

# Interview with Linda Vera Roethlisberger

Linda Vera Roethlisberger, a medium, life coach, teacher, artist from Switzerland and author and founder of the TRILOGOS Foundation gave an interview on her working method, training method and foundation vision for the Forum newsletter in September 2012.

*Interview by Waltraud Wacht*

**You've been mediumistic from birth and have been guiding people in their mediumistic training for more than 20 years. What is your understanding of mediality?**

Mediality is a highly developed sense of perception, or self-awareness that, nevertheless, does not automatically go hand in hand with an advanced level of personal growth. For example, contrary to what we might expect, a good medium can be an egoist at the personal level.

**This means that we can develop not only our personality but also our mediality. Is mediumistic development not something that is reserved for people with a special talent?**

During my many years of working as a medium, I discovered that every human being is a healer and a medium. We all have mediumistic skills and can train and develop them, just as we might learn to play the piano or tennis. But I also realized how the development of our mediumistic dispositions can contribute to our personal growth and the formation of our conscience and consciousness, which prompted me to develop the Trilogos Method.

**The Trilogos Method you developed is a new method for training mediality. What exactly does it consist of?**

The Trilogos Method is essentially a method for training our personality and consciousness. It combines trilogical thinking (IQ), feeling (EQ) and spirituality (SQ). These three basic skills form our psychodynamic, psycho-spiritual intelligence (PsyQ®). The method revolves around a fundamental examination of our personal existence and is aimed at people from all professional groups who are interested in the development of their social and human competence (PsyK). The Trilogos Method promotes the conscious, self-responsible mediumistic, psycho-spiritual and psychic development of the individual human being: from co-creator to conscious co-designer and fellow human being.

## **Does the Trilogos training change the way we live our lives?**

Regular Trilogos training leads to psycho-spiritual and psychic fitness. The link between the self (predispositions, shadows, traumas, talents, etc.) and the higher self is cleansed by inspiring the inner wisdom, psychic quality or human potential (PsyQ). Perception as well as awareness change. For example, it becomes easier for us to recognize signs on our own path. Our true self becomes more and more empowered with its own vitality and things naturally fall into place.

## **What sets Trilogos Method apart from traditional mediumistic training?**

The Trilogos Method integrates and links SQ (spiritual intelligence: faith/trust) more explicitly and exclusively with EQ than does traditional mediumistic training. The Trilogos Method does so by means of guided imageries, which are stringently tied only and at all times to our inner wisdom (spiritual helper, inner personal wisdom, PsyQ) and the Creative Power (God, Allah, Atman, Nothingness – however one may call the higher Creative Power). This power allows for inspirations to emerge from the subconscious (shadows or not-yet-developed dispositions). The method also encourages independence from a teacher or therapist. Through the Trilogos Method, the students of this school of life learn to take responsibility for themselves and thereby for the greater whole in the mirror of the other. Thanks to their ability to self-reflect, they gain self-knowledge. As a self-guided learning opportunity, the Trilogos Method aims to serve as a spiritual path of individuation, a tool for self-help.

## **Based on your experience, what are the most common mistakes done and risks encountered while pursuing the spiritual path?**

That one can easily fall prey to projections, confusions and the like. By means of inter-, intra- and transpersonal perception exercises as well as concrete references of the perceived to our personal everyday life (health, relationships, work life), the Trilogos Method allows for a continuous intuition training and thus the immediate possibility to independently and freely supervise and correct our self-assessment. When we make mistakes, we are called on to form and train our conscience, following which the inner prophet awakens and develops: Authenticity, congruence and truthfulness or self- and ego-images move into a new light.

## **How do you, as a medium, examine and double-check your own perceptions?**

I myself actively participate in the Trilogos Method training sessions time and again and, thanks to the mirror of the other, engage in critical self-reflection. By doing so, I cleanse my own channel between self (Higher Self, true self) and my health, relationships and work life. I regularly take a walk in the “garden of my soul” and keep it in order. I also take all signs or people whom I encounter on my path seriously and am mindful and respectful of them and learn from them – even in conflict situations. In the mirror of the other, I can become more aware of myself such that, ultimately, everything that is to fall into place will fall into place.

### **Do we need a new spirituality?**

No. Spirituality = spirituality. We need new ways with which the humanities and the natural sciences interconnect. Yet these connections are dependent on human beings. In other words, human beings urgently need a new inner, holistic and integral way of being interconnected or of forming a network. This means that we need not only an external globalization but above all an internal globalization: an integral, holistic personality and consciousness training. Or, according to the psychologist and philosopher Paul Watzlawick: We cannot not believe and we cannot not feel. Through the Trilogos Training, the trainee becomes an “inner peace worker,” whereby she or he contributes to outer peace.

### **How do we maintain spiritual self-confidence in a shattered world?**

By, for one, using the Trilogos Method to acquire a method in theory and practice that enables us to find our inner home. In connection with the Creative Power and the higher, true self, the method allows us to experience that inner home again and again in everyday life, thereby allowing us to act responsibly and to make a difference. In this way, our personal symbolic language can find expression more easily and be incorporated meaningfully into real life. Thus, in mediumistic work, too, our deeds portend their fruit. It is these experiences, these mediumistic contacts, that again and again astonish the perceiver and his or her recipients, motivating him or her to work for peace. Self-confidence, self-assurance and self-esteem can thus grow and heal.

### **What is our spiritual responsibility?**

We are in need of new signs and new beacons! At the beginning of the 21st century, traditional values and structures are losing in value in the Western world. Profound changes and uncertainty are on the rise. Self-realization is regarded as a human right, and tolerance for alternative ways of life has grown significantly. However, since too much freedom also engenders disorientation, fundamental values are once again gaining prominence: commitment, loyalty, reliability, honesty, modesty, responsibility, sustainability, transparency, lived ethics and other values are fueled by new momentum and strengthen the need for rootedness within ourselves and in the world.