

GENNADY

One of the main goals of my work is to make my students know and master how the conscious ego can achieve understanding of and collaboration with the structures of the unconsciousness. The autonomous structures of the unconscious – sub-personalities and archetypes – create our emotions, feelings, and our general worldview. They define our psychological reality, in which we cannot switch on or off a particular emotion or even some ordinary daily happenings. Essential callings from these “partial souls” (Carl G. Jung) emerge in order to help us mature and realise our True Self. Achieving acquaintanceship with them, feeling and understanding them deeply is the only way to achieve a harmonious collaboration with this profound sphere of our inner reality. This is how we gain access to the internal key for our true force and real Self.

One of the main aspects of my work is to teach how to deal with different *states of mind*, how to move from destructive, distorted ones to those which are productive and lead to integrity. It is our feelings and states of mind which make us happy or unhappy, succeed or fail. Mastering our states of mind and, on the whole, mastering the psychological structures of our personality is the greatest art we can achieve. I call it “*the Inner Art*”: the art of self-knowledge and the capacity of personal growth – as opposed to “outer arts”: the ability to acquire skills and algorithms of activity. My teachings are workshops of this inner art.

My best-used methods are *art techniques* and *theatrical performances*. Participating in them does not imply that you are “playing” or pretending. Your experience is real. You investigate the deepest layers of your inner world – and learn how this depth can and shall be your strongest, unprecedented base and your mightiest resource in the stream of your life.