

ONE PLANET • MANY LIVES • ONE CONSCIOUSNESS

The most comprehensive program you have been waiting for

VI. GLOBAL TRAINING PROGRAM™ IN CORE EVOLUTION® EMBODIMENT

This cutting-edge program is based on the foundation of the dynamic approach of Core Evolution, Family Systems, Neuroscience, Trauma Theories, contemporary scientific research on the regulation of Body, Feelings and Mind, Consciousness and Healing, incorporating Shamanic knowledge and Western and Eastern Transpersonal Teachings

Dates for the Global Core Evolution Embodiment Training Part 1:

January 30 + 31 • February 13 + 14 • March 6 + 7, 2027

These meetings are Online

A Transformational Journey into Presence, Intention and the Unfolding of Your Unique Path in Life

Embody Awareness – Sense into your body and understand its energy, intelligence, personality structure and dynamic expression. Through guided exploration, you deepen your awareness of your somatic experience and reconnect with the innate wisdom of your body and mind.

Integrate Emotions – Emotions are gateways. This training helps you understand, process, and integrate your emotional landscape, empowering you to express yourself with authenticity, clarity, and resilience.

Clarify the Mind – You develop greater awareness of your thoughts, beliefs, and mental patterns. By cultivating mindfulness and presence, you gain insight into how your mind works—allowing you to make clearer, more conscious, and beneficial choices.

Activate the Will of the Heart – The will gives direction to your energy. By strengthening this inner faculty, you learn to align your actions with your deeper purpose—translating intention into meaningful, effective action guided by the wisdom of the heart.

Expand Consciousness – Experience Connection and Unity. Explore the broader Field of Consciousness, where a deeper sense of connection, presence, and unity becomes accessible. This dimension supports a profound relationship with yourself, others, and life as a whole.



Participants reconnect with their essence, affirm their qualities and capacities,
and find more integration and cultivate individual and collective Well-Being.

Please inquire for our 20-page curriculum and further detailed information:

International Institute for Core Evolution® and CoreSoma™
CoreEvolutionInstitute@gmail.com • www.CoreEvolution.com



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VI. Global Training Program™ in CORE EVOLUTION® EMBODIMENT

Integrative • Relational • Experiential • Body-Oriented • Trauma-Sensitive • Mindfulness-Centered

The Training Program PART 1 begins with a strong focus on the practice and application on:



The Principles of Mindfulness

- Learn its values and special considerations in its application in your personal and professional life.
- If you are practicing Mindfulness already then you will find many new aspects of personal inquiry in its individual and professional application.



Embodied Consciousness, Mindful Presence and Global Awareness

Master the art of Mindful Presence which allows you to:

- meet personal or global events with an open attitude, knowledge and supportive skills;
- navigate the challenges and opportunities of our times for the greater good;
- participate and interact in life, the world and the universe in and around us.



The Matrix of Grounding™ and the Strengthening of Coherence

This unique concept in Core Evolution supports you with the practice of:

- The CoreFlow of Breathing;
- Specific techniques to strengthen your Body-Mind System;

- Sustaining your coherent energy;
- Forming a strong and grounded foundation from which you can reach out to embrace the larger Transpersonal Dimensions.
- All these processes lead towards a conscious participation in your life and your Self-Realization.



Initiating the Healing of the Body-Feeling-Mind Field

Present science confirms subtle energy teachings, that we live in fields of energy.

Therefore, whenever we talk about the body in Core Evolution we always address the whole Body-Feeling-Mind Field.



The Pulsation of Life and the unfolding of Energy, Love and Consciousness

Energy, Love and Consciousness are Fields of Life that we all are part of. Every moment

and every event in your life takes place in these dimensions:

- from forming your intention;
- to your biological manifestation;
- to your personal development with all your experiences in life;
- from any kind of traumatic events, whether they are developmental, family-related, generational or collective;
- to moments of flow, beauty and bliss.

***Experience the Art of Mindful Presence • Work towards the well-being of life on our planet
Align your intention with the Will of Your Heart™ and activate changes***

Dates for the Global Core Evolution Embodiment Training Part 1:

January 30 + 31 • February 13 + 14 • March 6 + 7, 2027

These meetings are Online

Times: 5:30 pm – 9:15 pm Central European Time / Frankfurt

Fee: Euro 300.– / US \$ 335.– earliest enrollment until September 30, 2026

Euro 355.– / US \$ 385.– early enrollment until December 31, 2026

Afterwards Euro 395.– / US \$ 425.–

Please inquire for the 20-page curriculum and further details:
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*Core Evolution addresses the wholeness of every human being –
our personal qualities and unique potential.*



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Come and Move Energy and Consciousness Into New Dimensions

Core Evolution recognizes, that the body is not merely a vessel for the mind, but rather an integral part of our human experience. We look at the intricate relationship between the mind and body, since the body holds valuable information and wisdom that can contribute to our psychological well-being.

In our practical approach and theoretical teaching we emphasize the importance of Embodiment, which refers to the awareness and integration of bodily sensations, emotions, feelings and overall experiences.

By giving attention to the sensations and movements in our bodies, we can deepen our understanding of ourselves and gain insight into our somatic, emotional and psychological states. Body-oriented techniques are used to cultivate this awareness and to facilitate integration and well-being.

In **Core Evolution**, as one of the pioneering approaches in Somatic Psychology, we recognize the body's role in trauma and stress responses. Traumatic experiences can get stored in the Body-Feeling-Mind Field, leading to a range of physical and psychological symptoms. In the work with clients and trainees we gently explore and release these stored traumas through **Core Evolution Trauma Work** to release tensions, regulate the nervous system and integrate traumatic experiences – leading to healing and resilience.

Researchers have found that factors such as gratitude, optimism and social connections contribute significantly to subjective well-being and healing. In **Core Evolution** we teach and strengthen the path of kindness, the courage to explore life and to cultivate the emerging wisdom for individual and collective well-being.

Core Evolution explores the spiritual and transcendent aspects of our human experience. We recognize that there is a dimension of human existence beyond the individual ego and personal identity. We study, research and work with Near Death Experiences (NDE), mystical experiences, Extra Sensory Perception (ESP), Spiritual Practices and other appearances, to understand the transformative potential of these experiences.

We embrace a larger perspective of our human nature, that includes a sense of interconnectedness, meaning and purpose. We explore the transcendent aspects of the Human Consciousness, as well as the Universal Consciousness and the potential for self-transcendence.

Practices such as meditation, the process of Mindfulness, and contemplative empathic inquiry are used to cultivate these states of Consciousness and to facilitate personal growth and spiritual development.

This GLOBAL Training consists of 4 Parts:

PART 2 April – August 2027

Teaches the Development of the Personality and the Foundations of Developmental Trauma

Application of the **Core Evolution** Principles and important studies in the fields of:

- Prenatal and Developmental Psychology;
- Attunement, Attachment and Mirror Neurons;
- Intra- and Inter-Personal Communication and the emergence of Intersubjectivity;
- Development of the Social Brain and heartfelt leadership;
- Personal life history and the formation of Self and Personality;
- Change is possible – brain structure and Neuroplasticity;
- Learn and practice an Integrative, Embodiment-Focused, Trauma-Sensitive and Mindfulness-Centered Approach
- The Development of a Social Brain and your ability to form healthy relationships;
- **Core Evolution** Analysis and the Pulsation of Life. Love and Consciousness into new dimensions – to celebrate life.

PART 3 September 2027 – July 2028

Is the complete Core Evolution Trauma Training. We teach: Beyond the Trauma Live Your Essence

- Individual, Generational, Collective and other Traumas
- Integration and Healing of Traumatic Experiences
- Trauma Experiences and their Effects on the Body, Psyche and Soul
- The integrative **Core Evolution** approach in working with Trauma: you will learn the interactive approach to recognize and differentiate the multi-layered tapestry of traumatic experiences.
- To move Beyond the Trauma to regain Joy, Hope and Humor – and Reawaken the Love for Life.

PART 4 September 2028 – July 2029

- Psychosomatics
- Understanding Subtle Energy
- The Body-Dream Process™
- Embody Your Infinite Potential
- Participatory Consciousness™ and the Unity of Being
- Love, Intimacy and Relationship

We trust in our inherent human power of love, goodness, creativity and capacity for self-healing.

Increase Emotional, Somatic and Psychological Awareness and Personal Fulfillment

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This Core Evolution Embodiment Program offers a comprehensive teaching that integrates Personal Development, Mindfulness, Trauma Work and Transformational Body-Mind Exercises.

It is designed for individuals in the healing, therapeutic, teaching, coaching, or advising professions, as well as for those seeking personal enrichment and a conscious way of living.

The Core Evolution Embodiment Training embraces the complexity of human experience through a rich, interdisciplinary foundation. Our methods are informed by:

- Developmental psychology and body-oriented therapy
 - Gestalt, Somatic, Humanistic, Transpersonal, Existential, psychology;
 - Attachment and bonding theories; Commitment focussed;
 - Trauma studies (developmental, shock, generational, and collective);
 - Family systems, family therapy, and constellation work;
 - Voice Dialogue and powerful ways of working with parts;
 - Affective, cognitive, and social neuroscience;
 - Behavioral science, systems theory, and ecopsychology;
 - Eastern and Western wisdom traditions, contemplative practices;
 - Energy medicine, psychosomatics, subtle energy systems, and dreamwork.
- Whether for personal transformation or professional certification, this is your opportunity to grow, expand, and lead with a deeper awareness and impact.
 - Gain a comprehensive understanding of the Matrix of Life
 - Learn effective tools to apply Integrative, Relational, Experiential, Psychodynamic, Body-Oriented and Mindfulness-Centered Therapy.
 - We trust in our inherent human power of love, goodness, creativity and capacity for self-healing.
 - This **Core Evolution Embodiment** Training provides the understanding for these processes in a balance of experience, theory and practice, and offers clear psychological, emotional and somatic interventions to enable the person a conscious integration and to initiate personal and ultimate social and global change.

This training offers a powerful pathway for those seeking deep personal transformation, professional development, and a more conscious, embodied way of living.



Director of Training:

Siegmund Gerken, PH.D., ECP, HP studied psychology, education and anthropology. He has pioneered body-oriented and mindfulness-centered therapy and Humanistic and Somatic Psychology since 1971 and taught on the faculty of JFK University Somatic Psychology, the Santa Barbara Institute and teaches worldwide in applied Mindfulness in Psychology, Spirituality and Science, which also includes the Love and Consciousness programs, connecting with the Essence within and the Knowledge of the larger Existence.

Siegmund: "I search to touch the essence of a person with competence, love and joy, supporting the full potential to be realized."

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