



# Lifestreams: An Introduction to Biosynthesis (Psychology Revivals)

*By David Boadella*

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**Lifestreams: An Introduction to Biosynthesis (Psychology Revivals)** By David Boadella

Biosynthesis means "integration of life". It is a holistic form of body psychotherapy, which was founded over forty-five years ago. The concept of life-streams is one of its major foundations, which has since been supported by research in neurobiology.

How can we integrate the three most important domains of being human: our bodily existence, our psychological experience and our spiritual essence? Biosynthesis Therapy has developed a broad spectrum of reliable methods to make this possible and to free our life energy. It is resource-oriented and is practised worldwide. David Boadella brings his many years of experience to provide in this book a trend-setting model for the understanding both of the origin of illness and of therapy.

First published in 1987, this book has appeared in ten languages. It provides numerous case examples and is fascinating and enriching for the normal reader as well as for therapists from many different schools.

In this book, the word "bioenergetic" is used to refer to the study of life energy, which is a major foundation of the therapy method "Biosynthesis". This is not to be confused with the term "Bioenergetic Analysis", an other and different form of body psychotherapy.

Since 1985, together with David Boadella, Biosynthesis has been developed further by Dr. Silvia Specht Boadella, particularly in its philosophical and transpersonal aspects.

In 1990, Biosynthesis was the first form of body psychotherapy to be scientifically accredited by the European Association of Psychotherapy. Biosynthesis therapists can therefore receive the European Certificate of Psychotherapy ECP.

In 2001, the International Foundation of Biosynthesis IFB was formed, to coordinate trainings and research in twenty countries in Europe, Asia, North and South America.

The newest information about Biosynthesis, including our actual course programme, you will find on our website.

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### **The Author**

David Boadella, born 1931 in London, pioneer of body psychotherapy and founder of Biosynthesis. He studied education, psychology and literature and

wrote numerous articles and several books. Since 1985, he is the Director of the International Institute for Biosynthesis in Switzerland. In 1989, he was elected as the first President of the European Association for Body Psychotherapy EABP. In 1995, he was awarded an honorary doctorate from the "Open International University of Complementary Medicine".

Author of "Wilhelm Reich: The evolution of his work" (Arkana).

### **Disclaimer**

Basically this book contains neither exercises or advices. Nevertheless, if statements from the book should be used for self-treatment or for treatment of others, every form of liability of the author or the publisher for personal, material, or financial damage is excluded.

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