



WHAT IS LOGOSYNTHESIS®?

When I experienced Logosynthesis® for the first time, I was overwhelmed by the impact this approach had. Although I had already had some coaching experiences, this was the most powerful. After just one session, not only I, but also those around me felt the significant change in me. Soon it became clear to me: I want to learn something that is so effective. And so I began my training at the beginning of 2015. In the meantime, I have become a Master Practitioner in Logosynthesis®. In my coaching sessions, I rely on Logosynthesis® because at the end of each session, my client is one step further than before.

What is Logosynthesis?

Logosynthesis®, developed by Dr. Willem Lammers, is an energy-therapeutic approach that directly addresses unconscious beliefs, patterns and blockages. It is therefore one of the energy methods that are becoming increasingly popular in coaching and therapy, as it has a quick and lasting effect. The things we cannot solve with rationality, we can change in the areas of our system where the blockages or patterns are really rooted.

The basic idea of Logosynthesis® is that energy is bound up in everything that burdens us, energy that is not available to us in our lives. In addition, we hold on to the energy of others and thus add to our blockages. If you think of a negative experience that is still bothering you, it becomes clear: your energy is stuck in the memory itself, which comes up again and again. Then there are usually one or more other people involved whose energy you are also holding on to by thinking about them again and again. And then there's further energy in your reaction, for example, fear, anger, shame, sadness or the like.

In Logosynthesis® we work with memories, body perceptions, the various sensory channels and above all with language. The core of the method is formed by sentences that release the bound energy. Most clients can actually feel this freed energy in their bodies. Step by step, blockages and patterns are dissolved. Stressful situations become eased, familiar negative reactions stop and blockages are released. Suddenly it becomes possible, for example, to implement plans without further delay or to meet a person who was previously perceived as stressful in a relaxed way.

When is it useful to work with Logosynthesis?

Working with Logosynthesis in coaching is useful, for example, when you...

- ... you are not achieving a goal because "something" is holding you back
- ... overreact to certain situations
- ... boycott yourself again and again
- ... notice unfavourable behavioural patterns in yourself
- ... are held back by obstructive convictions
- ... are unable to make a decision or are in a dilemma
- ... repeatedly hit barriers in their relationship with an important person
- ... feel dissatisfied and are unable to change on your own.

I offer coaching sessions in German and English. The sessions usually take place online, via Zoom. However, personal coaching sessions in Mallorca are also possible by prior arrangement.

ADDITIONAL INFORMATION:

In a video Willem Lammers demonstrates the basic procedure: <https://bit.ly/3lZVamW>

- Books:**
- Letting it go, Dr. Laurie Weiss
 - Alone to Alive, Dr. Willem Lammers