

Initiatory Therapy

"The events which, with plutonic Core-Force (Kernkraft), are **capable** of overwhelming Man in this Age require of each individual a thoroughly penetrative structuring extending to the precipitous depths and the indefinite heights."

Maria Hippus-Grä(in Dürckheim

Introduction: It occurs, and this ever more frequently, that people no longer feel themselves being addressed and perceived in their daily surroundings. Rather, an inner disquiet, sometimes diffused, urges one toward departure and a new start. One has the presentiment of an inner force that demands shape and realization. Or something suddenly occurs to animate aspects of one's personal history, to make one's limits more perceptible, and thereby fundamentally question one's previously prevailing awareness.

As long as the origins of the occurrence are not ascribed to externals, and the experience not perceived and defined as being "relative", the event retains the possibility of vehemently and effectively sparking in the person's core. Core-Experience (Kernerfahrung) is "divine disturbance". That which in this disturbance is illuminated for the first time out of the depths of the unconscious is not a new implication of an old and familiar order, but rather a totally new dimension of consciousness, the power of which has persistently been made relative by the person's hitherto prevailing World-Ego. The initiatory experience creates a new polarity in which the consciousness-qualities of fundamentally different orders confront one another: the Personal and the Trans-Personal, World-Ego and Self, the differentiating conceptuality of Ego-Consciousness and the complexity of Core-Experience.

The newly-loosed Core-Force requires of the person a new setting and a new comprehension. With the aim of re-establishing one's wholeness and developing a new and expanded sense of things, the process of individuation begins. The process is a transformational event in which the two poles, contrary at the outset, bring forth, in the context of skillful guidance through new and renewed confrontation, via nearness and distance, and through perpetual dying and becoming, a third pole. The Self is capable of becoming the root for the World-Ego, the World-Ego for becoming the trunk for the Self, through which trunk the Self can affirm and bear witness to itself as crown in the world.

Initiatory Therapy always means initiation and individuation, experience and transformation. It is work on one's Core. It takes place by means of the analytic-psychological deciphering of images and signatures (as they appear in one's personal history, one's dreams and creative doings), by means of active and passive meditation, and by practice of the most varied activities and disciplines. The Therapy is oriented on the Analytical-Psychology of C. G. Jung and Erich Neumann and incorporates the insights and practices of Zen-Buddhism, occidental Mysticism, Gestalt-Psychology and its precursors. The aim of the Therapy is the realization of Being in the authority and full power of the personal act. The Therapy proceeds primarily in private sessions.

Meditation and Initiatory Experience: As a practice along the inner Way, Meditation - Sitting in Stillness - fulfills its nature as an exercise toward transformation. So understood, Meditation is the vouchsafed permeability of the person toward Being - such that Being can, in and through the Meditation, sound and resound in the world. The development of the Individual into an Individuated Person intends a form permeable to godly being - a shaped permeability of the whole person, expressing itself as the bearing-witness to the person's godly origin in the framework of his finite being.

Initiation and Individuation: The Way to the Individuated Person: a methodologically inducible process of experiencing and forming the psychic dynamics of the Unconscious.

Something begins to stir, begins to take on form, and conveys itself as a possibility for the process of Core-Development (Kernung). By virtue of conscious and patient Practice, the complex Unconscious advances its development and capacity for personal differentiation. Attainment to Form begins in and of itself.

The methods for concretising the various stages of development are numerous and provide one at every stage in the total process with a correspondingly appropriate representation (image, bearing, word, sound, movement etc.) which serves as orientation for the further development toward which one is working.

"It is to differentiate, then, between Event and Change, between the Initiatory Experience and the Initiatory Way, which Way takes up that which has been experienced in a commitment to Transformation."

Karlfried Graf Dürckheim

The Methods of Initiatory Therapy

Transpersonal-Personal Leib-Therapy (Somatic Therapy): The Transpersonal-Personal Leib-Therapy, developed by Karlfried Graf Dürckheim, is not primarily concerned with the body one has but rather with the somatic-psychosomatic manifestation (the Leib) in which the person as a being in the world is and is here. In the unity of the various bearings and dispositions in which it represents and expresses itself, in which it attains to gestalt and as gestalt realizes or fails to realize itself, the Leib is the vehicle of and for an inner event of development. The dissolution of psychological blocks (as manifestations of deep-seated, faulty physical and psychical attitudes) constitutes a focal point in the Transpersonal-Personal Leib-Therapy, the aim of which is to allow the gestalt inherent in the person to become, as emanation through one's somatic appearance, transparent, so that the Leib can become a vessel suitable to and prepared for the incorporation and expression of somatic and psychical forces.

Guided Drawing (Geführtes Zeichnen): in the "Guided Drawing" developed by Maria Hippus-Gräfin Dürckheim, forms of movement - "Signatures" - become evident which are not only expressive of one's own personal history but also reveal formulas for shaping the person's capability for transformation toward the Transpersonal. The graphic documentations that result from this work have diagnostic as well as prognostic value and evidence themselves as being guided by the person's inner being. Insofar as one who has been seized by the virulence of an inner Core Event (Kerngeschehen) simply submits and dedicates himself to the Process, he can perceive with his inner eye the budding of something new.

From this state of being - the experience of the "Meditari "being-taken-into-the-center" (Dürckheim) - it is possible that something unfolds, develops and becomes visible from out of the immanence, something that also bears one on towards self-expanding insights and principles of living that transcend the solely individual.

The design underlying "Geführtes Zeichnen" is employed as the model for all the other methods utilized in Rütte at the outset and in the realization of a Process whose inherent nature itself vouches actualization and expression of given potential.

Individual Work, Practice, "Exercitium": Please note: While approximately one third of the Rütte staff is capable of holding *Individual Sessions* in English, the working-language in Rütte is German, and *Courses, Seminars and Lectures* are held almost exclusively in this language. Work in the following areas is offered in Rütte continuously:

Guided Drawing.

Collage. Painting.

Transpersonal-Personal Leib-Therapy.

Dance and Movement. Cult-Dance.

Work With Dreams, Perspective Along The Way. Personal History and Personal Destiny. Analytic Consultation.

Music. Voice.

Working with Clay.

Swordwork

Organizational

One's Stay in Rütte: Persons wishing to come to Rütte for the first time have two possibilities:

a) An Individual Stay in Rütte: We recommend a stay of approximately 14 days. The applicant can generally stipulate the dates of the stay himself. The activities of one's stay in Rütte are determined on the basis of a program composed for the individual, which program generally consists of 1-2 private sessions per day. Work-Groups, Seminars, Lectures and Courses provide further possibilities for work-in-depth. Participation in the various Groups is dependent upon a consultation with one of the assigned therapists.

b) Participation in an "Introductory-Session": Five days of intensive individual and group activities in the framework of a fixed program. Registration with handwritten "Motivation" and short Biography to be sent to the "Secretariat-Rütte". Costs including Room and Board: 590.- €. Cancellation-Fee: 20% of the aforementioned costs. Should cancellation occur within 10 days of the start of the Session, and should the resulting vacancy not be filled, the full amount will be retained.

Introductory-Sessions are offered approximately four times per year. Each Session is limited to 20 participants.

An Introductory-Session is offered occasionally at reduced cost. Special emphasis is put on everyday-life-exercise as a medium of growing.

Application: One's application for a first stay in Rütte consists of a *handwritten letter* in which one's *motivation* and *essential biographical information* are clearly given. Our resulting recommendation for private sessions with 3-4 staff-members will be based on your letter.

Extended or additional stays may be arranged with your therapists and the "Secretariat-Rütte".

Room and Board: Rütte offers lodging accommodations in a number of houses and in varying price-ranges. Rooms are available in our Guest-House ("Herzl-Haus") and in the farmly-houses in the immediate vicinity, in some of which one may cook and eat privately. The "Herzl-Haus" offers "Halbpension" (bed-breakfast-lunch), the lodginghouses and hotels in Todtmoos (approximately 45 minutes walking distance from Rütte) offer "Halbpension" and "Vollpension" (bed-breakfast-lunch-dinner). The usual businesses of a small village will be found in Todtmoos.

Responsibility: Every Rütte-Guest assumes the full responsibility for his/her experiences and activities in the Private-Sessions and Groups.

Costs: The costs for an individual-stay in Rütte consist of Lodging (single-room), Board and the Fees for Private-Sessions and Group-Work. One should assume a weekly cost of 600-700 €. The "Secretariat-Rütte" will be glad to provide more detailed information. '

Travel Information: Todtmoos-Rütte is a small community in the southern Black Forest. It is situated at an altitude of 1000 meters (approx. 3300 feet) and is 3 kilometers (approx. 1.8 miles) from the village of Todtmoos, 50 kilometers from Freiburg and Basel/Switzerland and 30 kilometers from Bad Säckingen. One may reach Rütte from these cities by bus or taxi. For persons coming with their own automobile during the Winter-months: Snow-tires and chains are indispensable.