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What is the purpose of these courses?

The purpose of these seminars is to shift the cultural patterns and attitudes that condition us to accept and to endure lack, suffering and disease in our lives and to transform them into life-enhancing programs of love, abundance and health. They cover a broad spectrum of topics: health problems, mental strains, relationship issues, conflicts within your job, difficult life circumstances, or a general sense of not being able to enjoy life.

These seminars focus on the restrictive cultural patterns that we have learned from our families and through the media. These patterns prevent us recognising, unfolding and living

our full potential. The more we become conscious of them, the more we can free up the energy that is tied up in these structures and we can use this energy for our own purposes.

What is behind it?

During the last 30 years I have developed a toolbox that allows me to identify the underlying conditions and structures of difficult life issues and to come up with adequate solutions. The toolbox is based on: psychoanalytic knowledge of unconscious factors that determine our behaviour; systemic knowledge about the influence of family structures, cultural values and social conditions; neurophysiological knowledge of brain structures and brain waves; and Eastern knowledge (Chinese and Ayurvedic medicine) of energy patterns and energy refinement.

For the structure of the sessions, I use the Holographic Repatterning developed by Chloe Wordsworth and work with inner images and a broad spectrum of healing modalities. These include: physical components (movement and breath), energetic and emotional components (work with colour, sound and energy circulation patterns, harmonising elements and meridians), mental components (affirmations and visualisations) and spiritual components (meditation, symbolic language and inner images). You can find more information on the background and procedure of this work in my book: Growing through Joy, Findhorn Press 1999. You can order this book directly from me for half price (£ 4.00, plus postage). For more information, [click here](#)

How does such a seminar work?

Each seminar follows a similar rhythm.

The first two or three sessions lay the ground for the theme. The focus is on goals, responsibility and the acknowledgement of needs and strengths.

The middle sessions go to the core issues of the theme. These may be difficult life events such as death, separations or accidents, old hurts and wounds, or experiences that you have forgotten. (Depending on how difficult the past issues were and how deeply you 'forgot' them, your response may vary in intensity.)

The purpose of the last session is to integrate this deep-reaching work and to make it part of your daily life. We will deal with: unfinished business; how to focus your energy on your goals; and how to establish a supportive, integrative exercise practice for your daily life.

How do negative patterns change?

There are three important ingredients that help negative patterns to shift.

1. The sessions bring into consciousness all the factors that underlie your problems and questions. If we become conscious of earlier experiences, energy constrictions, beliefs, attitudes and feelings that keep the problem in place, a shift begins to take place and we can see new ways to deal with old issues. Through your personal work (reading the reports and digesting the information) you will strengthen the positive effects of the sessions.

2. I use energy modalities to shift the resonance with life-depleting patterns. These modalities for self-healing span a broad range, including: the frequencies of sound and colour,

movement, breathing techniques or visualisations. You may be familiar with the experience of exercising for an hour and suddenly finding the solution to a pressing problem. The advantage of my toolbox is that I can precisely identify what kind of activity produces the best result.

3. A summary of each session will be sent out each week, together with instructions for constructive solutions, which will help you integrate these changes into your daily life. The work you will be doing will address all levels, from the physical to the spiritual. For the physical level, you may receive recommendations for movement and breathing techniques. For the emotional level, you may find suggestions about how to nurture yourself. For the social level, add you may learn how to clear or improve relationships. For the mental level, you may find out how to change limiting beliefs or how to visualise your goals and to follow them through. For the spiritual level, you can work with colour and sound. The suggestions will vary depending on the theme and underlying issues.

By applying these suggestions on a continual basis, you can anchor new perspectives, attitudes, feelings and behaviours. Old programmes will become weaker and ultimately dissolve. This process happens step by step. You will need a series of sessions that are offered within the framework of the seminars.

What are the experiences of participants so far?

More than 90% of the participants of the 14 seminars that have taken place felt enriched by this work. The participants reported many improvements in all areas of their lives, from self-worth, health, friends, to intimate relationships, career, money and living with more fun and joy. They felt clearer, happier, more stable and more relaxed and optimistic after participating in these seminars. Old problems faded away, old patterns appeared in a new light and new possibilities issues opened up.

If you would like to read some testimonies of participants, [click here](#)

Are these seminars good for everybody?

The distance seminars do not replace therapy. They are best suited for people who have some experience in working with themselves and are able to apply the insights and practical hands-on-instructions of the session to their daily life.

Questions about the sessions

How does a session work?

The sessions take place on Tuesday mornings. Out of a list of positive intentions (that I have identified before the beginning of the course) I choose the theme that best fits the process of the group. You will find a range of themes in each program.

Using Holographic work manuals I identify problems and their underlying structures. The work manuals address a broad spectrum of life issues, energetic processes and organismic responses. I use a muscle-checking procedure to identify important aspects for that session.

Each participant then receives a report. The report contains the theme, a summary of the background, a detailed analysis of the underlying structures and instructions for constructive solutions. These instructions come out of the content and course of the session.

How do you know what is important?

I believe that we manifest on the outer what is there on the inner; and this is the case if we deal with positive intentions, negative expectations or unresolved conflicts. If we resonate with negative feelings and beliefs, we will most likely create situations that confirm those feelings and beliefs. If we shift ourselves out of these frequencies (and that is what this process is all about) and start to resonate with positive feelings and beliefs, we have a better chance of bringing good things into our lives.

The process of manifestation happens through the mechanism of resonance. The term 'resonance' means that we vibrate on the same wave frequency as things, people, beliefs, feelings etc. All these states can be measured by physics in cycles per seconds.

One way to monitor the resonance is through a muscle-checking biofeedback system. You use the strength or weakness of the muscular system, or a specific muscle in response to a verbal or non-verbal stimulus, to access the data bank. You can try this yourself: gently press down on a friend's outstretched arm while you appreciate him or her. You will notice that the arm stays strong. Use the same gentle push while you put him or her down, and the arm will get weak and go downward.

I check the resonance on three levels:

General means that our whole body-mind system resonates or does not resonate with a statement.

Umbilical means that the resonance is held in the deeper levels of the unconscious. This occurs when we create a counter wave that neutralises the original wave so that we are no longer aware of our original belief. This is the same process used to neutralise noise when engineers create a counter frequency that removes the sound but not the effect of the noise. You can read it for yourself as: There is no energy to do the positive statement or a lot of energy to stick to the negative one, even if you are not aware of it.

Specific means that the resonance is held in a specific part of the body-mind system.

Do you address each participant separately?

No. I work with the energy field created by all of the participants. This is possible because the focus of the sessions is on the cultural patterns that we all share and that make up a big part of our personality.

I attune to this energy field at the beginning of each session to identify the important aspects for everyone. Each participant then applies the insights of the session to their personal situation. I provide help and instructions through three modalities: the instructions for constructive solutions in the reports; the forum and Chat room; and through email if there is very personal question.

Do I need to do something during the time of the sessions?

No. You can follow your normal daily routine during the time of the sessions. The sessions unfold their power on an energetic level. It is important for you to know that the sessions usually happen on Tuesday mornings, in case you begin to feel differently. If you have an email connection, you will receive the report of the session the same day. Regular mail will arrive one or two days later.

What are the possible reactions that I need to be aware of?

Reactions may differ considerably.

Some feel relieved after a session and experience an immediate increase in vitality. Others need time to work through old programmes. Before old patterns disappear, they are often very strong. At such times, you may feel vulnerable or have wild dreams.

Sometimes you will notice the effect of a session right away; sometimes the effect is more subtle, and you may only notice it if you look back at your notes or the questionnaire to see what has changed. Some people are sensitive to energetic vibrations and notice changes even during the session; others only notice changes when they see the manifested form. In such cases, you need to be aware that there is a time gap between the sessions and the effect and this may make it difficult to link the two.

Each organism needs a time of adaptation to a higher energy level. For some people, the increase in vitality feels threatening. Some people hang on to mechanisms that burn out their circuits so that they return to the familiar low energy state. Popular mechanisms are over-eating, alcohol, cigarettes, compulsive actions, consumerism, television and computer games.

In time, you will find out that your organism is able to navigate and integrate these experiences so that you can relax and use the increased vitality to cope more joyfully and effectively with the challenges of everyday life.

What about the questionnaire?

The courses are accompanied by a before and after questionnaire that each participant receives. The evaluation of the data allows me to explore what factors most effectively assist people in shifting their cultural programming of lack and suffering into abundance, love and health. The questionnaire serves as feedback for your personal improvements during the course. The data in this questionnaire are strictly confidential. You will find a report of the results [here](#)

Questions on the reports

Do all statements in the report apply to me?

No, the spectrum of statements within the report refers to all participants. At least one of the possible options applies to [each person or everyone?]. You need to mark statements that touch you.

How is that the statements relate precisely to my problems although many different people participate in such a course?

We are all unique in the combination of elements that make up our personality. At the same time, we all pass through the same stages of development which are biologically given and experience the same conflicts between these drives and the environment. Research suggests that these conflicts and finding a solution to these conflicts make up 80-90% of our personality. The sessions focus on culturally formed patterns. It will be your task to apply the session to your specific situation. I will give you instructions and clues about how to do this.

What do the words in brackets after the statements mean?

I check the resonance on three levels: general, umbilical and specific. If the resonance is held in a specific part or on the umbilical level, I include this information in brackets after the statements. If you do not see any brackets, it means that the resonance is held on a general level. (For more information click on: How do you know what is important?)

Questions about Instructions for Constructive Solutions

How do the Instructions for Constructive Solutions work?

The Instructions for Constructive Solutions reflect the content of the session. They are part of the weekly reports. Their aim is:

- to support you in raising your energy level
- to shift negative beliefs and attitudes
- to create a resonance with positive attitudes and feelings on all levels
- to address inner and outer conflicts
- to develop behavioural patterns that enrich and ease up your life

The instructions include suggestions on all levels: the physical, emotional, mental, spiritual and social. You may, for example, be asked to practice breath or movement exercises, reflect upon earlier experiences, clear up unresolved issues in relationships, formulate goals and move towards them or strengthen your self worth through affirmations or concrete actions.

You can choose each week out of the list of instructions what suits your needs and do them at your own pace. The more you work with them, of course, the more you benefit.

What do I need to do each week during the course?

Each week during the course we focus on one theme that follows the needs and rhythm of the group. Each week you will find instructions for constructive solutions. Proceed in the following way:

First, read the report to get an overview about the theme, the underlying structures and the instructions. A summary will help you to find the key issues in the report.

If you do not have much time, read the summary and the instructions. If you don't understand something or if you have questions, drop me a note on email.

Choose the suggestions that appeal to you most. I offer a spectrum of options. You do not need to work through all suggestions.

If you want to exchange your experiences with other participants, you can publish your experiences in the forum or send an email directly to somebody who has agreed to be on a contact list.

Read the notes of other participants and reply.

You can also use the Chat room to communicate with somebody directly if you have agreed on a time. Depending on the need, I offer chats for all participants

What shall I do, when I have a question or feel stuck?

If you have a question, don't hesitate to ask. You can place the question into the forum or send an email directly to me. If the question is of general interest, I may place it onto the forum together with my response. If the question is of a private nature, I answer you directly by email.

Questions are very welcome. Usually, there are other participants who have the same question. Raising them will improve communication and sharing.

If you get stuck with something send me a note. It usually doesn't help to try to sit it out on your own. A hint from outside usually proves to be faster and more efficient

What happens if I don't manage to get through all the instructions during the week?

That is no problem. Choose from the list of suggestions what suits you and do it in your own time

Questions about Communication

I offer two options to communicate with other participants and with me: the forum and the Chat room.

The Chat room allows you to communicate directly with others through written notes. You can use the forum to make agreements with others about times to communicate. Depending on the need, I also offer chats for all participants.

The forum allows you to communicate with others through notes that get placed on a bulletin board. You can send your own notes, read the notes of others and reply to them in your own time.

You will get more detailed instructions when you have registered for a course.