

Psychogenetics... How is that possible?

The big question now is, how can it be possible for the psychogenetic method to filter out the emotional and mental make-up of a person?

My work with the Psychogenetic Method and process work has developed over more than 20 years. There is a clear structure and process.

The Human Subtle Body

This is based on the recognition that every human being has an emotional and a mental subtle body. These subtle bodies make it possible to access the psychogenetic hereditary information.

We all are familiar with the fact that people have such a body, even in everyday life. We can unconsciously grasp a person's charisma without knowing them or speaking to them. We know by intuition whether we like a person or not, whether his or her effect on us frightening or calming.

In order to give you an impression of the conscious experience and analysis of the emotional and mental heritage, I will try to explain the process to you.

1.

In order to access a client's genetic information, I first have a conversation with him or her. In this conversation, I get to know his or her situation at the moment and what his or her concerns are. There is a short biographical reflection and an assessment of how the current situation in his or her life is.

2.

This is followed by a common time of about 20 minutes of centring. The client reflects on certain life contexts with his or her eyes closed while I am "tuning in" to him or her. You could also say that my personality is taking second place at this moment.

3.

The most important part and the beginning of the psychogenetic work is the identification (see also explanation of terms), in which the emotional and mental hereditary information is collected.

Identification

Once the client has given me permission to identify him/ herself with his/ her name and date of birth, I enter into the resonance as well as the unconscious reality of the person seeking advice with neutral consciousness (see explanation of terms).

After that, I take a closer look at the emotional and mental situation of the client and define them. Then I try and filter out, for a start, hereditary information from his or her ancestors that might have had an effect on the client.

All this information is documented and recorded. The further work with my client is based on the observations I make in the course of the identifications.

This includes understanding the information and its meaning, recognising how much this information is involved in the current life, a profound reflection and the subsequent separation (see explanation of terms) i.e. the release of the burdening emotional hereditary information as well as the reorientation into contributing and positive, self-determined life changes.

Of course, one may now ask, how does Ms Hardenberg get this detailed information without a machine or other aid? This is a common and quite legitimate, critical question, at least if you are not one of those people who say that there are things between heaven and earth that cannot be explained.

Technology, Physics, Intuition or Talent?

What is it about my "technique" out of my consciousness that expresses, defines, feels, puts into words and brings to the table the emotional hereditary reality of a client?

Perhaps you can call it intuition. Or it is the gut feeling. The sixth sense. Premonitions.

Is it empathy, sympathy or neurobiological ability?

Does it have anything to do with quantum physics and entanglement?

"Rational" people will say: "What you cannot reason and explain precisely, does not have to be taken seriously." Do the following statements by Ms Hardenberg sound esoteric, spiritual or even airy-fairy? Information that is not measurable or visible is perceived and analysed.

What could make it all relevant?

And how about if there is a possible scientific explanation for my method and technique of getting the information of emotional inheritance? Simply as a human being and not as a machine?

In our brain, there is the empathy centre, an area through which we are capable of compassion. It is the so-called mirror neurons that enable us to experience the sorrow, pain, grief, but also joy and enthusiasm of another person. In this way, feelings experienced by others and translations of other people's experiences can be activated in the brain.

Mirror neurons – sympathy or empathy neurons



- Empathy
- Compassion
- Mirroring
- Imitation
- Sympathy
- Intuition



So is it the mirror neurons that make it possible for me to successfully work with the Psychogenetic Method?

What if it were possible to call up this co-experience in the present but also from his or her past and his or her ancestors?

This could be an explanation why it is possible to have mental and emotional experiences on the client's behalf during "identification" and to put them into words and feelings and to find out about correlations.

As for me, I would be glad if that could be an explanation for this neurobiological ability.

However, according to the current state of science, the mirror neuron system cannot be activated on purpose.

What would it be like if the state of neutral consciousness I am practised at is a key to activate it?

The Neutral Consciousness

Before entering into the client's resonance and his or her identity, I defined a state in order to be able to do this work. I enter the so-called state of neutral consciousness in order to be able to trace the inherited information.

Neutral consciousness is the non-judging, expansive, open, non-interpreting, non-constructing or presuming consciousness. Just neutral. A state of consciousness in which everything is possible and allowed - without any judgement or categorisation on my part. I am completely neutral when I empathise with my clients.

Since I am linked to the client's resonance during the course of identification, it is perhaps the defined state of neutral consciousness that, in some way, leads to an activation of the mirror neurons. As a consequence, I am able to perceive and reproduce the emotional reality in the context of emotional heritage.

As the client witnesses the whole process, he can verify or falsify the information on his or her life I have collected during identification. He or she feels recognised, seen and understood.

Next question:

Where is the client's information stored that I access during the identification process?

In order to answer that question, I have to consider another one:

What if there were "ancestral neurons"? An area in the brain where biographical genetic memories are processed. Perhaps, such an area will one day be discovered by science, confirming the explanations about the logic of my work, which might seem illogical at the moment.

It is about the Benefits

What does this mean for me concretely?

Despite the fact that certain parts of my work are inexplicable and in spite of questions about feasibility, logic, reality and inscrutability, I have yet decided to do this kind of work and practise.

It is about the benefit and efficiency for people as well as the effectiveness of the psychogenetic method to better understand one's own life, to clean in up in a shorter period of time and to be able to change it substantially.

This is why I decided to go the way I am going with psychogenetics.

Warm regards from my practice,

Sara Maria