

LOGOSYNTHESIS QUICK REFERENCE 2010

THE STARTING POINT

- We are more than body and mind, we're Essence, a Higher Self.

THE FOUR PRINCIPLES:

1. Suffering is primarily the result of unawareness of our Essence and of our creative tasks.
2. Dissociated parts and introjects prevent our being fully aware of and living through our core self.
3. Dissociated parts and introjects are rigid energy structures existing in 3-dimensional space, rather than abstract cognitive parts of mind.
4. The power of the word itself dissolves these frozen structures and allows the energy they were holding captive to be reclaimed by our real Self.

THE PROCEDURE

- Create a supporting environment for learning and change.
- Identify a concrete symptom to work on, as an answer to metaquestion 1:

HOW does your client suffer?

- Find the level of distress (SUD scale) for the symptom, on a scale from 0 to 10.
- Identify the trigger of that symptom, as an answer to question 2:

FROM WHAT does your client suffer?

- Create the sentences below, according to the answers to the FROM WHAT question.
- Let the client say sentence 1
- Allow the sentence to work until you notice a change.
- Let the client say sentence 2.
- Allow the sentence to work until you notice a change.
- Ask again: HOW and FROM WHAT does the client suffer? Find differences in the answers.
- Repeat the procedure for the new answers, as long as the client needs.
- Integrate the change – GO!

THE SENTENCES

1. *I retrieve all my energy bound up in (the FROM WHAT) X and take it back to the right place in my Self*
2. *I remove all non-me energy related to (the FROM WHAT) X from all of my cells, all of my body and my personal space and send it back to its origin.*

TIPS

- Don't mix Logosynthesis with other techniques. Once you decide to apply the system for an issue, stay with it and give it time to work.
- The Logosynthesis process follows small steps: salami slices, onion peels, an artichoke, an eternal ladder.
- Clear answers to the HOW and FROM WHAT questions, before and after saying the sentences, allow the client to recognise even very small steps.
- Answers to question 1 can help to diagnose the type and the level of distress, with the possibility to notice changes later in the process. Answers to question 2 describe triggering energy constructs in space.
- As a guide, you don't need to do anything once you've identified the issue and given the sentences. Sit on your hands, wait and see.
- After saying a sentence, "No change" doesn't exist, but the steps in the healing process are sometimes small.
- A diary as part of the treatment contract can support the perception of change in the long run.

THE BOOKS

1. Lammers, Willem (2008). Logosynthesis – Once You Hit the Magic Word. Maienfeld: ias. This book is written for professionals – counsellors, coaches, psychotherapists. More info and orders: <http://www.iasag.ch/index.php?id=332>
2. Lammers, Willem (2010). Phrases to Freedom. CreateSpace. This is a manual for self-coaching with Logosynthesis and also supports clients in their process. More info and orders: <http://www.iasag.ch/index.php?id=480>

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