

RESTORING THE FLOW

A LOGOSYNTHESIS® PRIMER

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Please read our books if you want to know more and contact us through info@logosynthesis.net to send feedback or receive information on Logosynthesis books and workshops.

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Welcome to Logosynthesis®

This is your introduction to a groundbreaking new system for self-coaching and guided change: Logosynthesis®. It can help you change physical, emotional and mental states by using the power of words.

This book will guide your first steps in understanding and applying the technique. In time, Logosynthesis may become an important source of helping you cope with the challenges of daily life. You may even adopt Logosynthesis as a discipline, like meditation, yoga or prayer, and in time gain clarity about your life's purpose.

If you want to know more, you'll find information about Logosynthesis and books in the last chapter.

Willem Lammers

Edited by Lara Cardona Morisset

1. Logosynthesis in Practice

Cleo's meeting with her boss

Cleo is a 26-year-old marketing assistant. For the past two years, she's been happy in the company and in her position, though a challenging one for her. One morning, she receives a curt email from her boss requesting an urgent meeting next Friday, with no further explanation. She becomes anxious, unable to concentrate on her work. Her mind is filled with imagined scenes of Mark shouting at her, even firing her. As she becomes aware of these games her mind is playing, she sees an opportunity to apply Logosynthesis, learned in a recent workshop. She blocks off time in her schedule to focus on the issue, pours herself a glass of water and silences her phone. She then starts to explore her inner patterns by asking the following questions:

- *What physical sensations am I experiencing?*
- *Which emotions are present?*
- *What thoughts are playing over and over in my mind?*
- *How strong is my level of distress, on a scale from 0 to 10?*

Cleo notices that her throat and abdomen are tense, she feels anxious and keeps mentally replaying a fantasy of her boss firing her. When she thinks about the meeting next Friday, she ranks her level of distress at an 8. Then Cleo asks herself what leads to this suffering. She explores her fantasies about the coming meeting and focuses in on the worst one: the boss shouting at her, telling her that the company no longer needs her. Again, she asks herself questions:

- *Who or what is most significant in this scene?*
It's clearly my boss.
- *Where do I perceive him in the space around me?*
His is right in front of me.

- *Do I see, hear or sense him?*

I see his reddened face close to mine, I hear his loud voice and sense his aggressive energy.

Now Cleo labels these perceptions as “this scene of the boss firing me” and says Logosynthesis sentence #1. This sentence helps her to retrieve her energy, which is bound in the images, sounds and sensations of the fantasy of the boss firing her.

*I retrieve all my energy,
bound up in this scene of the boss firing me,
and take it to the right place in my Self.*

After saying the sentence, in a normal tone of voice without emphasis, Cleo allows the words to work. During the pause, she simply observes what is happening within. After 30 or 40 seconds, she notices herself relaxing a little. Then she proceeds with sentence #2:

*I remove all non-me energy,
related to this scene of the boss firing me,
from all of my cells, from my body and my personal space,
and send it to where it truly belongs.*

Again, Cleo allows the sentence to sink in, observing what happens. A minute passes, she takes a deep breath, and notices that her shoulders are more relaxed, her throat has loosened, and she feels calm. She creates and says Sentence #3. Sentence 3 retrieves her energy, which is blocked in her reactions to the imagined scene:

*I retrieve all my energy,
bound up in all my reactions to this scene of my boss firing me,
and take it to the right place within my Self.*

Again, Cleo pauses and observes. She feels relaxed and centered. Something interesting has shifted in her perspective when she thinks about her upcoming meeting. Instead of feeling scared by her boss and want-

ing to avoid him, Cleo realizes that he is just a stressed manager overwhelmed by his responsibilities, seeking her support.

With this new understanding, she drinks a glass of water and returns to her work. Friday's meeting will be an opportunity to communicate with her boss more clearly.

So Logosynthesis helped Cleo to change her stressful reactions to more productive ones. No longer wrapped up in being anxious, tense and confused, she is able to understand his perspective and integrate it with hers.

What happened here?

This is a typical application of Logosynthesis at the surface level. Cleo encounters an everyday challenge in preparing for an upcoming meeting with her boss, and has difficulty coping with it. In her inner process, she goes through the following process:

- She imagines how the meeting will go.
- She reacts to this fantasy with negative thoughts, strong emotions and physical sensations.

In her self-coaching process, Cleo identifies these mental images as well as her reactions to them. Then she speaks three sentences, pausing after each of them. In this pause, she carefully observes what's going on inside herself. This process immediately changes her thinking, emotions and physical sensations: Cleo's images and the corresponding reactions become neutralized, and alternative options reveal themselves. But how?

The Role of Representations

In using Logosynthesis with this situation, Cleo has changed the image she held of her boss and her reaction to this image. This allows her to react in a more proactive and productive way to the challenge of the meeting with her boss. Cleo's expectation that he will behave aggres-

sively is an example of how people create representations of the world around them. We do this on a daily basis—it's a way of making our world predictable. We create order in our world by comparing the information that reaches our senses with *representations* of what we have seen, heard, felt, tasted and smelled before. We compare our past experiences and memories to the present and draw conclusions about ourselves, others and the quality of life. Sometimes this helps us to learn from experience and to solve problems. Or, this can stand in the way when meeting a new challenge. Cleo's conclusions led to negative fantasies about herself and her boss. Logosynthesis helped Cleo review her expectations, experiences and conclusions in a way that's supportive of her life goals. Her thinking changed from limited to creative, her emotions moved from fear and apprehension to self-confidence. Cleo achieved this through the power of words.

The Wonder of Words

By designing and speaking three sentences—and letting them work—Cleo changed the way she anticipated how the upcoming meeting on Friday would go. Her emotional and bodily reactions also changed in the process. This opens the way to behavioral changes: If Cleo is able to see the boss as a stressed manager, she can meet him calmly as a supportive employee.

Basic Assumptions

Logosynthesis starts from the basic assumption that each being on the surface of this earth is a manifestation of a higher principle: consciousness, a form of life energy, an immortal soul. In Logosynthesis, this principle is called Essence. Lack of awareness of Essence leads to suffering, causing us to repeat uncomfortable patterns in our thoughts and actions. These limiting memories and fantasies and beliefs we hold about the world are considered *thought forms*, energetic structures in three-dimensional space. The power of words has the potential to influence and resolve these structures. This frees up our energy, information and consciousness, and reconnects us to Essence.

Put simply:

1. *Everything is energy.*
2. *Energy is either frozen or in flow.*
3. *Energy either belongs to you, or it doesn't.*
4. *Words can get energy moving.*

Energy and Essence

In the Logosynthesis model, a person has three aspects:

1. *Physical: "I am my body."*

We are a physical body with needs.

2. *Mental, emotional, cognitive: "I am what I think and feel."*

We can define personal and collective goals and devote our energy to achieving them in time and space.

3. *Higher, which we call Essence: "I am."*

We are beings beyond time and space, in a continuous process of development, actively giving form to our world with the help of a creative intention.

This third, higher manifestation of consciousness appears as a Self with a task: to explore, to learn, to teach. When we are in contact with our Essence, our life energy is in flow. Our life becomes a dance.

Disturbances in the Flow

The access to the source of our life energy can be interrupted, blocked or limited. When our connection to Essence diminishes, life loses meaning and we suffer. In Logosynthesis, we assume that our life energy can be in flow or stored in energy structures.

Energy Structures

We need a balance between flowing and still energy to be able to orient ourselves in the world. In this way, energy structures can be supportive or limiting. Supportive structures offer a frame of reference, which helps us to cope with daily life on earth. They act as anchors in the sea of impressions and events in daily life. Limiting structures create problems. They don't offer orientation: they generate repetitive reactions.

Structures in Space

In Logosynthesis, we assume that energy structures exist in 3D space, in the same way tables and chairs have a place in a room. We can perceive these subtle energy structures in the same way we perceive a chair or a table with our senses. We can see, hear, sense, smell or even taste them.

Every person, object or event of our life experience can lead to the creation of an energy structure. The combination of all these structures offers a map to find our way in life. This can be a map with blank areas and detours, or it can be an exact, finely detailed representation of the outside world.

In our experience, energy structures are most influential if they exist in our immediate vicinity, in our *personal space*. In our case report, Cleo has created a threatening structure of Mark, without being aware that she is the author of it. She reacts to this as if it were real life, with fear and apprehension.

How Does Logosynthesis Work?

Logosynthesis dissolves limiting energy structures and restores the flow of life energy, in the following sequence:

1. We find blocks in the flow of life energy in the form of disturbing emotions, physical symptoms and limiting thoughts and the behavior resulting from them.

2. We identify energy structures in space, which trigger these reactions and behaviors.
3. We apply the power of words to these frozen energy structures.

Each sentence addresses a different aspect:

- Sentence #1: the retrieval of the person's own energy bound in the representation.
- Sentence #2: the removal of the energy of other people and objects, which contributed to the representation.
- Sentence #3: the energy of the person bound in the reactions to the construct.

If the distress as a result of the frozen world has been sufficiently reduced, the person is grounded in the present and the Logosynthesis procedure is terminated. Usually, energy blocks consist of many aspects, and resolving them creates opportunities for change. Continued application of Logosynthesis increases our awareness of Essence and our life purpose—gently and elegantly.

In the case of Cleo, we highlighted her imagery in the current situation. To resolve the issue, we didn't need to explore the background of the representation of her boss in her personal space. In the next case study, we go one level deeper: Frozen energy structures are often connected to early childhood experiences in coping with the world.

2. Logosynthesis and Memories

Tony Presents to the Management Team

Tony is a 30-year-old manager in a tech company. Well appreciated by colleagues and by his boss, he has been at the firm for 7 years now and participated in many projects.

Now, for the first time he will present his own project to the management team. Tony has been working on it for months and is convinced it will attract new clients to the company. As the Monday of the presentation approaches, his sleep is disturbed by a recurring dream of board members throwing eggs and tomatoes at him. Curiously, some of the dreamed aggressors are former classmates from school. He wakes up sweating, his heart pounding.

At the office, he continues to struggle with his presentation, and on Friday, even thinks of cancelling. During the day, Tony's mind keeps creating scenarios that match his recurring nightmare. His self-confidence has vanished.

The next day, he participates in a Logosynthesis workshop to learn self-coaching using this new tool. In the room, a group is learning the basics of Logosynthesis from its founder, Dr. Willem Lammers. Tony volunteers for a demonstration and asks for help with his presentation anxiety.

Willem asks him to imagine himself giving the presentation on Monday, while asking the following questions:

- *What happens in your body?*
- *Which emotions do you feel?*
- *What thoughts do you observe?*
- *What is the worst that could happen?*
- *How strong is the distress you're experiencing, on a scale from 0 to 10?*

Tony reports sweating, a pounding heartbeat, and a knot in his stomach. He also feels scared and has the thought "I'm a loser." Then the fantasy arises that his boss will tease him, and that all his colleagues will

laugh at him and call him a loser. The intensity of the distress on the scale is a 9.

Willem asks him to explore what he notices in the space around him that is creating such a strong reaction. Tony perceives his boss on the right, with his colleagues in a semicircle behind. When he focuses on that, he notices the knot in his stomach tightens.

Willem creates a first sentence, and asks Tony to repeat:

*I retrieve all my energy,
bound up in this imagined scene of the management team,
and take it to the right place in my Self.*

He pauses and observes what's going on. The knot loosens, and he starts yawning. That's typical, and a good sign. Willem then offers a second sentence for him to repeat:

*I remove all non-me energy,
related to this imagined scene of the management team,
from all of my cells, from my body and my personal space,
and send it to where it truly belongs.*

Again, Tony breathes deeply and observes what happens. The knot is still there, but he feels less scared. Then sentence #3 is provided:

*I retrieve all my energy,
bound up in all my reactions,
to this imagined scene of the management team,
and take it to the right place in my Self.*

Something new is happening: Tony no longer sees his boss and the team; suddenly there is an image of his former teacher, Mr. Douglas, whom he remembers as a bully. He tells Willem, who enquires:

- *How do you know Mr. Douglas is there?*
- *Do you see him? Feel him? Hear him?*

- *Where is he in the room?*
- *How far away?*

Tony's answer is eloquent:

Mr. Douglas is at my right, bigger than me, and he is teasing me in front of the class. He's a mean man. All the kids are making fun of me, and the teacher lets them!"

This first round of Logosynthesis has uncovered the memory of an early experience. This has been stored unprocessed in Tony's system all these years. Willem offers sentence #1:

*I retrieve all my energy,
bound up in this memory of Mr. Douglas and the teasing kids,
and take it to the right place in my Self.*

After saying the sentence, Tony closes his eyes for two long minutes. Behind his eyelids, his eyes are moving fast. After a while, he starts yawning and breathing deeply. He receives sentence 2:

*I remove all non-me energy
related to this memory of Mr. Douglas and the teasing kids,
from all of my cells, all of my body and my personal space
and send it to where it truly belongs.*

He pauses, letting the sentence work. His face and shoulders relax. When he opens his eyes again, he looks peaceful and open. He tells Willem that the knot in his stomach is gone. He still thinks of himself as a loser, albeit with less intensity. He receives sentence 3:

*I retrieve all my energy,
bound up in all my reactions,
to this memory of Mr. Douglas and the teasing kids,
and take it to the right place in my Self.*

This time the processing pause is shorter. After 20 seconds, Tony opens his eyes. He feels calm and confident. Willem invites him to imagine giving Monday's presentation again, and there is no trace of fear, knots or similar disturbances. Tony is calm and confident. While drinking a glass of water, he says: "I'm no longer scared. It might even be fun presenting in that meeting!"

Because the presented problem seems to be fully solved, Willem now offers him sentence 4:

I tune all of my systems to this new awareness.

Tony repeats the sentence and lets it sink in. He thanks Willem and goes back to his seat, a big smile on his face.

What Happened Here?

This is typical of applying Logosynthesis on a deeper level than Cleo's case. In this sequence, Tony's experience resonates with a disturbing memory of the classroom. In that instance in the past, he was overwhelmed and unsupported. This past experience is reactivated by a similar upcoming situation. In imagining the management team meeting, Tony retrieves and relives the emotions, thoughts and bodily reactions of the classroom.

The Logosynthesis protocol resolves this disturbing memory. After the application of the three sentences, the person is able to perceive the reality of the situation in the present.

3. The Procedure

Preparation

With experience, Logosynthesis can be applied to almost any situation. The best way, however, is to find a quiet place, silence your phone, and have a drink of water handy.

Identifying Issues and Aspects

Our life in the present is blocked by thousands of energy constructs and our reactions to them. Trying to resolve everything in one shot is not the best approach. Like in a personal museum, we collect frozen worlds that alter our perception of reality. Sometimes, people have so many statues in their museum, that they are constantly caught in the past and/or projecting into the future.

Observing yourself is the best way to explore these frozen worlds. Every day offers many occasions to identify issues that are waiting to be processed. We can apply the model to every form of suffering. Sometimes, as in Cleo's case, we can simply focus on one scene, person or object and resolve it. In other occasions, we address the tip of the iceberg, and the issue reveals itself in all its different aspects. In these cases, we proceed step by step. It's like eating an artichoke: layer after layer you get to the heart.

Assessment

After identifying the issue you're going to work on, describe the representation of your imagery or memory and your reactions to it. This will help you to notice the difference before and after saying the sentences. This is necessary because sometimes the new state feels so normal that you don't notice anything has changed. This also helps when the three sentences don't resolve the issue completely. Then you can assess the differences before and after the sentences. In the assessment, two groups of questions allow you to become very specific about the issue you're working on.

Meta-Question A: The Experience

To explore your symptoms, you ask questions. The answers bring awareness of your reactions to the frozen perception. Meta-Question A is:

HOW DO YOU SUFFER?

This group of questions explores your suffering—physically, emotionally and mentally. Examples of Meta-Question A are:

- *When I focus on the issue, what happens to my body?*
- *Tension? Heat? Cold? Pressure? Where do I feel this?*
- *What emotions do I feel?*
- *Which thoughts keep crossing my mind?*

After answering these questions, you measure the level of intensity of the distress you experience on a scale from 0 to 10: the Subjective Units of Distress (SUDs).

Meta-Question B: The Trigger

In answering Meta-Question A, you are describing our reactions to representations of a memory or a fantasy, not the representations themselves. Many approaches for change and development address these reactions, not the image or construct that led to it. Logosynthesis recognizes that what disturbs us is a symptom of something at a deeper level. To identify what causes the distress identified in Meta-Question A, we need Meta-Question B:

WHAT MAKES YOU SUFFER?

Meta-Question B helps you to explore the space around you. It contains questions like:

- *If something or someone was causing these reactions, who or what would it be?*
- *Where in the room?*
- *Left? Right? Before me? Behind me? Above me? Below me?*
- *How far away?*

- *How do I know it's there? Do I see it? Feel it? Hear it? Smell it? Taste it?*

To double-check the link between the frozen image or memory and the current symptoms, you can ask:

- *What happens in my body, when I focus on the representation in space?*

The frozen memory or fantasy identified by Meta-Question B is a target for the sentences, like the picture of Cleo's boss or Tony's teacher. We then give the frozen representation a name, like "the boss's face", "Mr. Douglas' voice", "the schoolmates laughing" etc. At this point in the assessment procedure, you have identified the triggering representation with Meta-Question B. This trigger activates the reactions you found before with Meta-Question A. Now you are ready to apply the power of words.

The Sentences

In the beginning of learning Logosynthesis, each sentence is said calmly and without emphasis. When the sentences have become familiar, you can also whisper or even think them. After saying a sentence, a processing pause is needed. This can last from 10 seconds to 10 minutes, depending on the depth of the processing. During this pause, you may find it helpful to close your eyes and turn your focus inward, observing what happens. Avoid actively thinking or inner dialogue, as they can slow down the process. When the processing feels finished, continue with the next sentence.

Sentence 1

Sentence 1 helps you to take back the energy that's bound in representations of fantasies or memories:

*I retrieve all my energy,
bound up in this (memory, fantasy, person, object, or aspects of*

*them)
and take it to the right place in my Self.*

Pause, relax, observe. Wait patiently until a few minutes have passed or until you feel a shift in your body or emotions.

Sentence 2

Representations of fantasies and memories not only contain energy of your Self, but also from other people and objects. Saying sentence 2 removes this energy:

*I remove all non-me energy,
related to this (memory, fantasy, person, object)
from all of my cells, all of my body and my personal space
and send it to where it truly belongs.*

Pause, relax, observe. Wait patiently until a few minutes have passed or until you feel a shift in your body or your emotions.

Sentence 3

In Meta-Question A, you identified the reactions to the triggering representations. In sentence 3, the energy invested in your reactions is guided back to your Self.

*I retrieve all my energy,
bound up in all my reactions,
to this (memory, fantasy, person, object, or aspects of them),
and take it to the right place in my Self.*

Again pause, relax, and observe what goes on in the process. Wait patiently until a few minutes have passed or until you feel a shift in your body or your emotions.

Evaluation and Closure

In this step, you compare the representations and your inner state with the answers to the Meta-Questions A and B. Then you reassess the level of distress (the SUDs).

Once you're satisfied with the level of change you've reached, you say sentence 4. If your symptom is still disturbing you, reassess the representations and your reactions to them. With the new answers to Meta-Question A and B, go through another round of the Logosynthesis sentences.

Sentence 4

Sentence 4 is the icing on the cake of your Logosynthesis application. You say this one after the issue you're working on has been completely resolved and you have reached a new level of awareness and relaxation in your life. Sentence 4 closes your Logosynthesis process with the words:

I tune all my systems to this new awareness.

Pause, relax, observe. Wait patiently until a few minutes have passed or until you feel a shift.

Our experience shows that new issues hide behind every issue you work on. In time, Logosynthesis becomes a daily routine to support your personal and spiritual development.

In the Logosynthesis process, sometimes hidden frozen worlds are activated. These can lead to intense emotions and physical symptoms. Not everybody is ready to perceive these frozen worlds as what they are: blocked energy. They seem and feel real. If this happens to you, please seek help. You will find trained professionals who work in person and online in Logosynthesis on the official website of the Logosynthesis International Association: www.logosynthesis.international/professionals.

4. The World of Logosynthesis

The Name

In ancient Greek, *logos* means meaning, mind, word or teaching. In Logosynthesis it stands for “meaning” as well as “word.” The Greek word *synthesis* means, “putting together” and refers to the integration of fragmented parts of a personality into an integrated Self, in which all parts work harmoniously together. The name Logosynthesis has been registered as a trademark.

The Founder

Willem Lammers, MSc, DPsych, TSTA, is a psychologist, licensed psychotherapist, supervisor and consultant to people and organizations. He has founded a training institute in Switzerland. Willem has been working on the intersecting boundaries of body, mind and spirit from the beginning of his career. He is trained in bioenergetics, transactional analysis, hypnotherapy, NLP and energy psychology, and is a skilled teacher and trainer. Since 2005, he has been working on developing Logosynthesis and providing training around the world. In 2018, he received the prestigious ACEP Award for his major contribution to the field of energy psychology.

The Origin of Logosynthesis®

The Origin of Logosynthesis® is Dr. Willem Lammers’ institute. You can find more information about this institute and Willem’s global training program on his website www.logosynthesis.net.

LIA, the Logosynthesis International Association

LIA supports the development and expansion of Logosynthesis by managing a register of certified Practitioners, creating and maintaining training standards, and by training those who are interested in learning Logosynthesis for themselves or for their profession as coaches, counsellors or psychotherapists at www.logosynthesis.international.

Training

Professionals in coaching, counseling, psychotherapy and education can attend the Practitioner and Master Practitioner training programs of the Logosynthesis International Association.

Social Media

You can learn a lot about Logosynthesis if you join our Facebook groups in different languages, e.g. *Logosynthesis*, *Logosynthese*, *Logosynthèse* and *Logosintesi*. We also have groups on LinkedIn.

Books

Willem has written numerous articles and seven books. The most recent ones are *Logosynthesis—Healing with Words*, *Self-Coaching with Logosynthesis* and *Minute Miracles*. You'll find e-book versions of most books on [Amazon](#), [Amazon Kindle](#), the Apple bookstore and on [Smashwords](#).

Further reading:

- [Self-Coaching with Logosynthesis: How the power of words can change your life](#)
- [Logosynthesis - Healing with Words: A Handbook for the Helping Professions with a Preface by Dr. Fred Gallo](#)
- [Minute Miracles: The Practice of Logosynthesis® \(Logosynthesis® Live Series\)](#)

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