

## Press release

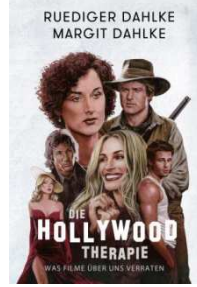
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### The Hollywood Therapy – what films reveal about us

Publication details, [www.heilkundeinstitut.at](http://www.heilkundeinstitut.at)

*A director's copy that allows you to enjoy films even more while growing and developing mentally, spiritually and personally – the cheapest, most exciting and most productive form of psychotherapy that puts you in the director's chair.*

472 pages / Hardcover/Format: 14.5 x 21.5 cm / €19.90 (D) / €20.50 (A)/ sFr 34.50



How many of us watch films, often even every evening? Why not get far more out of them? All of us have experienced how films can change our mood from exhilarated to reflective; some films may hit a nerve, many touch us deeply, others keep us on the edge of our seats, while still others stir up new ideas and emotions or make us feel truly alive.

Films allow us to direct our (evening) “frame” of mind, thus influencing the frames in the nightly films of our dreams – a great advantage for our spiritual growth. Using films enables us to tackle personal growth and development in a more targeted way. Just as we have done in this book for the theme of TIME using a whole range of wonderful films, we can approach other major life themes in the same way. At the same time, films can also enable us to experience our own unresolved issues from different points of view. This can reveal new possibilities for dealing with our own problems.

The films dealt with in this book represent the culmination of a gathering and interpreting process that we have carried out over the last forty years. Having stood the test of time across decades, these films have served us well as both a therapy enhancement and consolidation tool for our patients. In addition, such films are now even easier and cheaper to get hold of than ever before. In our current society, we barely have time to concern ourselves with pressing spiritual issues. For this form of psychotherapy, however, we do not need additional time and can apply it whenever we choose. The big screen can now be carried with us at all times in small-screen format. Even the largest of film archives now fits conveniently in our pocket.

The “Hollywood Therapy” turns feature films into psychotherapy and allows us to regain our evenings by once again turning the end of the day into a feature event that reminds us to celebrate and appreciate life. As we fill our lives with enjoyment and emotion while broadening our horizons, we learn to live in a fulfilled way. The fictional world of films allows us to get to know the big wide world – both our inner and outer world – and to once again experience “Lila”, the Cosmic Game, as the Indians refer to life, in a playful way. With so many good films available, all of the major themes of life can be brought closer to home. In *The Hollywood Therapy*, these are ordered according to the twelve stages of life, the so-called “original principles” or “archetypes”. In this way, “coming attractions” in the form of the next developmental and growth steps that we need to take are revealed to us in an inspiring, but also light-hearted way, along with new approaches for finding potential solutions.

Instead of “vegging out” as a couch potato in front of the TV every evening, *The Hollywood Therapy* offers us, as an important goal, the wonderful opportunity to “sprout” and grow, thereby coming closer to understanding the film of our own life and its script in a fun way. Using external image worlds to understand the internal image realms of our soul is a further source of joy. At the same time, the films in this book help to impart a growing understanding of the *Laws of Fate*, the *Shadow Principles* and the *Principles of Life*, which form the basis of our work.

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