

REALIZE YOUR  
POTENTIAL  
DEEPEN YOUR  
LIFE PROCESS

ADVANCE  
YOUR  
PROFESSIONAL  
COMPETENCE



CORE  
EVOLUTION®  
&  
CORESOMA®

T R A I N I N G S  
W O R K S H O P S  
R E S E A R C H

USA  
EUROPE



DIRECTORS

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

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*A Relational,  
Psychodynamic,  
Body-Oriented  
Therapy,  
Life Coaching  
and  
Teaching System*

*An Innovative,  
Professional  
Approach to  
Whole Person  
Psychology  
Based on  
Mindfulness,  
and Rooted in the  
Essence of Being*

CORE EVOLUTION<sup>®</sup>

CORE EVOLUTION is a professional analytic and body-oriented therapy, life coaching and teaching system. Its foundation is the comprehensive understanding that essence and life energy is expressed through our Core – the center of the individuated universal life energy, a wellspring of healing, joy, creativity and wisdom.

CORE EVOLUTION is based on:

- ♦ contemporary scientific research on the interaction of body and mind
- ♦ the therapeutic foundations of relational, emotion-focussed, body-oriented psychotherapy
- ♦ family systems
- ♦ developmental theories of bonding and attachment
- ♦ its own research-based approach to Trauma Therapy
- ♦ incorporating Western and Eastern teachings

CORE EVOLUTION unifies knowledge and intuition, science and the wisdom of the heart, psychology and philosophy. It explores the interconnectedness of life as it manifests in the unity of body, emotions, feelings, mind, will and the field of consciousness.

CORE EVOLUTION provides the basis for a deeper understanding of the dynamic interrelationship of energy and consciousness, how they affect our personal development, the formation of our personalities, as well as our interactions with others and the world, thus influencing our perceptions of reality.

CORE EVOLUTION honors the integrity and wholeness of the person, approaching each individual with mindfulness, empathy and compassion.

*Whenever a thought is perceived or a feeling is felt,  
we experience it in the somatic realm.*

– SIEGMAR GERKEN





*Life expresses itself in pulsation.*

*Pulsation is movement.*

*Movement is change.*

*Life is continuous change.*



CORE EVOLUTION *explores and works with:*

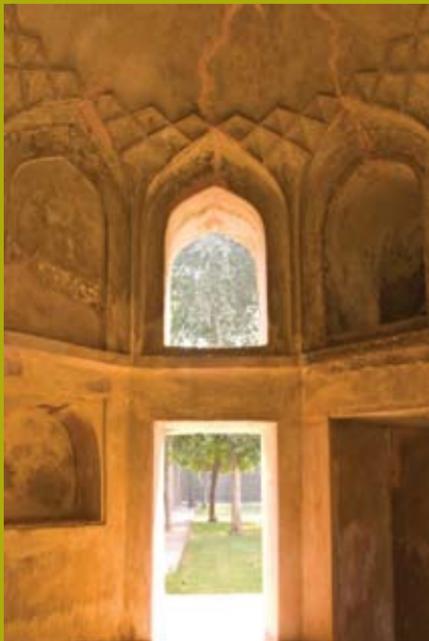
- ♦ The physical body – its structure, form and the dynamic expression through movement
- ♦ Emotions and Feelings – how we process our inner and outer impulses
- ♦ The Mind – in understanding, knowing, being aware and structuring our thinking
- ♦ The Will – the faculty that gives energy its direction
- ♦ Expanding the limitation of the personality, realizing choices
- ♦ Forming our intentions in life, accessing insight, inspiration and vision
- ♦ Practice in Being – Awareness and Mindfulness
- ♦ The Field of Consciousness – allowing us the perception of the totality of existence, which is perceived and expressed as the flow of love and experienced as essence, unity and oneness

*On our journey toward wholeness*

*we walk the path of self-realization.*



Mischka Gerken



*Love is the state in which  
personal and transpersonal levels  
of existence meet. Feelings of  
gratitude, trust and forgiveness  
form the personal ground from  
which peace, intuition, wisdom,  
creativity, joy, oneness and the  
experience of the divine emerge.*

– CORNELIA GERKEN

CORE SOMMA<sup>®</sup>

CORESOMA is a specialization of CORE EVOLUTION, sharing the same underlying theory and understanding with an expanded focus on:

- ♦ **DEVELOPMENTAL MOVEMENT:** Building the missing links in the developmental movement patterns, which support the integrated functioning of our body-mind interaction in our present life.
- ♦ **HANDS-ON APPROACHES:** Working with the body through direct hands-on touch, specialized psycho-emotional massages and bodywork.
- ♦ **BODYLANGUAGE:** Developing a form of dialogue, inviting the body to speak — and listening for its voices to be heard.
- ♦ **DREAMWORK:** Extending this dialogue to engage the unconscious and the higher intelligence through dreams.
- ♦ **SUBTLE ENERGIES:** Working directly with Subtle Energy Fields: The Chakra System, Color-Light, Color-Puncture and Hands-On Healing

CORESOMA's focus is to deepen into our essence and to open the capacity to love as the most profound state of being human, and making it a cellular and embodied experience.

Present research underlines the importance of our early non-verbal, but embodied experiences. Therefore working with the body directly through touch is enormously rich. There are parts of us that are non-verbal, they do not speak the language of the mind or the will. These parts rely on a different type of contact, communication, and presence in order to be heard. When acknowledged, the body often needs only awareness and mindfulness to reverse or unwind fixations created in the past. Your body then supports you, living each moment with love and pleasure.

Cornelia offers specialized workshops in CORESOMA, which can be taken independently or in conjunction with the CORE EVOLUTION Training.

*I want to express my heartfelt gratitude for your work.  
The light you have tapped into is working miracles on those you touch.*

— KARYN ARMSTRONG, THERAPIST, NEW MEXICO

*This training was without a doubt the most profound experience of my life.*

— STACY SHARLET, DOCTOR OF CHIROPRACTIC, OREGON

*Love is the resonance  
with the flow of life.* – SIEGMAR

*We understand our  
commitment and work  
of over thirty-five years  
in CORE EVOLUTION  
as a contribution to an  
emotionally integrated,  
peaceful society.*

*In our work with  
individuals,  
couples and groups,  
professional trainings,  
organizational consulting,  
conflict resolution and  
personal healing,  
we facilitate a  
deeper understanding of  
our present day life issues  
to raise the consciousness  
and quality of life.*

*We search to touch the  
essence of a person  
with competence, love  
and joy, supporting  
the full potential  
to be realized.*



*Love is the only therapy, the only truth.  
Love is what we are.*

– CORNELIA