

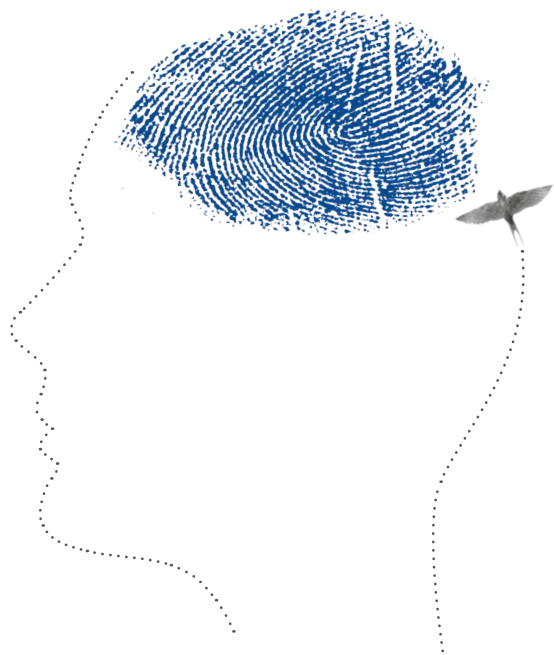
WHAT DO I NEED TO START TRAINING WITH THE TRILOGOS®METHOD?

You'll need ...

- a good dose of curiosity about yourself.
- endurance and discipline.
- some courage to encounter yourself in all its facets.
- fond patience with yourself; insights won't necessarily come right away.

You should be willing to ...

- follow the exercise (reading or listening) as best as possible.
- engage in process work.
- take responsibility for your experiences and insights gained.
- discontinue the exercise if you feel unwell and seek help if any difficulties arise.



WHAT IS PROCESS WORK IN THE TRILOGOS®METHOD? (THE EXERCISES IN PRACTICE)

1. Preparation

You will hear or read ...

- a body relaxation (autogenic training) for the harmony of body, soul and spirit.
- an invitation to consciously connect with the creative power (God, Allah, the Supreme Consciousness, unconditional love, allness or nothingness, etc.).
- instructions to let thoughts and feelings unwind and rest for a while.
- the instruction to welcome your spiritual helper (your higher self, your individual dispositions, the power of your PsyQ).

2. Voyage of discovery

You will experience ...

- a carefully guided meditation or fantasy journey in a waking or daydream.
- inner and outer relaxation and restoration/ strengthening.
- an inner, individual surprise, an unexpected gift in symbolic form.
- a responsibly guided return to everyday life.

3. Evaluating and implementing

You will ...

- recognize what you've experienced and perceived during your inner journey and accept it.
- name (if possible in writing) what you've experienced and interpret what you've perceived.
- incorporate the experience, your symbols, meaningfully into your own life.
- make a resolution, and implement it in your everyday life!



LINDA VERA ROETHLISBERGER

Founder, teacher and artist

In the summer of 2012, Linda Vera Roethlisberger founded the charitable Trilogos@Foundation, recognizing that individual personality formation and development not only plays a key role in one's well-being but also contributes to societal development.

After graduating from the Pädagogische Hochschule in Bern (PH Bern), a teachers college, Linda Vera Roethlisberger worked as a teacher from 1976 to 1989. However, a key experience she had in 1984 then led her to a new life path.

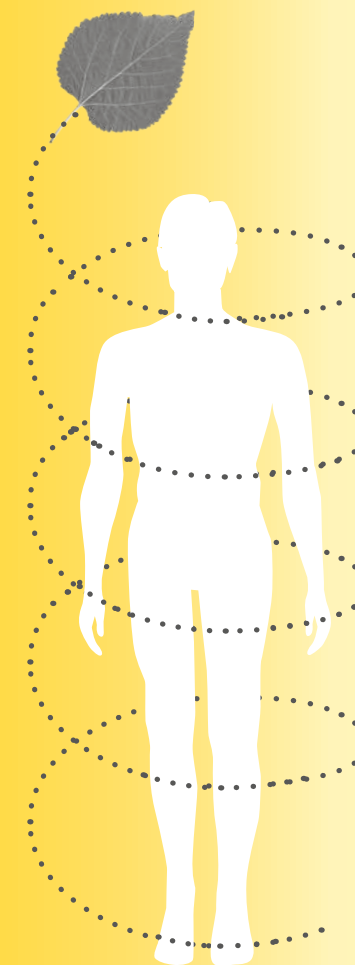
In 1990 she founded TRILOGOS, an independent institute for personality and consciousness training in Küsnacht near Zurich.

Essentially, it developed PsyQ (IQ+EQ+SQ = PsyQ® or the human potential) as well as the development and teaching of the Trilogos@Method in both theory and practice over the course of 22 years, resulting in a comprehensive training concept for the development and training of psycho-spiritual capabilities.

→ *Online auf Udemy & Youtube*

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The TRILOGOS Method



www.trilogos.ch

All humans have a deep inner intuition of the person they will one day become. This knowledge is like a seed. And just as a rose seed needs air, water, the soil and sun to become a rose, humans need more than food and drink to become who they are.

Jesuit priest and later Zen monk Hugo Enomiya-Lassalle engaged in peace work and fostering exchange between Christianity and Buddhism

Develop your **competence in being human** with the Trilogos®Method.

Experience how your personal process work with the Trilogos Method enables you to understand your own language of the soul and to live a meaningful, happy and successful life by integrating your experiences from guided journeys.

The Trilogos Method provides you with a scientifically and practice-proven training program that builds bridges to the unconscious and transpersonal levels as well as to your personal everyday life.

The Trilogos@Training is a step-by-step guide for achieving emotional balance. At the same time, it will allow you to increase your ability to master your daily challenges in a holistic way.

This process is represented by the trilogical formula:
IQ+EQ+SQ = PsyQ®
Develop your psycho-spiritual intelligence.



1 THE TRILOGOS METHOD EXPLAINED

WHAT IS THE TRILOGOS®METHOD?

- Perception training
- Intuition training
- Personal growth
- Finding meaning
- Consciousness formation
- Stress management
- Fostering talent
- Enhancing creativity
- Taking responsibility
- Building trust

The Trilogos Method is the life work of Linda Vera Roethlisberger, who first introduced the method in 1990 and then elaborated it into a self-guided course integrating both theory and practice. Linda's work is **non-denominational** and is **not affiliated with any political party**.

The course is composed of carefully developed sequence of exercises that include mindfully guided imageries with prompts to make references to one's own life. The insights gained from these experiences for your very personal everyday life, together with regular training and the adoption of a "doing mode" will result in substantial improvements in your own everyday life.

The Trilogos Method is a process work, an individual path to ever more humanness. Thanks to the work on and with yourself, you will increasingly be able to act and have agency through the synthesis of self, higher and true self. In this way, you are on the path toward becoming a co-designer and fellow human being in your own life and environment.

2

WHAT IS THE AIM OF THE TRILOGOS®TRAINING?

You will ...

- be given a hands-on tool for **copng with stress**.
- improve your **perception**.
- evaluate your **self-assessment**.
- strengthen your connection to the **core of your being**.
- discover and develop your **talent**.
- train your mediumistic capabilities and thereby your **intuition**.
- train your **consciousness**.
- develop your **personality**.
- take **responsibility** for yourself as a part of society.

You will develop your competence in being human!

What is the trilogical formula?

IQ + EQ + SQ = PsyQ

IQ: intellectual competence

I explore the state of my **cognitive capabilities** and find feasible means for improvement.

EQ: emotional competence

I explore the state of my **emotional capabilities** and find feasible means for improvement.

SQ: spiritual competence

I explore the state of my **spiritual capabilities** and find feasible means for improvement.

PsyQ: The emergence or the interaction of IQ+EQ+SQ forms the psycho-spiritual disposition or spiritual potential of the human being.

PsyK: Thanks to training and formation of one's own spiritual potential, the learner can gain competence in being a fellow human being.

I train and develop my human potential (PsyQ) consciously and holistically, in keeping with a global ethic, toward competence in being human (PsyK), in order to apply it in my everyday life!

3

WHY TRAIN WITH THE TRILOGOS®METHOD?

With the Trilogos Method you train different, individual aspects of your personality again and again, which helps in the development of your personality as a whole.

The effectiveness and quality for you lies in the finely tuned components of the Trilogos exercises. These allow for experiences in the form of symbols that your subconscious sends to you. You complement these by actively dealing with your personal everyday life (your health, your relationships, your work/ occupation) and thereby gain insights. In this way, you will learn about yourself and unleash your human potential.

Through repeated practice with the Trilogos Method, the gentle and harmonizing integration of not-yet-discovered, hurt, forgotten or even split-off parts of the personality takes place.

Your body-mind-soul energy finds its natural balance.

In addition, the work with the Trilogos Method follows a sustainable approach for becoming a holistic person within the community. With the Trilogos process work you embark on your own personal path of individuation toward your own competence in being human!