



# WHAT IS LOGOSYNTHESIS®?

When I experienced Logosynthesis for the first time - as a client of a coaching colleague - I was overwhelmed by the effect this method had. Although I already had some coaching experiences, this was the most moving one. After one session not only I, but also my husband noticed the change in me. I was calmer and more relaxed. Soon I realized that I wanted to learn something that is so effective. And so I began my training at the beginning of 2015. In the meantime I am a Logosynthesis practitioner since summer 2017 and I am currently working on my Master's degree. In my coaching sessions I often rely on Logosynthesis because it simply works so well.

## WHAT IS LOGOSYNTHESIS?

Logosynthesis, developed by Dr. Willem Lammers, is a method that directly addresses unconscious patterns and blockages. It's one of the so-called energy methods that are becoming more and more popular in coaching and therapy because of their fast and lasting effect. Problems we cannot solve through logic, now can be addressed exactly where the blockages or patterns are anchored.

The basic idea of Logosynthesis is that there is bound energy in negative experiences. This energy is not available to us in our life. We also hold on to the energy of others and thus block ourselves even more. If you think of a negative experience that still occupies your mind, it becomes clear: your energy is in the memory itself, which appears again and again. Then usually another person is involved. You bind their energy by thinking about them again and again. And there is further energy bound in your reaction, for example fear, anger, shame, grief and so on.

In Logosynthesis we work with memories, body perceptions, the different sensory channels and speech. The core of the method are three sentences through which the energy can be released. Many clients literally feel this released energy in their body. Blockades and patterns are dissolved piece by piece. Stressful situations become relaxed, negative reactions are avoided and blockages are released so that objectives can be reached without further delay.

## WHEN IS IT USEFUL TO WORK WITH LOGOSYNTHESIS?

The work with logosynthesis in coaching is effective, for example, if...

- ... "something" is holding you back internally while you try to reach a goal
- ... you overreact to certain situations
- ... you boycott yourself again and again
- ... you detect unfavorable behavior patterns in yourself
- ... you are thwarted by unfavorable beliefs
- ... you can't decide or are in a dilemma
- ... you come up against limits in a relationship with an important person
- ... you feel dissatisfied and can't realize a change that is important for you.

I offer coaching in German and English and from 2020 also in Spanish. The sessions can be done via Skype or Zoom or person to person in my office in Ruswil, Switzerland.

## ADDITIONAL INFORMATION:

Here are some more sources if you want to learn more about the method.

In a video Willem Lammers demonstrates the basic procedure via Skype: <https://www.youtube.com/watch?v=LU4U-pF1bUU=WMQWRbPZ40I>

Books: Letting it go, Dr. Laurie Weiss

Minute Miracles, Dr. Willem Lammers