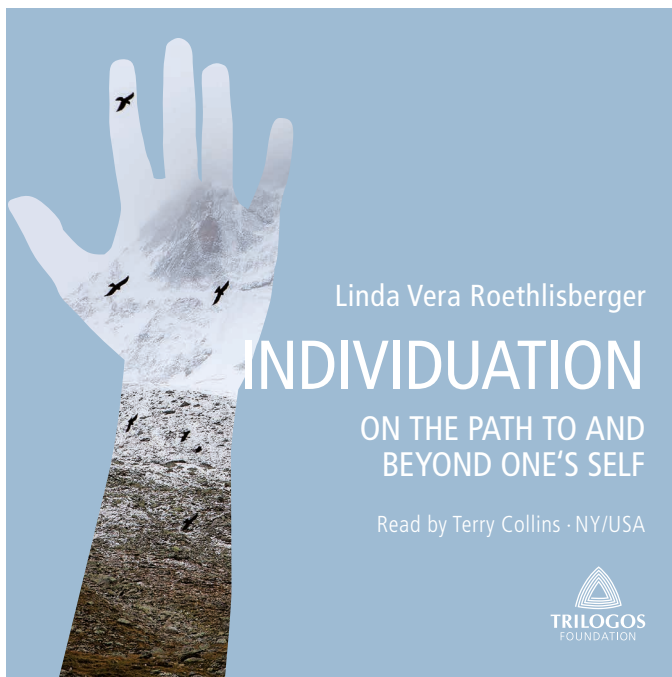


**THIS IS THE THIRD BOOKLET OF OUR AUDIO BOOK SERIES  
"TRILOGOS GUIDEBOOKS".**

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The author gives us very interesting insights what individuation means and shows us ways how to find it inside ourselves:

**What assistance might I need on the often challenging, difficult path to myself?**

**How do I find out what to do or not to do as the next step?**

**How can I trust my perception, emotional security or intuition?**

**How can I assess them?**

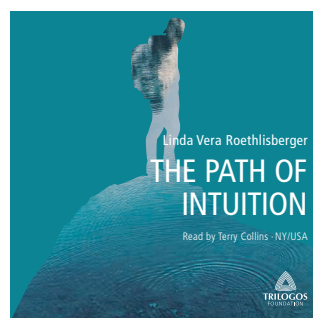
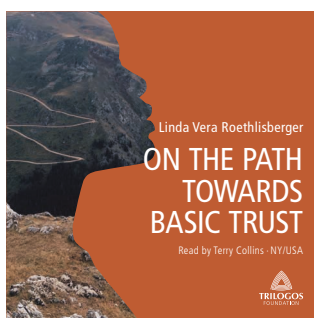
This booklet offers some explanations and thoughts on these topics as well as exercises that might prove helpful.

Guidebook: A practice-oriented booklet empowering readers to become more active themselves. A workbook for all those seeking to work on pursuing their personal goals.

All volumes of this new series are similar in style. In the third volume, Linda Roethlisberger focuses on the core concept of **Individuation**, offering a concise but *modern compilation of prose, quotes by herself and famous thinkers from the history of mankind, Trilogical exercises as well as many opportunities for reflecting on one's own stance and position with regard to this topic.*

In the Trilogos audio book series, author Linda Vera Roethlisberger takes a nuanced look at individual aspects of the core competencies of being human.

More TRILOGOS Audio Books:

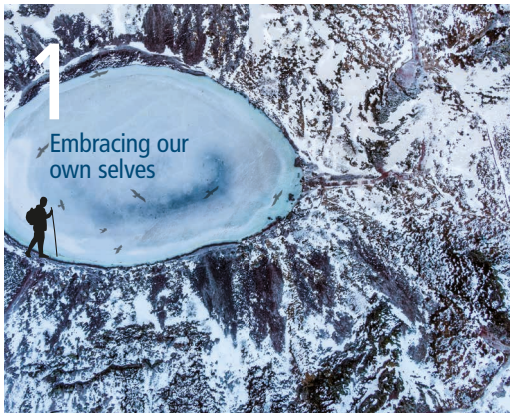


### Introduction

#### 1

##### **Embracing our own selves**

- Exercise: "Breath observation"



#### 2

##### **Integrating our shadows: Internalization and being a fellow human being**

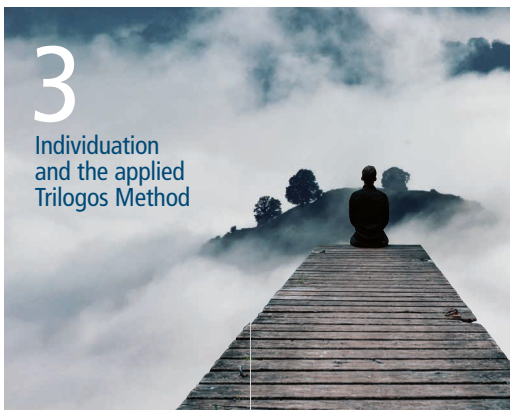
- The sum of our dispositions
- Where there is light there's also shadow
- Dissociation and splitting off



#### 3

##### **Individuation and the applied Trilogos Method**

- The exercises of the applied Trilogos Method
- Exercise: "Tree and Obstacle"
- Individuation – Integration – Kooperation
- Exercise: "The Earth as a schoolhouse"



### Conclusion

### Prologue

## THE TRILOGOS EXERCISES

The Trilogical phantasy journeys are designed to allow you to, following the imagined connection with the Creative Power, sink into a state of deep relaxation. This is a prerequisite for your subconscious to open up to the extent that you can perceive messages as symbols.

These symbols will have a very personal meaning for you. However, all this will happen only as far as it is beneficial for you; the imagined spiritual helper will see to that.

Duration:

Plan **40 Minutes** plus elaboration of what you have experienced.

Speaker: Terry Collins, New York, USA

### Reference:

In touch with your inner voice / Level 1

PsyQ® – conscious living by Linda Vera Roethlisberger

ISBN 978-3-86386-328-9 (German language)

**e-Learning** as online-Trainings on the website:

[www.udemy.com](http://www.udemy.com)

**Linda Vera Roethlisberger** (1956)  
certified teacher



1990 Founding of TRILOGOS, an institute for personality and consciousness training. Author of numerous publications, among them the guidebooks "The Sensory Channel to the Spiritual World" (Der sinnliche Draht zur geistigen Welt) and "In Touch With Your Inner Voice" (Im Kontakt mit der inneren Stimme).

Over the years, she has also developed the Trilogos Method, allowing for self-guided individuation or self-discovery.

2012 Founding of the charitable Trilogos Foundation.

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