

Second 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 voyages of discovery: you can either read the exercise or listen to it. If you still feel insecure or even anxious, read the voyage of discovery 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 oneself. One can, of course, also at any time visit TPM 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.

1. basic level

1. 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 two or 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 harmony and peace is awakening in you ...

2. 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 that could still impinge on your hearing 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 tranquillity ... You meditate by simply 'being' in and from your centre ...

3. basic level

3. Connect yourself with the Supreme Being /creative power

In your newly awakened space of tranquillity, 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 want to 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 Creator-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 tranquillity**, you divine 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 also able to process ...

Imagine that this messenger from the gods has come to help you ... You welcome him with an open heart ... You tell him how happy you are that he 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.

4. basic level

4. The inner world awakens, encountering your spiritual helper

You now set out on a journey with your spiritual helper ... You visualise 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 ...

5. basic level

5. A surprising experience

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

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

Just as every mandala has a centre, you too have your centre ... Enjoy the feeling of being centred and being able to function and operate from this centre outwards ... Calmly, aware of your own centre with a sense of gratitude ...

Where do you perceive your centre? ...

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

Wherever you perceive your centre, 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 centre – 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 link 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 link 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 in 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 centre becoming flooded with a pleasant golden yellow light ... You feel

replete 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 tranquillity, also connected and in harmony with your essential predispositions, with your whole personality and beyond – with the spiritual creative power and Creation ...

Let your innermost centre 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 centre 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 centre 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 ...

6. basic level

6. Make your way back, pose questions

Take note of everything that happens while the golden sphere is glowing within you. Memorise 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)

7. 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 tranquillity, 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 purified once again and your self-healing powers are strengthened and enveloped in spiritual power, protected and impregnated 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.

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 darkness 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.

8. 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.

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 recognisable – level of perception is added.

Describe how you have experienced the ‘relaxation’.

Note:

If you feel tensions, or even have 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 link 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 colour, 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 PsyQ peer group or a Trilogos-PsyQ training group would also be a good way to initiate an exchange and to inspire yourself and others.¹

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¹ See: www.trilogos.com

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PsyQ training group would also be a good way to initiate an exchange and to inspire yourself and others.²

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 symbolise.

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.

Record all of your ideas about your symbol.

² See: www.trilogos.com

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 realise 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.

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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 TPM group leader or a qualified psychotherapist who works with the TPM 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-spiri-

Write down the idea about the second golden sphere that is most coherent for you

*tual fit zones
provide balance – the inner
peace work,
and thereby
the outward,
remain in flux
and with it
one's zest for
life*

and in which life situation you recognise 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 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 an imaginative or fantasy journey.

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.

*A variety of protection exercises can also be found in the book *Der sinnliche Draht zur geistigen Welt* (see the bibliography at the end of this unit). Let them inspire you and perform the exercises in the evening and the morning.*

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.³ It makes no difference whether it is in a dream or in the everyday world.

Recall how you imagined a rose or your golden sphere(s) and thereby your ‘innermost home’. You recognise: we not only perceive the world in which we live, we also actively shape it, consciously or unconsciously.⁴ 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.

³ 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]).

⁴ 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.

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-creator and fellow human being. The path of spiritual individuation begins.

Extract of ‘In contact with your inner voice’, Linda Vera Roethlisberger
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