

Linda Vera Roethlisberger

JOURNEY TO WISDOM



TRILOGOS
FOUNDATION

Linda Vera Roethlisberger

Journey to Wisdom

Faith, love, hope – Breaking into a new era:
the light is within you!

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*If I speak in the tongues
of men or of angels,
but do not have love,
I am only a resounding gong
or a clanging cymbal.*

*If I have the gift of prophesy
and can fathom all mysteries
and all knowledge,
and if I have a faith that can move
mountains, but do not have love,
I am nothing...*

1 Corinthians, 13

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*Let that which seeks change
change.*

*Like water, ask yourself:
From where? To where?*

*The impossible things want to
be thought, realized. New-old
paths seek to be forged through
impenetrable dreams.*

*We seek and find ways that show:
Everything flows to new shores.*

Linda Vera

Foreword

When TRILOGOS was founded in 1990 as an institute for personality and consciousness development, I realized how deeply anchored the desire is in each individual to develop, to recognize his or her potential, and to learn to draw from it. This potential that we humans carry within us is immense. The Great Pyramids of Giza, the Temple of Artemis in Ephesus and with them the numerous wonders of the world from antiquity to modern times arose from the vision of their builders. Since time immemorial, the sciences and arts have been a mirror of what the human mind is capable of creating. And it is not the intellect alone that shines. Love and compassion lift man above his ego-centered world and create small miracles every day. Love and healing are our true nature – even though they seem to have been lost to humanity in times of personal or global crises.

At the beginning of the new millennium, we find ourselves at the epicenter of such crises. The year 2012, alleged to herald the end of the world, is drawing to a close, and the call for a new consciousness is becoming more urgent. But is this really something new? Have we not always been subject to catastrophes and crises? Are we really in danger? Haven't there always been wars? Have people not always felt the urge to usher in the hour of a new consciousness, and to bring the true potential of our nature to bloom for the benefit of all?

The laws of nature manifest a cycle of birth, growth, decay, death and rebirth. A period of upswing gives way to a crisis. Then, once at its peak, the crisis begins to shift, with a period of calm returning after the storm. Given this rhythm, humans are tempted to let themselves drift in the tides of world

events, in the hope that someone will come to the rescue when things become precarious again ... At the same time, we feel powerless in the face of prevailing injustice. We all know that world hunger could be solved. Yet, not enough is being done to combat it, resulting in fellow human beings dying of malnutrition every minute of the day. Stuck in this mire of helplessness, pity and repression, we all too willingly pass responsibility to authorities. We all have a responsibility in the condition of our Earth – in its cycles of growth and decay, and in the impending, inevitable crises. All change begins first and foremost within us. Instead of hoping for the miracle that a new consciousness will take root all on its own, we can take responsibility today – here, now and in this very moment – and begin to change ourselves!

Those who have justice, compassion, peace and love within themselves carry these into their everyday life, into their relationships, their work and into the world at large. When we find our inner home, we leave fears behind and dare to take untrodden paths. And when we listen to our inner voice and learn to draw from our divine spark – our potential – we experience inner richness. It is through this inner richness that we become a co-creator and co-designer of our own life, and through this, a bearer of transformation for a new consciousness.

Mystics of times gone by have shown people how to find inner happiness – not as a way to satisfy selfish desire – but to realize a holistic sense of harmony and peace within themselves. In the advanced cultures of Asia, wisdom teachings emerged thousands of years ago that are as valid today as ever. The West, too, offers initiation and individuation paths that give everyone the tools to reach inner happiness, joy and peace.

While the Eastern philosophies of life work with various forms of meditation, in the West, it is especially the power of imagination that comes into play, alongside concentration, introspection and contemplation.

“Imagination is more important than knowledge. For knowledge is limited,” said Albert Einstein. Indeed, the power of imagination can move mountains, and move worlds. Literature, art, music as well as psychology, especially the teachings of C.G. Jung, Roberto Assagioli and Viktor Frankl, have set milestones that guide people from the dark night of the soul into the light. According to Immanuel Kant, imagination and genius are closely intertwined. Overall, a multitude of possibilities is available to allow us to access our resources from inter-, intra- and transpersonal planes. These include deep relaxation with the help of the imagination, guided daydreaming techniques, deep psychological work with the symbols of humanity, as well as our very own mediumship. The goal is to shape one’s own life independently and sustainably on the basis of the entire catalogue of our human potential. Knowledge about oneself creates understanding, and understanding creates change.

The great painter Van Gogh described normality as “a paved road: It’s comfortable to walk but no flowers grow ...” It is time to turn the paths of hopelessness on our planet into flowering paths. All knowledge to put an end to hunger, wars and misery is within us – on a small as well as on a larger scale. We only have to take on the responsibility to do so!

This booklet explains the principles of the Trilogos Method. Those who allow the insights gained from working on themselves to flow into their everyday lives experience how the power of imagination, together with spirituality, can unfold

in a healing way and bear fruit. The journey to wisdom begins with a first step. Let us leave the safe harbor into the realm into the unknown, and open ourselves to the wonders of being human. The hope for a better, more just world, faith in unfolding potential, and love itself show us: in the shadow awaits the light that can illuminate our world within the world. Let us build bridges into the unconscious, the transpersonal, mediumistic planes, or between the sky, haze and rainbow. Let us take the first step!



1

Myth of holism

Brilliant light engulfs the laws of nature, illuminating and dissolving what is complicated, randomly.

An invisible spirit traverses the Frozen, liquid or gaseous. —

Life force is born of time and movement, giving life to that which is dead matter, and bringing the precious jewels of life to the fore.

Do not search for them — you must feel them.

The simple takes back its place from the complicated. Inexorable creative power is what moves the world. Old knowledge sets out towards new, by means of a new consciousness for the new whole.

Let there be light on our journey.

Linda Vera

On the myth of holism

When I founded the TRILOGOS Foundation in the summer of 2012, it was out of a desire to provide a research, training, practice, discussion and exchange platform for all those with a desire to learn more about holistic life concepts, as well as to support people in their genuine humanness.

But what does holism mean?

In today's world, we encounter the concept of holism in a wide variety of fields. From holistic medicine, holistic learning, holistic management, to holistic therapy, examples abound, with no topic left untouched. If you trace the origins of the term holism, you will encounter the notion that man was once a whole that was divided either by his fall, or by higher powers such as the Greek gods, for whom he became too powerful. The latter view survives up until today in currents of humanistic psychology, which see man as being innately good and perfect, yet which do not attribute division (into the sexes, for example) to gods but to higher powers in the form of global or general social forces. Holism implies wholeness and refers to a system that is made up of parts that are interrelated to each other and to the whole, with the sum of all parts qualitatively exceeding their quantity.

In Western philosophy, the concept of wholeness, or holism, refers to the unity of thinking and feeling and thus, represents an opposition to the pure rationalism espoused by Leibniz, Spinoza and Descartes. Immanuel Kant opposed the premise of rationalism, asserting that it is inherent in man to ask questions to which pure reason knows no answer. He argued that if theoretical reason cannot grasp the essence of

things, then man can think in categories other than reason, whereby the notion of God and the immortality of the soul are facets of reasoning. "The heart has its reasons which reason knows nothing of," echoed Blaise Pascal, contemporary of an epoch that was also preoccupied with the definitive separation of knowledge and blind faith. However, Pascal emphasized that scientific knowledge as well as theological and philosophical questions are by no means mutually exclusive, but rather have a symbiotic relationship. Heart and mind are by no means to be considered separate from each other, but rather that in their interplay, they are the basis of all knowledge.

Indeed, mind and emotion do not exist independently of each other; both occupy space within us at the same time. However, holism does not only concern the heart and mind. Spirituality, too, is anchored in the human spirit. The search for the meaning of life, its significance, and the grand questions about our *raison d'être*, have moved mankind since the beginning of time. These are questions that cannot be answered with science, cognitive thinking and feeling alone.

Where do we come from?
Where are we going?
Why do we exist?

Our Earth gave rise to a diverse array of religions, all of which have made it their mission to define the great "All-Oneness," something that to a greater or lesser extent we are all aware of. God, or whatever we conceive this force to be, is the foundation of a humanistic spirituality that reminds us that we are connected with all beings in this cosmos. Besides striving for power, egoism, greed and hostility, we also carry love, compassion and altruism within us, and in this wholeness, we can grow beyond ourselves. Man is not

only concerned with himself, he does not exist only on the intrapersonal plane but also on the interpersonal and transpersonal plane. He is intelligence, feeling and spirituality in one, and is interwoven with everything that exists.

The human being, in its wholeness, is also at the center of the TRILOGOS concept. The formula

$$\text{IQ} + \text{EQ} + \text{SQ} = \text{PsyQ}$$

denotes the synthesis of intelligence (IQ), emotion (EQ) and spirituality (SQ). PsyQ stands for psychospiritual, an integrally emergent intelligence, and thus for the entire spectrum of human consciousness. When IQ, EQ and SQ interact, emergence comes into play: higher planes of being are derived from lower ones through newly emergent qualities. Significantly, these qualities emerge through the interaction of the individual elements; they are not inherently present. None of the elements on their own could have conveyed new knowledge, as this process requires interaction. It also requires skillful networking, clever references to everyday life – to one's own health, relationships and everyday working life. For this reason, the elements of the Trilogos method are also structured in such a way that neither cognitive intelligence, nor feelings, nor one's very own spirituality (personal faith, convictions, etc.) are neglected on the individuation path.

This is because in a rapidly changing world, we depend on holistic insights. They are our anchor, our integrity. It takes such insights to find our way amid the crises of our personal life. When this happens, decisions based on thinking, feeling and believing/trusting are in harmony with us, as individuals, and our environment. Moreover, self-knowledge gives rise to an understanding of the place the individual

occupies in this world, of the patterns and dispositions to which he is subjected, and by extension, to a sense of responsibility to our fellow human beings and to nature. Realization leads to inner, spiritual and psychic maturity. PsyQ becomes PsyK, the competence in being human. When man recognizes his potential, learns to draw from it, and leads the shadows of his personality to the light through consistent work on the self, he is ready to live up to his true human legacy. The connection to the spiritual world, between the Higher Self and the true self, is created and nurtured so that the true life force can flow more freely, and the self can shine in a new light. Human qualities such as empathy, compassion and altruism are manifestations of the interaction of these three forces.

Altruism refers to a behavior that serves others, is unselfish or even charitable. In the animal kingdom, we encounter altruism in different forms. The current scientific consensus is that altruism instinctively serves the concept of species preservation. Altruism towards non-kin or another species, on the other hand, is observed only in humans. As such, although we experience ourselves to be driven by instincts, we also have significant means to control our behavior. Instead of remaining within the confines of the ego, we can “will” ourselves to act altruistically. Compassion and empathy empower us to expand our own horizon, for the good of all.

But to be able to help others, to support them appropriately, and to enter into healing relationships with them, inner strength is needed. Those who work on themselves and learn to draw from their potential and shape it responsibly, can shine brighter and show others the way into light from darkness.

Those who recognize their own potential also know that everything is interconnected at all times. Mystics in Asia described this connectedness with the cosmos based on their intuitive observation in various stages of immersion. Shamans recognized it on their journeys into different worlds. Those who, in their work on themselves, connect their EQ with the SQ and are inspired by transpersonal planes, recognize that in this universe consisting of energy, separation is nothing but an illusion. This is because life is energy and is therefore in relationship to all.

The concept of “*philosophia perennis*,” or “great chain of being,” is a term coined by the sixteenth-century Italian bishop Agostino Steuco, and reflects the understanding that certain basic truths have been recognized by a wide variety of peoples throughout the ages. Some hundred years later, German philosopher Leibniz would apply the concept of *philosophia perennis* – or perennialism – to universal laws of mind and nature. In his view, eternal truths are not developed but exist, as a result of which they can be recognized. Among these eternal truths in the Trilogos sense is the view that the Great Whole, God, the Creative Power or whatever we wish to call this force, exists. It cannot be sought outside of oneself, only within oneself: Whoever enters into a state of wholeness, reconnects to the creative power and embarks on the path of knowledge with the help of their potential, due to their faculty of imagination and conscious perception and awareness, and gains insight into the essence of this and other worlds. This is a reflective exchange with one’s world within the world. This person attains wisdom and human competence, which expresses itself in compassion and unconditional love, and at the same time lets them cope with their everyday life.

Belief in the good in people and the power of creation, unconditional love, and hope for a better world, allow us to grow beyond ourselves. These things enable us to help shape life on the basis of high ethical principles and in this way contribute to the development of a healthier and wiser society. The more deeply one's own potential is recognized, the greater the chance to make life meaningful and worth living, and the greater the contribution which the individual can make to his fellow human beings and the world itself – out of inner peace and joy.

2

Potential of man



*Light in the shade — a onehundred-voice chorus of branches and twigs stretches out in search of new pinnacles
Solestial infinity.*

*Trees of enlightenment
mark the ethermeral earthly path
for the mindful.*

*Gods from mystical worlds
guide the inspired
toward their peace.*

*Heaven and earth connect in
harmony
between dream and reality,
on the way to being.*

Linda Vera

The true potential of man

Even though there is no direct evidence for the existence of the unconscious, depth psychology, in particular, draws on the immense storehouse of information that is being collected and filtered by our “daytime consciousness.” “The unconscious” refers to the sum of all our impressions, memories, ideas, intentions and unrealized talents, as well as the repressed contents of our consciousness – our shadow sides.

Our daytime consciousness is busy sorting out and selecting. Indeed, inundated, as we are, with innumerable impressions on a continual basis, we would be unable to exist in the absence of this filter. But this filtering process is subject to dispositions, beliefs and convictions. Who is it that tells us what is good for us? Who determines our preferences? Who is it that makes us focus on what we are ultimately perceiving consciously and retaining in our mind?

In dreams and phantasy journeys, we can easily access our unconscious. The latter uses the language of symbols, which we can learn to translate intuitively. When making a decision in life, we are able to make use of the information of our daytime consciousness as well as the information of our unconsciousness. We expand the range of possibilities available to ourselves. We are then in contact with our inner wisdom and can recognize which internal boundaries, drawn in the past, have been keeping us from unfolding our true potential. On the journey to our true self, we recognize the patterns, beliefs and convictions by which we construct our own reality. Yet, this recognition leads to freedom, namely because we can change these patterns. We are the co-creators and co-designers of our lives. When we learn to create from within ourselves, from the storehouse of our

unconsciousness, we succeed in shaping our lives in all their facets. When we learn to recognize the patterns and dispositions of our childhood, and perhaps also of earlier lives, we gain the freedom to depart from familiar paths. When we become better at recognizing ourselves, we also become better at recognizing others and at meeting them with understanding and compassion.

But it is not only the unconscious, this intrapersonal plane, that comprises our potential.

In the sleep temples of antiquity, which can still be visited today in Epidaurus, the priestly doctors put the sick into an artificial sleep. After that, they would whisper suggestions to them, through niches hidden in the walls. The patients believed that these suggestions were voices of the gods. Their self-healing power was activated by the expectation that they would be restored to health through the work of a higher power. Before this, Babylonian priest doctors had used this form of treatment with successful results. As a result, this form of therapy spread from Mesopotamia to Egypt, and later to Greece and Rome.

In modern times, it is research on the phenomenon of the placebo effect that provides astonishing evidence of the power of the imagination in the field of medicine. From fake drugs to fake operations, the power of self-healing, once stimulated, is potentially just as successful as conventional medical-therapeutic procedures.

The power of the imagination also plays a very important role in individuation. The ability to imagine, to experience fantasies and visions, and to be inspired is inherent to all human beings. It is also a trainable faculty. In psychotherapy, the imagination is solicited in the catathymic image

experience procedure, as it is in the Trilogos Method. The power of the imagination is a resource of the human being, which – if used and guided purposefully – can lead to astonishing results not only in placebo research and psychotherapy but also in sports, when preparing for exams, meditation, cancer therapy as well as in the sciences. This is because the spirit precedes matter. In the Trilogos Method, intuition and inspiration also play an important role alongside imagination. Intuition is expressed through subjective recognition of perceptions and the awareness of these intuitions. Inspirations or intuitions come from intra-, inter- and transpersonal planes. They also belong to the true potential of man and serve as tools for self-knowledge.

Returning to our example of the ancient healing temples, we see that aside from the expectation of getting well again, it is above all the belief in the gods and their benevolent voices that stimulates the self-healing powers of the sick person. In trilogical terms, the SQ affects the EQ and IQ – and leads to one's emergence. Faith alone cannot heal, nor feeling or thought, alone. However, when these three forces converge, miracles happen whereby faith can then move mountains.

In placebo research, faith and trust play an important role in healing. The only difference is that faith is placed in a medical drug, and trust in a medical authority, as opposed to the divine voice. Hence, the SQ expresses itself in manifold ways.

Mystics in ancient India devoted themselves to research through meditation. Without advanced instruments, they achieved amazing results with the power of the SQ. In the field of astronomy and physics, for example, their results come amazingly close to current knowledge. Meditation in the form of concentration on the breath or an object is meant to promote immersion, which enables the most varied forms

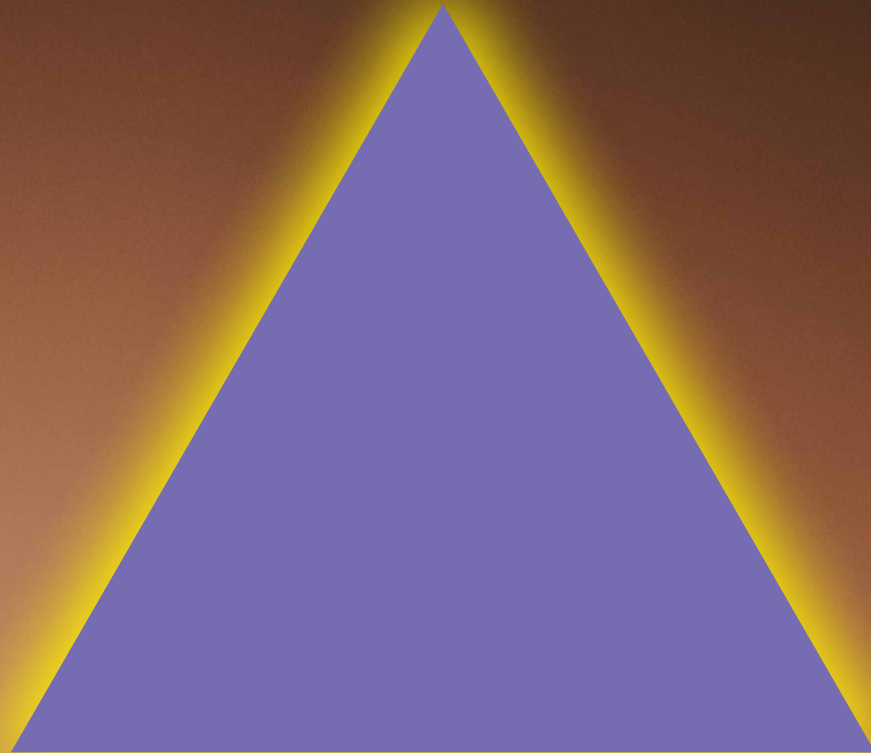
of insight depending on the depth of the state of mind. In the contemplation that follows, a form of quiet observation, experiences made during the immersion mature into insights. According to Eastern philosophy, we carry everything within us because we are made of stardust. At the particle level, we have primordial energy within us and are in constant connection with all other energy fields. In deep contemplation and with heightened attentiveness, a practiced meditator can gradually attain within himself answers to the grand questions of our existence, such as the origin of humanity. In the West, too, there is a tradition of meditation, initiation rites and mystical contemplation. With the Age of Enlightenment, the focus shifted more from the community or clan to the individual, and from mysticism to the power of the intellect. From the realization that the questions of our existence cannot be answered with the intellect alone, the most diverse philosophical currents arose. However, the question of the meaning of life, of the existence of a creator God, of a continuation of life after death has remained through today. Sigmund Freud went so far as to describe the human being who devotes himself to the question of the meaning of life as a sick person, insofar as, in his view, the asking of such a question testifies to an unsatisfied libido on the part of that person. For Viktor Frankl, on the other hand, the question of meaning is a sign of being human. Even the "most wretched prisoner" is free, said Frankl, a man who survived four concentration camps. In short, he considered that man can transcend himself.

Those who set out to tap into their potential, not only to find their own path but to walk it step by step and, if necessary, to calibrate it as they journey, will recognize the truth in Frankl's wise words: namely, that man is not dictated by his conditions but by the decisions he makes for himself.

But in order to tap into his potential, a method is needed that is both holistically oriented and can be applied in daily life. The path of the mystic, who withdraws from the world and directs all their efforts to attaining true knowledge, is hardly feasible for most people. Luckily, however, those seeking to stop encountering the same predicaments and obstacles repeatedly, and wishing to work for the greater good, do not have to withdraw from the world. With the power of their spirituality, feelings and thoughts, they can find the signposts to inner happiness and peace, and also share them with others. Become a light yourself – the light is within each of us!

3

Trilogos Method



Still engulfed by the world around you, you come to realize the magic of being human.

No life can be compared to that of another; each is unique and is to be respected in the course it is taking.

The seas are opening, and — before you extends the path to new consciousness.

Trust the magic of your inner voice, and follow it willingly and with ease.

Live confidently and modestly in accord with your inner melody, knowing that the great force will forever guide and assist you on your path of individuation.

Linda Vera

The Trilogos Method

The Trilogos®Method can be learned independently in theory and practice with the help of the self-guided course (Levels 1–3) In Touch With Your Inner Voice. Additional group work allows for the acquisition of both intuition and emotional security, and to be able to distinguish true inspirations from imaginations.

The individual elements of the Trilogos®Method are deep relaxation, a subsequent phantasy journey during which a special topic is dealt with by means of the imagination, as well as the connection to the SQ, considered to be one's primordial spirituality.

In a state of deep relaxation, a person's brain wave pattern changes. As the body relaxes more and more, the mind opens to the imagination and the symbolic language that accompanies it. When we are relaxed, we do not cling to everyday trivialities which may be spinning in our heads, or to rigid patterns, or to ideas which the waking consciousness is seeking to impose on us. Relaxation helps to achieve a contemplative state of mind, whereby a passive, receptive state is established. In the exercises of the Trilogos®Method, elements of autogenic training and the imagination serve to achieve a state of relaxation. The practitioner learns to leave behind thoughts that may be disturbing them in order to immerse themselves fully in the phantasy journeys (see CDs in the self-guided course Levels 1 to 3).

In order to honor our own spirituality and to let it flow into the work on the self, we must take a subsequent step of establishing a connection to the creative power. The Trilogos®Method is a non-denominational course, and as such it

is up to each person how he names this creative power and carries out his connection, be it in silence or in prayer. In this way, the body confidently falls into an even deeper relaxation, and the mind opens vertically to inspirations that are in harmony with the creative power. In the Trilogos®Method, this step is also called *religio*, understood as the reconnection to the basic trust and the primordial power of eternal love and its light, which at the same time grants protection and security.

The companion on the phantasy journeys is the spiritual helper or the personal inner wisdom, who or which embodies the Higher Self of the practitioner. In contact with the Higher Self, the practitioner receives symbolic inspirations that are perceived intuitively and come from intra-, inter- and transpersonal planes, depending on the level of development of a person's consciousness. It is very important to open oneself to the symbolic messages in a passive-active way of perception. Instead of deliberately forcing a message, the practitioner allows himself to be inspired, trusting that he will receive the information that is right and important for him at the time. The symbolic information received during the phantasy journey can be discussed with the spiritual helper and interpreted with the help of intuition after the exercise. The theme of the phantasy journeys moves into all areas of being human and includes spiritual healing and the integration of shadow sides of the personality. The exercises also include so-called paranormal phenomena and techniques such as telepathy and psychometry (reading of objects), aura reading, contact with the deceased (or non-incarnated parts of consciousness), a critical look at how we reflect on things or how we perceive of the future, reincarnation, karma and the like. Let us remember that transpersonal psychology also appreciates states of consciousness beyond personal experience and includes spiritual experiences in its

notion of the human being. Holism also means to incorporate that which is not yet explicable as a resource. Almost every human being has already had paranormal experiences. Our five senses have their correspondences on planes that may not be scientifically provable but that can be experienced and contribute to our becoming whole.

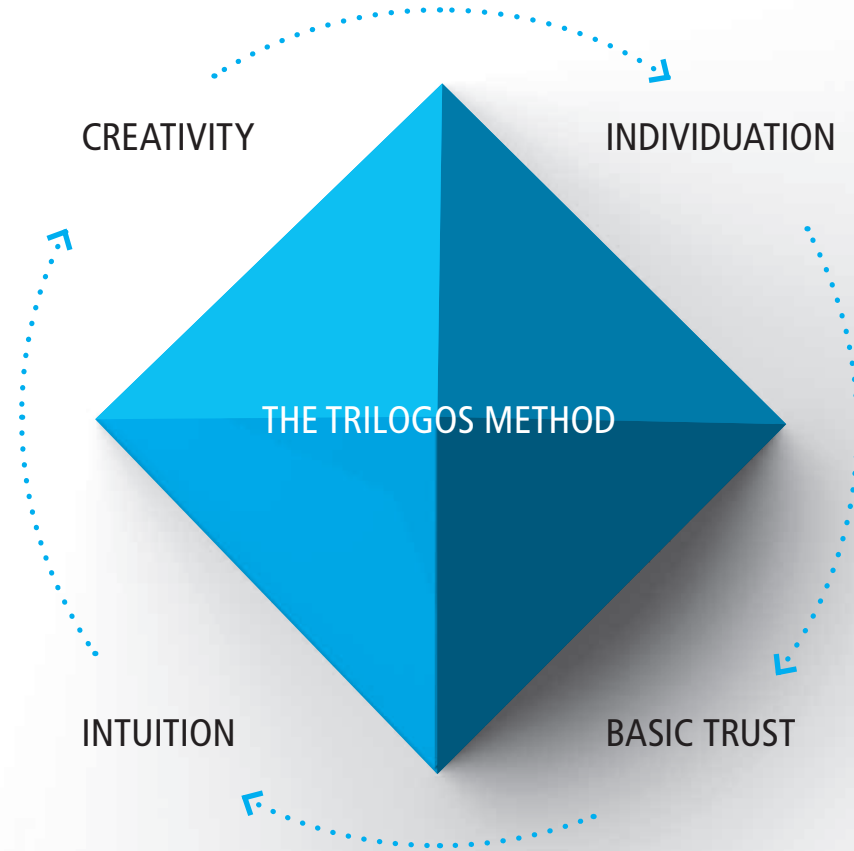
Of particular importance is the application of our collected experiences in everyday life. Our life teachers – especially health, our relationships and our working life, our vocation – are fields in which we apply the insights gained during the phantasy journeys. While insights can uplift us, it is only the practical implementation of what is recognized that leads to change. In this way, daily life with its ever-increasing demands becomes a sparring partner in which each individual can grow according to their circumstances.

The Trilogos Method has set itself the goal of the individuation of the human being – the responsibility of the individual for the whole, each and every one according to their potential. When we connect the SQ with EQ or, “I believe and trust” with “I feel,” we empower ourselves to find our own way, to shape it and to embark on it. True spirituality does not get caught in the fabric of the ego. When the power of the SQ activates the EQ, and the EQ cooperates with the IQ, a space for action arises whose options are always aligned for the benefit of all.

The explorers of antiquity set out for new horizons, even though the eyes had them believe that there is an edge at the Earth's horizon. May you, too, set out boldly to discover your wholeness. Dare to explore the fringes of science, not for the purpose of gathering evidence but to allow your talents to blossom. Go within yourself – and grow beyond yourself!

Our world needs people who are ready to embark on the adventure of becoming human. Everything is within you. Light the spark of your feu sacré and allow the light of knowledge shine through your deeds.

Competence in Being-human – $IQ+EQ+SQ=PSYQ$



*In stillness, I feel homesick,
a yearning. I feel as if I am becoming
undone, a trembling, a fearful
nothingness filled with inner
emptiness.*

*Abandoned in this place of stillness,
I grow and mature – with questions
coming to me in the obscurity of
night, such as:*

Where do I come from?

Who am I?

Where do I want to go?

*In perfect silence, I heal.
It carries me home, like a like a
soap-bubble in the wind, to myself,
to what I am.*

*Seated aside birch-white trees of life,
I enjoy my psycho-spiritual home.*

Linda Vera

The author



Linda Vera Roethlisberger was born in 1956 in Bern, Switzerland. After graduating from the Pädagogische Hochschule (a teachers college) in Bern, she worked as a teacher from 1976 to 1989. In 1981/82, she took painting courses at the Académie Port Royal in Paris and studied French at the Sorbonne.

A key experience she had in 1984 led her to embark on a new life path where she explored, trained and developed her mediumistic abilities with three renowned teachers: Silvia Wallimann, from Switzerland, who focuses on meditation and light work; Dr. Milan Ryzl, from United States, a prominent researcher on ESP and who worked for the Schweizer Parapsychologische Gesellschaft (Swiss Parapsychological Society); and Gordon Higginson, from the United Kingdom, principle from Stansted Hall, College of Spiritualism, acclaimed British medium and healer.

Driven by her passion for philosophy, psychology, pedagogy and alternative sciences, Ms. Roethlisberger pursued her desire to help other people holistically as well as to develop a concept that would guide those interested in unfolding their PsyQ by means of course-based learning modules. Her first courses on extrasensory perception, held in 1986, were met with great interest, motivating Linda Vera Roethlisberger to continue developing seminar series.

In 1990, she founded TRILOGOS in Küsnacht (near Zurich), an ideologically independent institute for personality and

consciousness training. It was under the aegis of this institute that she then developed her life work, a complete training concept for the unfolding and training of psycho-spiritual capabilities in theory and practice – the Trilogos Method – over a period of twenty-two years. In summer 2012, she founded the TRILOGOS Foundation.

The TRILOGOS Foundation

Linda Vera Roethlisberger founded the non-profit Trilogos Foundation out of the realization that the formation and development of an individual's personality not only plays a central role in their well-being but also contributes to societal development. The TRILOGOS Foundation sees itself as a research, education, discussion and exchange platform for people interested in holistic and new life concepts. Its goal is to support humans in being human, in other words, their humanness.

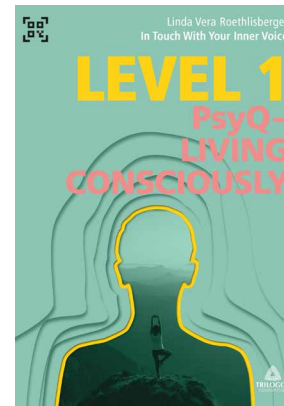
www.trilogos.com



In Touch With Your Inner Voice — a self-guided course, Levels 1–3, PsyQ®Training for personality and consciousness development

Our personality is comprised of beliefs (SQ), emotionality (EQ) and thinking (IQ). According to our subjective core beliefs, we classify the experiences that we have.

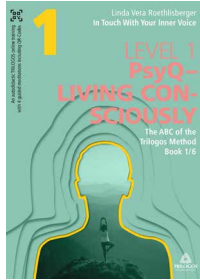
The perception of reality is unique and spans an emotional scope ranging from existential fears to basic trust. The longing for serenity determines and accompanies our development over our life span.



The Trilogos Method is a training and experiential program that revolves around the explicit connection to SQ. Learners can discover wisdom or psychospiritual intelligence (PsyQ) in the depth of their being by means of symbolic language. For this, the tri-logical trinity of intuition, inspiration and imagination serves as a psycho-dynamic force – a tool. The point is to recognize this wisdom, PsyQ and force and to integrate them via actions (PsyK) into our everyday life and its diverse web of relationships.

Our relationship with our health, other people, and working life, in particular, then moves into a new light. The goal is to become empowered to build our own capacities—by way of a psycho-spiritual fitness program that includes a regular self-assessment in the mirror of the other—with a view to achieving a meaningful and value-filled life as individuals, for the greater whole.

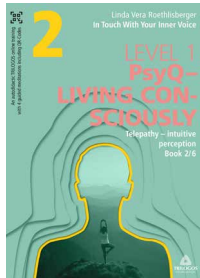
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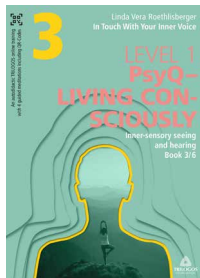
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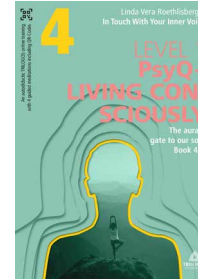
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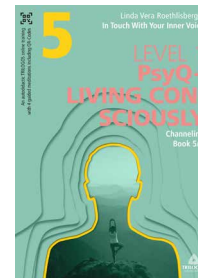
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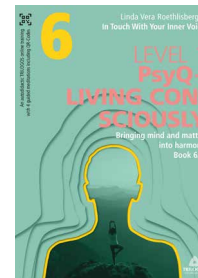
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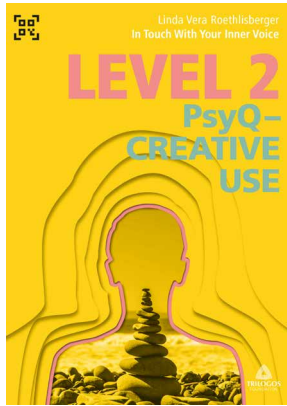


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Every human being has within them the resources to lead a happy and meaningful life. The storehouse of the unconscious, an empathic relationship to our fellow human beings and the environment and, last but not least, the connection to transpersonal planes, are what form the potential of each individual. The Trilogos Method includes techniques

of deep relaxation, meditation and guided phantasy journeys. In addition, it integrates the SQ (the spirituality of the human being) in cooperation with the EQ (the feelings), as a way to open up the feu sacré as well as this potential.

The focus of Level 2 of this self-guided course is to promote the creative use of this potential and thus the development of PsyQ towards PsyK, our competence in being human ...

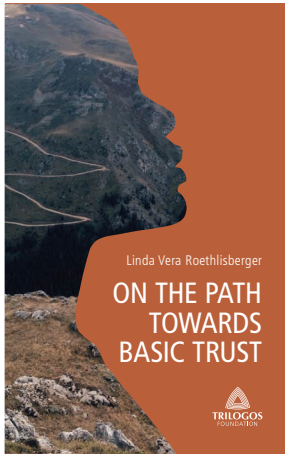


Humans are social beings: In their relationships with others and their environment, they experience a range of feelings from love to hate (EQ); in their exchange with others, the creative as well as destructive power of the mind (IQ); and in their universal connectedness, their own spirituality (SQ).

Whoever works holistically with the tools of the Trilogos®Method works on themselves, develops a deeper understanding for themselves, and thereby for their fellow human beings. They learn to discover their true potential on the basis of their intellect, feelings and spirituality as a resource, as a way to draw from it and to develop beyond it.

Accordingly, the six lessons of this self-guided course of Level 3 address the beliefs, dispositions and patterns of the individual, with judgments, prejudices and evaluations, the formation of personality, consciousness and knowledge, and thus the conscience of man. This is accompanied by the trinity of faith, love and hope, allowing the individual to move towards integration and cooperation. In this way, we become genuine fellow human beings and bearers of hope for a peaceful togetherness in mutual respect and cooperative, healing devotion.

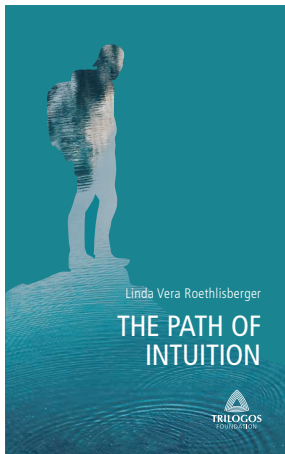
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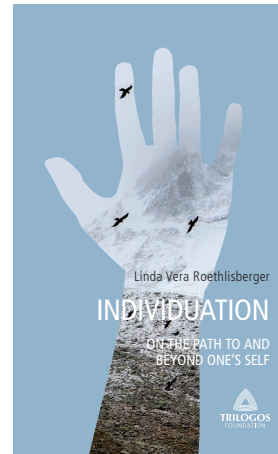
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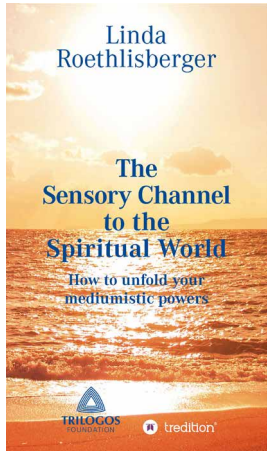
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