

Psychotherapy in an office for New Consciousness

If a physical body is completely soaked with life, then this could signify, that it is healthy and whole. The natural science can explain how a body functions. She is actually discovering more and more of this. Since life is not measurable, not countable nor having weight, it does not fit well into the concept of medical science. Psychiatry – this specialty studies the psyche (=human soul) – is equally authorized as any other medical department at least. She still is anchored in the natural sciences. The studies about biological or other reasons for mental disturbance are quite balanced. Psychiatry however keeps a door open to realities not to be grasped through the mind only, realities which enrich human experience very much. During the last century a lot has been probed in this niche of medicine, which enlarged the rational consciousness with contents of the unconscious, e.g. in psychoanalysis. Explanations of reasons for psychic imbalances rocked the pendulum between biologicals and other ones (behavior, environment, education, trauma, psyche) and kept it swinging because either body or soul were short cut. This dualistic, old consciousness is full of presumptions, limitations and belief-patterns that are contradictory excluding each other. Humans therefore hide away a lot from themselves and are convinced that in this parking area reside only unpleasant things. The knowing about a divine part of each human unfortunately landed there as well and awaits the liberation like the rest. The conviction e.g. one should not be aggressive (capturing life) is omnipresent in psychiatry, even though this ability is needed to survive. Depression is also a result of suppression of a healthy aggressiveness and restricts patients and their relatives always very much. New Consciousness opens up for wide space and fresh air, brings movement and flow into life. A commitment to it means change, means looking exactly at own ideas about worth and letting go of what does not function any more. Change always is connected to feelings of fear and grief. Therefore the start into something new may cause depressive reactions or anxiety. That is very normal in such a context. The fear of getting stuck in the old may be as strong as the fear of going forward into the new. The decision does not matter from the viewpoint of fear in spite of the clear difference in the result. Proceeding nevertheless on the New Way contains then taking full responsibility for oneself, for one's own life, for nobody else. This challenge is the core-theme treated in New Consciousness.

An old Indian wisdom recommends to teach only what the master practices herself. During many years of my life I investigated in the subconscious and brought experiences back into consciousness. I discovered with endurance and courage new ranges of consciousness and hereby gathered many opportunities of letting go from old things and entering new territory. I took this together with others and for myself into the daily life and actions. Now I allow myself to offer support and to prompt the reader:

Dare experiences with New Consciousness

Dare to come out from your hiding place and to show you.

Dare to invite changes into your life.

Dare to be aware that you are far more than what your eyes can see.

Dare to trust your feeling.

Dare to be totally yourself knowing all that you are.

Dare to go beyond your mind and to discover new dimensions without getting lost.

Dare a new way of commitment without control.

Dare to let your consciousness unfold.

Dare to come out from our hiding place and to show you.

There are since ever innumerable reasons for hiding oneself. From experiences in Lemuria, Atlantis up to the actual childhood each one draws personal conclusions about life. In addition religions, schools and education contribute their share, which sums up to a belief system about the own person and the environment. This system is limiting, often contradictory and induces that the human grandness remains hidden. Now it is time to come forth, to sort out hindrances and to show oneself. Synchronize offers wonderful, effective possibilities to use New Consciousness efficiently.

Dare to invite changes into your life.

Coming out from hiding calls for life-changes, maybe others than the mind would plan. Inviting changes is unfamiliar to the old consciousness, and the mind opposes against it. The conflicting tendencies against preparing changes are often physically felt as friction (heat and pain). New Consciousness supports and relieves this process that takes place anyway as it belongs to life.

Dare to be aware that you are far more than what your eyes can see.

The evolution of humanity in the last millenniums turned more and more towards rationality, e.g. "I only believe what I can see". However it is obvious to everybody that a human is more than the visible, physical body. Taking care of this "more" and looking at it is related to fear because the rational world provides no place for "more" and the results are inner conflicts. Most humans prefer to zoom it out. New Consciousness wakes up from the deep sleep and points out how both, visible things and others can live together under one roof.

Dare to trust your feeling.

Pure rationality undermines the self-confidence of humans accordingly e.g. "others know better, have more than I" and generate the desire to get from them. Already the program is turned on to search the needed basics for luck, health and wealth outside of oneself. Yet just the right thing cannot be found there. It exists nowhere else but only within each one. New Consciousness opens up the way to the self by active feeling (not feelings). Like this self-confidence can grow and self-responsibility as well.

Dare to be totally yourself knowing all that you are.

There is a German proverb: "What the farmer doesn't know, he won't eat." How could self-confidence arise, if possibly the most important part of the human lies in the unconscious and is not known? Widows often live new and other parts of themselves to the full after the death of the partner to the astonishment of the environment, because these parts were uncultivated over many

years. To give space to them, to get acquainted to them and to appreciate them widens the possibilities of enjoying life. Aspectology is a method of New Consciousness and a good way, independently from the death of a partner, to connect with the unknown, hidden parts of oneself and to integrate them into consciousness. Conscious completeness forms a solid foundation for self-confidence and self-responsibility.

Dare to go beyond your mind and to discover new dimensions without getting lost.

The human mind was originally created otherwise than it is used today. It had to take over a lot of tasks along the human history for which it didn't fit. The mind got furnished with control and applies it now in a very restricting way. This leads to an overload for the mind and exhausts it. Simultaneously the mind defends its monopoly and acts against support from feeling. Therefore we know the trendy booming phenomenon of aimlessness, chaos, inability to stop thinking, of physical fatigue (called Burn out). In the last century the discovery of drugs opened the door to other dimensions often an escape out of the misery mentioned above. As much as this discovery is acknowledged as a merit as much it has paved the way into the ruin for many, because neither the human mind nor all the inner rest of a human were prepared to cope with other dimensions. Getting lost therein means psychic disturbance and requires high curing costs.

In our natural development it is provided to integrate other dimensions into daily life. New Consciousness offers here in this development a toolbox to keep the mind healthy while expanding into new territory and to spare the fear of losing the mind. If anything the mind will be integrated according to its real capacity. A team of mind and feeling grows together towards optimal life competence. This team of new creativity is more efficient than it was under the lead of old consciousness in duality and separation.

Dare a new way of obligation without control.

A regular meeting of like-minded persons e.g. takes place without the necessity to login or logout for the actual event. Many well educated, but in the old consciousness grounded people could not imagine such. They would rather fine the participants or give them extra tasks. This leads to pressure of controlling, a bondage for both, initiator and participant, they become unfree. The play with jealousy is another well-known example for the same dynamic. New Consciousness brings real freedom and is incompatible with control. Because there is only either/or, self-responsibility is absolutely required. Giving up control means renouncing to power. During the changes into New Consciousness a lot of things become untenable. This creates free space to really use the potential of the human creator. With simple tools New Consciousness shows, where to find this potential and how to bring it into material reality.

Dare to let your consciousness unfold.

At one go it seems self-evident to grant unfolding to the consciousness. Now the situation is similar to the moment, when a patient after a long sojourn leaves the psychiatric clinic for home. The patient had there conveniences not available outside. He perceives rather rejection in the new environment. Standing up for oneself is strenuous, although the long-desired freedom is within his grasp. The old I with all its boundaries and the new I have to adjust first, to learn from each other, to integrate with one another. For this point of intersection in the process of development the New

Consciousness created Merabh and more, what allocates for all parts of a human a safe harbor and homeland.

Psychotherapy of New Consciousness clears up many taboos and positions them on a new level e.g. death, birth, sexuality.

The theme death is treated extremely ambivalent in medicine. Everybody knows that death belongs to life. Humans, sick of cancer, cannot die, if they have not learned to shape their life; this goes hand in hand. The medicine always tries by all means to ban death or to delay it, got caught in the old way of either/or. The most frequent form of terminal care end with physical death. Dreamwalk death uses old knowledge of Tibet and Egypt in a new way and opens here gates independent from any religion for the time prior to death and afterwards. The escort continues into the dimension of free personal choice after leaving the physical body. Showing these possibilities to dying people relieves them from the anxiety about this step over the border. Documentation about the journey comforts the surviving relatives, allows them easier to find peace and to follow the path of their life.

As in dying there is an afterwards, there is a before birth, the nine months pregnancy. In Dreamwalk birth parents can learn together, to feel how their child masters this loneliest part of the journey to the earth, and most of all, how they can help the child. They learn putting actively signs, which are guideposts for the child, and they gain familiarity with it. As a consequence birthing proceeds smoother, the time afterwards more fluently, the communication more clearly. Here the voice of a mother: "I found it fascinating, to get to know the soul of my child and to know, that the child knows us as well. The continuous exchange through awareness with the child, the father and the teacher was very rewarding and helped to specify the image. These encounters in the here and now were wonderful".

Sexuality is like hardly another theme connected with lots of individual perceptions and expectations, which are of little use to relaxed experiences. Sexuality is not only in prostitution acted out with power and energy-stealing. The Sexual-Energy-School (SES) lifts up these power-and energy-plays onto another relationship-level. She helps to recognize these games in many areas of life. She encourages new possibilities of enjoying the own sexuality in a more fulfilling manner.

In the examination of these themes audacity is wanted. New Consciousness with its toolbox is the resource to this daring. The tools are simple and comprehensible for everybody. The whole toolbox is light and always available. Using and mastering these tools brings independency and freedom and allows to benefit from therapies in autonomy, instead after guidelines. In my office for New Consciousness these tools come into play and (quotation): "they work". In comparison to other therapies (quotation): "this approach gains depth without drilling, shocking or lingering in the past. It wakes softly the own liveliness and launches like this a development". This process can differ individually very much in intensity, speed and result. New Consciousness applied and put into practice can be guardrail and signpost for the personal daring of life.

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Sarnen, 23.6.2015