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## INTRODUCTION

The book you are about to read is a combination of experiential processes and historic research, resulting in a new psychological perspective to view individuals embedded in a nation and how they influence each other.

Its aim is not to present a detailed historic research, rather to use the major events during the long history of Germany and perceive these events from a psychological perspective.

This allows to see the impact of major events and traumata on people's psyche and belief systems. It is a becoming aware of the huge potential each nation can access and not a description of the pathology of a nation and its people. To become conscious how this potential is distorted into wars, that is, used in a destructive fashion. This in turn allows to focus on a possible constructive use of a national potential, guiding it into cooperation and alignment with lived values, expressing a different quality of life for each citizen.

At the beginning of "The Dormant Potential of the German Nation" stands a personal journey, describing the intense processes the author experienced, discovering her own German psychological heritage while working as a psychotherapist in Manhattan, New York, with multi-ethnic- and Jewish clients. These experiences led to discover her national German heritage which catalyzed the search for the own personal healing process. Eventually, to develop "The Psychology of Nations", a concrete applicable approach using the unlimited potential of a nation working with collective post trauma and the long term prevention of collective violence.

"The Dormant Potential of the Nation" is followed by the psychopolitical case history of Germany, and the life of the German nation (1815-1992) is looked at from a psychopolitical perspective, in its wider setting, Europe in the 19<sup>th</sup> century, highlighting major mass events and traumata. The commentaries are focused on the emergence of the national collective potential and its use and application in constructive and destructive fashion. A fascinating psychopolitical national drama unfolds. The nation is shown with its incredible potential and how this potential so often is directed in self destructive ways.

A short overview of the life of the German nation from 500 to 2000 and a commentary of its repetitive national cycles follows. The repetition of national behavioral patterns is clearly recognizable during its cycles and rhythms which extend over several hundred years.

The next chapter allows a new perspective to view organizational groups and parties, here called psychodynamic structures, their interactions and interrelation within the national psyche. This is supported by a diagram representing the major national psychodynamic structures in Germany of 1992, its major actors at that time, vying for attention and to gain more power. The group of Neo Nazis, one of the national psychodynamic structures on the scene at that time, is singled out and its dynamics and roots examined closely.

A general description of "The Psychology of Nation" follows, containing its major areas of application. Process- and experientially oriented, these areas involve research, work on location in pre- and post crisis areas as well as ways to study and thus become acquainted with "The Psychology of Nations".

"Embedded in a Collective" introduces the reader to the dynamic energetic field, in which each individual is held. At the same time, the individual is empowered being engaged actively through its own beliefs, thoughts and feelings, creating the collective psyche. The principles of this interaction are described.

The next chapter acquaints the reader how individuals through an experiential approach perceive their national collective heritage and catalyze their inherent healing

potential. It contains a transcript of a group of Germans working with their national heritage. It describes their perspective of perceiving the nation and allows the qualities of the heart to unfold and be channeled into healing the collective heritage.

The last chapter, "Can Collective Violence be prevented", addresses the present day situation with its senseless eruptions of violence dictated by terrorists and wars. The fear of violence is skillfully amplified to be able to manipulate the feelings and thus the reactions of people. Who is the puppeteer pulling the strings of national dramas, and the consequent distortion of the individual and national potential?

The addendum complements and expands on different chapters. The art of consciousness manipulation, for example, shows the methods and means, systematically applied during the time of the third Reich and how a nation can be manipulated.

Guilt-reflections, is based on lectures and workshops exploring the purpose of guilt, how it paralyzes and keeps from taking true responsibility.

Individual empowerment describes the experiences of people working through experiential means with their psychological cultural inheritance and acceptance thereof.

It includes a diagram to facilitate comprehension of the complex layered structure of the human psyche.

Honoring our forebears contains the actual experiences of individuals working with the psychological heritage of their ancestral line.

In order to encompass the width and depth of the new perspective of the Psychology of a nation, new expressions and words were needed and seemed appropriate. The glossary at the end of the book provides explanations.