



„All that we are is the result of what we have thought. What we think we become.“ (Buddha)

Energie flows where attention goes!

5 Steps you have to consider, when using the power of thoughts in a healthy way:

1. **BE AWARE & LISTEN TO YOUR THOUGHTS**

Listen to your thoughts – where are your thoughts focused on most of the time? Your conscious mind can control anything that you are focused on (even blood pressure, heartbeat) When it is not focused, anything is controlled by subconsciousness.

2. **STAY IN THE PRESENT MOMENT**

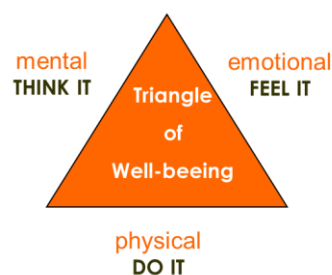
Practise to stay centered in the present moment in order to sharpen your concentration and becoming aware of unhealthy and restrictive thoughts.

3. **LISTEN TO YOUR BODY & CONCENTRATE**

Your body is the best indicator for healthy or unhealthy thoughts. Sharpen your concentration. A concentrated thought combined with a coherent emotion is powerful and exerts a very strong influence.

4. **USE CREATIVE IMAGINATIONS**

Remember that your brain does not distinguish between real and imagined situations. Both cause physical and biochemical reactions. Use creative imagination by using all senses and including all sides of the triangle of well-being (mental, emotional, physical)



5. **PRACTISE & REPEAT**

It is not enough to know it, you have to do it. Practise to enhance the neuronal patterns and pathways to achieve positive change. Brain is learning by repeating!