

Transcendence vs. Immanence

Another theme in the theory is the quality of Essence. In my own thinking this had been an issue for some time, but a trainee brought it to the fore. This participant, coming from a Christian fundamentalist background, had difficulty with the notion that there could be a Higher Self, an individual form of Essence, which has the power of words and can relieve suffering. For him, only God, the One could save people. He couldn't reconcile this notion with the Logosynthesis model: It directly conflicted with his faith. This trainee even thought about cancelling the course. We have to address this discrepancy, because our mission in Logosynthesis doesn't need to collide with religion: *In my Father's house are many mansions* (John: 14,2).

In the Logosynthesis model, an individual's identity has three components:

1. physical: *"I am my body."*
2. mental, emotional and cognitive: *"I am what I think and feel."*
3. higher, which we call Essence: *"I am."*

Many people identify themselves only with their understanding of their body and mind. Others recognize that body and mind are instruments of a higher consciousness, manifested as an individual in the world, as a Self. The consciousness of the Self can be clouded by dissociation and introjection, and this haze can be removed using the power of the word.

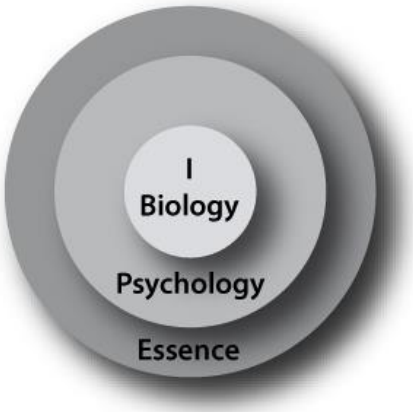
In the worldview of the above client, only an almighty, transcendent God can save man from suffering. The current model of Logosynthesis implies an immanent image of God: on a higher level all human beings have a creative potential, as cells or organs in the body of a Higher Being. Its sentences activate this potential and relieve suffering.

With Logosynthesis spreading this can become confusing, and the impression can arise that man is the measure of all things. People may reach this conclusion when – in their worldview – the Self as a manifestation of Essence does not exist, and the "I" of the body and the mind is basically sinful. As guides we are aware that the "I" in our sentences speaks from the Free Self in contact with Essence, but this is an insight that may not be accessible for this group of clients: for them a Higher Self does not exist.

My first Logosynthesis book (2008) contained the chart on the next page, derived from Ken Wilber's work. His original graph included a fourth circle, which he labelled as SPIRIT in all caps. This is the field that our clients with a transcendent worldview claim to be a "measure of all things". Perhaps rightly so: Basically, our limited mind and our limited experience of Essence cannot assess and rarely access dimensions beyond the frontier of our minds.

From my own experience I tend more and more towards the assumption that there is an individual Essence as well a larger, encompassing ESSENCE or SPIRIT. The two relate to each other like a cell in an organ or an organ in a body, or maybe even like a cell in a larger organ in a larger body. For each element in a system it's impossible to understand the existence, the purpose and the rationale of higher levels of the hierarchy. This is something we have to accept with awe and humility: Our bodies and minds are limited, and the mystics who were able to access this unspeakable aspect of reality were overwhelmed without exception.

If people assume the Self as a manifestation of a higher Spirit, their concept of this higher Being is characterized by immanence. If this Spirit is taken out of the equation, this higher Being is transcendent, and we're not part of it. We cannot really know this Being, we can only have faint clues of its existence from the experience of the mystics, from holy books, or from intense personal experiences in occasional glimpses of infinity, in relationships with other human beings, or in nature.



Materialism, reductionism, determinism

The current model is also not easy to accept for people with a positivist, scientific worldview. Many people are convinced that there is more between heaven and earth than we see with our eyes, hear with our ears, touch with our hands and measure with our instruments. But it is very difficult to take this reality into words. Ludwig Wittgenstein wrote in 1922:[x]

> *Whatever one cannot speak about, about that one should be silent.*

With Wittgenstein, some come to the conclusion that we best remain silent in respect of Essence. But then, in our society, there is nothing to teach. Wittgenstein's statement, however, is an overly simple recipe for dealing with the mysteries of the world. We need the common struggle for words to learn about our body, mind and spirit. In working with Logosynthesis, we meet this challenge every day. It's often relatively easy to resolve frozen energy structures, but the real challenge may be to enable to use it in the service of a person's mission.

Scientific proof of our work can only become evidence-based according to its effects, as our axiom as to the origin of suffering differs from that of the forum of the current paradigm. From a scientific perspective, the definitions of dissociation and introjection as energy structures, and the phenomenon of the power of the word, are speculative. The first reaction to the stunning results of Logosynthesis is most often "placebo". Even though the placebo effect is the standard reference for the effectiveness of methods and techniques, its mechanism of action is not often addressed yet. The possibility of self-healing, inherent in the effect, is implicitly assumed. The research on people's self-healing potential is still scarce, but it is becoming more and more part of the mainstream.

From our perspective, the placebo effect is another form of manifestation of focused intention, as we know it from Logosynthesis. Here, we comfort ourselves with Paul Feyerabend's interpretation of science as art: science has in every era and style its own interpretation of what it considers to be the truth.[xi] In the light of history, such claims are put into perspective. The truth of one period has often been the myth of the next.

Eben Alexander, a neurosurgeon, wrote a book on his near-death experience, which contains interesting parallels with the developing worldview behind Logosynthesis.[xii] He also mentions Robert Monroe and his work at the Monroe institute in Faber, Virginia, which helped

him to understand and process his NDE. This is not a coincidence: My own thinking has been heavily influenced by my experiences at the Monroe Institute between 2001 and 2005, including the phrase "*I am more than my physical body.*"

Logosynthesis as a practice

In the first years after its discovery, I understood Logosynthesis primarily as a healing model, applied for the treatment of physical symptoms, negative emotions, and limiting beliefs. Now it's becoming increasingly clear that Logosynthesis, by liberating the energy of Essence, leads to an endless learning process, a *Stairway to Heaven.* The emphasis on a fast cure in a single session has shifted to personal and spiritual development through regular practice with the help of Logosynthesis protocols as "a toothbrush for the Soul."

This shift was inspired by newsfeeds from the Institute of Noetic Sciences and by reading the book, *You must change your life* by the German philosopher Peter Sloterdijk.[xiii] At present, I understand Logosynthesis more as a model for healing and development, with a practice that allows people to free more and more of their life energy, thereby improving their quality of life in love, work, health and wealth.

This practice opens up new worlds, in which one's experiences of life are understood in a new light. A person's tendency to identify with their thoughts, feelings and behaviors in the present life yields to a higher perspective: You are more than your thoughts, emotions and acts. Regular application of Logosynthesis as a practice to resolve everyday issues creates the container that enables this perspective. The Master Class in March 2010 was therefore devoted to the topic of potential and practice. The material of this course finally entered the Practitioner curriculum as *The Path of the Will*.

3. Logosynthesis methods

In the application of Logosynthesis in coaching, counselling and psychotherapy, the basic assumptions are now embedded in the seven aspects of guided change, as published in the 2015 handbook:[xiv]

1. Build up a supportive working alliance.
2. Obtain information from the client.
3. Contract.
4. Give the client information.
5. Focus on a relevant issue, activate it and assess the level of distress and the strength of negative beliefs (exposure).
6. Offer an intervention to change the thoughts, feelings and emotions related to (5).
7. Reassess the levels of distress and the strength of negative beliefs and integrate the change.

In the concrete professional design of these steps, we've seen a number of developments:

- Activation and focus
- Instruments to observe the effect of the intervention
- Three sentences
- The sentences in different languages.

Activation and focus

- During the activation and focusing stage, in addition to the usual verbal methods of processing issues, we use different techniques. These are demonstrated in our Logosynthesis Live seminars and in supervision sessions:
- *Timelines*. The activation of issues by use of timelines is very applicable in fear and trauma. For fears of which the origin is unknown, the timeline is especially important. It helps to identify the origin of the person's

problems and allows for a gradual resolution of such issues. The timeline is primarily a tool for psychotherapeutic work. It is used to identify issues from the past or to identify blocks in actively creating the future. The latter may be very important for coaching issues.

- *Mapping*. This group of techniques is derived from the diagnostic phase of Systemic Constellation Work (Hellinger et al). This technique is very suitable for work with occupational and family fields. The processing phase of STC, which is often tedious, is replaced by the application of the Logosynthesis sentences.
  In this technique, aspects of the issues of the client are mapped in space, e.g. in working with anger. Anger implies an aggressive dissociated part and an abandoned dissociated part. These parts are identified in space, explored from the position of each part and then neutralized from a third position. The same can be done to identify and resolve aspects of a decision.
- *The White Wall.* This technique is a visualization method derived from the work of Carl and Stephanie Simonton. The client's issue is visualized on an imaginary white wall and the Basic Procedure is applied to every image that appears.
- *The Tunnel of Light*. This technique comes from the Barbara Brennan School of Healing. It is also known from hypnotherapy as the *affect bridge.* The client visualizes a tunnel of light. At the end there is the memory of a significant event in relation to the current issue. This is neutralized through the use of the Basic Procedure. The client can also visualize a bridge. The image or memory at the end of the bridge can also appear as a metaphor.
- *Focusing*, after Eugene Gendlin. This model uses bodily signals as a starting point for the activation of dissociated states.
- *Field Mapping. Recently the timeline and mapping methods have been integrated in a non-linear representation of a person's energy field, which I call a space-time field. Since Essence is non-linear, and space and time are illusions, there is no need for a linear representation of a person's experiences. In this field, limiting energy structures containing people, objects and events are represented in space and can be resolved. In advanced versions of this technique, taught in the Path of Presence and Path of Creation Master Classes, also resource states can be represented and activated in the service of healing and development of a person.*

Assessment: Instruments to observe the effect of Logosynthesis

Many clients find it difficult to perceive the changes that have occurred as a result of application of Logosynthesis. There are several possible reasons for this phenomenon:

- The decrease in the level of distress experienced by the person is too small to be perceived in the client's frame of reference.
- Through the work with Logosynthesis, previously unconscious material emerges, which is similarly distressing for the client as the issue neutralized in the session. The success of the previous steps is not really recognized, and the client concludes that nothing has changed.

- The new state of mind is so self-evident that the client can no longer imagine that the subject treated ever had even been significant. In energy psychology, this phenomenon is called the *apex* phenomenon.

These factors may reduce the client's enthusiasm for the application of the model. It is therefore very important to assess the condition of the client before and after the intervention. That way, this condition can be compared after the application of sentences. The simplest form of assessment and reassessment before and after a cycle of the Logosynthesis sentences is Bandura's 0-10 scale for the client's Subjective Units of Distress (SUD scale), in which 0 represents no distress and 10 represents the highest level.

Another, more subtle form of assessment and re-assessment was introduced with the meta-questions A and B in my 2009 Logosynthesis book:

A *HOW does the client suffer?* This meta-question A is a series of questions on the nature of the symptom and the suffering: physical pain and tension, disturbing emotions, and the level of distress as measured by the SUDs on a scale from 0 to 10. Limiting beliefs must also be explored within the frame of meta-question A, with an assessment of the validity of this negative cognition, the VoC-, see below.

B *WHAT MAKES the client suffer?* The meta-question B series of questions explores the representation of the perceived or imagined outside world that triggers the suffering or the symptom of the client. What exactly does the client hear, feel, smell, taste, if the introject in the room is active? Where exactly is the disturbing energy pattern located in the room? Which direction, size, distance, density?

The more precisely answers to these meta-questions have been explored and documented in the assessment stage, the easier it will be to recognize changes after the intervention, for clients and their guides.

Assessing the strength of beliefs

When we started to work with beliefs in Logosynthesis, we used the validity of the positive cognition (VoC+) to assess the strength of beliefs. This scale was developed as a 7-point scale by Francine Shapiro in EMDR.[xv] In that framework, the VoC+ is useful because a positive frame of reference must be prepared for the clients to be able to guide them through the eye movements. In the course of the years I discovered that we don't need the VoC+: Our clients generate a creative and constructive frame of reference immediately *as a result of saying the sentences,* and no conscious effort is necessary to create alternative beliefs. That's why I created a scale to assess the validity of the *negative* cognition (VoC-) as a reference for the change process, on a scale of 0 to 10, analogous to the SUD scale:

How true is this limiting belief on a scale of 0 to 10?

A zero means that the belief is not at all true, 10 means that the person is totally convinced. This procedure allows us to skip the tedious cognitive acrobatics involved in the conversion of the negative cognition into a positive one. Clients can easily assess the changes in the VoC- after a cycle of the Logosynthesis Basic Procedure. In working with limiting beliefs we assess the VoC- before each cycle of the Logosynthesis sentences in the Basic Procedure in the focusing and activation stage above, and

after each cycle as a part of the integration step.

Assessing the strength of trust

In 2016 we started to use a third assessment scale, the *trust scale* 1-100, previously called confidence scale. This scale is the first one that is resource oriented. It fits well in the new Master Class techniques that are designed to activate resources in a person. It's used to assess the client's state before and after interventions with the sentences.

Trust is a state in which the person is able to rely on their own resources in coping with tasks and relationships. We don't use the term self-confidence, because this would mean a split in which one part of the person must trust another one. In Logosynthesis we're trying to integrate splits, not to create them, and that starts with using a language that's free of splitting. The split is still present in the score on the scale: If the trust level is five, it means that the energy of a person is not fully available in the present.

Logosynthesis procedures

In the first three years of Logosynthesis we used two sentences: one to retrieve the energy of the person and one to remove the energy that didn't belong to the person.

In 2009, I discovered the importance of the differentiation between triggers (frozen perception of memories, fantasies or beliefs) and reactions (emotions, thoughts, physical sensations).

Following this discovery I created a three-sentence procedure, in which sentence 1 retrieves the energy bound up in the trigger, sentence 2 removes the energy of the outside world, and sentence 3 retrieves the energy that had been bound in reactions to the trigger addressed.

I also found a way to explore the triggers and reactions: the meta-question A for the reactions and the meta-question B for the trigger.

This differentiation prevented that emotions changed as a result of the sentences, but the triggers stayed in place.

Many users have reported that this additional sentence has significantly raised the efficiency and effectiveness of what now is known as the *Logosynthesis Basic Procedure*.

Adding the third sentence required that trainees and Practitioners had to learn and practice this differentiation. In my experience this has led to a deeper understanding of the change process in Logosynthesis.

A fourth sentence was found by our Italian colleague Andrea Fredi. Sentence 4 is only used if the SUD level has reached 1 or zero as a result of the processing during the previous sentences.

The current sentences in English are listed below:

1. *I retrieve all of my energy, bound up in X (a representation of a subject, person, place, object) and take it to the right place in my Self.*
2. *I remove all non-me energy related to X (this representation of a subject, person, place, object) from all of my cells, all of my body and my personal space and send it to wherever it truly belongs.*
3. *I retrieve all of my energy, bound up in all of my reactions to X (this representation of a subject, person, place, object), and take it to the right place within my Self.*
4. *I attune all my systems to this new awareness.*

Notes

- The term *representation* in the sentences above can be replaced by descriptions of remembered or imagined sensory perceptions (images, sounds, body sensations, smells and tastes) as found in the answers to meta-question B.
- Contrary to the procedure described in the first English books (2008; 2010), emotions are *never* subject of the first and the second sentence, as they usually are reactions to frozen perceptions. They're therefore implicitly addressed in the third sentence.
- Bodily symptoms can be a subject in the sentences if they refer to kinesthetic and tactile signals. Most of the time, however, reported physical sensations are visceral and proprioceptive reactions to visual and auditory triggers in the personal space of the client.
- Once a client has gathered a certain experience with the concept and the techniques of Logosynthesis, they can use the plural "bodies" in the second sentence. People with a materialist view on their bodies often have trouble to accept the existence of more than one body in a person. In the literature these are defined as astral, mental or etheric bodies. I don't use the plural until I'm sure that it won't activate resistance against the procedure.

The sentences in different languages

The original sentences are now available in many languages. All four sentences have not yet been translated for all. If you don't find the translation for your own language, or if you think the translation doesn't match your understanding of Logosynthesis, please send your latest version to me: info@logosynthesis.net.

Arabic

مذا†ا†يحدث†ف†ي†جسدي†؟ -

- ما†ه†ا†يل†مش†اعر†التي†أشعر†بها؟
ما†هيا†ف†لأك†ار†امل†تكرر†ة†اتلي†تودر†ف†ي
ذهني†؟†

1 0 -
ما†هو†مستو†ى†ا†ت†سيائي†،†عل†ى†ميقاس†م
ن†إل†ى0

/ما†هو -
من†هو†الأك†ثر†أهم†ى†ة†ف†ي†ه†ا†ذاملشهد
؟

أى†ن†أ†هرا†ف†يافلضاء†من†ح†ل†وي†؟ -

هل†أ†هرأ†و†أسمع†ه†أ†و†أردكه؟ -

...†آخُذُ†كل†طاقتي†المتعلقة†بهذه†الصورة
وأعيدها†إلى†مكانها†المناسب†في

.دا†خ†لي

...†أُزيل†كُل†الطاقة†الغريبة†المتعلقة†بهذه†الصورة
،†من†كل†خليّاتي ...

من†ج†د†س†ي†كهل†و†م†ن†ك†ا†لملس†احة†ا
ل†شخصية†ال†خ†اصة†ب†يوأ†رس†له†ا†إل†ى

حتى†يج†ب†أ†ن†توكن

آخُذُ†كل†طاقتي†المتعلقة†بجميع†ردود†أفعالي†على
...†هذه†الصورة†

†وأ†ع†يده†ا†إل†ى†م†ا†كنه†ا†امل†ناسب†ف
يدا†خ†لي

أق†وم†بِتَكْيِيف†جميع†أنظمتي†وُفقاً†لِحالتي†من†ا
لوعي†الحالية.

Bulgarian / BG

1. Взимам цялата си енергия, блокирана в (спомена, фантазията, човека, обекта или техни аспекти), и я връщам на правилното място в себе си.

2. Премахвам цялата чужда енергия, блокирана в... (спомена, фантазията, човека, обекта или техни аспекти),от всичките си
клетки, от тялото си и от личното си пространство и я връщам там, където й е мястото.

3. Взимам цялата си енергия, блокирана във всичките си реакции към ... (памет, фантазия, човек, обект или техни аспекти), и я връщам на правилното място в себе си.

4.Настройвам всичките си системи към това ново осъзнаване.

Croatian

1. *Uzimam svu svoju energiju povezanu sa X (sa predstavom o X) i vraćam ju na pravo mjesto u sebi.*
2. *Uklanjam svu stranu energiju povezanu sa X (sa predstavom o X) iz svake svoje stanice, iz cjelog svog tjela in svog osobnog prostora i šaljem ju tamo gdje pripada.*
3. *Uzimam svu svoju energiju povezanu sa reakcijama na X (na predstavu o X) i vraćam ju na pravo mjesto u sebi.*
4. *Usklađujem sve svoje sisteme na ovo novo stanje.*

Danish

1. *Jeg flytter al min energi der er bundet i billedet af …(thema: følelser, tanker, gøremål, person, sted) tilbage til det rigtige sted i mig selv.*
2. *Jeg fjerner al fremmed energi i sammenhæng med billedet af .... (thema) ud af alle mine celler, ud af min krop og ud af mit personlige rum og sender den tilbage, der hvor den virklig hører til.*
3. *Jeg flytter al min energi der er bundet i alle mine reaktioner på billedet af …(thema) tilbage til det rigtige sted i mig selv.*

Dutch

1. *Ik neem al mijn energie, die vastzit in (deze representatie van dit thema) X, terug naar de juiste plek in mijzelf.*
2. *Ik verwijder alle energie, die niet van mij is, in verband met X, uit al mijn cellen, uit heel mijn lichaam en uit heel mijn persoonlijke ruimte en stuur ze daarheen waar ze werkelijk thuishoort.*
3. *Ik neem al mijn energie, die vastzit in al mijn reacties op X, terug naar de juiste plek in mijzelf.*
4. *Ik stem al mijn systemen af op dit nieuwe bewustzijn.*

Engiadinais (Engadin Roman):

1. *Eu pigl inavo tuot mia energia chi'd es liada in (l'experienza, in persuna, lö, idea) aint il dret lö in mai svess.*
2. *Eu allontanesch tuot l'energie estra chi sta in connex cun (l'experienza, persuna, lö, idea) our da mias cellas, our da meis corp ed our da meis spazi persunal e tilla tramet là, ingio ch'ella tocca propcha.*
3. *Eu pigl tuot mia energia chi'd es liada in mias reacziuns sün (experienza, persuna, lö, idea) aint il dret lö in mai svess.*
4. *Eu driz tuot meis sistems sün meis nouv stadi consciaint.*

English

1. *I retrieve all my energy, bound up in this (representation of issue) X and take it to the right place in my Self.*
2. *I remove all non-me energy, related to X, from all of my cells, all of my body and from all of my personal space, and I send it to where it truly belongs.*
3. *I retrieve all my energy, bound up in all of my reactions to X and I take it to the right place in my Self.*
4. *I attune all my systems to this new awareness.*

French

1. *Je récupère toute mon énergie imbriquée dans (personne, objet, événement, lieu X ou aspects de cela) et la ramène à sa juste place en Moi.*
2. *J'enlève toute énergie non-Moi liée à X (la forme figée d'une personne, objet,*

événement, lieu ou tout aspect de cela) de toutes mes cellules, de tout mon corps et de tout mon espace personnel, et je la renvoie là où elle doit vraiment être.

3. *Je récupère toute mon énergie imbriquée dans toutes mes réactions à X (forme figée de personne, objet, événement, lieu – ou tout aspect de cela) et la ramène à sa juste place en Moi.*
4. *J'harmonise tous mes systèmes avec cette nouvelle conscience.*

Hindi

MASCULINE GENDER

1. मैं अपनी पूर्ण ऊर्जा पुनः प्राप्त करता हूं जोकी इस (स्मृति, कल्पना, व्यक्ति, वस्तु, या उन के पहलुओं) में बाध्य है, और उसे वापस अपने स्वयं के भीतर सही जगह में लेता हूं।
2. इस (स्मृति, कल्पना, व्यक्ति, वस्तु, या उन पहलुओं) से संबंधित मैंने गैर–खुद वाली ऊर्जा को अपनी सभी कोशिकाओं, शरीर और मेरे निजी स्थान में से निकाल कर वापस, जहाँ से भी यह संबंधित है, भेज दिया है।
3. मैं अपनी पूर्ण ऊर्जा, जो इस (स्मृति, कल्पना, व्यक्ति, वस्तु, या उन पहलुओं) से संबंधित मेरी सभी प्रतिक्रियाऐं में बाध्य है, पुनः प्राप्त करता हूं , और उसे वापस अपने स्वयं के भीतर सही जगह में लेता हूं।
4. मैं इस नए स्तर के जागरूकता पर अपनी सभी प्रणालियों को अनुकूलित करता हूँ

FEMININE GENDER

1. मैं अपनी पूर्ण ऊर्जा पुनः प्राप्त करती हूं जोकी इस (स्मृति, कल्पना, व्यक्ति, वस्तु, या उन के पहलुओं) में बाध्य है, और उसे वापस अपने स्वयं के भीतर सही जगह में लेती हूं।
2. इस (स्मृति, कल्पना, व्यक्ति, वस्तु, या उन पहलुओं) से संबंधित मैंने गैर–खुद वाली ऊर्जा को अपनी सभी कोशिकाओं, शरीर और मेरे निजी स्थान में से निकाल कर वापस, जहाँ से भी यह संबंधित है, भेज दिया है।
3. मैं अपनी पूर्ण ऊर्जा, जो इस (स्मृति, कल्पना, व्यक्ति, वस्तु, या उन पहलुओं) से संबंधित मेरी सभी प्रतिक्रियाऐं में बाध्य है, पुनः प्राप्त करती हूं , और उसे वापस अपने स्वयं के भीतर सही जगह में लेती हूं।
4. मैं इस नए स्तर के जागरूकता पर अपनी सभी प्रणालियों को अनुकूलित करती हूँ

German

1. *Ich nehme alle meine Energie, die in X gebunden ist, an den richtigen Ort in mir selbst zurück.*
2. *Ich entferne alle Fremdenergie im Zusammenhang mit X, aus allen meinen Zellen, meinem Körper und meinem persönlichen Raum und schicke sie dorthin, wo sie hingehört.*
3. *Ich nehme alle meine Energie, die in allen meinen Reaktionen auf X gebunden ist, an den richtigen Ort in mir selbst zurück.*
4. *Ich stimme alle meine Systeme auf dieses neue Wissen ab.*

Indonesian

1. *Saya kumpulkan seluruh energi saya yang bersumber pada (X) dan mengambilnya kembali ke dalam diri saya yang sebenarnya.*
2. *Saya pindahkan seluruh energi yang bukan milik saya terkait dengan (X) dari seluruh sel saya, seluruh bagian tubuh saya, dan ruang diri pribadi saya dan mengirimnya kembali ke tempat yang seharusnya energi itu berada.*
3. *Saya kumpulkan seluruh energi saya yang bersumber pada reaksi saya terhadap (X) dan mengambilnya kembali ke dalam diri saya yang sebenarnya.*
4. *Saya menyeimbangkan kembali seluruh sistem diri saya terhadap pemahaman baru ini.*

Italian

1. *Recupero tutta la mia energia legata ad X e la porto al posto giusto nel mio Sé.*
2. *Allontano tutte l'energia estranea legata ad X, da ogni mia cellula, da ogni mio copro e dal mio spazio personale e la mando dove veramente appartiene.*
3. *Recupero tutta la mia energia legata a tutte le mie reazioni ad X e la porto al posto giusto nel mio Sé.*
4. *Sintonizzo tutti i miei sistemi a questo nuova consapevolezza.*

Latin

1. *MEAN CUNCTAM ANIMI VIM, HUIUS (PERSONAE/CONDICIONIS) IMAGINI CONIUNCTAM, RECUPERO ET SUO LOCO MIHI RESTITUO.*
2. *UNIVERSAM ALIENAM VIM, HUIUS (PERSONAE/CONDICIONIS) IMAGINI CONIUNCTAM CUNCTIS EX CELLULIS, CORPORE SPATIOQUE MEIS AMOVEO, ET AD SUUM VERUM SPATIUM REMITTO.*
3. *MEAM CUNCTAM ANIMI VIM, UNIVERSIS MEIS ANIMI MOTIS ET HUIUS (PERSONAE/CONDICIONIS)*

IMAGINI CONIUNCTAM, RECUPERO ET SUO LOCO MIHI RESTITUO.

4. *MEAS TOTAS VITAE RATIONES HUIUS TEMPORIS CONSCIENTATIAE NOVAE MUTAMENTISQUE CONCILIO.*

Letzeburgesch

1. *Ech huelen all meng Énergie, déi an x gebonnen ass, op déi richteg Platz a mir selwer zereck.*
2. *Ech huelen all Frieménergie am Zesummenhang mat x, aus all mengen Zellen, menge(m) Kierper an mengem perséinleche Raum ewech a schecken se dohin zereck, wou se wirklech higehéiert.*
3. *Ech huelen all meng Énergie, déi an all mengen Reaktiounen op x gebonnen ass, op déi richteg Platz a mir selwer zereck.*
4. *Ech stemmen all meng Systemer op desen néie Zoustand of.*

Norwegian

1. *Jeg tar all energien min som er bundet i X til det riktige stedet i meg selv.*
2. *Jeg fjerner all fremmed energi i sammenheng med X fra alle cellene mine, fra kroppen min og fra mitt personlige område og sender den tilbake dit den virkelig hører hjemme.*
3. *Jeg tar all energien min som er bundet i alle reaksjonene mine på X til det riktige stedet i meg selv.*
4. *Jeg innstiller alle systemene mine til denne nye bevisstheten.s*

Romanian

1. *Imi recuperez toata energia mea legata de X si o readuc la locul ei in mine.*
2. *Scot toata energia care nu-mi apartine legata de X din toate celulele mele, din tot corpul meu si din spatiul meu personal, si o retrimit acolo unde trebuie sa existe cu adevarat.*
3. *Recuperez toata energia mea legata de toate reacțiile mele referitor la X si o readuc la locul ei in mine.*
4. *Armonizez toate sistemele mele la aceasta constientizare referitor schimbarilor care sunt in curs.*

Russian

1. *Я забираю всю свою энергию, которая заблокирована в ... (воспоминании, фантазии, личности, объекте, или его аспектах) обратно к себе самому/самой, куда она и принадлежит.*

2. *Я удаляю всю постороннюю энергию, заблокированную в… (воспоминании, фантазии, личности, объекте, или их аспектах) из всех своих клеток, своего тела и своего личного пространства и отправляю ее туда, куда она и принадлежит.*

3. *Я забираю всю свою энергию, заблокированную во всех моих заученных реакциях на … (воспоминание, фантазию, личность, объект, или их аспекты) обратно к себе самому/самой.*

4. *Я настраиваю все свои системы на новое состояние своего сознания.*

Slovenian

1. *Vzamem vso svojo energijo povezano z X (s predstavo o X) in jo vrnem na pravo mesto v sebi.*
2. *Odstranim vso tujo energijo vezano na X (na predstavo o X) iz vseh mojih celic, iz celega mojega telesa (pl. iz vseh mojih teles) in iz vsega mojega osebnega prostora in jo pošiljam nazaj tja, kamor zares spada.*
3. *Vzamem vso svojo energijo vezano na reakcije na X (na predstavo o X) in jo vrnem na pravo mesto v sebi.*

4. *Uglašujem vse svoje sisteme na to novo stanje.*

Swedish

1. *Jag tar all min energi, som är bunden till (den här representationen av) X och återför den till sin rätta plats inom mitt Själv.*
2. *Jag tar bort all främmande energi, som är relaterad till X, från alla mina celler, hela min kropp och min personliga sfär, och skickar tillbaka den dit där den verkligen hör hemma.*
3. *Jag tar all min energi, som är bunden till mina reaktioner på X och återför den till sin rätta plats inom mitt Själv.*
4. *Jag integrerar denna nya medvetenhet i hela mitt system.*

Spanish

1. *Yo recupero toda mi energía, atada a (esta representación de) X y la llevo al lugar justo en mi Ser.*
2. *Yo elimino toda energía ajena, relacionada con X, de todas mis células, de todo mi cuerpo y mi espacio personal, y la envío a donde verdaderamente pertenece.*
3. *Yo recupero toda mi energía, atada en todas mis reacciones a X y la llevo al lugar justo en mi Ser.*
4. *Yo sintonizo todos mis sistemas a este nuevo aprendizaje.*

Surmiran (Oberhalbstein Roman):

1. *Ia pegl tot mia energeia tgi è lieida ainten egn (l`experientscha, persunga, li, idea) anavos aint igl dretg li an mamez.*
2. *Ia allontanesch tot l`energeia estra tgi stat an connex cun (l`experientscha, persunga, li, idea) or da tot las mias cellas, or da mies corped or da mies spazi persunal e la tarmett a lò noua tgi ella totga propi.*
3. *Ia pegl tot mia energeia tgi è lieida an tot mias reacziuns (experientscha, persunga, li, idea) anavos aint igl dretg li an mamez.*
4. *Ia paretg tot igls mies sistems sen mies nov stadi da schientscha.*

4. Applications

Practical applications of the Logosynthesis basic assumptions have become more detailed in some areas. Examples here are accidents, allergies, weight loss and smoking. Examined closely, these are consistent implementations of the principles of Logosynthesis described above:

Accidents

Many accidents and physical injuries are associated with strong energy structures, representing the physical as well as the psychological and social environment. The process of an accident often includes a collision with material objects that consequently leave their mark in the energy system and the personal space of the client. Removing these traces, retrieving your own energy from the representation of the object and retrieving your own energy from the reaction to the representation of the object often have an amazing healing effect immediately.

An example: A woman, suffering from severe pain in the ankle and knee, applied this Logosynthesis Basic Procedure and worked with the energy of the ground, on which she had twisted her ankle. She took her energy back from the representation of the ground, she removed the energy of the ground from her system and took her energy back from her reaction to the representation of the ground. As a result, the pain in the ankle disappeared immediately.

The pain in the knee was significantly reduced when she retrieved her energy bound in her reaction to the pain in the ankle. One could say that the injured ankle

had become frozen form in itself, which affected the knee. A similar fate befell an athlete who suffered for years from a severe headache after a hockey stick smashed his nose in an accident. The headaches, for which he had to take strong medication, disappeared in minutes. Even with whiplash injuries, we have witnessed remarkable effects of Logosynthesis. Collisions seem to separate the physical and energetic body in space, and the use of Logosynthesis brings them together again.

In addition to the frozen forms of objects and perceptions of things in the environment, such as shattering glass, fire, smell of petrol, etc., people present in the accident situation play an important part in the creation of introjects. Processing a traumatic event may be inhibited because people reacted inadequately in the moment of the event: a policeman has offered assistance too late or clumsily, or the person who caused the accident has made a serious error.

Representations of spectators, perpetrators, or other victims can lead to feelings of guilt and shame.

Surgery

A special application is the treatment of the after-effects of surgery. The hands and the instruments of the surgeon transgress the body boundary and thereby activate the entire immune system. This activation persists for a longer time, and the penetrating objects are represented as patterns in the energy system of the patient, stored along with the reactions of the body and with the accompanying emotions and thoughts. These representations and reactions can create a frozen energy system that stands in the way of healing, which can be resolved applying Logosynthesis procedures, often at an astonishing pace.

Allergies

Allergies respond particularly well to the three sentences. If we assume that allergies are a form of suffering obeying the principles of Logosynthesis, it is simple: In an allergy, our immune system reacts to an allergen, in itself a harmless substance, as if it is harmful, and will start an immune response. We have formed an internal representation of the allergen, and we respond to this with a defensive – immune – reaction. At the beginning of Logosynthesis application, we we retrieve our own energy from the representation of the allergen and remove the energy of the allergen. Finally, we retrieve our energy from the reaction to the internal representation. All my life I had suffered from severe hay fever, but a few years ago I started to use this procedure. I've been free of hay fever symptoms ever since. You can find an allergy protocol for self-use in English, in German, in French, and in Dutch. If you want to translate this protocol into another language, please feel free to contact me.

Weight loss

In our body image, our body can have an optimal or a non-optimal weight. Using ideomotor cueing or muscle testing, we can discover the optimal weight in the present. Weight charts or medical requirements are treated like every other introject. Statements of what 'should be' inevitably lead to introjects, and thus to dissociated emotional and cognitive reactions. These must be neutralized. If a person is familiar with their optimal weight – it may be higher or lower than the actual weight or the benchmark offered by doctors or media in the Matrix – we have the basis for weight adjustment. This begins with an adjustment of the body image, because the body image – the proprioceptive representation of the body of the client – is an ongoing calibrator of

body weight. If the body image differs from the desired weight, current energy is bound to the body image. This prevents us from achieving the optimal weight.

For each chronic physical symptom, there are whole layers of dissociated states and introjects to be resolved. Weight problems have many aspects:

- A dissociated *body image*. This can occur, for example, due to the calming effect of food intake in stressful situations, or because models and other celebrities show a weight that's different from what's best for the client.[xvi]
- Limiting beliefs about weight installed by others or due to a disturbed perception of a person's own weight in the context of the distorted body image.
- Beliefs regarding the pace of weight loss. Often my clients think weight reduction should go quickly. They underestimate the necessary adjustments of the body image in order to achieve and maintain the desired optimal weight.
- Emotions in relation to one's weight. A person's body image often triggers intense, dissociated responses, because both the client and the environment don't accept the body of the client as it is. Family, friends, classmates and physicians are quick with questions and unsolicited feedback. This creates frozen, complex worlds, in which self-perception and the perceptions of others are hardly separable.
- Responses to hunger signals and available food. Body signals, focused on food – sugar and other carbohydrates are specially inviting – build up and thus influence one's own inner state: Eating is a form of *state management*. Especially the body signals that the person takes to indicate "hunger", but which do not directly refer to physiological needs, should be questioned and treated. Many overweight people don't know the physiological sensation of hunger, because they are conditioned to eat at certain hours of the day, or they reaction with 'hunger' to whatever food is perceivable. After a healthy meal, we need at least five hours without food. Sugar and white carbohydrates shorten this period and generate dissociative patterns, which can be resolved by Logosynthesis. At the beginning, a good approach is to apply Logosynthesis to any form of hunger feelings. It is amazing how often these feelings disappear or turn out subsequently as the need for a glass of water. Many heavy eaters chronically don't drink enough water and are not aware of feeling thirsty. Another aspect of weight of a person's weight is related to relationships. Recent research has shown that there is a strong connection between physical sensations of hunger and psychological experiences of loneliness and abandonment.[xvii]
- Beliefs in relation to movement. Healthy people with an adequate body image typically like to move. When the body image is dissociated, that joy is lost. Obesity leads to beliefs about reduced ability in terms of power, speed and skill. Building stamina for weight loss is a separate subject.
- Energy patterns from the Matrix: family and friends, the press and social media. Medicine, influencers, and the wellness industry tend to set absurdly high standards for healthy living. These hinder the perception of internal signals and exaggerate the importance

of external experts and the media. This conditioning blurs the signals from persons' own bodies.

If your weight changes, new issues often surface. Eating is a way of state management, stabilizing your own inner condition. If this behavioral option is eliminated, painful memories can be reactivated. These must be neutralized in order to establish the new weight permanently.

The applications described here are only a few options in dealing with specific aspects of our existence. I have described them in some detail to make clear some of the pitfalls and possibilities of the application of Logosynthesis. You find many more case examples in the Logosynthesis Facebook groups as well as in my Logosynthesis blog: www.logosynthesis.tumblr.com.

My books *Minute Miracles* (2019) and *Reclaiming Your Energy from Your Emotions* (2020) contain many examples of applications of Logosynthesis techniques.

To increase your competence in using Logosynthesis on the above issues with clients, I cannot overemphasize the necessity of personal work and supervision.[xviii]

5. Training and certification

A little history

To date, Logosynthesis classes have been taught in Austria, Belgium, Canada, Congo, France, Germany, England, Kenya, Indonesia, Ireland, Italy, the Netherlands, Russia, Serbia, Slovenia, Switzerland, the US and online. The predecessor of Logosynthesis, *Thought Field Resolution*, was already taught in England, Russia and Switzerland.

In the first decade of Logosynthesis, admission to the training was restricted to professionals in consulting, coaching, supervision and psychotherapy. This works well: It is important that participants have sufficient emotional stability and are not seeking a substitute for the psychotherapy they might need for themselves.

Participants in Basic Training courses who had no other training in coaching or counselling seemed to be overwhelmed by the material and could contribute little when practicing in small groups. Some participants expressed the desire to separate seminars for psychotherapists and coaches. Suzanne von Blumenthal, the director of the Institut für Logosynthese® in Switzerland now offers seminars specifically for those working in psychotherapy.

Since 2009, twelve Logosynthesis Summer Academies have taken place in Bristol House, Bad Ragaz, Switzerland, in Hotel Villa Heidebad in Epe, in the Netherlands, in Haus Ebersberg in Bad Zwesten, Germany, in the Grand Hotel Terme in Riolo Terme, Italy and in Filzbach, Switzerland. The program has changed from elements of the Practitioner training and a Master Supervision program to a six-day working conference.

In 2019 the management of the Summer Academy was taken over by Mary O'Donoghue (CEO) and Suzanne von Blumenthal (CFO), while I will stay on board as the owner of the concept of the Academy and the president of that organization. You find all details of the yearly meetings under www.logosynthesis.org.

The prices for the Logosynthesis Summer Academy have been kept low to allow professionals from many countries to participate. Attendants from developing countries can make special agreements.

With the foundation of LIA, the Logosynthesis International Association, the authority for training and certification

in Logosynthesis was transferred from myself as the developer to the new organization as an independent body. A Training Committee was installed, which is focused on the content of the training, as well as a Certification Committee that takes care of certification procedures and regulations. There are four certification categories: Practitioner, Instructor, Master Practitioner and Trainer in Logosynthesis®.

In 2017, LIA decided to open the Logosynthesis Practitioner curriculum also for people from the educational professions, because many of their trainees and pupils can profit from the Logosynthesis system. In this target group it's very important that candidates are well trained and very experienced.

At this moment, full Practitioner training is available in five countries: Canada, Germany, Italy, the Netherlands and Switzerland. I offered the first series of online seminars for the certification as a Practitioner in 2019, together with Suzanne von Blumenthal, Mary O'Donoghue and Shanda Woodin. Shanda has taken over this online program in 2020, together with other colleagues.

The corona crisis of 2020 created strong limitations for live training. Many seminars and conferences had to be rescheduled or canceled without possibility for replacement. On the other hand, this development has been a strong boost for online learning in Logosynthesis. Many trainers have developed their own online programs.

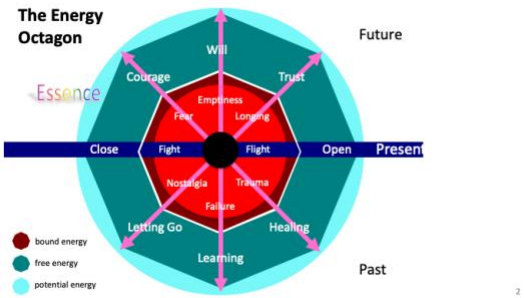
I would love to extend the opportunities for training, but to start a whole training program we need institutes with a strong network in the field of energy psychology and/or complementary medicine. If you are able to establish Logosynthesis in your country along these lines, please contact me or the Logosynthesis International Association.

Certification as a Practitioner in Logosynthesis®

Despite the simplicity and elegance of the model, it takes much time to internalize and practice the key elements of Logosynthesis on a deeper level.

The curriculum to become a Practitioner in Logosynthesis® has now reached a stable form. It consists of twelve days of training, 6 meetings of a practice group and two units of supervision, the latter individual or in a group. In a recent adaptation of the training requirements, elements of this curriculum can also be taken online.

The contents of the Practitioner curriculum have shifted focus from techniques and applications for memories, fantasies and beliefs to a coherent model for the description of fundamental life themes, for the client as well as for the professional. This model is called the Energy Octagon:



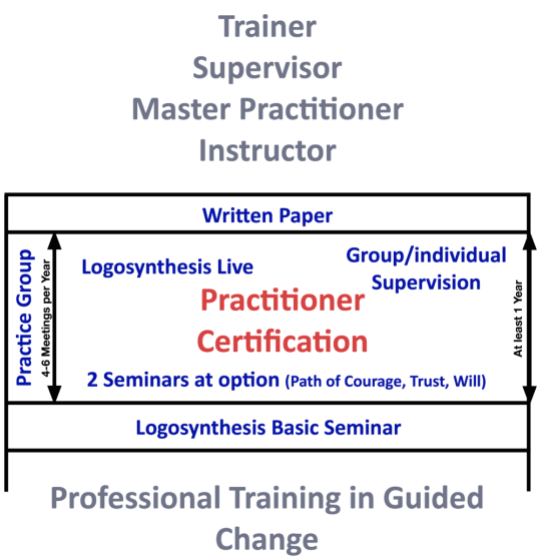
The strategy to apply Logosynthesis based on the Octagon has considerably increased the depth and the intensity of the learning process, and this curriculum creates a solid base for the competence of professionals in working from the Logosynthesis model. You'll find a description of the current Practitioner curriculum here.

First experiences with online training have shown that this way of learning is much more effective than initially thought, especially because of the requirement to read the books before entering the

training. In 2020 the Training Committee has adapted the curriculum to this new medium.

Expanding the criteria to make online training and supervision possible, in combination with live seminars, will speed up the spreading of Logosynthesis in the world: Training becomes more accessible, and it requires less resources in time, money and energy. The results of the first Logosynthesis online Basic courses and the online Practitioner curriculum programs have been very encouraging.

The following diagram shows the current certification criteria for a Practitioner in Logosynthesis® (2018):



The Practitioner program concludes with a written paper, which consists of a description of the trainee's learning process, and a case presentation in which the four principles of Logosynthesis, the seven steps of guided change and the meta-questions have been understood and are clearly recognizable. To date, LIA has certified circa 210 Practitioners in Austria, Australia, Belgium, Canada, Costa Rica, England, France, Germany, Indonesia, Ireland, Italy, Luxemburg, the Netherlands, Peru, Philippines, Slovenia, Spain, Switzerland, and the USA.

Instructor Certification

Practitioners can obtain a license as an Instructor in Logosynthesis, which enables them to teach self-coaching workshops in Logosynthesis. The most important of these workshops is an introduction to self-coaching, but there are also other workshops in this field, e.g. on health, money, procrastination, relationships, and stress.

These workshops, so-called endorsement workshops were initially offered by the Institute for Logosynthesis®. The Logosynthesis International Association has now taken over this certification and offers Instructors' workshops every 18 months, in German and English. These consist of an endorsement workshop, a one-day Instructors' meeting and endorsement workshops for additional programs.

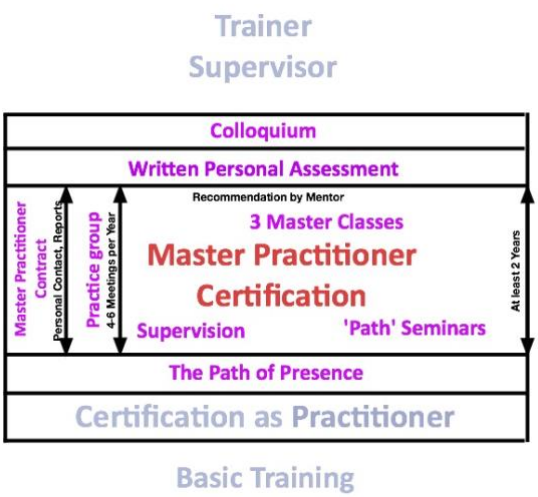
Master Practitioner in Logosynthesis®

In 2013, a provisional curriculum for an advanced certification in Logosynthesis® was designed by me, within the frame of the Institute for Logosynthesis®.

With the foundation of the Logosynthesis International Association the responsibility for this certification was also transferred to LIA.

This marked an important transition from the pioneer stage to the differentiation stage of the Logosynthesis organization and provided the independence and neutrality necessary for a professional certification process.

In 2015, a committee of the Board developed new criteria for the certification as a Master Practitioner in Logosynthesis®, which were then decided upon by the board:



Since 2009 I had presented Master Classes for Practitioners and advanced trainees. These three-day seminars expanded the base of Logosynthesis theory and broadened the scope of Logosynthesis through combinations and associations with other schools of thinking:

- *The Energy Octagon and the four Basic Perinatal Matrices* by Stanislav Grof.
- *Logosynthesis in the Quantum Field.*
- *Seven Dimensions of Power and Light*, on Logosynthesis and the chakra system.
- *Logosynthesis in the Spiral*: Logosynthesis in combination with Spiral Dynamics integral.
- *The Path of Presence* explains the fundamentals of the spiritual dimension in the Logosynthesis model.
- *The Path of Creation* explores the activation of resources.
- *The Path of the Self* as an integrated model of human life.
- *The Path into the World* on conception and the nine months in utero.
- *The Seven Deadly Sins and the Lost Paradise*, on the place of Logosynthesis between spirituality and society.

It's my intention to share my knowledge and experience with other Trainers in Logosynthesis® so that they can start teaching these Master Classes.

In the course of the development of theory and practice of Logosynthesis, elements from these Master Classes have now been integrated in the Practitioner curriculum.

In the certification procedure for the Master Practitioner in Logosynthesis, there are three different types of learning events for the Master Practitioner curriculum:

- *Master Classes* built up around a single theme, like the ones mentioned above. They last three days and teach new theory and protocols to be used for the trainees' personal work and to work with clients. Master Classes primarily support the personal development of the attendees.
- *Master Labs*, which provide opportunities for personal work with the help of the most advanced methods and techniques in Logosynthesis. A Master Lab introduces new developments in Logosynthesis. Examples are topics such as dealing with resources, such as time, money and energy or the use of Logosynthesis as a practice for one's own spiritual development. An important theme for 2020 is the development of a systematic approach to disturbed bodily processes. But there are also other possibilities, such as past life regression, or neutralizing the energy fields of ancestors and socio-energetic fields in the Matrix.
- *Working conferences* are six-day seminars with different learning opportunities in four different types of learning events. The concept is derived from the learning environment as it was developed at the ias institute in the past, which is based on the conferences held at the Tavistock Institute. The first of these conferences was held in the summer of 2016 in Epe in the Netherlands and has since resulted in the Summer Academy

structure described above. A venue for the Summer Academy needs enough conference and breakout rooms, and the whole house must be reserved for this learning event.

Some of the theme and the content of the current Master Classes were originally developed for the working conferences of the Summer Academy: *The Path of Presence*, *The Path of Creation* and *The Path of the Self*.

The first working conferences brought a wealth of experiences, which have been integrated in the design of the recent conferences. The design will be adapted every year, according to the needs of the trainees and the knowledge and skills of the staff.

Our experiences with Master Classes and Master Labs have played an important role in the development of the current Master Practitioner curriculum. Initially, Master Classes were offered by myself as the founder and developer of Logosynthesis. This is now being transitioned to Master Trainers in Logosynthesis.

Master Practitioner candidates make a contract with a mentor, who provides guidance during the curriculum. The criteria for this position have been defined in 2019. In this year, also the first exams for this certification have taken place. In 2020 it was decided that the exam can also take place online.

Trainer in Logosynthesis®

For this moment, the curriculum for the certification as a Trainer in Logosynthesis® will run parallel to the Master program. In 2017, we formulated specific requirements regarding admission criteria for the trainer curriculum and requirements focusing on the development of the basic attitude necessary to become a trainer. Then for each seminar of the Practitioner curriculum, a trainer-in-training will:

- assist in the seminar in monitoring and guiding small groups
- co-train with a Logosynthesis Trainer
- give that seminar under live supervision of a Trainer in Logosynthesis®.

After this, Trainers are licensed to give that specific seminar according to the criteria of the Logosynthesis International Association. For each trainee taught, a licensing fee is paid to LIA, of which a part goes to me as the owner and developer of the training materials.

At this moment we have 24 LIA Trainers in Logosynthesis®. Eleven are LIA Master Trainers in Logosynthesis®

The trainers are meeting regularly online to discuss the philosophy, the structure, and the content of the training.

The copyright of the training materials is still with me, and the trainers have a contract with LIA about the use of the presentations and handouts. These materials are updated regularly, based on the experience of the Trainers in Logosynthesis® and new developments.

Certified Professionals in Logosynthesis®

The Logosynthesis International Association maintains a list of all certified professionals, complete with their level of certification, on their website.

Training calendar

The Logosynthesis International Association also maintains a calendar of upcoming seminars on their website.

The State of the Art in Teaching and Training Logosynthesis

The Introductory course – 101

The Logosynthesis introductory course, also called 101, is a standardized one-day training in the basics of Logosynthesis for self-coaching. It can be given by Logosynthesis Instructors, certified Practitioners who are licensed to give this course by taking an Instructor Endorsement course or co-presenting with a certified Instructor. We now have Instructors in Austria, Canada, France, Germany, Italy, the Netherlands and Switzerland.

Open theme seminars

In 2012, first open seminars took place in Riolo Terme and Bergamo, Italy, with the themes "Coins, Apples and Roses – Logosynthesis for Wealth, Health and Love" and "The Seven deadly Sins – or Why Logosynthesis is Better than Virtue". The format proved to be a success on the way to Logosynthesis as a system for personal and spiritual development, not only for professionals in guided change. We also designed workshops on the issues of money and time, which can be taught by Logosynthesis Instructors.

Logosynthesis Online

In 2017 I presented my first Logosynthesis Online Introduction. This provided a very rich learning experience. It was followed by a second one in the beginning of 2018, and it inspired me to teach online on more subjects. Since then, I have given presentations on abundance, dissociation, countertransference, health, procrastination, socio-energetic fields, and stress.

I also offered experiential blocks on mission management, Logosynthesis Live, Logosynthesis & the Body, Lifting the Weight. In 2022, I introduce the 'Move On' Protocol in an online seminar.

Logosynthesis online supervision groups are also part of the program, as well as another Logosynthesis Online Introduction. This resulted in the first online Practitioner curriculum in 2019. This will be a great area of expansion for our Instructors and Trainers:

- The technology has become much better
- The costs for the participants are reduced, in energy, time and money
- Nobody has to travel
- Sessions can be recorded and reviewed for deeper learning.

The LIA training to become a Practitioner in Logosynthesis® can be attended completely online now.

In August 2021 the first online program has started for candidates who want to become a Master Practitioner in Logosynthesis®. The curriculum lasts two years in two contract periods and the first class will complete certification in 2023.

A group of Trainers in Logosynthesis® is taking part in this curriculum, with the aim to receive the license to offer seminars in the Master Practitioner curriculum. They meet in separate working groups and guide the other participants as mentors on the path to certification as a Master Practitioner in Logosynthesis®.

My online program

You find a complete overview of training opportunities on the LIA website.

Logosynthesis Counselling Training

Again and again we meet people who are highly motivated to practice Logosynthesis, but who do not meet the criteria to enter Logosynthesis training. In December 2017 meetings took place with Fabio Pierotti, Suzanne von Blumenthal, and other colleagues to discuss this issue.

As a result a common base for a three-year counselling training was developed, based on a combination of the Logosynthesis model with the training

curriculum previously taught at my ias institute in Bad Ragaz, Switzerland. This program is designed to be certified by counselling associations in the country in which the program is offered.

In 2020, the Swiss Institute for Logosynthesis®, led by Suzanne von Blumenthal, started a 600-hours diploma course in counseling based on the Logosynthesis philosophy, theory and methods. This creates a great opportunity for those who have not been trained in a helping profession before.

The curriculum teaches theory and methods on Logosynthesis, counseling, group dynamics, and other relevant subjects, with opportunities for practicing, supervision and personal work. Small training groups create the conditions for an intensive learning experience. The program has been recognized by the Swiss Counseling Association SGfB, and its trainees are eligible for certification as a counselor at the level of the Swiss federation.

The institute also offers a special Practitioner training curriculum for physicians, psychologists, and psychotherapists. This helps the spreading of Logosynthesis as a model for psychotherapy. A special Logosynthesis Basic course for physicians in training is a part of this plan.

In the light of the circumstances at least a part of this curriculum will be presented online.

In Italy things have taken a similar direction. Since the ideas and requirements of our concept didn't match with existing certication systems, our Trainer Fabio Pierotti designed a new professional discipline based on the Logosynthesis model: the *Essential Consultant.* This is a Logosynthesis Practitioner whose skills are recognized by Italian law and by LIA. Essential Consultants are embedded in ALI (Associazione Professionale Logosintesi Italia).

An Essential Consultant attends a three-year, 900-hours curriculum and is trained in the so-called "Essence" disciplines, of which Logosintesi is the main one, and attends continuing education seminars. They also take part in monthly practice groups with Italian or foreign colleagues, they undergo supervision, and are subjected to a code of ethics and a statute, as well a professional liability insurance to cover his activity. In Italy, Logosynthesis has now become a profession – a considerable achievement!

6. Institute and brand

Until recently, the Logosynthesis® brand, the certification procedures, the register and the website were all managed by myself within the structure of the Institute for Logosynthesis®, an independent subsidiary of the ias institute in Bad Ragaz, Switzerland. In 2012, a logo was created:

INSTITUTE FOR logosynthesis®

This logo can be adapted for different institutes and languages.

logosintesi® ITALIA

Since 2009, the trademark Logosynthesis® is protected in its national language versions in Switzerland and EU-wide. In 2012, it was also registered as a trademark in the USA and Canada.

The Logosynthesis brand may be used only in agreement with myself as the owner of the brand.

In current practice, this means that only professionals certified by LIA are allowed to use the term Logosynthesis in connection with their profession in coaching, counselling, education, and psychotherapy. Trainers may use the Logosynthesis® brand for courses recognized by the Logosynthesis International Association.

International

Logosynthesis started in Switzerland in 2005. In 2009 I founded the Institute for Logosynthesis®, together with my wife Luzia Graf Lammers.

On January 1, 2017, Suzanne von Blumenthal took over the Swiss branch of the Institute. Suzanne presents the complete Practitioner curriculum in Bad Ragaz, together with other trainers and assistants.

In Canada we have a training program in place, mainly for psychotherapists. Trish North is the managing director of Logosynthesis Canada.

In the Netherlands, the *Stichting Logosynthese Nederland* is offering a curriculum. In the years before, Frits van Kempen and Karin de Smit have been driving forces. Now a new generation of Practitioners has taken over the responsibility for spreading Logosynthesis in the country. Astrid Klein Lankhorst and Ineke Kersten have started giving training in 2015. Instructors in Logosynthesis also offer seminars on various topics, including an opportunity to 'Kijkje in de Wereld van Logosynthese'. The *Stichting Logosynthese Nederland* has its own website: www.logosynthese.nl.

In Italy, we're working mainly in the Northern part. For eight years, Andrea Fredi has been the managing director of this program. His role has been taken over by Fabio Pierotti, together with international trainers. The *Assoziazione Logosintesi Italia* has been founded in 2015. At the moment, Fabio is now working towards a new structure, which allows for a national recognition by the Italian state, to be able to offer a complete professional training program. You find all information in Italian on www.logosintesi.it.

In 2012, I presented the first Logosynthesis basic training in Brussels, Belgium with the support of Yves Wauthier-Freymann and Caroline Dubois. Caroline also gave the first Logosynthesis Basic training online. Several Practitioner seminars followed, but over the years this cooperation could not be maintained.

A new cooperation with Jean-Michel Gurret in France has led to first Basic seminars in Paris, given by Esther Borra and Sandrine Lecuyer.

At the end of 2014 a first Logosynthesis Basic was given in Jakarta, Indonesia, sponsored by Meta Morphosa Utama, a private university in Jakarta led by Denrich Suryadi and Sandi Kartasasmita. A second Basic seminar was offered in November 2015 by Shanda Woodin. Denrich and Sandi will carry the torch into the next stage.

In Slovenia and Serbia, Tina Boncina has started teaching Basic seminars in 2015.

In Ireland, Mary O'Donoghue is now licensed to give all seminars of the Practitioner curriculum. Mary also teaches seminars in Italy.

In 2020, Esther Borra traveled to Congo to teach a Logosynthesis Basic training, together with Ernst Aebi, and Christin Aannerud offered a Basic in Kenya, together with Pamela Burkhalter.

At the end of 2022, there are 24 Trainers in Logosynthesis who are licensed to offer Basic training. Names are available on the LIA website.

Mary O'Donoghue, Suzanne von Blumenthal, Pamela Burkhalter, Shanda Woodin, Astrid Klein Lankhorst, Patrizia Luize, Trish North, Esther Borra, Fabio Pierotti, Ulrike Scheuermann and Christin Aannerud. are licensed to offer the full curriculum for certification as a Practitioner in Logosynthesis®. Ulrike offers training in her institute in Berlin, in cooperation with other trainers.

We want to keep high standards for Logosynthesis training. That's why training that's not given by these trainers is not recognized by LIA. It also constitutes an illegal use of the Logosynthesis brand, with possible unpleasant consequences for those who don't play by the rules.

7. Books and publications

In 2007 I published the first Logosynthesis book: *Logosynthesis – Change through the Magic of Words*, published by our own company, ias. It was written for professionals in the field of consulting, coaching and psychotherapy, published in a limited edition of 1,000 copies. A few copies of these are left. Contact me if you like to order one.

My second Logosynthesis book was published in 2008, also by ias: *Phrases to Freedom: self-coaching with Logosynthesis.* This book was written in support of clients seeking consultation, and for self-application. The print run (in German) was 2,000 copies. It is out of print now. The English version of the book for professionals also appeared in 2008.

My presentation at the Conference on Energy Psychology in Heidelberg 2007 was released on DVD, published by Auditorium Network and now accessible at the member pages of the LIA website.

Phrases to Freedom was published in Italian in May 2009, in combination with a DVD with examples. The Italian website www.mywebtv.it has published my presentation at the conference in Riccione. In October 2009 *Worte wirken Wunder* was published in English as *Phrases to Freedom*, which is out of print now too.

In March 2010, publication in Dutch followed: *Wonderen met woorden*, by Scriptum publishers in Rotterdam. It is available in the Apple iBook store.

I replaced this first handbook for professionals, which was still based on two sentences without the meta-questions in 2014. It's available in German, English and Dutch:

- Lammers, Willem (2014). *Logosynthese. Mit Worten Heilen. Praxisbuch für Coaching, Beratung und Psychotherapie.* Freiburg im Breisgau: VAK.
- In English: Lammers, Willem (2015). *Logosynthesis. Healing with Words. A Handbook for the Healing Professions with a Preface by Dr. Fred Gallo.* CreateSpace.
- In Dutch: Lammers, Willem (2016). *Logosynthese: Woorden aan het werk. Handboek voor de helpende beroepen.*

The successor of *Phrases to Freedom* as a self-coaching book has now been published in German, Italian, English and Serbian.

- Lammers, Willem (2014). *Selbstcoaching mit Logosynthese. Blockaden auflösen, Krisen bewältigen.* München: Kösel.
- In English: Lammers, Willem (2015). *Self-Coaching with Logosynthesis. How the Power of Words Can Change Your Life.* CreateSpace.
- In Serbian: Lamers, Vilem (2016). *Logosinteza. Self self kaučing i moć reči.*

- In Italian: Lammers, Willem (2011). *Logosintesi 2.0. Guarisci le tue emozioni, I tuoi ricordi e le tue credenze.* MyLife.

Our colleague Fabio Pierotti, now a trainer, wrote the first book in Italian. This book is out of print now:

- Pierotti, Fabio (2014). *La nuova frontiera nella relazione di aiuto: Logosintesi, il Potere delle Parole.* Lucca: Ed. Essedi.

In 2016, our Trainer Laurie Weiss from Denver, Colorado, USA, published a concise guidebook for self-coaching:

- Laurie Weiss (2016). *Relieve Anxiety and Toxic Stress In Just a Few Minutes Using Only Words (Rapid Relief With Logosynthesis).*

A revised edition is now available.

Laurie's book was published in German in 2018, with a revised version in 2020:

- Laurie Weiss (2020). Angst lass nach! Weniger Stress mit wenigen Worten. Schnelle Linderung mit Logosynthese.

In Dutch:

- Laurie Weiss (2021) *Loslaten met Logosynthese. Snelle vermindering van stress door het uitspreken van woorden.* EigenZinnig.

In 2020, Laurie and I published a book about the application of Logosynthesis in the field of money:

- Weiss, Laurie & Lammers, Willem (2020) *Embrace Prosperity: Resolve Blocks to Experiencing Abundance* (Rapid Relief With Logosynthesis®).

In 2019 I published the first volume in the Logosynthesis Live series, based on case reports from my Logosynthesis practice:

- Lammers, Willem (2019). *Minute Miracles: The Practice of Logosynthesis®*. KDP.

In German:

- Lammers, Willem (2019): *Kleine Wunder. Die Praxis der Logosynthese®.* Maienfeld: ias.

In Italian:

- Lammers, Willem (2020). Piccoli Miracoli: La Pratica della Logosintesi®. Storie di Vita Reale. KDP.

In Dutch:

- Lammers, Willem (2021). *Kleine wonderen: De praktijk van Logosynthese®. Verhalen die het leven schreef.* KDP.

This was the first book in the series called *Logosynthesis Live*. In 2020, the next two volumes of this series were published in English:

- Lammers, Willem (2020). *Reclaiming Your Energy from Your Emotions: States of the Mind in Logosynthesis®.* KDP.
- Lammers, Willem (2020): *Sparks at Dawn: Awakening with Logosynthesis®. Reflections on the Journey*. KDP.

The year 2020 created unexpected opportunities for writing, so I was able to write a completely new, compact introduction to Logosynthesis.

In English:

- Lammers, Willem (2020). *Discover Logosynthesis®: The Power of Words in Healing and Development* (Logosynthesis Light, Vol. 1). KDP.

In German:

- Willem Lammers (2020). *Das kleine Buch der Logosynthese®. Die Macht der Worte in Heilung und Entwicklung* (Logosynthese Leicht, Band 1).

This book will appear in French and Italian in 2022.

In 2021 I published the fourth book in the *Logosynthesis Live* series, together with Raya Williams from the UK:

Lammers, Willem (2021). *Alone to Alive. Logosynthesis® and the Energy of Beliefs.* KDP.

Cathy Caswell from Canada published her own experience with Logosynthesis, presenting an overview of Logosynthesis in everyday terms in two books:

- Logosynthesis: *Enjoying Life More Fully: Recharge. Revitalize. Reconnect.* Balboa Press.
- Caswell, Cathy (2020). *Thriving In Our Times: From Reactions To Action Using Logosynthesis®*.

Karsten Blauel and Mathias Egger published the first book about Logosynthesis in education:

- Egger, Mathias & Blauel, Karsten (2020). *Stressfrei in Schule und Studium: Anwendung der Logosynthese® in Pädagogik und Lernbegleitung.*
- Egger, Mathias & Blauel, Karsten (2022). Stressfrei in Beruf und Lebensalltag: Anwendung der Logosynthese® in der Persönlichkeitsentwicklung

Ulrike Scheuermann published two books in German with important references to Logosynthesis:

- Scheuermann, Ulrike (2016): *Innerlich frei – Was wir gewinnen, wenn wir unsere ungeliebten Seiten annehmen.* Knaur, Argon Hörbuch
- Scheuermann, Ulrike (2020). *SELF CARE - Du bist wertvoll: Das Selbstfürsorge-Programm.*

Books from the community:

- Stilp-Weiss, Sigrid (2020). Seelenbalsam: Handbuch für herausfordernde Situationen.
- Myriam Nordemann published *Willy et les petitis monstres* / *Willy e I piccolo mostri*, a children's book which uses the Logosynthesis sentences for scary monsters. The book offers beautiful illustrations by a member of the Logosynthesis community, Christian del Grosso. It is available in Italian, French, English & German.
- Jannie Douma also published her first book: *Klaar met piekeren*. And in January 2023, launched 'Kanker Kansen' (Cancer Opportunities) with important reference to Logosynthesis. An English version is forthcoming.

More books in the pipeline:

- Suzanne von Blumenthal is working on a book with contributions from people who have been treated with Logosynthesis successfully for a broad range of symptoms, like speech blockage, anorexia, multiple fears, Covid-19 and its effects, traumas and accidents, burnout crises, and after acute psychotic phases.
- My plans as an author include a book on Logosynthesis and the body in the "Logosynthesis Live" series, a book on procrastination in the "Logosynthesis Light" series, and more translations of existing books in other languages.

2022 has been a very encouraging year for Logosynthesis publications, with important contributions from the community.

The Logosynthesis International Association will support translation and publishing in other languages in every possible way, albeit with limited financial resources. If you have ideas for publication in your country, or if you want

to translate books in your language, please contact me.

Journal articles and other media

In addition to the Logosynthesis books, some articles and videos related to Logosynthesis have been published: in the *ACEP Journal*, the journal *Management Seminare*, and coaching magazines in the Netherlands. A choice of publications related to Logosynthesis:

- Fredi, Andrea (2015). Logosintesi: ovvero come aiutarsi con le parole: http://www.scienzaeconoscenza.it/articolo/logosintesi-come-aiutarsi-con-le-parole.
- Kersten, Ineke (2016). De methode Logosynthese om trauma te verwerken. Psychosociaal Digitaal, November 2016, nummer 2.
- Kersten, Ineke (2015). *The Logosynthesis Method for Processing Fear and Trauma*
- Suzanne von Blumentahl: *How Words ChangeTraumatic Experiences* Presented at ESTD Conference 2017, Bern Switzerland
- Isler, Philipe (2014) *Logosynthesis®: Energy Healing with Words;* The International Journal of Healing and Caring Vol 14; No 1 January 2014.
- Isler, Philipe (2017) *Treating 'Frozen' Latent Fantasies in Trauma Therapy* (The Energy Field, February 2017)
- A number of surveys were conducted by Cathy Caswell (The Healthy Living Plan) to gain a better understanding of results when working with Logosynthesis. The survey summaries are in the links:
    - *Logosynthesis for use in professional self-care* (2020)
    - *Logosynthesis as a Preferred Treatment for Anxiety, Depression and PTSD* (2017)
    - *A comparison between Logosynthesis® and Cognitive Behaviour Therapy (CBT)* (2018)
    - *Assessing the effects of the Coping with Corona Video* (2020)
- Cathy Caswell's blog: http://thehealthylivingplan.com/. The aim of this blog is to highlight how Logosynthesis supports an integrated approach to healthy living at an energetic level and share the work of professionals using this model
- BizCatalyst 360: Cathy Caswell is a featured contributor to write about Logosynthesis from a leadership perspective.
- The Logosynthesis blog: https://logosynthesis.tumblr.com/ This blog contains Facebook posts on theory, philosophy, applications and methods of Logosynthesis. The function of this blog has been taken over by the Logosynthesis Facebook group, but the content is still accessible.
- An interview of Suzy Singh with Willem Lammers on the issue of the wounded healer: https://www.lifepositive.com/the-wounded-healer/.
- Ulrike Scheuermann in a conversation with Willem Lammers on "Erfüllung": https://youtu.be/7yQrRqeXurE.
- Von Blumenthal, Suzanne (2016). Logosynthese in der Behandlung von Angststörungen. Ängste durch Sprache einfach auflösen. Neurologie & Psychiatrie 2/16, S. 44-46.

- An interview with Sebastiaan van der Schrier on Logosynthesis and anxiety is available under http://social-anxiety-solutions.com/willem.
- An interview with Jean Michel Gurret about Logosynthesis: https://www.youtube.com/watch?v=yKUv4m5GSTs
- An podcast interview with Allen O'Donoghue on motivation: https://cacoaching.libsyn.com/motivation-interview-series-4-ep-5-willem-lammers.
- Cathy Caswell discusses Logosynthesis in a CTV News interview with Marie Adsett (2018)

If you have written an article or produced a video, which doesn't appear in this list, or if you want to share your experiences in an article or a book, please contact me if you need support or wish to cooperate.

8. Social media, websites & apps

Social media

After experimenting with Yahoogroups, XING and LinkedIn, we have stayed mainly with Facebook to share knowledge and experience. There are Logosynthesis Facebook groups in many languages:

- Logosynthesis
- Logosynthese
- Logosintesi
- Logosynthese Nederlands
- Logosynthèse
- Logosynteza
- Logosynthesis Greece
- Logosynthesis Indonesia
- Logosynthèse Luxembourg.

Apart from language groups for languages and countries, there are also focus groups, e.g. on Logosynthesis with children, Logosynthesis with animals, or for participants of Logosynthesis training events.

The international group *Logosynthesis* is the largest and most active group, with 1917 members on December 29, 2020.

YouTube channel

My YouTube channel The Origin of Logosynthesis® offers a growing number of video demonstrations and interviews in different languages for a general audience. The corona crisis in 2020 inspired me to create a special video for coping with corona. Our colleague Alan Rojas Yacolca from Peru created editions in 12 languages (!) with the help of many members from the Logosynthesis community: a great achievement! The playlist is available on our YouTube channel.

Members of the Logosynthesis International Association can access videos on a more complex level in the login section of the website of the Logosynthesis International Association. New videos are added regularly.

Thriving in Our Times Using Logosynthesis is a YouTube playlist where Cathy Caswell interviews professionals in the Logosynthesis community about why and how they work with the model.

The Healthy Living Plan YouTube Channel is dedicated to topics related to Logosynthesis and offers guided videos to try the method. It includes presentations from Logosynthesis Days in 2021, 2022 and 2023. It also interviews with the trainers about the Logosynthesis Summer Academy.

Websites

General information about Logosynthesis, training, certification, and service providers is offered on the website of the Logosynthesis International Association: http://www.logosynthesis.international.

This website is accessible in English, German and French. Other languages will follow.

My own website www.logosynthesis.net contains information about my program with relevant links to the LIA website.

The URL www.logosynthese.ch is the official web address of the Swiss Institute for Logosynthesis®, led by Suzanne von Blumenthal MD.

The URL www.logosynthesis.ca is dedicated to Logosynthesis Canada. It is managed by Shanda Woodin, who offers an online curriculum for certification as a Practitioner in Logosynthesis®.

The URL https://www.logosynthese.nl/ is dedicated to the *Stichting Logosynthese Nederland*

The URL http://logosintesi.it/ is dedicated to *Assoziazione Logosintesi Italia*

Apps

'Essence: Unlock Potential': In late 2021, Cathy Caswell launched the app on the App Store and Google Play. The app introduces Logosynthesis as a healthy lifestyle practice to unlock potential without staying stuck in stressful patterns. Guided videos and real-life examples are designed to help you get comfortable using Logosynthesis and integrate it you're your routines. The app directs individuals to address deeper issues with Practitioners in Logosynthesis® and to pursue further training for professional certification, providing links to LIA website pages.

9. The Association

In 2013 a concept for an International association was developed. It became more and more important to build up a non-profit educational organization, independent from local institutes and from myself as a person.

In 2014 the *Logosynthesis International Association* was founded as a non-profit educational association. This association has taken over many tasks from the original Institute for Logosynthesis® and is now responsible for the certification of Practitioner, Master Practitioners, Instructors and Trainers in Logosynthesis. It offers services to these professionals and to a general audience.

The first Board of Directors, consisting of Ernst Aebi (chair), Esther Borra, Suzanne von Blumenthal, Luzia Graf Lammers, Sigrid Stilp and myself was installed in 2013. In July 2014 and 2015, at the occasion of the Logosynthesis Summer Academy, first board meetings in English took place.

The Board of Directors at the time of this paper consists of Christin Aannerud, Ernst Aebi, Suzanne von Blumenthal, Monika Koller Schinca, Willem Lammers. Rita Meier is currently LIA's business manager.

The Association operates from Switzerland and is based on Swiss law. Local training providers or associations now have contracts with the Association about the rights to use the Logosynthesis brand and the licensing of training materials.

The first LIA logo was an adaptation of the original logo of the institute, designed by Slavisa Dujkovic:

INTERNATIONAL ASSOCIATION logosynthesis®

In March 2016, LIA presented its own logo and website to emphasize the independence of the association and the institute.

In only a few years, LIA has become a key institution in the Logosynthesis community. The website www.logosynthesis.international contains information for anybody interested in Logosynthesis – in different languages. The certification process has become standardized, and a code of ethics was established. The different functions and membership categories are represented in the following diagram, designed by graphics designer Ian Dennis:

Since LIA was founded, the Practitioner certification was transferred from my institute to the association, criteria for the Master Practitioner certification were developed and implemented, with a grandfathering procedure for those who have been involved for a long time. In 2017 a certification procedure for Logosynthesis trainers was developed and a code of ethics defined. A new procedure for the certification of Master Practitioners in Logosynthesis® was installed in 2019, and first certifications have taken place based on this new procedure. Also, a committee on ethics and professional practice was installed.

Plans are in place to further develop the LIA Board in 2023 to better reflect the international scope of membership. Stay tuned.

10. Research

At the moment this is still a very short chapter, but research can become an important subject in the years to come. Research should be done on the effects of Logosynthesis as an evidence-based system of guided change. This could support the spreading of Logosynthesis in the world. In 2015 a first trial to make its effects visible in an MRI pilot study took place, but its results were not clear enough to continue the project. In 2016, preliminary discussions about a research strategy for LIA have started.

Dr. Suzanne von Blumenthal is planning to investigate clinical applications, studying the change of the autonomic nervous system before and after the intervention with Logosynthesis is to be examined based on measurements of heart rate variability (HRV). This requires good planning and also financial resources, so that depending on time and human resources, the results can be expected in 2-3 years.

In 2022, Suzanne von Blumenthal presented a poster of the results of a pilot study to the Swiss Congress of Psychiatry and Pyschotherapy titled: 'The Effectiveness of Logosynthesis: New Methods in In tegrative Psychotherapy'. A summary can be downloaded here.

11. Current issues

Philosophy

Logosynthesis is a work in progress. It's impressive what has happened since 2005, but the work doesn't stop here. It's important to make our work accessible for ever more people, with the help of books, seminars, postings and publication.

It will be important how Logosynthesis will enter the mainstream. On the one hand, the spiritual dimension becomes important for more and more people, and that can open a door for our work.

On the other hand, it must be emphasized that people don't need to assume that dimension as long as they're willing to accept that there is a big unknown why these methods work so gently and effectively.

The energy concept in Logosynthesis is not really separable from information, consciousness or intention. It's the big causal principle of the universe.

We don't know if this is really true. We assume it, but we can't prove it. Our energy model is just one possible metaphor to describe and understand this principle, and metaphors are instruments to teach the mind about what's difficult to understand otherwise.

You don't need to use that metaphor or even believe it. We can just behave as if this would exist, but maybe there is also another explanation. As long as you know how to drive you can start a car and hit the road without ever knowing how the car works. Similarly, you can use a light switch even if you have no clue about electricity.

Treatment

There is a need for case descriptions and case studies, to illustrate the bandwidth of the application of the Logosynthesis model. Over the years, I have written hundreds of Facebook posts, which Lara Cardona Morisset compiled and which I transformed into books.

A part of these case examples can be accessed on the websites of LIA and The Origin of Logosynthesis®.

12. The community

The Logosynthesis community has expanded slowly but steadily. This is visible in the numbers of books sold, courses taught, and the membership of our Facebook groups. Many members contribute real-life examples of their personal work and their work with clients in the Facebook group, demonstrating what is possible with this model.

LIA, the Logosynthesis International Association, has only a small budget, but does a lot of work in creating and maintaining information on the website, developing and applying professional certification procedures, and keeping a list of certified professionals. LIA is almost completely built on voluntary activities from Board members and many other people.

We see it in the activity of other members working together to get things done. New authors appear on the market with new Logosynthesis books, others are working on book translations in ever more languages, they support each other in online practice groups and individual sessions, the Facebook community support family members who are ill or need to undergo surgery with the help of Logosynthesis.

Trainers have been working for free in developmental countries, their flight tickets financed by others from the community.

A beautiful example of the cooperation in the community is the corona video. After I developed it, a large group of colleagues and friends became active in the translation, the speaking and the technicalities of transferring it in 12 languages, still counting. These videos can be accessed in a playlist on YouTube.

I also enjoyed the initiative for a Logosynthesis® Day, an online conference that took place for the first time on January 11, 2021 at the occasion of Logosynthesis' 16th birthday. It was planned and organized by Cathy Caswell from Canada and Alan Rojas Yacolca from Peru, with contributions from many other Practitioners and Trainers in Logosynthesis®. Logosynthesis® Day is now planned as a yearly event. In 2022, Monika Koller Schinca of Switzerland joined the organizing committee, representing LIA. Guided exercises, live demos and real-life case studies offered a valuable learning experience. Video recordings are available all events on YouTube: https://www.youtube.com/@thehealthylivingplan

In March 2021, the Logosynthese Symposium was offered online in German and chaired by Monika Koller Schinca on behalf of the Logosynthesis International Association. The Logosynthese Symposium was offered as a hybrid of in-person (Zurich) and online for 2022, offering a great opportunity for professionals to come together to learn and share.

13. On my own behalf

Since that life-changing Tuesday, January 11, 2005, I've been working continuously on the development of the Logosynthesis, not only on the philosophy, the theory, the methods and the didactics, but also on the organizational, institutional and legal level.

Until the foundation of the Logosynthesis International Association, I was responsible for many developmental and institutional tasks in the world of Logosynthesis. In the pioneering stage of an organization that's normal, but in a growing community it becomes necessary to differentiate: A single person or couple cannot manage all those tasks, and some of these are not compatible in the long run, like the combination of offering training and certification.

The responsibility for the development and application of criteria for training and certification has now been completely handed over to LIA. I'm still a member of the Board with the development of Logosynthesis as a focus, and I'm participating in the meetings of the LIA Training Committee.

The Logosynthesis International Association has made agreements with me about the use of the Logosynthesis® brand and the copyright of the training materials developed by myself. The brand may only be used by LIA members for the certification level they have achieved.

This is not a matter of fact. We have already seen several interesting, as well as annoying attempts at plain plagiarism of Logosynthesis theory and techniques, even under another name. It's sad that such attempts come from people who have once been part of the Logosynthesis community, but it probably belongs to growth that there are also splits. Luckily, we've been able to avoid legal action, although I must be clear that this cannot always be avoided.

We've also seen announcements for Logosynthesis training workshops for professionals, which were unauthorized by LIA. It will be clear that this is not acceptable and that we will protect our legal rights. I feel a strong obligation towards those who took the long, tedious path to professional training and certification in Logosynthesis.

A very important transition took place on January 1, 2017: On that date Suzanne von Blumenthal MD took over the Swiss branch of the Institute for Logosynthesis®, including its premises in Bristol House in

Bad Ragaz and the website www.logosynthese.ch. I'm really glad to have found such an engaged and competent successor.

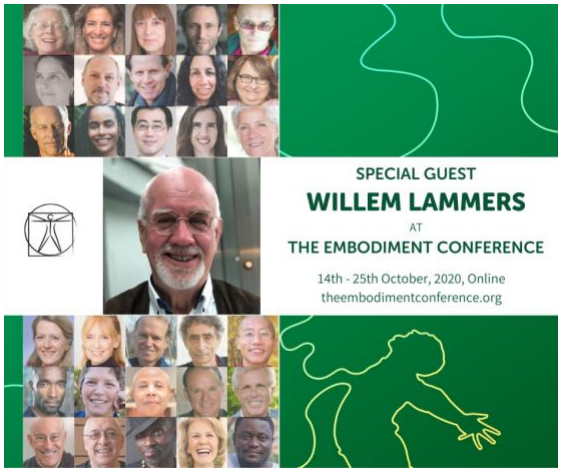
On May 5, 2018, I received the ACEP award of the Association for Comprehensive Energy Psychology 'for a major contribution to the field of energy psychology'. This is quite an honor, because ACEP is the largest professional organization in the field, and I am deeply moved by this sign of respect for my work through the years. Even more important: It means that Logosynthesis is now recognized as a model for theory and practice in this rapidly expanding field.

It was also a great honor to present the closing keynote at CAIET's 2019 conference in Vancouver BC.

I wrote in the 2019 edition of this paper that I'd focus more on writing, but I hadn't expected that 2020 would be so creative and productive, for a reason that disrupted the world: the corona virus pandemic. Most of my training activities were canceled: no workshops and conferences in Arrecife, Baltimore, Berlin, Manchester, and Riolo Terme.

That created the space to write three new books, co-author the book on abundance with Laurie Weiss mentioned above, and publish four books as translations of the original publication in German or English. Since 2021 didn't allow for any travel plans, more publications followed in that year, and still more can be expected. It's also my intention to get the books published in more languages. A beautiful cooperation developed in the community with people from different countries.

In 2020 I was also invited as a guest in several online programs, like The Embodiment Conference…



… and a delightful interview with Kris Ferraro at the occasion of the Energy & Healing Summit of the Shift Network.

Allen O'Donoghue interviewed me about motivation, in which he elicited much of the story of my life.

More invitations came in from different countries while I was working on this year's edition of this paper.

The online curriculum for certification as a Master Practitioner in Logosynthesis® will continue this year and will welcome new members in August 2022. This is a two-year program for certified Practitioners.

The Origin of Logosynthesis® is my brand for these activities, with the mail address info@logosynthesis.net and the website www.logosynthesis.net.

The logo has been designed by Slavisa Dujkovic.

You can find my online program under www.logosynthesis.net/online and my live events under www.logosynthesis.net/live.

In 2023, I will further reduce my teaching and training activities to a number of Master Classes and Master Labs, as well as the training program for Master Practitioners and Trainers in Logosynthesis®, to create more time and energy for writing.

14. A summary

For Logosynthesis® Day on January 11, 2022, I wrote the following summary of the state of the art of Logosynthesis:

The state, part 1: the past

17 years ago, I was living in a completely different world, and you, too. Logosynthesis didn't exist, and nothing like it. Nothing. Rien. Niente. Nix. Nada. Imagine life without this for a moment. I can't.

When I discovered the first principles of Logosynthesis on that memorable Tuesday in January 2005, I had been searching all my life. I had run a private practice and a training institute for many years, and I was also interested in the spiritual realm, but spirituality and psychology had never come so close together before that day.

It was like the situation of Lenore, my first Logosynthesis client. One knowing part of me was observing another part that struggled daily to find the best solutions for the problems of my clients. These two parts were disconnected.

Lenore experienced being split, one part standing beside her shoes, and another part that tried to guide her body from another place. At the end of that session, she had become one person again.

My session with Lenore provided an insight how things could fit together. Then years of exploration followed. I discovered all the important principles behind the first experiences in my practice. I was able to integrate everything I learned in one coherent model, based on energy, Essence, the Matrix, and the Self. Logosynthesis has become a model, with a philosophy, an attitude, a set of concepts, integrated in a theoretical framework, and a series of protocols to resolve frozen energy patterns.

The philosophy states that you are Essence, a spark of the Divine that enters the Earth Life System, the Matrix, with a mission. Each human being has a purpose in life, to learn, to teach, to serve, to lead, to support, or to create. The Matrix is the environment you've chosen for that purpose, with a special corner just for you.

Logosynthesis theory is based on basic assumptions:

- that we are energy,
- that energy can vibrate on different frequencies,
- that energy belongs to a being or an object,
- and that words move energy.

The methods of Logosynthesis consist of a series of protocols to get energy moving through the power of words. The most important of these protocols is the Basic Procedure, which in now in use across the world, with translations in 27 languages. We also use other techniques like mapping and timelines, as well highly sophisticated

forms to focus and activate the power of words. My new book on beliefs shows a lot of those protocols.

In the application of the Logosynthesis, many of its concepts and methods have focused on healing, removing blocks to restore the flow of life energy. We developed ways to understand and resolve disturbing memories, negative fantasies, and limiting beliefs.

I published my first book on Logosynthesis in 2007. Since then, I have published many more titles, and I'm very glad that also other authors have lit their torches and published their own books:

Cathy Caswell wrote two books for an audience of interested lay people, Laurie Weiss has published an easy introduction to the field and a book on abundance, together with me,

Karsten Blauel & Matthias Egger wrote on Logosynthesis in education, Myriam Nordemann made a book for parents and children, and Fabio Pierotti published a handbook in Italian.

Other people are including Logosynthesis in their books about related subjects, like Ulrike Scheuermann, Jannie Douma, Tina Bončina, and Mindi Kessler.

We have also built a library of dozens of videos on YouTube and on the LIA website.

That's not all. We have designed and developed a coherent training system on different levels—for professionals in psychotherapy, counseling, coaching, and education. We now have Practitioners, Instructors, Master Practitioners, and Trainers.

Originally, I have designed this training structure and content. In 2014, the responsibility for the programs was transferred to the training and certification committees of LIA, the Logosynthesis International Association.

Initially, trainees could attend courses only in onsite seminars. In the past few years, a broad online program has come up, which means that professionals from around the world can attend training and be certified online.

In August 2021, we have started a 2-year Master Practitioner curriculum online, with a completely new concept that is designed to stimulate the process of the trainees on many levels. This M21 program now serves 21 Practitioners and 8 Trainers to reach their next level of certification. New members are admitted each year in August. They commit to participate for one year or for the full two years of the program.

Some trainers have installed sophisticated technology and offer seminars with onsite and online access. This reduces the necessity of travel—with reduced costs and less carbon dioxide pollution.

The state, part 2: the present

Today, January 11, 2022, we have been working to build this all up for 17 years, and we can be proud.

In the present, we're doing well. We have a community of thousands of people, an active association, we're certifying professionals on different levels, and many people are in training towards one of these certifications. We have active social media groups in many languages and regions, on Facebook and LinkedIn. Many people are initiating new projects, from Georgia in Eastern Europe to the US, from Peru to Morocco.

The present is a time of transition, even of transformation. It's also a time of concern. The pandemic has changed our lives to a level no one could have imagined a few years ago. Individuals, groups, and governments must come to terms with this development. Our future hast lost its predictability. New mutations of the virus

are spreading, shattering expectations, making people sick, filling intensive care units, and killing people around the world.

The responsible scientists and authorities must find answers to questions never asked before, critically observed and judged by different groups with different intentions. Another, even more disruptive phenomenon is climate change, with an increasing track record of death and disaster in all parts of the world.

If we want to further develop the Logosynthesis model and its methods, we cannot withdraw in an ivory tower of people who love and understand each other. We cannot ignore these disruptions of the Matrix we're living in. Too many people are disoriented, activated by the insecurity of this new world. We are all overwhelmed by what's going on in the world, and that's why it's important to think about Logosynthesis in the future. That's part 3 of the state-of-the-art of Logosynthesis.

The state, part 3: the future

I'm used to saying that Logosynthesis is a model for healing and development. We have done a great job regarding healing. We have a deep understanding and a solid set of methods to address disturbing memories, anxiety-provoking fantasies, and limiting beliefs. We can say we're quite successful in the field of healing. We can work with trauma and fear, with guilt, shame, grief, and despair. We know how to train people in the working alliance, the theory and the methods, and people can also learn to use the system for their own issues.

It's my impression that Logosynthesis as a healing system has reached a point that it is now easily understood and can be used for a wide variety of states and symptoms. We have a body of knowledge and experience that can be used in daily practice. Colleagues can be trained in the system, and specialists in different fields will continue to publish their experience.

A next step is to set up research projects. That's a challenge. Most of our professional members are working on their own in a small practice, as coaches, counselors, and psychotherapists. Few of them are trained in research and methodology and have the necessary connections with the scientific world.

Research is an important issue on our list. I have worked in scientific research for a few years, in my first job at the Free University of Amsterdam and later in a doctorate project.

I know enough about research to know that I don't know anything, so my contribution won't be substantial. I'm very happy that some people have started research projects. Last month I was asked to comment on a master's thesis, and I'm thrilled that there is even a plan for a first doctoral dissertation in the field.

In Logosynthesis, we assume that human beings are more than bodies and minds, and that words have a power to create reality. This philosophy goes beyond the rational understanding of healing, especially beyond the way this is represented by cognitive and behavioral therapy models.

I want to appeal to all members of our community to use their connections with the academic world to strengthen the scientific base of Logosynthesis in what we call the Matrix.

I expect that the number of Practitioners and Trainers will increase in the years to come, and that also means that more people can enjoy the benefits of Logosynthesis in their personal healing and development.

Personally, I have transferred many of my previous activities to competent colleagues in the community. In that way I have created a space for what I consider my two most important tasks of this moment:

1. The training of Master Practitioners and Master Trainers
2. The development of the Logosynthesis system for healing and development.

My educational task at the Master level will be finished mid 2023, when eight new Master Trainers on the path to certification. They will play a key role in the future training of Logosynthesis professionals. The final responsibility for that program will be in my hands for a longer period.

Since its beginning in 2005 the emphasis in Logosynthesis has been on healing. That's not a surprise: I come from a psychotherapy background, and many colleagues from the first generation of Practitioners also come from that field.

Regarding the development of the Logosynthesis model I have noticed a shift in my own emphasis: from healing to development. My book "Sparks at Dawn" provided ideas about healing at the deepest level, and my new book on beliefs marks the transition from a focus on limitations to a focus on expansion of human potential, to encourage people to step out into the world and to fulfil their mission.

This subject has fascinated me for a while. It is where Logosynthesis becomes an art, and where human beings become artists. The Path of Courage has been a part of our Practitioner curriculum for many years now, and the time has come to explore how courage can increase.

We have now talked about the state of Logosynthesis in the past, the present, and the future. Now it's time to talk about how Logosynthesis can be an art, and how we can use it to bring out the artist in us.

'On Shoulders of Giants'

For Logosynthesis Day 2023, I offered two presentations. '7 Books in 7 Minutes' offers a one-minute overview of each book and collectively it offers a comprehensive overview of the scope of Logosynthesis. I also presented 'On Shoulders of Giants' to highlight the many greats who contributed to my discovery of Logosynthesis. Both presentations can be found on the Logosynthesis Day 2023 Playlist (found here).

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