

ERGOSOMA® International presented the Ergosoma Health Care Program at the UN in

2008: in Geneva at the Innovation Fair as Best Practice

2011: to the General Assembly on “Early diagnosis and prevention of Non-Communicable Diseases”

2011: at the 64th DPI/NGO Conference on Sustainable Societies in Bonn

2015: at the CSW 59th in New York on “Sustainable Health Development for women”

SUMMARY of the Parallel Event of the 59th CSW of the **Foundation for Subjective Experience and Research S.E.R.**

in collaboration with **ERGOSOMA International** and the **US Federation for Middle East Peace** on: Empowerment of women.

Tuesday, March 10th, 2015, from 8.30 a.m. to 10 a.m., Armenian Convention Center, Room V Hall , 630 2nd Avenue (at 35th street), New York, NY 10017

ERGOSOMA International Speakers:

Birgit Bilitz, Marion Glaser, Dorothy Habig, Andrea Hattendorf, Barbara Helmbrecht, Dr. Med. Markus Köhl, Anke Schmidt-Bratzel, Monika Volkmer

Sustainable Health Development for Women: How to enhance empathic perception and resilience? New perspectives for Public Health Care with the ERGOSOMA Health Care Program

Birgit Bilitz, Presiding Chairwoman Ergosom Foundation Germany, welcomes the audience and introduces the team of the Ergosom Foundation Germany that also presents the Ergosom Foundations Austria and Switzerland. All Foundations are non-profit organisations! Ergosoma projects also have started in Burundi, Israel/Palestine and Nepal.

She reports that Ergosoma according to R.V Tajon connects old Asian methods of healing with modern, scientific methods. Through the application of Ergosoma you can bring your mind, body and soul into harmony. You can practise this method in all situations. Everything is inside yourself. Ergosoma is a method of reaching a state of stability and harmony - with yourself, your family, your neighbours and friends. It can be applied to anyone, anywhere. It's a means of reconciling and achieving peace.

Barbara Helmbrecht, Chairwoman Ergosom Foundation Germany, thanks Josefine Brecht, President for UN NGO Affairs of the Foundation for Subjective Experience and Research S.E.R., for the invitation as a cooperation partner together with Sally Kader, President of the U.S. Federation for Middle East Peace. She invites everyone who is interested in the perception training to contact the team.

Anke Schmidt-Bratzel, UN NGO Representative, Ergosoma Practitioner, introduces the theme of sustainable health development for women within the perspective of the future Sustainable Development goals. In order to ensure a healthy life and promote well-being at all ages we have to establish a new culture of health. The Ergosoma Health Care Program supports this new approach in Public Health Care focusing on prevention and sustainable healing, including a wider definition of health, a holistic approach to health, fostering the individual health- and self- knowledge, health perception and responsibility of men and women.

How can women connect to their personal health to strengthen themselves? How do enhanced empathic perception and resilience help women in their focusing and empowerment? Women often still live and work under severe or even traumatic conditions and surviving the crisis makes them experts for change. Crisis might leave its traces in the body memory on a subconscious level. The Ergosoma treatment focuses on the inner resources, on the healthy inner core and rebalancing. Therefore, according to the founder of the method, Romulo Tajon, *it is essential to perceive our body sensations, our emotions and thoughts to embrace our individual situation, because our body has the perfect intelligence to communicate with us - sometimes through pain*. Empathic perception helps us to find a truthful and loving acceptance and change tension into relaxation. Ergosoma helps us to enhance empathy and to find our way through our emotions and thoughts to a deeper intuitive self- and mutual understanding.

Our objective health and capacity for regeneration and recovery are deeply connected to our subjective empathic health perception since it leads to self-regulation, self-coherence, self-effectiveness and self-awareness. With this health literacy of our own we start to follow the perception of what feels right and good for us. We begin to be self-aware and that is a precondition to be self-coherent in what we do. And in what we do we start to be self-effective and resilient.

Empowerment of women, first of all, assumes that women are powerful and that they can reveal their specific quality of power. Resilience empowers women as multipliers to live a healthy life in dignity - in their personal and familiar lives as well as in their professions, their volunteer work and in society. ERGOSOMA International in Public Health Care follows the vision and mission: *Saving human life is a sacred duty, upholding human dignity is a sublime mission to fulfill.* R.V.Tajon

Andrea Hattendorf , Nurse, on the Committee of Ergosoma Teachers, Networking in health system has been working for 32 years in the clinic in Oldenburg, Germany. She reports that after experiencing a „burn-out“ syndrome she started searching for a possible health care solution and available prevention. With the discovery of R.V.Tajon's "Selbstkraftquelle", the power of the source in oneself, and Ergosoma, she was able to resolve inner conflicts, feelings, reconcile with her body, regain inner balance and the desire to live, and find inner peace.

She informs about the results of a research project at the University of Witten / Germany of **Dr. rer. medic. Markus Köhl**: Ergosoma is a method of achieving deep relaxation and perception training. Tests were made with EEG, EKG, the oxygen supply of the blood, variability of heartbeat/pulse. People tested were deeply relaxed but, at the same time, wide awake. The left and right hemispheres of the brain were in total balance.

Her first pilot project was another Study at University Hospital Oldenburg, Germany about a perception training for health care givers, doctors and nurses. The results are: Improved sleeping patterns, stress reduction, increased empathy, self-awareness, inner balance, better overview in rescue situations and the ability to turn off after work. A wife or mother needs this in order to react cool-headed and calm when stress situations in the family arise.

She reports from the experiences with the ambulance for babies – and the perception training of the Björn Steiger Foundation in cooperation with the Medical School Hamburg ISER, Germany for health care givers and doctors. Premature babies need special support - especially high empathy and subjective perception, which Ergosoma training enhances. The Training is fostering the quality of care. Scientific evaluations are being made.

Monika Volkmer, Alternative health practitioner, on the Committee of Ergosoma Teachers, Trainer for stress management, reports that Ergosoma is a new holistic method of healing with roots lying in ancient Asia. It was developed by R. V. Tajon. It is complementary to other kinds of healing - scientific or traditional. One can use it either to prevent or support other medical methods.

Ergosoma is a therapeutical perception training, a method to increase EMPATHY and RESILIENCE, for sustainable health care. Ergosoma is a method to improve empathic capabilities.

Ergosoma is like a bridge between two parts, the visible and the invisible, the measurable data of objective perception and subjective perception from our inner senses - a bridge between the left hemisphere of the brain and the right hemisphere of the brain. This is one of the vital parameters in the science of brain mapping. When both are connected we feel whole again and in harmony with our body and mind. In addition, pure intuition increases.

Just as Ergosoma connects the objective physical and the subjective inner perception, so does it also connect modern medicine with the knowledge of ancient cultures worldwide. It creates something new which can be helpful for each and everyone. Ergosoma brings a human value into this technical world.

Actually, perception is the bridge. Ergosoma teaches this perception. How could it be that it works? Ergosoma is a simple method - simple, but not easy.

We have all we need: We have our body, our thoughts and our feelings. The ideal state of being is achieved, when our body is relaxed, our emotions are calm and easy going, our thoughts are quiet and silent. If these three are working together in harmony, our organic systems will work in harmony, too. And finally our intuition steps in.

The ideal status of being is reached when our physical body, our thoughts, and our emotional feelings cooperate in perfect harmony. Results of one Ergosoma treatment in 20 minutes are a relaxed state of body, muscles and organs, increased mobility of the joints, improved circulation, increased oxygen supply in the blood, increased variability of heart rate, a balance of vegetative and neuro- cerebral systems,

enhanced mental and emotional balance, deep relaxation and high cognitive awareness.

Other than usual in modern medicine, Ergosoma does not focus on illness or diseases but on what is healthy and good. Ergosoma is looking for the powerful resources of our inner core. To get an idea how Ergosoma works, you have to experience it!

During the Parallel Event Monika Volkmer practices in an interactive way with the audience exercises that are part of the Ergosoma perception training for health care givers.





