

The Rootstock of Synchronosophy

Key Phrases

1

Synchronosophy is a way of transforming traumatic experience of everyday life into personal wisdom.

Synchronosophy is a true meta-hodos ~ a way of change, growth, and transformation.

Anything that triggers an emotion can be used to access valuable life energy.

When you step into the flow of life, after making a personal effort to grow out of a dysfunctional pattern, you are in synchrony with the communications network of life.

Human inner life is always in synchrony with the world around us.

2

Synchronosophy explores the perennial questions of life and everyday experience with an open mind and free spirit ~ while nurturing both.

Synchronosophy ~ hatched from its own egg-model of human consciousness ~ has sprouted a range of powerful tools, some reminiscent of Assagioli's sub-personalities and psychoexpansion.

Synchronosophy is a modality which uses homœopathic principles without the remedies.

3

The practice of synchronosophy teaches us to communicate with our inner languages and to interpret everyday experience simultaneously in real life.

Working with the felt sense can be used as one of the transformative tools of Synchronosophy.

Synchronosophers use the inner Language of Emotions to identify personal trauma patterns and heal the emotional body.

4

Synchronosophy is a way to unearth and heal historic trauma in the most obscure places.

Synchronosophy is not appropriate for processing acute trauma, or treating C-PTSD as a result of violence and physical abuse.

Synchronosophy offers a set of powerful tools to heal invisible trauma and stimulate growth towards wholeness.

5

Synchronosophy encourages us to re-member frozen emotions, revive, and invite them to become loyal allies

Synchronosophy offers tools to discover old wounds of trauma and heal them

to experience eudaimonia we must live in alignment with self-truth + follow our inborn life's purpose + fulfill our potential as best as we can

Synchronosophy offers tools to call upon and communicate with your eudaimon

6

Synchronosophy offers tools to identify, understand, and heal dysfunctional life patterns.

(The practice of Synchronosophy is not related to any manifestation techniques.)

Synchronosophy is a way of working with and transforming the present experience ~ which is your creative medium ~ and connecting with your highest truth through authenticity & understanding.

Kin + Ilk Café Session

Synchronosophy is about being kind to yourself, by coming into kinship with yourself, and recognising every aspect and expression of yourself as your own ilk.