

Ergosoma treatments in Nepal for 20 earthquake victims

Nagarkot, Nepal, 25 April 2015, 11:56 local time.

Subhan and Chandra look at each other in panic. The walls of the restaurant of the small Manla Hotel in Nagarkot have suddenly started to shake. Over violently rocking floor, they run to the entrance to cower under the door frame for shelter, praying for protection by Guru Padmasambhava: „Om AH HUM Vajra Guru Padma Siddhi Hum.“

Almost miraculously, they stay unharmed. For the coming nights, Subhan, Chandra and their families will stay in small tin huts for shelter to protect themselves against further earthquakes.

Chandras home destroyed



A tin hut as shelter



The 2015 earthquakes have been the most lethal natural catastrophe in Nepal's recorded history. The first shock with a magnitude of 7.8 on the Richter scale, and its numerous aftershocks, killed about 8,800 people and injured 22,330. Kathmandu and the surrounding areas were severely hit, most houses were destroyed. The survivors were traumatized: many panicked whenever they heard a loud noise, had difficulties falling asleep, suffered from nightmares, and developed depressions, panic attacks, and high blood pressure.

Given the dire situation and its close ties to Nepal, the Ergosom Verein tried to assist. Apart from material help, it covered the travel cost of six experienced Ergosom practitioners to Nepal in 2016: Bärbel Pegels-Niesel led the team of Anke Bitter, Andrea Hattendorf, Tatjana Gorzny, Susanne Pils, and Astrid Papst to Nagarkot to offer free treatments to traumatized earthquake victims from rural and urban areas around Kathmandu.

16 November 2016, 11:30 am: Minu has just received an Ergosoma treatment

Shining eyes are looking up at me. „I felt like I was flying. It was such a wonderful feeling – like in heaven.“ Minu, aged 55, had been suffering severely from the aftermath of the earthquake: depressions, panic attacks, not being able to stay alone any period of time, high blood pressure, and sleep problems.

Now she is lying here, relaxed, peaceful and happy, digesting and integrating this new experience.

Like her, four other Nepali have received treatments and are now resting , either deeply asleep, or in a trancelike state of deep relaxation – known as the “Alpha state”, with a brain wave frequency of about 8-10 Hz.



All practitioners receive similar feedback: after the treatments, anxiety has been replaced by the feeling of peace and rest; bringing back the ability to smile, to have an open attitude, feel companionship and share embraces. „It puts body and mind together again“, „For the first time I could laugh again“, „I feel like I am in heaven“.



„Thank you, please come back soon“: when it is time to leave again for Germany, we hear this wish often. At the evening before our departure to Kathmandu, we celebrate with barbecue, dancing and singing together. We feel gifted and blessed by the loving responses, and still feel a deep connection to the people we met in Nagarkot. When I meet Minu again one year later, she tells me that the effects of our joint healing experience still last, and that that she is feeling a lot better.



March 2018, Bärbel Pegels-Niesel