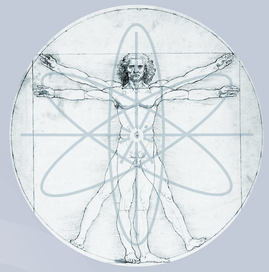
Foundation for Subjective Experience and Research S.E.R.

ERGOSOMA®

Magnanimity as a tool in enhancing SHARING in Social Relations
title by R.V. Tajon

Power of Emphathy for Sustainable Global Health



With Ergosoma we would develop a high sense of responsibility in strengthening social behavior and sublime character in pursuing common well-being.

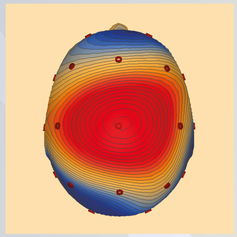
St Martin Philosophy of SHARING

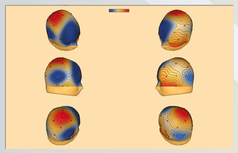
A WORLD VISION to eradicate extreme poverty and hunger as an indispensable basic requirement for Global Public Health

– bronce statue by Uwe Brecht –

Ergosoma in Medicare

The power of empathy through Ergosoma helps health care professionals to recognize and evaluate the processes of original and initial causes of healing. Empathic relationship is characterized by authentic inner engagement and inner awareness over the importance of the subjective knowledge in going through diagnostic data by intuitive perception.
Scientific studies with Ergosoma show vegetative regulatory properties. Intuition and empathy can be used as powerful medical, therapeutical and health care tools. The relationship between physician and patient influences the healing process.

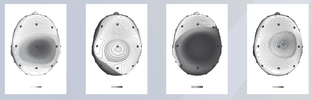




In occupational medicine

A new perspective with Ergosoma for the prevention and supporting of self-perception

Ergosoma is a support measure to teach the difference between empathic distress and empathic concern or sympathy. Special programs will be offered for health and the wellbeing of the workforce. It is a form of prevention by perception training for burn-out-syndrome and stress.



Therapeutic dimension by trauma

Turning Trauma into growth and building mental toughness and strong relationships

Ergosoma helps people with posttraumatic stress disorder (PTSD). Neuropsychological studies with Ergosoma show the interactions in the brain on the cognitive level. The main effect in processes of Ergosoma presents a possibility of loosening deep blockages by new interconnections in brain areas. The canceling of traumatic information induces a higher brain performance. Higher brain functioning supports new thinking.

ERGOSOMA HEALTH CARE PROGRAM (EHCP)

> Ergosoma supports public health by fostering complementary, holistic methods in order to enhance mental and emotional balance.

> After extreme situations, international forces, rescue workers and international aid workers can use Ergosoma to prevent emotional and bodily distress and support healing to promote regeneration processes.

Periodical Ergosoma Trainings and Workshops are being held in various cities and localities since the year 2000.

Ergosoma in school

Empathy through Ergosoma as a key to responsible citizenry and parenthood

The idea of "Sharing" teaches the eradication of poverty through socio-economic and political reforms. It is designed to uplift human value, dignity and equality geared towards a better world order of tomorrow.

It symbolized the "Ideal Social Path" in the form of a spiral movement, from the past, where the origin of the idea of sharing lies, to the present, depicted by the **children of the World**, taking this indispensable virtue of sharing the resources for peace and justice. Then everyone has enough to live and build a new World of Peace, symbolized by the Dove of Peace on **"Mother Earth"** in the middle.

St. Martin was a rich man who shared his wealth with the poor in humility and dignity, symbolized by a marvelous coat he shared. Born 316 in Sabaria, Hungaria, he spent his life in France sharing and caring for those in need. **The idea is that if everybody, who has enough, shares his wealth with those who need help, there will be peace on earth. Extreme poverty and hunger will be eradicated and the essential needs for health will be ensured.**