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(x)change consciousness

From the 20th to the 23rd of January 2008 I had the opportunity to participate at the World Spirit Forum 08 in Arosa/Switzerland. The title read '(x)change consciousness'



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From exchange to change

At this forum I ran a workshop with Linda Roethlisberger (founder and head of TRILOGOS) called 'from exchange to change'. This workshop was based on the Trilogos-PSYQ®Method for integral personality development and holistic consciousness building.



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Visions and dreams

The Trilogos-PSYQ®Method is based on autogenic training techniques and visualization. So the participants visualize certain symbols and images during the autogenic training.



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IQ + EQ + SQ = PSYQ®

Each participants can ask him or her self 'What has the visualized symbol to do with me, my beliefssystem, my emotional patterns, my lines of thoughts?'. The Trilogos-PsyQ®Method helps one to reflect upon his or her spirituality, emotionality and rationality.



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There are as many interpretations of truth as human beings

A participant can also invite the other participants to associate to his or her symbol or create interpretations for it. But there are no right or wrong interpretations, only more or less inspiring ones. Via the symbol one can gain new perspectives for his or her everyday life.



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Building bridges

For example: 'Your visualized symbol – the red scarve – means to me healing, health and regeneration', so the person with the visualized red scarve can ask him- or herself 'Do I work to much, should I take more care on my body, do I need a rest?'



Intuition training

The other participants can ask questions too: 'Are you in a busy phase and would you like to have more time to relax and regenerate?'. The person with the visualized red scarf can answer 'yes' or 'no'. By this questioning-answering-technique one can train his or her intuition.



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Inspiring each other

Participants can visualize symbols not only for themselves but also for someone else in the group – this is also a way to train one's intuition. It is also called the parapsychological level.



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Attaining different levels of consciousness

In general there are 3 levels you can attain by Trilogos-PSYQ®Training: psychological level (I visualize for me), parapsychological level (I visualize for someone else), spiritual level (I percept information not from this world but for someone in the group). All these levels can help me to develop my personality and raise my integral awareness.



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A supra-denominational training method

Of course, there are many more aspects of your personality you can improve and train via this method. But what I didn't mention until now is that the Trilogos-PSQ®Method is a supra-denominational and intercultural method for integral personality development. This was the most important research result of our workshop at the World Spirit Forum 08 where people with different cultural and spiritual backgrounds participated.