



Campus Peregrini  
REMEMBER LISTEN LEARN



Campus Peregrini g. UG, Hinter den Höfen 10, 37276 Neuerode, Tel.: +49 (0)5651 951360, Fax.: 952144, Mobil.: +49 (0)172 6315620, [info@campus-peregrini.de](mailto:info@campus-peregrini.de), [www.campus-peregrini.de](http://www.campus-peregrini.de)

## The Training Academy of the Eschwege Institute

### Change Process Guides methods for a deeper self – and better case understanding

The approach of Change Process and Vision Quest Guides opens new opportunities to all persons involved which help deepen the understanding of one's transition process in life.

In this approach we work with tools such as the "**ritualized threshold**" and the "**Contemplative threshold work in nature**", which first have to be explained:

The "**ritualized threshold**" is a simple device in the form of a ritual, a line drawn in the sand, some twigs and stones formed to make a line, or a little stream etc., something that consciously can be stepped across just like a usual threshold. This simple little ritual is to inform yourself that in this special moment in which you cross the threshold, you enter symbolically into a special room. This opens you to the opportunity to work with the so called "**mirror of nature**".

From the view-point of the psychology of perception, humans see their world through different individual filters, which depend on their current emotional state. Therefore everything that a person perceives can tell more about this person than about the objective world that this person has perceived.

Because we perceive our world always in this way and because we have to cope with our everyday life as well, it is a normal human behavior that we have developed a kind of healthy ignorance against this possible constant conscious inspection of our inner soul landscape.

But we could benefit from the ability to see our emotional state mirrored in the outer world. We can use the threshold crossing as an agreement with ourselves. We can allow ourselves to enter this room of a special perception of us for the time we are "behind" the threshold, and to be ignorant again when we return to this side of it. This can help us to also allow a deeper and unfiltered self understanding.

When we work with the "**Contemplative threshold work in nature**", we work with the idea that under certain circumstances (for example having crossed the ritualized threshold) the "inner soul landscape" of a human being can be perceived in the mirror of the outer natural landscape. This mirror is able to show parts of the inner soul landscape that has been unconscious or repressed. So in a metaphorical way the use of the **ritualized threshold** and the **mirror of nature** allow a kind of expedition into the "terra incognita" of our inner soul landscape.

It allows visiting themes which urge from the unconscious side into the conscious part of our awareness and which might have caused the current crisis because it couldn't be

dealt with in a cognitive way. Part of most transition crisis is that we cannot think about themes that are still on the side of our unconscious. That is why non cognitive methods are needed that enable people in crisis to examine and name their unconscious themes. Once the urging theme can be named, the person in crisis can constructively contribute to the process.

Often it has to do with blocked emotions and parts of our personality that once have been split off, things we don't want to have for real and that we wouldn't easily allow others to point at. For that we use and prefer the mirror of nature, which has no valuation and possibilities to judge.

Even people who have lost trust and are disappointed in social relationships and don't accept any advice from society anymore, have a good possibility, with the mirror of nature, to reengage in their own processes again.

The concept of "the mirror of nature" allows visualizing an insight in your whole soul landscape. You can even find out about parts you have never experienced before which you wouldn't be able to bring up with your own thoughts and which can represent also very positive unconscious parts, for example unknown potential, needs, longings and talents.

This concept also gives you the possibility to go back to regions of that inner landscape that you have once been to, but because of blocked emotions, you did not dare to go back to. These are areas that represent your personal shadow; your blocked and split-off parts which you prefer to ignore or project onto others rather than accept them as part of your own inner truth.

The person who looks into this mirror of nature will always know that this time there is no expert or psychiatrist who can tell him that his judgment can be easily be thrown overboard as nonsense. He will know, that he is informing himself that he is seeing the best expert of all out there – himself. He will also know that he can always decide by himself how far he wants to go.

### **Work with the contemplative threshold work in nature as a tool for a deeper self understanding**

Change Process Guides, as modern mentors, have the ability to realize and address someone's qualities and potentials behind their surface.

An important part of their attitude is to believe that the answer of a person's problem is already unconsciously known by that person and has to be searched for inside.

Like in the mythological ideal, the modern mentor accompanies a person in their search to the answers and is no so called expert who knows the answers any better than the person himself.

Modern mentors are trained to deepen the experience someone brings back from working with the mirror of nature. The response method called "**mirroring**" helps to integrate and accept what has been found and experienced and excludes the attempt to manipulate things as much as possible.

Mirroring is a respectful technique that can achieve two goals at once, supporting the deepening of a story and functioning like a confirming witness for the participant.

A person who finds a deeper self-understanding and who has been witnessed will help all to find a better case-understanding. A person who is able again to say how he understands his actual situation, what he would need and would not need, can constructively contribute and cooperate again in his own development process. He will also more easily be able to keep commitments he agreed on under such circumstances.