



17. – 20. September 2026

4 Days with Rainer Pervöltz (Germany)

Transpersonal Consciousness Work – The Central

These 4 days will be an introduction to a transpersonal approach which can be effectively used in therapy or similar forms of self-development. The basic idea is a well-known concept in humanistic psychology, namely that there are two ways of perceiving the world (and in particular other people): one, which we learn as children and which is mainly a form of adaptation to our surroundings, and a more „original“ one, which arises from our core, our essence, our true Self.

The uniqueness in the approach of the „Central“ is that in both perceptions you can assume a common thread, a central theme, which appears in similar shapes throughout all areas of a person's life. This simplifies the work tremendously. You don't have to explore numerous issues, problems, subconscious obstacles. You just bring everything back to the baseline.

And there is a compelling connection between the central red thread of your learned story (the adaptation) and the central theme of your individual essence. The relatedness can be explained rationally, but often keeps a touch of mystery to it. It might gradually lead you to understanding the sense or purpose of your life.

In such a framework of comprehension, there is no point in aspiring to abolish or get rid of unwanted aspects of your personality. Your so-called personal structure consists of the same energy as your true Self, only in distorted form. The distortion is due to the child's urgent expectation to be loved and find a place in his or her given environment. It creates an apparent assurance of survival. But if the energy (thoughts, feelings, bodily state and posture) remains more or less at the immature state of a child (which it does in most people), it leads to the detrimental and hostile state of the world in which we find ourselves at the present time.

We may not think of having had a desolate childhood, but it needs extra-ordinary parents and teachers to foster breathtaking children (which we are probably all meant to be).

As has been said, so-called negative energy cannot be erased or annihilated, it can only be transformed. And it cannot be transformed by the thinking mind, but rather by forms like the one of the dream-body, which is an essential part of the work.

Location: Haus am Mühlenbach in
Todtmoos/ Au

Costs: 550 €

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