



Presentation held with Ergosoma® International at the CSW65 during the virtual Parallel Event of the Foundation for Subjective Experience and Research S.E.R., 19.03.2021: "Strengthening healthperception, selfhealingpower and resilience of migrant women with 'Ergosoma® Migra' "

Connecting an Reconnecting to the Healthy Inner Core with Ergosoma By Monika Volkmer, Ergosoma Teacher

I am working with Ergosoma® as the main method in my praxis of complementary medicine in Germany for almost 18 years now. Ergosoma® is a holistic method of healing which has roots in ancient Asia. It's developed by R. V. Tajon as the healing part of "The power of the inner source in oneself". Ergosoma® is complementary to other art of healing, scientific or traditional. You can use it either for prevention or for support of other therapies.

Other as usual in modern medicine Ergosoma® does not focus on illness or disease but on what's healthy and good.

Ergosoma® is looking for the powerful resources of the inner core.

Ergosoma® practitioner always turn to to this inner core, we all have. It is the healthy core of wisdom in every little cell which is fundamentally the manual of our whole body. It is the healthy inner core in our heart which enables us to live in harmony and peace.

Unfortunately the inner core isn't free usually. There are so much negative informations we receive every moment, bad experiences and circumstances, fear and confusion, poisoned food and so on which lays around the inner core and blocks it. Several illnesses and depressions are rooted here. So it is necessary to clean the access to our inner core to come in deeper touch with our inner resources/wisdom.

This is where Ergosoma® starts. At first the blocked energies begin to flow again. You can feel it as a deeper relaxation in the body, a deeper calm in your nervous system, as silence in your mind and your emotions are fine and well-balanced.

And suddenly your intuition steps in.

As Studies and researches at the University of Witten Herdecke, Germany by Dr. Markus Köhl have shown: one Ergosoma® treatment for 20 minutes has following effects:

- oxygen supply in blood increases
- muscles come in a relaxed state
- the blood pressure normalises
- a higher heart rate variability
- the sympathetic and parasympathetic nervous systems are balanced
- the EEG, measurement of brain waves, shows a deep mental relaxation with a higher awareness at the same time
- brain currents, heartbeat and respiratory frequency come into a common rhythm

In this state of equilibrium the self-healing-powers are activated.

Let's have a look on the word Ergosoma®.

Ergo means "form", everything visible and measurable.

Soma means the "level of being", the invisible, indivisible world.

Like Ergosoma® connects the objective physical perception and the subjective perception of our inner world so it connects modern medicine with the knowledge of ancient cultures of the world. It creates something new which can be helpful for each and everyone.

When our inner core is free we may find the bridge between form and being, body and mind, the polarities are united, and our perception is refined.

How do we work with Ergosoma®?

It is simple but not easy.

For working with Ergosoma® we just need two things: our both hands and awareness.. So it can be practiced everywhere.

Both hands are used as instruments/ tools and special points of the body are gently touched. An Ergosoma® treatment works by sitting on a chair or laying on a massage table.

To get an idea from that how Ergosoma® works, let us experience by ourselves.

Please, lift your hands in front of your chest, palm to palm as touching a ball....be aware, what you feel... different things may happen, like a prickle of your hands, maybe one hand becomes warmer or something else and even if you feel nothing... it is fine.

This kind of energy you have just felt is called "active energy" in Ergosoma®.

Now you hold your hands back to back, with a little distance, and now you may feel something different, at least I hope so, ...this we call "passive energy".

And now we are putting the hands in front of our chest, palm to palm as we did before.. take time... the energies will be balanced and maybe you feel another kind of energy: "the neutral power". Life energy flows much better now.

Flowing and vibrating live energy connects all our body system, that means health, harmony and happiness in our live. So Ergosoma® can be very helpful for every single person as for teams as healthcaregivers, emergency teams and so on as well.

As we will see in the example of the Ergosom®Migra project, Ergosoma® is strengthening the migrants and refugee women in different ways:

- by getting an Ergosoma® treatment to overcome traumatic experiences, for every single person
- Strengthen the helper team in challenging situations
- to give them qualification and new perspectives by learning the Ergosoma® method.