

Restoring the Flow
A Primer in Logosynthesis®

Dr. Willem Lammers & Andrea Fredi

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Welcome to Logosynthesis®

We're happy this e-book found you. It introduces you to an groundbreaking new system for self-coaching and guided change: Logosynthesis. It can help you in changing physical, emotional and mental states by applying an unusual principle: the power of words.

The book offers valuable insights in the ideas behind the model and will guide your first steps into practicing the technique. In time, Logosynthesis may become an important source of help in coping with the challenges in your daily life. You may even adopt Logosynthesis as a discipline, like meditation, yoga or prayer. Continuing practice may thus unveil and fulfil the promise of your life's purpose.

If you have read this text and want to know more, you'll find information about the world of Logosynthesis in the last chapter. Welcome to the world of the White Rabbit!

Willem Lammers and Andrea Fredi

Bad Ragaz, Switzerland, August 2010

1. Logosynthesis and Imagination

Cleo meets the boss

Cleo is a 26 year-old marketing assistant. For the past two years, she's been working in this company and likes the job, even if it's pretty challenging for her. One morning she receives an email from her boss, Mark, with an invitation for an urgent meeting next Friday, without further explanation. As she reads the mail, she starts to worry and becomes anxious. In following hours, she cannot concentrate on her daily tasks. Her mind is filled with scenes of Mark shouting at her, even firing her. As she becomes aware of these mindgames, she sees an opportunity to apply Logosynthesis, which she learned in a recent workshop. She takes time to focus on the issue, prepares a glass of water and turns off the phone. She then starts to explore her inner patterns by asking the following questions:

- *What is happening in my body?*
- *Which emotions do I feel?*
- *What recurring thoughts are crossing my mind?*
- *How strong is my level of distress, on a scale from 0 to 10?*

Cleo notices that she feels tense in her throat and abdomen, she is anxious and keeps repeating the fantasy that her boss will fire her. When she thinks of next Friday, her level of distress is an 8. Then Cleo asks herself what is leading to her suffering. She explores her fantasies about the coming meeting and focuses on the worst one: the boss shouting at up close, telling her that the company no longer needs her. Again, she asks herself questions:

- *Who or what is most significant in this scene?*
In Cleo's case, it's clearly the boss.

- *Where do I perceive him in the space around me?*
In Cleo's fantasy, the boss is right in front of her.
- *Do I see, hear or sense him?*
Cleo sees the reddened face of the boss, she hears his loud voice and she senses his energy.

Now Cleo creates and speaks Logosynthesis sentence 1. This sentence helps her to retrieve her energy, which is bound in the images, sounds and sensations in 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 back to the right place within my Self.

After saying the sentence, in a normal voice and without any emphasis, Cleo allows the words to work. In the pause, she simply observes what is happening within her. 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 imagined scene of the boss firing me, from all of my cells, from my body and my personal space and send it back to wherever it may belong.

Again, Cleo allows the sentence to sink in, and observes what is happening inside her. A minute passes, she breathes deeply and notices that her shoulders are more relaxed, her throat is fine and she is strangely calm. She creates and says Sentence 3. Sentence 3 retrieves her energy, which is blocked in her reaction to the imagined scene:

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

Again, Cleo pauses and observes. She feels relaxed, her belly is fine and she feels her life energy return to her. Something interesting has hap-

pened. Instead of feeling scared by a big boss and trying to avoid him, Cleo realises that Mark is one more stressed manager who is overwhelmed by his responsibility, and who needs her support in being able to carry that weight.

With this understanding, she drinks a glass of water and returns to work. Friday's meeting will be the perfect occasion to communicate with her boss in a more adult way.

So Logosynthesis helped Cleo to change her inadequate reactions to satisfying ones. Being anxious, tense and confused, she became able to understand Mark's point of view and to integrate it with hers.

What happened here?

This case is typical for an application of Logosynthesis at the surface level. Cleo meets an everyday challenge in preparing the upcoming meeting with Mark, and she does not feel able to cope with this situation in a way her colleagues would. In her inner process, she goes through the following steps:

- She creates an imaginary representation of the meeting
- She reacts to this image with negative thoughts, strong emotions and physical sensations.

In her self-coaching process, Cleo identifies these images as well as her reactions to them. Then she speaks three sentences, with a pause after each. In this pause, she carefully observes what's going on inside. This process immediately changes her thinking, emotions and physical sensations: Cleo's images and the corresponding reactions become neutral, and alternative options become available to her. This is a usual sequence in the work with Logosynthesis. Does it make you curious?

The Role of Representations

In her work with Logosynthesis, Cleo has changed the images of her boss and her reaction to them. That change allows her to react in a satisfactory way to the challenge of meeting her boss in a critical situation. Cleo's fantasy about how Mark will behave 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 storing the information that reaches our senses: *representations* of what we have seen, heard, felt, tasted and smelled before. We compare our memories to the current environment and draw conclusions about our selves, others and the quality of life. Constructive conclusions in reaction to our representations help us to learn from experience and to solve problems. Our conclusions can also stand in the way when meeting a new challenge. Cleo's representation process leads to negative fantasies about herself and her boss. Logosynthesis helped Cleo review her perceptions, experiences and conclusions in a way that supports her goals in life. Her thinking changed from limited to creative, her emotions moved from fear and apprehension to a quiet 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 changes the way she thinks about Mark and the upcoming meeting on Friday. Her emotional and bodily reactions have also changed in the process. This opens the way to behavioural changes: If Cleo is able to see the boss as a stressed manager, she can meet him calmly and support him.

In modern Western thinking, words are a means to describe the world and to form concepts. Words have not always been seen in only this rational way. In many spiritual traditions, connections exist between words and intention, creation and growth. If the right words are said,

the intended appears, without effort or rational processing by the speaker. In the Old Testament, God speaks:

Let there be light.

and then there is light (Gen 1:3). St. John's Gospel in the New Testament starts with:

In the beginning was the Word and the Word was with God and the Word was God.

Human beings pray to connect with a Higher Being and thus to change their life for the better. Words can focus and manifest the speaker's intention. In Logosynthesis, this ancient concept is understood as a key principle of change. By saying the sentences we activate the power of words to change people's deficient representations of the outside world. As a result, our life energy starts flowing again – instead of being frozen as images, sounds and sensations in our memory, together with the corresponding emotions, thoughts and body feelings.

Energy and Essence

We're a Body

We are a body, a physical body with the needs of the physical world – eating, drinking, belonging, avoiding danger, and desiring to reproduce. Through our senses, we collect information from the environment and react to it. Our body is dedicated to biological survival.

We're a Mind

We also exist as a mind. We can adapt to the environment. We can handle rain and dryness, heat and cold, within limits. We can alter our environment actively. We can define personal and collective goals and devote our energy to achieving them in time and space.

We're More

We are more than body and mind. A soul, a higher self, a true self, an Essence, has always been part of our human experience. 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. Essence confers meaning to our life.

Our body and mind are tools to manifest ourselves on this planet. We tend to identify with these instruments, and thus we lose a conscious connection with our Essence. We believe we are our emotions, our suffering, our thoughts, our needs. We get convinced that there is nothing more. Finally, we lose contact with the real and only reason for our existence. Logosynthesis can re-establish our connection with Essence, and ease the process of becoming aware.

Essence and Flow

When we are in contact with this Essence, our life energy is in flow. Our life becomes a dance. Flow leads to adequate perceptions of the here-and-now and therewith to adequate reactions of the person.

Disturbances in the Flow Lead to Suffering

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

Energy Structures

If energy is not in flow, it's still, waiting to be activated. We need a balance between flowing and still energy to be able to orient ourselves in the 3D world. If too much of our life energy is in flow, we're overwhelmed. If too much of our energy is frozen, we cannot act and react adequately in the current environment. Persons and events on our life path can influence this balance.

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 beacons in the sea of impressions and events in daily life. Limiting structures create problems. They don't offer orientation: they generate inadequate 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 these energy structures.

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 wrong routes, 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 of it. She reacts to this as if it were real, with fear and apprehension.

How Does Logosynthesis Work?

Logosynthesis aims at resolving inadequate energy structures and restoring the flow of life energy, in the following sequence:

- We find blocks in the flow of life energy in the form of disturbing emotions, physical symptoms and limiting thoughts and the behaviour resulting from them.
- We identify energy structures in space, which trigger these reactions.

- We apply the power of words to this disturbing frozen world. The three sentences address:
 1. the retrieval of the person's own energy locked in the representation
 2. the removal of the energy of other people and objects, which contributed to the construct
 3. the energy of the person locked in the reactions to the construct.

If the triggering structures change, the reactions to the structures also change, and the process moves into a next stage. If the distress as a result of the frozen world has been sufficiently reduced, the person can react directly to the present and the Logosynthesis procedure is terminated. Usually, energy blocks consist of very many aspects, in the triggering constructs and in the reactions to them. Resolving them opens options, creates opportunities for change. Continued application of Logosynthesis increases our awareness of Essence and our life purpose – lightly 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 following report, we go one level deeper: Frozen worlds 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 an engineering technology company. He's pretty successful and well appreciated by colleagues and by his boss. He has been working in the firm for 7 years, and he has 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 many months; he's convinced it's wonderful and will bring many contracts to the company. As the Monday of the presentation approaches, he becomes anxious. He's sleeping badly and frequently dreams 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. Tony has this nightmare four times. In his office, he keeps struggling with his presentation. On Friday night, he even thinks of giving up. His colleagues look at him wondering what's wrong, but they don't recognise his agony. After his colleagues have left, Tony's mind keeps creating scenarios that match his worst nightmares. The self-confident Tony seems a pale memory.

The day after, he's participating to a Logosynthesis workshop in which he will learn self-coaching with this new tool. In the room, a multicultural crowd is learning the basics of Logosynthesis from its founder, Dr. Willem Lammers. Tony volunteers for a demonstration, and asks for help with his presentation issue.

Willem asks him to imagine himself in the scene of the presentation, and ask him some questions:

- *What is happening 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, his heart pounding, and he feels a knot in his stomach. He also feels scared and thinks he's 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 full 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, and his colleagues as a semicircle behind him. When he focuses on that, he notices that the knot becomes even tighter.

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

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

He makes a pause, and observes what's going on. The knot is lighter, and he starts yawning. That's typical, and welcome. Willem then offers him a second sentence:

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 back to wherever it may belong.

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 back to the right place within my Self.

Now something strange happens: Tony is no longer seeing his boss and the team, but suddenly there is an image of a former teacher, Mr. Douglas, whom he remembers as a bully. He tells Willem, who starts enquiring:

- *How do you know this 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 mean. All the kids are making fun of me, and the teacher allows them to continue!"

This first round of Logosynthesis has uncovered the memory of an early experience. This has been stored in Tony's system without being processed. Willem offers sentence 1:

I retrieve all my energy bound up in this memory of Mr Douglas and the teasing kids, and take it back to the right place within 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, from my body and my personal space and send it back to wherever it may belong.

He pauses, letting the sentence work. His face is relaxing as well as his shoulders. When he opens his eyes, he looks peaceful and open. He tells Willem that the knot is gone. His heart feels fine but he still thinks of himself as a loser, albeit with a lower 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 back to the right place within 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 the presentation scene again, and there is no trace of fear, knots or similar disturbances. Tony is calm and confident. While drinking a good glass of water, he says: “I’m no longer scared. I could even have fun presenting in that meeting!”

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

I adapt all of my systems to this new level of awareness.

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

A few days later, Tony reports in a mail to Willem that the presentation to the board was a success. Tomatoes and eggs were served though – his boss invited him for lunch.

What Happened Here?

This case is typical for an application of Logosynthesis at a deeper level than Cleo’s case. In this sequence, Tony’s experience resonates with a disturbing memory of the classroom. Then he was overwhelmed and nobody supported him. This past is reactivated in the present. In his imagination of the management team meeting, Tony relives the emotions, thoughts and body reactions of the classroom.

The words used resolve this connection with the 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 in almost every situation. The best way, however, is to find a quiet place, switch the phone off and have a jug of water ready.

Identification of Issues and Aspects

Our life in the present is blocked by thousands of energy constructs and our reactions to them. Therefore, trying to resolve everything in one shot is not the best approach. As if in a personal museum, we collect frozen worlds that alter our perception of reality like scratched lenses. Sometimes, people have so many statues in their museum, that they are constantly caught in the past and/or projected in 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, anytime. Sometimes, as in Cleo's case, we can simply focus on one scene, person or object and resolve it. In other occasions, we just find the tip of the iceberg, and the issue reveals itself as a puzzle of different aspects. In these cases, as in Tony's, 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, you assess the quality of the representation of your imagery or memory and your reactions to it. This will help you to notice difference before and after saying the sentences. This is necessary because sometime the new state that feels so normal that you don't notice that things have changed. Also it helps you 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 1: The Experience

To explore your symptoms, you ask questions. The answers make you aware of your reactions to the frozen perception. Meta-Question 1 is:

HOW DO YOU SUFFER?

This group of question explores the modalities of your suffering – physically, emotionally and mentally. Examples of Meta-Question 1 are:

- *When I focus on the issue, what happens to my body?*
- *Tension? Heat? Cold? Vibration? Where?*
- *What emotions do I feel?*
- *Which thoughts keep crossing my mind?*
- *How strong is the level of distress, on a scale from 0 to 10?*

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

Meta-Question 2: The Trigger

In answering Meta-Question 1, we found the 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 leads to it. In Logosynthesis, we recognise that what is disturbing us is a mere symptom of something at a deeper level. To identify what leads to the distress identified with Meta-Question 1, we need Meta-Question 2:

WHAT MAKES YOU SUFFER?

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

- *If something or someone is generating these reactions, 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?*

As a double check the link between the frozen imagery 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 2 creates 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 "Mark's face", "Mr. Douglas' voice", "the schoolmates laughing" etc. At this point of the assessment procedure, you have identified the triggering representation with Meta-Question 2. This trigger activates the reactions you found by Meta-Question 1. Now you are ready to apply the power of words.

The Sentences

In the beginning of learning Logosynthesis, each sentence is pronounced calmly, at a normal volume, without any 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 process. During this pause, you can close your eyes to limit external influ-

ences. In the pause, all that matters is observation. Avoid active thinking or inner dialogues, 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 locked 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 back to the right place within my Self.

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

Sentence 2

Representations of fantasies and memories do 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, or aspects of them), from all of my cells, from my body and my personal space and send it back to wherever it may belong.

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 1, you identified the reactions to the triggering representations. In sentence 3, the energy invested in your reaction pattern 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 back to the right place within 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 1 and 2. Then you reassess the level of distress (the SUDs).

If you're satisfied with the level of change you've reached, say sentence 4. If your symptom is still disturbing, again assess the representations and your reactions to them. With the new answers to Meta-Question 1 and 2, go through another round of the Logosynthesis sentences.

Sentence 4

Sentence 4 is the cream on the cake of your Logosynthesis application. You say it 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. You can start to see life problems as interesting challenges instead of sources of doom and gloom. Sentence 4 closes your Logosynthesis sequence with the words:

I adapt all my systems to my current state of awareness.

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

Our experience shows that new issues are hidden behind every aspect you're working on. In time, Logosynthesis can become 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 in Logosynthesis on the official website. If no professional is available in your region, you may contact the Institute for Logosynthesis® for consultation.

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, a licensed psychotherapist and a consultant to people and organisations. For many years, he has been leading a training institute for workplace counselling in Switzerland. Willem has been working on the boundaries of body, mind and spirit since the beginning of his career. He trained in bioenergetics, TA, hypnotherapy, NLP and energy psychology, and is a skilled teacher and trainer. Since 2005, he has been developing Logosynthesis. Willem has written numerous articles and four books, including *The Energy Odyssey: New Directions in Energy Psychology*; *Logosynthesis: Change through the Magic of Words*, and *Phrases to Freedom: Self-Coaching with Logosynthesis*. Willem teaches in many countries.

The Co-Author of this E-Book

Andrea Fredi is a coach, a lecturer and teaches energy techniques. Pioneer of the diffusion of EFT in Italy, he is now a Logosynthesis Trainer

and is contributing to the development of this amazing method. Author of the book *“EFT-L’arte della trasformazione”* and the DVDs *“EFT & PNL - Insieme per Dimagrire”* with Debora Conti and *“AGER”* with Dr. Vincenzo Di Spazio, all edited by MyLife Edizioni. Andrea leads the Italian branch of the Institute for Logosynthesis® and organises workshops in Europe and overseas.

The Institute for Logosynthesis®

The Institute for Logosynthesis® supports the development and the spreading of Logosynthesis in the world, by maintaining international and local websites, by managing a register of certified Practitioners, by designing training standards, and by training those who are interested in learning Logosynthesis for themselves or for their profession as coaches, counsellors or psychotherapists.

Training

The institute and its practitioners offer several types of learning opportunities:

1. Workshops for Personal Development are designed for those who want to use Logosynthesis for their personal and spiritual development. There are three types:
 1. A one-day introductory workshop
 2. Theme workshops, focusing on the application of Logosynthesis in a specific field, like love, work, health or wealth
 3. Practice groups to help participants in self-coaching with Logosynthesis.
2. For professionals in coaching, counselling and psychotherapy the Institute for Logosynthesis® offers a Practitioner Training Programme with the following elements:
 - Basic Level Introduction

- Personal development seminars
- Advanced professional training workshops.
- A case study.

A Master Training programme for certified Practitioners is in preparation.

The Books

Dr. Willem Lammers has written two books on Logosynthesis:

- Phrases to Freedom – Coach Yourself with Logosynthesis.
This book teaches you how to use Logosynthesis to find the phrases for your own healing and development. Learn how to retrieve your energy locked up in limiting fears, negative beliefs or distressing memories and to clear your personal space from the energy of others. This book has also been published in German, Italian and Dutch. Order through amazon.com:
<http://www.amazon.com/Phrases-Freedom-Self-Coaching-Willem-Lammers/dp/1439247889/>
- Logosynthesis – Change through the Magic of Words.
This book contains a theoretical introduction, a step-by-step description of the method, fields of application and verbatim transcripts of actual sessions. On 224 pages, Willem Lammers introduces Logosynthesis to professionals in coaching, supervision and psychotherapy. This book is also available in German. Order through the Institute for Logosynthesis:
<http://www.iasag.ch/index.php?id=332>



Contact

Institute for Logosynthesis®

Bahnhofstrasse 38

7310 Bad Ragaz, Switzerland

info@logosynthesis.net <http://www.logosynthesis.net>

Disclaimer

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