

Grethe Fremming
founder and director of Polaris
International College, Denmark
foundational and innovative
research, practice and training in
Transformational Kinesiology



Evolutionary Psychology – The Psychology of Joy

Freedom – our responsibility is not primarily about freeing ourselves from suffering and securing our own happiness. The condition of the world affairs is a financial crisis at the outer level. At the Inner level it is all about a change in consciousness, a change of identity, which can only take place when we connect our heads with our hearts and come from our deepest knowledge.

Any one of us can have a profound effect on the whole. In reality we are all part of the present evolutionary process. We have a body, we have emotions, we have thoughts and we have energy. We have an Inner and outer Self. Our responsibility is our willingness to take Inner leadership to contribute to the common good.

The way to Freedom is adaptation to the new reality, the evolutionary path. It begins when we discover that evolution only happens when we cooperate. The world, the universe is challenging us with new confrontations. How do we adapt to the new reality and replace the solving of conflicts with the ability to create?

As pioneer in the field of kinesiology Transformational Kinesiology is well known in Denmark, Germany, The United States, Switzerland and Australia.