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IN TOUCH WITH YOUR INNER VOICE

PsyQ®Training

A personality and consciousness training

A self-guided TRILOGOS course

Level 1 PsyQ - Conscious living

Lesson 1 Unit 1: Finding your inner home

Perceiving, recognizing, naming – deciding and acting responsibly and ethically.

A spiritual path of individuation:
Personal development – a lifelong process

TRILOGOS Foundation

LESSON 1

The ABC of the Trilogos®Method

Unit 1 Finding your inner home

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Unit 1

Finding your inner home

1. The point of the exercise

The three basic capabilities of human beings

*Basic
capabilities
Thinking/IQ
Feeling/EQ
Faith/Trust/SQ*

Rational intelligence, emotional intelligence and spiritual intelligence comprise the three basic capabilities of human beings. Remember the rose from the introductory exercise: As a product of your imagination, it is as individual and unique as you are. In that sense, the rose is well poised to tell you a lot about yourself, since it is the mirror of your innermost thoughts, feelings and dispositions.

When you think about what your rose means to you and what conclusions you might draw from this experiment, you are availing yourself of one of the basic capabilities that is innate to every human being: the ability to think in a projective, forward-looking and questioning manner. **This capability is called rational, mental intelligence – or IQ.**

You may also have associations with your rose, such as a romantic feeling or the prick of a rose thorn. In that case you are utilizing a different basic capability: You are consciously perceiving your world of sensations. **This capability to feel and empathize, which is innate to humans, is called emotional intelligence – or EQ.**

At the beginning of the exercise, did you dare to think that you could have an inner perception of a rose? Do you remember the thornbush and the bees? Did you dare to verbalize your perceptions or maybe even draw a picture of them? Do you trust and believe in your perception? Then you are engaging the third of your basic capabilities the capability to believe (in something) and to trust. **This capability to trust in something, or someone, and embark on it is called spiritual intelligence or SQ.**

What do you trust or believe in?

Frequently, what we believe in is based on beliefs we acquired in our childhood. We may be aware of these beliefs or they may lay hidden in our unconscious. A change in our belief system (SQ) leads to a change in not only

our emotions (EQ) but also our thinking. Through the exercises of this course you will gain step-by-step access to deep, inner knowledge - knowledge that will allow you to put aside antiquated or restrictive beliefs and find your ownmost faith, drawn from the wealth of your experiences as a human being. In this way, the true meaning of life can be experienced.

The word “spiritual” comes from the Latin word *spiritus*, meaning spirit or divine spirit, and is therefore related to *inspiration*, which means so much as to “absorb the spiritual.”

The divine cannot be rationally explained or scientifically proven. There is no “knowledge” about the divine, whereby it becomes interwoven with faith. But what is the divine? What is faith?

Faith, or trust, and doubt are two halves of a whole and are encapsulated if not permeated by true knowledge. The antagonism between these two polarities is necessary. Indeed, it is this force that sets us in motion; it is what makes us marvel and retain our sense of wonder, what has us pause and reflect, and what has us, time and again, set out to seek and find. Overall, it is what we need to be creative people. In order to find, to know and to live a life in which we engage responsibly and joyfully in decision-making within our society, we need trust, in other words, the confidence in our ability to be inspired and to be touched by the divine spirit. It is irrelevant whether we refer to this spirit as God, Allah, Atman, Logos, the eternal creative power, basic trust, nothingness, nature or the spiritual unconscious. As mentioned above, any philosophical or spiritual system describes a possibility of how actual reality might take form. If you have chosen the Trilogos®Method as a means to pursue your personal development in a way that is holistic as well as amenable to implementation in everyday life, you will be sharing in a “trilogical” construct of thoughts, which is defined in the glossary at the end of the book. To be clear, this construct does not claim to be the ultimate truth and serves, rather, as a framework that is conducive to letting participants grow and evolve regardless of their confession or set of beliefs. I present this construct with only a few selected overriding terms that conveniently represent the universal creative power and the dimensions of the spiritual world. I also assume that nearly all people have experienced moments in which they have been touched by a higher power, be it in the form of an experience in nature, an encounter with others or in silence, all by themselves.¹

¹ James Fowler, a US-American professor of theology and human development, examined in his seminal work *Stages of Faith* from 1981 what children believe and how human faith develops. He divided the development of faith into six stages:

However, human beings do not have recourse to the three basic capabilities – thinking, feeling and faith/trust, or IQ, EQ and SQ – separately, instead using them in combination, sometimes consciously and sometimes unconsciously. I call the combination and interconnection of these three forces *PsyQ*, understood as human beings’ psycho-dynamic and psycho-spiritual intelligence. This form of intelligence can be developed, trained and consciously applied. *PsyQ* can also unfold and become actualized into human competence (*PsyK*) to allow for the experience of inner maturity and fulfilment in everyday life (health, relationships, work).

This occurs trilogically, in other words, with reference to the three different inner and outer worlds of consciousness and perception, as well as by means of “magical intuition” and in connection with the creative power. In this way, the capabilities of human beings and their individual, personal faculties, which are stored in the true self, can be brought into fruition.

To facilitate these processes, we avail ourselves of spiritual, transpersonal psychology as well as practical philosophy: creative capabilities, empathy, balanced contradiction/resistance, symbolic communication, self-reflection,

Stage 0 (0 to 2 years): **Undifferentiated faith.** Infants and toddlers develop a basic trust on which their later faith builds. This still takes place independently of thinking and the development of speech and language.

Stage 1 (2 to 7 years): **Intuitive-projective faith.** The child’s beliefs develop on the basis of inner images and fantasies which the child cannot yet question and which change frequently.

Stage 2 (8 to 12 years): **Mythic-literal faith.** The child is now capable of questioning his ideas. Of great importance in this process are stories, which are, by and large, taken literally by the child.

Stage 3 (13 to 16 years): **Synthetic-conventional faith.** The adolescent has the capability to reflect on her own thinking and develops her identity. The opinions of others as well as relationships gain in importance. God is often experienced as a companion or personal reality with whom the youth has a reciprocal relationship. According to Fowler, many adults remain stuck in this stage.

Stage 4 (17 to 25 years): **Individual-reflective faith.** The adult human being ponders his self. Limits, authenticity and the congruence between one’s own judgment and ideology gain in importance.

Stage 5 (25 to 40 years): **Conjunctive faith.** At one’s mid-point in life, human beings recognize that there is more than the self. The unconscious and thereby the mystery of a divine presence gain in importance. The myths and beliefs of childhood are questioned. The individual recognizes that truth has many dimensions that may contradict one another, causing tension.

Stage 6: **Universalizing faith.** Only very few people reach this stage. Here, the self is no longer the center of experience; instead, the individual is closer to the divine.

self-knowledge and confident decision-making are all utilized as tools to cultivating a responsible, conscious creative power within ourselves.

Getting in touch with your inner voice

Getting in touch with your inner voice requires engaging the following tools, or elements: imagination or guided imageries, symbols, communication about symbols, spiritual helpers, mental protection, the “religio,” understood as the inner reconnection with the creative power, an “inner home,” and listening to your inner voice. We will discuss these elements, as well as what it means to be in touch with one’s inner voice, in more detail in the following.

On the one hand, our inner voice is in touch with the creative power, and on the other hand with the unconscious, that part of ourselves that harbors veritable troves of knowledge. Our unconscious stores all the information which our senses absorb every millisecond of our lives. If and when, as happens every so often, a spark from our unconscious manages to reach us, we have an experience of intuition. Through PsyQ training, we learn to deliberately make contact with our inner voice, whereby we achieve valuable insights and new perspectives.

*Guided
imageries*

Guided imageries are a form of conscious dreaming.² Similar to the rose experiment, you will perceive inspirations, new ideas and impulses. The perceptions are, in part, supplied directly from your unconscious and contain important messages, which you will learn to interpret, step by step, in the following lessons with their units. A guided imagery lasts about 20 to 45 minutes and begins with a relaxation exercise. As with autogenic training or similar techniques, your physical body relaxes and your attention turns away from external stimuli and thus inwards. This will allow you to engage with your imaginative side, or your fantasy world – you will dream, yet without falling asleep. Unlike with an ordinary dream, you can open your eyes at any time and

*Lord and master
over your own
thoughts and
feelings*

² Guided imageries are known in psychology within the framework of imaginative forms of therapy as well as relaxation techniques. In their initial forms, they were shaped in particular by the psychiatrist and psychoanalyst Hanscarl Leuner, who used them to develop his own imaginative psychotherapy, the so-called katathym-imaginative psychotherapy, which is often used by trained therapists during crisis interventions.

However, today guided imageries are not limited to the psychotherapeutic field. Also, in cancer treatment, sports and coachings in the business world – to name but a few fields of application—guided imageries are very popular, given the power of the imagination on our mind and body. In the Trilogos Method, guided imageries are one element in personality and consciousness training.

Autogenic training (from the Greek *Αὐτό*, meaning “self” and the Latin *Gen*, meaning “generate”) is a relaxation technique based on autosuggestion.

Developed by the Berlin psychiatrist Johannes Heinrich Schultz from hypnosis, it was presented for the first time in 1926 and published in 1932 in his book *Das autogene Training*.

intentionally interrupt the dream. Indeed, being, becoming and remaining the lord and master over your own thoughts and feelings is the first commandment in guided imageries.

series.

The aim and purpose of guided imageries is to understand and implement what you have experienced, what fell upon you and what came to mind in the subsequent “work on yourself.” In this trilogical course you will be carefully guided through the experience and receive step-by-step mentoring for how to process it in relation to your everyday life.

Symbolic language and references

*Communication
in symbols
Communication
using symbols*

If you perceived and either described or painted a rose due to the short exercise in the introductory chapter, this is not much different from waking up from a dream and telling this dream to someone or writing it down. Thus, in a guided imagery, or lucid dream, you likewise formulate what you experience with symbols, in other words, with reference to the perceived images, situations and feelings. Everything you see, hear, smell, taste or feel (in both the tactile and more general sense) during a guided imagery – in short, everything that comes to mind – are messages that symbolize a part of yourself.

*Everything is a
symbol*

The task at hand, then, is to understand this symbolic language, and for this there are two different approaches. The Swiss psychiatrist C. G. Jung, as part of his studies on depth psychology, dealt with archetypal symbols and recognized that certain archetypes are expressions of the collective unconscious and therefore have the same meaning for all human beings. Among the main archetypes are the appearance of celestial beings, oceanic journeys, the tree of life, a crossroads or even death as metaphors for a transition and new beginning.

*Associations –
connecting the
dots and making
links: Your
ownmost
symbolic
language
awakens*

Since it is the subconscious that speaks in the form of symbols, each individual has their own symbolic language that coexists alongside the universal dream symbolism. Your own symbolic language feeds on the experiences and discoveries you have made throughout your entire life and, not interchangeable, can only be applied to yourself. Everyone has their own associations when thinking about a particular word. The objective of this course for experiential self-learning is to provide participants with the capability to develop and cultivate their own personal symbol language. Just as every painter needs to search for and find his own style, any individual too will want to build their own profile to avoid being a mere carbon copy of someone else. In developing

your own symbolic language, we urge you to make use of free association and to create a so-called “associative network” around the symbol until your intuition tells you that you have correctly recognized the meaning.

For example, let us suppose you let your imagination drift a bit and saw a big cloud. The common interpretation of a cloud is that something is casting a shadow on your life. If, however, you let yourself associate freely with the cloud, the interpretation might take a completely different turn: the cloud might symbolize rain; and rain might mean new growth, green fields, a path through the fields, a puddle along the way; and, in the reflection of the puddle, you might see the image of a person who once gave you important advice or who now needs your help. All that to say, the manner in which our unconscious conveys itself is as manifold as humanity itself.

Remember your rose: The universal symbol of the half-opened rose could be taken as a challenge either to finish something that was started or to wait patiently for whatever might unfold. However, only you can know what the half-opened rose means at the moment of perception in your own symbolic language. In the following exercise you will build a network of associations around the image until you have the distinct sense that you have “cracked it” and established its rightful place within your personal everyday life, always in strict self-responsibility, also in relation to the whole, your environment.

Communication with symbols about symbols

Perceptions are symbols

What you perceive during a guided imagery is comprised of thoughts, feelings, impressions and beliefs from your innermost self that are expressed in the form of dream symbols. These include visual impressions, sounds, smells, feelings, intuitive knowledge as well as ideas that happen to come to mind and bodily sensations. Your unconscious has communicated with you in its ownmost language. The next step is to “translate” what is perceived and to integrate it into your personality, that is, the way you think, feel and believe, as well as your everyday life, actions and behavior.

Making connections – using your innermost symbolic language

The central question is always “What does what I perceived during the image journey, what occurred or happened to me, what came to my mind or what I internally felt, smelled, saw and heard ... have to do with me?” In order to receive answers to this question, you will make associations with what you experienced and dreamt. You will begin to play creatively with words, metaphors³ and allegories. You will collect ideas about what comes to mind

³ The metaphor (from the Greek μεταφορά, literally “to transfer”) is a rhetorical figure in which a word is used in a

when you think about your experiences (i.e., the colors, sounds, impressions, etc.). Here, too, the “journey” – in the sense of your experiences – is the reward.

Preliminary exercise

Get in a comfortable sitting position and close your eyes. In your imagination, go back to the rose garden. Pick out a rose whose bud is still nearly closed, and take it in, mindfully. The color ... the shape ... let these impressions flow and unfold as they occur.

What comes to mind? What occurs to you? Try to remember everything that you are intuitively experiencing ... Then breathe in deeply, again feel your feet touching the ground, and slowly open your eyes.

Describe the rose. Did you feel that the bud was still trying to conceal its innermost heart or that it was about to open? If it was about to open, what color did you intuit?

What springs to your mind when you reflect about the symbol of the closed rose bud?

Imagine that a friend was telling you about a dream in which he or she perceived a closed rose bud. How would you interpret the symbol in this case?

Which meanings of the symbol are universally valid?

transferred sense, whereby there is a relationship between the word and the transferred meaning.

Now to your own symbolic language: Let us begin to associate. What words spontaneously come to mind when you read “garden”?

Lawn ...

Bush ...

Rosebush ...

Now let the ideas flow. With each word that you associate, think of a new one, producing a chain of ideas. Do not judge what comes to your mind, and do not think about it for long. Try coming up with one word ... or even more... for each breath.

Rose blossom...

Next, practice the technique of associating with symbols that you remember from a dream you had at night. Sooner or later you will have that “aha! experience” and develop more confidence in which of your associations are “on target.” Then you become your own translator.

Symbolic communication

When you try to find a connection between what you perceive and yourself, **you are beginning to communicate with symbols about symbols, referred to as “symbolic communication.”** Expressed in terms of quantum psychology, you are cultivating your sensory, or spiritual, channel of communication between your creative power, your subconscious and your conscious mind; and, when in need, you are asking for an aid in the form of a symbol.⁴ (See the glossary at the end of this textbook for an explanation of the exact meaning of a symbol.)

A coherent interpretation

The aim is not to find the “correct” interpretation but rather one that affords you, and only you, a sense of *coherence*. In other words, one that *feels right* for you. If you were to exchange ideas with like-minded people or go to a PsyQ group,⁵ you would experience how different the impressions and interpretations of each individual are. This can enormously enrich your creativity and wealth of ideas. However, the meaning you give to your perception, the conclusions you draw and how you implement them is entirely up to you; in other words, it is your responsibility.

⁴ Wolinsky, Stephen. *The Beginners Guide to Quantum Psychology*, Aptos, CA: Quantum Institute Inc, 2000.

⁵ See www.trilogos.com

*IQ+EQ+SQ =
PsyQ. PsyQ –
the human
potential – the
power to make
decisions*

Decisions in life can only be made “wholeheartedly” if one is convinced of something. You are convinced if you have trust – if you believe in something and think and feel accordingly. How often do you have difficulty making decisions? If your thoughts go in one direction and your feelings in another direction, where is your trust, or confidence, that you have made the right decision and that “everything will work out fine”? It is for this reason that the Trilogos method invites you to trust your intuition and to learn to perceive your inner voice. This is where your SQ will help you. (To be discussed in more detail in Lesson 6.)

Your spiritual helper

*Your spiritual
helper/Guardian
angel*

During all guided imageries of this course you will be accompanied by a **spiritual helper**. The spiritual helper is a symbol for an unconditional force of “love and light” or for your inner, personal wisdom – in other words, the power of your PsyQ, your human potential. Often, she is also called a guardian angel. At any time during the guided imagery you can ask your spiritual helper for help, and she will help you symbolically with words and deeds.

After a guided imagery, take some time to look at what you have experienced to see if it resonates with you and if you would like to integrate those insights into your life. **The responsibility for this decision lies with you alone.** Whatever your spiritual helper has shown or pointed out to you, you are ultimately the one who makes associations with and who interprets what you have experienced, and it is you who forms an opinion on it and decides how to deal with it.

Metaphorically, the spiritual helper is like a companion who helps you get in touch with your inner voice. If you are having difficulty perceiving her at first, be patient, trust her and believe above all that this benevolent energy is nevertheless with you. It is the power of unconditional love that protects you and guides you on your travels to your dream worlds. It is this force that will teach you, step by step, how to use and apply the symbolic language – the most important foreign language in the world – in your everyday life. (To be discussed in more detail later.)

Unconditional love is a fundamental energy of our universe that reaches and embraces all beings, without exception. Some people say their “heart reaches out to the whole world,” to express this kind of love. You too carry this love within yourself, even if it might be hidden and overshadowed by beliefs, judgments and a more immediate concern for yourself. Whenever you unselfishly “do good” in everyday life, you will feel the budding seed of this universal love in yourself.

Mental protection

Mental protection = the raincoat and sun hat on your journey into the spiritual world

When we embark on a journey inside ourselves, repressed experiences, injuries and trauma can emerge from our unconscious. It is for this reason that the exercises in this book are *guided* albeit self-guided imageries. You are the guide and can decide when you might want to take a break, take a different path or stop altogether. When you go on a hike in your “real life,” you make sure to bring rain gear and a sun hat to protect yourself against rain and heat. Thus equipping yourself is second nature to you, since you know from experience that hikes can become very unpleasant when you’re unprepared. It follows that embarking on a journey inside the spiritual world requires a similar type of preparation. Metaphorically speaking, when going on mental walks you expose yourself to the risk of getting wet if you don’t bring rain protection; of freezing when you go without warm clothing; and of getting a sun burn when you go without sun protection. Let us now see how this metaphor is played out in the spiritual world.

Your intuitive perception awakens

Personal responsibility grows with knowledge. In this self-guided course, we will engage in psycho-spiritual development, train our perception and intuition, learn about symbolic language, and develop our moral conscience using our psycho-spiritual intelligence (PsyQ). Your spiritual helper will always be at your side as a faithful companion. In touch with your inner voice, you will perceive impulses and inspirations from your spiritual helper. It is in this way that the symbolic language between you and him will take shape and evolve. This initiates and promotes a psychological process that is more existential and individual in nature: your intuitive perception awakens.

The power of thought can move mountains

From now on, we take the conscious, mental protection of our self to be our greatest responsibility to ourselves. Remember: During the exercise with the roses, you were neither stung by a bee nor did you walk through a thorn bush and risk injuries. You had made an agreement with yourself to remain in a comfortable place at all times, and you also learned that you have the choice to either continue with or interrupt an exercise. Moreover, you can also build a spiritual protective mantle using the power of imagination, for example, by visualizing an egg, a pyramid or a light shower or by calling out a magic word.

Use your imagination and your fantasy to create your own protective measures, and formulate these in such a way that you feel guided by the creative power and feel safe and secure from unnecessary mental and spiritual influences. Find a ritual that works best for you and practice it twice a day; soon it will become a force of habit.

Protect yourself

The following exercise is one example of what a practical exercise for learning

like a tulip

how to protect yourself might look like. More of such exercises are featured in Unit 2 of this lesson. To give you a little “appetizer”:

Sit comfortably and close your eyes again. In your imagination, you are waking up at a time when this was or is pleasant, on a green meadow ... Above you is a cloudless blue sky ... Relax, take in the power of the green around you, breathe it in and breathe it out ... and experience the calming blue from the sky above. Now you discover a tulip next to you... You realize how it closes its petals when hit by rain or hail, or when it gets dark and night falls ... You also realize how in the morning when the sun rises, the petals open and the tulip shows itself from its most beautiful side ... Let the image of the protective closing-up of the tulip engulf you ... Do as the tulip does; close up and protect yourself intuitively – perhaps with a prayer and its amen, or with your very personal ritual ... To conclude, breathe in deeply, become aware, again, that your feet are touching the ground, and slowly open your eyes.

Describe the experience of closing up and protecting yourself. Was it easy for you? What have you experienced?

If you weren't able to experience anything concrete, do not worry. All in good time. Believe and trust that you are now – instinctively – like the tulip sheathed in a natural protective layer that stands for goodness and truth.

Religio

*The sensory link
to the spiritual
world*

All Trilogos imageries emphasize, as their core element, the participant's personal connection to innate trust, the primordial power of eternal life, eternal love and its light: *religio*. In reconnecting with the creative power, participants learn to perceive *through* the creative power. Depending on your confession and faith, you might refer to this power as God, Allah, Atman, logos, nothingness or the power of nature. However, in this non-denominational course that is open to all cultures, it is not important which religion or culture you belong to; you can even be an atheist. What is important during the guided imageries of this course is that you connect in a personal way – be it with a prayer, a ritual, the image of a bright white beam of light that gently envelops you – to your Supreme Being, and that you perceive this within yourself.

Why is this so important?

This atmosphere of connectedness and of feeling protected, safe and guided will allow for deep relaxation and make it easier for you to open up. It is “the sensory channel to the spiritual world” that guides you on your journey into the unconscious, for by being connected by the Supreme Being you are also being spiritually uplifted and fully immersed in universal love and truth.

“Inner home”

Inner home – the place of fulfillment, gate to the eternal flow of life, and access to PsyQ or the three basic capabilities individual thinking, feeling and faith/trust

The first set of exercises of this course will guide you to your “inner home.” This “place” may also be referred to as a “place of power and fulfillment,” a “space of rest, harmony and peace,” a “golden sphere.” In this place you are “at one with yourself.” Here you are in touch with your innermost self and experience a deep bond with the universal power as well as with your personal creativity – you become more and more aware of the power of your personal divine spark inside you. Your inner home is also the place where you can encounter your spiritual helper/companion or your innermost, individual wisdom and engage with it.

Listening to your inner voice and following it

Conscience and divine spark

The Greek philosopher Socrates called the inner voice *Daimonion*. For him, the inner voice was of divine origin and, in a sense, a counterpart to *logos*, the voice of reason. Already in Mesopotamia, the priests knew of the power of the inner voice and used it to activate the self-healing powers of human beings. According to the philosophers of antiquity, our inner voice is the divine within us, it originates from our “divine spark.” Socrates valued his inner voice more than his reason, intuitively trusting it when having to make important decisions. In that sense, the inner voice is also referred to as conscience, insofar as it guides human beings in their actions. Intuitive insights, inspired from the spiritual level, allow to cultivate and spread a sense of responsibility and an ethos - for the benefit of the world. The inner voice, or the divine spark, in conjunction with the creative power help humans achieve holistic insights that encourage them to act responsibly as co-creators, co-designers and fellow human beings.

Sense of responsibility and ethos in our everyday lives

In touch with our own conscience

In this day and age, listening to our inner voice is becoming increasingly difficult given the sensory overload most of us are exposed to. With targeted exercises, however, we can again become conscious of this inner voice and its messages of wisdom. As part of this course, you will learn how to perceive the impulses coming from your innermost self and to connect them with the actual and concrete “here and now.”

The Trilogos®Method as a tool to greater consciousness

The purpose of this course

This course provides you with a wide range of Trilogos exercises to help you reexamine your deepest convictions and self-constraints and unleash your untapped potential, in turn allowing you to gain more knowledge about yourself and more freedom in your actions.

As you get to know your unconscious, you will encounter your ownmost patterns, sets of beliefs, dispositions, convictions and conditioning. Joy and grief, fear and suffering, limitations and possibilities, success and failure are all stored experiences in your emotional world. With the various Trilogos exercises, you will learn to “dive for your pearls” and to retrieve them into your consciousness as a means to gain greater spiritual wealth and transform your everyday life to become more holistic. For this, you quite naturally apply your basic capabilities of thinking, feeling and faith/trust (IQ, EQ, SQ). However, the Trilogos®Method also works with these capabilities, activating, coordinating and training them. In this way, participants can access deep layers of their subconscious, bring repressed emotions to the fore, and recognize and acknowledge these as a part of themselves. The activated human potential, psycho-dynamic force or psycho-spiritual intelligence (PsyQ) is thus expanded. Integral consciousness becomes possible, namely because this course follows a spiral path that encourages lifelong learning.

The eight basic stages of Trilogos guided imageries

Each of the guided imageries in this course consists of the following eight stages:

- **Letting your body relax.**
You will begin every guided imagery by relaxing your physical body.
- **Letting your thoughts and feelings come to rest**
Then you will let your energies (thinking and feeling), which you associate “horizontally” with your fellow human beings and your environment, come to rest.
- **Connecting with the Supreme Being / creative power**
When you perform your inner prayer, your ritual, you are experiencing your connection with the Supreme Being – with God, Allah, the supreme consciousness, the great spirit or whatever you might call that power. In this way, you are bringing your physical body into an even deeper state of relaxation (alpha state). Your energy (faith and trust), which connects you “vertically” with the creative power and your inner wisdom, likewise comes to rest.

- **Your inner world awakens; you meet your spiritual helper**
Your five inner mediumistic senses, your sensory channel to the spiritual world, awakens – culminating in your encounter with your spiritual companion. In becoming aware of your inner voice, your “vibration/level” of perception changes and becomes open to the spiritual, whereby you will be ready to meet your inner spiritual helper, your companion or your inner wisdom: your “power of the cross” becomes alive and active.
- **Encountering surprises and the unexpected**
The spiritual helper guides and accompanies you very closely through your lucid dream, which invokes symbols in the form of: images, landscapes, colors, colors of an aura, smells/fragrances, words, sounds, numbers, new realms of consciousness, spiritual beings of all kinds, ideas, visions and even prophecies.
- **Starting to work your way back, and posing questions**
When working your way back to the starting point of your mediumistic journey, you have the opportunity to again meet with your spiritual helper and ask him questions about the experience.
- **Taking leave, protecting yourself**
You say goodbye to your spiritual helper and make sure to protect yourself mentally.
- **Waking up, returning**
You wake up in the real world. You activate your five external senses and make a point of consciously feeling the solid ground under your feet.

Evaluation

*Giving
expression to
impressions*

Afterwards, you will process what you experienced. You will decipher the symbols, learn to interpret the “stuff your dreams are made of” and **examine how all of this relates to you and your everyday life.**

2. Experience - The Golden Sphere



Audio - First Exercise “The Golden Sphere”

Perform the exercise in a quiet place. Allow approximately 30 minutes for this exercise, without the evaluation. Be prepared to need some time for yourself after completing the exercise.

There are two options for all of the guided imageries: you can either read the exercise or listen to it. If you still feel insecure or even anxious, read the guided imagery in comfort and begin by “dipping in” to it. However, switching between the outside, reading, and the inside, experiencing, makes it more difficult to have deep experiences. Listen to the exercise at a later time when you feel more secure and are ready to engage with yourself. One can, of course, also at any time visit Trilogos@training groups, which are led by qualified trainers or experienced supervisors who are familiar with this method.

Be assured that you will only perceive and experience what at the moment is right and important for you. You will be confronted only with as much as you can process and implement.

1st basic level

1. Let your body relax

Allow your body to relax ... Sit in a comfortable chair ... loosen anything that could constrict you ... take off your glasses ...

Place both feet parallel and flat on the floor ... sitting upright, place your hands on your thighs and inhale and exhale deeply three times ...

You are growing very calm ... A pleasant feeling of drowsiness and warmth is beginning to spread through your body ...

Close your eyes and make yourself comfortable in your chair... with your back straight and both feet on the ground ... You are becoming calm and relaxed ...

Everything around you is fading into the background ...

For a while, you can focus increasingly on your inner experiences ... on

yourself ... listen attentively to what is going on within you ...

Consciously exhale all of your cares, fears and doubts ... and thus all of your preoccupations from today and the past weeks ...

You feel the connection with the earth ... you are filled with a pleasant feeling of peace, inner peace, and harmony ... Your eyelids are becoming heavier and heavier ...

Now your face is starting to relax ... your scalp, from the neck to the forehead ... as well as all of the muscles around your eyes, your nose, and your mouth ...

The noises you can still hear from the outside world no longer interest you ... it is becoming calm and peaceful inside you ... your breathing is becoming relaxed ... you are growing very calm ... you think you are falling asleep ... but your mind is awakening ... wide awake ... and is following my voice attentively ...

Your whole upper body, from the hips upward, is beginning to relax ...

Your arms and your lower body are completely relaxed ...

Your thighs are becoming loose and more relaxed ... your knees are relaxing and your lower legs as well ... and your feet ...

Everything is now calm and relaxed ... It is now very calm and peaceful within and around you ... A feeling of peace, a feeling of harmony and peace is awakening in you ...

2nd basic level

2. Let your thoughts and feelings come to rest

Your thoughts and feelings are becoming slower and more lethargic ... only your mind is wide awake and delights in unfolding its entire creative potential ...

You are exhaling all blockages ... and all barriers are opening up ... Nothing you hear from the outside interests you ... All expectations fall away ... You are becoming calmer and calmer ...

You are inhaling deeply the creative power of nature ... it is regenerating your physical and psychic body ... You allow yourself to be recharged like an empty battery ... You enjoy the peace within and around you ...

You now see a dark blue curtain before your mind's eye ...

Very calmly, you draw it closed from left to right: Anything that could disturb you, you leave behind the curtain ... there will be time for your everyday preoccupations later ...

Nothing interests you any more ... for the moment everything has lost its importance ... You enjoy to the fullest the inner peace ... the inner harmony and quiet ...

Contented and satisfied, you enjoy this as your space of tranquility ... You meditate by simply "being" in and from your center ...

3rd basic level

3. Connect yourself with the Supreme Being /Creative Power

In your newly awakened space of tranquility, you now consciously connect yourself in your very specific way with the divine elemental force, your creative power, with the great, eternally burning fire of life ... You say your prayer to it or perform your ritual in your awakened imagination ... which continually reminds you of the source of your eternal origin ... of God, Allah, the supreme consciousness or whatever you call this creative power ...

You recollect that each of us is a small, but important divine spark which – like the fire of life – also bestows warmth and light ... The part is a reflection of the whole ...

Take two or three deep breaths ...

Imagine the purest spiritual light – within you and all around you – pleasant bright light which accompanies and guides you ... You know you are safe and protected in this light and surrounded by all-embracing love ...

You believe and trust in this eternal Creative Power ... You are growing aware of the deep, eternal communion with your Creator ...

Attentively, you feel connected with the supreme consciousness ... and thereby feel safe and protected in your own light ...

You inhale and exhale deeply ... You are replenishing and strengthening yourself ...

While you absorb these divine, spiritual forces of nature around you and let them recharge you, you feel your inner sense-world slowly awaken ...

Suddenly, in **your space of tranquility**, you acknowledge and know the positive power of your spiritual helper ...

You take note of whatever comes into your mind ... You gratefully accept this impulse – perhaps a vision of a loving guardian angel or of some other luminescent being or simply the felt presence of a benevolent force ... You believe and trust your perception ...

Should you experience something unpleasant, connect yourself consciously and deliberately with the Supreme Being and know that you are safe and protected in this force ... Make an inner request that tensions may dissolve into relaxation ... You know that you will experience only what you are able to process ...

Imagine that this messenger from the gods has come to help you ... You welcome him or her with an open heart ... You tell him or her how happy you are that he or she is now here with you and wants to accompany you on the remainder of your journey ...

You believe and trust in his existence and make contact with him ... You know that you are very welcome in his care ...

And you also know that you can request someone else at any time, if for any reason you should not be comfortable with your current spiritual helper.

4th basic level

4. The inner world awakens, you meet your spiritual helper

You now set out on a journey with your spiritual helper ... You visualize and imagine yourself symbolically standing under a cascade of glittering light ...

In your imagination you see how your body, your soul and your mind, your personal radiance or aura – all the layers of your consciousness – absorb spiritual light and love through this special cascade, in the process becoming ever more radiant ...

You inhale and exhale the divine light in deep breaths ... You are becoming aware of how the spiritual light flows through your body, through your entire being ...

The thought of the light alone will regenerate and rejuvenate all vibrations and cells of your psycho-spiritual and physical body and increase your energy ...

Now you can make very intensive use of the light by imagining a sphere or a cocoon of light taking shape around you that reaches from above your head to below your feet ...

You think of the spiritual light as an energy which is so strong that it can cause everything around you to vibrate more intensively ...

Your spiritual helper supports you in the process of inhaling and exhaling spiritual light and love ...

5th basic level

5. A surprising experience

In the loyal company of your spiritual helper, you are experiencing your focal point, your epicenter more and more clearly ... and allow yourself to sink into it completely ...

The epicenter is always the most essential, what constitutes you too: the individual, the seat of your soul in communion with your inner wisdom, your human existence – connected with the great, eternal Spirit ...

Just as every mandala – the ancient, circular symbol of the universe – has a center, you too have your center ... Enjoy the feeling of being centered and being able to function and operate from this center outwards ... Calmly, aware of your own center with a sense of gratitude ...

Where do you perceive your center? ...

Around your navel? Or lower? Or a little higher?

Wherever you perceive your center, allow your “feu sacre,” the eternal fountain of life or home of your human being, to take symbolic shape in your imagination in the form of a golden sphere ... as it seems most pleasant to you in your imagination ... This feeling may develop slowly ... All that is important is the golden sphere at your center – symbol of your innermost light – symbol of your communion with the eternal creative power. You believe and trust your perception ...

Whatever you experience – your spiritual helper is very close by. You know you are safe, guided and protected in his strength ... perfectly at ease, you perceive and take note of everything that comes into your mind, everything that occurs to you ...

At the same time, imagine that you are also firmly connected by a fine but strong golden cord extending from your golden sphere – the sensory channel

to the spiritual world – with your higher self – or the home of the power of your inner wisdom and human intelligence – with divine love and divine light ... Perhaps a second golden sphere now begins to take symbolic shape ...

Where and how do you experience this second golden sphere, assuming you do?

You are breathing gently and evenly ... and now begin to allow the first golden sphere – connected through the power of the sensory channel to the spiritual world – to glow with the second golden sphere and thus in deep communion with the eternal creative power ...

Through this, you feel increasingly in harmony with nature ... Here, in your innermost home, opposites cancel each other out – “plus” and “minus” unite and become one ...

A powerful symbol of your innermost home now appears to you in your awakened imaginary world ... and by virtue of this you now automatically perceive a symbol of the eternal communion between your being and the continual renewal you desire ... thanks to the profound communion with your great Creator, with the eternal vital force and your own world in the world ...

What strikes you about this? What occurs to you ... what comes into your mind? Take note of this ...

Let your innermost home radiate with all its power ... You now perceive your inner center becoming flooded with a pleasant golden yellow light ... You feel filled with divine love and light ... Consciously you fill your whole psycho-spiritual or psychic body and your physical body with this spiritual force ... Spiritual love and its light fill you ... even surpassing yourself ... The spiritual light and love accompany, guide and protect you ... A deep feeling of gratitude flows through you ...

Attentively, you now experience your place of power ... you enjoy your space of tranquility, also connected and in harmony with your essential qualities, with your whole personality and beyond – with the spiritual creative power and Creation itself ...

Let your innermost center glow within and radiate as intensely as possible ... You absorb as much energy, strength and power as you need and want ... You simply let it flow in the primal trust of spiritual love and light, you let

this happen – protected and always accompanied by your spiritual companion, your spiritual helper ... You notice in the process how this golden light, the spiritual power of love, spreads and expands even further. The golden glowing within and around your center is growing more and more intense ...

A pleasant, comforting feeling now spreads out and infuses you with joy, well-being and harmony. This in turn endows you with creativity, strength and peace...

You realize how this pleasant feeling of relaxation and calm is strengthening your immune system ... You derive strength from your center outwards, the strength to live – to act or not to act ...

This is the source of your creativity – born of love and its light ... Here, in communion with the spiritual love and your light and your innate human intelligence, is the seat of primal trust ... This trust invests you with the courage to live ... it is the source of your self-confidence ... of your self-esteem, your self-assurance, your respect for yourself and for others ...

Now feel this powerful force, your whole creative potential ... your human intelligence that seeks to express itself ... You delight in becoming an increasingly conscious, holistic co-creator from out of your innermost home ... You rejoice in reshaping your everyday life over and over again – in accordance with your personal consciousness ...

6th basic level

6. Make your way back, pose questions

Take note of everything that happens while the golden sphere is glowing within you. Memorize exactly what you are now symbolically perceiving about your innermost home ... Take note of all ideas, images, thoughts and feelings, indeed all symbols, absolutely everything that crosses your mind, everything that has come to life within you ... Concentrate so that you forget nothing ... You remain awake and alert ...

You ask for clarification from your loyal spiritual helper and appreciate the contact until you have understood everything you have perceived and the profound message “from yourself – to yourself,” until you understand the stimulations, the impulses, the nonverbal communication between you and your spiritual helper, until you are able to conduct a telepathic dialogue and understand it intuitively ...

You believe and trust your perception ... and take note of everything which now intuitively comes to mind ... (Work in silence)

7th basic level

7. Taking leave, protecting yourself

Once you have been brought back to your starting point by your spiritual helper filled with new impressions, symbols, visions, promptings, you notice that the golden spheres and the sensory link to the spiritual world at your

center, your place of power, as well as the cascade at the place of tranquility, are beginning to fade in your imagination ...

But the memory remains and you willingly express your sincere gratitude to your spiritual helper for his cooperation and bid farewell to him ... In conclusion, he gives you a gift of healing, that is, he lets the spiritual healing power of love and light to flow through him to you ...

Now your whole ethereal body – your soul and your spirit – your psyche – are renewed once again and your self-healing powers are strengthened and enveloped in spiritual power, protected and fortified as it were, so that only those energetic influences and events can inspire you which are right and important for you – for your psycho-spiritual, mediumistic development ...

To your surprise, your spiritual healer now wraps you finally in a further symbolic protective mantle, a cloak.

How do you perceive this? ...

You may also experience sources of resistance ...

You also take note of them – because in time they also want to be understood and redeemed – all in good time ...

You allow yourself sufficient time to close carefully the symbolic doors to the inner, esoteric and mysterious world and to open the blue curtain again ... Your inner perception, the mediumistic senses come to rest ...

As in the evening at sunset, a pleasant stillness awakens within you ...

Calmly, you now recollect your physical body: you symbolically open the doors to the exoteric, external world – very slowly you allow your physical body to reawaken. You become aware of all parts of your body ... your feet feel the firm ground beneath them ... your hands on your lap ... you inhale and exhale deeply two or three times – open your eyes – stretch yourself and feel fit again and “rested” – in your psycho-spiritual fitness room on earth.

8th basic level

8. Waking up, returning

Take delight in the first symbolic pearls recovered from your inner depths ... Here you are starting to become acquainted with your individual language of feelings and thoughts, the creative language of symbols or dreams, your mediumistic dispositions: the language of this “old-new” world of visions, fantasies, inspirations, images, memories and coincidences.

3. Evaluation

After each exercise in this book, you will repeatedly encounter the following four steps of evaluation:

- a) what you experienced
- b) associations and insights
- c) bridge to everyday life: implementation and use
- d) review of “The point of the exercise”

a) What you experienced

Here you describe exclusively your perceptions, nothing else.

Take some time to recollect as many details as possible. Try to do this in a value-free way because there are no “good” or “bad” perceptions. What you perceived is right and important just as you perceived it, true to the motto: Everything is possible and everything is “allowed.” There is nothing right or wrong – what is important is that it is coherent for you. Whatever occurs to you has a meaning for you that will gradually become apparent.

In this first step, do not concern yourself with what the things you perceived mean for you. “Associations and insights” are relevant only in the second step.

Keep in mind: Repeat the exercise you have just performed – and each of the following exercises as well – until you have achieved the learning objectives. That requires discipline because our minds are curious. However, the steps, lessons and units build upon each other and, even when topics recur, a new – though initially not recognizable – level of perception is added.

Describe how you have experienced the “relaxation.”

Note:

If you felt tensions, or even had headaches or similar symptoms, this may be a perfectly normal reaction, especially if you otherwise allow your body little time to relax. In most cases, these psychosomatic symptoms disappear again as quickly as they occurred. Should they persist or reoccur during the following exercises, please seek help from a doctor you trust.

If you fell asleep during the exercise, that does not matter. Your spiritual helper and your subconscious switch off automatically when things become too much for you or when you simply need a phase of deep relaxation, which you get through sleep. Cherish this gift and repeat the exercise as soon as you feel up to it!

Describe how you experienced the body-soul-spirit connection and the communion with the Great Spirit.

Describe how you perceived the power of your spiritual helper or guardian angel.

Write down how you experienced the encounter with your spiritual helper.

Note:

The spiritual helper will be discussed in greater detail in Lesson 3.

Write down how you experienced the contact with your spiritual helper.

Recall your “place of silence,” the “place” where you encountered your spiritual helper. Describe what this “place” looked like.

Describe how you perceived your “golden sphere,” what shape it assumed.

Note:

If you did not perceive anything during the exercise, do not be despondent – practice makes perfect! All in good time ... On the other hand, it could also be that your inner senses were for the time being inactive. Perhaps because you felt pressure to perform? Or it may be that you are still learning the art of inward perception. Above all, be assured that you can learn to notice what has come into your mind – even if it was a fleeting impulse or a vague idea which with time may even prove to be a great vision.

Describe where you perceived your “golden sphere,” your inner home or the light in your inner lantern, what form this assumed.

Note:

Where did you perceive your sphere? “Everything is possible” is also the motto here. As it happens, the place where you perceived your sphere can change later. This is also perfectly fine.

If you perceived the sphere outside your body, you should perform this exercise twice a day to train the conscious perception of the sphere in your body. It is sufficient if you do this for one minute with full concentration. In this way you train your “inner perception,” which promotes a healthy, natural sense of self-esteem, self-assurance and self-confidence.

Describe how you perceived your “sensory channel to the spiritual world.”

If you were able to perceive the “second golden sphere” as well, describe its position.

Note:

Here again, “everything” is permitted that feels comfortable to you. This perception (second sphere) seeks to make you symbolically aware of your connection with your human intelligence, your personal innermost wisdom or the strength of your PsyQ in communion with your creative power. If you did not perceive this second sphere (yet), then continue to practice: Little strokes fell great oaks.

Perhaps you could also perceive the symbol / your symbol. Describe it. You may have perceived such a symbol as a color, a sound, a smell, a taste, a

shape, an entire experience, etc.

b) Associations and insights

This brings us to the second step in the analysis: the insights we derive from the exercise.

Begin by collecting only what spontaneously occurs to you about your perceptions and write down these ideas. Recall the rose experiment at the very beginning. There, for example, the half open flowers were associated with “something begun.” But there are other possible interpretations that come from deep within you. Be creative and give free rein to your imagination.

For the moment, do not consider whether the association in particular has anything to do with you or, if so, what, or whether it has a message for you. Analysis is the second part of this task.

Take time to reflect on your associations. Perhaps nothing occurs to you at present? Don’t let this unsettle you! It is in the nature of our minds to evaluate, judge and at first view new ways of thinking in a critical light. Because the message came from your unconscious, your mind may need a little time before it allows further details to become conscious. You have probably experienced a situation in which you cannot think of a name matter how hard you try to remember it. The information is buried somewhere in your mind. Give it a chance to come to light by repeatedly asking throughout the day what your perception could mean. Then the solution often comes quite unexpectedly.

Perhaps you ask friends or exchange ideas with others. You will notice that we human beings make very different associations. Here, the important autodidactic learning process “learning about your daily life in and from the

mirror held up by others” can begin. Consult a symbol book or search the internet for the possible meaning of your symbols.

As we have seen, some symbols are universal and occur in other cultures and religions as well as in ours. If what you have seen should trigger anxiety or strong feelings of discomfort, as can occur in rare cases, you should seek support from a specialist trained in psychotherapy.

Attending a support group of like-minded people, a Trilogos peer group or a Trilogos training group would also be a good way to initiate an exchange and to inspire yourself and others.⁶

Above you took note of where you first saw the golden sphere. Here you should write down everything that occurs to you about the exact location of your sphere, what this place might mean and what it could symbolize.

Write down everything that occurs to you about the location of your second sphere.

Write down everything that comes to mind if you (still) have not seen the second sphere.

⁶ See: www.trilogos.com

Record all of your ideas about your symbol.

Now you have made a small collection of ideas about your perceptions. This provides you with possible interpretations of the position of both spheres and of the symbol you dreamt up. The key issue in what follows is to find the correct associations for you, and you alone, with whose help you achieve knowledge about yourself.

In order to do this, calmly review your notes. You will notice, feel and sense which ideas have to do with you, which of them touch you, at the moment. This can be a very subtle feeling, a barely perceptible, intuitive impulse. But it is also possible that you will feel strong resistance to one of your ideas: “Not me!” – This is also a way an idea can “touch” you. Be open and ready to accept even ideas that affect you in unpleasant ways as signals from your innermost self to take them seriously. These are equally necessary on your path of personal development, because these also belong to you and look forward to being transformed into something pleasant once the time is ripe.

Thus, become acquainted with the basic energy within you, learn to accept it and thereby also learn what resistance, aggression, irritations, and similar experiences feel like. Then try to achieve a new balance by means of the knowledge of being connected with your creativity and with the attentiveness to this vital force. Trust and believe in the creative power within you. As a result, by training mindfulness, you realize your feelings and achieve an ethical life orientation. That is the goal of the present self-taught course.

You will become aware that all ideas and interpretations that trigger something in you have something to do with you; otherwise they would not “touch” you, come to your mind or ‘occur’ to you. They are valuable signals from your unconscious, and your task is to accept them and to examine them in order to learn from them.

There are as many interpretations of the truth and reality as there are human

beings.

There are as many interpretations of the truth and reality as there are human beings

What exactly does a specific association have to do with you? You are the only one who can know that! The unconscious opens its doors cautiously and tries to bring light gently into the darkness. The “truth” or how you interpret meaning is solely up to you. Because: there are as many interpretations of the truth and reality as there are human beings. And this – as every human being knows who consciously engages with him or herself – can change in the course of every individual’s psycho-spiritual development. A child’s interpretation of the truth and reality is no longer the same as that of a young family father, and this will in turn presumably have long since changed by the time he retires ...

It is not always easy to find your own, underlying essential truth. Often, the unconscious protects us from quickly discovering this truth, because this knowledge can also be unpleasant or even painful. You are certainly familiar with the notions of a “blind spot” or the “beam in the eye of the beholder,” hence with the idea of something which you do not (or, better, do not yet) recognize even though it is staring you in the face.

Reflect and try to recall into which situation in your life the aspects of your ideas that touch you fit. Insights will come with patience; you cannot force them.

If you are working alone, then you must rely on yourself. At the same time, this can be an intensive process, because your interpretation of your experiences is not influenced by others, but is drawn from yourself alone.

- You have undergone the first exercise with your spiritual helper (SQ training) and probably experienced this power of connectedness as something positive. If you felt uncomfortable with your spiritual helper, you can request a different companion at any time, as stated in the exercise.
- With this exercise, you have had at least a pleasant, possibly even an exciting, interesting first experience. Or was your experience more like that of Hans, as described in the second case study below?

Professional guidance: beneficial and time saving

For people who have never consciously engaged in practical internal work, but who feel a great yearning for it, it may be advisable to seek professional guidance for this self-taught course. This can be a qualified Trilogos group leader or a qualified psychotherapist who works with the Trilogos Method and with imaginative methods and daydream techniques. This professional

support can provide the user with valuable assistance in processing the dream symbols and with implementing the results in their lives. As is the case with learning other new skills, such as a musical instrument or a foreign language, the teacher offers the pupil impulses from a different, experienced perspective.

Responsibility

Even for people who have already accumulated a lot of research and experience on the spiritual path, it can be very helpful to exchange ideas with partners and friends in order to engage in self-critical and autonomous reflection. Like the artist who has to take a couple of steps back from the canvas in order to see the whole image, a healthy distance – which others can grant you – also helps you to grow further. And: “With increasing knowledge comes greater responsibility.”

Checking and balancing one’s self-evaluation in groups leads to an optimum balance in daily life

However, all interested parties derive the greatest benefit from this work when in time they consciously engage with the group and use it to verify the own perception and repeatedly readjust their compass.

Write down the idea about the first golden sphere which is coherent for you and the life situation in which it has something to do with you.

Psycho-spiritual fit zones provide balance – the inner peace work, and there-by the outward, remain in flux and with it one’s zest for life

Write down the idea about the second golden sphere that is most coherent for you and in which life situation you recognize yourself as a result.

Write down the idea about your symbol that is most coherent for you and what you associate with it from your daily life.

c) Bridge to everyday life: implementation and use

This is the third and final step of our first unit.

Things are now becoming very concrete, because it is a question of translating the insights from your first exercise into your daily life.

You have a symbol, you have an idea of how it is related to you, and you recognized the situation from your life with which the symbol fits. These mosaic stones are the basis for the next step in your personal process of growth and change. The inner work can broaden your perception of yourself, but also your scope for action. Actions change the world, and actions begin in your head, in your heart or emotions, and in your body.

Form very concrete resolutions based on your insights, therefore, so that you can translate these insights into practice in ways that are coherent for you.

Formulate a concrete first step towards implementing your insights. Record the situation or the exact time and place that seems auspicious to you for this purpose. Write down what exactly you want to do or what exactly you would like to do differently than usual.

Write down what you expect from this.

d) Review of “The point of the exercise”

Explain what *religio* is.

Define relaxation

Write down the meaning and purpose of guided imagery.

Formulate why it is important to protect oneself regularly.

Note:

Protection exercises help you to distance yourself from external sensory overload. Daily mental protection against external influences is comparable to the certainty you have in the morning when you leave your house or apartment in the knowledge that the doors and windows are closed and that no unwanted guests can gain access.

Define “spiritual helper”

Formulate why the golden sphere is so important as a symbol of belief and trust in the “inner home” and of the perception of inner harmony and peace of mind.

Define “symbol” and “communication” and then “communication in symbols about symbols” or “symbolic communication.”

Background knowledge

How does someone experience her inner world?

Subjective perception: Truth is what we take to be true

What human beings call reality is perceived differently by each of us. The judgments with which human beings construct the “world” always correspond to an ego-centric, subjective truth – what is true is in this case what he or she accepts as true.⁷ It makes no difference whether it is in a dream or in the

⁷ The saying “Truth is what we take to be true” is a key message of phenomenology – the science of phenomena, of appearances. For phenomenology, what is given immediately, what appears directly, is the source of knowledge (see Dan Zahavi, *Phänomenologie für Einsteiger* [Paderborn: Fink, 2007]).

everyday world.

Recall how you imagined a rose or your golden sphere(s) and thereby your “innermost home.” You recognize: we not only perceive the world in which we live, we also actively shape it, consciously or unconsciously.⁸ The subjective world of thought and emotion influences how we act and behave, and thus has an impact on everyday life.

The truth arises through interactions, *in communio*, between the inner and outer worlds, between mind and matter, and conversely again shapes the world of the individual, like your internal lantern and your eternal light.

Being alert and coming to awareness, together with receptiveness to what falls to us and resonating, make self-reflection possible. This enables us to make connections and actively decide to act or not to act.

*Creating
knowledge*

Through the exercises in the present self-taught course your divine spark awakens (golden spheres, innermost home, the power of innermost peace, of inner personal wisdom) and your creative potential (PsyQ) is activated. In this way, you become aware of the eternal connectedness with the creative power and with your higher self (your inner wisdom, your essential predispositions) and your unconscious becomes conscious: your creativity – born out of “love and its light” or of opposition – has its source here. Your co-creator within you awakens and delights in being, becoming and remaining a co-designer and fellow human being. The path of spiritual individuation begins.

4. Case studies

*Group work
facilitates
exchange – it
never replaces the
work as such*

The following case studies are actual experiences drawn from the Trilogos practice. When reading them, you will discover how differently people react to the exercises and how inner perceptions take shape in a myriad of ways, including some that are less conspicuous. The case studies are intended to give you the opportunity to share in the work that has been done in our training groups and in the experiences of others who have embarked on this journey, even if you are practicing alone using this self-guided course. Group work serves to facilitate exchange – it can never replace our “work on

⁸ In the book edited by Paul Watzlawick, *The Invented Reality: How Do We Know What We Believe We Know?*, researchers from the most diverse fields show that the reality in which we live is not just something that is perceived passively. We participate actively in shaping this reality – often without being aware of this. The search for universal truths turns out instead to be a subjective, creative process of interpretation.

ourselves” as such and our search for the innermost meaning of an experience.

As a reminder: Through exchange with others we gain new perspectives for our work on ourselves, which expands our horizons. At the same time, each of us has their own issues and own symbolic language. Therefore, allow yourself to be inspired while taking care to avoid being unduly influenced.⁹

4.1 Case study

a) The experience

Lisa felt comfortable during the exercise, but was irritated as she had perceived her golden sphere to be outside of her, about 30 centimeters in front of her belly. She shared her experience with the group and was curious to see if another participant would be able to help her with the interpretation.

What would you have told Lisa?

What spontaneously comes to mind when you visualize the golden sphere outside of Lisa’s body?

What might the golden sphere stand for?

⁹ The names and characteristics of the participants have been changed to protect their privacy.

b) Associations and insights

As to be expected, “What might this mean?” was the question explored in the subsequent round of exchange. What could this symbol have to do with Lisa personally, with her everyday life?

To answer this type of question, we applied the technique of symbolic communication (discussed earlier), which consists of engaging in free association with a dream symbol. One participant readily voiced an association that came to her mind when thinking about Lisa’s perception: “being beside yourself.”

To this, Lisa replied, rather promptly: “I’m quite familiar with the feeling of being beside myself, actually. And it’s one of my main goals to stop losing it over little things.”

In this case, Lisa thus received an impulse for what the sphere which she felt to be outside of her might mean. The group facilitator then asked Lisa whether in her everyday life she is more likely to occupy an exterior type of realm and whether she finds it difficult to look inside and experience silence. Lisa answered this question with a clear “yes.” She said that this was one of the main reasons why she signed up for this course, as she wanted to learn more about how to come to rest and experience peace and inner silence.

c) Bridge to everyday life: implementation and use

The facilitator proposed that Lisa, as the next concrete step in implementing this learning objective, repeat the exercise regularly and that, whenever she experienced the golden sphere as being outside of herself, she should do something that would symbolize her reclaiming the sphere. With regular practice, she would then achieve the desired effect of finding inner peace and balance.

In the meantime, Lisa had come up with a very similar idea for taking the next step, which she formulated as wanting to learn and practice “reclaiming the golden sphere.” Her expected benefit was to find more inner peace and balance in her daily life as well.

4.2 Case study

a) The experience

Bruce had a lot of trouble with this exercise, saying he was unable to perceive anything at all. Be it the waterfall, the golden sphere, the spiritual helper or anything else: none of these seemed to trigger anything inside him. If you happened to have experienced the same, rest assured, this is a perfectly normal experience. After all, were you able to understand your mother tongue at birth, let alone speak, read and write it?

It takes time for anyone to perceive their dream or symbolic language, to understand it intuitively, and to then incorporate it meaningfully into their everyday reality. Thus, you will need discipline, patience and perseverance. Practice makes perfect! Moreover, you can take solace in the fact that other participants who do not seem to be having any difficulty in perceiving something at the beginning may well reach an impasse at a later stage in the exercise, at which point only steady practice and patience will get them ahead.

What does the description of this situation do with you? What would you advise Bruce based on his impressions of the exercise?

b) Associations und insights

The facilitator turned directly to Bruce and suggested that perceived nothingness, too, could be used as a dream symbol.

What could this nothingness mean?

For one participant, the Chinese term *Wu wei* came into the mind, which is the concept that inaction is a type of action. Bruce was asked if he had a hard time letting go, letting something happen and being passive. He answered with “yes.” He said that he always likes to maintain control and to have a clear overview of situations.

Another participant asked him if he trusted his mind (IQ) more than his feelings (EQ), and whether he often felt spirituality (SQ) to be too abstract and nebulous. Here answered this question likewise in the affirmative.

c) Bridge to everyday life: implementation and use

Astonished by these interpretations, Bruce remarked that it was amazing how the nothingness he perceived could serve as a clear and simple symbol and give way to such coherent references to his everyday behavior. He then resolved to seek out silence more often and to “do nothing” and open himself to his inner perceptions more often. From this he hoped to become more relaxed and open, especially for dealing with difficult situations in his everyday life.

4.3 Case study**a) The experience**

Nadine perceived her first golden sphere to be in her belly, in the solar plexus, and the second sphere above her head, gently touching the crown of her head. Both spheres were connected as if by a light cord, which then reached up to the sky. Overall, this gave Nadine the feeling of being touched by and filled with divine love. She felt protected, guided and safe. Her body, too, was able to let go and relax, even though she had had a long day on the road.

What comes to mind regarding Nadine’s experience? What would you contribute to the group if you were there?

b) Associations and insights

Nadine quickly found out what this perception meant to her. To her, the exercise seemed to be a wonderful way of experiencing relaxation and security in her everyday life.

One group participant observed that Nadine was apparently in harmony with what she experienced and with her sensory channel to the spiritual world – which Nadine confirmed and accepted with gratitude.

Nadine also realized, now more than ever before, that she had a strong desire

to explore her inner worlds and her unconscious, and to thereby improve her everyday life. It was important to her to stay grounded in reality and to avoid escaping into dream worlds. According to the motto “heaven can wait,” she resolved to seek and find happiness and bliss in the here and now, and in small (or maybe even bigger) things. In other words, she strives to become, be and remain the architect of her own fortune ... even if that task is not always an easy one.

c) Bridge to everyday life: implementation and use

Nadine learned and understood the use she could draw from the exercise for her everyday life. She resolved that she would find the time and space of mind to do this exercise whenever she was overcome with exhaustion and stress. She hopes to in this way gather new strength, become more relaxed, and find new courage as well as more drive and motivation. Nadine also plans to integrate regular mental and spiritual training into her everyday life.

4.4 Case study

a) The experience

Isabel felt her first golden sphere to be in her belly, in the solar plexus, and the second one to be part of a continuation of the sensory channel, on the floor. Both spheres seemed to be connected by a light cord that rose above the crown of her head and up towards the sky while at the same time reaching downwards deep into the core of the Earth. To Isabel, this felt like being touched by divine love on the one hand while being immersed in Earth’s force on the other. Overall, this gave her a sense of being enveloped and contained and even educed the budding premonition within her of what the “cross power” might be about.

Can you relate to and identify with Isabel’s experience? Have you had similar experiences – either during the exercise or in other situations? What comes to your mind?

b) Associations and insights

One participant asked Isabel if she had a feeling or sense for her center.

Isabel said that the exercise allowed her to become aware of just that, her center. She realized that from now on she wanted to consolidate and stabilize her perception and feeling for her center. This was, so to speak, her first conscious perception of her center, or of the notion of a center. She was deeply impressed by her sensations. For her, the exercise seemed to be a wonderful way to regain a state of inner balance, equilibrium and rest.

c) Bridge to everyday life: implementation and use

Thus, Isabel learned what uses she could draw from the exercise for her life. Now, whenever any kind of everyday turbulence threatens to throw her out of kilter, causing her to have poor concentration, lose her nerves or feel insignificant, she recognizes the deep meaning of what it means to be driven and guided by her center in her actions.

Isabel plans to find access to her center using the golden sphere on a regular basis, and thereby hopes to experience the feeling of inner calm, harmony and inner peace more consistently and above all for longer periods of time at a stretch.

4.5 Case study**a) The experience**

Marco felt the second sphere to be inside the first sphere, namely in his solar plexus, in his belly.

What comes to mind with Marco's experience? What would you contribute as a possible interpretation?

b) Associations and insights

One participant associated “integration” with Marco’s experience. In the round of exchange, Marco was then asked if in his daily life he felt that he was well capable of expressing his potential, skills, aptitudes and talents – which he answered with “yes.” He was also asked if he felt that his “innermost being,” his self, was in harmony with his outside world, the environment and other fellow human beings. He responded that he actually felt this to increasingly be the case. He had the impression that his feelings and actions were very authentic.

c) Bridge to everyday life: implementation and use

For Marco, this exercise was a good way to probe how he felt regarding his human potential and its integration or actualization in everyday life. In addition, the exercise showed him where he was currently at in this integration process. For Marco, the exercise taught him how to perform a regular “audit” of his perceptions and how to determine whether and how his higher self or his human potential (PsyQ) was in harmony with himself and his environment. This, in turn, would allow him to handle possible changes and implementation steps with a greater sense of responsibility and more confidence.

5. Learning objectives

Select the learning objectives that you have already achieved. The objectives of this unit are:

1. You are conscious of the fact that you have all of the three main tools for pursuing inner work: faculty of imagination, faculty of perception, faculty of expression. In addition, you recognize that you have the basic capabilities IQ, EQ and SQ and that you can improve how these capabilities interlink.
2. You experience your spiritual helper as a supportive force and trust her as a source of unconditional love. You are able to consciously perceive spontaneously intuited incipient/incidental symbols. You connect a first symbol or even several first symbols to yourself and build knowledge that you integrate into your everyday life. You begin to understand why “the truth” of each person is subjective.
3. You get in touch with your inner voice/your conscience—you learn to trust your perception.

4. You learn what it means to believe and trust.
5. You experience what intuitive perception might mean.
6. You experience at least one of your internal senses.
7. You experience the feeling of being touched by divine love – you believe and trust this feeling.
8. You experience “inner home,” your “center,” and thereby the deep connection to your Creator and the creative power through the golden sphere(s).
9. You recognize the importance of protecting yourself on a continual basis.
10. You have a desire and the courage to continue working on yourself, even if you happened to have been unsure about the value thereof in the first exercise. You know you have all the tools and basic capabilities to continue this practice and learning process. As most people, you have probably made the experience that not everything you start leads to immediate success. Accordingly, you will strive toward progress with patience and discipline and adopt a pace that is right for you.
11. You look forward to practicing regularly and to honing your perceptive skills.

6. Quintessence

Strengthening SQ and EQ

Your connection with the Supreme Being as well as with the “divine spark” and your personal wisdom, being the golden spheres, allows you to experience relaxation and healing, in a trilogical way. This connection can contribute to building a healthy self-esteem (SQ and EQ).

The increasingly conscious act of connecting yourself, and above all the experience of being connected, activate your inner sensory perception and support the process of becoming conscious. Symbolically, you are seeking, discovering and finding your inner light and making it shine and illuminate your path. You will perceive, believe and trust and experience yourself and your world in the world more and more consciously. This marks the beginning of the process of unlocking your being and your consciousness.

As the case studies show, the golden sphere exercise can serve as your

“personal GPS” insofar as it allows for a new access to the self.

Moreover, even seemingly “useless” symbols can turn out to be pearls in the journey of self discovery. Your IQ helps you to discover, understand and find meaning so that the light may shine through.

Don’t hesitate to collect all the pearls you find, for one day seemingly disparate elements may fall into place. Your inner path will become illuminated—and you will know intuitively when you want to start stringing the beads of your very own pearl necklace. Line up the individual pearls and wear them in the awareness that you can rearrange them over and over again. Find out what comprises your core issue, or recurrent theme, that you wish to work on. Indeed, this is how you train and develop your personality, consciousness and moral conscience, and thus comprises your path as well as your goal.

This pearl necklace serve as a resource for building self-competence, which comprises a main faculty which this textbook seeks to train and develop.

When repeating one and the same exercise, a different experience may arise, which will engender further conclusions. These too are considered valid insofar as they cohere with the time and place of the exercise.

Every day has its offering of presents, we just need to unwrap them.

Albert Schweitzer

7. Further reading

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