

# **The Ergosoma Migra project in the centre for integration and education (ZIB in Oberhausen)**

## **1. Start of the projekt**

Ergosoma Migra started with a combined vision between the manager of the ZIB, Mrs Tanis and me.

One part of my vision was to help and support people who were suffering from Post Traumatic Disorders. In 2004 I was giving treatments to members of the Nepalese army during the civil war and in 2016 to earthquake victims. During that period I was already gathering a lot of experiences with Ergosoma treatments in relation to Post Traumatic Stress Disorders (PTSED) and after that I was deeply convinced and sure that Ergosoma could be a tremendous help for people suffering from these disorders. I can very well remember the reaction of an earthquake victim who had been suffering from depression, high blood pressure and anxiety. After about the tenth treatment she smilingly told me :“It puts body and mind together. I can feel lightness,,I can fly, I can feel my soul again“. So these experiences made me confident that Ergosoma was a reliable tool to help people suffering from PTSD.

In 2016 the ZIB was mainly frequented by people from war countries like Syria, like Tschetschenia, who were also suffering from severe Post Traumatic Stress Disorders and urgently needed help and support.

Another part of my vision was building bridges or you could also say reconciling different cultures or religions In 2015/2016 we had a lot of migrants coming in mostly from Syria but also from all over the world. After a warm „welcome atmosphere“ German people were getting reluctant, starting to feel migrants as a big problem, one could even say a threat to their culture, to their “Western values“.

So reconciliation was needed

Then how did we set this into motion?

I have been knowing Mrs. Serap Tanis for several years and right from the beginning we had a deep connection. In 2013 Serap joined an Ergosom Qualification with me till 2015.

During that time Serap and me often discussed how we could establish the method of Ergosoma in the ZIB and use it to the full benefit of the suffering and traumatised people who were coming to the ZIB looking for help, guidance and support..

So with the background of her personal experience with Ergosoma Serap invited me to deliver speeches about Ergosoma and give Ergosoma treatments at the ZIB. There was such a high demand and need that people literally crowded in.

As the reaction was so extremely positive I began giving regular treatments in the centre since June 2016,. having the same clients for several months, often working side by side with Serap. During the following months our clients and us formed a close bonding and a warm heart to heart connection, you could almost say a heart- to –soul connection

After our experiences both Serap and me were convinced that Ergosoma was a very important and precious method – a help for many deeply traumatised people.

At that time the ZIB was quite overrun from migrants, the deep wish and need for help was tremendous: a help on a gentle, nurturing and deeply empathic basis as is given with Ergosoma.

But not only the migrant people were needing help, Seraps co-worker were starting to feel the strain. So much suffering, so much pain, so much trauma, how could they handle it, day by day? How could they cope?

Very soon Serap and me realised that in order to give sustainable help not only to the traumatised but also to her co-workers we needed to develop a proper qualification for her co-workers who were already having a lot of experience with various psychological methods. Thus we could teach her co-workers how to take care of themselves, empower themselves with various meditations and exercises and at the same time qualify them as Ergosom Migra practitioners, thereby having a lot more practitioners who could help more people.

## 2. The qualification

We started in March 2017 with 7 women and 3 men as participants and finished the qualification in July 2018. During this one and a half year we had total of 16 qualification days, which consisted of three parts: 10 days were reserved for teaching Ergosoma with the special handpositions, energy structures, but also the philosophy of Ergosoma. It is a gentle, nurturing, emphatic method, where we strengthen the strong energies and place our hands accordingly, where we connect with the inner core of our client.

I demonstrated the positions and later on the participants were practising themselves. Additionally we had 3 days of SER exercises. Here I was teaching exercises from the SER system and meditations in order to enable the participants to replenish and refine their energies, to come into contact with their inner core and to be able to enhance their perception and 3 days of anatomy where the participants were receiving a medical knowledge in regard to the Ergosoma handpositions, plus several days of supervision as a preparation for the examination. All these qualification days were followed up by a manual so that the participants could refresh their memories and repeat their lessons at home.

I can still vividly remember our first day of the qualification when I asked the participants „What is your wish? What do you want from this qualification? And Zahra from Tschetschenien answered: „During the war I closed my heart. What I experienced was too terrible. Now I hope that I can learn to open it up again in due time.“ I can still feel how touched I was by her words. Others wanted more stability, less of inner tension, more energy to live their lives.

And so we began our journey together.



A demonstration during the qualification

During this period of one and a half year I was not only teaching the various postures of placing the hands on the body of the client. Because Ergosoma is not just a technique with „place your hands here and there“, it is a philosophy, the belief that each and every one of us has an inner shining light, an inner connection to the highest of high: but only when body and mind are in harmony and reconciled with each other we can reach this inner core.

The question arises: how can we reach this inner core in our clients then?

Well, Ergosoma is a very gentle, you could say female or motherly touch, nurturing, soothing, emphatic. By placing the hands according to the bodywisdom of your client only in places which are pleasant and thus strengthening what is already strong it helps the client to come into a **deep state of relaxation**. So that is the **first step**: the deep relaxation, where body and mind are in harmony. As the practitioner is connected with her own inner core during the treatment, she can also connect with the inner core of her client in unconditional love.



Practising Ergosoma with enhanced perception

As a practitioner we need the art of perception and enhanced perception, so that with our intuition we are guided through the various steps of the treatment. The tool in order to reach this level of perception is a daily meditation called „the tree of life meditation“.

This tree of life meditation harmonizes and strengthens our electro-magnetical energy centres, it refines all our energy bodies and puts body and mind into a balance, harmony and order. For the practitioner it is a daily must.

During our qualification we practised this meditation at every meeting.

### 3. The end of the qualification

At the end of the qualification the group highly appreciated what they had learned and most of all how they had changed. The following response was coming from Zara which I quoted at the beginning:

„After the 13 years of war everything was dark inside of me But I always wanted to go into my inner strength and now I was having the opportunity. I found the pure inner calm, the light from heaven. I feel such a tremendous lightness and sunshine in my life. I feel so protected like a small child sitting on the lap of the parents.“

## Some statements and photos of the participants at the end of the qualification



Elena Teterina (Tschetschenien):

„I can feel the connection to other people much more. God is one- we know that.

But every human being is different and still we are all the same.

Unconditional love is no longer just a word for me, I can feel it inside.

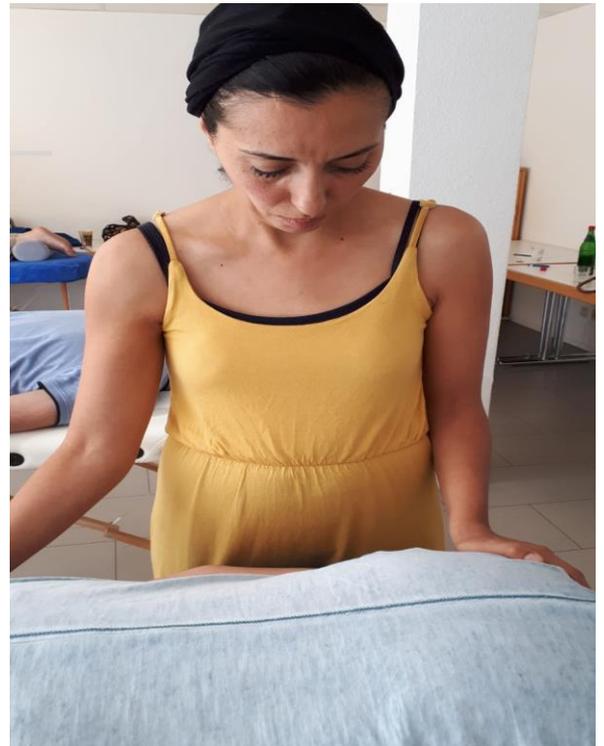
I can feel that Ergosoma is part of my life now.“

Louisa Ahkim-Uzun (Marokko):

„Every one has the ability to activate selfhealing powers either in yourself, or during a treatment. This is giving me a lot of courage.

When I was receiving a treatment there was a deep trace,, bliss and contentment.

With Ergosoma you can create peace, not only in a single person, but in a community.“



Rosa Maria Runte (Peru):

„My belief, my connection to God has become stronger.

My heart is wide open.

The qualification was giving me hope.

Hope and the knowledge and joy to feel that here is my future path.“



Salman Chefan (Syria):

„Ergosoma is very important for me. It was a new experience, which I can feel with my hands and with my heart.

I am so happy that I was able to participate. I want to help other people and now I have a tool which I can apply.

At the beginning I was very shy, but now I feel accepted in the group.“

Zara Hadzieva (Tschetschenien):

„I am happy when I feel the inner connection to my client.

When I am completely in unity, calm and peaceful. Then I can feel an incredible lightness.

Through Ergosoma my heart opened up again and I feel the light inside of me, like sunshine. That is making me so happy.

My family, my friends everybody is so surprised how such a gentle touch can be so very effective.

I am so happy that I can help.“





Serap Tanis (manageress of the ZIB):

„In Ergosoma while touching the body you also reach the spirit and the soul. It creates peace – inside and outside.

The practitioner is not only giving, but at the same time receiving during the treatment. That is an incredible gift. I feel a very strong connection, which reaches far beyond the single treatment. That is really making me happy and grateful.

Despite the hindrances which I was having here with the functionaries at the ZIB while introducing this method, I would every time do it again. We were doing pioneering work. But this kind of work some day will be quite normal.

This work creates peace and reconciliation.“

In July 2018 everyone took an oral and practical exam and the certificate was delivered in a very joyful and festive atmosphere, together with speeches from functionaries and highly appreciative words for their effort and their success.



During the certificate handover

#### 4. Further steps – into the future



After the qualification we organised several workshops and a whole weekend with SER exercises and Ergosoma treatments. Thus the new practitioners could show their abilities.

Ergosoma was not only unfolding its healing and harmonizing qualities for the individual treatment but also encouraged a peaceful and happy group energy.

During a weekend in Extertal, March 2019

During this qualification it was always my long-term goal to mix participants of a workshop with people from all over the world, because I am convinced that Ergosoma treatments will result in a deep bonding between practitioner and client. Ergosoma as a means to deeply feel and experience each other and therefore learn to appreciate what at the beginning felt strange and different from you: having people from all over the world together in a seminar. We have already started with small workshops in 2019 and the beginning of 2020. Unfortunately then we were stopped by Corona Lockdown. So since then we had no more gatherings. But the energy connection between us is very strong. And for the future we plan more events like this.

Unconditional love unites body and mind, unconditional love is the link between Ergo and Soma. Only when body and mind are united we can reach our soul.

## 5. General aspects

We started our project with a

- ❖ vision, a vision that was **guided by our heart**, you could say **in contact with our soul**. Because only in connection with the deepest wish of your heart or inner sanctuary, in connection with
- ❖ **a pure motivation** and a clear and
- ❖ **enhanced perception** you will find the **perseverance** to see your project through. Especially if you want to introduce a new method, a new technique like for instance Ergosoma in Germany, you need a lot of perseverance.
- ❖ You will also need **friends** or supporters, who will encourage you.

On the more physical level it is helpful to have

- ❖ **a reliable network**,
- ❖ **functionaries** who support your vision and help you to find the necessary
- ❖ **finances** for
- ❖ equipment and **infrastructure** like rooms, office material

Listening to your soul you will know when it is needed to fight for your project and persevere, but also when it is needed to stop.

In our project Serap and me completed each other perfectly. And I still feel that we were guided towards each other by a higher source. Because I had the method and the knowledge to implement Ergosoma and Serap had the need and the setting. Together we shared the same vision. So we fit like a key into the lock or like pieces of a jigsaw puzzle – only if all pieces are united the picture is whole!

