

CREATIVITY

is based on one's personal potential and the development, or individuation, thereof.

<https://trilogos.com/basic/creativity-linda-vera-roethlisberger>



INDIVIDUATION

understood as the unfolding of one's potential, which calls for self-confidence, and true self-confidence needs basic trust.

<https://trilogos.com/basic/individuation-linda-vera-roethlisberger>



TRAINING MODULE FROM THE TRILOGOS METHOD



<https://youtu.be/ZRzF90qxuU>

to be completed alone or together with others as part of a "consciousness research circle".

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INTUITION

is a prerequisite for lived creativity.

<https://trilogos.com/basic/intuition-linda-vera-roethlisberger>



BASIC TRUST

can be learned by training one's intuition.

<https://trilogos.com/basic/basic-trust-linda-vera-roethlisberger>

