

In my work, three main aspects will be in the foreground:

- the polarity of the “*central*”
- working with the “*dreaming body*”
- how we make *relationships*

Basically, all humans who belong to our culture, live in a polarity: mainly, they function in a more or less mechanical, conditioned inner setting, which is still in an adult life a mode of survival - we had to adapt to it as children. In this setting, there is something like a “red tread”, a recurrent mode of being and behaving which shows in all areas of daily life. “Behind” this learned program you can discover who you, as a true individual, really are. This is sometimes called your “*essence*”.

The “*dreaming body*” - as Arnold Mindell has explored – is the physical body allowing an “essence” point of view. It requires a form of surrender to a perspective larger than the personal frame of mind. All problems and conflicts appear from here in a completely different light.

Everything we think, feel, and do has developed its particularities in *relationships*. No way of behaving has its origin only in me. In the “old system” we constantly recreate the same kind of mechanical relationships. If you want to leave your story behind you and find more and more freedom in how you live your life, a profound consciousness of your ways of relating will help you tremendously. This is why relating and connecting have their place at the core of transpersonal psychotherapy.