

Past Reality Integration

3 Steps to Mastering the Art of Conscious Living

Ingeborg Bosch

Creator of PRI®

Foreword

This book is exceptional. It opens a new way out of our intimate emotional suffering.

Yes, it is a book about psychology, but it does not take the psychological approach we are accustomed to.

As an author myself who for many years has written and reflected on the transformations going on in our society, I consider this book – and Ingeborg’s approach to therapy – as more than therapy. I see it *as a way to raise humanconsciousness*. Her approach is, I believe, new and original.

One could say that PRI [Past Reality Integration] is postpatriarchal and more feminine. Indeed, most of the classical psychological approaches function in a therapist–patient dependency type of relation. Meanwhile, in Ingeborg’s approach there is no such dependency relation, as she proposes a toolbox that you can use by yourself in order to heal from many different kinds of suffering, whether on an emotional, physical or even spiritual level. She proposes a three-phase programme which you can apply independently, in the absence of any outside help.

In some cases the help of a therapist might be indispensable, for example in order to work on certain hard-to-discover-by-yourself defences like ‘denial of needs’ or when you are trying to access deeply repressed and very painful feelings. In those cases, the therapist is more like a coach who enables the transformation of your life. But a coach is not always necessary, as Ingeborg clearly alludes to cases where people have been able to heal themselves, just by applying the PRI method.

This method is also ‘transmodern’, because it invites you to listen to your body and to your feelings as well as to your intellect. Most of the ‘modern’ therapeutic approaches have focused on our rational mind. Our modern approach has overstated the intellect and the rational way of looking at things and has underestimated our bodies, our feelings and our intuition. The approach here is more holistic, as it uses the intellect in combination with our intuition and especially our body.

PRI goes further yet, because it invites us to identify which sensation is perceived in our body and to what kind of defence it is linked. In applying PRI our mind *learns* how to communicate with our body. It learns how to ask our body the right questions. The answers our body gives to our mind will *clearly* indicate the way out of our present suffering, which mostly finds its origins in the past.

That’s what this book is about.

For me, this is a really different approach to therapy, accustomed to listening to my body, and certainly not to using my body to find the solution to my problems.

At the end of the book the author proposes a very suggestive metaphor, describing PRI as a staircase into light, starting in the basement where there is no light and, quite possibly, one or two skeletons hidden in the cupboards. As a doctor in theology, and a Catholic priest for 12 years, I have gone through the classic Christian spiritual path. But nobody told me about that 'basement' which I needed to clean first. Nobody told me that I should have first healed my wounds of the past. As a result I *appeared* spiritual, but in reality I was nowhere near divine Love. Now, towards the end of my life, I have discovered a way to work efficiently and rather quickly on my own defences, which hide the suffering of my past. And I have discovered that there is no other way to the divine Love within ourselves ... and that experiencing divine Love within myself is possible, if my wounds are healed (at least partly) in the first place ...

This leads us to the final chapter on spirituality. Like Sri Aurobindo and the Mother,¹ Ingeborg is not speaking of religion. She speaks about spirituality and proposes a wise way forward in spiritual growth and higher consciousness.

This book will also interest the younger generations, who are looking for authentic spiritual progress and awakening as well.

In PRI I also feel a close affinity with the Buddhist and the Vedantic² invitation to go beyond the ego, which is an illusion. PRI makes this Buddhist and Vedantic vision concrete. It shows that, most of the time, we unconsciously consider sufferings of the past as being really present.

The PRI healing process consists of unmasking this illusion. And this very precise and practical process of unmasking your illusions will lead you to a higher consciousness.

Dr Marc Luyckx Ghisi, 13 July 2010
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