

Curriculum – introductory text

The *International Institute for the Exploration of Consciousness and Psychotherapy* wants to invite you to a particular form of personal and professional development. We are an international team of therapists and trainers, who came together several years ago already in order to elaborate a *curriculum*, which would represent, on the one side, a *path of initiation*, and, on the other, offer a great diversity of *transpersonal therapeutic methods of working*.

Insofar, all the essential elements which account for the long lasting *rite of initiation* play a role in the process: the comprehension of *birth and death*, as the beginning and ending of an individual life story, constitute the broad framework. They can be experienced in *altered states of consciousness*, which Holotropic Breathwork is able to open the door to – as well as in seminars which look at the significance of death in life, and at a more accepting attitude towards it.

The origin and development of the *personal story*, with its hidden shadowy depths and painful aberrations, can be thought, felt and comprehended in a totally different way against the background of a transpersonal understanding, since it goes far beyond the prospect of the removal of deficiencies and the re-establishment of the habitual order.

We recognise the mindful and self-compassionate dealing with oneself, which should mark an adult's life, as something much more fundamental than a somewhat more friendly relationship with your own self.

Chronically criticising yourself is, basically, only a foolish continuation of turning away from the preciousness of your essence. Few of us have been met with the respect that we were entitled to when we were children, and have, therefore, difficulties to grow into a fundamentally welcoming appreciation of all our character features and life-forms. We, hence, also meet any crisis in life as accidents that should be overcome, first and foremost – and not as a potentially enriching push in order to be shaken and help emerge un-lived and precious aspects of our individuality in our everyday life. Something similar applies to the transformation of trauma: in transpersonal therapy, the traumatic experience is explored not only as destructive, constricting, and hostile to life, but much more as the existing matter for some kind of *alchemical transformation*, in which the non-noble can be led back to the *materia prima*, the essence.

All these occurrences on the path of initiation need their metamorphosis in the *body*. They are often painful and shame-related, but as they are physically carried and transformed, they gain a great deal of sustainability and real efficiency in daily life.

Also, in the framework of our comprehension, certain so-called “psycho-pathologies” - such as the borderline-syndrome, depression, or narcissism – obtain the perspective of a possible development in direction of a greater maturity and unfolding. At the same time, one should, by no means, play down the pain and suffering of these people who have been damaged and hurt profoundly.

The sometimes bitter *recognition of our own history*, as it has been largely determined from outside, and its endlessly repeated basic pattern constitutes one polarity of the process. The other one is the step-by-step deliverance of coming home, the gradual recollection and evolution of one's true own being - understanding one's individual uniqueness as well as being part of ever growing collectives.

Intensive components of the curriculum support the comprehension of this essential side: the experienced knowledge of *archetypes*, as they appear in the deep subconscious as well as in mundane daily life; the *shamanistic* view of the world and of people, which resembles astoundingly the one of a transpersonal therapist, e.g. in the exploration of the liquid construction of Self, which transcends the personality; the *dreamy intake* of the world and the modified dealing with it, which

manifest in night dreams as well as in an altered perception; and, finally, the increasing experience of a wide and open otherness in oneself, which doesn't need any more to hold on to the crutches offered by the largely outdated personal history, but can more and more engage in life with confidence and without too much planning, preparing, and safeguarding.

Throughout the whole curriculum, you will also be confronted with very practical questions of the therapeutic work. You will be introduced to many kinds of technical and methodological procedures (or supported in them). All trainers have been working since decades in the transpersonal field and would like to place their long-standing experiences and concrete craftsmanship at your disposal. This involves workable proceedings in transpersonal therapy, but also seemingly banal topics, like the set-up of a therapeutic practice, dealing with money, coherent framework conditions, and others.

You as participant are not required to apply your gathered realisations to a form of therapeutic work; even the “practical” topics can, as a rule, easily find their application in other realms of life.

You can therefore utilise your experiences for your “private” unfolding exclusively, if you like. Or you might – if you work in another “helping profession” - implement them there in a slightly modified way. We will support you at any moment to transfer all of your gained inspirations to the respective areas of your life.