



**European Transpersonal Psychology Association**

## **Conference Program**

***THE SYMBIOSIS OF LOVE AND SEXUALITY:  
A PATH TO TRANSCENDENCE***

**5<sup>th</sup>-6<sup>th</sup> of October, 2024**

**Berlin, Germany**

***"Only through love can you  
reach the sky."***

***Rumi***

**PLENARY PRESENTATIONS (KONFERENZSAAL 2) 05.10.2024**

08:30-09:00 **Registration**

**Opening ceremony:**

09:00-09:15 \* Silence & music by **Gheorghe Iovu**  
\* Welcome Speech by Prof. Univ. **Anca Munteanu, PhD, President of ETPA Romania**

09:15-09:45 **Tantra: Mysticism and Sexuality** - Juan Ruiz Naupari - **Peru**

09:45-10:15 **Intimate Wholeness Love, Sexuality, Spirituality, and Altered States of Consciousness** - Regina U. Hess - **Holland**

10:15-10:45 **In the Beginning Was Love: Justifying Considerations of Biophotonics** - Traian Dinorel Stanciulescu - **Romania**

10:45-11:15 **Neurobiological implications of different forms of Love** - Alessandra Brunelli - **Italy**

11:15-11:30 **Q&A Session**

11:30-11:45 **Coffee Break**

11:45-12:15 **Love: An Eccentric Transcendence** - Ion Manzat - **Romania**

12:15-12:45 **Psychoanalysis of the Transpersonal Experience** - Miguel A. Morate Sandin - **Spain**

12:45-13:15 **Love versus Power** - Maria Tanase Manzat - **Romania**

13:15-13:45 **Oedipus: beyond Freud** - Cinzia Lemmo - **Italy**

**Individuation, a structural proces of expanding Consciousness**

13:45-14:15 **Reflected in Zen Bhuddist Ten ox-herding pictures** - Mihaela Minulescu - **Romania**

14:15-14:30 **Q&A Session**

14:30-16:00 **Lunch Break**

**WORKSHOPS 05.10.2024**

16:00-18:00 Workshop 1: **Intimate Wholeness Workshop** - Regina U. Hess - **Holland** *Konferenzsaal 2a*

16:00-18:00 Workshop 2: **The Art of Human Connection - The Polyvagal Theory in Love and Sexuality** - Paşca Viorel, Livia Istrate & Alina Anghel - **Romania** *Konferenzsaal 2b*

16:00-18:00 Workshop 3: **Bharatanatyam: The Cosmic Dance of Shiva and Shakti** - Shanti Ruiz - **Peru** *Konferenzsaal 1*

18:00-19:00 Awarded Documentary: **Death... Full Stop or Just a Comma?** - Director: Călin Tertan. *Konferenzsaal 2*

19:30-21:30 **Festive Dinner (Participation confirmation necessary)**

**PLENARY PRESENTATIONS (KONFERENZSAAL 2) 06.10.2024**

09:00-09:30 **Love and Sex** - Jure Yoram Biechonski - **Estonia**

09:30-10:00 **Sex of the Gods** - Vitor Rodrigues - **Portugal**

10:00-10:30 **The Synergy between Love and Sexuality - The Condition for Reconfiguring the Archetypal One** - Anca Munteanu & Iuliana Costea - **Romania**

10:30-11:00 **Sacred sexuality: a new perspective for couples therapy** - Maite Pardo Sol - **Spain**

11:00-11:15 **Q&A Session**

11:15-11:30 **Coffee Break**

11:30-12:00 **Love, Sex, The Holotropic Paradigm and Transcendence: The Possibilities and Pitfalls** - Cyrus Bruton - **Germany**

12:00-12:30 **Unlocking our Genuine Sexuality by Healing the Abuse Trauma** - Victor Chirea - **Romania**

12:30-13:00 **Bharatanatyam: Transcendence Through Dance** - Shanti Ruiz - **Peru**

13:00-13:30 **Cultivating Love: Approaches to Nurturing Thriving Relationships** - Florentina Puşcalău - **Romania**

13:30-13:45 **Q&A Session**

13:45-14:00 **Closing Ceremony**

14:00-16:00 **Lunch Break**

**WORKSHOPS 06.10.2024**

16:00-18:00 Workshop 4: **Keeping the flame of love alive** - Jure Yoram Biechonski - **Estonia** *Konferenzsaal 2a*

16:00-18:00 Workshop 5: **Unlocking our Genuine Sexuality by Healing the Abuse Trauma** - Victor Chirea - **Romania** *Konferenzsaal 2b*

16:00-20:00 Workshop 3: **Pneuma Breathwork Workshop** - Ruiz Juan Naupari - **Peru** *Konferenzsaal 1*

20:00-22:00 **Networking Dinner**

## Lecturers

**Juan Ruiz Naupari** (Peru), psychologist and psychotherapist, is the founder and director of Pneuma Institute. For over 40 years, he has studied expanded states of consciousness and their applications in therapy. His work enriches transpersonal psychology with a spiritual component. This approach integrates Western psychology, ancient philosophies, and techniques for consciousness expansion. His Training in Transpersonal Psychology and Pneuma Breathwork is available in 5 languages. Graduates offer courses worldwide. The Training is recognized by institutions like ETPA and the College of Psychologists of Romania.



**Regina U. Hess** (Holland and Portugal) is a clinical psychologist from Germany and holds a joint Ph.D. in transpersonal psychology (USA/UK). She is the visionary founder/director of Birthing an Ancient Future - Multidisciplinary Psychedelic Council, bridging ancient wisdom traditions and modern psychedelic science, a global initiative offering events, retreats, and educational programs 'Stewards of a New Earth.' Regina is a faculty member at international universities, including the Alef Trust, UK, and transpersonal educational institutes, and is an independent researcher. Regina is on the Board of Directors of the EUROTAS Global Transpersonal Network and the International Transpersonal Association and is Chair of the EUROTAS Department of Transpersonal Research. She is a Vice-President of the European Transpersonal Psychology Association.



**Traian-Dinorel Stanciulescu** (Romania) is a distinguished Romanian academic and researcher, renowned for his contributions to logic, creatology, and semiology. As an emeritus professor at "Alexandru Ioan Cuza" University in Iași, he has also supervised PhD students. His interdisciplinary expertise spans architecture, philosophy, and sociology, and he has led the National Institute of Invention in Iași. A laureate of the Romanian Academy, he holds numerous gold medals for his inventions and has authored or co-authored around 50 books on spiritual and scientific initiation. Prof. Stănciulescu is also an associate professor at AKAMAI University, USA, and a member of several prestigious academic and scientific organizations, including the Romanian Academy of Quantum Therapies and the Romanian Association of Scientists. He serves as President of the Romanian Association of Semiotic Studies (AROSS) and Vice-president of the National Association of Complementary Therapies (ANATECOR). In recognition of his outstanding contributions to academia and research, he has been awarded the title of Commander of the Military Order of Romania.



**Alessandra Brunelli** (Italy) graduated as a medical surgeon from 'La Sapienza' Rome in 1994. In 2001 she completed her studies in a specialization in maxillofacial surgery. Currently, she is the medical director of the San Filippo Neri Hospital in Rome. In her search for a more integral approach to the healing and treatment of patients, in 2012 she began her studies in acupuncture (Cultural Association of Complementary Medicine ARUM) and neural therapy (Italian Society of Functional Medicine SIMF) and she is currently undergoing a more complete training in acupuncture (So Wen School of Acupuncture) and Tibetan Medicine (Tibetan Medicine Education

Center TME). In 2013 she came to form part of the team of facilitators of Pneuma Transpersonal Training and she accompanies groups in their experience and integration of Amplified States of Consciousness for their personal development and evolution.



**Ion Manzat** (Romania) is a doctor in psychology with the thesis "Favoring factors of the transfer in thinking" (1979), Fulbright scholarship holder at the University of California, Berkeley, university professor since 2005, professor emeritus (2015), Doctor Honoris Causa (2000 and 2010), visiting professor at the University of Milan (2001), president of the Romanian Association of Transpersonal Psychology (2001-2020), founder of synergetic psychology (1990). Author of 25 books, including Synergetic Psychology (2000 and 2010), History of Universal Psychology (2010, 2012), Christian Psychology of the Depths, Dostoevski against Freud.



**Miguel Angel Morate** (Spain) is a psychologist with extensive and well-recognized experience in psychosomatic medicine and psychotherapy. Throughout his career, he has distinguished himself as a relational psychoanalyst, accredited by the International Federation of Psychoanalytic Societies, and as a Jungian psychotherapist certified by the International Society for the Development of Jungian Psychoanalysis.

His deep interest in transpersonal experiences has led him to be a part of the Pneuma Institute team for over a decade, where he has made significant contributions in this area. In his clinical practice, he

innovatively integrates dynamic psychotherapy with transpersonal techniques and cutting-edge complementary medical therapies, offering his patients a comprehensive and up-to-date approach. He currently serves as the director of El Viso Mental Health Hospital in Madrid and maintains a private practice, where he continues to apply his knowledge and experience in the field of mental health.



**Maria Tanase Manzat** (Romania) is Maria Tanase Manzat, is a doctor in psychology, university lecturer, Jungian psychotherapist, IAAP psychoanalyst, supervisor and trainer. Co-author of the book "Psychology of Silence. The silent liturgies of the Self", author and co-author of over 20 chapters, around 25 Keynote speakers at national and international conferences.



**Cinzia Lemmo** (Italy) is a psychotherapist, has a degree in Psychological Sciences from the Pontical Faculty of Educational Sciences "Auxilium" in Rome in 2003. She completed the specialization in Integrative Relational Psychotherapy in ITRI in 2012 where she delved deeply into analytical Jungian psychology and systemic-relational therapy. She continued with her professional development in Pneuma Transpersonal Training where she found a synthesis of her former studies, something which allows her to draw together both her personal experience and her professional training. In 2013 she began to work as a Pneuma Transpersonal Analyst, applying the psycho-spiritual framework that Pneuma Transpersonal Training offers and the use of Amplified States of Consciousness in

the treatment of diverse psychological pathologies.



**Mihaela Minulescu** (Romania) owns a PhD. And is a Professor, Jungian Psychoanalyst, member of the International Association for Analytical Psychology, Zurich.

She is currently teaching Clinical Psychology and Personality Assessment, as a member of the Department of Psychology, at the National University of Administrative and Political Studies, and she coordinates doctoral research at Vest University, Timișoara.

She introduced academic master programs on the analytical psychology approach, and in 2000 founded the Romanian Association of Analytical Psychology, introducing that form of therapy in Romania about 24 years ago. A dedicated poet, with volumes of poetry using symbolic and metaphorical language, a member of the Romanian Writers Society, she also published multiple books and articles on analytical psychology and clinical assessment, published or presented at various professional international conferences or congresses.



**Pasca Viorel** (Romania) is a leading figure in the field of integrative psychotherapy. As Vice President of the Romanian Institute of Integrative Psychotherapy (IRPI) and Coordinator of the Polyvagal Romania project, Dr. **Viorel Pasca** brings a wealth of experience to his work. With extensive training in Integrative Psychotherapy, Somatic Psychotherapy, Emotionally Focused Therapy (EFT),

Compassion Focused Therapy (CFT), and Somatic Experiencing (SE), he is deeply engaged in exploring the connection between psychophysiology and the therapeutic process. His research interests include the application of polyvagal theory, neuroscience, attachment theory, and mindfulness in clinical settings. His approach integrates body-based psychotherapies with traditional talk therapies, offering a holistic model that addresses both emotional and physiological aspects of the human experience. He is joined by his valued colleagues, **Livia Istrate** and **Alina Anghel**, both accomplished integrative psychotherapists with a strong focus on the application of polyvagal theory in therapy.



**Shanti Ruiz** (Peru) holds a Bachelor's degree in Dance Science and a Master's in Art Didactics, specializing in Transpersonal Psychology and is certified in Pneuma Breathwork by the Pneuma Institute. She is an active member and teacher of Transpersonal Dance Therapy at the European Transpersonal Psychology Association (ETPA) in Romania. She graduated from the Academy of Bharatanatyam in Bangalore, India, under the tutelage of Guru Gayathri Keshavan. With a distinguished career as a professional dancer, she has been part of dance companies in Spain, Mexico, India, and Egypt. As a dancer and educator, she offers international programs to promote transpersonal development in youth and adults. Her focus includes the research of psychotherapy through dance and techniques of meditation, breathing, and movement. She is currently deepening Transpersonal Dance from a sacred and therapeutic perspective, developing the Pneuma Dance method. She resides in Oxford, where she continues to research and share her knowledge globally.



**Jure Biechonski** (Estonia) - President of the Estonian Transpersonal Association, founder and director of SACH International (School of Analytical and Cognitive Hypnotherapy and Psychotherapy). Holds academic degrees in: History, Philosophy, education, French Literature, and Psychology. He is a guest lecturer in: Sichuan University Chengdu, China, St. Petersburg State University, St. Petersburg Russia, University of Tartu, Tartu, Estonia. Also guest lecturer in various medical colleges and business colleges around the world. So far Jure is running regular courses in 8 different countries and lectures in more than 65 countries worldwide. Jure brings to the course 30 years of practice as a psychotherapist and his 9 years study of Hypnotherapy and NLP to an advanced level.



**Vitor Rodriguez** (Portugal) is a former President of both EUROTAS and Alubrat (Portuguese-Brazilian Transpersonal Association). He taught Educational and Developmental Psychology for 17 years in Portuguese universities. As an author, Vitor has published 15 books on topics ranging from social criticism (The General Theory of Human Stupidity) to science fiction (Invasion of the Earthmen) and self-help (Build Your Own Happiness). In his psychotherapy practice, he specializes in Regression Therapy, Hypnosis, Meditation, and Breathing Techniques. He is currently developing his own model, Awakening Transpersonal Psychotherapy. Vitor has led workshops in countries including Portugal, Spain, Romania, Germany, and Greece, focusing on stress management, spiritual development, and psychic

defense. His latest book, The Book of Ignorance, is available in Romanian as well.



**Anca Munteanu** (Romania) is a university professor in the Psychology Department, Faculty of Sociology and Psychology, West University of Timisoara (ROMANIA). She is Doctor Honoris Causa (2010), Emeritus Professor (from 2013), Bologna Professor (2014), and is the president of ETPA (since 2006). Since the year 2000 she teaches Transpersonal Psychology, for Psychology students in West University of Timisoara. Published 14 books as author and 40 in collaboration, and over 160 articles and research papers, in volumes and journals. The most recent book is Transpersonal Psychology. A Pilgrimage Beyond the Veil, which spans approximately 1,000 pages and was declared the Book of the Year in 2022. Is trained in Group Experiential Psychotherapy and in Transpersonal Psychology and Psychotherapy. Trainer in Transpersonal Psychotherapy. Since 2013 initiated in Timisoara a transpersonal psychotherapy training group, along with prestigious professionals from abroad and also from Romania.



**Iuliana Costea** (Romania) is the Vice President of the European Transpersonal Psychology Association (ETPA) and a distinguished academic and clinical psychologist. She has been a professor in the Psychology Department at the Faculty of Sociology and Psychology at the West University of Timișoara since 2009. Her expertise spans clinical psychology, educational psychology, family and couple counseling, and psychotherapy, with a focus on experiential and

transpersonal methods. Dr. Costea earned her master's degree in psychology from the West University of Timișoara and completed her Ph.D. at the University of Bucharest in 2013. She is an active member of the College of Psychologists from Romania, reflecting her commitment to both academic and professional practice in psychology. Her extensive qualifications and years of experience highlight her dedication to the advancement of mental health and transpersonal psychology.



**Maite Pardo Sol** (Italy) is a transpersonal psychotherapist, pedagogist, and specialist in Communication Disorders. She holds a Master's degree in Mediation and Conflict Resolution and serves as the Director of Pneuma Studies. Passionate about ancestral traditions, she integrates this knowledge into psychotherapy to support personal development. As part of Pneuma Institute's international staff, she teaches and offers Pneuma Breathwork sessions in Mexico, Spain, the U.S., and Canada. She also developed "Pneuma Dreamwork," focusing on conscious dreaming. In collaboration with Juan Ruiz Naupari, she created Psychoenergetic Therapy "Solar Magnetism," enhancing transpersonal psychotherapy methods. Additionally, Maite established the Pneuma Institute Transpersonal School for Parents and has worked on interfaith dialogue projects in Spain.



**Cyrus Bruton** (Germany) Born in the UK and now a long-time resident of Berlin, Cyrus has been dedicated to holding space for

community, meditation, and holistic living since 1999. His journey began in the 1980s and 90s, where he worked in India, exploring various emotional and body-centered therapies, and later became a progressive psychedelic trance DJ across Europe. This diverse background influences his approach to Holotropic Breathwork™, where he masterfully blends music and breath to create truly transformative experiences. Cyrus first connected with Holotropic Breathwork™ in 2011 and became a certified facilitator in 2016. Since then, he has regularly facilitated and co-organized workshops throughout Germany with the Berlin team. His expertise is further enhanced by his deep practice of zazen meditation under Jeff Shore, with whom he has been studying intensively since 2017.



**Victor Chirea** (Romania) is a psychotherapist specializing in Gestalt Therapy and Certified Regression Therapy. He has served as a board member and former president of the EARTH Association for Regression Therapy. Victor is also the author of Soul Fragmentation: Consequences and the Reintegration of Lost Parts, where he explores deep psychological processes related to trauma and healing. His therapeutic approach blends scientific knowledge with spiritual practices, having studied in spiritual centers in India and Tibet. Victor practices Buddhist meditation under Master Tanpai Rinpoche Acharya and enjoys teaching Ki-Aikido for physical well-being and mental peace. Through this unique integration of therapy and spirituality, he supports clients in healing fragmented parts of the self and achieving personal growth.





**Florentina Puscalau** (Romania) is a positive psychology coach and expert in intercultural communication. With extensive experience in adult education, she has played a key role in leading teams, mentoring individuals, and promoting growth through learning. Florentina specializes in positive communication and the psychology of emotions, offering practical insights into cultivating relationships based on love and compassion. Her approach combines communication strategies with meditation and positive psychology principles, applying these techniques to foster thriving relationships in both personal and professional settings. Her work

emphasizes the importance of building connections that not only survive but truly flourish, leading to personal growth and transcendence.



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## Book of Abstracts

### Tantra: Mysticism and Sexuality - **Juan Ruiz Naupari** (Peru)

This presentation focuses on sexuality and the dominant ideas that develop and guide sexual practices in the 21st century, as well as a review of ancient spiritual traditions such as Hinduism, Christianity, Buddhism, Taoism, and Islam. What are the functions of sex in inner knowledge and spiritual elevation through the pursuit of unity with a partner and, at the same time, unity with a spiritual source.

For many centuries, the teaching of sacred sexuality was secret and transmitted from an accomplished master to advanced disciples. From the spiritual perspective offered by the books and masters of mystical schools, sex goes beyond ordinary functions such as conception, sensual pleasures, new impressions, relaxation, elimination of aggression, and other negative emotions, etc. Sacred sexuality is a form of advanced spiritual practice for those who are psychologically and mentally prepared. From this point of view, the body and semen are highly sacred because they contain divine energy and are vehicles of life that continue the creative process of the universe and the human soul. human life and society? What role does sexuality play in human spiritual development?

The first purpose of this report is to review contemporary opinions on sexuality and its functions. The second objective is to restore the teaching of sexuality as a spiritual practice. Mystical sexuality does not seek so much pleasure, relaxation, or procreation, but rather



### Intimate Wholeness. Love, Sexuality, Spirituality, and Altered States of Consciousness: A Transpersonal Deep Ecology Femtheogenic Perspective - **Regina U. Hess** (Holland and Portugal)

This talk explores the cultural complex embedded within modern Western civilization, which Carl G. Jung identified as a dissociative disorder. In this context, human nature has distanced itself from its primordial roots, creating a tragic split between humanity and the natural world. This separation manifests as a deep disconnect, where egoism dominates our relationship with the Earth and each other. The discussion will focus on how we can overcome this divide, transitioning from a self-centered, ego-driven existence to a more Earth-centered, interconnected way of being. By awakening our hearts and reconnecting with the natural world, we can heal this divide and rediscover a more harmonious relationship with the planet and our inner selves.



### At the Beginning There Was LOVE: The Justifying Considerations of Biophotonics - **Traian-Dinorel Stanciulescu** (Romania)

Ontologically speaking, we will understand love as “the state of being together,” the state of resonance that made it possible for two particles—and then another two, and so on—to unite in the primordial chaos, where nothing connected with anything, to form an atom, a molecule, or a macromolecule, thus allowing the birth of the cosmos, the very order itself. Divine Love, therefore, became

the premise of cosmogenesis, of everything manifested as duality—coincidentia oppositorum, as Eminescu brilliantly suggested: “But suddenly a point moves, the first and only / Behold, how out of chaos it makes Mother, while it becomes Father”... The transformation of darkness into light, thus, the birth of the duality of Mother-Father... Love Itself, everything.

For, mutatis mutandis, after eons of time, the human being was born—in the Image and Likeness, from “Living Light,” reiterating Protogoras’idea—“the measure of all things that are”—all forms of love: agape, philia, storge, eros. For, in essence, the subject of this presentation is the explanation—using the author’s emergent-integrative terms—of what love means as:

- An expression of “biolaser light”; in agreement with the Theory of Biological Lasers (Stănciulescu-Manu), where coherent, intense, and directed light defines the human state of a loving being;
- The result of the Biophotonic Theory of Energy-Information (Constantinescu- Stănciulescu), capable of justifying the exceptional force of the loving connection, the “holographic resonance”; between him and her;
- A Semi-Bio-Photonic (Stănciulescu-Nilaya) measure of consciousness, which elevates the soul’s state of “being immortal, together” into transcendence.

All of this leads us to conclude, in the words of Marin Preda: “**If there is no love, there is nothing!**”



Neurobiological implications of different forms of Love -  
**Alessandra Brunelli** (Italy)

Love is a topic that has always interested the public. Academics

from various disciplines, ranging from medicine and psychology to the fields of art and spirituality, have dedicated efforts and research to uncovering the mysteries surrounding this virtue so greatly desired by all human beings. (Bode & Kushnick, 2021)

In the academic field, we talk about romantic or passionate love, and many definitions and studies have been found (Walster & Walster, 1978; Hatfield & Walster, 1985; Hatfield & Rapson, 1993; Hendrick & Hendrick, 1986; Lee, 1976).

This conference will focus on the neurobiological and endocrinological aspects of different forms of Love, as the description of hormonal variations leads to very deep reflections.

The study of sacred texts from different traditions allows us to synthesize the multiple forms of love by summarizing them in two ways. One form of Love relates to sacred sexuality, which offers the opportunity for real change, involving commitment and inner work for the self-realization of the couple. This is a romantic or passionate love, as defined by the academic world, associated with "normal" sexuality, whose purpose is psychophysical and material well-being, most often temporary.

The endocrinological characteristics of these two forms of Love are very different. In the first case, the activation of the entire hormonal sphere related to bodily relaxation, meditation, and expanded states of consciousness occurs. In the second case, various hormonal cascades are activated with the release of neurotransmitters comparable to the reactions found during stress, anxiety attacks, or in some forms of addiction.

In conclusion, the presence of these different hormonal pathways describes and confirms the profound difference that exists between these different forms of Love, not only at the physical level but especially at the psychological and spiritual level.





### Love - an eccentric transcendence - **Ion Manzat** (Romania)

Transconsciousness is the awakening of transcendence and cosmization. Transcendence is crossing beyond. The synergy between Hope, Faith and Love constitutes the generator of the future consciousness. Spiritualization works in the fulfillment of consciousness. Following Carl Gustav Jung, who said that Consciousness is the silent voice of God. Love is the gateway to the realm of spirituality, it is the great "boulevard" to the discovery of divinity. Following the theses of synergetic psychology, we can define man as "stardust", understanding the stars as the love quanta of the Universe.



### Psychoanalysis of the Transpersonal Experience - **Miguel Angel Morate** (Spain)

This conference explores the need to adequately interpret transpersonal experiences in order to maximize their usefulness. These experiences, which go beyond the usual limits of consciousness and personal identity, can be profoundly transformative and provide valuable insights both in personal and therapeutic contexts. However, due to their complexity, it is crucial to have an analytical-interpretative approach that allows these contents to be integrated constructively. The conference will examine the challenges involved in this process, as well as the tools and perspectives that facilitate effective interpretation, aimed at personal growth and healing.

### Love and power - **Maria Tanase Manzat** (Romania)

Love and power are incompatible in reality, in interpersonal relationships. To paraphrase Carl Gustav Jung, where there is love there is no power. Love honors and supports the subjectivity of the other, while power despises, ignores or uses it. Nowadays, however, the two are too often confused, those who want to impose their will on others, using manipulative love to control. This is one of the reasons why reflecting on love and power becomes essential.



### Oedipus: beyond Freud - **Cinzia Lemmo** (Italy)

In psychoanalytic readings from Freud to the present day, many texts are dedicated to the myth of Oedipus and how this myth is connected to the intrapsychic dynamics of the human being and its unconscious states.

We can delve much deeper into the myth and understand how it reveals a way to observe and interpret certain psycho-spiritual phenomena in human development.

The alchemical process of refining the soul from lead to gold involves observing, understanding, and becoming aware of certain parental dynamics as archetypal figures to be recognized.

The figures of the Mother and the Father hold great potential related to the ability to integrate profound virtues such as Love and Wisdom into one's life, overcoming pathologies and complexes within the human soul.

The father and mother dimensions shape the soul and the animus within each person, and external conflicts reflect internal limits, conflicts, and fractures that can lead to severe pathologies.

Parents, being the givers of life, are connected to the creative, and therefore sexual, energy within each individual. Topics such as symbiosis, fusion, attachment, possession, jealousy, and lust are issues that lead to a form of perverted love and stagnant, destructive energy.

The Pnuma vision structures a methodology aimed at bringing the unconscious into consciousness, and from a psycho-spiritual perspective, going beyond it as the only way to free oneself from trauma and perverted love, unlocking the capacity to align with one's true nature.



**Individuation, a structural process of expansion of Consciousness. Reflected in Zen Buddhist Ten Pictures of Ox Herders - Mihaela Minulescu (Romania)**

Today, human consciousness has evolved and brought a new psychological attitude and a new way of thinking about re-religious experience and imagination. The Self, the central archetype of the collective unconscious, occupies the position of what was earlier considered a supernatural deity.

C.G. Jung speaks of a process of individuation in terms of natural development, sustained by the Self, in which the unconscious

unknown meanings are assimilated into consciousness during an individual's lifetime, healing and returning to the original destiny in his/her life. For modern men and women, incarnation means active and conscious entry into the process of individuation, which requires enduring the struggle of opposites as it comes into play and submission to the extreme suffering of this conflict as Jesus Christ suffered on the cross, - a symbol of crucifixion between opposites. Individuals who take on the task of individualization must endure the suffering of the conflict of opposites inherent in their nature.

Ten Ox-Herding Pictures are images that come from approx. 800 years, from China, used as a support for psychological meditation, which presents the stages of becoming in the individuation process. Ox herding is traditionally considered a symbol of "self-cultivation." In Jungian terms, it is a process of becoming towards wholeness, towards the true meaning of the individual's life, from above the Self to the expansion of consciousness that returns to the Self as an absolute whole. In Plato's terms, individuation returns us to the original man, the complete man the way it was created before the gods, jealous, separated the masculine from the feminine.

Terms: individuation, Self and self-consciousness, tension of opposites, psychic whole.



**Love and Sex - Jure Biechonski (Estonia)**

In this lecture, we will delve into the various forms of love as described by the Ancient Greek philosophers, and explore their relevance in psychotherapy. We begin with Eros, the passionate

and physical expression of sexual desire. Next is Philia, a profound soul connection often shared between close friends or family. Storge and Pragma represent devoted and enduring love, both vital in long-term relationships. We will also discuss Ludus, the playful, light-hearted love found in flirtation, and Mania, an obsessive form of love that can lead to unhealthy attachments. Meraki, the love expressed through creativity and passion in one's work, and Philautia, or self-love, are equally important in understanding personal growth and emotional well-being. Finally, we explore Agape, the highest form of love, representing unconditional and selfless love. This workshop will also focus on how these types of love manifest in the therapeutic relationship, helping us understand their role in healing and personal transformation.



### *Sex of the Gods - Vitor Rodriguez* (Portugal)

In this lecture, we will explore the fascinating world of divine sexuality through the lens of mythology. Ancient cultures are filled with tales of sexy and sensual gods, engaging in passionate adventures that often mirror human sexual experiences. But where does the line between the human and the divine blur? What makes these encounters sacred, and how do they transcend mere physical desire? We will examine how these myths elevate sex to a spiritual level, offering insights into the possibility that sexuality, when viewed through a divine or symbolic lens, can become a path to spiritual awakening and transcendence.



### *The Synergy between Love and Sexuality - The Condition for Reconfiguring the Archetypal One - Anca Munteanu and Iuliana Costea* (Romania)

This study aims to identify the current state of the alliance between love and sexuality and how this relationship facilitates an opening toward transcendence.

A total of 392 subjects were investigated, recruited online, through voluntary completion of a set of demographic questions and psychological tests. The battery of tests included a series of demographic questions (age, gender, background) as well as a specially designed questionnaire by the author. In addition to these questions, two validated psychological tests were used: the Love and Sex Perception Scale (Hendrick, 1986) and the Revised Sociosexual Orientation Inventory (SOI-R).

Since the space allotted for a presentation does not allow for the analysis of all the obtained data, we will comment only on a few hypotheses. Thus, sexuality becomes not merely an act of pleasure or reproduction but also a transformative experience that facilitates personal and spiritual development. Sexuality as a transpersonal experience is a concept that goes beyond the boundaries of conventional sexuality, which tends to be described only in physical, emotional, and psychological terms.

Using the three tests, we collected a wealth of data that allowed us to draw some interesting conclusions. The most significant is that in youth, the practice of sexuality without love—and, by implication, treating it as a path to transcendence—is much less frequent compared to adulthood. This conclusion is also supported by the literature in the field. The main reason is that in adults, sexual practice is more influenced by a conservative attitude and, respectively, by stricter moral criteria. This conclusion highlights the urgent need for a more explicit and inspired sexual education for

young people, as it is unfortunate to miss out on the profound depths that the alliance between love and sexuality can generate, allowing for the reconfiguration of the archetypal One.



### **Sacred Sexuality: A Timeless Perspective for Couples Therapy - Maite Pardo Sol**

In the field of transpersonal psychotherapy, sacred sexuality emerges as a deep dimension of the couple's relationship, which transcends the physical and psychological to enter into the spiritual and symbolic. This dimension is offered as a valuable option within the therapeutic field so that couples can find a new and timeless form of intimacy that can resolve many of the conflicts that lead them to psychological consultations.

This presentation explores how ancestral maps and practices on sacred sexuality can be integrated into contemporary couples therapy, fostering a reconnection with the body, soul and spirit from a timeless perspective.

In this way, the couple's relationship becomes a portal of healing, self-discovery and self-realization that transcends the options offered by conventional sexuality.

In this approach we emphasize the construction of love in the relationship, the balance between the feminine and masculine roles, and how to integrate both in the relational framework. The map of the transpersonal relationship will be presented as well as the specific process for the therapist to help couples rediscover their sexuality from a space of deep connection, emotional intimacy and spiritual expansion, creating a path towards transcendence and conscious love.



### **Love, Sex, The Holotropic Paradigm and Transcendence: The Possibilities and Pitfalls - Cyrus Bruton (Germany)**

In this exploration, we will shed light on the concept of transcendence and the profound need to investigate the self that initiates this journey. Transcendence involves surpassing ordinary limitations, reaching beyond the physical and mental boundaries that define our everyday existence. However, to embark on this path, it is essential to first examine the self that seeks such elevation. What motivates this desire for transcendence? What aspects of the self must be understood, challenged, or transformed? By delving into the nature of the self as the initiator of this endeavor, we gain clarity on the deeper purpose behind transcendence and the inner work required to achieve it.



### **Unlocking our Genuine Sexuality by Healing the Abuse Trauma - Victor Chirea (Romania)**

In childhood, we are highly sensitive to our surroundings. A gentle touch or a word spoken with unintended force can be perceived as abuse, leaving deep imprints on the child's psyche. What one person considers normal behavior may be perceived very differently by another. Abuse doesn't necessarily involve overt physical or verbal violence; it can occur whenever personal boundaries are violated without consent. The true measure of abuse lies in how the victim perceives the act.

Feelings of guilt and shame further entrench the trauma, forcing victims to close off emotionally to protect themselves. This often impacts the victim's emotions and sexuality, manifesting in adulthood through issues in intimate relationships, such as sexual dysfunctions (premature ejaculation, frigidity, or difficulty reaching orgasm), fertility challenges, or fear of commitment.

This lecture will delve into the subtle forms of abuse and their long-term consequences, particularly on our emotional and sexual well-being. By understanding how trauma from childhood—or even past lives—affects our adult lives, we can begin to heal. Through the lens of Regression and Gestalt Therapy, we will explore how reconnecting with our unhealed wounds releases untapped potential and opens the door to reclaiming our authentic selves.



### **Bharatanatyam: Transcendence Through Dance - Shamti Ruiz** (Peru)

Bharatanatyam, a classical Indian dance with over 5,000 years BC of history, is a profound manifestation of ancestral wisdom. Originating in temples, where the Devadasis—"Servants of God"—were revered as reincarnations of the goddess Lakshmi, mother of Kama, and served the god of love through dance, song, and art. These dancers not only preserved a sacred lineage but also embodied a balance between masculine and feminine energies, expressed through the qualities of Tandava and Lasya. Tandava, the dynamic and powerful dance of Shiva, symbolizes masculine energy, while Lasya, the refined expression of Shakti, represents grace and the alchemical movement that harmonizes both energies.

In this conference, we will delve into the mythological and philosophical origins of Bharatanatyam and analyze the archetypes of Shiva and Shakti as symbols of sacred union. Additionally, we will discuss the notable therapeutic potential of this dance today, addressing its benefits at the physical, psycho-emotional, and spiritual levels, offering a powerful tool for transpersonal transformation.



### **Cultivating Love: Approaches to Nurturing Thriving Relationships - Florentina Puscalau** (Romania)

This presentation explores the profound impact of relationships on both psychological well-being and physical health. Positive, healthy relationships nurture emotional growth and resilience, while destructive relationships can lead to mental and physical deterioration. Drawing on the broaden-and-build theory, we will highlight the role of positive emotions in fostering optimal functioning and personal flourishing. Special focus will be placed on the importance of love as a catalyst for well-being and transcendence. Key approaches to cultivating thriving relationships, such as fostering togetherness, maintaining emotional contact, and engaging in shared activities, will be discussed. Additionally, the presentation will explore how compassion contributes to positive, nonviolent communication, essential for building lasting, healthy connections.

Designed for individuals and couples alike, this presentation offers practical strategies for cultivating compassion, love and intimacy, empowering participants to transform their relationships into sources of strength and personal fulfillment.





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## Workshops Abstracts

**Intimate Wholeness Workshop - Regina U. Hess** (Holland and Portugal)

The workshop addresses the need for proper interpretation of transpersonal experiences to maximize their usefulness. These experiences, which go beyond the usual limits of consciousness and personal identity, can be profoundly transformative and offer valuable insights in both personal and therapeutic contexts. Due to their complexity, an analytical and interpretative approach is essential for integrating these contents constructively. The conference will explore the challenges involved in this process, as well as the tools and perspectives that facilitate effective interpretation, aimed at fostering personal growth and healing.



**The Art of Human Connection - The Polyvagal Theory in Love and Sexuality - Pasca Viorel, Livia Istrate & Alina Anghel** (Romania)

This workshop, led by Viorel Pasca, PhD, along with psychotherapists Livia Istrate and Psihoterapeut Alina Anghel, offers a rare opportunity to explore these concepts through a fully experiential approach. Unlike traditional workshops, this session will be conducted without chairs, on the floor, and in constant motion, emphasizing embodiment and active participation. Through a combination of meditation, mindfulness, body techniques, dance, and movement, participants will experience firsthand the dynamics of the autonomic nervous system and its role in fostering a sense of safety and connection.



**Bharatanatyam: The Cosmic Dance of Shiva and Shakti - Shanti Ruiz** (Peru)

Bharatanatyam, an ancient dance form rooted in over 5000 years of tradition, originated with the Devadasis, temple priestesses, and symbolizes the cosmic dance of Shiva. This workshop explores Bharatanatyam as a path to personal integration and self-knowledge, focusing on its spiritual essence. Participants will engage with mudras, mantras, and divine archetypes like Shiva and Shakti, using dance to inspire mental and emotional transformation. Through this sacred practice, the ecstatic experience connects the physical and subtle bodies, awakening the healing potential for profound transformation of the mind and heart.



**Keeping the flame of love alive - Jure Biechonski** (Estonia)

In this workshop, we'll explore how our behaviors and emotions in relationships are shaped by gender roles passed down from family, culture, and society. Are you tired of repeating old patterns and letting your upbringing define your relationships? It's time to break free from these inherited beliefs and reclaim your power! You have the ability to rewrite your life story and create healthier, more authentic relationships. Join us to embrace both masculine and

feminine energies, transcending limiting archetypes to shape a balanced and empowered future.



**Unlocking our Genuine Sexuality by Healing the Abuse Trauma - Victor Chirea** (Romania)

This interactive workshop aims to explore the most significant abuse trauma you have had in this life and find out the cause, which may also be in a past life you had with that person who abused you.

The workshop will explore these wounds with gentleness and compassion, using Regression Therapy and Gestalt Therapy.

Healing this unfortunate event releases unsuspected resources and reconnects us to the creative potential of our being.



**Pneuma Breathwork Workshop - Juan Ruiz Naupari** (Peru)

Pneuma Breathwork is an intensive practice that guides participants through self-exploration by connecting them with their

inner Being and activating their inner healer. This connection leads to a higher-level catharsis from a space of higher consciousness, avoiding re-traumatization. As a re-evolutionized form of Pranayama, it helps individuals access the numinous spark within, activating the hormonal axis to promote physical well-being and psychological healing from trauma, anxiety, and stress. The breathwork, with its spiritual intent, facilitates the resolution of psychophysical issues and opens the door to new realities. Through love, acceptance, and forgiveness, participants experience deep transformation and expand their consciousness.



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