

# BIO

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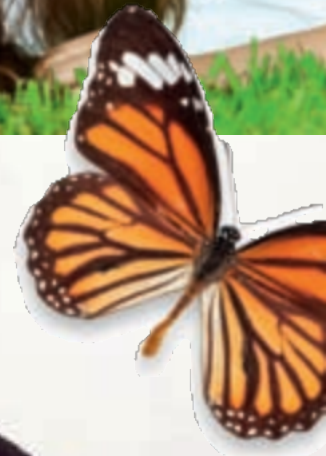
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# Wingwave

Rapid  
help for  
mental  
blocka  
ges



With the wingwave method, soul problems can often be dealt with surprisingly quickly.

BY ANNETTE LÜBBERS

Managers, athletes, actors, but also people like you and me already use wingwave.

Method. Especially when inexplicable fears or addictions plague them. Because not every person with a mental problem wants to or can get involved in lengthy analyses. Wingwave

# special

Wingwave coach Georgios Pacos shows the "Waving". Through rapid eye movements - as in the nocturnal REM dream phases - the subconscious is reprogrammed.

For some years now, wingwave has gained a firm place among psychotherapeutic methods. Above all, because it addresses the causes of stress in the lungs - and to eliminate it by simple means. Around 2500 therapists throughout Europe now use this method. Here in Germany, there are more than 1000 accredited coaches.

"Wingwave" is made up of two English

words:  
"wing"  
stands  
for  
wing  
and  
"wave"  
e"

for wave. Loosely translated, one could say a wing beat that triggers a wave.

Georgios Pacos, wingwave coach from Wuppertal, quotes the developers of the wingwave method, graduate psychologists Cora Besser-Siegmund and Harry Siegmund: "It is said that the flap of a butterfly's wings can even change the weather on the other side of the earth. In the same way he-

wingwave coaching opens up amazing possibilities for professional and personal success through surprisingly small interventions. The metaphor of the wing reminds us of the special importance that the cooperation of our two brain hemispheres has for the smooth processing of our experiences. The word component

The word "wave" is associated with the English term brainwave, which means great idea or flash of inspiration. And it is precisely these brainwaves that are specifically evoked by the wing-wave method."

## No more craving for sweets thanks to wingwave

Chocolates, ice cream, nuts, gummy bears, biscuits. Susanne Kühne\* (41) likes everything sweet and fatty. Especially in the evenings, when her favourite commissioners are out gangbanging.

chase ter. The more exciting the thriller, the 5

# Wiewin gwave origina ted

The coaching method was developed in 2001 by developed by the psychologists Cora Besser-Siegmund and Harry Siegmund. In their proprietary process, they brought together three already recognised elements of psychology:

1. Bilateral hemispheric stimulation. Here, the processes that each of us experiences in the so-called REM sleep phase - our eyes move very quickly from right to left and back again during sleep - are simulated in the awake state.
2. Neuro-linguistic programming (NLP). A method of communication and behavioural training that assumes, among other things, that people generally have all the abilities within themselves to achieve a desired change.

in his personality structure. The 3rd pillar on which the wingwave method is based is the

larger the rations. No wonder that the businesswoman from Wuppertal gained about 15 kilograms over the course of a year.

"As a child, I was skinny and almost had to be forced to eat," she says. My parents actually ran after me with a full spoon. Then, at the beginning of puberty, they suddenly said: Susanne, don't eat so much!" Because even at that time she often felt a craving for sweets.

Later, there was also the stress of work. The correspondence course in particular demanded a lot from her. But when it was time for a cosy evening in front of the TV, the businesswoman enjoyed not only the film but also the sweet treats. After all, she had earned them hard! Until one day, she heard sentences like this from her friends: "Susanne, that's not you any more!

'Stop it,' said her mind. 'But I don't want to,' countered her reward system in her head. "I felt torn. Then, on top of that, there was the bad ge- ning and the eternal reproaches."

In desperation, Susanne Kühne turned to wingwave therapist and coach Georgios Pacos. Acquaintances had recommended him to her. In an initial conversation, Susanne told him about her evening eating binges, the feelings of guilt, the anger about her man-



Using the muscle strength of the fingers, the wingwave therapist is able to of his client. Because when a question triggers stress in the subconscious, his fingers open easily. Once the problem has been dealt with, they are welded together (picture above).



Treats in the evening while watching TV: For many, the reward for a stressful, unsatisfying day at work



discipline. Above all, however, by the foreign-looking silhouette in the play.

Georgios Pacos lets the client tell her story, listens, asks questions: What does food mean to you? What feelings are associated with the sweets? Then he goes to a cupboard and begins to randomly select sweets.

pine up on a table: Nutella, biscuits, chocolate. "Is that your quantity?" he asks his client. Susanne shakes her head. It may be a little more. Finally she nods. "I can do that in one evening."

Georgios Pacos now asks them to press their thumb and index finger firmly together. "I will now try to pull your fingers apart with force, but without violence. But before I do, I will ask you the important question 'Is this the crowd you sit happily in front of the TV with in the evening?'"

He pulls on Susanne Kühne's fingers, does the so-called earring test. No reaction



Sava Ostojic was completely thrown off balance when his little son was born seriously ill. Today, the little man is healthy and daddy is also rid of his panic attacks

test again. Now Susanne Kühne has no problem at all with Georgios Pacos reducing her sweets on the table to a small amount. "Actually, I can hardly believe it, but the addiction to sweets was simply gone," she recalls. "Today I can easily watch a crime thriller - without a single piece of chocolate."

on, the fingers remain firmly closed. "Your limbic system - the emotional centre of the brain - is probably in agreement with this statement," says the coach with a smile. Now Georgios Pacos clears the half of the goodies from the table, then he makes the same statement again. And - Susanne Kühne's fingers suddenly loosen. The woman from Wuppertal looks up in surprise. Georgios Pacos smiles: "Your limbic system seems to find the halved amount completely insufficient." Susanne searches for an explanation: she had pressed her fingers together very tightly and yet she was still unable to hold them together.



solve them. Compared to many other approaches, with Georgios Pacos you do not have to be prepared for long-term psychotherapeutic sessions.

Georgios Pacos lets the patients follow his waving hands with their eyes

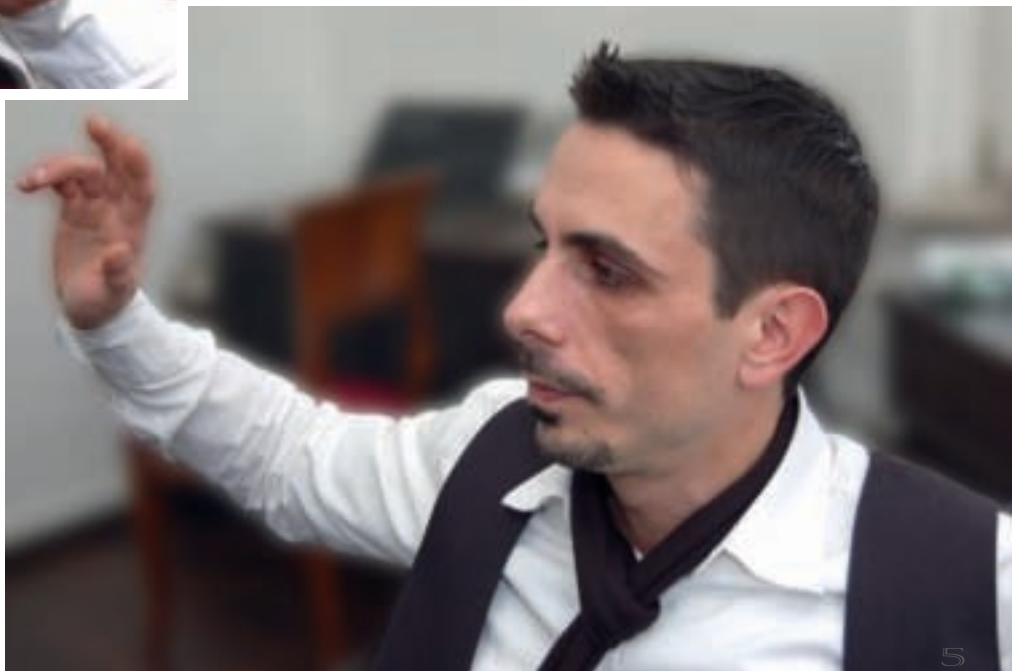
### Finger test reveals the fears of a young father

In Sava Ostojic's case, it was a completely different sentence that caused his emotional centre in the brain to show signs of stress: "I am strong!" Yet this statement was an integral part of his self-image. In October 2012, the 28-year-old was looking forward to his first born together with his wife Sanja. But then the doctors' messages of praise started pouring in: the child's head was too small, his legs too short, his weight not optimal, the placenta calcified and the boy was poorly cared for.

In the eighth month, little Stefan was born by caesarean section. In fact, his lungs were not properly developed, his first-

Georgios Pacos says: "In fact, this is not a trick. This so-called ear-ring test, which comes from kinesiology, cannot be influenced by the intellect. Stress triggers a short-term muscular weakness in the human body. Susanne Kühne can squeeze her fingers together with all her might - her fingers loosen as soon as the limbic system recognises: "I have a problem with this statement or this sentence is not coherent.

Georgios Pacos then waves his fingers. Susanne Kühne has to remember the sentence "I can do that in one evening" and follow the coach's quick hand movements with her eyes - right, left, right, left, right, left. After the waving, the coach makes the earring-



ter scream failed to materialise, and - he had a hole in his heart. Difficult times for Sava Ostojic and his wife. The industrial mechanic and shift supervisor suffered from insomnia, reacted irritably and aggressively in everyday life and at work.

After the birth of the progenitor, he felt it for the first time. His stomach cramped, his fingers tingled, his left arm swelled, his heart raced and he broke out in a cold sweat. He had the oppressive feeling that he could no longer breathe. "Now," he thought, "I'm going to have a heart attack and die."

His wife called the emergency doctor. The doctor reassured him: "There is no danger. You're 'only' having a panic attack!" The young father had a second one in January 2013, when the doctor at the hospital took his pulse: 160 to 120. "Now calm down," he said succinctly. The third panic attack followed at the beginning of February. His doctor sent him home with the words: "That comes from the psyche. They are healthy at the core."

In desperation, Sava Ostojic visits a psychologist who prescribes him antidepressants. Four different medicines. He stays at home for five weeks, takes the



follow. From right to left, from left to right. Again and again. The young father is supposed to think of his last panic attack. Sava Ostojic laughs: "I thought, 'Now he's really crazy. What's the point?'" He still goes along with it. After a while, Georgios Pacos repeats the earring.

test. Now his client is even more amazed: his limbic system obviously no longer has a problem with the statement "I am strong". The fingers remain closed.

## What waving triggers in the brain

What happens in the human brain when we follow the angular movements with our eyes? Georgios Pacos on this:

"During sleep we dream and in this so-called REM phase - an abbreviation for Rapid Eye Movement - our eyes move away from our body.

right to left and from left to right. This movement links the different areas in the right and left hemispheres of the brain. This enables us to filter, classify and process what we have experienced during the day.

As a rule, the nocturnal REM phases are sufficient for the mind to process experiences and emotions. However, modern times with their fast pace and high activity density mean that the nocturnal REM phases are often no longer sufficient.

Georgios Pacos explains: "Emotions, stress and negative experiences are then no longer processed properly. Those affected struggle with blocking feelings, doubts and insecurities, fears or a drop in performance. Waving and rapid eye movements switch us to a certain extent into the processing mode of the REM phases. We link our two brain hemispheres with each other again - just like in sleep. The client focuses his thoughts on his specific topic, his limbic system calms down - and processes what blocks, frightens or burdens him.

For really deep-seated psychological problems, the wingwave method can often help as an accompanying therapy

She is no longer able to cope and feels much worse than before. "I would have gone anywhere in that state - the main thing was to get out of this terrible situation. Sava makes an appointment with Georgios Pacos, whose success with psychological problems he has heard about.

The coach first calms him down and lets him talk for an hour. He talks about his fear for his son, about his restlessness, about his addiction to recognition, which so often does not come, even though he likes to help others. Finally, Georgios Pacos takes him through the so-called earring test - and Sava Ostojic is amazed to discover that his body responds to the statement "I am strong!" with stress. He cannot keep his fingers closed during the test. "My subconscious was apparently of a different opinion," he recalls. Now the coach asks him to follow his waving hand movements with his eyes.

## Problems for which wingwave coaching can be helpful

- Power Drop
- Burn-out, Symptoms of exhaustion
- Emotional Blockages and Fears
- Panic attacks
- stress, overload
- Post-traumatic Stress disorder
- Bullying
- Eating Disorders
- insomnia

## A special case

Sometimes, however, it happens that a problem cannot be eliminated without looking at one's own childhood. Nina Weber\* (32) was in her mid-twenties when the commercial employee from the Bergisches Land region was struck by recurring diarrhoea attacks. Although her mother - Nina Weber was ten years old at the time - had died of bowel cancer, the young woman did not worry. A few diarrhoea tablets must have solved the problem. When the attacks became more frequent, she went to the doctor.

However, he found no medically relevant reasons for her permanent intestinal irritations. At one point, the 1.70 metre tall woman weighed only 46 kilograms. "I was in a really bad way. Yet I had everything: a husband, a nice flat, a job." She began to question her life - and her relationship. Finally, she separated from her husband. For a short time she felt really good, liberated, relieved. Then the painful intestinal irritations returned. In summer 2012, Nina Weber went to Georgios Pacos for the first time. "One result of our work together was that I realised that I actually exist twice. Nina is the adult woman. Ninchen is the little girl who had to take on the role of housewife at an early age. Who wanted to please everyone, do everything right, never asked for help, but was actually always waiting for someone to offer help of their own accord."

For Georgios Pacos, Nina Weber is a special client: "With her, it was clear early on that I could only work with her in a complementary way. In stressful times, her soul will always use the intestinal region to express its discomfort. Every person has a certain breaking point - hers was and is this chronic intestinal inflammation. But wingwave can help Nina to recognise early on what puts her body on the defensive - and fosters the inflammation." The young woman nods. "In the meantime, I have talked to my father about the stressful situation of my childhood. I eat better, listen to my gut feeling in difficult situations and try to take good care of myself."



Bernd Vollmer regained his mental balance through wingwave. He was also able to overcome the separation from his wife and financial problems. cope better



Since the inflammations rarely interfere with her everyday life, Nina Weber has regained the joy of living.

## Attacks of brooding robbed of sleep

Bernd Vollmer was also able to rediscover his joy of life through wingwave. As a self-employed businessman, the 61-year-old was used to working a lot and getting by on little sleep. In 2002, everything suddenly changed: the separation from his wife, the never-ending dispute about the house and maintenance, financial problems in the company - suddenly his whole existence was at stake.

The man, who had not seen a doctor for decades, woke up at two o'clock in the morning and then "all my worries ran one after the other over the bedspread". What he found distressing was not so much the small number of hours he could sleep - after all, he was used to that - but the endless musings.

"Actually, I'm a good-humoured person in the morning who likes to get on with his day's work - despite tinnitus and a numb leg," Bernd Vollmer reports. "But at night I felt defenceless, at the mercy of others," he recalls. He learned about the wingwave method from an acquaintance. I laughed at first and said: 'Give me 50 euros and I'll wave too. It's all for show.'" Until his nocturnal carousel of thoughts stressed him out so much that he called the coach with the self-

But then he does seek out this seemingly cosy method. "I'm too old for a long Punch and Judy show. I wanted it to stop at last. And fast." After a detailed discussion, Georgios Pacos also does the earring test with him. "I didn't want to believe that this guy could open my fingers if I held them up," says the sturdy entrepreneur with a smile.

The statement to be tested in Bernd Vollmer's case was: "Tonight I'll sleep through the night!" His fingers already flew apart. "My brain was switched off at that moment and my fingers suddenly lost their juice and strength," he recalls. "That took me by surprise.

Bernd Vollmer is now less sceptical about the waving procedure. His sentence was: "My problems are waking me up". During the subsequent check with the earring test, Bernd Vollmer says again: "Tonight I'll sleep through! - and indeed - the fingers are glued together.

Since his appointment with Georgios Pacos, it can still happen that the entrepreneur wakes up at night. But something has changed decisively: "Older people have to go out at night more often. That's not a big deal. But this enervating carousel of thoughts no longer runs. I wake up, think of nothing - and go back to sleep peacefully. The horror is over and I feel much stronger psychologically than before.

*\*Names changed by the editors*



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# Mitwingwave gegen school problems

Learning blocks and exam nerves can also often be successfully overcome thanks to wingwave coaching.



Tanja Klein from Bonn works as a coach with the wingwave method, among other things. She specialises in working with children, young people and their parents. BIO spoke with her about her experiences

Tanja Klein is a systemic coach in Bonn. She uses wingwave mainly with children and young people.



And the learning block?

Tanja Klein: Through the earring test we found out that he was simply learning at the wrong rhythm. Three hours of studying in a row seemed right to him, but his body signalled: I need a break after three quarters of an hour. He then changed his rhythm - and learning became more difficult.

take the exam at another school. So he couldn't judge the teachers - and that scared him. We were able to resolve this very quickly with wingwave.

as if they were their own. This foreign determination can be worked out very well with the earring test and then also solved.

again easily. In fact, he then did well in his A-levels.

## Children of divorce can also be helped

Parents often recognise school problems quite quickly. But what about problems that children have in and with the family?

Tanja Klein: Children and adolescents suffer particularly when parents constantly argue, separate or live in discord after a divorce. Unfortunately, parents seek professional help for their children far too seldom when such problems arise. Often the young people have the feeling that they are to blame for the separation. Or there are fears such as: "I'll never see my dad again." Yet dad has been there every weekend.

In that case, it's good to tell the limbic system, i.e. the emotional centre in the brain, "Look, the fear isn't justified. Daddy will come back." Or children who have been separated take on the negative feelings that the mother has for the father.

With which problems can wingwave help children in particular?

Tanja Klein: Children and adolescents with school problems come to me disproportionately. There is a simple explanation for this: behavioural problems such as sleeping disorders, stomach aches or headaches are an issue for which school is often blamed. If the paediatrician cannot find anything medical, the parents are happy to seek my help.

An example?

Tanja Klein: Recently, an 18-year-old came to see me - on a Monday. On Wednesday of the same week, he had his oral exams. He couldn't study any more and was terrified - but didn't know exactly what he was afraid of. After half an hour of wing-wave coaching, it turned out that the examiners would be foreign teachers. Since he was in a boarding school, he had to

# When parents want their Transferring problems to the children

Parents trigger blockages in their children?

Tanja Klein: Yes, absolutely. A mother who had problems with her son did not even notice that her son reminded her very much of her own father. She unconsciously transferred all the pain she associated with her father to her son. If there are similarities with a person - for example in appearance, gestures or smells - with whom one has had bad experiences, then our limbic system thinks: "Be careful, your son looks so much like your father. You can only expect trouble.

With this warning, the limbic system actually wants to protect us. Since these thought processes usually take place unconsciously, it was very difficult for my client to change them. After the mother had solved the problem for herself in a wing-wave session, her son - who had only worn black until then - suddenly started wearing colourful clothes.



things on. Of course, that could be a coincidence. But I believe that he shed his sadness about the mother's grief in that moment - together with the mother. What about parents who have too many expectations of their children?

Tanja Klein: In fact, parents do not solve the often cause children stress. But that is not conscious decision. They just want the best for their child, with all the expectations and performance profiles that go with it. After coaching, about 90 percent of parents can accept the idea that they have to give their child more freedom, or that they themselves contribute to the child's stress with their behaviour. Even if it is difficult to get used to the idea that their child might be happy as a roofer - and not as a senior doctor or a university lecturer.

## Also suitable for "cool guys

How do you take away the inhibitions that some children and young people may feel about you?

Tanja Klein: That's where the hint often helps. on that many sportswomen and sportsmen,



Sometimes it is also the parents who become a stress factor for children



Children can usually be quickly convinced that the wingwave method works - by comparing an app and a smartphone.

managers also take advantage of my help. They are often cool guys in the eyes of the adolescents. And if they do the same, then going to the coach becomes a cool event. And the child learns: I'm not stupid or sick. I just have a blockage - and so do others. Even athletes. And my parents. How do you explain to children and young people how wingwave works?

Tanja Klein: I explain to them that the brain works like an app for your smartphone. oned. There is a sub-programme that is

the limbic system. The seat of their feelings. And a second sub-programme, that is the neocortex. This is where language and reason are located. When the coach moves his hand from right to left and the eyes follow him, the two sub-programmes connect - and the app works. And the waving causes a kind of "major cleaning" in the brain. All children understand that.

Can the problems be fixed in just one session?

Tanja Klein: There are only a few cases where one or two sessions are not enough for me. chen.

Is it an advantage, especially with young people and children, that wingwave is not a long-term therapy method?

Tanja Klein: Of course. When children or adolescents a long-lasting therapie, then they quickly have the feeling: There is something wrong with me. I am sick. But of course there are also children with severe behavioural problems - such as those with massive experience of violence - for whom the wing wave method is not sufficient.

Then I recommend psychotherapy.

Thank you very much for the interview!



## Book tips & info

- Cora Besser-Siegmund/Harry Siegmund: "Wingwave coaching: like the flap of wings of a Butterfly", m. audio CD, ISBN 978-3-87387-758-0, € 24,00 - Cora Besser-Siegmund/Marie-Luise Dierks/Harry Siegmund: "Confident appearance with wingwave coaching: precise emotion management for performance anxiety and stage fright", ISBN 978-3-87387-683-5, € 22,90. Both Books Junfermann Publishing House

### Contacts

You can find a Wingwave coach near you at: Besser-Siegmund-Institut für praxisbezogene psychologische Programme GmbH, Mönckebergstr. 11, 20095 Hamburg. Tel. 040-3252 849-0, [www.besser-siegmund.de](http://www.besser-siegmund.de)

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