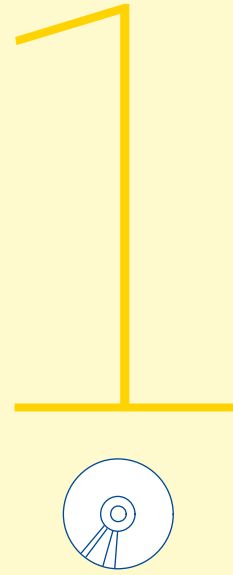


ONLINE TRAINING

Personality and Consciousness Formation



TRILOGOS METHOD

A path towards human competence!

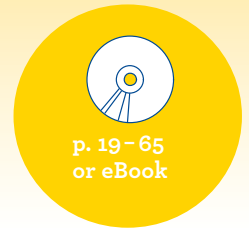
The Golden Sphere

Finding your inner home



www.trilogos.ch

Level 1 PsyQ® – Conscious living
Lesson 1 ABC of the Trilogos Method
Unit 1 Finding your inner home



1 The Golden Sphere

A voyage of discovery / guided imagery

The point of the exercise This trilogical exercise will allow you to, by looking inwards, experience where you stand in your development as a holistic person, namely with regard to the **three basic capabilities of humans: rational / emotional / spiritual intelligence.**

The three aforementioned basic capabilities (IQ+EQ+SQ) are, together, the expression of human potential. By training with the trilogical exercises and by actively trying to find a connection between what you experience and your personal life, these capabilities can serve to actively raise consciousness and thus actively develop your personality in a holistic way.

The trilogical guided imagery “The Golden Sphere” – like all the other exercises of this course – is structured in such a way that you may, subsequent to the imagined connection with the Creative Power, enter into a state of deep relaxation. It is the prerequisite for your subconscious mind to open far enough for you to be able to perceive messages **as symbols**. These will have a **very personal meaning for you**. However, all that happens only as far as it is beneficial to you – something which is ensured by an imaginary spiritual helper.

Task **Where do you recognize connections between your personal everyday life and the findings of the exercise? What do you want or can you do concretely as next steps? Come into action!**

Goal and use Get to know your personal level of development in all aspects of being human:

- **IQ + EQ + SQ = PsyQ®**
Mind + feeling + belief / trust = holistic potential of humans (called PsyQ).
- Your very own **bearings**.

Content One guided audio exercise (plus an eBook, downloadable as pdf-file): **The Golden Sphere**

Duration Plan 40 minutes plus elaboration of what you have experienced

Reference Linda V. Roethlisberger: *In Touch With Your Inner Voice* Level 1 PsyQ® – Conscious living
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