

Week 1

Tri-Energetics

- Needs, Wants, and Intentions
- Attitudes of Flexibility, Tolerance, and Curiosity
- Integrating Body, Mind, and Spirit
- **Intuition and listening techniques**
- **The Four Agreements (Don Miguel Ruiz)**
 - Don't gossip, Don't assume, Don't take anything personally, Do your best
- **The Power of Now (Eckhart Tolle)**
- **The Art and Science of Group Leadership**
 - The use of humor in counselling and in leading a group
 - Students lead groups, then give and receive feedback
- **Body Awareness**
- **Physical Techniques for the Release of Tension**
 - Arm pull
 - Stress-Reduction Body Work
- **Transactional Analysis (Eric Berne) part 1**
 - Ego states
 - Injunctions
- **Relationships**
 - Types of relationships:

Stable / Satisfactory	Unstable / Satisfactory
Unstable / Unsatisfactory	Stable / Unsatisfactory
 - Stages of relationships
- **An Experience of Altered States of Consciousness: The Trance Dance**

Week 1: Suggested Readings

- **Tri-Energetics**

Moore, R. Die Kraft in Dir: Wisse, was Du brauchst; Sag, was Du willst; Hab klare Absichten (1998). Mandala Media (ISBN 3-906983-40-4). _____ Tri-Energetica: Wat wil ik · Wat heb ik nodig · Wat zij mijn intenties (1999). Andromeda (ISBN 90-55990-84-1). _____ Tri-Energetics: What do you need · What do you want · What's your intention. (1998) English manuscript available to download under "books" on www.inpeacenet.com
See other Tri-Energetics information on www.inpeacenet.com

- **Intuition and listening techniques**

Marcia Emery. Dr. Marcia Emery's Intuition Workbook: An Expert's Guide to Unlocking the Wisdom of Your Subconscious Mind / Paperback / Published 1994.
See also Marcia Emery's website <http://www.powerhunch.com/public.htm>

- **Spiritual Practices for Daily Life**

Ruiz, Miguel. The Four Agreements. _____ Die vier Verspreken. Ariston Verlag.
Tolle, Eckhart (1999) The power of now: A guide to spiritual enlightenment. Navato, CA: New World Library.

- **The Art and Science of Group Leadership**

Moore, R. Make the Circle Bigger. Atlanta: Humanics, 1990 (ISBN 0-89334-133-9). _____ Macht den Kreis größer. Freiburg: Bauer, 1990. _____ Maak de kring groter! Deventer: Ankh Hermes, 1990. Also available from inpeace@inpeacenet.com

- **Body Awareness**

Dychtwald, Ken. Bodymind.

- **Physical Techniques for the Release of Tension**

See readings under **Tri-Energetics**

- **Transactional Analysis (Eric Berne) part 1**

Berne, E. Spiele der Erwachsenen. _____ Games People Play.
Julie Hay. We lossen het samen wel op (2004) (translation of Working it out at Work, Understanding Attitudes and Building Relationships), ISBN 9066656085
Ian Stuart & Vann Joines. Transactionele Analyse het Handboek, (translation of TA Today) ISBN 9066652039
Lastige Liederen, Gerben Hellinga, Een inleiding over persoonlijkheidsstoornissen (with an overview of TA and a very understandable chapter about games)
Phil Lapworth, Charlotte Sills, Sue Fish. Transactional Analysis Counselling, ISBN 086388119X

- **Relationships**

John Welwood. Journey of the Heart: The Path of Conscious Love

- **An Experience of Altered States of Consciousness: The Trance Dance**

Felicitas D. Goodman, Where the Spirits Ride the Wind: Trance Journeys and Other Ecstatic Experiences.
_____ Wo die Beister auf den Winden reiten: Trancereise und ekstatische Erlebnisse
www.trancedance.com Website of the Trance Institute

Tri-energetics hand out for C10, November 2004

Frie Lavelli

Tri-energetics is a system that can facilitate our daily life. As opposed to reading books with clever but difficult theories that engage the mind and bring us out of touch with our feelings and emotions, tri energetics stimulates us to be in the here and now, being real and responsible and in contact with our inner voice.

It brings us in our heart, motivates us to look what is really going on with us. And it teaches us to be honest with ourselves.

The method is founded on three simple questions

What do I need?

What do I want?

What is my intention?

Once we ask ourselves these questions, we take responsibility for where we are and what we are doing, what we can do to get out of a difficult situation. Or what we can do to help others solve a difficult situation.

This sounds very logical, but most often we are resistant to being clear and honest. Habits keep us from changing. It seems sometimes easier to just complain and keep things the way they are, waiting for a miracle or a rescuer to help us out.

So once we acknowledge that something could be done, we have done the biggest step, overcoming resistance.

The next step is simple, but not easy, we ask ourselves **“what do I need?”**

The question may be simple, but the answer is not. Needs are mostly physical, if we don't get them met, something is not working, we get sick, or we feel emotionally lacking.

The question what do I need, can find most often a simple answer. In these hectic times, most of us need rest, or peace, or time. So even when an answer to the question has been found; it may not be so easy to give ourselves what we need. Again it is taking responsibility to make room for our needs. And taking into account the consequences of what will happen to us in the long run if we do not have our needs meet.

“What do I want” is the next challenging question.

This is a little less challenging than the need-question, because this question is more accepted in our society and we do more easily put it to ourselves.

What can help us is to clarify our wants. To make clear what we want and take time to consider what it really is.

The challenge here is to SAY WHAT WE WANT. To find out our wants may not be so difficult, to make it clear to the others, is the real challenge. Underlying inhibitions keep us from saying what we want and we can stay frustrated and angry if we do not overcome these. To risk not finding approval, to risk being rejected is a huge step. Our choices must be clear though, we choose for ourselves, or we adapt and choose for others.

If we go one step at the time we could even create a new habit and a good habit makes life easier.

And to help us find out what we want we can keep the next question in mind.

What is my intention?

The intention is the ultimate outcome. The goal you are going for.

With a clear intention it is easier to say what you want.

When our intention is clear, we can see the little miracles in life, be grateful for them. Be flexible and accept what we have now, even if it is not the way we told ourselves it should be.

As long as we have a clear intention, it is easier to be **flexible and tolerant and curious**.

My presentation did not specifically aim to explain the concepts “flexible, tolerant curious”, because it is my feeling that they are very well integrated in the tri-energetics community.

Just for fun, find out when do you use it, what does it bring you and how does it influence your life.

Exercise

When you are in need of some support and no support is possible for the moment. I can suggest a good way to give yourself new energy and prepare your intuitive self for answering the questions.

*Feel your feet on the ground and ground yourself. Then move your head, and later on your shoulders and pelvis in slow round movements, focussing on the **in breath**, keep moving, and let the word “need” come into your consciousness, keep moving and breathing for at least 5 minutes.*

*Change to focussing on the **out breath** and make a rhythm with your out breath, move elbows and knees, find a rhythm and make your movements short and sharp, keep moving for at least 5 minutes and let the word “want” come into your mind.*

*Move as fast as you can for a few moments until you feel you get tired of it, then move as slow as you can, let your breath flow freely. Keep alternating between very **fast** and very **slow**, letting the word intention come into your mind. Do so for at least 5 minutes.*

Then take a pencil and right the three questions, without thinking let your hand write and write:

What do I need, want, what is my intention.

HAVE FUN !

Intuition and listening techniques

Different ways of listening.

When you think about listening you think about your ears.

What are other ways to get information?

Auditive: ears. Visual: eyes. Sensitive: energy. Smell: nose. Taste: tongue. Knowing: intuition.

Attitudes for good listening (Carl Rogers)

- * Invite the one who talks to be **concrete**. When he/she is being very vague and unclear and you get confused, get him/her to be specific.
- * Show **empathy**. Reflect on what keeps the one who talks occupied, and give it back to him/her.
- * Show **warmth**. Body language, eye contact, shoulders towards him/her, the tone of your voice.
- * Be **accepting**. Don't judge and don't be prejudiced. Don't give your own opinions.
- * Be **real**. Don't wear a mask. Take yourself serious and act on that. This takes courage. You might confront in order to stay connected.
- * Show **respect**. Be on time and don't be in a hurry. Let the one who talks finish his/her sentences (don't interrupt), give attention and look at him/her.

These 6 attitudes are also referred to as Tender Love and Care, T.L.C.

Points of consideration

What is your **intention** when you start a session? What is your objective to listen? Be aware of yourself and your motifs.

Unless you have established **contact** you can't really listen. So contact is the condition to be able to listen.

Attention is the motor of every conversation.

Hearable listening: Listen so that the one who talks can hear you listen. Say: yes, or hm hm, when the one who talks finishes a sentence or sub story.

Visible listening: eye contact (but don't overdo it, don't stare) gestures (smile but don't grin, nod your head)

Body posture: open (arms nor legs touch)

This is all very inviting for the one who talks to continue.

If you have the ability to **be silent** for more than 10 seconds, in 90% of the cases the client will continue talking, that is: he/she will give you more information.

The ability to be silent makes you a good listener.

When you are silent you

-Can hear the one who speaks,

-You become sensitive and aware of the unspoken languages: bodylanguage, energetic radiation, and above all you can "hear" your own **Intuition!**

What is intuition?

Intuition is knowing without data. In T.E. we are encouraged to use our intuition a lot. You can train her. If you don't use her, she will shrink. If you train her, she will grow and become a beautiful and worthy source of information.

Be present and aware.

Get rid of your ego; forget about your own "stuff" during the session.

Don't be interesting, be interested!

Some reflections

Why can it be important/helpful to become aware, "that the human soul originates from a divine or transcendental source"?

And why could it be necessary to "deepen the relationship to God"?

→ Some possible answers:

- Through spiritual practice it is possible to become more blissful and satisfied in life.
- Probably there is more freedom in you and then also in the world.
- Perhaps life becomes more ingenious.
- Spiritual practice can help you to get in contact with your inner potential and to recognize yourself

And why is there a combination of everyday life and spiritual practice?

→ Some possible answers:

- It is the same as with any learning - you only learn something by doing it periodically. So everyday life is the best place for practicing.
- When you don't do something in everyday life, how will you be able to do it in necessary situations?

His Holiness the Dalai Lama:

the goal of daily spiritual practice is to help other people.

the goal of meditation, among other things, is to become more patient, less irritated and more compassionate. Another outcome should be to be able to handle problems in a better way.

In his book „Glücksregeln für den Alltag“ or „The Art of Happiness at Work“ his Holiness the Dalai Lama gives advice on a happy/satisfying life with regard to satisfaction at work.

1. To transform dissatisfaction – to refer to basic human values
2. Attention on human relations
3. To earn money - the relationship between riches and happiness
4. To find the right balance – between boredom and challenge
5. Job, career and calling – questions concerning the deeper meaning
6. Self-confidence and self-knowledge – to have ones roots in reality
7. Work and identity – to find more freedom
8. The right way of subsistence – not to harm others
9. Happiness at work – work in which you can find happiness

It is also possible to transfer this advice from work to everyday life, to holidays or other aspects of your life.

Spiritual practice does not depend on external forms and rituals, on noticeable activities. The most important aspect in spiritual practice is the inner attitude and intention.

Dalai Lama, Howard C. Cutler, 2004: Glücksregeln für den Alltag
Or: 2003: The Art of Happiness at Work
Ayya Khema, 1991: Morgenröte im Abendland

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Spirituality and/in Everyday Life

(What does it mean? Is it possible?)

Definitions and aspects:

Spirituality	Everyday Life
<p>(spiritus, lat. = spirit, breath)</p> <ul style="list-style-type: none">- ... is the awareness, that the human soul originates from a devine or transcendental source- ... is a persons' special religious (but not confessional) outlook on life. <p>This outlook on life concentrates on:</p> <ul style="list-style-type: none">- the transcendental or immanent devine being,- the impersonal ultimate truth or- highest reality	<ul style="list-style-type: none">- ordinary working day or weekday- 24 hours routine- mostly determined by work, in which nothing unusual happens- there can also be<ul style="list-style-type: none">- boredom- expectations- fear- disappointment <p>in everyday life</p>
<p>Spirituality is put into practice for deepening the relationship to god, goddess, deity, divinity, godhead (there are many expressions for the same energy).</p> <p>By definition religion or esoterics is the knowledge and doctrine about spirituality.</p> <p>Each religion and confession has its' own expression of spirituality.</p>	<p>In several religions everyday life is defined through the "holy" day e.g. in</p> <ul style="list-style-type: none">- Christianity: Sunday, to reconnect with God- Judaism: Sabbath (Friday until Saturday) and in- Islam: Friday

The art and science of group leadership

- 1. See your group is complete before starting**
- 2. Work as much as possible in a circle**
- 3. A. Speak loud and clear – speak to the last person in the room but watch your tone.**
B. Make sure your always talking to the group
- 4. Inform your group about your intention of the exercise at the start of the group. Make them curious of what is going to come.**
- 5. Take the group by the hand and lead them to a common reachable goal. Don't ask the group to do things they cannot do. Be sure what you ask is possible!**

- 6. Encourage your group and give compliments. Don't talk out of your parent ego state.**
- 7. It is not about you but all about the group.**
- 8. Use humour**
- 9. NEVER TRY – when you use Let's try in front of a group it is a set-up for failure. YOU DO!**
- 10. Thank your group**

15 minutes introduction to Transactional Analysis.

Presented as a part of the first training week of TE 1 in may '05.

Transactional Analysis was developed by Eric Berne.

Several books are available on this subject.

What is the intention of TA ?

The concepts used in TA are designed to help:

Create *autonomy* in peoples lives.

Important components to reach this autonomy are:

Awareness of behavior.

Spontaneity.

Capability to be intimate.

How does TA approach its goal?

Assumptions that TA is based upon are:

People are OK.

People have the Capability to think.

People base their lives upon decisions and

These decisions can be changed.

Introduction to Ego states:

Parent

Adult

Child

Nurturing Parent

Critical Parent

Data Processor

Adaptive Child

Helpless Child

Rebellious Child

Free Child

Someone in the Child Ego State will automatically attract the Parent Ego State.

Someone in the Parent Ego State will automatically attract the Child Ego State.

A healthy person has found a good balance between all Ego States.

Introduction to the principle of recognition:

A basic need for people is to feel recognized in their existence.

TA divides three ways of recognition according to their effects on the feeling of the receiving person:

INJUNCTIONS:

Negative direction given by someone important:

DON'T be sexy
 be loud
 grow up
 be weak
 be close
 be !!
 feel
 be strong
 be important
 etc.....

STROKES:

Units of recognition:

Warm & Fuzzy: heart stroke
Cold & Fuzzy: confusing
Warm & Prickly: shitty
Cold & Prickly: hurts

DRIVERS:

Drive us to be who we are:

be like me
be perfect
be strong
be smart
be nice
be successful
hurry up
try hard
be brave
etc.....

These are also named as Stoppers.

Some are
Genetically
induced.

Introduction to psychological games people play and the pay off that these games create:

As a child we create our own image of the world and our lives, based upon the experiences that we are getting in our daily lives and the emotions that are created by these experiences.

When we grow up, usually the circumstances that we live in change.

Subconsciously however, we start to create circumstances that make us experience our lives emotionally the same as we were used to while we were a child.

Even strong negative emotions are recreated because we rather live in a known negative emotional state than choose for unknown experiences.

Negative emotions that are familiar to us from our past are called:

RACKET FEELINGS.

Things we do subconsciously to create a racket feeling are called:

GAMES

2.

Example of a game that results in a racket feeling:

As a child, a person is used to feel alone and left out in the family he grew up in.

As a grown up, being a guest at a party, he makes silly remarks to other guests and gets rejected for being unkind.

This game can be called "Kick me".

Because the other guests will reject him for being unkind, the result is a Racket Feeling that he knows from his childhood being left out and alone in his family.

A few examples of the games people play are:

I am only trying to be good....

Kick me.

Now I've got you, you son of a bitch.

Fix me, but you can't....

Wooden leg....

Introduction to Rubber bands:

A racket feeling can also be created by external factors that "pull" us back into memories when we had similar emotional experiences.

Some examples are: Smells, Music, Death of a person close to us, accidents, etc.

These experiences are called **RUBBER BANDS** because, like elastic, they draw us back into a **RACKET FEELING**.

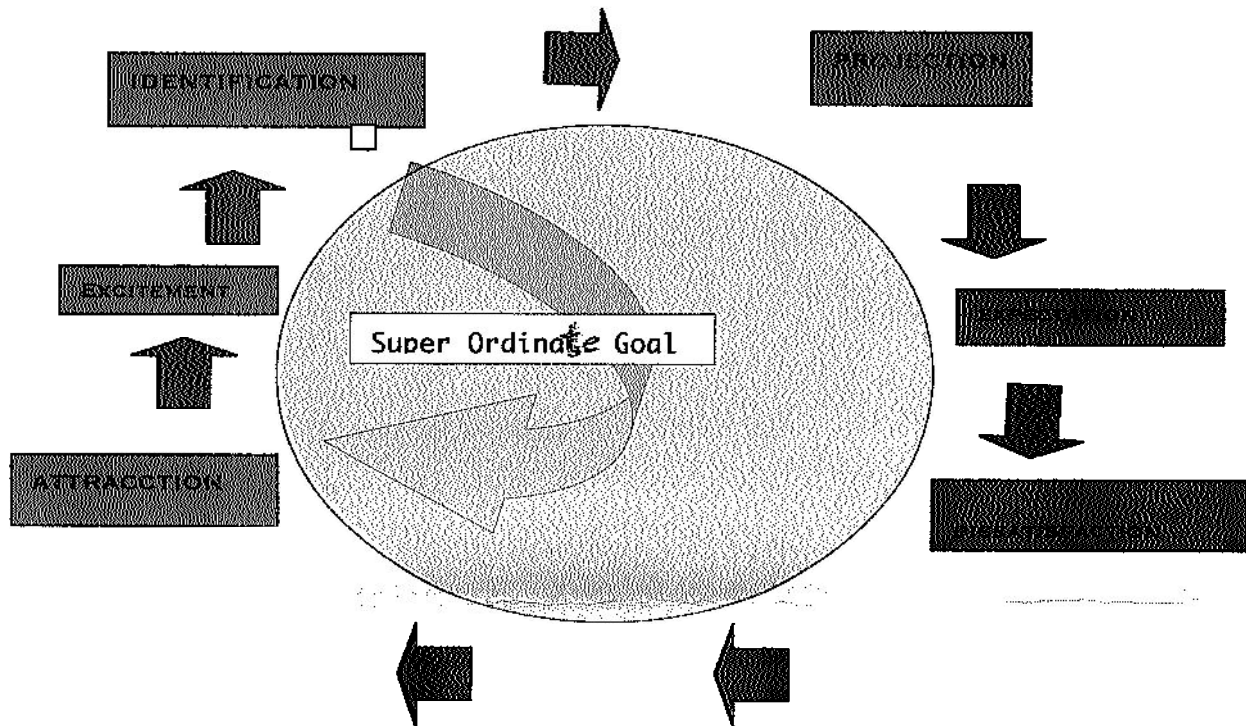
To close this short introduction to TA:

It is helpful to realize that TA provides tools to separate our behavior from our essence. TA enables us to look at our behavior without losing the respect that every human being needs and deserves.

By gaining knowledge of our behavior we can create possibilities to take more control over the way we live our lives and grow to live a more autonomous life.

RELATIONSHIPS

Stages of relationships



Attraction

The first impression. you are curious, you are interested

Excitement

you are horny, animal, hormones, erection/getting wet

Identification

We have a common goal (super ordinate goal)

We like the same

We eat the same food

We have the same culture

You and me , we together

We like the same kind of sex

We have the same religious background

Projection

You project the image of the person you want the other person to be, in your head he or she is Mr or Mrs Perfect.

This is the love of my life,
I can smell it, I can taste it,
I can imagine it, this is my dream come true.

Expectation

This is a set-up for disappointment
He is coming home every night at 6 o'clock
She is going to cook a wonderful meal for me tonight
She always is going to have an orgasm in 15 seconds
He will never look at other women.
He or she is going to meet my expectations!

Dissatisfaction

(disappointment)

Why are you not at home at 6 o'clock?
I thought it would be ...
You are not the person I thought you were!

The only way out of that is to have a higher goal. Before you start projecting your own dark side, your own dreams, start looking for what big goals you share. Something that is outside the relationship, that is a kind of anchor; like for example a spiritual life. To link your identity to something outside of your own personality, you got something else to keep you from getting into your own private little projections and going down the hill. Spent the most of the time in the first 3 levels, and go as quickly as possible through the other stages.

There are 4 types of marriages/relationships

Unsatisfactory / stable (worst)
Unsatisfactory / unstable
Satisfactory / unstable
Satisfactory / stable (very seldom)

A State of Altered Consciousness – TranceDance

By dancing within the seclusion of darkness we discover parallel realities where solutions to seemingly unsolvable problems are possible. Through Trance Dance we 'disappear', become more like our spirit, and simultaneously less attached to our difficulties, making it possible at these moments to let these problems go.

Wilbert Alix, Director of Natale Institute

Trance is as old as human society and mankind's longing to be one with the spirit. In shamanic civilisations it has been a path to healing, to becoming one with the world of nature, to spiritual reconnection. People in trance are able to relax and let go of their ego, everyday perception and the critical mind. It is an altered state of consciousness which individuals can access to get empty and to make room for the spirit to enter.



Although many of us, today, in the western world fear situations of loss of control, there is also a deep yearning and a need for these states of altered consciousness. Today modern science can analyse, measure and confirm what had been a mystical experience. Instruments can physically prove different brain rhythms in cycles per second (cps).

Beta-Waves - 40 – 45 cps - tense, stressful activity, fast breathing

-13 – 30 cps - brain aroused and actively engaged in mental activities

Alpha-Waves - 8 – 12 cps – relaxed, slow breathing, introspection, meditation

Theta-Waves - 4 – 8 cps – This wave is associated primarily with light sleep, rapid eye movements, dream, and hallucinations. *"This EEG frequency can sometimes be produced by hyperventilation. Theta waves can be seen during hypnagogic states such as trances, hypnosis, deep day dreams, lucid dreaming and light sleep and the preconscious state just upon waking, and just before falling asleep. Controlled meditation or yogic meditation and/or breathing also produces theta waves. Mystics and Yogis are said to remain conscious and in control at this and at the Delta state."*
(www.wikipedia.org – The Free Encyclopaedia)

Delta-Waves - 1 – 4 cps – deep dreamless sleep + deep meditation

Research can also show surprising biochemical activities. In trance states the amount of the stress hormones adrenalin, noradrenalin and cortisol are reduced while the blood pressure goes down, although the pulse rate increases. A paradox which usually only happens in dangerous crises like extreme blood loss.

But, the ability to understand biochemical and brain activities and to analyse, measure and confirm the trance state does not take away the mystery, intensity and personal experience we have when we are in a trance.

How to get there?

There are many techniques which can generate trance states – including hypnosis, chanting, breathing techniques, sensory deprivation, anthropologist Felicitas Goodman's work with body postures (accompanied by rhythmic rattle sounds), vision quests (often with fasting, sleep deprivation, monotonous stimuli, or the use of hallucinogenic drugs) and vigorous exercise, particularly **trance dance**.

Self-Reports

Trance dancer's personal reports include: loss of concentration, change of thinking patterns, deep relaxation, letting go, feeling of timelessness, sensations of flying or flowing, reduction or loss of self control, new ways of moving the body, intense emotions, experience of deep memories and a feeling of being connected with everything, the extremer forms of trance show complex hallucinations, visions, feelings of renewal or even rebirth.

"It's a temporary place that you go to, but what happens is, when you come back out of trance, less of your ego is there and more of your higher self is intact -- more of your intelligent self, more

wisdom. This is why people who dance over extended periods of time notice a marked increase in the frequency of insights and revelations.” (Wilbert Alix, Director of Natale Institute)

What to do?

There are several things to consider and take care of before we start trance dancing:

- **Safety** – Make sure the environment is safe. Watch out that you or others will physically not be hurt in any way – we need to be able to trust enough to let go. Make sure there are no sharp objects, candles or things you might stumble over.
- **Intention** – Focus your clear intentions on what you want from the session– it directs where the dance is taking you.
- **Ritual** – Begin with calling in the spirits which you want to be there. A ritual is like a bridge or a telephone connection to the spiritual world – you have to dial the numbers. Or else, how do the spirits know about your calling?
- **Music** – Rhythmic and repetitive music shows to be the most prolific way. Especially drum music feels familiar to us, unconsciously it reminds us of our heart beat, which is there even if we don't concentrate on it.
- **Sensory deprivation** – Our eyes should best be closed. Most of our usual perception comes from seeing – if you do not see everything changes and the inner vision is stimulated. If possible, it is best to wear a bandana or blindfold – especially in group trance dances it takes away any inclination to peep and check what you or others look like or how they are dancing. It takes away the critical mind – so you can relax, let go and dance your unique dance of life
- **Breathing** – We start with deep conscious breathing – “as the breath quiets, the brain rhythms slow, and the body relaxes” (Henry Marshall, *Mantras*). Our breath can be used like a path – if we fall out of rhythm, body consciousness or relaxation we can come back to conscious breathing. A long and deep breath like yogic breathing – in through the nose and into the belly – out through the mouth can be recommended. Remember there is a correspondence in many cultures between the breath and the spirit.

Literature

Felicitas D. Goodman, *Wo die Geister auf den Winden reiten, Trancereisen und ekstatische Erlebnisse*

Henry Marshall, *Mantras - A Musical Path to Peace*

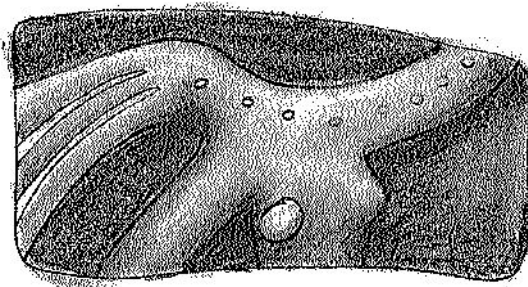
Sylvia Koch-Weser / Geseko v. Lüpke, *Vision Quest*

www.trancedance.com – Website of Wilbert Alix, Director of Natale Institute

www.trance.edu – Website of The Trance Institute

www.aura-artz.co.uk – glossary of terms

www.wikipedia.org - *The Free Encyclopaedia*



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