

Recharging at Work?

How Therapists Regain Inner Balance with the Goethert Method's Subtle Body Balance

Therapists are often under particular pressure in their professional lives. Many try to compensate for this with various forms of self-care — which can, ironically, create even more stress. A new approach offers a different path: through the practice of *Subtle Body Balance*, balance and regeneration can occur *during* the treatment itself. Working with the subtle body benefits both patients and practitioners alike.

The idea that people are like rechargeable batteries — that we simply need to “recharge” to be fully functional again — is persistent. Those working in health and healing professions, who are especially prone to exhaustion and burnout, often feel they give too much and exceed their limits. They tend to blame themselves, believing they must manage their energy more efficiently.

After 30 years of research and practical work in subtle-body dynamics, I am convinced that to prevent exhaustion sustainably, one must understand *where* exhaustion occurs and address it at that level. The subtle body, which permeates and surrounds our physical body, remains largely unknown in the Western world. Yet, ancient traditions have long recognized this energetic structure: in yogic philosophy, the subtle body close to the physical one is known as the *Pranamaya Kosha* — the sheath of life energy.

The Goethert Method, however, treats these finer layers not only as energy fields but as tangible, experiential structures. The *Subtle Body Balance* (SBB) approach focuses precisely on this experiential aspect and can be integrated into many therapeutic disciplines. Each 40-minute session combines theoretical understanding of the subtle body, specific exercises for the patient, and a hands-on session on the treatment table. The goal is for clients to develop an expanded awareness of their subtle body.

The depth of transformation this new awareness brings never ceases to amaze me — not only in patients but also in therapists themselves. Physicians, alternative practitioners, and therapists from various fields can integrate Subtle Body Balance into their treatments, supporting the patient's subtle body while simultaneously maintaining their own strength and vitality.

A Therapy for Therapists

One participant in the SBB training recently shared how profoundly her professional life has changed. A physiotherapist by trade, she begins each Subtle Body Balance session as usual — starting at the patient's head. Slowly, she moves her hand about 15 centimeters above the body, down toward the feet and back again. In this process, the patient's subtle body is activated and brought back into balance — without any physical touch.

By incorporating Subtle Body Balance, she has noticed not only positive changes in her patients but also in herself. Previously, she would find herself feeling drained by mid-afternoon. Since integrating SBB into her work, that fatigue has vanished. Where she once collapsed onto the couch after work, she now has energy for family conversations and shared activities.

A Vibration That Sets Things in Motion

Why does this practice have such a revitalizing effect on the practitioner as well? I like to use the image of a tuning fork: practitioners send impulses with their own subtle body, which resonate with and enliven the

subtle body of the patient — like striking a harmonious note. This resonance, in turn, nourishes the practitioner. After such mutual activation, both often describe feeling warmly enveloped, grounded, and strengthened from within.

Even during training, participants experience noticeable shifts. Working with one's own life energy requires direct experience. Trainees first learn to sense and connect with their own subtle body. Only through developing this awareness can they act effectively at that level. Merely paying attention to it often leads to relaxation and replenishment. Through numerous practice sessions — both giving and receiving — participants undergo a kind of “energetic renewal.” Each session, whether performed or received, brings the same balancing and restorative effect. Regular practice of inner-balance exercises, used later with patients, further enhances the therapist's subtle vitality.

These exercises, along with subtle-body work itself, cultivate a healthy *inner attitude* — one that conserves energy and helps maintain balance even under pressure. This involves inner restraint, subtle awareness, and non-attachment — essential qualities for SBB. Such an attitude benefits other therapeutic practices as well, as it prevents unnecessary energy loss and fosters calm presence.

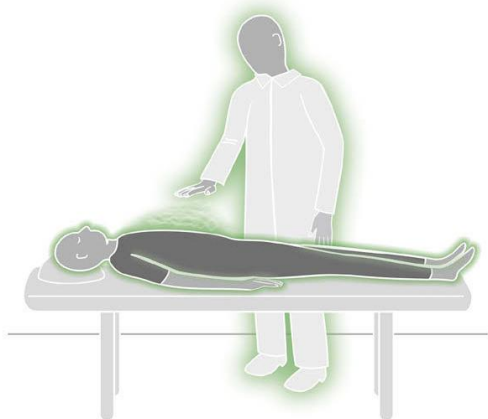


Fig. 1: Subtle Body Balance: The practitioner's subtle body sends a signal that activates the patient's subtle body.

Expanded Perception – Improved Self-Care

Many people ask how such a thing could possibly work. These conversations often touch upon the strain within today's healthcare system and worsening work conditions. The situation is indeed troubling. Precisely for that reason, it's crucial to ask: *What can each of us do* — beyond institutional protections — to work with greater fulfillment and vitality?

Accessing the realm of subtle health is often easier than expected because everyone has experienced it. We instinctively step back when someone unpleasant comes too close, or feel a tightening inside during tense situations. These sensations are reactions of the subtle body — signals we learned to suppress as children. They are, in fact, subtle forms of pain, alerting us that something is harmful — much like physical pain in the body.

And just as physical pain prompts protective reactions, the subtle body also responds instantly to stress, often influencing the physical body. Developing awareness of the subtle body makes us more sensitive to our needs and boundaries. Instead of pushing through exhaustion, we begin to act more mindfully — nurturing both ourselves and our relationships.

The Tangible Reality of the Subtle Body

With practice, the state of the subtle body can even be *felt*. Skilled hands can perceive differences: in tense patients, the layer feels dense and constricted; in exhausted individuals, rigid and hardened; and in those feeling vulnerable or unprotected, diffuse and frayed. One might assume the subtle body reflects our inner state — but in truth, it's the other way around: we *feel* the way we do because the subtle body is in that condition.

The good news: our subtle bodies can regenerate within minutes when addressed directly. Mental techniques do not suffice — the process requires tactile, hands-on engagement. As patients gradually develop awareness of their subtle body through guided exercises, change begins. What once felt rigid softens, expands, and becomes permeable — leading to visible physical relaxation.

The ultimate goal is for patients to help themselves — to use these exercises when they feel tension, fatigue, or stress in daily life, allowing subtle processes to restore balance naturally.

Reconnecting with One's Source of Strength

It is a profound moment when people first sense their subtle body — when their hand in front of their chest suddenly feels something there. Their faces light up; they appear more complete, centered, and present. They've reconnected with themselves — and with their inner source of strength.

The exercises that begin each SBB session cultivate *inner postures* that support subtle and physical health. We all know the importance of good physical posture: sitting straight, not slouching. But we rarely talk about healthy *inner* posture — though it's equally vital for maintaining balance, vitality, and resilience. When we focus too intensely, get angry, or push ourselves forward, we lose that inner balance and waste energy. Subtly speaking, many people go through life “hunched over,” their subtle bodies become distorted — and eventually, the physical body follows.

Inner balance, however, can be trained.

A Simple Exercise for Inner Balance

Here's a short exercise you can try right now. Normally, our attention is directed forward, to what lies before us. Now ask yourself: are you also aware of your sides? Take a moment to become aware of what is left and right of you. And how aware are you of the space above you? And below? And how about the space *behind* you? Would you notice if someone stood there? This shift in perception often brings people instantly into balance. Their “energy field” stabilizes, helping them remain centered and protected — a useful tool for therapists and patients alike.



Fig. 2: Exercise for inner balance: sensing the subtle body and perceiving the space behind.

Effectiveness That Can Be Measured

Working with the subtle body has measurable physiological effects on the autonomic nervous system — for both patients and practitioners. An ongoing study using heart rate variability (HRV) measurements investigates SBB's efficacy. Early findings show strengthening of the parasympathetic nervous system: heart rate decreases, breathing deepens, and restorative rhythms associated with deep sleep appear, even though patients remain awake. Metrics such as high-frequency (HF) values and pNN50 — indicators of vagus nerve activity and recovery capacity — rise well above daily averages, along with overall "Total Power."

Measurements on practitioners show similar trends. For example, a 52-year-old physiotherapist who once struggled with chronic fatigue now exhibits a stable energy profile, excellent recovery capacity, and remarkable Total Power scores. During the test phase, her biological age was calculated at just 29 [1] — a surprising result for someone who, before SBB training, had considered reducing her workload due to exhaustion.

Conclusion

Exhaustion often originates on the subtle level of human existence. For therapists, cultivating subtle-body awareness is therefore invaluable. The Subtle Body Balance method helps practitioners recognize their needs, set boundaries, and foster genuine self-care. Trained therapists can use the method to support deep recovery processes in patients — while simultaneously restoring their own inner balance and reconnecting with their natural source of strength.

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Keywords: *Fatigue & Stress, Goethert Method, Psychological Well-Being, Subtle Body Balance*

Book recommendation

Ronald Göthert: *Entdecke deinen Feinstoffkörper: Das Praxisbuch für Schutz und Stärkung der Lebensenergie*. Lotos Verlag, 2021. ISBN 978-3-7787-8301-6

Literature

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About the Author

Ronald Göthert has been researching the subtle dimensions of human existence since the early 1990s. From his studies and practical experience, he developed methods that help release subtle-body disturbances and strengthen life energy: the Göthert Method and *Subtle Body Balance*. His mission is to help as many people as possible reconnect with their often-neglected subtle body. He shares his decades of insight in seminars, consultations, and training programs.