

Logosynthesis®



Free Your Self with the Power of Words:
through Logosynthesis®

ACEP Pre-Conference Workshop
May 12, 2022, Santa Ana CA



— THE ORIGIN OF —
BAHNHOFST **LOGOSYNTHESIS®** D RAGAZ

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Notes:

Objectives for this workshop

The CE objective requirements from all the US licensing bodies require specific numbered outcomes for this workshop:

- Describe the 4 key principles of Logosynthesis as a system for self-coaching and guided change.
- Name 2 aspects of Logosynthesis that make it a powerful procedure for personal and spiritual development.
- Describe the 3 main application fields of Logosynthesis.
- Name 2 practical exercises that demonstrate the effect of the power of words in Logosynthesis.
- Apply Logosynthesis to 3 personal issues (such as fears and disturbing memories).
- Describe 3 ways to integrate the acquired knowledge of Logosynthesis in your existing worldview.

The Content of this Workshop

- Two experiments
- Everything is energy
- What is Logosynthesis?
- What are the principles?
- When to apply the methods?

We'll work with theory inputs, methods, exercises, demonstrations

Before we start...

- Keep personal content confidential
- This workshop is no replacement for personal psychotherapy, even though it can have beneficial effects
- Take it easy, sit back and enjoy!

Summary

- Logosynthesis® is a powerful instrument that can resolve frozen energy patterns present in memories, fantasies, and beliefs
- The active principle is the rarely used power of words
- This workshop teaches you how use this model for yourself

An Experiment with the Basic Procedure

- Think of a person you like, or love...
 - a person, who is not here now...
- Imagine that person being present in this room...
 - in the space around you
- Now explore that presence of this person in the space around you...
- **Where** do you perceive the presence of that person?
 - above you?, at your left?, at your right?, below you?
 - how far away?
- **How** do you perceive the presence of that person in your space?
 - see?, hear?, sense?
- This person you like or love is not really there
 - you perceive an imaginary, sensory representation in space: VAKOG
- In fact, this imaginary, sensory representation is a **frozen energy field** in our personal space
 - that's nice in this case
- Such a **frozen energy field** will trigger **reactions** in the form of emotions, thoughts and physical sensations
 - representations lead to reactions
- So here comes the next question...
- How do you react to the presence of this pleasant person in space around you?
 - Which emotions? Which thoughts?
Which body sensations?

Another Experiment

- Think of another person...
 - a person you don't really like,
 - someone who is annoying, challenging you
- Imagine that person being present in this room...
 - in the space around you
- Now explore that presence of this person in the space around you...

Notes:

- **Where** do you perceive the presence of that person in the space around you?
 - above you?, at your right?, at your left?, below you?
 - How far away?
- **How** do you perceive the presence of that person in your space?
 - See? Sense? Hear?
- This person you don't like is not really here
 - you perceive a sensory **representation** in space
 - you **see, hear, sense, taste, or smell** this representation
- In fact, this representation is a **frozen energy field** in your personal space
 - that's less nice, compared to the representation of the person in the first experiment
- Such a **frozen energy field** will trigger **reactions** in the form of emotions, thoughts, and physical sensations
 - representations lead to reactions
- The frozen energy field of this person will trigger different reactions from the first one
 - it causes distress, discomfort
- How do you react to the presence of this person you feel challenged by?
 - which **thoughts?**, which **emotions?**,
 - which **body sensations?**
- *Subjective Units of Distress (SUDs)*
 - How distressful is the total of you physical, mental, and emotional reactions to the presence of this person on a scale 0 ----- 10?
 - **make a note!**

Now you are going to apply three sentences from Logosynthesis® to move the energy to its right place, to restore the flow in the representation and in the reaction

- you just say those sentences
- say them aloud, softly, then just let them sink in...

Sentence 1

I retrieve all my energy bound up in the representation of this person and take it to the right place in my Self

- let the words do the work...

Notes:

Sentence 2

*I remove all non-me energy related to the representation of this person
from all of my cells,
from all of my body,
and from my personal space
and send it to wherever it truly belongs*

- let the words do the work...

Sentence 3

I retrieve all my energy bound up in all my reactions to the representation of this person and take it to the right place in my Self

- let the words do the work...

- *Subjective Units of Distress (SUDs)*

- How distressful is the total of you physical, mental, and emotional reactions to the presence of this person **now**, on a scale 0 ----- 10?
- **What's the difference?**
- What happened in this experiment?
 - Thoughts? Emotions? Physical sensations?

Everything is energy: the first principle of Logosynthesis®

What Is Energy?

Energy is the potential to cause something

- You need energy:
 - to accelerate an object
 - to heat a substance
 - to allow electrical current to flow
 - to emit electromagnetic waves
- Plants, animals, and humans need energy to live

Notes:

- Energy can flow freely
 - as sunlight
 - as an electrical current
 - as movement
- Energy can be stored:
 - as food
 - as fossil fuels: natural gas, crude oil
 - in a reservoir in the alps

Energy is more

- The term energy has many meanings
- Energy exists as physical energy as already described
- Other forms include:
 - **matter** as a frozen form
 - **information** as patterned energy
 - **consciousness** as a larger whole – Essence, Spirit
 - **intention** as the potential to create from that whole
- In quantum physics, these terms can barely be taken apart

Energy as the Source of Life

- The Greek Philosophers Aristotle and Zeno already knew the concept of a growing force of nature, which
 - causes organisms to develop higher forms
 - allows an embryo to grow and become an adult
 - guides healthy people to strive after their ideals
- In different cultures, this subtle, manifesting, creative energy carries different names:
 - *ka, physis, rûah, prana, qi, élan vital*
 - In Western science, it's hidden as *growth, as evolution*
 - in Logosynthesis, we call it *Essence*
- Biology, psychology, and medicine often take a skeptical, materialist stance
- They tend to deny that there is more to life than matter
- **Virchow, 1860:**
Medical science has recently defined its approach as mechanical, the goal being to realize a physics of organisms. Medicine has proved that life is merely an expression of a sum of phenomena, with every single phenomenon based on known physical laws.
- **Sigmund Freud**
 considered an inherent creative power in nature as ***a pleasant illusion***

Notes:

- **Eric Berne**, the founder of transactional analysis took a pragmatic stance:
Perhaps Physis (life energy) does not exist at all, but in spite of our ability to be definite about this subject, there are so many things which happen as if there were such a force, that it is easier to understand human beings if we suppose that Physis does exist.
- **Max Planck:**
All matter originates and exists only by virtue of a force, which brings the particles of an atom to vibration and holds the most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.

Energy as a metaphor to describe reality

- Metaphors allow for a new understanding in a new field:
 - in the Bible, Jesus uses parables to teach the incomprehensible
 - Freud “explained” the dynamics of the unconscious with the physics of the steam engine
 - Cognitive-behavioral psychology borrows information processing mechanisms from cybernetics and information technology
- Physics has many different descriptions of energy, depending on the context in which it is used
- In this workshop, we will use energy as a metaphor to comprehend complex processes, not as a “logical” explanation
- In Logosynthesis and energy psychology, life energy and corresponding concepts offer metaphors to understand pathology and healing in a new field.

Subtle Energy

- Energy Psychology and Energy Medicine assume that a subtle form of energy exists.
- This subtle energy is said to be coherent and goal-oriented:
 - From this energy, new, more complex phenomena can arise
- This concept is deeply rooted in the history of mankind
- Almost every culture has assumed the idea of a life energy that allows for creation and development

Notes:

Energy Psychology

Assumptions:

- There's a human energy system, with acupuncture points, meridians, chakras and an aura
- Life events influence this energy system
 - physical, mental, emotional, behavioral
- Physically and emotionally distressing situations can lead to disturbances in this energy system
- Specific activation of the energy system can heal these disturbances
- Logosynthesis methods enable such activation

Methods

- There are various methods for stimulation and readjusting the energy system:
 - Yoga, Reiki, meditation
 - Tapping on a set series of acupuncture points: Emotional Freedom Techniques – EFT
 - Touching acupuncture points in combination with breathing in and out: *Touch and Breathe* – TAB
 - Adopting a specific posture with the simultaneous stimulation of acupuncture points – TAT
- ***In Logosynthesis, you say specific sentences to get life energy moving***
- The application of energy psychology methods requires a strong working alliance
- To build up this alliance, you invite your client to tell the story
 - Memories, fantasies and beliefs
- Individual aspects of traumatic events are briefly activated in the processing stage
- Intervention occurs as soon as the memory is activated
 - tapping, holding acupuncture point, saying sentences
- The energy system then finds a new balance and the treated aspect loses its emotional intensity
- A ten-point scale allows an assessment of the level of distress both before and after the intervention
 - SUDs: Subjective Units of Discomfort

Notes:

Effects of EP Interventions

- Thoughts, emotions and behaviors move in a healthy direction as a consequence of the healing process
- Distress related to traumatic events and imaginations is reduced
- Positive changes remain for the addressed memories, fantasies, or beliefs
- In research, these effects were confirmed with high degrees of significance:
 - Feinstein, D. (2008). Energy Psychology: A Review of the Preliminary Evidence. *Psychotherapy: Theory, Research, Practice, Training*. 45(2), 199-213.

What is Logosynthesis®?

- Logosynthesis® is an integrative approach to healing and development to restore the flow of life energy
- The use of the power of words to shape reality enables people to resolve disturbing memories, fearful fantasies, and limiting beliefs, as well as numerous other physical and mental issues.
- The power of words also enables people to activate resources to shape reality in the service of their mission in life
- The Logosynthesis model is rooted in age-old wisdom
- The model contains elements from psychoanalysis, hypnotherapy, transactional analysis, EMDR, NLP, and various modalities of energy psychology

The Context of Logosynthesis

Logosynthesis work with clients is embedded, in classical forms or stages of guided change – coaching, counselling, supervision and psychotherapy:

- Contact: Create a positive learning alliance
- Inquire: Assess and diagnose
- Focus: Identify relevant issues for change
- Frame: Give information on the nature of change
- **Tune in:** *Activate an experience and its triggers*
- **Process:** *Work through experiences and events*
- Go: Reassess and integrate the change

Notes:

Energy in Logosynthesis:

Key Characteristics

Like all other EP modalities, Logosynthesis assumes that a subtle energy system exists

Everything is energy

Principle #1

- Three other properties of subtle energy are relevant for our work with Logosynthesis:
 2. Energy is either in flow, in connection with a greater whole or it's bound up, frozen in energy structure
 3. Energy belongs in the right place, either to a person or to fields and objects in their environment
 4. Words can get energy moving

Energy is either in flow or frozen

Principle #2

We are all part of a greater whole, a greater purpose of being that is incomplete if we try to walk alone.

- *Joan Jerkovich*

- Matter, energy, information, consciousness is either in flow, or it is blocked, rigid, static, frozen in 3D
- If energy is ***in flow***, it is connected to a greater whole
- If it's ***not in flow***, it is bound up in frozen structure, disconnected from the whole
- As Essence, you are a whole that's part of a larger Whole with a purpose
You're connected to a universal consciousness
- Freely flowing energy supports your development, your intention, your mission, your life task
- Traumatic events disconnect you from the flow of life.
Life energy splits off as parts and freezes: ***dissociation***
- In those parts, energy is bound up, trapped in patterns, thought forms, frozen fields, ***energy structure***

Notes:

- All static memories, fantasies, ideas, and beliefs bind up energy and build such structures
- These dissociated parts limit contact with the here-and-now, your Higher Self, your **Essence**, and thus with your purpose, your mission, the meaning of life

Logosynthesis is designed to restore the flow of frozen energy

Energy Belongs in the Right Place

Principle #3

- Your life energy has a place where it belongs
- You live in a body, in a personal space, in a coherent field of patterned information
- **Health** means that your energy is centered, coherent, in your body, in your personal space.
- In trauma, stress, dissociation, people lose that coherence
- *Energy belongs in the right place*
- Life energy freezes in fragments, structures in space,
all over the place
- Also, energy from people or objects outside can be attached, frozen, glued in your space, in your field
- *it doesn't belong there*

Logosynthesis moves energy to the right place in the here-and-now

The Power of Words Can Move Energy

Principle #4

- The change mechanism in Logosynthesis is unusual:
the power of words
- The power of words is known to mankind since ancient times, long before logic started to spread
- In spiritual traditions, the power of words is the origin of creation itself
- Genesis 1:
Let there be light
- John 1, 1:
In the Beginning was the Word

Notes:

- **“Ab’racad’ab’ra”**
I create through Speaking
- Gods create, heal, and destroy through the Power of Words
- Human can also access this power:
they bless, they curse, they pray
- Nowadays, in counselling, coaching, and psychotherapy, we rarely use this aspect of words and language
We use words as instruments:
to welcome, to soothe, to support, to stimulate, to motivate,
to structure, and to improve cognition by naming, interpreting
and reframing perception.
- Logosynthesis directly activates this power of words with the help of specific sentences to restore the flow of your life energy
- You just **speak three sentences**, and the power of words starts working, immediately, beyond reason, to heal the split
- **Logosynthesis activates the power of words in the service of healing and development**

Logo	syn	thesis
Words	together	bringing

- With the help of Logosynthesis, you can treat clients for disturbing memories, anxiety-provoking fantasies, and limiting beliefs
- you can also use Logosynthesis for self-coaching

Logosynthesis® Applications

- You can apply Logosynthesis for the way you perceive the past and the future
 - Your past and future only exist as energy constructs
 - Your energy can **freeze in** such constructs
- Your energy can freeze in stored perceptions, as well as in unfulfilled expectations, and in fantasies about the future
- *as well as in your reactions to them*
- Stored **perceptions** contain everything you’ve seen, heard, sensed, tasted, or smelled at a certain moment in time
- Stored **fantasies** describe...
 - *how it could have been*
 - *how it should have been*
 - *how it could be*

Notes:

- *how it will be*
- *how it should be*
- Energy can freeze in a ***painful past***:
 - *trauma, disturbing memories*
- Energy can freeze in a ***positive past***:
 - *grief, nostalgia*
- Energy can freeze in a ***negative future***:
 - *fear, apprehension*
- Energy can freeze in a ***positive future***:
 - *illusions, wishes, dreams hope, longing, expectation*
- Energy can freeze in ***unfulfilled tasks***:
 - *failure, surreal ambition, procrastination*
- Guided change restores the flow, moves energy to where it belongs
 - *psychoanalysis, TA, gestalt, cognitive therapy, hypnotherapy, psychosynthesis, Logosynthesis*
- As a result, you find meaning
 - *the meaning of life*
 - *a meaning to live*

An exercise and a demonstration

The first duty of man is to conquer fear; he must get rid of it, he cannot act till then
 - Thomas Carlyle

- Find something that makes you feel scared
 - just a little bit, not too dramatic
 - this is an exercise, not psychotherapy
 - on a scale 0 – 10, about 4 – 7
- Now imagine the person or object that makes you feel scared
- Where in space do you see it, hear it, sense it?
 - *Above you? Right? Left? Below you?*
 - *How far away?*
- How do you react to this presence?
 - With emotions? With thoughts? With body sensations?
- *Units of Subjective Discomfort*
 How distressful is the total of your physical, mental, and emotional reactions to this image of this person or object, on a scale 0 --- 10?
 - *make a note!*

Notes:

- Now you're going to say **three sentences** to get energy moving, to restore the flow of your life energy
 - apply *Logosynthesis*
- You just say these sentences, without an extra intention, without emphasis, **you just say the words**
 - apply *Logosynthesis*
- You say the sentences softly

Sentence 1

- *I retrieve all my energy, bound up in this representation of (what makes me scared) and take it to the right place in my Self*
 - Your subconscious mind will know the right place
- **Now relax** – *let the words do the work...*

Sentence 2

- *I remove all non-me energy related to this image of (what makes me scared) from all of my cells, from all of my body, and from my personal space, and send it to where it truly belongs*
 - Your subconscious mind will know where it truly belongs
- **Now relax** – *let the words do the work...*

Sentence 3

- *I retrieve all my energy bound up in all my reactions to this image of (what makes me scared) and take it to the right place in my Self*
- **Now relax** – *let the words do the work...*
- *Units of Subjective Discomfort*
Now again, how distressful is now the total of your physical, mental, and emotional reactions to this image of this person or object, on a scale 0 ----- 10?
- In this exercise you worked on a fear for a person or an object with the help of the sentences

But, wait a minute...

- That person was not really present here in this room
- What you saw in the image was a thought form, a representation of that person or object in 3D space, inside or outside your body
- That thought form was a **virtual reality**

Notes:

- It was a visual, auditory, kinesthetic, tactile, olfactory, gustatory representation
(VAKOG)
- That imagination, that representation, that perceptual thought form, generated **reactions**:
 - body sensations, emotions, thoughts
- In Logosynthesis, we think about such thought forms as **energy patterns**, structures, frozen in space
- These energy constructs in space lead to **reactions**:
 - body sensations, emotions, thoughts
- Energy bound up in the constructs you create **triggers** emotions, thoughts, and body sensations

- The Founder, Developer, Author:
 - Logosynthesis has been discovered and developed by Dr. Willem Lammers
 - Willem is a Dutch/Swiss coach and psychotherapist, with 40+ years of experience on the interface of body, mind and spirit

- Do you want to know more?
 - Just send a mail: info@logosynthesis.net
 - Join the Logosynthesis Facebook group
 - Read *Discover Logosynthesis*® and other books by Dr. Willem Lammers
 - Attend a Logosynthesis Basic workshop: www.logosynthesis.international/calendar
 - Certify as a LIA Practitioner or Master Practitioner: www.logosynthesis.international/certification
 - Seek advice from a professional: <https://www.logosynthesis.international/professionals/>

Notes:

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