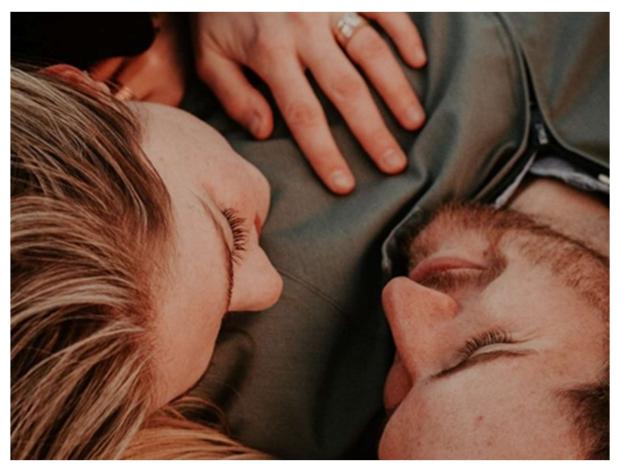healing instead of wellness! THE HOLISTIC ANTI AGEING.

cause regulation instead of therapy based on symptoms . . .

(CHEZ ZEN. holistic retreat group / press release 2o21 www.meditationfrance.com)
As an established, internationally experienced and globally networked retreat resort, we would like to take the opportunity to talk a little about our goals and intentions, about our current projects, but also about our guests and clients as well as the team.

After years of successful and ever deeper work on all levels of consciousness, as well as basic technical work through yoga, meditations and Ayurveda treatments, but also through years of precise observation of the health and consciousness development of our guests, as well as the cooperation with various highly competent teachers and therapists behind to our great joy we can summarize the following today:

Both by our clients and by our partners, basically all of us, were and are confronted time and again with symptoms as well as with the fact that these loosened and apparently dissolved depending on the intensity of the work. . . or just the opposite, solidified and even provoked further symptoms.

Above all, we were puzzled by the fact that without intensive and latent yoga and meditation work as well as spiritual work and feel, the symptoms and complaints, anxiety and obsessive-compulsive disorders etc., but also physical complaints kept coming back after a short time. Sometimes even stronger! furthermore, of course, the consequences of this, such as defeats on an interpersonal and social level.

Only through understanding the polyvagal theory of Stephen W. Porges, as well as working together and studying the work of the therapist Gopal Norbert Klein, did we understand why, despite the best and most intensive work with our clients, we did not achieve any lasting improvement and healing effects:

We worked together and, assuming the level of knowledge at the time, was certainly not unsuccessful, but basically looking from the completely wrong direction and thus largely without real meaning. However, we only know that today.

As already described above, it was the work on symptoms, which was also state of the art (conventional and alternative medicine), regrettably even partially still is.

Today . . . we only work on understanding and integrating the causes and their unconscious consequences. It's not about psychological issues, but purely about biology!

Yes . . . Biology! Specifically, it is about early childhood imprints on a system working in each of us, the autonomic nervous system.

Early childhood trauma and the mostly unconscious reenactment in adulthood. This usually takes place in very close and important relationships, i.e. in couple relationships. So the re-acting out of these patterns (not being aware of the fact that this acting out in places where these injuries did not take place), this trauma in couple relationships is the main problem.

Many people are unaware of their early childhood trauma experiences and their far-reaching consequences. Every person who has been traumatized has an equivalent in the relationship context / attachment context. And that's always something that separates. Such people maintain a separation from their fellow human beings, because otherwise too much material is washed up.

Separation is never a solution, however, makes no sense! It doesn't heal anything, it just isolates again!

It only re-isolates the effects of the attachment trauma (s) and produces disturbed social contacts, as well as interpersonal failures, which lead to subsequent symptoms.

In childhood, either autonomy or association was suppressed by the closest caregiver (s).

However, in both, in consciously lived autonomy AND consciously lived connection / fusion, happiness lies.

Trauma experiences and (or) resulting fears, anger, hatred, but above all the memory of the pain or, if the trauma experiences split off, "only" the pain. In the latter case, the other person (partner) is made responsible for this pain because the reference and context to the original injuries and trauma, which were brought about in early childhood by the closest reference person, have been split off and are therefore not accessible.

This separation mentioned above means protection for such people. You then constantly go (without being aware of it) into the mode of fight, flight or death reflex (shut down). This means that defensive cycles are constantly opened up, defensive and combat behavior acted out, hatred is lived repeatedly, because the relationship space is only apparently safe.
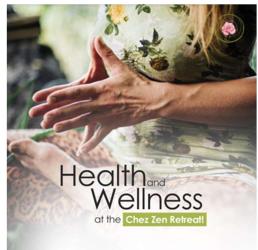
We are a completely traumatized society, which is not aware of this and actually only lives compensation behavior to somehow reduce the stress.

The formula for happiness / healing is based on awareness, i.e. in the knowledge of early childhood trauma, as well as how the autonomic nervous system is shaped from it.

This imprint necessary as a child to protect against injuries is simply lived on without this knowledge, although the danger is no longer there. It does not allow a happy life.

"If you cannot live contact and relationship, then that means:

That contact and exchange in close proximity to the autonomic nervous system are unconsciously interconnected with danger! "
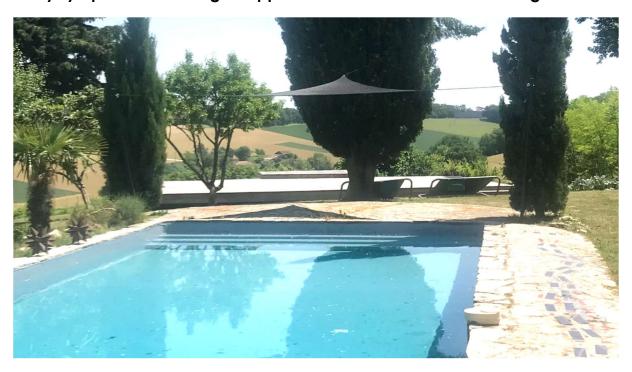
Health and Wellness at the Chez Zen Retreat!

The formula for happiness and healing lies in the communication of the states. It is not about that the partner understands, analyzes and discusses them, but about the honest and as direct as possible communication of the condition as such. these messages as such already mean healing and transformation, "not something else".

So the direct communication of:

• body conditions
• emotional states
• Thoughts

This ego communication of one's own states without acting out an aggressive charge, i.e. that both partners are allowed to communicate all ego states and that these ego states are allowed 5ob e, leads to a secure bond and thus to immediate healing.

Every symptom of suffering is suppressed love! It's about free flowing.

Welcome to the CHEZ ZeN (www.chezzenretreat.com)