



Soul Cycles

Personal & Collective Evolution
Alternative Healing
Social Artistry

Falcon's Cry

Dear Friends, Colleagues, Graduates, Students and Newcomers!

During the past years of teaching, learning, mentoring and processing I again and again have come across an irritation, that made me ask: "Why so few people change and integrate?" "Why can we still not reach and change the 'Collective' setting?" "Why do we still create disasters and prefer to lean back comfortably?" And most of all: "What is missing?" "What is missing in our learning, in our teaching, in our living?" This irritation became my frustration and my obsession. The more frustrated I was, the more I stayed with it and the more quiet I became, as some of you can tell from my rare responsiveness during the past 2 years...

During the past month I often hear the Falcon crying in my dreams, with the words: 'it's time'... Whatever it means, I decide from there to share with you what I come up with, what has been my searching, my processing and exploring.

We know it and we can see it every day in the news: the world around us is falling apart on 'all' levels, and sooner (for the ones who are more open) or later (for the ones who are more comfortable) it will reach us also in our personal life. You might have noticed, that the quality of time and confrontation is getting more quick and dense. We are in the midst of transition and it is not going to stop so soon.

We have done a lot already: processing, understanding our emotional and mental patterning, widening our horizon, meditating, trying to act according to our learning; still, the falling apart keeps continuing. And I am sure a lot of people try already to offer comfort, advice, application, resource for these uncomfortable times. I can just offer sharing, intuition and motivation in the areas I am passionate about: Human-Nature-Soul-Psyche-Goddess-Earth.

To my understanding and sensing the next, necessary step is nothing less than Wholeness. Wholeness in the sense of embracing and resonating with 'All' that is. Wholeness in the sense of finally feeling and integrating 'All' (dark & golden), that we denied within and outside, and that we fed to the collective shadow. If we don't meet the shadow within us, the shadow out there will meet us. During transitions the collective shadow breaks through and manifests; as we all witness right now.

So far, so fine, but: 'what is missing?' The Practice!

The two natural, universal laws or principles, Duality and Resonance, interweave, weave through, affect and influence 'All' that exists. Within the great Creamatrix there is nothing that does not exist. All is, has always been and will always be through all levels. Creation starts, when we choose for good and take responsibility for the bad, by giving it a place; so it may transform and become nourishing.

A lot, and often a lot of half-truth', has been said, heard, written and read about duality and resonance. We might understand those principles mentally, even use them at times and even do some exercises with them at times. But hardly anyone 'practices' and integrates both together into daily life. With practise I mean a felt sense experience that leads through feeling, knowing and acting into being and becoming.... 'Whole'.

I call into life a Second Soul Cycle. The First Soul Cycle, the 4-year and 5 Cycles program, that gives a detailed overview and experience of what the psyche is made of, will still continue for the people who are in need of that. The Second Cycle doesn't have a Diploma, neither a fixed program, nor a set ending. The intention is 'Change for Wholeness'. I offer a plate of simple, grounded and effective methods, leading to experience. The practices are always going to be a week long. I will start by offering an introduction, part theory, part practise, in German by beginning September, in English by mid October, into the themes of the practice, which are:

- Shadow integration is the Hero's path through Duality
- Resonance as the path of the Goddess towards Wholeness
- Ecstatic Trance as resource and entrance into Greater spaces

Every further week will intensify and deepen the practice, that is to be applied in daily life. It is advised to do an introduction week, but after that anyone can join any week (registration has to be done 6 weeks before specific dates) without commitment of continuation. It is a process-exploration-practice cycle, with the focus on practice, integration and application.

To start with the practice of wholeness: every participant who is paying the full week may bring a person along who can participate for free, if that person is able to pay her/his food and stay.

If you are interested in this Cycle, let me know; the flyer with details and first dates will also be on my website after some time.

If you are interested to support this, please forward it to friends or co-workers who might be interested. Thank you very much.

If you like to share ideas or feelings around the theme, please feel welcome to do so; I will respond.

- We go for the good and create the bad. We look for the light and move through darkness. We call angels and manifest demons. The world is round and every one thing includes the other. Duality is man-made....-

- We have dared to split atoms and individualize. Now we have to dare to learn the alchemy of harmonizing back into Wholeness.-



Betina Hermes is a mentor and mediator, a therapist and teacher, a soul-searcher and lover of nature. Her understanding of different cultures and behaviours deepened through the experience of living and travelling in India for 12 years.

Betina worked as a teacher and class Dean for 7 years at the Snowlion Center School for Integrative Energy Therapy. She graduated from the Centre of Intentional Living for Depth Psychology and Spiritual Development. Currently Betina is researching Archetypal Psychology. Her passion for the Soul's depth motivates her own explorations, and inspires Soul Cycles diverse offerings.