



Thriving
IN OUR TIMES

From reactions to action using Logosynthesis®

CATHY CASWELL

Also by Cathy Caswell

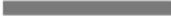
Logosynthesis: Enjoying Life More Fully

Thriving

IN OUR TIMES

From reactions to action
using Logosynthesis®

CATHY CASWELL

The 
Healthy Living
 Plan®

FOREWORD

WE'RE LIVING IN FASCINATING TIMES. For some people, this fascination is tightly connected to fear; for others, it shows that we can make a change, departing from what's not perfect in the world we live in. It's a challenge to keep our minds clear in the flood of information reaching our senses. The current situation is challenging us all at a deep level. No human now alive has ever experienced anything like it.

It's interesting to see how people react to the multiple crises of the moment, and how they attempt to reduce the complexity of a situation in which nothing is clear or secure. Most specialists—physicians, mathematicians, epidemiologists, psychologists, economists—tend to focus on what they know from their own discipline. They understand new events from the theory, the methods, and the history of their professional background. This mechanism is not especially useful when it comes to finding your own stance in the face of the current events.

In these times, you are forced to realize how much of your life energy is bound in structures that seemed to offer

safety. You don't know when lockdown or rebellion will end and what the world will look like afterward. You don't know how we will meet the challenge of climate change. Will your job or your business be the same? Will your relationships be the same? Will you be able to make money and shop, dine, and travel again in the way you were used to?

In this overwhelming context, each of us must find ways to think, feel, and act. In the context of the current circumstances, we see several patterns of how the human mind processes this new information:

- a. **Denial:** We tend to deny that something new is happening. We activate thought patterns that have been useful as an explanation and as guidelines in the past. People on one side of the political and religious spectrum might believe that this is God's punishment for the recognition of LGBTQ ways of living; elsewhere on this spectrum, a connection between the appearance of the coronavirus and 5G is envisioned. Everybody sees their existing beliefs confirmed.
- b. **Coping:** In times of severe distress, the mind takes to evolutionary patterns of coping with the perceived source of the distress. The lack of experienced safety is met with archaic survival behavior. If the culture puts a heavy emphasis on cleanliness, people will hoard disinfectants and toilet tissue, and if self-defense has a high priority, people will buy guns.
- c. **Compliance:** A third way to create a predictable world is to find a substitute parent who will tell people how

to think and what to do to restore safety in a world that has been shaken up by the unknown. People suddenly start to comply with government directives. In that context, it's disturbing that some elected officials grab their chance to establish a dictatorial regime.

- d. **Blocking:** The mind doesn't process the new information; it gets stuck in reaction patterns designed during evolution when enemies were animals and competing tribes, and danger could be met with "fight, flight and freeze." You could attack the enemy and avert the threat, run away from it, or surrender and be killed, flooding your body with endorphins to guarantee a painless transition to the eternal hunting fields.

None of the above mechanisms serves adult, responsible individuals in times of an epidemic. Stories based on these patterns fill the news and social media. They may help to create some safety, but they don't help you to come to your senses to manage the new in the now. So how can you start to feel, think, and act on a higher level than the patterns dictated by evolution?

Cathy Caswell's second book introduces you to Logosynthesis, a new system for healing and development, based on the power of words. She describes how you can identify and understand issues that bind your energy in memories, fantasies, and beliefs. Not only that: she shows you how to free the energy in the service of your mission in life. Applying Logosynthesis may help you in these difficult times because it is designed to resolve the bound energy in

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.....
 THRIVING IN OUR TIMES

CHAPTER 1

*Our world
can change
in an instant*

*We feel the intensity of it all,
even when it is hard to name what we are experiencing.*

*The discomfort that gets triggered by
our situation is a key reason that
we benefit from learning how to resolve what bothers us
to thrive in our times.*

Understanding our reactions

We want to enjoy our lives but we are often not aware of how our patterns of reacting get in the way of taking meaningful action. Our reactions are how we act and feel in response to something that happens. We have an opportunity to learn to use this information to resolve what causes our distress and keeps us stuck in habitual patterns of behavior. This is especially helpful during times of change and uncertainty. As we learn to resolve what bothers us, we can more fully enjoy healthy living and we can embrace extraordinary living. The following definitions highlight two key terms I use throughout this book:

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Healthy:

*enjoying good health;
showing physical, mental, and emotional well-being*

Extraordinary:

*going beyond what is usual, regular, or customary;
employed for or sent on a special service or mission*

— Merriam-Webster Dictionary —

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We enjoy healthy living when we feel well: physically, mentally, and emotionally. We enjoy extraordinary living when we are able to move beyond our normal routines to feel connected to our unique mission in life. In this book, I will share how I learned to use Logosynthesis, developed by Dr. Willem Lammers, to feel an increased sense of clarity to take meaningful action in my everyday life, during times of change and uncertainty. I was able to recognize that as I felt calmer in my responses, those around me benefited.

Your experiences and responses are different from mine. I will show you how to use this one method so that you can learn to resolve what bothers you to feel better. You will learn to appreciate the power of changing your reactions to help you to thrive in our times and to create a supportive environment for others.

We all experience times when our comfortable routines are disrupted and our beliefs are challenged. We are called to move beyond our routine patterns of thinking and acting. We are faced with conditions that are new and unfamiliar and we have no opportunity to gradually adjust. How we respond to these unusual circumstances impacts our well-being and the wellbeing of those around us. We can easily get stuck in distressing patterns of thought and emotions that are anchored in our beliefs and past experiences.

In this book, I provide a perspective on how we, as humans, respond when our lives suddenly change. I describe how these automatic responses can further add to

our distress. I then introduce Logosynthesis and show how to use this model to change patterns of reactions. I also present a series of cases studies, written by an international group of coaches, counselors, and therapists trained in Logosynthesis. The case studies demonstrate how this one fast and easy method can be used for healing and personal development. I outline five pillars to support healthy living and offer a guide to help embrace extraordinary living. You will begin to experience more ease in your life by resolving what bothers you before you take action. A glossary of terms and further information about Logosynthesis is available in the Appendix.

To start, let's consider where we have been. In early 2020, we experienced the start of a global pandemic. Similar pandemics have happened before. We were warned that it could happen again and we had an idea of the crisis that would occur. Yet even as the stories about the virus began to surface, we occupied ourselves with the demands and desires of our everyday lives. We had no comprehension of the speed and intensity of change that was ahead of us. We were busy living our ordinary lives in our ordinary ways.

In a very short period of time, our lives shifted dramatically. As the virus spread around the globe, our normal routines were disrupted amid fear and uncertainty. We were told to stay at home and avoid social interactions. Businesses shut their doors. Stock markets plummeted. Healthcare and other essential workers no longer felt safe

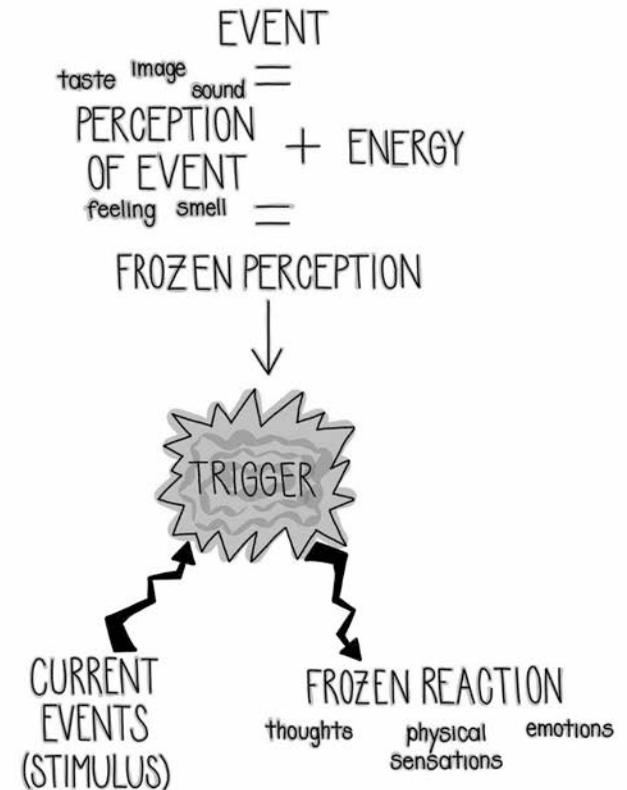
in their jobs. Our minds could not process how everything could happen so fast.

We became obsessed with the media as we watched the number of Covid-19 cases rise. Millions of people contracted the virus. Millions of people lost their jobs. Governments scrambled to provide billions and trillions of dollars in aid. As the weeks turned into months, we noticed more unrest. People were having difficulty reopening their businesses. People grew tired of staying at home. People didn't feel safe going back out in public. We were witness to more distressing events, including racial injustices and police brutality. Protests and riots called for action to end long-standing inequity.

This period is one example of intense change and uncertainty on a global scale. Other extraordinary events include global recessions, climate change, and technological advances. We also experience exceptional events on a smaller scale. Our workplaces may downsize. Our community may experience catastrophic weather, such as a hurricane. We also experience times of intense change and uncertainty on an individual basis. This can include an accident, the death of a loved one, getting married, and having children. During these times, we move beyond our comfort zone. Our normal routines and habitual patterns are challenged.

When times are normal, we tend to go about our daily routines without thinking. We do what is expected of us by our families, our friends, and society at large. We are

often unaware that we are operating based on patterns of frozen reactions, which are triggered by frozen perceptions. Triggers, frozen reactions and frozen perceptions are defined in Logosynthesis terms and available in the Glossary (see Appendix). The terms are also illustrated as follows:



When we operate according to our programmed responses, it can be difficult to get in touch with what inspires us, what moves us to create change. We may sense

frustrated working from home if you are surrounded by a busy family during the pandemic.

As we look to thrive in our times, it is important to appreciate that we each respond differently. While I experience enjoyment, you may feel discomfort or pain in the exact same setting, or vice versa. We each move forward influenced by our past experiences.

Moving forward

As we move through periods of change and uncertainty, we want to get back to normal. Yet our experience of everyday life may feel very different. We can't go back to what we had. For some, the changes may be subtle. For others, the difference feels heavy. We go forward with memories that now influence how we feel in our everyday life. At times we are not even aware of how our past experience impacts us. Some examples of what we might experience are:

- ☞ I shouldn't feel so exhausted but I do.
- ☞ I can't focus or concentrate on my work.
- ☞ People around me are driving me crazy!
- ☞ I am terrified that I am going to lose everything that I own.
- ☞ I can't breathe when I think about what lies ahead.
- ☞ I panic trying to figure out how I am going to get this company back on track.

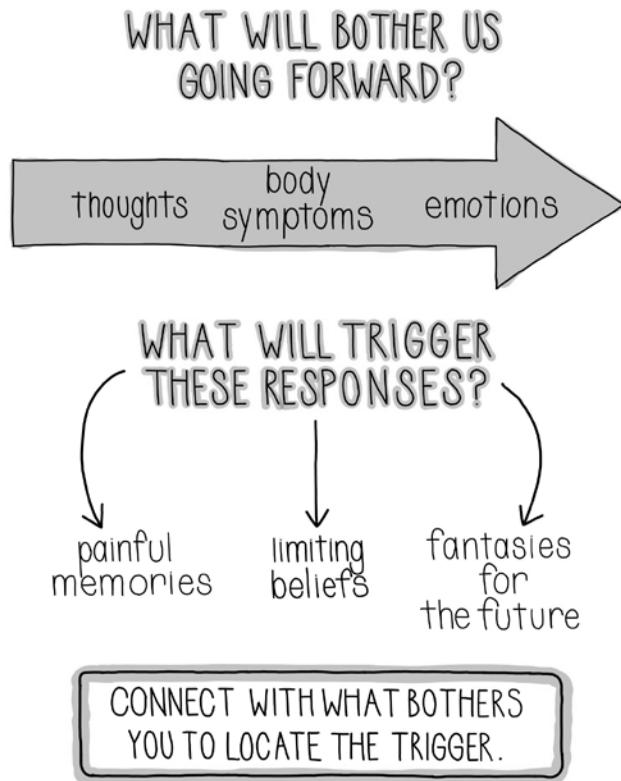
- ☞ I am extremely worried about how my children are coping.
- ☞ I am going to live for today because I could have died!

We desire that, as time passes, we will feel better. Time alone does not heal the past, especially under distressing circumstances. The frozen perceptions that trigger our distress are energetic. Our rational mind cannot process the pain and suffering. We learn to cope, to change our situation or to simply do nothing. We move forward, each with our own memories that we carry with us.

For example, Tracey experienced challenges adjusting to working from home after having worked for a long time in an office setting. She didn't have a dedicated space and she had young children at home. She had trouble walking away from the computer at the end of the day. She felt frustrated when she had to help her children with school work during the day. She felt guilty that work was disrupted so she worked harder and longer hours. She was worried about her children. She was also easily frustrated when they needed attention. And she felt out of sorts because she was missing the connection with coworkers who could relate to her situation. She was adapting to new routines but she could feel sharp pains in her temples. She was easily frustrated and she kept thinking: "I want my old life back!" Tracey's partner and her children also wanted her to have her old life back.

Tracey's reactions to the situation provided information that could be used to help her feel better. When we learn

to recognize our frozen reactions by noticing our thoughts, emotions, and body sensations, we can learn to identify the frozen perceptions that trigger these responses. These painful memories, limiting beliefs and fantasies for the future are the triggers that can be changed using the power of three specific sentences used in Logosynthesis. The following illustration outlines the work:



How Logosynthesis can help

Our definitions of health encompass body, mind, and spirit. Humans have a long history of trying to understand how mind and body are connected to spirit. We have created many narratives to help us with our understanding and these narratives have formed our beliefs and rituals. During childhood, we learn many life lessons through experience and teaching. These lessons are stored as frozen perceptions which continue to influence us into adulthood. These frozen perceptions are responsible for our patterns of reacting but they do not always trigger distress. When the narratives and the beliefs are not able to evolve with our times and as we learn and grow, this frozen energy leads to blocks and suffering.

Our families, institutions, and societies are held together in an energy field. This energetic structure holds our collective experiences and beliefs. This is our culture. As new experiences occur, new perceptions are formed which shift the culture over time yet the old patterns continue to influence individuals in groups. This energy shapes the norms of our families, our workplaces, our communities, and our societies. We adopt the beliefs and norms of society, often without being aware of the programming.

Life can feel great when we are comfortable in our surroundings. We might enjoy a good job, a beautiful family, and a lovely home. We adopt the norms of our community.

In Western society, we are conditioned to recognize that if we get an education and work hard, we will be rewarded. We are able to buy more of what makes us feel good. We share with others who are less fortunate. Life is good.

When we do not fit the perceived norms, life may not feel so good. We may not be able to get a job. We may feel different from those around us. We may not feel that we are achieving what is expected. Distressing thoughts, emotions, and body sensations will provide feedback that our experience does not match the patterns of society. We can use Logosynthesis to identify and shift our reactions to relieve feelings of distress. The norms of society will no longer trigger us to feel bad. We can embrace that we are different and we are better able to simply enjoy what is meaningful in our lives.

We may also find ourselves in a position where we are well respected in society but our world changes instantly. A pandemic can suddenly hit. Our routine patterns are disrupted and we feel discomfort or pain. We may be a celebrated chef yet we feel lost when no one can dine out. We may be a respected emergency room doctor who performs well under pressure yet we are overwhelmed by the number of people dying under our care. We may be recognized as a caring politician yet we struggle to make difficult decisions because we are not able to help everyone in need. While life may feel good when conditions are normal, an abrupt change in our circumstances can leave us feeling distressed.

Willem Lammers developed Logosynthesis as a guided-change model to support healing and development. It offers a simple and powerful method to shift how we react to what bothers us. By recognizing the power of words to shift energy, we can restore the flow of energy to connect with what is meaningful in our lives.

The foundation for Logosynthesis is the understanding that we are Essence. We are life energy born with a life purpose. Essence is energy in flow and does not suffer. Life experiences result in frozen perceptions that we recognize as painful memories, limiting beliefs, and fantasies of how our life should be. These frozen perceptions trigger frozen reactions which result in distressing, reactive patterns. We experience suffering.

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Our true Self does not suffer.

We suffer because the awareness of our Essence is lost.

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This excerpt from *Self Coaching with Logosynthesis*[®] (Lammers, 2015) offers a wonderful starting point to begin to feel better. Using Logosynthesis, we can learn how to restore the flow of our Essence, our life energy. During times of change and uncertainty, our reactions provide signals that something may be stuck. We can use this information to identify the energetic block and use the three Logosynthesis sentences to move beyond our frozen reactions.

CHAPTER 4

Logosynthesis
in action

*Logosynthesis offers one
simple and powerful method
to provide relief for issues
which may appear to be unrelated.
This is the power of Essence.*

Sharing our stories

In this section, I present a series of case studies that have been written by an international group of professional coaches, counselors, and therapists trained in Logosynthesis. They have offered an example of their work to demonstrate how they use Logosynthesis to support their clients. The names in the case studies have been changed. The topics illustrate how one method can offer relief and support in a variety of situations, which may appear to be unrelated. Some stories relate to the distress created directly from an exceptional global event: the Covid-19 pandemic. Other stories relate to challenges and exceptional events in an individual's life. The common theme in the case studies is that an individual was seeking professional support for relief from an issue that bothered them. In all cases, Logosynthesis was used and the individual reported feeling better after the session.

LOGOSYNTHESIS IN ACTION

BURNOUT
panic attacks
DISTRESS
grief
FEAR
frustration
CONFIDENCE
calm + focused

The case studies illustrate that the client does not need to understand the theory behind Logosynthesis in order to experience the results. Willem has developed the specific sentences, recognizing the power of Essence and of words, to do the work from a higher level of consciousness. You will notice that when the client identifies the trigger, simply saying the Logosynthesis sentences with working pauses will shift the energy to relieve the distress. The client feels better after saying the sentences.

The case studies vary in length because, in some cases, the presenting issue is resolved after one cycle of Logosynthesis. In other cases, the processing that occurs may activate another issue. The method is simply repeated until the guide and client feel comfortable wrapping up the session. The skill and training of the guide will offer support for the client. Processing can continue after the session, so the guide plays an important role in supporting the client for deeper issues. Practitioners in Logosynthesis® vary in the range of issues they will address with clients within the parameters of their professional training as coaches, counselors, and therapists.

The case studies provided below highlight that, although we may not be able to change our situation, we can change how we react to our situation. We can resolve what bothers us to feel better and to gain clarity to move forward. We can learn to enjoy the flow of extraordinary living.

Case Study 1: Overcoming fear

At times, our responses in everyday situations can feel intense. The actions of others may not meet our expectations and we suffer. Logosynthesis offers a fast and easy guided approach to resolve the triggers so we can feel calm and confident to make the most of the situation.

Case Study provided and written by: Alan Rojas-Yacolca

Certification: Logosynthesis® Trainee

Role: Energy Healer, Developmental Educator & Coach

Website: www.alanry.com

Location: Lima, Peru

Dina is a psychologist and humanistic psychotherapy trainee in her mid-40s. Recently, she attended a complimentary online webinar I hosted on relieving stress using Logosynthesis. We both reside in Lima, Peru. During the beginning minutes of our online coaching session, it became quite clear for both of us that she was feeling moved by what has been happening over recent weeks: the global health crisis caused by the Covid-19 pandemic; the behaviors she perceives in others, both on social media and in the community where she lives; the possibility of contagion; and the fear of what may happen in the future. For me, these issues appear to be a recurrent pattern lately on social media and in my conversations as a coach.

I asked Dina what she seeks in our coaching session.

She described a situation where she had to visit a bank to cash an emergency aid check issued by the government. While waiting in line, she heard someone coughing right behind her. When she turned around, she discovered this person was not wearing his mask appropriately. Dina was startled. The person then clarified that his cough was due to a seasonal allergy. She explained to me: “All the same, the risk is always there. I was tired of seeing people not observing precautions. They should observe social distance and safety measures!”

I asked her to rate her distress from 0 to 10, with 10 being the most distressing. She offered a SUDS rating of 8 or 9.

Together we mapped what was happening to cause her suffering. She noticed the memory of standing in line at the bank and listening to the person cough and seeing him not wearing a mask appropriately. She then noticed videos on Facebook where others were not observing social distance as they should. She felt angry. She received messages on her WhatsApp family group with daily news on how many people are infected and videos of accumulated corpses in black plastic bags at a local hospital.

During the session, Dina told me: “The system is about to collapse, that’s scary. At times I still catch myself spacing out, blanking, or I’m too distracted to concentrate on writing reports for my job.” This whole thing is wearing me out. It’s as if this was all over me, I feel suffocated. I’ve come to this session to find relief and to stop feeling so insecure.”

Dina has no siblings. Both of her parents are elderly and depend on her. As she told me: “It’s essential for me to take good care of myself now to protect them from contagion. Likewise, as I now work from home, I need to do things right. I need to be focused now. I must concentrate or I could lose my job. I cannot afford that.”

Dina’s energy was stuck in several stress-provoking situations all at one time. It was understandable that she could not focus. To help her focus and find relief, we started by sensing where the most tension was accumulated. She replied: “In anger. I’m angry all the time about others, especially those who do not obey rules. It’s because of them that others like me could get infected. They are so selfish!”

She felt this anger in her clenched jaw and stiff hands. She also noticed a lump in her throat. She provided a SUDS rating of 8.

I asked her to notice what perceptions arise. Several scenes came to her mind: the scene at the bank; the social media videos portraying people not respecting quarantine rule; the dead people. While reviewing those scenes she realized that the theme is consistent. She has an expectation that “others should always obey quarantine rules...or else.”

We labeled this expectation as the trigger. She closed her eyes and followed my lead in a cycle of Logosynthesis:

☞ *I retrieve all my energy bound up in this “expectation that others should always obey quarantine rules...or else” and take it to the right place in my Self.*

☞ Working pause.

☞ *I remove all non-me energy related to this “expectation that others should always obey quarantine rules...or else” from all of my cells, all of my body and my personal space, and send it to where it truly belongs.*

☞ Working pause.

☞ *I retrieve all of my energy bound up in all of my reactions to this “expectation that others should always obey quarantine rules...or else” and take it to the right place in my Self.*

☞ Working pause.

She took her time and let the phrases do the work. After a few minutes, she sighed. The processing was over. Dina appeared to be a bit more relaxed. She now offered a SUDS rating of 6 out of 10. I asked what kept her stress at a 6. The look on her face changed. She claimed to be scared now. “What if I get infected?” She looked down in silence.

I asked: “What’s going on now that you’re looking down?”

She paused and replied: “My parents. I... I don’t want to lose them.” She admitted that losing them had been her worst nightmare for a long time. The pandemic seemed to make it even more possible than before. Tears rolled down her face. “I’m scared of getting infected and infecting them.”

Her SUDS rating was now 8.

She explained she has been scared of them dying since she was eight years old. At the time, both her parents were

ABOUT THE AUTHOR

Cathy Caswell is the president of The Healthy Living Plan Inc. and the author of *Logosynthesis: Enjoying Life More Fully*. She recognizes the inspiring power of creating with those around us. Her interest in Logosynthesis as a model for healing and development is driven by a passion to support individuals to thrive in their families, workplaces, and communities.

This book is based on the author's personal experience using Logosynthesis in her everyday life, including times of change and uncertainty: *'As I reflect on my life choices, I can now observe that my patterns of behavior are based on my beliefs, attitudes, and experiences. These patterns have served me well. Work hard. Help others. Stick with it. Yet I can also observe where these patterns have become rigid and overused. When I experience change and uncertainty and my energy is stuck in these patterns, it can be difficult to see other ways of doing things. My automatic responses can feel intense and distressing, for myself*

We live in a rapidly changing and uncertain world. It can be challenging to recognize how our conditioned reactions influence how we feel and how we interact with others. We have an opportunity to learn how to resolve what bothers us so that we feel better.

This book shows you how to use Logosynthesis, developed by Dr. Willem Lammers, to provide relief from distressing thoughts, emotions, and physical sensations. In this process, you will experience a sense of calm, clarity and confidence to take meaningful action. The Healthy Living Plan, based on the principles of Logosynthesis, offers a guide to help you clear your path during these uncertain times.

For leadership and personal development, this book will guide you to use Logosynthesis so that you can thrive in our times, as an individual within your family, your workplace and your community. Enjoy!

PRAISE FOR *THRIVING IN OUR TIMES*

We live in challenging times. In a world that is characterized by increasing volatility, uncertainty, complexity and ambiguity (VUCA for short), certainty and stability have become rare goods. It is increasingly difficult to find them on the outside, which represents a particular challenge for leaders in organizations across the globe. But there is a hope. By doing the inner work, those in charge can find clarity, certainty and stability within themselves – which will affect everything and everyone they interact with. Based on Logosynthesis, Cathy Caswell shows an effective path for effective (self-)leadership and personal development, both of which are directly connected to each other. Highly recommended.

Thomas Gelmi, *Executive Coach & Catalyst for InterPersonal Development,*
Movadis GmbH, Forbes Coaches Council

CATHY CASWELL

is the president of The Healthy Living Plan Inc., and a certified Practitioner and Instructor in Logosynthesis®.

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