


1

# Inner Growth

About the tree of life and  
human development



A human being's growth is similar to a tree:  
We are rooted in life, our branches reach  
upward and outward to develop conscious-  
ness, build relationships and mature as a  
human being – but we rarely think about  
our connection to the roots beneath our  
tree, or the air and sky surrounding it.  
Do you feel the need to grow in new ways  
and increase your personal potential?

## In Touch with Your Inner Voice

An exhibition on the self-guided course  
“In Touch with Your Inner Voice” (Stages 1 to 3).

Based on the Trilogos® Method for personality  
and consciousness development by  
Linda Vera Roethlisberger. A project of the  
Trilogos Foundation to promote social  
competence among human beings –  
a contribution to society.



2

# Human Potential and Human Intelligence

About primordial power and  
The Three Qs

Whether an acorn, egg or ovum – all bear the potential to give life and thus give birth to joy, growth and fulfillment.

What is the potential of humankind?

Everyone has the capability ...

... to think (IQ – mental intelligence)

... to feel (EQ – emotional intelligence)

... to believe and to trust

(SQ – spiritual intelligence)



The connection between these three human capabilities is used as a resource to unfold one's personal potential – one's Human Intelligence (PsyQ) according to the

Trilogos formula:

$IQ + EQ + SQ = \text{PsyQ}^{\text{®}}$

Do you want to learn how best to develop your human potential (PsyQ)?

# 3

# Perception Training

Intuition: Imagination or  
Inspiration?

To get to know your inner resources, we invite you to take part in a small experiment:

Close your eyes and imagine a rose ...

Were you able to imagine a rose?

If so, you have discovered three important tools:

## **Your imagination:**

You imagined a rose.

## **Your intuition:**

You perceived the rose to be of a certain color, fragrance, size and shape.

## **Your source of inspiration:**

Ask yourself: If you see your rose, its colors, its shape, in the sense of a dream symbol, then what could it tell you about yourself? With what ideas does your rose inspire you?





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# Symbolic Language

The most important foreign language  
in the world

What does your rose mean  
to you? We invite you to make  
associations with your rose, such as:  
Red blossom = love; Thorns = protec-  
tion, defense; Closed bud = something  
that has yet to thrive and bloom.  
What comes spontaneously to mind  
when you think of your rose?

What could these associations have to do  
with you, your life situation, your behavior  
or your character? Are you becoming aware  
of anything?

The rose is like a dream symbol –  
dream symbols are the “messengers”  
of your inner voice.

Would you like to learn the symbolic  
language of your inner voice – the most  
important foreign language in the world  
(see: Erich Fromm)?



# 5

# The Unconscious and The Spiritual World

Dream interpretation and  
consciousness training

Dream interpretation has always existed, in all cultures.

However, as you may have already experienced yourself, dreams are not just the expression of repressed desires or feelings in the Unconscious. They can also include spiritual experiences, contacts with deceased, telepathic messages and much more.

For this reason, one can speak not only of an individual but also of a Collective (see: C.G. Jung) and Spiritual (see: Viktor Frankl) Unconscious.

However, regardless of where your dream symbols originate, the guiding question with the Trilogos® Method is what they might have to do with you and your everyday life.

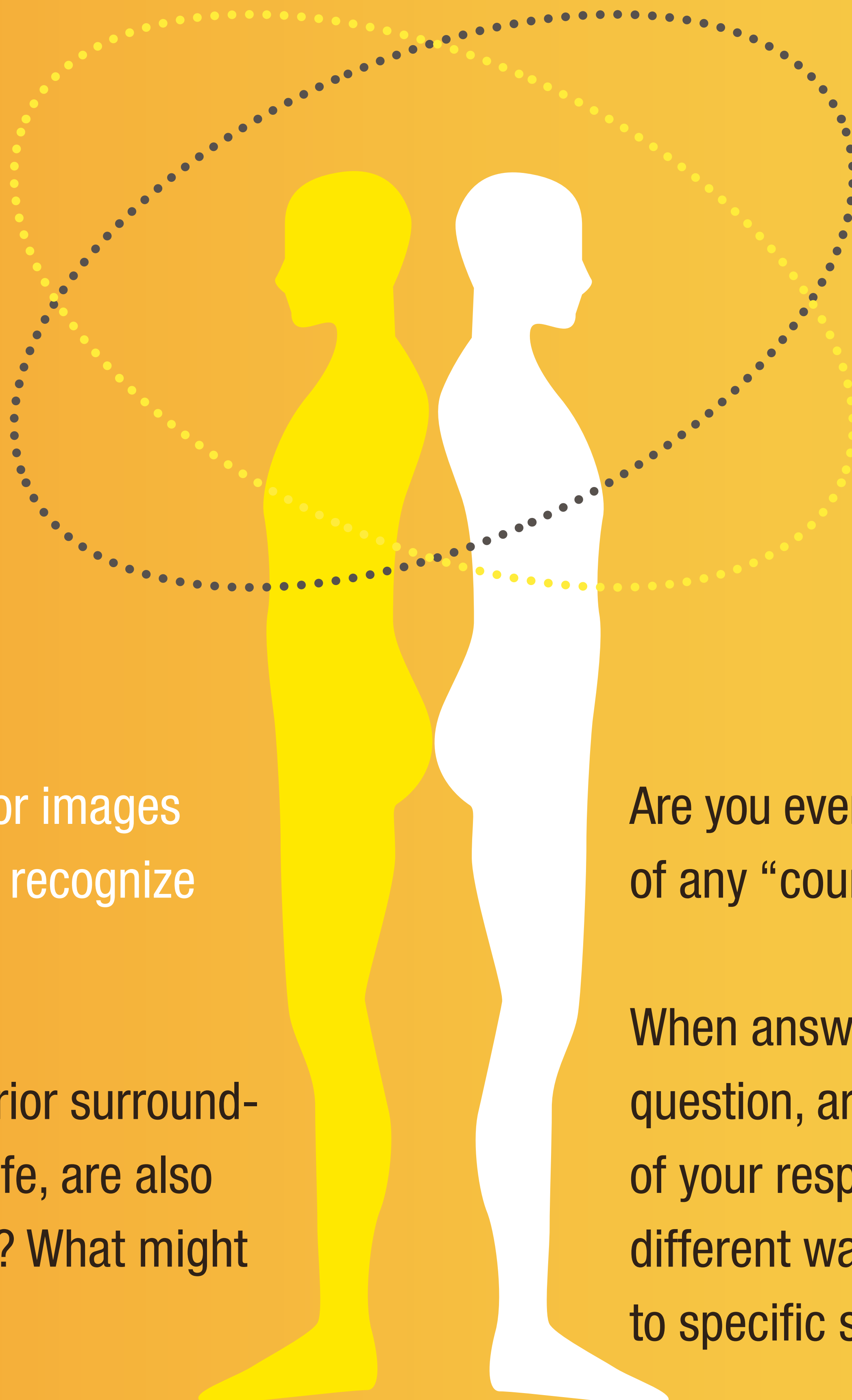


Are you interested in finding out  
what important symbols you might  
be overlooking in your everyday life?



# Mirror Images

As inside, so outside



Dreams are like mirror images of the soul – you can recognize yourself in them.

But what if your exterior surroundings, your everyday life, are also a symbolic reflection? What might it tell you?

Are you eventually becoming aware of any “course corrections”?

When answering the above question, are you becoming aware of your responsibility, that is, different ways you could respond to specific situations?

What do the everyday situations you are experiencing have to do with you at a deeper level?

To what extent are you shaping and determining your career, health or interpersonal relationships?



Forming, maintaining and experiencing a sense of personal responsibility is the goal of the applied Trilogos® Method.



# A Meaningful Tool for Personal Growth

Using Human Intelligence (PsyQ) to achieve Human Competence (PsyK).

As humans we are hardwired to search for meaning, but because we are each unique, what has meaning for one person can be meaningless to another.

According to the Trilogos® Method, for something to be truly meaningful to someone, it not only has to seem reasonable (IQ) but also “feel right” (EQ) to them individually and be relevant to them on a spiritual or emotional level (SQ).

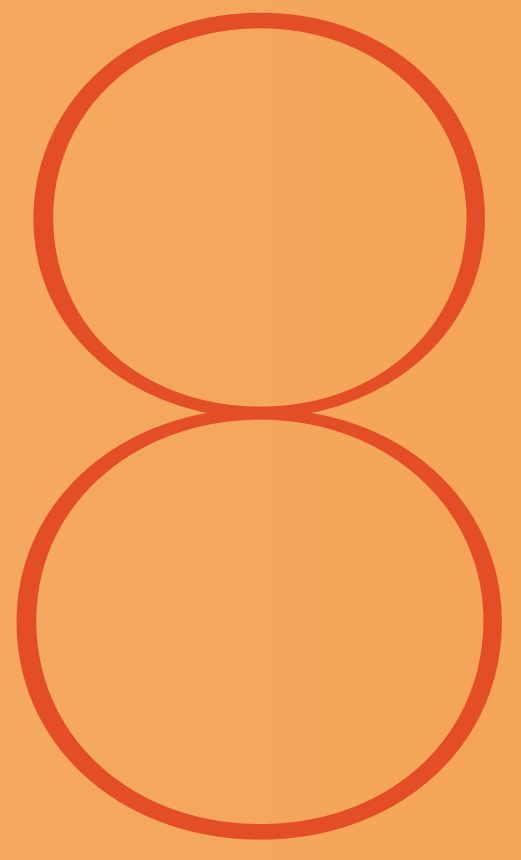
Would you agree?

If so, then the search for meaning is, in a Tri-logical way, essential and a question of Human Intelligence (PsyQ). You can develop human competence (PsyK) by engaging in this search for meaning and by asking yourself:

“What do my inner as well as outer perceptions of a given situation have to do with me? What meaning reveals itself to me through these perceptions? What might this teach me about myself and the situation?”

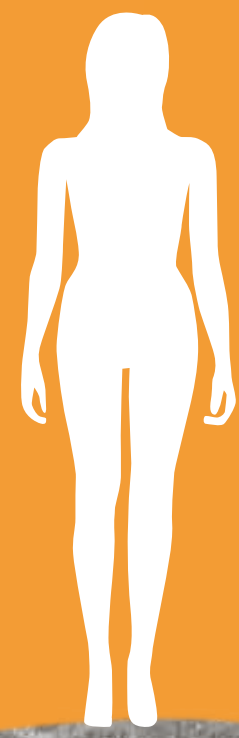
In this way, your search for meaning becomes a meaningful tool in your self-guided journey of personal growth.





# Personality and Consciousness Formation

The Unconscious – Consciousness – Awareness



Feelings are essential tools for life from the unconscious mind. If we delve deeply into our feelings, we can grow enormously through them. By connecting the Unconscious to our conscious thoughts we are able to build awareness of our insights.

Through awareness of insight – and consistent practice – our consciousness will grow like the annual rings of a tree.

A person's insight is never complete, but it begins to “bear fruit” when their consciousness is developed to allow their personality to mature to what it has, based on its potential, always been: a unique person who seeks to be valued and live in a meaningful way with others.

But even when humans strive towards the “light of knowledge” and even when they try to put down roots, life's trials and tribulations can leave their mark. Nonetheless,

**the potential of a human being is indestructible and always patiently awaits its realization.**

Which of your potentials would you like brought to life or revived?



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# School of Life – The World as a Schoolhouse

Formation of conscience:  
determination and individuation

Would you like to grow above and beyond yourself, like a caterpillar that turns into a butterfly? Indeed, growing beyond oneself is something a caterpillar does instinctively. As human beings, by contrast, we generally have to make a conscious decision for this transformation, a process during which we will invariably be confronted with our own selves.

This growth process may involve setbacks along the way. Overcoming these setbacks as well as acknowledging and facing our fears, and transforming deep-rooted beliefs, habits and patterns is ultimately how we define and realize our potential.

The Trilogos® Method invites you to learn to recognize and unfold your true potential, in other words, to learn to act in an authentic manner. Once you have these capabilities, then true cooperation, ethics that are actually lived in everyday life, becomes possible. **“Individuation – Integration – Cooperation”** are therefore the objectives of the Trilogos® Method.

What benefits can you expect if you are to live ethics in your everyday life?





# 10

# Happiness

Peace, joy and well-being, wherein the individual takes responsibility for the whole.

Did you know that you have not only a survival but also a “happiness instinct”?

All humans seek happiness, the philosopher Aristotle said. But how can we become truly happy?

The World Giving Index shows that people who try to help other people or support a cause not only find meaning but also feel happier.

The butterfly effect states that just one flap of the wings of a butterfly in Brazil can trigger a tornado in Texas (see: Edward Lorenz).



Similarly, small “good deeds” can lead to quantum leaps for humanity. **Small things lead to big changes.** This can be learned gradually with the self-guided course “In Touch with Your Inner Voice.”

Have you ever experienced the butterfly effect?  
What did you feel then?



# 11

# Finding meaning and value in everyday life

From co-creators to co-designers  
to fellow human beings

Whether you want or not, you are a co-creator of the world.  
With your actions or non-action you take part in shaping the world.  
You are a “co-designer” when you consciously and intentionally  
shape and build something - a house, a family, a company or even  
a criminal gang. You are a fellow human being if, in all your actions  
or non-action, you manage to be and remain compassionate and  
humane – both to yourself and others.

What would you like to be: co-creator, co-designer, fellow human being –  
or all three?



Are you curious about the personality and  
consciousness training with the Trilogos®  
Method and how it can help you realize  
your potential?



# 12

# Trilogos

Method – Effect – Foundation

## The Trilogos® Method is ...

- An educational approach for personality and consciousness training.
- A self-guided course with theory and practice.
- A contribution to society that promotes social responsibility.

## According to empirical studies, the Trilogos® Method contributes to ...

- An improved subjective quality of life (according to WHOQOL 100).
- Lower levels of stress and enhanced competence for stress management.
- An improved self-concept of one's own capabilities.

## The Trilogos Foundation ...

- Offers a wide range of further education and training opportunities (see [www.trilogos.ch](http://www.trilogos.ch)).
- Serves as a platform for people who want to develop their human potential.
- Supports research, art and education projects through the Trilogos® Method.



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