

My work is a process, which transforms itself again and again.

As I started as a psychotherapist, almost 40 years ago, I had studied the world-views of psychoanalysis and later of humanistic psychology: I tried to help people to find a balance within their adult identity, which would make it possible to stand for themselves, for the needs of their body, for their creativity, and take at the same time a self-conscious stance within the net of their families, their friends and their work. I supported people in becoming able to make clear decisions, feel their lust for life and take responsibility.

At the end of the 1990s, I found out that the “I” cannot be the final point of reference, because we are all parts of a sociocultural matrix which permeates what we call our identity.

I integrated the work with “*Holotropic States of Consciousness*” into the frame of my general work. Furthermore, I learned to understand psychotherapeutic processes from an encompassing *systemic* viewpoint.

Confronting myself with the German Nazi-past played an essential role in this. For 15 years, I have, together with my Jewish colleague and friend Judith Miller, offered retreats which focus on this theme.

During this work, it has become clear for us, that what we comprehend as evil in the world, is ultimately a lack of compassion, a lack of empathic connectedness between humans. When Jews and children (or grand-children) of Nazis were confronted with each-other in deep consciousness-work, we experienced again and again an unfathomable love-power, which I eventually recognised as the essential power of healing in all psychotherapy.

Currently my work is less psychotherapeutic. I'd rather see it as spiritual – though with an integrated psychotherapeutic competence. It is a process of becoming self aware – individually, collectively, and spiritually.

Experiences in “Holotropic states of consciousness” are at the centre of it: to explore them, to understand what is understandable and to be in awe of the numinous (and not to block its energy with unnecessary analyses).

Eventually, the gaze turns beyond these experiences. It mostly happens, when a certain tiredness comes up with regard to more steps of psychological development, and a longing starts spreading instead. This turns out as a longing to arrive home: individually in order to have peace within myself, collectively to attain peace in our world, and spiritually as the belief that truth and love are indestructible.