

Primordial Psychotherapy

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

Ancient practices of the care of the soul as the source of modern psychotherapy

How to work with 12 modalities of primordial psychotherapy in the modern world

The nature and function of Eros and Sexuality from a transpersonal, integral and process-work point of view.

Modern psychotherapy is a little more than hundred years old. But what was "a psychotherapy before psychotherapy", before Freud and Breuer? How, throughout the millennia, did people heal their souls and cared for them?

We will explore of what were, are, and will be primordial practices in this sense of "caring for the soul" in the history of humanity.

Primordial psychotherapy was not invented by somebody but was formed and shaped by life itself throughout the many years of human history. It is the result of a virtually unlimited selection of effectively working practices.

In this vast field we will be naturally brought to the question of what the essence of psychotherapy really is. What are the essential criteria for healing.

We will explore possibilities of applying the 12 ancient practices in individual therapy as well as in group work.

Transpersonal Eros and Sexuality

Understanding sexuality in ancient cultures: India, China, Egypt, Tibet. The taboo of sexuality in Christian culture. The birth of Psychoanalysis and modern sexology. Transcendental, transpersonal, process work, and integral sex. Towards revised understanding of higher partnership.