

# **The TARA-Process**

## **Guidelines and Applications**

**Published by Beatrix Pfeiderer, Ph.D.**

Translated and edited by Jutta Gruber and Jeffrey Lüpkes

Updated in August 2017 by Jutta Gruber

### **Contributing Authors**

Martin Bürkle  
Jutta Gruber  
Heike Lampe  
Jeffrey Lüpkes  
Beatrix Pfeiderer  
Bodhitara Diane Searles  
Angelika Weirauch  
Birgit Wick

**TERRA  
ANTHROPOS  
RE-ESTABLISHING  
AXIS MUNDI**



## Table of Contents

Points to remember before reading this manual	p. 05
There Is a Knowing (Juliane Beeg)	p. 06
Foreword (Beatrix Pfeiderer)	p. 07
Have Patience (Rainer Maria Rilke)	p. 09
 A	
The Set: Basic Assumptions of TARA-Process Work (Beatrix Pfeiderer)	p. 10
A.1	Why TARA? p. 10
A.2	The TARA-Process – a Contemporary Synthesis of Traditional and Modern Wisdom, Drawn from Eastern and Western Sources (Jutta Gruber, Beatrix Pfeiderer) p. 11
A.3	Basic Assumptions About the World (Birgit Wick, Jutta Gruber) p. 14
A.4	The Efficacy of TARA-Process Work (Beatrix Pfeiderer) p. 16
B	The Setting. Implementation of the TARA-Process p. 20
B.1	The Fundamental Elements of TARA-Process Work (Beatrix Pfeiderer) p. 20
B.1.1	The Earth and the Body p. 20
B.1.2	The Chakras p. 21
B.1.2.1	The First Energy: The Root Chakra p. 22
B.1.2.2	The Second Energy: The Sacral Chakra p. 22
B.1.2.3.	The Third Energy: The Solar Plexus p. 22
B.1.2.4	The Forth Energy: The Heart Chakra p. 23
B.1.2.5	The Fifth Energy: The Throat Chakra p. 23
B.1.2.6	The Sixth Energy: The Third Eye p. 23
B.1.2.7	The Seventh Energy: The Crown Chakra p. 23
B.1.3	Breathing p. 24
B.1.4	Muscle Relaxation p. 26
B.1.5	The Somatic Dialogue p. 28
B.1.5.1	Preparation for the Somatic Dialogue: Connecting to the Earth through the Soles of the Feet p. 29
B.1.5.2	Problem-free Openings p. 30
B.1.5.3	Protracted Openings p. 31
B.1.5.4	Working with Traumatized Individuals p. 32
B.1.5.5	Working with “Jumpers” p. 33
B.1.5.6	Somatic Dialogue Facilitates Re-membering, the Re-establishment of Flow p. 34
B.2	Supplementary Techniques (Birgit Wick) p. 36
B.2.1	Mandala Drawing in the TARA-Process p. 36
B.2.1.1	The Meaning of Mandalas p. 36
B.2.1.2	The Role of Mandala Drawing in the TARA-Process p. 37
B.2.1.3	Mandala Drawing p. 37
B.2.2	The Circle of Resonance p. 38
B.2.3	Dyadic Exercises / Partner Exercises p. 39
B.2.3.1	Questions for Accompanying Partner Exercises (Bodhitara Diane Searles) p. 40

B.3	The Therapeutic Space (Jutta Gruber, Jeffrey Lüpkes)	p. 41
B.3.1	An Example: The Therapeutic Space for a TARA-Process Seminar	p. 42
B.3.2	An Example: The Therapeutic Space for Individual Sessions	p. 44
B.4	Typical Sequence of Group and Individual TARA-Process Sessions and Seminars (Beatrix Pfeiderer, Jutta Gruber)	p. 44
B.4.1	Typical Sequence of a TARA-Process Seminar (Beatrix Pfeiderer, Jutta Gruber)	p. 45
B.4.2	Typical Sequence of an Individual TARA-Process Session (Beatrix Pfeiderer, Jutta Gruber)	p. 49
B.4.2.1	Suggestions for Length of Session (Martin Bürkle)	p. 51
C	The Moment of Earthing During the TARA-Process. Case Examples of TARA-Process Work (Beatrix Pfeiderer)	p. 53
D	The Role of TARA-Process Facilitator	p. 56
D.1	The Great Emptying or Turning Off The Internal Dialogue (Beatrix Pfeiderer)	p. 56
D.2	Mindful Interaction Between TARA-Process Facilitators and Themselves, Clients, and the Process (Heike Lampe)	p. 58
D.3	Example of the Introduction of TARA-Process Work with Inmates (Martin Bürkle)	p. 60
E	Language in TARA-Process Work	p. 63
E.1	Language in TARA-Process Work (Jeffrey Lüpkes)	p. 63
E.2	Metaphors not Encyclopedias: Suggestions for the Use of Language in TARA-Process Work (Angelika Weirauch)	p. 68
E.3	TARA-Process Language when Speaking about Chakras (Martin Bürkle)	p. 69
F	Materials	p. 73
F.1	Meditation Texts (Beatrix Pfeiderer)	p. 73
F.2	Poems & Quotations (Beatrix Pfeiderer et al.)	p. 77
F.3	References & Suggested Literature (Jutta Gruber, Birgit Wick)	p. 80
F.4	Exercise for the Great Emptying: "Dream Awareness = Life Awareness" (Jutta Gruber)	p. 72
F.5	Check List (Jutta Gruber)	p. 83
The Authors		p. 85

## **Points to remember before reading this manual**

As a result of the close collaboration between the contributing authors, it has been a challenge to clearly categorize authorship of all materials. The editors have done their best to identify individual authors in the preceding index and the chapter headings throughout. In sections written by more than one author, the predominant contributor is named first.

The content within this manual ought to be understood as a collection of guidelines and suggestions rather than as a set of rigidly defined rules and directions. Like all 'living things', knowledge, wisdom and practicing TARA-Process work need to develop in their own space and time, whichever way one wishes to define these terms.

All references to the TARA-Process as a process are termed the Process and all references to core elements of the Process are written in capital letters. This is done to limit the use of language when discussing energies and concepts, for which words are a rather clumsy descriptive tool. When discussing the TARA-Process on a conceptual level, we will refer to a process as a process within a certain framework.

The authors would like to clearly point out that reading this manual alone does not qualify trainee TARA-Process facilitators to practice the TARA-Process of their own accord. The text is primarily written for those who are interested in TARA-Process facilitation or those already participating in TARA-Process Facilitation Training or similar further education. It is also written to provide interested clients with an insight into the background of the TARA-Process. In order to fully integrate TARA-Process facilitation as outlined in this manual it is highly advisable to research and learn the practical aspects of the TARA-Process at a deeper level. The manual could therefore be studied hand-in-hand with practical experience, combined with other forms of therapy and consultation with other professional health practitioners.

For further information about the TARA-Process, training certification in TARA-Process Facilitation, sessions, seminars, print and audio material please refer to:

[www.taraprocess.com](http://www.taraprocess.com)  
[www.facebook.com/taraprocess](https://www.facebook.com/taraprocess)

German original version  
Der TARA-Process. Grundlagen und Anwendung  
© 2005 by Ulrich Leutner ([www.leutner-verlag.de](http://www.leutner-verlag.de))  
ISBN 3-934391-24-9

**There is a knowing**

In thoughts unthinkable  
Encompassing it rests  
At the deepest level  
Within me  
Like the first star  
Silently accepting  
All in all  
To be

**There is a knowing**

Fantastically clear  
Taking hold  
And swinging me widely  
Wildly  
Upward  
In slow motion combustion  
In all dimensions  
The beginning and the end  
Are one

**There is a knowing**

Releasing and delicately light  
Awaking a memory  
Woven  
Of a hundred lives  
In waterfalls  
Of light  
Its shadow falls behind

**There is a knowing**

As lava in gold  
Flowing through me  
Enlightening  
Travelling  
From self to soul  
In unison to amber  
It caresses me  
Bringing me defenselessly  
To my cross

**There is a knowing**

The infinite source  
Transforming me  
From the endless me  
To my always being  
In letting go of all  
To bring me all and more

**There is a knowing**

**That I never want to lose ...**

**Juliane Beeg**

(a few days following a TARA-Process session)

## Foreword

I would like to introduce to you a very beautiful and simple self-help tool. It is a special technique put together by myself and the people who have co-facilitated with me over the years. They are the co-authors of this manual, and everybody brought a piece. Everybody helped polish the jewel of this work a little bit more, until it became this shining light of a technique. It is a technique that helps you decode your soul's intention for this lifetime by helping you directly explore how your body is wired from its past experience. It shows you how your body stores and transcends pain, and how it is creating diseases and healing them. With the TARA-Process you will meet your body for what it is: a creative genius.

We need this technique now. Its time has come. Let us resurrect the Earth connection within us. We can re-marry our bodies in a way that the ancient ones knew. We need to be with our bodies and the Earth in a way that is healthy and benevolent, so that we reflect the holistic field of creation. If we reflect the healthy creation within our bodies, then we are able to experience a change from the dream we are in right now to the Dream that is appropriate for honoring Creation. Because in your present dream you succumbed to a trance that taught you *more is better, compete until you are number one, resources are scarce*. In Reality we live in abundance. Our true nature is abundance. Nature is abundance. And everybody is number One.

The present world is perilous because it is built on the false assumption of *scarcity*, from which ensues pathological competition and accumulation. This is how we ended up with an economy that despises sustainability, tears holes in people's lives, and threatens all life on the planet. We need to change dreams and leave the old one behind, so that we see a completely different effect manifest into the world. *We need to understand that the world is sufficient: animated with spirit, intelligent, mystical, responsive, and creative- constantly regenerating itself in harmony with the great diversity of resources that support and collaborate with one another through the mystery of life*, writes author Lynne Twist in her book, *The Soul of Money* (2003, p. 180).

I invite you to join me in changing your dream. I invite you to help change our collective dream, and become conscious of your part in the evolution of humankind. With the technique described in this manual, you have a chance to enter into the mystery of this transformation with even more awareness. The technique, it seems, chose its own name. One fine morning, when I was teaching workshops in Berlin, the work started to be referred to as the TARA-Process. It happened soon after I spent a year swimming with a pod of wild and free dolphins at Kehena Beach, on the Big Island of Hawai'i. Maybe it is their blessing that came through. Maybe they sent their teaching our way.

And it was while working at a prison in southern Germany, in collaboration with Reverend Martin Burkle, that the rhythm of the individual TARA sessions came about. It was as if there was a spiritual healing form that waited to be filled with action. It unfolded. I would say that, after having conducted hundreds upon hundreds of TARA sessions: each time it feels like entering into a spiritual form that takes over and gives a rhythm to the session. A direction, a lead. This is the hard part when you start to become a TARA-Process facilitator: to surrender to this guidance, this form. When you arrive at this trust and confidence you are rewarded by your own clarity about your life purpose and your soul's intention; about this very moment you are in, together with your client. The discipline of remaining truthful to the very present moment gives you the power to guide your client through his journey.

We have designed a broad and in-depth training program, informed by a good blend of theory and practice. In addition to working with the TARA-Process on a practical level, we also discuss the theoretical background of a number of research areas. This includes medical anthropology and themes such as healing in cultural comparison, medical history, the paradigm shift in our health system, and the history of cultural suppression of our human connection to Nature through the Root Chakra.

From an intercultural perspective we can show that physical and psychic diseases common to Western civilization have come about because of the loss of a dynamic connection between people and their Earth. And, as I mentioned above, we have not only lost a conscious connection to our living, external environment, but to our own bodies. In many native cultures this interconnection is still thriving today. It has a name. It is a practice. It is understood as a natural part of physical life. Re-establishing that lost relationship is the core purpose of the TARA-Process.

We know that our bodies need breath to sustain life, and we know that they thrive on light. This is common knowledge. We also need to acknowledge the energetic-etheric connection to the Earth, an exchange that exists for all of us. This is like the third breath, an Earthbreath. This resurrection of Earth connection within you has no name in our culture, but it is surely a physical reality. Remembering and activating this reality within us and using it as a healing tool is the work we do in the TARA-Process. Our shift from the present scarcity dream (that threatens to end all life on our planet), to our resurrected vitality dream, is immediately facilitated by applying the TARA-Process. It addresses the opening of the Root Chakra, which is the entry gate to the etheric body; the guardian and template of all physical life functions. This helps us access the innate feeling of abundance as a natural state.

We can all contribute to leaving the old dream behind by accessing and then sharing the new dream of life of humankind. Do not hesitate to discover the mystery you are, as you undertake the journey of finding your life purpose. You are already here. You need only you acknowledge it fully, within you.

Please join us. Join us in re-memorizing what got lost.  
I invite you. Thank you for listening.

Beatrix Pfleiderer  
March 2010  
Kalapana, Hawai'i