

The principle

Illness can become an obsession in the mind of the person suffering from it. The idea is to make a paradigm shift. The support given by the partnering patient and the capacity for listening, empathy and compassion that are created during this mutual work of caring give rise to a profound awareness and help both participants to put things into perspective. The ego and fear are the favourite tools that keep people focused on their symptoms and prevent the mind from healing. We encourage you to change paradigms, to focus on your own and the other person's health, allowing health to emerge within the therapeutic duo. A whole series of positive effects will enable you to embark on the path to consciousness and healing.

In practice:

The first step is to find the best possible person to partner you in your duo.

You can also propose someone for a specific type of work (couple, child, parent, family member)

Next step – we will set the dates.

You arrive the day before the cure in order to familiarise yourself with the place and meet your partner, as well as the two therapists, each of whom is a specialist of the body or mind.

DAY 1

The whole morning will be spent on anamnesis. We will talk about clinical and behavioural symptoms and then link these to what is unresolved inside you. Both the practitioners and patients take part in this diagnosis and assessment. The afternoon is devoted to a gentle grounding to neutral (cf. key words) to cleanse you of all the superficial tension that may pollute the treatments.

DAY 2 et 3

We address the suffering body and the unresolved issues (cf. key words). So that the treatment can be effective and healing, it is crucial for the patients to be able to feel and fully express the emotion underlying their somatisation and suffering. In fact, the trauma responsible for this suffering is an experience that has remained incomplete, as it was lived through in a context of deep denial. It was endured rather than accepted by a lucid and accepting consciousness. This means that the experience remains in a state of non-completion, opening the door to illness and neuroses. Going back over what the Indians call negative "samskaras", the expression of what one feels emotionally, will complete the process. The incomplete experience will then be able to run its full course. Once the body is cleansed of this polluting information, it will be much more ready to receive the biodynamic treatment. In this now liberated psycho-corporal space, the biodynamic health forces will be able to circulate more freely, especially as the treatment will follow on without interruption. To consolidate this cleansing, we will use various psycho-corporal methods (cf. collaborators), release rituals inspired by shamanism, psycho-magical acts, cacao ceremonies around a fire, four-handed treatments, as well as drums if the patient's expression needs to come through the body or trance. The biodynamic treatment will round off these approaches by enabling health to emerge in a space that is as open as possible.

DAY 4

This will be devoted to biodynamic healing treatments and the potentiation of achievable objectives that the patient has previously defined with his/her partner and the two practitioners. Together, we will choose the therapists who will accompany you and enable you to recognise the signs indicating whether you are on your path.

DAY 5

You spend this day on sharing in order to anchor and assimilate the work of the previous days, and on integration through spaces of silence and inner reflection in totally adapted natural surroundings. The place situated at the end of a road that goes no higher is the ideal place to do this in-depth work. Food will be one of the components of the treatment. We will adapt it to your needs and if it proves useful, we can implement certain diets.