



"When Change is the Challenge"

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Logosynthesis™ Notes

Four Assumptions (2015)

- The lack of awareness of our true nature and task in this world leads to suffering.
 - We are Life Energy. (2019)
- The awareness of our true nature is reduced or hindered by introjection and dissociation (splitting off).
 - Life energy is either frozen or in flow. (2019)
- Split-off parts and introjects are frozen energy structures in multi-dimensional space – and not just abstract concepts.
 - Life energy belongs to you or it doesn't. (2019)
- The power of the word makes the dissolution of frozen structures possible and frees our life energy for the task of our existence.
 - Words get energy moving. (2019)

Two Questions:

1. HOW Do You Suffer? (How do you react?)
2. WHAT MAKES You Suffer? (What triggers that reaction?)

Three Sentences:

1. I retrieve all my energy bound up in (this -- whatever your trigger is) and take it back to the right place in my Self.
2. I remove all the non-me energy related to (this -- whatever your trigger is) from all of my cells, from my body and from my personal space and send to where it truly belongs.
3. I retrieve all my energy bound up in all my reactions to (this -- whatever your trigger is) and take it back to the right place in my Self.
4. (If there is completion) I tune all of my systems to this new awareness.

Jonathan & Laurie are available for individual Logosynthesis® work on your most pressing issues. Call or email to discuss fees and scheduling.

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The Procedure

1. Formulate a Trigger Phrase

- **HOW Do You Suffer?** (How do you react?)

What is the problem/issue?

What do you perceive in your body?

tension, pain, spasm, pressure, heat?

Which emotions do you perceive?

fear, anger, shame, guilt, disgust?

Which thoughts are connected with the issue?

about yourself? about others? about life?

- **WHAT MAKES You Suffer?** (What triggers that reaction?)

What is triggering the suffering?

an event, a place, a task, a person, an animal?

Where do you perceive this trigger in space?

how far away?

How do you know it's there?

see? hear? feel? smell? Taste?

- **Create** (in the client's words) a brief phrase that represents an image or a sound and insert that phrase into the 3 sentences.

2. Assess the level of distress (SUDS Scale)

(On a scale of 1-10, when you picture/hear the trigger, how distressed do you feel?)

3. Use the three sentences.

- Have the client repeat sentence 1, in small chunks
 - Instruct the client to pause, relax, take their time, observe, allow the words to do the work, and
 - “Let me know when you’re ready to proceed.”

- Simply observe the changes in the client; take notes if you like

- Briefly re-establish contact with the client

- Repeat the procedure with sentence 2 and 3.

4. **After** the procedure with the first 3 sentences is complete,

1. Debrief (What did you experience?)
2. Assess the level of distress (SUDS Scale)
3. If significant reduction, present Sentence 4
4. If not, formulate a new trigger sentence and repeat procedure.

Logosynthesis© Resources

Logosynthesis® International Association (LIA):

supports professionals and other interested parties with Logosynthesis®

- establishes a worldwide Logosynthesis® network with numerous active hubs
- offers a platform for the exchange of knowledge and experience
- contributes to the spreading of Logosynthesis®
- promotes the quality and further development of Logosynthesis
- certifies professionals across various levels

LIA members are trained specialists from counselling, educational and medical professions. <http://www.logosynthesis.international/>

Dr. Willem Lammers: The originator of the Logosynthesis® process:

www.Logosynthesis.net

Dr. Lammers received the 2018 award for major contribution to the field of Energy Psychology from the Association for Comprehensive Energy Psychology (ACEP).

Online Training Events:

www.logosynthesis.net/online-events-willem-lammers/

The Institute for Logosynthesis®:

www.logosynthesis.net/the-institute-for-logosynthesis/

Dr. Lammers' training academy

Jonathan & Laurie Weiss: www.LogosynthesisColorado.com

The Weiss's are currently the only Certified Master Practitioners and Trainers in the United States

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Books

By Dr. Willem Lammers:

Self Coaching with Logosynthesis®: www.Logosynthesis.net/self-coaching-logosynthesis/ By Dr. Willem Lammers

Logosynthesis®: Healing with Words: A Handbook for the Helping Professions: www.Logosynthesis.net/logosynthesis-healing-with-words/ By Dr. Willem Lammers

Restoring the Flow – a Primer in Logosynthesis:

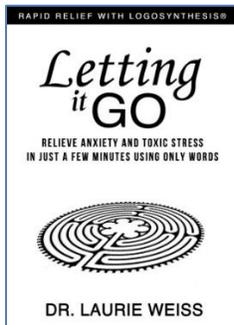
www.Smashwords.com/books/view/284465/ By Dr. Willem Lammers

Minute Miracles. The Practice of Logosynthesis®. Inspiration from Real Life.

<https://www.smashwords.com/books/view/938637> By Willem Lammers

By Dr. Laurie Weiss

Letting it Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words www.BooksByLaurie.com/go by Dr. Laurie Weiss



Willem Lammers says:

Laurie Weiss has taken the simplicity, elegance and effectiveness of Logosynthesis for self-coaching to new heights.

Social Media

Facebook Group: <https://www.facebook.com/groups/logosynthesis>

Free Download of Laurie's Quick Guide to Logosynthesis®

www.BooksByLaurie.com/guide.

Letting it Go: Relieve Anxiety and Toxic Stress

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