



THE METHOD

The MimoSonanz is a method which makes visible the unconscious aspects of a mental or physical problem. This is done via movement, mime and body expression. Both the emergence as well as the solution of any problematic situation are stored in the body-energy-system of each human and can be expressed physically, by being in resonance with the client. Thus MimoSonanz is a nonverbal feedback in bodylanguage.

This kind of feedback can result in a very impressive and beneficial experience. In addition the client can then re-enact the MimoSonanz, experiencing his/her own momentary life situation and any new way of resolving the problem. Deep unconscious feelings will come into awareness and can be dealt with through transformation.

The MimoSonanz is directly helpful and applicable for questions around individual human experiences, as well as those of organizations.

THE COURSE

By realizing that our body is source of information and means of expression at the same time, Walter Samuel Bartussek developed the MimoSonanzMethod as a way to reveal the hidden unconscious and to make it experiential for oneself or others. Thus, this training course is a chance of undergoing a healing self development process and helps to increase our own physical sensitivity and ability of expression.

Each person should be ready and willing to go through his/her own process. Likewise it is obligatory to work in independent Peer Groups between the modules on their own responsibility.

The MimoSonanz is an unusual and extremely impressive instrument, especially for those persons active in the personality work or in advisory and welfare-ends occupa-

tions. It is a tool to support any process of developing one's personality and self awareness, which can have a profoundly important impact on everyone.

CONTENTS

Module 1

Bases of the body expression and the MimoSonanz in practice

- ☞ experiencing the MimoSonanz to different topics with explanation of the procedure
- ☞ the principles behind the MimoSonanz
- ☞ self perception in stillness and motion
- ☞ body language: my body speaks to me, my body speaks to the others
- ☞ expressiveness of bodylanguage

Module 2

Noticing energies as basic condition for the MimoSonanz and the resonance phenomenon

- ☞ physical preparation
- ☞ energetic clearing
- ☞ mental adjustment
- ☞ be empty and connected
- ☞ being upright and centered
- ☞ expression exercises for face, hands and posture

Module 3

The spectrum of the observation criteria for non-verbal messages and their possibilities of interpretation

- ☞ physical and energetic signals
- ☞ the 3-steps-process
- ☞ feedback and I messages
- ☞ pantomimic tools to sharpen the body language
- ☞ the three main aspects in the structure of the body
- ☞ interpretation of left and right

Module 4

The body knowledge, empathy, analysis and intuition

- ☞ own career progression - a walking analysis
- ☞ expressed and suppressed aspects of your personality
- ☞ your potential in the mirror of the MimoSonanz
- ☞ energies and subtle information in words, objects and places

Module 5

Topics and the employment of the MimoSonanz in different levels

- ☞ horizontal extension, the role change in that MimoSonanz representation
- ☞ vertical extension, the MimoSonanz as magnifying glass
- ☞ the temporal expansion, the MimoSonanz for reviews and preview
- ☞ the stable internal attitude, continuous clearing and protecting

Module 6

Technology and practice, refinement of the MimoSonanz work

- ☞ the application possibilities of the MimoSonanz for personal topics
- ☞ the application type in the vocational surrounding field
- ☞ the MimoSonanz as an assistance at the conflict management
- ☞ actual fact, target and ,the next step'