



# Integrating Logosynthesis



**Using Words to Release Frozen Energy**

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# Logosynthesis

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- Developed by psychologist, Dr. Willem Lammers
- Based on energy psychology and other modalities
- A system for self-coaching and guided change
- A practice for personal and spiritual development
- Assumes that human beings are a manifestation of a higher consciousness, a continuous form of life energy known as Essence

# Four Principles

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- Lack of awareness of Essence leads to suffering.
- Lack of awareness of Essence results in dissociation and introjection.
- Introjects and dissociated parts are energetic structures in three-dimensional space.
- The application of the power of the word influences these structures and results in the free flow of energy, information, and awareness, in renewed contact with Essence.

# Energy

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- Everything is energy.
- Energy is either stuck (frozen) or flowing.
- Energy either belongs to a being or an object, or it doesn't.
- Words can get energy moving.

# Essence

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- We are a body. Through our senses, we collect information from the environment and react to it.
- We are a mind. We can adapt and alter our environment actively. We can define personal and collective goals and devote energy to achieving them in time and space.
- We are more than a body and a mind. We are a higher self, a true self, an Essence. We are in a continuous process of development.
- Essence gives meaning to our life.

# Essence and Logosynthesis

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- We identify with our body and mind and lose connection with our Essence.
- We believe we are our emotions, our thoughts, our suffering, and our needs.
- We become convinced that there is nothing more.
- We lose contact with the real reason for our existence.
- Logosynthesis can re-connect us with our Essence.

# Flow

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- Flow is when we are in contact with Essence.
- Flow leads to adequate perceptions of the here-and-now.
- Flow leads to adequate perceptions of the person.
- Life loses meaning when flow is interrupted, blocked, or limited.
- Life energy can be in flow or stored in energy structures.
- Too much life energy in flow leads to being overwhelmed.
- Frozen life energy leads to inaction.
- Persons and events influence the flow of life energy.

# Energy Structures

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- Energy structures exist in three-dimensional space.
- Energy structures are perceived with our senses.
- Every person, object, or event can lead to creation of an energy structure.
- Energy structures exist in our personal space.
- Logosynthesis attempts to resolve inadequate energy structures.
- Logosynthesis restores the flow of life energy.



# Logosynthesis Process

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- Find blocks in the flow of life energy in the form of disturbing emotions, physical symptoms, and limiting thoughts and behaviors.
- Identify energy structures which trigger these actions.
- Apply the power of words to the “frozen energy world” through three sentences.
- The three sentences attempt to retrieve the person’s own energy locked in the representation and remove the energy of other people and objects which contribute to the triggering construct.

# Sentence #1

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- Identify the issue and give it a name or title.
- Assess the level of distress with SUDS 0 - 10.
- *I retrieve all of my energy bound up in X (frozen form of person, object, event, place, aspect) and take it back to the right place in my Self.*
- Pause. Let the words do the work.
- Notice what happens.

# Sentence #2

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- *I remove all non-me energy related to X (frozen form of person, object, event, place, aspect) from all my cells, from all my body, and from my personal space and send it back to where it truly belongs.*
- Pause. Let the words do the work.
- Notice what happens.

# Sentence #3

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- *I retrieve all my energy bound up in all of my reactions to X (frozen form of person, place, object, event, aspect) and take it back to the right place in my Self.*
- Pause. Let the words do the work.
- Compare the new state with the the assessment before speaking the sentences (SUDS Level 0 - 10).
- What is different about the symptom or the suffering?

# Sentence #4

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- *I tune all my systems to this new awareness.*
- Pause. Let the words do the work.
- Where are you now?

# Exercise

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- Create a list of things you would like to be, do, and/or have in your life.
- Make note of why it is difficult for you to have each of these things. This may be an indication of stuck energy.
- Choose one of those things you would like to move forward on.
- Think about your own personal energy barrier to moving forward on this.
- Find the trigger. This could be an image or a voice that interferes with the forward movement.
- Give it a label or a title.
- Use the sentences.

# Debrief

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- What do you notice overall?
- How did body symptoms, emotions, and thoughts change?
- What changes do you notice in the content of what you perceive in your personal space?
- Does the label or title still adequately describe what you are perceiving? Is there a better name for it?
- What do you experience when you imagine your response to a similar situation in the future?

# Recommended Reading

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*Letting it Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words* by Dr. Laurie Weiss

*Self-Coaching with Logosynthesis* by Dr. Willem Lammers

*Logosynthesis Handbook for the Helping Professions* by  
Dr. Willem Lammers