



**TARA**  
PROCESS

We love to travel. Most of the time we travel because we are searching for something. We search for it in distant temples, in the faces of people of other cultures. Yet, what we are searching for is contained within us. We only think we have lost it, because it aches so much not to feel it. However, we can find it. Our soul searches to feel grounded and to find the way home to once again be connected to the Earth. This connection is physical - one that heals.

The TARA-Process helps one to realize what seemed lost can be found.

## *Ground your SELF*

### The TARA-Process ...

- is a synthesis of Eastern and Western wisdom, drawing on traditional and modern knowledge, free of dogma or religion, transcending time and space.
- is a process-oriented form of somatic therapy, encompassing both the physical and the subtle energy body.
- promotes the reclaiming of self-healing powers, and supports the Chakras in one of their most profound functions: as dynamic gateways between our inner and outer worlds.
- allows us to experience the multi-dimensionality of our Being, the original and ever-present quality of our inner time - anytime and anywhere.
- rests in the allowing and the wisdom of that which wants to reveal itself, rather than in the pursuit of strategically formulated goals. It is a path of deepest trust in the creativity of all living consciousness.
- leads us to our essence, allowing us to identify and realize our life purpose.

The TARA-Process utilizes muscle relaxation and breath awareness to lead to an expanded state of consciousness, that is a state of inner time (Deep Time). Through guided meditations participants learn to allow a stream of energy to flow from the very heart of the Earth into their physical bodies. In this state of love and nurturing the energies of Creation are experienced and made available - thus profound wisdom becomes accessible. Anything which wants to reveal itself (e.g. feelings, images, words, memories) is given the room for space, time, animation, movement and transformation. Our life blueprint can be revealed through this unraveling of ancient wisdom. Ways to clear long-standing blockages and challenges become apparent: healing can take place. We refer to this energetic state as the Axis Mundi - the axis of the world. This physical experience - of the body as bridge between Heaven and Earth – is commonplace practice to all of the Earth's cultures save the Western ones.


*Allowing what is*

*All illusive boundaries dissolve  
with the experience of inner time*

*The past encounters the future - in the present*

The advent of science ushered in the demise of the art of listening to the inner voice of our bodies. This discourse was externalized from the body to the outer world. Hence illness became disease, and thus subjected to scientific study and scrutiny. Science took control of the body, colonized it, robbed it of its wisdom and created diseases and symptoms. As symptoms frighten us, it is easier to defer to medical authority, entrusting it to make the symptom go away rather than listening to it.

*According to an Indian-Tibetan legend, Avalokiteśvara broke out in tears at his inability to help all living beings attain enlightenment, even though he had set his personal quest for enlightenment aside for eons to offer his help to others. His tears fell to Earth. One of his tears became Tara, a female deity. She turned to Avalokiteśvara and said: "Do not despair. I have come to help you."*



This intercultural viewpoint has helped to illustrate the fact that physical and psychic diseases common to Western civilization have essentially come about because of the loss of a dynamic interconnection between people, and between people and the Earth. Yet we have not only lost our connection to our living, external environment, but also to our own bodies. In many cultures this interconnection is still thriving today. Re-establishing that lost connection is the core purpose of the TARA-Process.

*...and they left their bodies  
and moved into their heads...*

I became interested in the TARA-Process after trying to get pregnant for three years. Through the TARA-Process I was able to dive into my own womb and recognize it as a dark and abandoned underwater cave that needed clearing and healing. I used the Earth energy to shake loose the old wreckage of the past, and allowed a rush of blue water to flow in through my Crown Chakra clear down into my Sacral Chakra, illuminating clusters of coral in the forms of human organs, and in that moment I knew that I had everything I needed within me. I conceived one week later on the spring Equinox, and home-birthing a beautiful baby girl.

**Lea Colter-Antczak, Licensed Marriage and Family Therapist**



## *Allowing the soul to meet the body*



The TARA-Process continues to open doors into the mystery of my composition. Through the technique I have learned about ideas and emotions stored in the fibers of my body and I have uncovered clues to past lives. With the unveiling of each layer I have grown stronger in truth, becoming more grounded and present in the now.

**Tracy Matfin, Educator**

I had my first experience with the TARA-Process in 2001. Since then I use this powerful tool for self exploration and healing regularly. It leads me deeper and deeper into myself while experiencing an expanded state of consciousness which even allowed me to experience my own birth. Since my first TARA-Process session I know that I have everything I need within myself. In 2006 I started my training as a TARA-Process facilitator.

**Silka Strauch, Yoga Instructor**



I found the TARA-Process an invaluable tool which is an experiential journey of healing. This work has resulted in a profound change of my inner feelings being aligned with my outer world. The act of focused breathing has become my greatest tool for relaxation and listening to my inner voice. This process helped me tap into the mana that already exists inside of me. After a session with Beatrix, I found myself connected and at peace with all that is in and outside of me.

**Star Mauricio, Local Artist**

Ever since I was a small child I wanted to know where are the others, how are they, and how do they become that which they are? What makes them sick and what makes them well? I grew up on what had formerly been farmland in northern Bavaria in Germany, and found myself at a loss as to where to begin my search. I had hoped my pursuit of a medical degree would forge the right path for me, but found the view of a body that was cut open challenging to integrate and after seven months I began to look in other places.



**Beatrix Pfeleiderer**

**Ph.D. / Medical Anthropologist**

- Associate Professor for Cultural Anthropology and Cultural Studies, University of Hamburg, Germany (1982-1992)

- Visiting Professor, University of Hawai'i, Manoa and Hilo (1989-1991)

- Training and certification in Holotropic Breathwork with Stanislav Grof (1991-1994)

- Lecturer for Medical Anthropology, European University Viadrina Frankfurt/Oder, Germany (from 2009)

**Publications**

*The Red Thread. Healing Possession at a Muslim Shrine in North India*

Recipient of the Tagore Award in 1996 for distinguishing contributions to the literature on India

Aakar Books. Delhi/India 2006  
ISBN 81-87879-63-7

**Additional information**

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

*Beatrix Pfeleiderer belongs to a rare brand of anthropologists who combine solid academic training with deep personal knowledge of non-ordinary states of consciousness, which is absolutely essential for any true understanding of the ritual and spiritual life of traditional cultures. Her book "The Red Thread. Healing Possession at a Muslim Shrine in North India" offers fascinating information evaluated from this unique perspective.*

**Stanislav Grof**

**The unity  
of healing and spiritual  
development is revealed in the  
sensuous experience of  
the present moment**

## *The journey always begins here and now*

With the TARA-Process Beatrix Pfleiderer leads you on a profoundly revealing journey through your physical and inner psychic worlds.

Individual coaching sessions last approximately one and a half hours.  
Fees per session: \$100. Kama'aina discount and Gift Certificates available.

### TARA-Process Facilitator Trainings

are held in modules which can be accessed in any preferred sequence.

The TARA-Process is a powerful transformative tool on its own, yet effectively supports all other therapeutic modalities. It is perfectly suited for individual coaching as well as group process sessions.

### Additional material



CD: The Earth Speaks - *listen.*  
TARA Chakra Meditation

Book: The TARA-Process.  
Guidelines and Applications

Appointments, lecture and workshop schedules and all additional information and material may be found at our website [www.taraprocess.com](http://www.taraprocess.com)

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Terra  
Anthropos  
Re-establishing  
Axis mundi