



COURSE INFORMATION by Dr. Ralf Otterpohl

1. Effective Release of personal Blockages (in English)

Experience and learn how to quickly and efficiently identify and dissolve blockages, entanglements, energy drains, possessions, curses and more. With full release of active trauma by mantic-multilateral EMDR (eye movement desensitization and reprocessing with testing of directions!) leads to your true self. Psychomancy is a new and highly effective coaching method developed by Dr. Ralf Otterpohl, based on the well-known ART-method (Autonomous Response Testing) of the genius Dr. Dietrich Klinghardt, MD (Seattle, US). The focus is on personal growth to achieve one's unique life goals. Participants will feel relieved and experience a higher personal energy intensity – and will know how to maintain it on a daily basis. This seminar plus application with friends can be a starting point for a great coaching career.



2. Course Dates

Start date: April, 13th 2026

End date: April, 17th 2026

3. Course Format / Type

Background and Structure, Life demo sessions, Peer-to-peer coaching's with supervision.

4. Core Faculty

Dr. Ralf Otterpohl

5. Guest Faculty (if any)

Surprise Guest

6. Languages of Instruction

English (non-native speakers can use their mother tongue for emotional issues)

7. Course Description (Short)

This one-week seminar plus some month of application with friends can be a starting point for a coaching career. You will be able to get support to become proficient.

8. Course Description (Main Text)

Sunday, April 19th: Opportunity for a group dinner at a nearby restaurant (not included).

Monday, April 13: Introduction & Exercises

Starting with Etheric Hygiene: The daily exercise of raising our Energy Intensity.



Introduction to the release of psychological blockages, entanglement and trauma from other existences for personal growth and disease prevention. The comprehensive theory overview outlines the necessity of addressing and resolving blockages for personal growth and disease prevention. It offers an overview of diverse methods, each with its unique advantages and disadvantages.

The focus is on the new and surprisingly effective method of Psychomancy (taught by the developer). This coaching method is grounded in neurobiology by Dr.med. Dietrich Klinghardt MD, which emphasizes the interconnectedness of the mind and body.

Introduction and practical application of various test methods, such as the body pendulum, pendulum, tensor and O-ring test. Participants are encouraged to practice these methods before arrival, especially if they are inexperienced. The day concludes with a brief recap and an open forum for questions to facilitate further learning and understanding.

The coaching method Psychomancy has proven to be a very powerful coaching tool for personal growth. Live coaching sessions with participants' topics show the clear structure and guidance by what comes from the coached person and the testing. Followed by explanations of the process and Q&A sessions.

Tuesday, April 14: Personal Trauma & limiting self-programmed Beliefs

Starting with Etheric Hygiene: The daily exercise of raising our Energy Intensity.

Some theory: Personal trauma, the mantic-multilateral M-EMDR, emotion-organ connections, working deprogramming limiting beliefs. How to stop self-sabotage.

Psychomancy coaching sessions with explanation of the process, Q&A

Group practice with rotating guidance, recap and questions

Wednesday, April 15: Entanglements

Starting with Etheric Hygiene: The daily exercise of raising our Energy Intensity.

Some Theory: How to identify and resolve entanglements, specifically how to test and resolve the heavy burdens, that are unknowingly carried for family members. These often have a negative impact personal energy, present-day relationships and well-being. Family Constellations work with testing in Psychomancy, energetic clearing vs short setup solutions, societal impact. Practical demonstrations and exercises with groups of two who resolve an issue for each other.

Psychomancy coaching sessions with explanation of processes, Q&A

Group practice with rotating guidance, recap and questions

Thursday, April 16: Previous lifetimes on Earth and other Existences

Starting with Etheric Hygiene: The daily exercise of raising our Energy Intensity.

Some Theory: Trauma from other existences of our spirit being do very often have severe implications for this life. Differences of previous lifetimes on Earth vs other planets and technical structures. Remote viewing the traumatic event, energetic or M-EMDR solutions, feeling the relevance in the present after resolving the issue. Short practical exercises in groups of two.

Psychomancy coaching sessions with explanation of processes, Q&A

Group practice with rotating guidance, recap and questions



Friday, April 17: Review & Legal Considerations

Starting with Etheric Hygiene: The daily exercise of raising our Energy Intensity.

Review of all seminar topics and their relevance to diverse experiences. Legal questions regarding coaching (no license required), information and contracts with the coached people and disclaimers. This training enables independent individual coaching upon successful completion

Psychomancy coaching sessions with explanation of processes, Q&A

Group practice with rotating guidance, recap and questions

Q&A, feedback, support for personal launch of coaching practice. Manifesting the personal goals. Building a mutual support network. Closing circle.

Saturday, April 18: Optional Excursions

Opportunity to arrange longer excursions. A training in Geomancy takes place in the week after. Combining both is suitable and possible.

9. Course Structure & Daily Rhythm

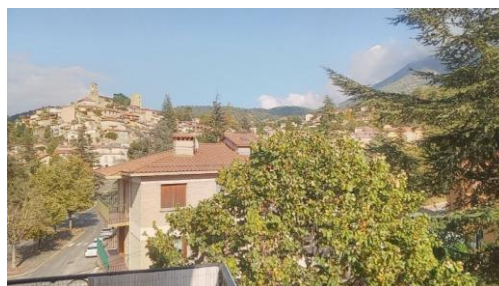
9:00 AM - 2:00 PM daily with breaks, bring a notebook to add to the detailed seminar materials.

10. Intended Audience

This course is suitable for all with a keen interest in personal development. It will always be a strong support your own personal growth; those who wish to start a coaching practice will be able to get started working with friends for further exercise. This work can be done by video; however, it is necessary to get personal experience directly with people. Healing during the education process also in the peer-to-peer sessions will better enable interested people to support others.

11. Practical Information

The seminar takes place in Vernet les Bains. We are in a private hotel with its own huge park and pool, participants can share the professional kitchen to prepare healthy organic meals. Self-organized, meals are not included. Shopping in the neighborhood. From the nearby stunning old town Villefranche de Conflent there are buses to the nearby city of Perpignan at the coast. Vernet les Bains is located in the Mediterranean Pyrenees, South France. Many transport options, Girona near Barcelona is Spain's budget airport, else Barcelona, Toulouse or Perpignan.





Vernet is a beautiful ancient town and has several cafes and restaurants, hot springs, and attracts hikers. We are at the foot of the mighty power spot Pic du Canigou (2,785 meters) at 700 meters altitude, great hiking opportunities from the hotel.

12. Price & Conditions

The one-week course in a small group with half-day schedules costs € 450,- (ask for early bird with 350,-). Affordable hotel rooms of the seminar venue can be booked depending on availability. These will be offered when an application for participation is sent. Self-prepared meals by the group are possible and there is a choice of local restaurants and cafes in walking distance.

13. Registration / Application

Apply through this website or directly to Julia: jw ATT gartenring.org
Subject "Seminar Vernet"