



THE POWER OF EMOTIONS

Dagmar Herzog





EMOTIONS

CONTROL OUR LIVES. TAKE THE WHEEL!

How often have you tried to react more calmly in stressful situations? To finally get your fears under control? And again and again unsuccessfully? Despite knowing better, we behave the same way over and over again. No wonder: It is not our thoughts, but our emotions that determine our lives. Our emotional reactions activate "programs" that are anchored in the subconscious much faster than we can think. If you want to make lasting changes in your life, it is consequently a matter of gaining influence over your emotions and using their power positively for yourself.

With the Herzog method, you can create direct access to your subconscious and change old, restrictive behavior patterns. Your self-confidence can be strengthened, and you can achieve inner growth and the goals you have dreamed of.

THE HERZOG METHOD:

EMOTIONAL TRAINING

The Herzog method uses scientific knowledge about the power of emotions and implements this knowledge in a training program.



THE HERZOG METHOD:

THE FIVE ELEMENTS OF EMOTIONAL TRAINING:

> 1. ENERGY-HARMONIES

Guided fantasy journeys awaken positive longing images that act like happiness hormone showers. Postures and gentle movements support the experience. The energy harmonies reduce stress hormones and release energy blockages, which helps you to feel relaxed, find more confidence in yourself and recharge your batteries for the day.

> 2. EMOTIONAL AFFIRMATIONS

Not only thinking positively but feeling positive is the formula for success. You will learn to develop emotional affirmations that fit your situation exactly and that will help you to overcome fears, to set goals, and to achieve them.

> 3. RELAXATION EXERCISES

Letting go and taking a deep breath is another magic formula. With the relaxation exercises of the Emotional Training, you will improve physical self-awareness and learn to simply let go of stress and anxiety. Beautiful inner images will lead you to calmness and serenity.

> 4. EMOTIONAL RE-EVALUATION OF FEAR AND STRESS

Is the glass half full or half empty? How you perceive and evaluate a situation has a decisive influence on your well-being. Loosen the feeling of stress in your stomach by looking at stressful situations from a different perspective.

> 5. DREAM IMAGES FOR SLEEP

For those who have trouble sleeping: The "dream pictures" work like bedtime stories for children. They create a feeling of safety, and basic trust in themselves and life, and help sink into a restful sleep.

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is not he who has counted the most years
but he who has most felt life.."
Jean-Jacques Rousseau**

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INTRODUCTION: HELPING PEOPLE TO HELP THEMSELVES

Faster, bigger, better, more dynamic - we live in an age that demands an ever-increasing level of performance, flexibility, and resilience that pushes many people to their limits. One person's stomach is upset by stress, another has anxiety breathing down their neck, and a third can no longer fall asleep in the evening because their thoughts keep circling in their heads and won't let them rest.

Psychosomatic and functional complaints are on the rise. The causes are countless and are not only due to external stress: What makes one person sick is perfectly tolerable for another. Depending on our personality, we repeatedly react in the same - and unfortunately often unhealthy - way in stressful situations. For example, someone who experienced too little attention in childhood, who had to suffer physical or psychological abuse, who was left alone or constantly put under pressure to perform, develops corresponding basic patterns that still control their evaluations and actions in adulthood, even and especially if they are not aware of this.

The Herzog Method (HM) works with emotions because negative emotions are what make us recreate limiting behavior patterns over and over again. With her method, it is possible to override negative emotions with positive ones and thus fundamentally change one's behavior. Dagmar Herzog is so successful because she makes findings from modern emotional research, especially about hormonal connections, particularly effective in a new method. Experiencing positive emotions helps to reduce stress hormones and improve anxiety or sleep disorders. The mood is lightened, the metabolism is positively stimulated, and the immune system is strengthened. Depressive moods, anxiety disorders, and psychosomatic and functional complaints can also be significantly improved - as part of a medically guided overall therapy plan.

Welcome the fact that more and more psychotherapeutically oriented physicians and psychologists are being trained in the Dagmar Herzog Method. They can thus offer a method that especially activates and strengthens the self-help potential of the patients.

This book on emotional training offers an easy-to-understand introduction to the background of the method, detailed and helpful instructions, and helpful exercises. It will hopefully motivate many people to start working with Emotional Training!

Prof. Dr. med. Helmut Woelk

Physician for Neurology and Psychiatry, Medical Director of the Psychiatric Hospital in Giessen. One of his specialties is research into therapeutic methods for anxiety disorders



CHAPTER 1

EMOTIONS CONTROL OUR LIVES

If they are good feelings, of course, we don't mind. But as soon as stress, anxiety, or depression takes over, it's no longer fun. Then we would like to do something about it - and often feel helpless, as if controlled by others. But emotions can be changed at any time - if we understand what emotions are and how we can influence them.



TAKE THE WHEEL

Feelings seem to have a powerful life of their own. They overwhelm us, flood our bodies, we get lost in them... That might be welcome with feelings of happiness but can leave us in despair when experiencing negative feelings. Those who are depressed, stressed, or anxious feel at the mercy of such feelings. Yet a tiny change is usually enough to make a new assessment of the possible situation - and in a matter of seconds - we feel better. This is a phenomenon that can be explained and, above all, can be used in a targeted manner.

IN THE ROLLER COASTER OF EMOTIONS

Do you know that feeling? You lie in bed in the evening, heaviness and tiredness guide you into your dreams... and suddenly, just before you fall asleep, you remember that you forgot something very important for the next day! Anxiety takes over your whole body. You sit up on your bed, hold your breath, your heart is pounding, and you are wide awake. The desperate thoughts of whether and how the situation can still be saved increase the tension even more. Then you suddenly realize that you have made a mistake and that you still have time. You take a deep breath and feel the tension dissolve in seconds. And the heaviness and tiredness return and you fall asleep relieved. And you probably know this too: rosy cheeks, shining eyes, and butterflies in your stomach. You look years younger, are bursting with energy, and could take over the world. You are in love and you are floating on clouds ... even in the gray November weather, otherwise the trigger for autumn depression, you find happiness, because now it is simply the ideal weather for cuddling. Unfortunately, paradise on earth rarely lasts forever, and you fall just as quickly into another, cold world in which you feel lonely, unloved, and abandoned. You are tormented by heartbreak or jealousy. You sit sad and alone at home and obsessively imagine more and more scenarios that have nothing to do with reality. Your heart is stuck in your throat, you breathe as if a hundred-kilo weight is lying on your chest, and your stomach cramps.

You feel exhausted, sick, and without energy – Suddenly the phone rings, and your partner calls, wipes away all the negative thoughts in seconds because he or she proves through beautiful words that you are loved after all. You hang up the phone and you could move mountains again. All worries disappeared. No medication can do that, only our feelings, our body's own "drugs". Love is the strongest feeling of happiness and the body's own strongest medicine. It heals the body and the soul. It has been known for a long time from scientific studies that negative emotions make you sick and positive emotions heal.

BODY FROM A CHEMISTRY POINT OF VIEW

Every feeling is a hormone release (page 21). What we experience as "fear" is the effect of stress hormones that cause increased heart rate, muscle tension, and breathing difficulty.

Normally, our "fight or flight" mode kicks in – as it is since the old times. With the release of stress hormones, the power to fight or flee is increased many times over. And this stress hormone release used to be extremely useful. When the lion stood in front of the cave, we had to be able to react appropriately – otherwise, we would have been killed.

Our bodies have not adapted to modern times. The signals have remained the same. This means that if you get angry with your boss, or your mother-in-law, it is just as if a lion were standing at your bedside. The only difference is that you rarely have the opportunity to run away from your boss or your mother-in-law or to fight them physically. Stress hormones cannot be broken down, so they stay in the body, make us sick, and do not let us rest. If you are lying in bed with this resentment and can't sleep because stress hormones are making your heart beat up to your neck, it doesn't help to count sheep, because most of the time the sheep is the boss or the mother-in-law in sheep's clothing and a new stress hormone shower floods you. Feelings of happiness, on the other hand, are caused by the release of happiness hormones, which can break down stress hormones in seconds, restore energy and dissolve the energy blockages caused by them. The two examples on the first page, which almost everyone knows, illustrate this mechanism. The important thing here is that life has not changed in either case, but our thoughts and associated feelings have changed.

START PRODUCING TARGETED HAPPINESS HORMONES!

- Negative thoughts produce stress hormones that block our energy, negatively affect metabolism, weaken the immune system, and make us age faster.
- Positive thoughts produce happiness hormones, which reduce stress hormones, strengthen the immune system, release energy blockages, relax us, and let us sleep blissfully in Morpheus' arms.

With the Emotional Training Program you will learn to use this knowledge for your mental and physical health. Through Emotional Training, you learn to produce your body's happiness drugs every day. The advantage over artificial drugs: The body's drugs have no harmful side effects, cost nothing, are much more effective in their effect, and can be felt immediately. The physical process is so complex that drugs or artificial hormones will probably never be able to produce that pure, wonderful feeling of happiness that our body's hormones conjure up with ease in fractions of a second.

HOW THE EMOTIONAL TRAINING CAME ABOUT

Twenty years ago, I developed the first Emotional Training Program to help myself get out of a long-standing eating disorder. I realized that eating has a lot to do with emotions. In any addiction, whether it is alcohol, cigarettes, or food, the addictive substance is always experienced with positive emotions because it is linked to ideas of love, security, comfort, and reward ...

**No medicine, no drug,
no addictive substance
can "dope" you as good as
your own happiness hormones.**

ADDICTION – SUBCONSCIOUS SELF-PROTECTION

Eating with the family, Christmas parties, children's birthdays, sweets when there are tears or good grades ... these are all situations in which we were happy and secure, in which happiness hormones are released. And you know now, happiness hormones break down stress hormones in seconds, strengthening the immune system. Our unconscious or, as I prefer to say, our subconscious, is ingeniously in control and always strives to keep the body healthy. When we are sad, bored, don't like ourselves, or have fears, stress hormones are permanently released, weakening our immune system and blocking the energy in the body. The subconscious mind, through frequent experiences that happiness hormones are produced through food, has this information firmly installed as a supposedly helpful program. And this program starts immediately when frustration, anger, or self-doubt causes the stress hormones to be released. Happiness hormones are supposed to reduce stress hormones again. Eating addicts are not addicted to food, but are addicted to the feeling of happiness, the happiness drug. Although eating often doesn't make you happy, because of the feeling of guilt, this information remains forever.

REPROGRAMMING THE SUBCONSCIOUS

If now the subconscious starts to receive intensive, new emotional (hormonal) information, such old programs can be changed. Since the addictive substance food was experienced with positive feelings, only opposite feelings can change these programs. At that time, I visualized negative scenes in which I emotionally experienced food in connection with loneliness, not being loved and disgust. In positive visualizations (fantasy journeys) I installed healthy, new emotional support programs – for example, I experienced exercise in nature with strong feelings of happiness or drinking tea in connection with great security and harmony. In a short time, my eating behavior changed fundamentally, I lost weight and since then I have had no more problems with eating. These experiences led to the development of my Emotional Training Programs for people with eating problems and for smokers, they have proven their worth.

GETTING OUT OF THE LIFE CRISIS

In 1990, I developed the program further because I was in a serious life crisis. At that time I was in the middle of a divorce and had to take care of my two children alone. Existential fears, grief, loneliness, anger, self-doubt, and the panic of not making it were emotions that would not let me go. I felt a strong inner restlessness and at the same time a frightening lack of motivation. Everyday things became a problem. Because of the emotional chaos in my head, I also had massive sleep problems. And with the sleep problems came the fear of not being able to sleep on top of the other fears. I lay restless in bed every night, my head full of horror scenarios, tossing and turning from side to side. Valerian, herbs, warm beer, and light bedtime reading - nothing brought me the longed-for sleep. Even counting sheep didn't help, because people kept sneaking in between the sheep, making my heart race. For months I could often sleep only two hours a night, always waking up at the same time with sweats and nightmares, and lying in bed from two o'clock in the morning or often all night with dull thoughts and fears. I switched to heavy sleeping pills, which initially let me sleep for a few hours, but made me even dizzier than I already was.

Emotional crisis, insomnia, and sleeping pills eventually ended in deep depression, as they do for many people. I sought help and had pills prescribed, but they only made me more tired and lethargic. I continued to search, also at the church and a psychotherapist - but no one could really help me. A friend gave me relaxation tapes and tried to teach me relaxation exercises. For example, I was supposed to imagine that I was a tree and that roots were growing into the ground under my feet. This idea didn't make me happy either: the idea of becoming stuck, of not being able to move around, had the opposite effect, especially at that time. I also didn't want to be a tree or a flower, I wanted to remain Dagmar Herzog. I wanted to lose my fears and my depression and be able to sleep again.

**Learn to help yourself
- this makes you free,
independent and strong!**

THE FIRST STEP TOWARDS THE CHANGE

At some point, I realized that only I can help myself and that I am responsible for my own life. Before the depression, I had suppressed many things in my life out of fear, addiction to harmony, and convenience. In depression, it is no longer possible. One's back is against the wall and one's weaknesses are mercilessly revealed. It is no longer possible to lie to oneself. But this brutal condition is a great opportunity to change one's life for the better. That was the first realization that moved me forward. I felt that I had to take the first step toward my goal of changing my life. I had to take the first step to find respect and trust in myself again. And that was also the first step to the further development of my emotional training programs.

EMOTIONAL TRAINING AGAINST STRESS, ANXIETY, AND DEPRESSION

The focus of the program is on guided fantasy journeys, the "energy harmonies", in which you experience intense feelings of happiness, confidence, security, and inner peace - and take a real "happiness hormone shower" every time. In addition, you learn with simple mental exercises to look at your situation from a different perspective and to emotionally re-evaluate your situation, so that you can see your life more positively again. You learn to support yourself, accept yourself, and deal with yourself lovingly. You will find confidence in your strength again. You become more relaxed and find peace and tranquility. You will also learn to motivate yourself to achieve your goals. And you learn to live by Winston Churchill's motto: "I determine who hurts me myself."

And now you can look forward to making positive changes in your life with the Emotional Training Program. You will sharpen your sensual perception, be able to experience things like a child again, and live emotionally again - and that means living life to its fullest.

EFFECTIVE IN MANY ASPECTS

With the Emotional Training you can...

- Reduce anxiety and stress
- Resolve sleep disorders
- Dissolve reactive depressions
- Alleviate or heal psychosomatic complaints, such as exhaustion, gastrointestinal problems, cardiovascular problems, neurodermatitis, migraine, tinnitus, hot flashes, and teeth grinding
- Strengthen your immune system via happiness hormones, stimulate metabolism, drainage, and intestinal function
- Gain self-confidence, inner peace, and joy in life
- Achieve your goals through emotional achieve your goals



“To change one’s life:

- 1. Start immediately.**
- 2. Do it flamboyantly.**
- 3. No exceptions.”**

William James

AS IF REMOTELY CONTROLLED

You feel bad - and can't quite put your finger on why. You react stressed, anxious, or depressed again and again - and often ask yourself why! What you consciously experience, feel, and think is only the tip of the iceberg. The part that takes place unconsciously is significantly bigger. You react spontaneously to many situations with emotional and behavioral patterns that are stored in your subconscious. If you want to get out of such patterns, you have to find access to your subconscious.

SUBCONSCIOUSNESS - HOME OF OUR EMOTIONS

The subconscious is the place of our feelings, memories, ideas, impressions, instincts, and intuition, which are not active at the moment or we are not aware of them at all, but strongly influence our actions and thoughts. Often it makes perfect sense for us to react automatically, that is, unconsciously, because otherwise, we would be hopelessly overwhelmed with thoughts and decisions - for example when driving a car. Sometimes, however, "automatic" reactions and behavior patterns are not (or no longer) appropriate.

**Subconscious programming is as old as mankind
and is anchored in our genes.**

**However, many programs have emerged
throughout our lives via emotional experiences,
especially in early childhood.**

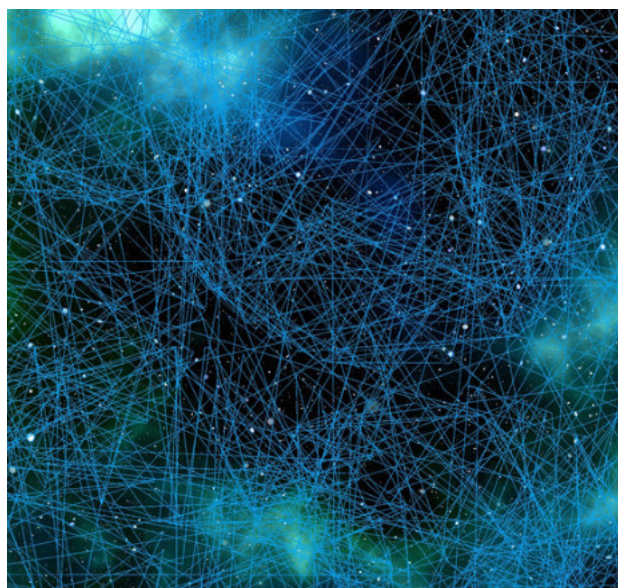
**Strategies that were helpful at that time
to protect us from negative feelings
- and thus from stress hormones -
are used by our subconscious
again in similar situations.**

Even if we would do it differently today.

EMERGENCY HELP FOR THE SUBCONSCIOUS

It is fascinating to observe how the subconscious mind reacts to stress, grief, anger, or fear: It activates protective programs to reduce stress hormones and thus protect the body from harm (page 21). An experiment from sleep research shows how necessary this is: rats were prevented from sleeping for almost three weeks. After 20 days, the animals died. Not from lack of sleep, but from banal infections. Their immune system had collapsed due to the excess of stress hormones. Now, when the subconscious mind seeks ways to reduce stress hormones, it falls back on old experiences and activates once-successful behaviors.

Anyone who was often given sweets as a consolation as a child will probably automatically reach for sweets in stressful situations as an adult. When the psychological stress is physically unbearable, for example, because traumatic events cause the immune system to collapse, the subconscious helps itself with an emergency program: with repression or even forgetting.



DAVID: AS IF HIS GERMAN NEVER EXISTED

An impressive example of such emergency help from the subconscious was told to me by David, a 72-year-old Jew from Israel. He fled Germany after his entire family was taken away by the SS and killed in a concentration camp. He was alone in the attic when his family was taken away, and watched in deep shock from the window. He fled to Belgium, where he spoke only French. After a few weeks, he could no longer read, understand or speak German. His subconscious had erased all memories of the German language to protect the soul and also the body. Only 50 years later, through psychotherapy, did he bring the forgotten language from the subconscious to the surface, and from then on he spoke again fluently like a German.

**Our subconscious is always trying to keep us healthy.
Protective programs run automatically
when there is a danger of the immune system
collapsing because an extremely
high level of stress hormones is released.**

SENSES – EXPRESSWAY INTO THE SUBCONSCIOUS

In order not to let ourselves be overrun by our emotions and fatalistically take them for granted, we must find the way into our subconscious mind to really change something. For it is only here that we can influence our fear, stress, and pain programs that dominate our entire lives. We have to learn to communicate with our subconscious – just like playing music with an instrument has to be learned. We find this access to the subconscious mind through the five senses, which awaken our emotions.

OLD PROGRAMS “AT THE PUSH OF THE BUTTON”

Everything we see, hear, smell, taste, or feel is sent to the brain as a stimulus via the nerve pathways. In a fraction of a second, the brain checks whether an emotional program already exists for this sensory stimulus. If so, the same cocktail of hormones is immediately released just like during the initial programming.

An example that may sound familiar to you: In the morning, still quite sleepy and tired, you turn on the radio and listen to an old song that you haven't heard in years. Instantly, you feel full of energy and happy because you listened to this song for a whole summer when you were young with the love of your life. Just a few bars are enough and your hormonal system reacts to the old familiar signal: a real happiness (hormone) shower is released over you, releasing energy blockages in your body, making you wide awake and happy and getting your day off to a really good start. But if the summer love was unhappy, you would probably feel melancholy when you hear the song. Because in this case, it is stored in your subconscious mind with negative emotions (and the corresponding stress hormone cocktail).

SMELL IS A PARTICULARLY STRONG SENSE

Let's assume you are visiting friends during the Christmas season and there is a smell of freshly baked Christmas cookies. Immediately, a feeling of comfort and security spreads through you - because your subconscious has programmed this smell with happy feelings of security and being loved in childhood. Because most mothers bake cookies with their children at Christmastime and give them a lot of love, attention, and affection at this time. If this experience is missing, then the corresponding program is also missing: a friend of mine, who grew up without a mother, does not have any positive feelings about the smell of freshly baked cookies.



DANIELA: SMELL MAKES SAD

Strong negative feelings can also be triggered by programmed olfactory stimuli. Daniela, one of my seminar participants, grew up with her unloved aunt. The apartment was usually untidy and dirty. And every week, her aunt served fried chicken from a greasy paper bag, accompanied by potato salad from a plastic bucket. When Daniela entered the apartment and the smell of the already soft, collapsed chicken hit her nose, she felt sick every time. She felt sad and abandoned by her parents, who both worked. Daniela now works in a large shoe store. When she goes to the communal kitchen at lunchtime and the hated smell of a roast chicken hits her nose, because one of her colleagues is gleefully eating one, she feels sick. The same emotions creep over her as they did as a child. She feels lonely, abandoned by the world, and sad.

**Olfactory information is connected directly
to the part of the brain
which is responsible for memories and feelings.
Therefore, a smell can directly
recall old memories and feelings.**

SENSUAL TRIGGERS

For Daniela, the sense of smell triggers the emotional program. It is as if there were an olfactory computer inside us. For me, the smell of hot asphalt in summer awakens feelings of happiness. I remember happy childhood days when I rode my bike to the open-air pool, towel, swimsuit, and snacks on the back of the luggage rack in a bathing bag. I see myself riding happily at breakneck speed down the hill to the open-air pool, the warm summer wind on my skin, and a feeling of happiness in my stomach. Each sensory perception can trigger different "movies" and feelings. The fascinating thing about this is that we can use external stimuli to call up old stored programs again and again - and with the same emotion as when they were first programmed. Countless programs lie dormant in our subconscious. Only a few are linked to a specific memory. But these programs cause us to suddenly become excited, happy, sad, or anxious - for no apparent reason.

**"The odor of fruits wafts me to my Southern home,
to my childish frolics in the peach orchard.
Other odors, instantaneous and fleeting,
cause my heart to dilate joyously
or contract with remembered grief."
Helen Keller**

LEARNING THROUGH FEELINGS

We learn through emotions and are controlled by them. If you tell a child a hundred times not to touch the stove, the child will still do it. They have to feel for themselves - even if it hurts. Knowing that they can burn themselves and why does not help the child. Only feeling brings about change because only emotions penetrate the subconscious. However, our subconscious mind does not make a big difference in whether we really experience something or whether it happens in our imagination. As soon as emotions are involved, the hormonal reaction is the same. That's why, for example, we wake up in the night drenched in sweat, because we've had a nightmare. Stress hormones make us jump up as if we really had to fight for our lives.

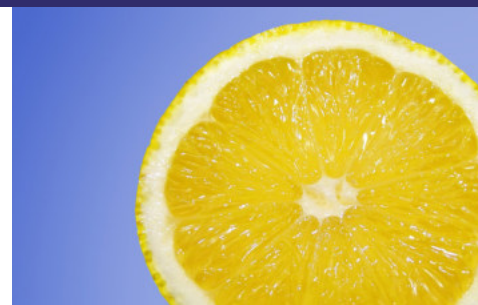
Through the mind, you get to the behavioral patterns that make you vulnerable or weak, again and again. It is always only the emotions that bring the change, whether in the reduction of stress and anxiety, sleep disorders, or addiction programs.

THE POWER OF IMAGINATION

You can, for example, use simple exercises to test that there are programs in your subconscious that automatically triggers a physical response - just through imagination.



EXERCISE: LEMON – RETRIEVING A PROTECTION PROGRAM



- > Concentrate and imagine biting into a juicy lemon.
- > What happens? Your face contorts and more saliva is produced in your mouth. Why? We have all had our first experience with a lemon at some point. It looks so beautifully yellow and tempting. But the first experience of biting into it was certainly that of the strong acid contracting the mouth immediately. The subconscious mind stored this experience and promptly activated hormones that triggered an increased flow of saliva to protect the acid-sensitive epithelium in the esophagus by diluting the acid.
- You will find that the subconscious mind does not make any difference whether you are really biting into a lemon or just imagining it. In a fraction of a second, the image of you biting into a lemon goes into your brain. And just as quickly, a cocktail of hormones is released, that triggers the flow of saliva. Someone who has never bitten into a lemon will not react to this exercise.

EXERCISE: STRESS – HOW THE BODY REACTS

To test how your subconscious mind also reacts immediately to stressful situations and how harmful negative stress is to the body, you can do the following exercise:

- > Recall a past stressful event, such as a situation in which you were humiliated, jealous or afraid. Relive this situation for about one minute.
- > Afterwards, try to determine exactly what you felt in your body and where you felt it.
- In my seminars, most participants feel pressure or constriction in their stomachs. Others feel that their breathing is constricted or that their heart is pounding up to their throat. You will feel part of your body where your emotions are most noticeable. That is where your personal energy blockage, your weak spot, is located. If you do not learn to reduce your stress, it is only a matter of time before a complaint turns into an illness.

EXERCISE: RELAXATION – JUST IMAGINING

> Close your eyes. Imagine you are lying in a lonely bay by the sea. It is warm. You feel the sun on your skin. You hear the gentle rhythm of the waves. You are completely relaxed. Your thoughts float away. You feel peace and harmony.

> Open your eyes again. Did you feel the relaxation even though you only imagined the scene? What happened to your breathing and muscles?

- With this relaxation image, stress hormones are reduced by happiness hormones in seconds. If your breathing was shallow before, you now breathe deeply and relax your muscles.

WHEN I THINK ABOUT IT...

... my stomach turns, my blood boils, I get palpitations, I get all red, I get goosebumps, I get all dizzy. These phrases hit exactly what you have just tested yourself: Just your thoughts about something specific cause distinct reactions in your body via hormone releases. The imagination triggers physiological symptoms.

**You can send
targeted emotional information
to your subconscious mind
and make positive changes in your life.
With Emotional Training,
you learn
to install new emotional patterns
that override old negative programs
- until they are silent forever.
Or install new positive programs
that help you
live your life more positively.**

EXERCISE: RELAXATION – JUST IMAGINING

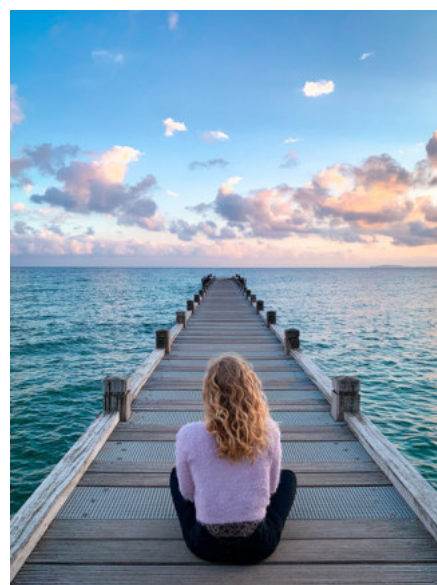
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**Every emotion,
including those "artificially" induced by imagination,
causes the release of certain
signaling or messenger substances
in the body,
primarily neurotransmitters and hormones.**

EXERCISE: BETTER THAN ANY FACE CREAM...

You can also test the fact that thoughts immediately trigger physical reactions

in front of the mirror:

> Look closely at your face. Is it relaxed or tense? Do you look satisfied or peeved? Does your face tell a story of struggle, unkindness, and disappointment – or one of success, love, and passion? Are your eyes dull and extinguished – or are they radiant? Is your facial skin pale – or rosy with blood? Are your shoulders and is your head posture bent or upright?

> If you have noticed your face in detail, think of a person you despise or who has offended you. Watch carefully how your face changes. How your eyes narrow, pupils become smaller, mouth tightens sourly.

> Now think of a person you like. While doing so, look in the mirror and observe what happens: Your face relaxes, the corners of your mouth go up, and a soft smile brightens your face. Your eyes get a friendly expression.

> Now close your eyes and think of your dream man or woman. Imagine yourself being hugged and loved. Live in this dream scene for about one minute. Then open your eyes and look closely at yourself in the mirror. Your eyes and pupils are large and radiant, and your face and mouth are completely relaxed with rosy blood flow. There is no doubt about it: Love makes you beautiful – even if you only think about it!

– This exercise shows you how to boost your hormone beauty cocktail in a second and at any time. It is much more effective than an expensive face cream. It is, so to speak, the cosmetics from within. Being in love is a real hormone firework. But here, too, it is our imagination that is permanently occupied with the partner and lets us experience the excitement over and over again. The subconscious hardly makes a difference whether your dream partner is really stroking you or whether you are only dreaming about it.

**Just a short time is enough and
already your face tenses or relaxes,
looks caring or dismissive.**

**You will never see the corners of your mouth down
when you are happy.**

USE THE POWER OF YOUR IMAGINATION!

So, with the help of thoughts and imagination, you can immediately call up unconscious programs and the corresponding emotions. During the exercises, you could see how happiness hormones reduce in seconds the stress hormones that had also changed the appearance of your face. Emotional training, therefore, works with intensive ideas that arouse positive feelings and thus provide beneficial happiness hormone showers.

IT'S A QUESTION OF HORMONES...

So what is a "hormone cocktail"? What exactly happens in the body when we are sad or happy? And why are we happy in the first place? Hormones are part of our body's sophisticated communication system. Sensory impressions are passed on to the brain, where they are analyzed and evaluated - and a highly complex chain of reactions is then triggered at the psychological, physical, and behavioral levels.

The feeling with which we react depends on the assessment, ie. how the brain assesses the situation and the possibilities of dealing with it: If it senses danger, the old "first aid in danger" program runs automatically - with psychological and physical symptoms that are supposed to enable an appropriate response. Sleep disturbances, for example, are a part of this old program, because when danger threatens, we have to stay awake in any case! Such programs run just as independently as all bodily functions that are essential for survival, just as heartbeat or digestion, metabolism, and sleep.

WHAT ARE HORMONES GOOD FOR?

Every external stimulus triggers a highly complex event in the body. In very simplified terms (the experts please forgive me!): The information about the stimulus is transmitted to the brain via the nervous system by so-called neurotransmitters - chemical messengers that play an important role in this process. Faster than you can consciously think, in fractions of

seconds, the brain then sets everything in motion so that you can react according to the situation. And that means first of all: the release of neurohormones. Hormones are also messenger substances that are released by special cells to trigger certain reactions in other cells. In this way, they coordinate the metabolic activities of the cells. This is necessary to maintain the inner physical-mental balance in the face of constant influences and disturbances from the environment. Hormones determine, among other things, our behavior, and our feelings, and they even influence information processing in the brain, our sleep behavior, and our immune system. Hormones are produced in glands and transported via the blood. They can act simultaneously in both the neuronal and hormonal communication systems. The release of hormones is controlled by sensory perceptions, emotions, pain, and stress, but also by the body's information. Under heavy stress or when the body is misregulated, the hormonal system can also fail: An overproduction or underproduction of certain hormones then severely disturbs the inner balance.

**The tasks of hormones and neurotransmitters
cannot be separated,
because both are involved
in the nervous system
as well as in the hormone system.**



TYPICAL HORMONE COCKTAILS

It all depends on composition and dosage.

For each emotion, whether fear, jealousy, anger, hate, or love, a whole cocktail of hormones is released, each of which triggers typical symptoms. There are about ten basic emotions, each determined by a different composition of hormones and neurotransmitters.

- For example, you feel joy, happiness, euphoria, or love when dopamine, endorphins, norepinephrine, acetylcholine, and female sex hormones are released. Your eyes shine, your skin is smooth and rosy, and you walk upright and feel full of energy.
- Sensuality and erotic feelings can be attributed to the composition of dopamine, oxytocin, and norepinephrine.
- On the other hand, if melatonin, acetylcholine, kinins, and norepinephrine are released, you feel anxious, restless, and lonely. You would prefer to crawl into bed.
- In the case of deep sadness, melancholy, and depression, melatonin, serotonin, and Gaba play a decisive role (According to J. Zehentbauer).

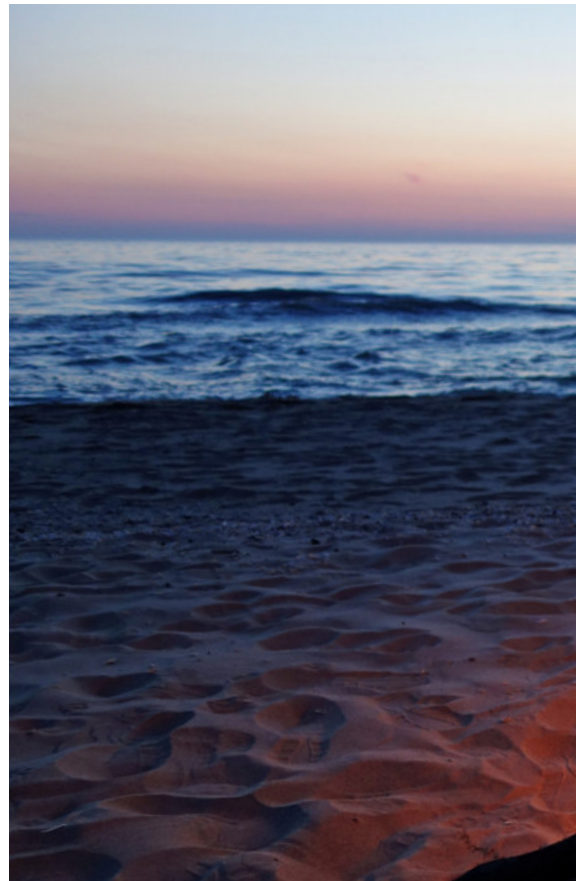
PHARMACEUTICALS ARE NO SUBSTITUTES

Many sleeping pills, psychotropic drugs, and antidepressants have been chemically copied almost identically from the body's hormones – but with limited success. This is because the side effects of these drugs are extremely strong, and dependence is naturally a concern if taken over a longer period.

Antidepressants must be taken for at least two weeks before any effect is felt. The body's hormones, on the other hand, take effect immediately because they pass through the so-called brain barrier in seconds and

one hundred percent. Artificial hormones, on the other hand, pass through this barrier only a fraction of the time. With Emotional Training you will learn how to mobilize your body's remedies in a natural way, completely harmless and much more effective. Of course, there are illnesses such as certain severe forms of depression (page 85) or thyroid dysfunction that always have to be treated with medication first to regain access to the emotional experience. But even here patients must learn to take control of their life after the treatment - and do so via their emotions.

**There is probably a multitude of different hormones,
of which only relatively few
have been scientifically researched.
Every feeling is triggered
by a cocktail of 20 or more
different hormones and neurotransmitters.**

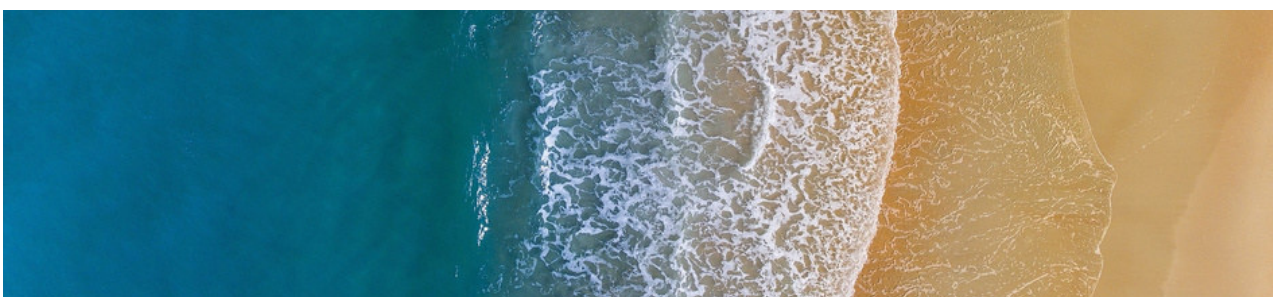


PSYCHOSOMATICS AND PSYCHONEUROIMMUNOLOGY

Every feeling has an effect on a physical level. Positive feelings strengthen us in every way, negative feelings weaken our bodies in the long run. Stress, anxiety, and depression are the cause of many so-called psychosomatic complaints and diseases such as sleep disorders, migraine, tinnitus, gastrointestinal problems, water retention, cardiovascular problems, back pain, neurodermatitis, allergies, asthma, breathing problems, and many others. Connections between mental and physical complaints, long ignored by conventional medicine, are now scientifically proven.

PSYCHONEUROIMMUNOLOGY – SCIENTIFIC EVIDENCE

The interplay of body, mind, and soul is the subject of a relatively new scientific field of research: psychoneuroimmunology, abbreviated to PNI. It combines psychology with neurology and immunology. It deals with all aspects of the mutual relationships between the psyche, the nervous system, the hormonal system, and the immune system. PNI has researched that our feelings influence all biochemical and physiological processes in our body – including our self-healing powers. This realization will greatly change "classical" conventional medicine because it will have to devote itself more and more to the healing of the human being in its entirety – as traditional healing methods have always done. Through the realization that we have an immense influence on our health through emotions, methods such as Emotional Training will become increasingly important. Conversely, we also bear more responsibility for ourselves and our health. Because we can do a lot to keep ourselves healthy, independent of medicine, by learning to use emotions in a targeted and healing way.



STUDIES SPEAK FOR THEMSELVES

In America, large-scale scientific studies showed that positive feelings can protect against illness:

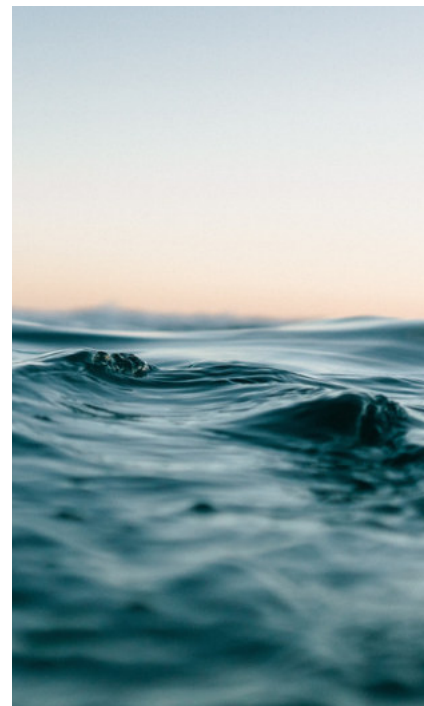
- The susceptibility to illness decreases significantly in people who approach their daily problems constructively, accepting them as challenges and maturing processes. It is similar for people who are religious and who see meaning in life, regardless of which religious community they belong to.
- In another study, 10,000 married men were observed for five years with the result that men who felt loved and supported by their wives suffered from significantly fewer heart risk factors than the other men.
- Another study of 567 students found that people who could not show their feelings and open up emotionally, who could neither give nor accept affection, were much more prone to psychosomatic complaints than those students who showed and acted out their emotions.
- Because back pain, disc problems, and tension are significant financial problems for health insurance companies and employers, they jointly commissioned a workplace study. First, they looked at the technical conditions at the workplace, such as chairs, shoes for standing jobs, movement sequences during work, and so on, until they finally found what they should be looking at in the working atmosphere. A poor working atmosphere and bullying in the company were identified as the main causes of back pain. Why is that? A bad working atmosphere and mobbing cause psychological stress. This leads to the release of stress hormones. Among other things, this leads to muscle tension and, in the long term, to painful tension. Orthopedists now believe that 75 percent of all back pain is psychological.



EMOTIONS – THE KEY TO HEALTH

Our physical condition is therefore influenced to a large extent by our feelings. Confidence in oneself and one's life, as well as support from the environment, are basic elements that we need for a harmonious life. Positive feelings are necessary to heal ourselves. They are the key to a healthy, happy, and successful life! Emotional training uses this knowledge. It works with strong emotions conveyed through emotional inner images. The resulting feelings of happiness reduce the stress hormones adrenaline and cortisol and lower the heart rate and blood pressure. By reducing stress hormones, intestinal function is normalized, and psychosomatic complaints and illnesses are alleviated or cured in the long term. Practically all organ functions are positively influenced by happiness hormones, the immune system is strengthened and the regeneration of every body cell is activated. This makes you less susceptible to infections, full of energy, stay young longer – and can sleep peacefully again. sleep.

**Stress makes you ill in the long run.
A good working atmosphere
contributes significantly
to a lower sickness rate.
Today, many companies
take advantage of this knowledge
by sending their employees
to seminars on improving
communication,
conflict resolution strategies,
stress reduction,
and strengthening self-confidence
and motivation.**



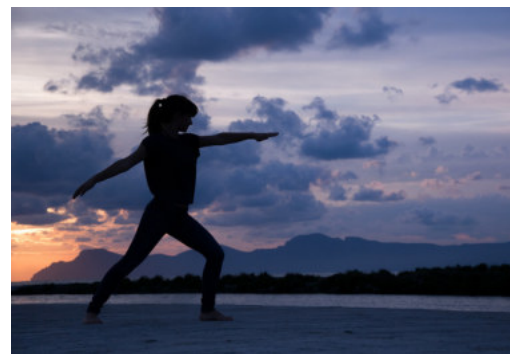
LET GO OF THE OLD PROGRAMS

You can learn how to feel happy more and more often and more intensely – regardless of the situation. Because the situation is not as decisive for your well-being as you might think. It depends much more on your view of things, and on how you evaluate what is happening. This does not mean that you should look at everything through pink glasses. Rather, it means that, in addition to your usual behavior, other perspectives and reactions are possible that make things easier!

THE THING ABOUT EVALUATION

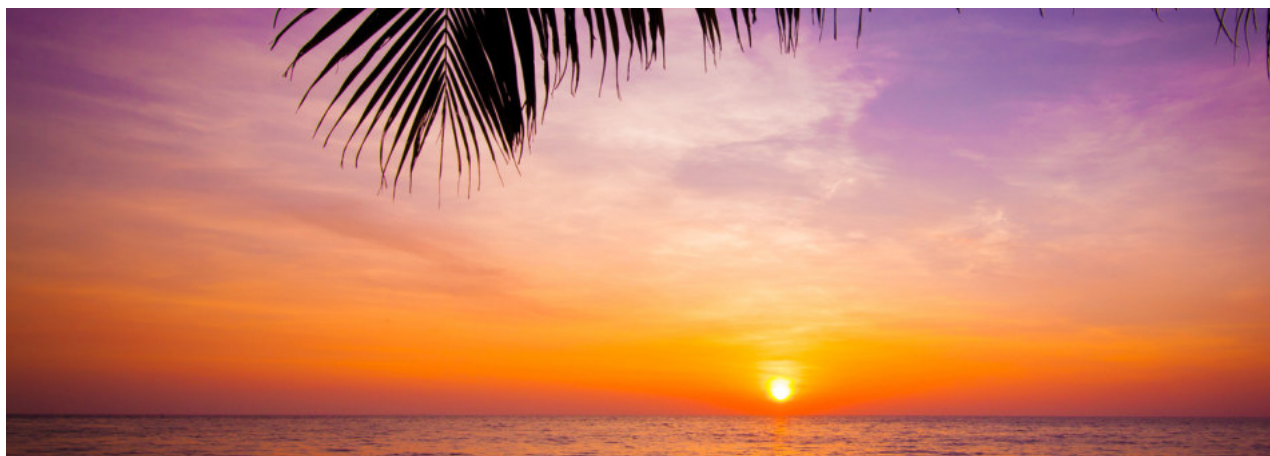
We are constantly occupied with sensory impact. And everything we perceive is immediately evaluated. As you already know, the brain checks every sensory stimulus in fractions of a second to see whether there is already experience and a behavioral program for this perception. If so, the corresponding emotion is activated and a certain cocktail of hormones is released. This makes sense because in many situations it is necessary for survival to react instinctively at lightning speed. Often, however, it would be helpful to first register the situation in a value-neutral way. Because then we wouldn't have to stumble right into a ready-made emotional pattern. We could perceive more and in a more differentiated way, recognize differences to the old, formative situation – and would probably react differently. The fast, automatic evaluation makes perception one-tracked. We then see only what we know and what we expect.

**"I know I am not
seeing things
as they are,
I am seeing things
as I am."
Laurel Lee**



ONE PICTURE, TWO EVALUATIONS

How we evaluate something has a lot to do with our inner attitude and our basic mood: Let's say you're heartbroken, standing alone by the sea at sunset. You are sad and feel that the setting sun is like a farewell, the end of a love that is sinking into the sea. You feel lonely, and unloved and become more and more melancholic. The same sunset: You are also standing alone by the sea, but you are happy because you have passed your exams, are freshly in love, or are just recovering from a painful illness. In all these cases, you are filled with happiness, you will sensually perceive the sunset as a gripping spectacle of nature. You will joyfully say farewell to the sinking sun, symbolic of the past, and happily await the new day, thinking, "Today a new life begins." The sunset is the same in both situations, but your evaluation is different.



GETTING OUT OF CONDITIONING

So you don't always have to react the same way to a stimulus or situation, and you don't have to take your existing programs for granted and surrender yourself to them. What has caused you stress or anxiety up to now will soon hardly be able to upset you - if you change your inner attitude, reprogram your old stress program. Of course, you can no longer change situations that have already happened. But you can assign new evaluations to them - and thereby bring your hormones back into balance. So if you have stored a certain situation, like the sunset, with negative evaluations, you can come to positive evaluations through new emotional images. Such reprogramming is made possible by strong emotions. With Emotional Training, you learn how this works.

**Subconscious programs are old conditioning:
An originally neutral stimulus triggers a response
– a feeling and/or behavior.
This particular link was learned through repetition
or in an emotionally significant situation
and stored in the subconscious.**

IT'S ALL ABOUT PERSPECTIVE

How you evaluate a situation also depends significantly on your perspective. The best way to be unhappy: Always look up with dissatisfaction and envy at those who are supposedly better off than you, because the ladder to the top never ends. Even if you had your villa by the sea, with this attitude you would continue to look up, to those who have an even bigger villa, or to those who are more beautiful and younger than you. Instead, look down – this puts your unhappiness into perspective and makes you more content. However, you must overcome the distance and empathize with the situation of others. Here, too, it is the feelings that are decisive, not the thoughts. Only when we empathize do we avoid arrogance towards those who are worse off than we are. And we feel gratitude for how well we are doing!



**“To be upset over
what you don't have
is to waste
what you do have.”
Ken Keyes Jr.**

EXERCISE: A DIFFERENT POINT OF VIEW

> Imagine you are sitting at a table in the hotel with an elderly man. He has been unemployed for years and is dependent on social welfare. He lives alone in a tiny, poorly furnished room and heats with a coal stove. He does not have a bathroom.

Now tell the man about yourself. What you have experienced, how you live, where you live, and what you own. And then tell him what you lack in happiness, what annoys you, what frightens you.

Then imagine how the man then goes home to his small stuffy room and thinks about you. What do you think: does he think you are a happy person or an unhappy person? Can you feel that you live like a prince or princess for the other person? Then you will surely feel better right away!

Sink deeply into this image, and picture everything exactly! Give yourself a few minutes for this.

EVERYTHING IS RELATIVE

When my son was one and a half years old, he fell out of the double bed while climbing up and had to be admitted to the children's hospital with a fractured skull. I spent three weeks with him in a mother-child room in a cancer ward where only infants with brain tumors lay. Talking to the unfortunate mothers in the hallways, I almost felt guilty because my child "only" had a fractured skull, which I knew healed relatively quickly and well at that age. As strange as it sounds, I was grateful and happy. I felt like the one-eyed woman among the blind as if I had hit the jackpot.

Similarly, there was an elderly lady who was suffering from serious blood cancer. She was so weakened by it that she could no longer leave the house. After she regained her strength with a new medication, she experienced a euphoric feeling of happiness during her first walks and visits to cafés in the city. She had become aware of how grateful she was to be able to enjoy the little pleasures of life again.

ERIKA: HOW COMPARISON CAN HELP

Erika, a seminar participant with a severely disabled child, told me that with the help of this technique, she was able to reduce a long-lasting pain program from now on. Through her financial fortune, she was able to provide the best for her daughter. In ten years of tireless care, she managed to give her daughter the best possible support despite her disability and to make her child happy. Nevertheless, she looked enviously at the many young mothers who played carefree with their children on the playground, and she looked wistfully at the children who went to school without any problems and were neat and nice to look at. All these images made her unhappy and tormented her, causing her frustration, stress, and anxiety.

In a television report about disabled children, Erika learned about a single mother with four children, one of whom was severely disabled. The family was supported by social welfare. The woman had to drive a cab at night to earn extra money and take care of the children during the day. This fate made Erika aware of how well she was doing. And this feeling of happiness finally dissolved her pain.

**For gratitude
we always need the comparison –
to the past or to others
to make clear to us:
Everything is relative.
For it is only
when we have been down,
or even when we look down,
that we experience our actual state
as a state of happiness,
for which we can
be truly grateful.**

TRUST IS (NOT) A MATTER OF LUCK

You need to feel feelings of happiness to activate your happiness hormones. But what is happiness? Think about the situations in which you were really happy. When I ask this question in my seminars, I get the following answers: when I got married, when my children were born when I passed my exams when I had professional success, and so on.

If I then want to know more precisely why someone was so happy in these situations, I always get the same answer after some thought: "I had the feeling that no one could hurt me anymore." This means nothing other than: "I was no longer afraid", "I had confidence in myself and my life", and "I could finally let go".

THE MAGIC OF LETTING GO

Imagine you are hanging from a tree branch. Someone is standing below and says, "Let go!" - When do you let go? When you have confidence. Having confidence means being able to let go and no longer be afraid - in every situation in life: letting go of the old, letting go of fears...

entrusting ourselves to the new, the unknown.

To be able to trust is the basis for happiness. We run after it all our lives because we don't really trust ourselves, let alone others.

(Self-)trust is something you can learn. Starting on page 91, you'll learn how.



**»A man's highest happiness
is found in the liberation from fear.«**

Walther Rathenau

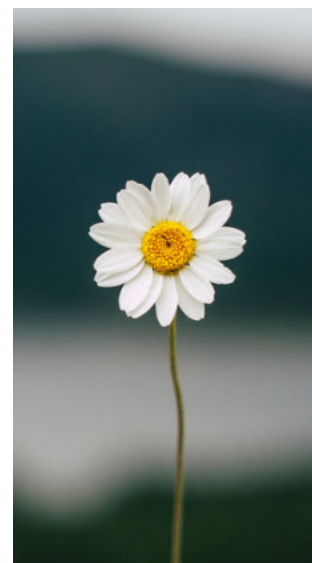
QUESTIONS ABOUT HAPPINESS

Think about when in your life you were filled with happiness:

- when you were in love
- when you passed an important exam
- when you had special success in your job
- when you recovered from a serious illness
- when you unexpectedly came into money
- after a victory, for example in a sporting discipline
- after the birth of your child

> And then think about why you were so particularly happy at that time!

You will probably find that it was always related to trust and, above all, self-confidence.



THE "LITTLE" LUCK

Of course, it can't always be about the "big" happiness. Ultimately, the "small" happiness, the moments of happiness in everyday life, are more important. These occur, for example, when we devote ourselves completely to something when we immerse ourselves in something and identify with it. The magazine "Psychology Today" conducted a large survey among 52000 readers with the question: "What does happiness mean to you?" The result can be described with the following picture: I am happy when I tend my own garden and do not envy my neighbor's garden. Happiness also means noticing the little things in life, being grateful for one's health and possessions, and for good friends and family. People are grateful and happy because they are aware of how wonderful it is to be able to see, hear, taste, smell, and feel, in other words, to be able to perceive intensively through the five senses. All of this makes people happy - so happy that a high amount of happiness hormones are released which makes you healthy, and young and strengthens your immune system.

EMOTIONS MAKE LIFE RICHER

Children live their lives entirely through emotions. When they are sad, thick tears roll down their cheeks, and seconds later they can laugh again when they are cheered up. Unfortunately, these genuine expressions of emotion usually disappear quickly, because children are still brought up not to show their emotions. At the same time, the world would be a better place if boys were allowed to cry and didn't always have to be strong and if girls were allowed to show their anger and not always have to be good.

**“Many people lose the small joys
in the hope for the big happiness.”**

Pearl S. Buck

LIVE THROUGH YOUR FEELINGS!

Those who have been brought up in this way have learned to suppress their feelings and can often hardly perceive them. The first step to a happier life is therefore to consciously feel your feelings and allow them to be there. And also give expression to your feelings. Don't suppress them. Surely you know this: an emotionally expressive face touches us, whether it is particularly relaxed, happy, or sad. We trust people who show their feelings because they are open to us and we can therefore open up more easily ourselves. So you are more likely to get real attention and love if you express your emotions, if you cry, laugh, or curse if you have the courage to be yourself. By the way, others feel exactly whether you are really happy and in a positive mood or whether you are just trying to appear positive. Because it is not positive thinking, but a positive feeling that is decisive.

Therefore, learn with the Emotional Training to install and retrieve positive feeling programs! Learn to express your feelings again by strengthening your self-confidence and reducing your fears. Then you can also show your true feelings to other people again because you are no longer afraid of being hurt.

HAPPINESS LIES WITHIN YOU!

Perhaps you are still skeptical about whether it is really possible to feel happy when you want it, on-demand, so to speak. It is quite simple how: By learning to consciously use your emotions and thus activate your happiness hormones. You are no longer weak and dependent like a small child. You are an adult and responsible for your own life.

**The happiness you may have been chasing all your life
you will discover only within yourself.**

**This happiness is independent
of other people
or external wealth.**

**You only have to do one thing:
use your body's hormones daily in a targeted manner
through Emotional Training.**

EXERCISE: HOW WOULD YOU LIKE TO LIVE?

Perhaps you are afraid of the unknown that awaits you if you change your life.

> Then close your eyes and imagine what your life will be like three, five, and ten years from now if you don't change anything. How do you feel? Do you want to continue living like this?

If you honestly answer no, then it's time to make a change. With Emotional Training, you will succeed! Learn step by step with the training program to accept and love yourself. Because this is the foundation to go through life confident and happy. Don't wait, start right away. Remember: No one can make you happy but you!





CHAPTER 2

TRAIN YOUR EMOTIONS

Use the power of emotionally strong inner images! Starting today, you can daydream to your heart's content, let your inner voice say nice things to you, and take one happy hormone shower after another in guided visualizations. From today on you are allowed to feel really good! With the following exercises, you will create the foundation for a happy, fulfilled life.



HOW TO BECOME YOUR OWN COACH

To feel joy, love, security, and trust, that's what we all long for. When we feel miserable, overwhelmed, stressed, anxious, or without energy - then it would be so nice to receive comfort and help... You don't have to wait for that any longer! You have the key to your own inner source of joy, to powerful positive emotions already in your hand. Use it!

You already know this: You won't get anywhere with your mind when it comes to emotions. You can only reach emotions with everything that triggers feelings, for example with music, smells, or intense visualizations. This insight is used by Emotional Training and therefore works with strong emotions, which are conveyed through inner images. Because only if you feel something intensively, the new inner program can be saved and old patterns reprogramed. It is always the emotions that can create change, not the mind.

TAPPING INTO THE SOURCES OF HAPPINESS

Each of us carries a multitude of images that trigger strong positive or negative feelings. Only we have not learned to use this enormous potential and to call up the images to specifically feel (positive) emotions. Exactly these sources of happiness are "tapped" by Emotional Training. Learn how to take "hormonal happiness showers" and dive into the realm of your positive inner images! As you learn and apply the elements of Emotional Training, you will emotionally re-evaluate your situation. You will learn to release targeted happiness hormones that will reduce your stress hormones in seconds. This will eliminate the causes, not just the symptoms, of stress, anxiety, depression, and sleep disorders. The psychosomatic complaints, i.e. the physical effects of stress and anxiety, can be remedied by yourself through Emotional Training.

**"If you don't feel it,
you'll never get it."**

Johann Wolfgang von Goethe, Faust I

With the program, you learn to use your body's drugs (page 9) when and how you want, like a medicine precisely tailored to your needs - without costs and side effects, available at all times.

Through targeted work with emotions, metabolism, stomach, intestinal and kidney function are strongly stimulated and the skin is better supplied with blood. You are full of energy. You feel significantly younger - and look younger! Think of a person who is freshly in love. Everyone notices immediately that the happy person looks years younger.

EMOTIONAL TRAINING: THE PROGRAM

Emotional Training consists of various elements:

Daydreaming (page 44).

A simple way to activate happiness hormones, feel happier, more relaxed, and balanced, and tackle goals with more motivation.

> Use the quiet time during the day to daydream in a targeted way.

Emotional affirmations (page 48)

You can support yourself with soothing, empowering words.

> Repeat your affirmations to yourself as often as possible every day. At least once a day in a relaxed state: The fifth "Harmony" is specially designed for this purpose.

Transform your inner pain images (page 92)

Find new evaluations for your life situation. Approach some things with more humor, allow yourself to feel, and reduce anger and hatred. Learn to love yourself.

> You will find many tips and exercises to guide you through this process.

"Energy Harmonies" (page 59)

Treat yourself daily to your "happiness hormone shower" with emotionally powerful, guided fantasy journeys.

> In the morning, ideally right after waking up, you should choose one of the first four "Energy Harmonies" (page 62) and then listen to the fifth "Energy Harmony".

Relaxation exercise (page 136)

Beautiful inner images that lead you to peace and serenity.

> Do them as and when needed and in the evening after the dream image, if you have not yet fallen asleep.

Tips for training:

> It is good to think about when is the best time for you to do the training program. Otherwise, you run the risk of having good intentions but finding all kinds of excuses why today is not the best time.

> It is also important that you train consistently over a longer period of time, preferably six months. Indeed, emotional images and affirmations usually have an immediate effect. But to install them permanently in your subconscious, longer repetition is required.

> Your training program should always include the evening exercises of Emotional Sleep Training - even if you do not suffer from sleep disorders. Because the dream scenes will give you peace, a pleasant feeling, and confidence - and what more do you want than to fall asleep relaxed with these feelings?!



USE THE POWER OF EMOTIONS

Everyone can feel emotions. That is why everyone can work with this program. You only have to direct your inner images to yourself. Because you can only experience and feel positive about what you have already experienced or know. Joy, anger, fear, loneliness, sadness, love, pity, hate, and sexual excitement - all these are emotions that everyone knows. We call up these feelings unconsciously again and again, for example, when we watch a movie, read a book, when told a story, or when sleeping at night. Or even when we dream at night. The subconscious mind makes no distinction between reality and dream images. The emotions and thus the hormone cocktail are the same. With Emotional Training, you learn to consciously call up your positive emotions and use them in a targeted manner to reduce stress hormones and thus restore hormone balance.

**Motivation means
experiencing the feelings of happiness,
which you feel when you reach a goal,
already while you are on your way.
Let your subconscious mind work with you,
not against you!**

PLEASURE OR FRUSTRATION – A QUESTION OF INNER IMAGES

For example, a woman who likes to cook or clean differs from another who does not like to do so by the inner images she associates with it. Thus, the woman who likes to clean and cook sees the clean apartment in front of her inner eye, smells the freshness and the food scents, and sees her family and friends sitting comfortably at the beautifully set table, enjoying the food and conversation and praising her cooking skills. All this triggers feelings of happiness in her and motivates her to enjoy cleaning and cooking. A woman who does not like cleaning and cooking, on the

other hand, sees her swollen hands fishing for the rag in the dirty cleaning water and sees herself standing in the draft while cleaning the windows and pushing the vacuum cleaner back and forth with boredom. She sees herself shopping and peeling potatoes alone, standing in the kitchen in a frying grease haze, and she sees her family inhaling down the food to quickly get out of the kitchen to avoid cleaning after the meal. In the next two chapters, you will learn how to radically change even quite banal, everyday things and inconveniences with Emotional Training. Because often they are the very things that burden us. Just think of work that you constantly put off, such as the tax return or tidying up the desk. Everyone knows the feeling when something like that is finally done. Relief and deep satisfaction fill us up then - real feelings of happiness. It is not the idea of the work itself that serves as motivation, but the familiar feeling of happiness when the work is done. With this feeling of happiness, you can motivate yourself to do upcoming work and tasks with pleasure. You just have to learn to let your subconscious work for you and not against you. I will show you how to do this with Emotional Training. In the following paragraphs, I will introduce you to the individual elements of the training program and show you simple initial exercises that will immediately improve your well-being. The following chapters offer special exercise programs for stress, anxiety, depression, and sleep disorders. You will see: You also can make yourself happy - and it's much easier than you think!



YOUR INNER CINEMA

The first step towards your goal: Dream of happiness! If you paint your wishes in bright colors and also experience the corresponding feelings in your daydreams, it will do you good – and you will mobilize much more strength to make those wishes come true.

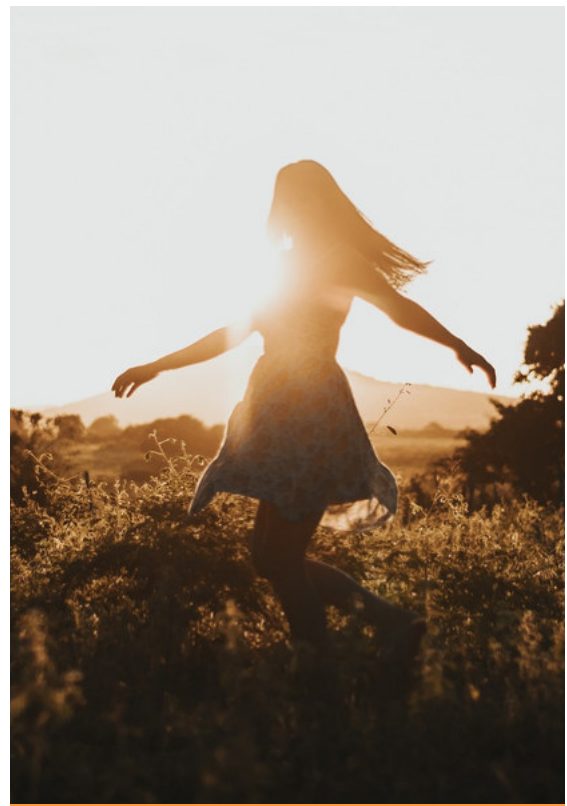
DAYDREAMS MAKE YOU HAPPY

Even if you have been taught from an early age "not to daydream all the time" – do it anyway! Psychologists have long known that daydreams make you happy, relaxed, and balanced.

They strengthen confidence, creative potential and help to find strategies for solving problems.

In addition, daydreaming can make you experience strong feelings of happiness and thus reduce stress hormones. Contrary to old prejudices, daydreams do not cause a loss of reality, but help to change reality, i.e. to develop further.

If you emotionally experience wishes and goals from your innermost being through daydreams, this is the strongest motivation to achieve these goals. Because if you can already experience the feeling of happiness when you imagine your wishes, you will do everything in your power to achieve your goal – and the feelings associated with it. Remember: Successful people have always believed in their goal and felt it!



The subconscious mind uses daydreams as a protective program, to reduce stress hormones.

EXERCISES

- > Create a notebook in which you record your daydreams in writing. It is interesting for you to read even older daydreams again and again. Visualize your wishes and goals and let this film run in your head.
- > Daydream away again and again in your everyday life: Short moments in which you look out of the window and let your thoughts and imagination run free have a high recreational value.
- > Music can intensify the emotional experience while visualizing your wishes and goals. So listen to cheerful classical music or the instrumental versions of the trainings.

HANNA: SAVED BY DAYDREAMS

The example of one of my seminar participants shows how effective daydreams can be. It is typical for children with traumatic experiences or a bleak childhood.

Hanna was locked in the cellar by her stepmother whenever she did something wrong. The stepmother unscrewed all the light bulbs because she knew that Hanna had a panic fear of darkness. This was how Hanna was supposed to be made obedient. Hanna, however, developed a strategy to cope with this situation. She dreamed she was a princess imprisoned in the castle dungeon by her wicked stepmother just because she was beautiful and good. But a prince who could make himself invisible came and took her out of the dungeon and into his castle.

The wicked stepmother was punished and had to work as a maid in the castle for the rest of her life. When the stepmother let her out of the cellar again, Hanna passed by her with a smile on her face and her head held high. If Hanna's subconscious had not developed this strategy, her hormonal balance would have been changed in a dangerous way: Nightmares, insomnia, and a collapse of the immune system would have been the natural consequences. Hanna had none of that.

FANTASY JOURNEYS AND DREAM IMAGES

In contrast to daydreams, in fantasy journeys and the "dream images" of Emotional Training, you do not give free rein to your inner images but direct them specifically.

You can write down your wishes and play them like a film with many details in your head. Feel the joy, the emotions, and the peace when you experience your wishes within yourself.

By the way, it is good to creatively change your inner images repeatedly. This keeps them alive and powerful!



LET YOURSELF BE GUIDED

In this book, you will find guided fantasy journeys, the "Energy-Harmonys" (page 59), and dream scenes (page 131), in which I take you by the hand and accompany you into these inner worlds. Through strong feelings of happiness that you experience, new positive information is installed that can change your life. Old images convey basic trust and suggestions that fit exactly into these images cause strong emotions.

MUSIC INTENSIFIES THE EFFECT

In the emotional tracks, the words are accompanied by music composed specifically for the scenes and suggestions, like film music. What a decisive effect music has, becomes clear when you think of a film without music. It will never be able to touch you on a deeper level without the music. And so it is with the "Dream Scenes" and the "Energy Harmonies": the music makes the images come alive, lets you experience strong feelings, awakens memories, and brings changes.

YOU WILL SOON FEEL THE CHANGE

Whether it is your life situation or your personality that you want to change, whether it is your desires or goals that you experience as an inner film positive: you will notice after a short time that you change. You will soon feel more confident and stronger, as if you were growing wings that will help you approach all things in life positively and optimistically. Energy blockages that you may feel as psychosomatic complaints or illnesses often disappear altogether. Happy hormones stimulate your metabolism and energy flow. Digestion and drainage of the body will function better than usual. The "dream images" and "energy harmonies" of Emotional Training also help eliminate old negative images that put you under stress or depressed.

EXERCISE: DREAM ABOUT YOUR DESIRES AND GOALS

- > Imagine how you feel after you have achieved a goal, for example, when you have started your own business and are successful professionally.
- > How do you feel when you are admired by your friends and partner?
- > How do you feel when you have furnished your home according to your wishes? Feel your goal!
- > This way, you can reinforce the exercise: Do the first "Energy Harmony" (page 62) with the feeling that you have reached your goal.

THE POWER OF WORDS: EMOTIONAL AFFIRMATIONS

Another element of the exercise program is working with affirmations. Affirmare is Latin and means to affirm. Affirmations are sentences that clearly and memorably formulate a positive inner attitude or a goal. With their help, you can change unhelpful inner thought patterns and install a powerful, supportive inner voice.

The term affirmation (also auto-suggestion) has become known to us mainly in connection with "positive thinking" - and has fallen into disrepute. It did not work for many people, because they could not believe in the beautiful sentences, even if they repeated them many times. Affirmations can only be accepted when they evoke positive feelings. Otherwise, they do not penetrate the subconscious and fail to have their effect. The formula is:

DON'T (ONLY) THINK POSITIVE, BUT FEEL POSITIVE!

Typical affirmations are, for example, "I am strong and confident" or "I am calm and relaxed". However, if you always internally attach to this an "I don't really believe that ...", such sentences naturally have no power.

Affirmations can only work, if you feel them as beneficial and uplifting, if they trigger positive feelings in you!



FINDING EFFECTIVE AFFIRMATIONS

When you formulate affirmations, there are a few rules you should follow to make the words work:

> Phrase the affirmation only in the present. Because formulations in the future are understood by the subconscious mind as something that should happen in the distant future but not now and today.

Wrong: I will be successful.

Correct: I am successful in everything I do.

Or: I am on the way to success.

> Do not use negations because the subconscious mind cannot classify a negation. For example, if I say: "Don't think of a pink rabbit now", you will immediately see a pink rabbit in your mind...

Wrong: I am not afraid.

Correct: I am strong and confident.

Wrong: I am no longer sad.

Correct: (for example) Happiness lies within me.

Or: From today on, I will learn to be happy.

> Do not use sweeping, inaccurate phrases.

Wrong: I am doing well. Or: I am content.

Correct: (for example) I am happy because I am healthy.

> The formulation must be active and not passive:

Wrong: I am loved.

Correct: I love myself the way I am.

> Only use sentences that trigger a pleasant or moving feeling! On the next page, you will find an exercise for this!

> Do not use any affirmation that you do not believe in yourself.

Approach the formulation of the ideal state step by step:

Step 1: From today on I will learn to accept myself.

Step 2: I accept myself as I am.

Step 3: I love myself as I am.

This work with increased affirmations works wonderfully for all those who have reached the final step, in the example "I love myself as I am".

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Only one seminar participant could not work with these sentences. The reason: Her parentes pushed her to become a model student and blocked the word "learn" because of inner rebellion. She was helped by the phrase, "I am on my way to ...". This example shows how even a single word that our subconscious interprets negatively can block us emotionally. That's why it's important to try out each affirmation, feel it, and adjust it to your needs.

EXERCISE: FEELING AFFIRMATIONS

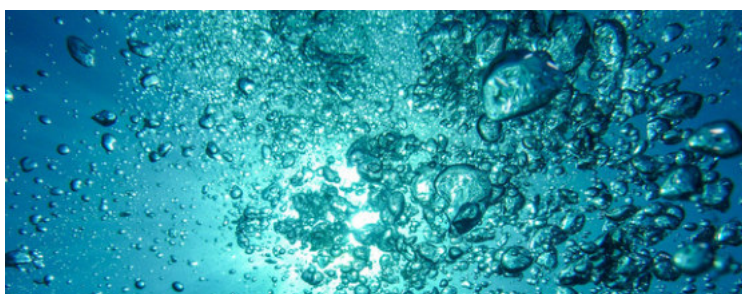
> Say the example of the increased affirmations (From today on I learn to accept myself...) aloud five times in a relaxed state. Feel exactly which of the three phrases you find exclusively pleasant and strengthening.

If there is still pressure somewhere in your body at step two or three or you feel inner resistance, try these phrases again later.

TIPS FOR PRACTICING

> Affirmations work best when you speak them in a relaxed state because then the path to the subconscious is open. The fifth "Harmony" (page 66) is really good for working with affirmations. If you listen to this Harmony and speak your affirmations to it, letting go will be especially easy.

> You can also say your affirmations over and over again while driving, while cooking, in the evening in bed, or when you go for a walk whenever you are alone.



**Limit yourself to no more
than ten different affirmations per day.
Your subconscious cannot absorb more.
A selection of further affirmations
can be found on page 56.**

HILDE: THE ART OF BELIEVING AFFIRMATIONS

Hilde tried to give her life a positive turn by using the affirmation, "I love myself the way I am". But she quickly realized that it didn't work that way: "How can I think positively when my husband has just left me because he has a younger girlfriend and finds my menopause unbearable?" Hilde had read books on "positive thinking" and spoke the recommended magic formula to herself 20 times a day. But every time she walked past the mirror in the morning, with puffy eyes and without makeup, she stuck her tongue out with disgust, thinking, "No one can love me, as ugly as I am." The affirmation seemed ridiculous and mendacious to her.

Hilde also worked on sleep disturbances, which were the logical consequence of this psychological terror, with a recommended affirmation, which she recited to herself 20 times in the evening before going to bed: "I sleep deeply and soundly until the alarm clock wakes me up in the morning." But nothing changed because here, too, she heard an inner voice whispering to her, "You'll wake up in two hours with horror thoughts anyway." After Hilde had also tried in vain to get a grip on her weight problems through positive thinking (instead of losing weight, she gained 15 kilos), she stopped her affirmations in frustration. Through her doctor, Hilde came to me for a seminar. Together we developed emotional images and affirmations specifically for her, which we incorporated into the training program. This enabled Hilde to re-evaluate her situation and develop thoughts that she felt as beneficial or as feelings of happiness in her body. In a short time, she learned to overcome her fears, humiliations, and grief- and could start a new life.

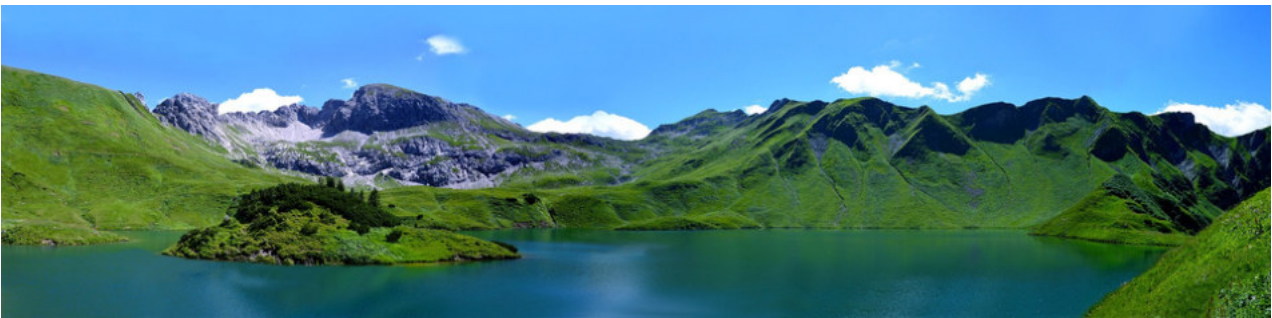
THE FIRST STEP: HONEST ANALYSIS OF THE SITUATION

First, I asked Hilde if she had been happy with her husband in recent years, which she denied. She told me that her husband had been unable to give her tenderness for years, that he was stingy and could not please him. Moreover, he often criticized her appearance and figure, even in front of others. When I next asked her why she had put up with it for so long, she hesitantly replied that she didn't really know. Probably she was afraid of being alone. Her husband had also repeatedly said that she would never find a man anyway, with the way she looked. Through this ruthless analysis, Hilde suddenly realized that through the divorce she had not lost happiness, but unhappiness, and that she now had the opportunity to start a new life. Until then, she had mainly immersed herself in self-harming thoughts such as: "My husband is right, I am old, ugly, unattractive, and fat. My life as a woman is over, I will never find someone to love me again. I will be alone for the rest of my life." These horror thoughts dramatically intensified her menopause. Stress hormones, incessantly produced by her negative thoughts, caused hormonal chaos. Sweating, heart palpitations, gray hair, absence of menstrual periods, weight gain, depression, and insomnia were the results.

I continued to ask Hilde what she had often wished for in the last years of her marriage but had not been able to achieve. She answered without thinking, that she always wanted to travel, go to the theater and concerts, and have interesting conversations with her husband and with friends. But none of that had been possible, she said because her husband didn't like cultural events and was unbearable when traveling and with friends. There was always something he was annoyed about, and he would then take that annoyance out on his wife. Hilde could not remember any really interesting conversation with her husband. The topics always revolved around technology, cars, food, and constant criticism of the television program. She suddenly realized that she had not really lived with her husband for many years. Hilde tried to get love in her marriage by adopting. She had always put her own desires on the back burner and in the end, had become increasingly closed in and isolated from other people. Finally, I asked Hilde what she associated mentally and emotionally with menopause. She answered me full of sadness: "Farewell to my role as a woman. Goodbye to the children, who are now grown up and have left home."

She added after a while, "I missed so many years because I denied my desires out of an addiction to harmony." Then I asked Hilde if she also wanted to miss the next forty years and who would then be to blame. When she is 85 or 90 years old, I said, she will longingly remember the time when she was still 45, young, attractive, and healthy.

**Letting go means freedom.
Holding on means being dependent.**



Then we looked for new emotional affirmations to motivate Hilde to make positive changes in her life. I demonstrated to her with her old affirmation how important it is to try and change affirmations. I asked her to close her eyes, say "I love myself as I am" twice, and then say what she felt. "The same cramps always - as if my stomach was constricting. At the same time, an inner voice tells me: such nonsense, what is there to love about me?" I asked her to close her eyes again and say, "From today on, I'm learning to accept myself." The difference was startling: she felt a warm feeling in her belly: "As if a sun was rising in my belly!" ultimately, she realized why the affirmations she had been saying for months had had no effect: she didn't believe emotionally in what she was saying, her subconscious wasn't accepting the message. Instead, when she said the affirmations, she saw all the supposed flaws in her body, from the cellulite to the fat butt to the wrinkles on her face. How could she have felt happiness at that? On the contrary, the fact that her belly was cramping indicated on the contrary, indicated a massive release of stress hormones. The feeling of warmth in the abdomen during the modified affirmation shows that happiness hormones were released, which dilate the blood vessels and blood vessels and provide for stronger blood circulation in the abdominal cavity.

**What at first seems like a misfortune,
often later turns out to be good fortune.
Because when one door closes,
another one always opens.**

THE FIRST STEP: HONEST ANALYSIS OF THE SITUATION

> "Today, a new life begins for me."

(To drop the ballast of the old life, to feel free, to rise like a phoenix from the ashes into the light - these were Hilde's associations).

> "I am on my way into a new life."

(I recommended this rephrasing to Hilde after two days).

>- "I'm looking forward to traveling with Lena and finally seeing the world."

(She saw herself standing on the deck of a ship with her friend Lena, enjoying her freedom - and a wave of happiness ran through her.)

> "I accept the role as a woman."

(Here she realized that change is part of life).

> "I am happy that I am only 45 years old and can do anything."

(For this affirmation, Hilde should briefly imagine seeing a 90-year-old woman on the street, frail, half-deaf, and almost blind. She should mentally slip into the woman's body. She should feel how this old woman perceives life, her body, and her frailty. How does she see? How does she hear? How does she live? Then the old lady sees Hilde pass by. What is she thinking at that moment? "I was once so young and healthy, I had a family and friends...")

Then I asked Hilde if she wanted to say goodbye to her role as a woman for the next 40 years. Then Hilde felt gratitude to be only 45 years old and healthy and to be able to actively participate in life.

> Finally, Hilde worked with the affirmation: "From today on, I am learning to accept myself."

By re-evaluating her situation, Hilde was now able to deal with the separation and with her false self-image in a completely different way. After incorporating her personal affirmations into her daily training program, her sleep disturbances and depression disappeared within a few days. After three weeks of Emotional Training, she wrote that she felt alive again, that she was happy and grateful, and that she now felt confident like never before.

EXERCISE 1: TEST AFFIRMATIONS

Perhaps you can relate to Hilde and recognize yourself in some of her affirmations. Modify Hilde's affirmations so that they apply to your situation.

- > Write down five affirmations of your own and say them as in the exercise on page 50. (Observe the rules when formulating them!) What do you feel about each one? What is the effect if the affirmation is supported by music? Can the affirmation be increased? Does it also contain your goals and wishes?
- > If you find it difficult to create your own affirmations, you will find a selection of proven formulations on the next page.

EXERCISE 2: KINESIOLOGY MUSCLE TEST

You can test yourself to see how the body reacts to true and untrue thoughts (more about this test on page 140):

- > For example, ask a friend to stretch out her right arm with force. Now ask her to say her name, for example: "My name is Barbara Müller." Now try to push the arm down with two fingers against this force. Normally, you will have difficulty. The arm is strong because she is speaking the truth. Now tell her to say your name, i.e. "My name is ...". Now again press the arm down with two fingers while she speaks this untruth. You will see: The arm goes down like rubber downwards. All power goes out of the body immediately when we say or think something we don't believe in.
- > It's the same with the affirmation, "I love myself as I am." If you don't believe it, it can't work. Why don't you test it in the same way!

MAGIC FORMULAS THAT CHANGE YOUR LIFE

Among the following affirmations, you will surely find some that can be the right support for your personal goals, problems, and wishes.

> Just try them out. Say each affirmation out loud five times. Then practice the ones that touch you positively with the affirmations you have developed yourself every day for as long as it takes to resolve the issue in question.

Everything I really want, I can achieve.

*From today, I am learning to be strong and confident.
I am strong and confident.*

*From today I learn to accept myself.
I accept myself as I am.
I love myself as I am.*

Every problem I solve makes me stronger.

I am happy when I get my work done.

My body is completely healthy.

My energy flows freely.

*I love people because, in every human being,
there is a wounded child.*

I embrace life, it is my path.

I accept my role as a woman.

I let go and embrace change.

I have confidence in myself and my life.

From today on, I am learning to be a good mother to myself.



My happiness is within me, only I can change my life.

No one can hurt me.

I am relaxed, my mind is awake.

I am completely relaxed and draw strength from my work.

I am completely relaxed and draw strength from the love within me.

I am successful in everything I do.

I am responsible only for my happiness.

There is peace and harmony within me.

All power is within me.

I am like a rock in the surf.

Energy flows through my body and floods every cell of my body.

I am strong and independent.

I feel free.

My thoughts are free, I trust my intuition.

I believe in myself and my talents.

I have confidence in everything I do.



I trust myself and my abilities.

I trust myself and let go.

I now have the chance to change my life in a positive way.

From now on, I will learn to live for myself.

From today on, I will enjoy every day and live.

Today, a new life begins.

I love life.



THE "ENERGY HARMONIES"

"Energy Harmonies" are pure happiness hormone showers. They can make you really "high", have a very relaxing effect, and strengthen confidence and energy. Take one of these happy showers every morning - and you will be able to have a joyful and relaxed start to the day.

"Energy-Harmonies" make you happy! Go with me on fantasy journeys to wonderful landscapes to experience the energy and power of great nature, feel confidence and joy, and fill up with pure positive energy! Motivating, powerful words support you on your way to a new life. Thus the happiness hormone level increases strongly and stress hormones melt away like snow in the sun.

The "Energy-Harmonies" have a very relaxing effect psychologically and physically through feelings of happiness and confidence.



Through the emotionally powerful images, the "Energy-Harmonies" provide new emotional insights, deep confidence and positive energy. The body's drugs get us high. Self-esteem is strengthened. Psychosomatic complaints are improved or disappear completely - and you can sleep peacefully again. Thus the "Energy-Harmonies" are the basic exercises of Emotional Training. You should practice them consistently every day for at least half a year to imbed the effects deeply in your subconscious.

Supplementary exercises against stress, anxiety, and depression can be found from page 91 onward, and further help against sleep disorders can be found from page 120 onward.

DESIGN YOUR PERSONAL IMAGE

For the effect of the "Energy-Harmonies", it is important that the pictures are emotionally strong and positive and evoke only pleasant associations in you. If, for example, your great love parted from you on your last vacation by the sea, you will not be able to experience a sunrise over the sea, as it occurs in the first Energy Harmony, in a positive way. Because already the element "sea" is negatively occupied in your subconscious. Replace this image, then. During the exercise, go to a large lake or a river, for example - and your feelings will change immediately. Or if you are afraid of heights, you may feel dizzy during the third Energy Harmony (page 61), in which you are led up a mountain. Then imagine yourself on a small hill.

Always remember: The "Energy Harmonies" are feel-good exercises; they are only meant to trigger feelings of happiness!

LET YOURSELF BE DEEPLY MOVED

Just reading the Harmonies isn't very effective; listening to a self-recorded tape isn't ideal, either. Great film music with a symphony orchestra, composed especially for the texts, turns listening into a deeply emotional experience. Do not listen to the "Energy-Harmonies" too quietly, like relaxation exercises, but choose a medium volume to intensify the emotions.

**Feeling stronger means living stronger.
Learn how to make your inner movies
emotionally powerful.**

RELAXATION DEEPENS THE EFFECT

Hypnosis research has shown that brain waves slow down during relaxation and that the subconscious is then particularly receptive to suggestions. The more relaxed you are, the better the Harmonies will work. I would like to introduce you to a simple relaxation exercise that you can do at the beginning of your training program.

EXERCISE: RELAXING THROUGH DEEP BREATHING

We can immediately tell how relaxed or tense someone is by their breathing. If you are calm, your breathing is rhythmic and slow. If you are stressed, your breathing is shallow, short, and fast. Many people breathe incorrectly, yet correct breathing is easy to learn through regular practice. The most important thing is to breathe consciously, i.e., to feel exactly how fast your breath goes and where you breathe. Especially in the beginning, you should breathe consciously and forcedly into your belly a few times. After that, however, you should only observe your breath and no longer control it. Deep abdominal breathing is most effective for relaxation, as described in the following exercise. Listen to one of the instrumental versions of this exercise.

- > Sit straight on a comfortable chair or armchair with your legs open. Place your hands on your thighs; the palms should be relaxed and open upwards.
- > Concentrate completely on your breath. Breathe evenly, deeply, and calmly into your belly, down to your lower abdomen. Place your hands there. As you inhale, your hands lift on your belly, which inflates like a balloon. Imagine a tight corset slowly opening, and you can finally breathe deeper and deeper.
- > As you breathe in, say to yourself, "I have confidence ...". As you exhale, say to yourself, "... and let go." Relax like this for about five minutes.

THE FIRST ENERGY HARMONY: "A NEW LIFE BEGINS TODAY!"

Energy, confidence, vitality

- > The first Harmony is the most powerful energy exercise.
- > If you are dissatisfied with your life and feel you are at a dead end, you will suddenly feel a renewed desire to live properly.
- > Two elements stimulate a strong release of happiness hormones: the emotionally strong image of the morning sun breaking out of the sea - and the music that makes you feel the sun's departure and the start of a new life as a feeling of happiness flows to the tips of your feet. Your body's drugs cause in seconds the reduction of stress hormones, an improvement of psychosomatic complaints, and stimulation of the metabolism.
- > You feel confident again, are motivated to tackle any obstacle in life and see the way to your goals.
- > You learn through a new emotional evaluation to accept changes in your life and your path - even if these changes are painful and challenge you. Life is about change. You have the power to change it for the better.
- > The golden light of the sun gives you energy. You breathe energy, you feel the power that is inside you - which for most people has been buried by sorrow and worry. You will feel that you can move mountains again.
- > You will experience life more intensively from today on.

My tip!

**When you read the "Energy Harmonys",
you might have a favorite right away.
Then just start your Emotional Training
with this Harmony!**

**If you suffer from depression,
I recommend you start with Harmony four.
The fifth Harmony is especially
for working with affirmations.
Always listen to it in the evening
before going to sleep.**



**Close your eyes and surrender yourself
to powerful inner images
and positive suggestions.
A relaxed posture
and gentle movements of the arms
support the inner
release and the free flow of energy.**

It is early in the morning, and you are standing by the sea.
Soft veils still linger over the water.
You hear the gentle rhythm of the waves.
Everything happens by itself.

You feel a deep peace of mind.
You put your hands together as if in prayer
and feel the connection to the universe.

You feel the silence like the breathing of
the sea. You breathe with the sea.

The breathing comes and goes like gentle
waves. You feel released.

You see the sky glowing orange on the horizon.

You stretch your arms forward with closed hands and slowly open them
to the side.

The golden sun rises from the sea triumphantly, born again like a new
beginning.

You feel a deep sense of happiness that flows through your body like a
wave.



You feel today a new life begins.

You want to live, let go.

Trust your abilities and trust your life.

You inhale the energy of the sun and let it flow through your body.

You are immersed in golden light.

You hear gentle voices whispering: have faith and believe in yourself.

You feel the elemental force deep within you.

You feel that you are a part of creation.

"You put your hands together as if in prayer

You stretch your arms forward...

...and slowly open them...

...to the side.



You are strong; you are self-determined.
All the power lies in you alone.

Deep inside, you now feel peace
because your soul feels alive.
Today a new life begins.

You put your hands together again and
breathe in the energy of the sun.
As you exhale, you let go of everything.
Inhale and exhale.

The breathing comes and goes.
Breathe.

You feel free and detached; you breathe with the universe.
You let yourself breathe.
You feel the elemental forces which our minds cannot restrain.

You hear the sound of the sea like a thousand spirits who whisper:
Seize the day and live.

Once again, you stretch your arms forward with closed hands and open
them.

You feel the power of the sun and the universe.
You feel the elemental force deep within you.

You want to live. Finally, live.

Immersed in golden light, you feel a tremor deep inside you because you
feel life in you.

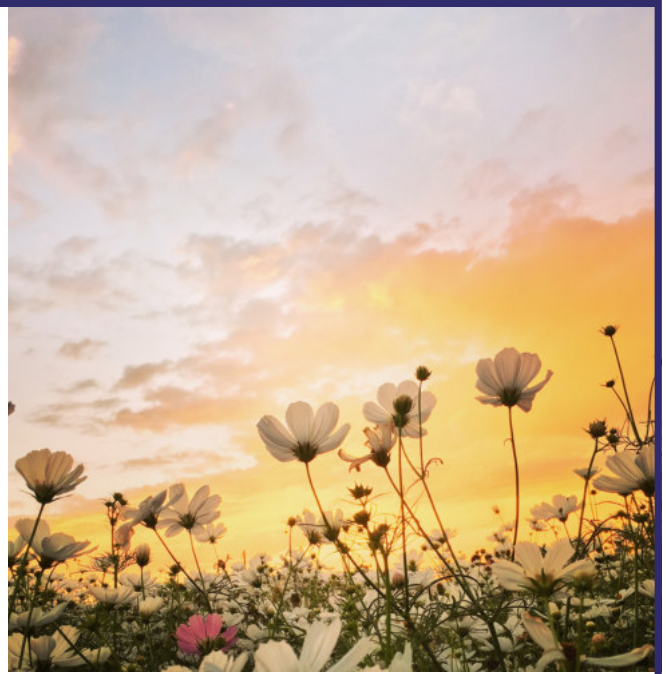
And you hear your soul whispering:

True happiness lies only in you.

You put your hands together again as if in prayer.

Today a new life begins.

Live.



"You feel free and relaxed. Today a new life begins!"

THE SECOND ENERGY HARMONY: "ENERGY AND PEACE"

Release, protection, motivation

- The second Harmony is also a powerful energy exercise. The image of the vast prairie and the sunset immediately conveys a feeling of peace, trust, and letting go, from which power and energy arise. The music also contributes a lot to this.
- The ray of light falling directly on you from the sky gives the feeling of protection and connection to the divine. It doesn't matter what you believe in or where you get protection or help from. It can be a divine energy, a guardian angel, a deceased God, Buddha, or another divine being. The important thing is that you feel happy and secure in your inner image.
- Feelings of happiness, which you feel as a shiver in your body, cause the release of hormones that strengthen the immune system, brighten the psyche, reduce stress hormones, and have a relaxing effect.
- The suggestions of this exercise help you to find confidence in yourself and to let go. They give you the motivation to accomplish your goals and desires. It is important to see the goals you have and experience them in an emotionally positive way. This is the emotional, hormonal information to your brain, which finds ways to realize your goals and desires. When you want something, you experience your goals emotionally - and you achieve them.

**For this Harmony
sit down cross-legged
on a thick cushion
and close your eyes.**

On page 66 the posture is
described.



You are sitting by a big fire.
In front of you, endless space.
On the horizon, the evening sun is red like a ball of fire.
Around you, silence.

You feel the power of the fire and the universe. You feel the energy of the evening sun.
You feel harmony and peace.
Let go.
Let yourself fall into stillness and breathe softly into your stomach.

You are immersed in energy and light.

Immersed in the energy of the universe. It is your energy; use it.

A solid shell, which encloses your chest, opens.
You feel how your soul frees itself.
A bright ray of light falls from the sky; it covers you with its light.
A feeling of happiness flows through your body; you feel light flowing through your body.

You inhale the bright light, and as you exhale, light energy flows through your body.
Inhale and exhale.
Light and energy.



**"You breathe energy.
You breathe light. All power is in you."**

You feel light in your head and chest, on your neck, and arms.
You feel how the light flows into your stomach.
You breathe calmly into your stomach.

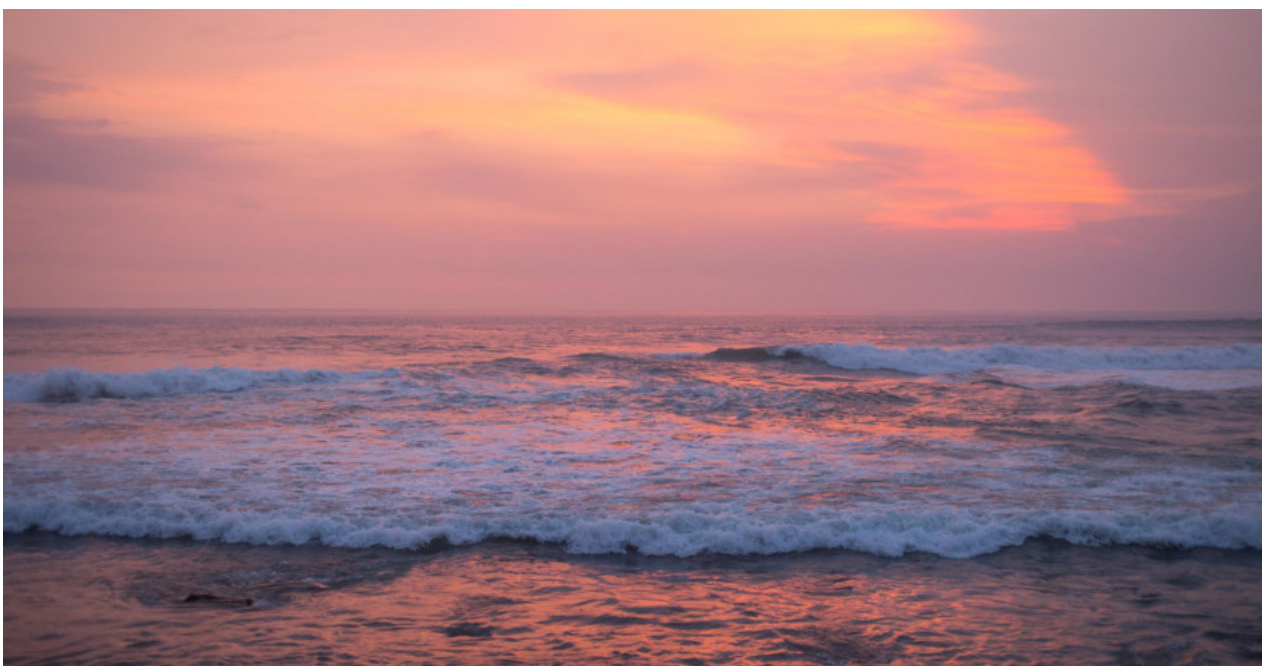
You feel the energy flowing into your hips and thighs.
You feel the energy in your lower legs and your feet.
You breathe energy.
Breathing energy in and letting it go.

You feel trust in yourself, trust in your life.
Let go. To let go means letting go of fear.
You want to live, be yourself at last.

Let your dreams fly again.
In your dreams you see your goal achieved.
You are standing in a bright light and you feel happy, feel life, feel alive
and loved.

Go your own way and believe in yourself.
This realization transforms your world. You feel light in your soul.
You feel energized to go your new way.

Dive into life.
Dive into the light.
And live.



THE THIRD ENERGY HARMONY: "FREEDOM"

Serenity, distance, freedom

- This exercise has a calming effect and frees you from stress and anxiety.
- The idea of standing on a mountain gives almost all people the feeling of freedom, of being above things. Problems that were previously overwhelming are seen from a distance, which makes them manageable.
- You lose your fears and feel peace and harmony. You feel a letting go of everything that constricts you.
- Blue light has a calming effect and is used in color therapy for high blood pressure and nervous system complaints, climacteric complaints, and sleep disorders. The color makes you feel freedom, peace, and inner calmness. Weaknesses and problems have no more power. You experience serenity.

**Colors affect the mind,
even if we only imagine them.
Light symbolizes vitality and inspiration.
Colored light, therefore,
plays an important role in all harmonies.
Just try and you will experience
the special effect of each color clearly.**



You stand on a high mountain.
Your hands are in front of your chest in a praying position.
Blue sky above you.
Below you a never ending world.



You feel free and relaxed.
You breathe free and deep in your stomach.
You sense the infinity of the universe.

Breathe.

You stretch your hands to the front until your arms are in a horizontal line.

While your arms open, your innermost part opens.
You welcome the never ending world within yourself.
You breathe free and deeply in your stomach.

Breathe.

You are happy, nothing can restrict you.

You recognize that happiness is only inside of you.
You alone can change your life.
You open your arms wide and relax.

You are very calm.
You feel free.
You feel harmony and peace.
You feel inner freedom.
Slowly you close your arms again.

You welcome the neverending world within yourself.
Everything that you want, you will accomplish.
No one can restrict you.

Breathe.



You put your palms together with open arms.
Now you bend your arms again.
Your hands are together as if in prayer.

Blue light flows through your head and neck,
through your shoulders and chest, and in your arms.
Blue light flows in your stomach.

Blue light flows in your thighs, in your lower legs, and in your feet.

Blue light flows in your whole body.

Breathe.

You fold your arms in front of your chest, you feel confident in yourself.
You alone can change your life.
Your opportunities are limitless.
Infinite.



THE FOURTH ENERGY HARMONY: "LET YOUR SOUL FLY AGAIN"

Especially against depression

- I have developed the fourth Harmony to help against depressive moods. The depressive mood is described emotionally in its supposed hopelessness. The past seems like a lost paradise. "You think you'll end up facing nothing because everything that used to be is gone..."

- from here on, the image of depression turns into hope, into the realization that without change, there is no moving forward. Every depression has something positive; we just have to accept it. Depression helps us to honestly recognize ourselves in our weaknesses. Later, when we have come out of the depression, this gives us the strength to make decisive changes in our lives and ourselves. Someone who is always doing well has no reason to change anything. This person, but also this person's life, remains boring and superficial. Human strengths, personality, and charisma develop through overcoming problems, struggling, and losing people and things we love.

- Through the emotional insight you will get while working with the fourth Harmony, you will be able to experience feelings of happiness again, which will reduce the stress hormones and, thus, the depressive mood.

> Listen to the fourth Harmony only once or twice, and then be sure to finish the exercise program with the first Harmony. This exercise is for emotional awareness only.

**If you are in a depressed mood,
the fourth Harmony can quickly help you
to get out of the slump.
If your depressed mood
has lasted for some time,
if you are suffering
from depression,
please be sure to follow the advice on page 87!**

Scorched earth, black vastness.

Where once there were meadows, where golden fields swayed in the wind, where old trees silently spoke of peace and tranquility, there is now only black scorched earth.

Black charred tree stumps rise accusingly, standing there like a memorial.

Isolated last embers still burn; it smells of fire, smoke, and ash.

Burnt out souls, hopelessness.

You think you are standing at the end in front of nothing.

Everything that once was ceased to exist.

Only the clouds flying above you are unchanged and quietly, very softly in the distance, you hear a birdsong, like a promise it tells you: "Today a new life begins".

Have faith and believe in yourself because life means change.

Let go of the past; live today.

Because again and again, your world arranges itself in new circles.

New shoots are growing again and again.

You sense how it breathes, grows, and lives.

You feel a strong urge to live. You want to live, breathe, and love.

You feel deep gratitude, and you hear your soul whispering:

"Go your way and believe in yourself."

For the world knows nothing of yesterday because only the moment has a meaning.

And someday, your soul can fly again. Fear and hate will finally turn into peace when your soul learns to love again.

You feel the signs; accept them.

Only you can change your life now.

Until now, you were not ready to go the new way.

Today a new life begins.

Go your way.

Live.



THE FIFTH ENERGY HARMONY: "MAGIC WORDS"

Especially for your affirmations

- To anchor your affirmations deeply in your subconscious, you should do the fifth Harmony once a day. You will love this exercise because here you allow yourself the luxury of thinking and feeling exclusively positive for once and lovingly supporting yourself.

**The fifth harmony is like a prayer
- with powerful words that move you deep inside,
you give expression to your desires.
If you perform this ritual daily,
you will find the energy
to make your dreams come true.**



Sit down on a nice and comfy cushion
and close your eyes.

Imagine it is summer.

You are sitting under a big tree and are taking in the landscape in the
distance.

You are surrounded by a peaceful silence.

You feel harmony and peace.

There is nothing you need to do.

Breathe deeply into your belly.

Inhale and exhale.

Now repeat after me:

I am strong like a lion.

No one can hurt me.

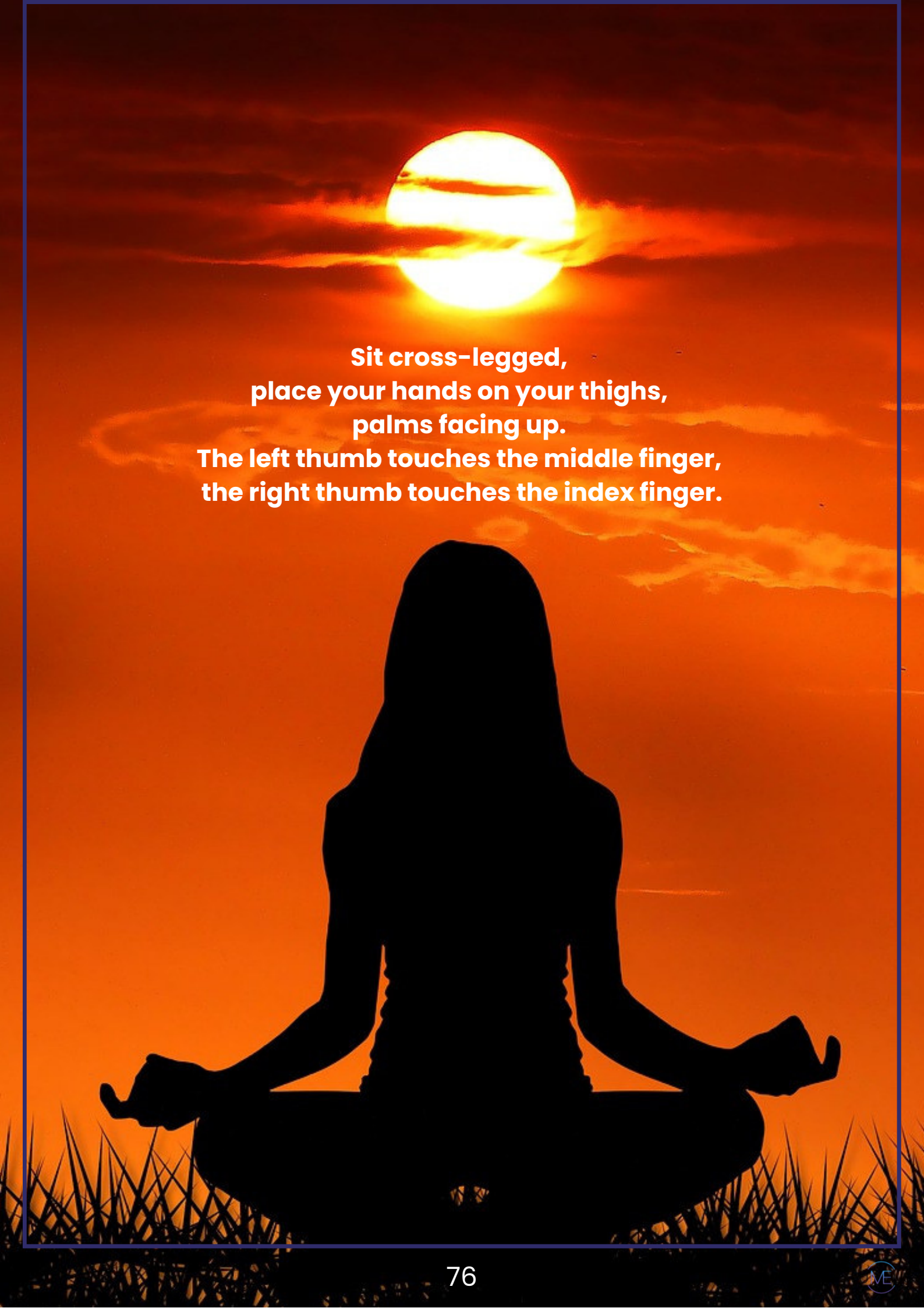
There is no one else like me in this world and I am good the way I am.

I am loved the way I am.

And now it's your turn to try it out yourself.

Say these sentences, your power sentences, five times out loud.





**Sit cross-legged,
place your hands on your thighs,
palms facing up.
The left thumb touches the middle finger,
the right thumb touches the index finger.**

CHAPTER 3

TARGETING STRESS, ANXIETY, AND DEPRESSION

Anxiety is the guiding principle - also in stress and depression. In this chapter, you will learn how to free yourself from it. With Emotional Training, you will find better strategies against stress and become calm and confident. You learn to deal with grief in a different way, find new perspectives, and have more self-confidence and courage to face life. You will be able to enjoy life to the fullest again.



THREE PHENOMENA – ONE SUBJECT

Stress, anxiety, and depression have something in common: the body releases a huge amount of stress hormones that prevent us from feeling well and happy. These stress hormones lead to inner turmoil and make us ill if they are not reduced again.

Usually, however, only the physical symptoms are treated – and most of the time, only after they have become a real disease. However, the causes of these complaints, which lie much deeper in the psyche, remain. High relapse rates, especially in this psychosomatic area, send a clear message.

VICIOUS CIRCLE AND CHAIN REACTION

A vicious psychological circle emerges: anxiety and depression develop from constant stress, and these, in turn, intensify the stress. In recent years, researchers have also found increasing evidence that long-term stress and depression are closely linked biochemically. These processes in the brain are called the stress axis – a good example of how hormonal communication works in the body. During stress and depression, the hypothalamus in the diencephalon produces more CRH. This hormone triggers the production of the messenger substance ACTH in the pituitary gland, which causes the adrenal cortex to release the stress hormone cortisol.

WHAT DOES IT MEAN TO BE STRESSED?

The evil mother-in-law, a psychopath as a boss, bullying in the company, relationship problems, existential fears, a separation or divorce, the death of a loved one – all these different situations are guarantors of stress, so-called stress factors. The list could be continued forever because each person has different areas in which they are particularly susceptible to stress. The sensitivity to stress also varies greatly from

person to person: One person goes into high gear at the mere thought of two deadlines a week, while another has to skydive to feel a challenge.

SELF-DEFENSE OF THE BODY

Stress in itself is nothing negative. It is a reaction of our body that is essential for our survival and dates back to hunter-gatherer times. In critical situations, for example, when the hunter was suddenly confronted by a bear, there were only two options: to fight or to flee. For both, the body needs energy quickly to perform at its physical best - and the organism adapts to this in fractions of a second.

WHAT HAPPENS DURING STRESS?

Stress causes, among other things, a hormonal alert in our body. The stress hormones adrenaline, noradrenaline, testosterone, and cortisol are released and reach all organs and body cells via the bloodstream. The heart beats faster, and blood pressure and breathing rate increase. The pupils dilate, and the blood vessels constrict. The liver produces more glucose as fuel for the brain and muscles while reducing insulin production to break down the fuel more slowly. Tension increases in the legs, arms, and back muscles, and the masseter muscle also tenses. There is increased perspiration. Sexual functions are temporarily reduced because they are now unimportant. The bowels and urinary bladder functions are also slowed down - so that you do not have to run to the bathroom.



TOO MUCH STRESS MAKES YOU SICK

Our body's reaction to stress is the same today as it was in ancient times, even though completely different factors trigger stress in us. As a rule, these are not life-threatening, but "only" a health risk - but they have multiplied. Today we know work stress, family stress, exam stress, authority stress, relationship stress, and leisure stress.

Yet it is mainly the everyday, minor annoyances such as a bad atmosphere at work and neighborhood disputes that lead to chronic stress - which ultimately makes us ill. Typical triggers for permanent stress are subliminal stressors such as noise, sensory overload, anger, frustration, and anxiety. It is primarily the stress hormone adrenaline that is responsible when permanent stress affects our body. The body's defenses are considerably weakened, and infectious diseases have a greater chance. But anxiety disorders, tension headaches, gastrointestinal problems, chronic pain, and high blood pressure are also typical secondary symptoms. The risk of a cerebral infarction or stroke increases considerably because adrenaline damages the blood vessels.

CONSEQUENCES OF PERMANENT STRESS

- Cardiovascular complaints
- Palpitations
- Increased blood pressure
- Increased risk of heart attack
- Susceptibility to infections
- Stomach ulcers
- Gastritis
- Digestive problems
- Change in cholesterol levels
- Imbalance in hormonal balance
- Disorders in the female menstrual cycle
- Sexual dysfunction (premature ejaculation, impotence)
- Migraine
- Respiratory problems
- Tinnitus
- Skin changes
- Neurodermatitis
- Rheumatism
- Excessive sweating
- Dizzy spells
- Chronic fatigue
- Sleep disorders
- Anxiety
- Depression



HEALTHY AND UNHEALTHY FEAR

When we are afraid, hormonal processes in the body are similar to those that occur during stress: a flood of stress hormones is released, putting us on alert. If the fear doesn't stop, the hormone release can't be stopped either - there is no more rest and recovery phase, there is a permanent physical alarm. Fear, like stress, is our body's natural reaction to threatening situations. Hormonal releases enable us to flight in dangerous, fear-inducing situations. Anxiety (fear) protects us from putting our lives or health at risk. However, if you are struck by panic in every lift for no objective reason or lie in bed at night brooding, worried whether your partner will leave you one day, this fear is no longer natural and healthy. It makes you suffer, makes your life hell, and often spoils any joy. It restricts you in your freedom and scope of action. Sometimes fears get so out of hand that they determine your whole life. Then it becomes a real illness. If you feel that your anxiety is preventing you from living your life, you should seek help from a psychotherapist. Emotional training can greatly support your recovery.

**“There are no limits,
neither to thoughts nor feelings.
It's fear that sets limits.”
Ingmar Bergmann**

FRANK: PANIC ATTACKS DUE TO MOBBING

Frank was a manager in a pharmaceutical company. He came to me for a seminar because anxiety and panic attacks, depression, and sleep disorders were making his life hell. He had taken over the management unexpectedly one and a half years before. Someone else had been nominated for this position as well. As is often the case, the other person could not live with the board's decision and, from then on, tried to make Frank's life hell. And he succeeded. At every meeting or conference, he started his attempts to dismantle Frank, incited colleagues against

him, and secretly controlled his every move. After a year, Frank's panic attacks began with severe sweats that he was soaking wet within seconds. Frank became insecure and erratic in meetings due to this fact, which naturally pleased his adversary. The anxiety got worse and worse. Depression and insomnia were the consequences. Rationally, Frank could not solve the problem. He knew very well that out of his weakness, the offended employee was trying everything to cast doubt on Frank's competence - but that didn't make him any more relaxed.

THE FEAR OF FEAR

I first asked Frank what he was specifically afraid of. He answered that it was never about the content of the meetings because he was always very well prepared. He was afraid of the sweating that could not be hidden. I advised Frank to use this fact as a gag for himself. The next time he broke out in a sweat, he should take out his handkerchief and remark, shaking his head, "Ever since I read that men also go through menopause, I have hot flashes like my Aunt Frieda." This idea amused Frank deliciously. It gave him a solution for his fear image to deal with his fears differently.

HUMOR AS DEFENSE AND COPING MECHANISM AGAINST THE UNIVERSE

I also suggested a fear-relieving image for his adversary: He should imagine him as a little comic figure who constantly interfered in Frank's meetings. Frank was supposed to react completely calmly and confidently in this fantasy image, leaving the other conference participants annoyed. Everyone would have seen through the fact that Mr. X was behaving unprofessionally and counterproductively and therefore was not to be taken seriously.

After Mr. X - still a comic figure - had felt that he had made a fool of himself, he would sit at the conference table, disgraced and meek, with a red face. Frank also had to laugh at this picture. - Such humorous images are particularly well suited to changing images of fear. Frank called me a week later and told me that he hadn't even come up with the gag about menopause because he was no longer sweating. The idea of Mr. X as a comic figure was enough for Frank to behave completely calmly toward this man. The anxiety had come to an end.

DIFFERENT FORMS OF FEAR

> Fear of failure, of being abandoned, of not being able to pay the rent, fear of aggression. Sometimes real fears become so disproportionately strong for a while that they block thinking and acting, cause physical discomfort and insomnia, and thus massively affect your whole life.

> Fear is a part of many illnesses – so if you suffer from strong fears, you should have your doctor clarify whether you have a mental or physical illness.

> We speak of "anxiety neurosis" when the anxiety has no conscious origin and does not relate to a real threatening situation. Psychotherapeutic treatment is primarily helpful for this anxiety. Anxiety manifests itself in certain psychological and physical symptoms of varying severity:

- **Generalized anxiety (free-floating anxiety):** Affected persons feel an agonizing, indefinite, hopeless sense of threat of something unknown. The fear is constantly present and not tied to specific objects or events.

- **Phobias:** A phobia is always directed at an object or a specific situation but has no real cause. Such objects can be snakes or spiders, for example (animal phobia). Agoraphobia is the fear of large places, claustrophobia is the fear of confined or enclosed spaces, sociophobia is the fear of crowds, and acrophobia is the fear of heights.

- **Panic attacks:** fears and phobias occur in attacks, the anxiety symptoms are very violent, sometimes as bad as the fear of death.

- **Heart neurosis/heart phobia:** Although no heart disease is present, severe palpitations and violent physical anxiety symptoms occur in fits and starts, with panic and fear of death. The fear of dying (and the next attack) characterizes the whole life.

- **Obsessive-compulsive disorder:** Certain thoughts or actions keep intruding and cannot be suppressed despite knowing better. If one does not give in to the impulse, unbearable fear comes up. One feels at the mercy of the compulsion. Examples are obsessions (e.g., that something could happen to others), compulsive washing (constantly washing one's hands), and compulsive checking (e.g. checking several times whether the stove is off or the door is locked).

TYPICAL ANXIETY SYMPTOMS

Anxiety always expresses itself on three levels, psychological, physical, and behavioral:

Psychological symptoms:

Anxiety, restlessness, tension, dejection, intellectual performance impairment; panic attacks, also fear of going crazy or dying

Physical symptoms:

Palpitations, racing heart, dizziness, shortness of breath, trepidation; dry or constricted throat, the feeling of lumpiness, gastrointestinal problems, urinary urgency, loss of libido; headache, muscle pain, tension, motor restlessness, grinding of teeth at night; feeling of tingling, ants running on the skin; trembling, hot flashes or chills, sweating, a feeling of weakness; Difficulty falling asleep and staying asleep, early awakening

SAD, SORROWFUL, OR DEPRESSED?

Everyone knows the feeling of being down or depressed. Sometimes it's just the bad weather that affects the mood, but sometimes it's a great loss like the death of a loved one that depresses us for a long time. In everyday language, the terms depressed, sad, or depressive are often used indiscriminately. They all describe a mood in which a person feels depressed (literally from the Latin "deprimere") and sad. But someone who feels depressed does not automatically have depression. True depression is an illness that goes far beyond a temporary low mood, both in intensity and duration. Despite this limitation, depression has long since become a widespread disease. 10 to 20 percent of the patients who seek medical help suffer from depressive symptoms. Nevertheless, many physicians still struggle to diagnose the illness and recognize its seriousness. And most of those affected are ashamed of their condition. They find it agonizing, wonder how they will get through the day, and sometimes just want to die so that it will all finally end.

TYPICAL FORMS OF DEPRESSION

There is no such thing as "the" depression. Depression has different causes and manifestations. Depression is usually triggered by negative, stress-related permanent stress, a state of shock, trauma, separation, or death. However, it can be based on a predisposition or a disease. The external event then only brings the disease to the outbreak.

- **Sadness, feeling depressed:** This is the appropriate reaction to sad, discouraging events - usually it is about separation or other drastic changes, about a farewell. Often, grief is accompanied by physical discomforts such as exhaustion and gastrointestinal problems. If the mourning can be lived through, if the loss is accepted and thus coped with, the mourning slowly subsides and new things are allowed to enter life.

- **Depressive reaction:** It becomes problematic when the grief is very strong and lasts for a very long time, when petrification and complete withdrawal, lack of interest, aggressiveness, and bitterness are added. This may have to do with loneliness, self-reproach, fear of failure, fear of change, and uncertainty. Therefore, depressive reactions can also occur after a career change, retirement, move, or even vacation.



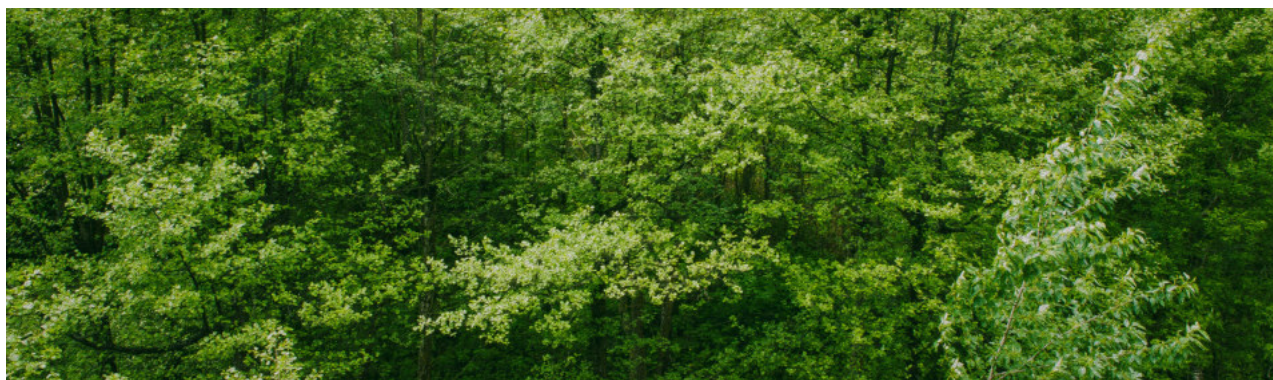
In the past, depression was categorized by cause, as psychogenic (reactive), endogenous (constitutional), and somatogenic (organic-bodily). Since it is now assumed that several factors always interact, depression is described more according to the trigger, severity, and course.

- **Neurotic depression:** It is a reaction to early childhood experiences that repeatedly lead to severe depressive phases. Alcohol and drug dependency often develop as well. Those affected lack basic trust and experience separation as a severe psychological injury. This can trigger aggressive feelings against the other person, which are suppressed and ultimately turned against themselves (up to suicidal thoughts).

- **Affective psychoses** (manic-depressive illnesses) are severe mental illnesses that occur in phases. The depressive phase cannot be compared with sadness. Affected persons describe the state as petrified, indifferent, empty, lifeless, dead, and burnt out. They do not feel any emotions, not even sadness, but fear. Fear of everything that must be done, even the very mundane. They cannot decide to do anything; every activity becomes torture. At the same time, they feel strong inner restlessness. Feelings of guilt, fear, and hopelessness can lead to suicidal thoughts. In addition to many physical complaints, sleep disturbances are the most common symptom. The manic phase is the other pole: feelings are extreme, activity and urge to move is excessive, and thinking is erratic and exaggerated to megalomaniacal. This often results in actions that are felt to be very shameful after the phase has subsided.

The phases may occur alone or in combination, once or repeatedly. Each phase can last from a few days to two or more years, and the relatively symptom-free periods in between can last for decades. Heredity, as do hormonal and psychological factors, seem to play a role as a cause. It is treated with medication and psychotherapy as an outpatient or inpatient.

- Many women suffer from depression due to hormonal changes during the puerperium, often also during menopause. There are also organically caused depressions, for example, in the case of brain diseases or thyroid disease, depression caused by medications, and depressiveness in the case of alcoholism, dementia, and schizophrenia.



ADVICE: If you suffer from depression, you should see a psychotherapist or psychiatrist to clarify what form of depression you have and how it can be treated.

In the case of reactive or neurotic depression, you can support the therapy with Emotional Training.

In the case of severe depression, Emotional Training makes sense as soon as you have access to your emotions again.

RECOGNIZING THE OPPORTUNITY

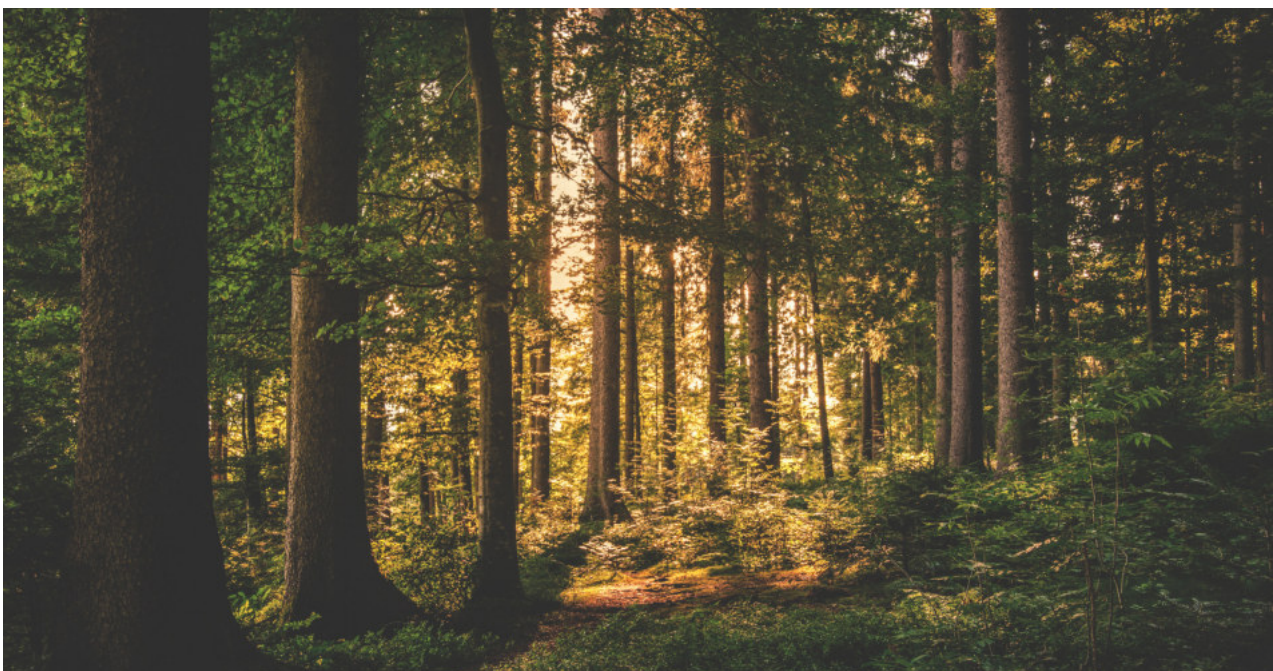
Despite all the misery that depression brings, like any illness, it also holds an opportunity. It challenges us to face our grief, anger, and pain, to look honestly at the past, and to say goodbye to old, outdated ideas. If we take this chance, we can change our lives in the right, honest direction: according to our wishes. Then we can become stronger, wiser, and happier in the long run. It is the same with every life crisis: when we have mastered it, i.e., solved the tasks it contains, we emerge from it stronger. That's why many depressed people are grateful in retrospect for their depression because, without it, they would not have changed their lives from the ground up and would never have been truly happy.

MARIA: WHEN GRIEF BECOMES DEPRESSION

When Maria came to me for the seminar, she had been suffering from severe depression and sleep disorders for four years since the death of her beloved husband. She told me that she had been married for 50 years to her husband, who made her every wish come true and carried her in his hands. After his death, she fell into a deep, black hole. She no longer saw any meaning in her life. She felt infinitely lonely, although she had many friends who still cared for her even after years, invited her out, went with her to the cinema, theater, or concerts, and also went on vacation with her. Maria was grateful for the tireless care of her friends,

but this gratitude came "from her head", not from her heart, because her heart was as if dead. When she was alone at home in the evening, one look at the armchair in which her husband was always sitting was enough for pain like a lightning bolt going through her body. In her head, she saw her husband repeatedly in his last hours before his death. Maria was trapped in her inner horror images, which plunged her into a deep depression and also kept her awake for nights with an aching heart. A psychotherapist she went to see could not help her. He could analyze her grief and pain in detail - but this analysis took place "in her head". Maria knew why she was depressed, but this did not help her reduce the pain because the analysis did not reach the emotional level. Through a friend, Maria came to a "medium" to contact her deceased husband. This medium gave an amazingly accurate account of Maria's life and apparently was able to contact her husband. Maria asked her husband how she should deal with her great grief. Her husband replied through the medium that he could not care for the daughter from beyond, but only his wife, because she was so caught up in her grief.

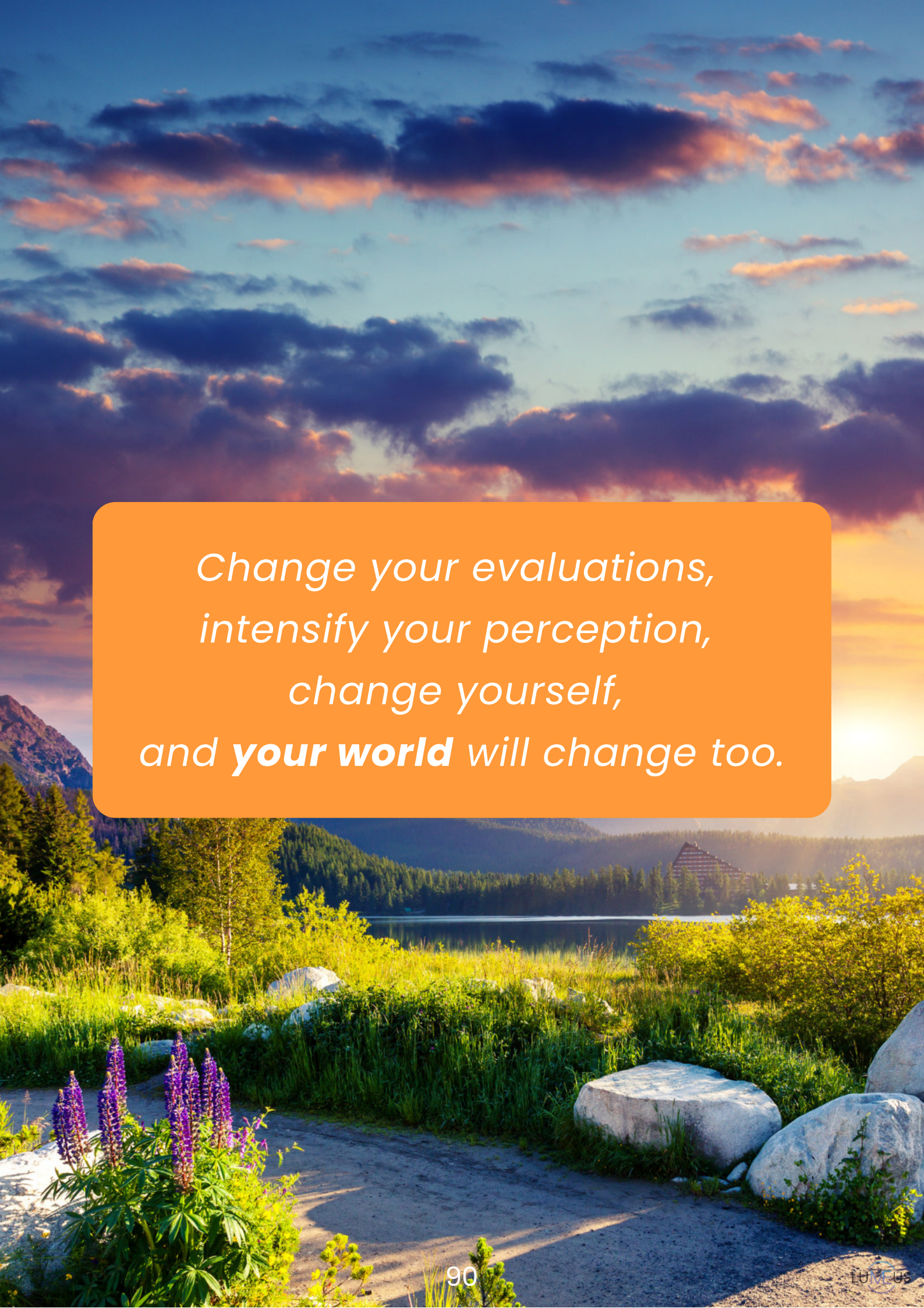
**You can consciously change your inner images.
Give painful images a positive turn,
create a loving, supportive situation,
and experience the new image intensively like a movie.**



THE WAY BACK TO LIFE

One may think about what they want about such supernatural phenomena, but for me, Maria's description made clear that only her deceased husband could give her the emotional motivation to want to live again. So I told Maria to start living again for her husband, to show him that he doesn't have to worry about her anymore. Because only when she let go of him could he find peace. Since Maria spoke daily in mourning with her deceased husband, she changed this dialogue to a positive one. She was showing him that she could do it on her own now. She included him in everything she did with success, imagining him lying blissfully smiling on a cloud and looking down on her, proud that she was now taking her life into her own hands and becoming happy again. I felt how these new images flipped a switch in Maria's head. Her face immediately relaxed and regained its color, and her dull eyes shone. She felt enchanted: love had returned to her life. The new connection with her husband and the feeling of being able to do something for him made her happy. So Maria incorporated these images into her daily exercise program and cried every time she did - not out of sadness and pain but out of emotion. Maria's depression and insomnia disappeared permanently.



A scenic landscape at sunset. The sky is filled with dramatic, dark clouds illuminated from below by the setting sun, creating a mix of deep blues, purples, and oranges. In the foreground, a dirt path leads through a field of tall green grass and purple lupine flowers. Large, smooth grey rocks are scattered along the path. In the middle ground, a calm lake reflects the sky, with a wooden cabin visible on the far shore. The background features rolling green hills and mountains under the twilight sky.

*Change your evaluations,
intensify your perception,
change yourself,
and **your world** will change too.*

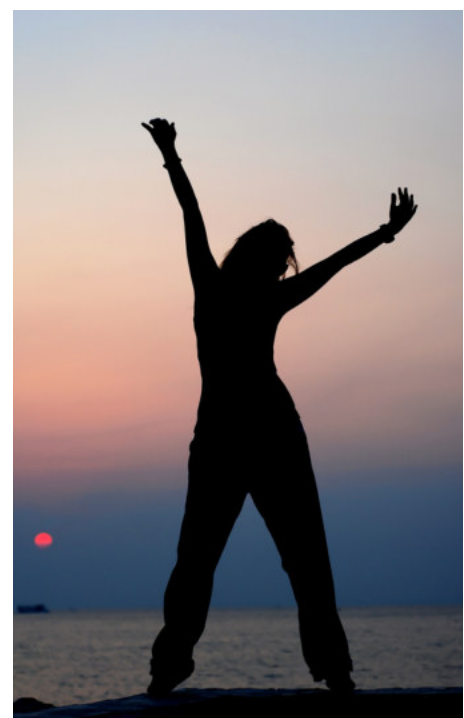
THIS IS HOW YOU MAKE YOUR OWN LUCK

Do you consider stress, anxiety, and depressive moods to be externally determined and feel powerless when facing them? Do you think the causes are external, and you can't do anything about it anyway? Then you are wrong. Because all feelings, even the strongest ones that sometimes overwhelm you, do not originate anywhere else but in yourself. You react to something with fear. You feel stressed in certain situations.

You must become aware of this: Only you produce your anger, your fear, your stress, your humiliation, and your pain. Because all these feelings are your subjective sensations, for which your evaluation of the respective situation is decisive. Emotional Training works with this insight. Because as unpleasant as the insight "Only I can hurt myself" and "I am the only one who produces my stress and anxiety" may be at first - it gives us the chance to change something. When we take responsibility for all our feelings, we can become "the architect of our happiness".

TRAIN YOUR HAPPINESS

Emotional Training offers you a broad program with which you can actively work on your happiness. To do this, you must first find out the real causes of your unhappiness, your fears and depression, your sadness, and your lack of self-confidence. In the following, I will accompany you on this search for clues. And I will suggest new emotional images that will free you from the old negative ones and lead to the release of the desired happiness hormones. You will learn to change negative perceptions, develop self-confidence and love yourself. And when you love yourself, then you will be truly happy.



TRANSFORMING INNER PAIN IMAGES

New emotional images cause an immediate biochemical change in the body, which is felt like a relief – as if a knot in the stomach is untied. This is because a cocktail of happiness hormones is released, which usually immediately reduces stress hormones and energy blockages in the body. Stress, fears, sadness, and depression lose their terror through new evaluations. And joy, confidence, and the motivation to work on your happiness come back into your life. Try it out!

WHAT REALLY TRIGGERS MY FEELINGS?

> To do this, you first need to analyze exactly what hurts, frustrates, or frightens you. Usually, "movies" of situations from the past or fear of the future then run before your eyes, arousing old familiar feelings. Or situations from past times are glorified and compared with the present situation. In the process, feelings of loss and endless loneliness arise, which can lead to the fact that one no longer feels any joy in life – supposedly forever. You will find that these inner films are amazingly similar even in very different crises, whether it is the loss of one's job, a separation from one's partner, death, or humiliation.

**Remember: Every life crisis
provides an opportunity for improvement.
Life means change.**



FINDING NEW EVALUATIONS

- After analyzing your life situation, the next step is to re-evaluate it. Become aware of how many changes there have already been in your life, which were also very painful, but which have been particularly important for your development and progress - otherwise, you would still be lying in your crib with a pacifier! Every life, including yours, must change. Life means change. You cannot hold on to anything. But you can learn to accept life with its changes and, when the time comes, to let go of the old with love.
- You can learn to transform painful images into conciliatory, even humorous images. Let's take the example of being abandoned by your partner. The first common assessment will be: "I am just not lovable. No wonder. After all, everyone else is prettier and more lovable than I am." The path to depression is mapped out. But the assessment - after an initial mourning phase - could then look like this: "We have just grown apart in different directions. That's normal. After all, half of all marriages break up. I now have the opportunity to move on freely." A breakup is always an opportunity for a fresh start. It allows you to reflect on yourself and change yourself and your life in a positive way. So take your chance! Do not waste your time blaming your partner or yourself. This does not help at all and only hurts you.

**"We do not need
to continue living
as we did yesterday.
Just free yourself
from this way of thinking,
and a thousand
possibilities
will open up to us
for a new life."
Christian Morgenstern**



FAITH GIVES CONFIDENCE

-If you are a believer, it will be easier for you to accept life with its often painful changes. No matter what you believe in - God, Buddha, your guardian angel, or a divine power - faith in a higher authority gives you strength and fortitude to take on even difficult strength to accept even difficult strokes of fate as a task.

-You can also include the guardian angel or the divine power in the "Energy-Harmonys", depending on your faith: During the suggestions, imagine how these higher powers give you the certainty that you are on the right path, that everything has its meaning and will be all right again. As I said before: this only works if you are a believer.

**Happy are those who can believe.
Faith (no matter which one)
gives strength and meaning in life.**

JESSIKA: OUT OF THE DEPTHS WITH A GUARDIAN ANGEL

It is well known that faith can move mountains. Belief in her guardian angel also helped one of my seminar participants during a difficult phase in her life. Jessika, an anorexic 15-year-old girl, suffered from depression. She had been living isolated from her friends for a year and stayed at home most of the time. During the conversation, it turned out that Jessika believed in her guardian angel. During the third "Energy Harmony" she incorporated him as a personal, emotional element. Jessika was asked to imagine standing on the mountain with her guardian angel. From this point of view, the problems no longer seemed so overwhelming, but more manageable, and more acceptable. The suggestions spoken during the exercise, such as "Everything you want, you will achieve" or "No one can limit you", Jessika experienced with

strong emotions because it matched her situation. She imagined that her guardian angel spoke these words to her. This gave her strength. She felt very constrained in life by her parents, who constantly argued, and she could not do anything right for them. But she also felt constrained by her pressure to perform. She believed that love and recognition were only achieved through good performance.

Jessika felt a strong sense of happiness, security, calmness, and confidence during this exercise, which she did alone with headphones, and these feelings of happiness reduced her depression. She learned to continue with the program and was cured of depression and also of anorexia. She set her internal image straight again (anorexics still see themselves as fat even when they are already life-threateningly slim). As Jessika told me, she saw herself thin for the first time after five days, and from then on, she could eat again. She worked with the program every day for six months and has been cured for three years. Jessika also learned to have faith in herself and her life again. Her faith made it easier for her to accept even painful changes as challenges.

LIVING THROUGH GRIEF WITHOUT AFFECTING MENTAL HEALTH

We often fall into a deep dark hole when a loved one dies. There is then a danger that we can no longer escape this pain and slip into depression. But you can do something about that.

> This does not mean that you should suppress your grief! When losing a loved one, allowing yourself to grieve and not push it away is important. A period of mourning must be and should be lived! But before your grief develops into depression, you should transform your grief images. Almost all those affected have an inner dialogue with the deceased, usually full of pain and deep mourning. During the deceased's lifetime, this dialogue would have been conducted quite differently, perhaps with a wink, a smile, and humor. But we hardly dare to do that; we get a guilty conscience as if it were tactlessness to have a cheerful, funny thought about a deceased. Why is that? There is no reason for it!

> Therefore, change your images when you talk to a deceased person. Think of the situations in which you laughed together. Perhaps imagine your loved one lying on a cloud when you talk to him/her - just like Marie did (page 80).

GAIN PERSPECTIVE DESPITE THE HEARTBREAK

Love is the strongest and most important feeling in our lives. When we are loved, we grow wings. We are full of energy, need less sleep, eat less and have a strong immune system. What's more, we look years younger. So it's no wonder that we all long for love and recognition. And when we get both, we would like to hold on to them forever. But in life, you can't hold on to anything; everything is in motion, changes - even love. Lovesickness, i.e., abandonment and withdrawal of love, is the worst psychological pain and the strongest stress. In the case of lovesickness, thoughts of the past painfully circle in our heads or self-tormenting conjectures. The heart races, the stomach clenches, and sleep is unthinkable.

> But even in the most painful situations, you should not lose your sense of humor. It helps you to keep your distance from yourself and your situation.

**The direct connection between
the nervous and immune systems
is also active in love.
Through love, the self-healing power
is strongly activated.
Through heartbreak, the immune system
and thus self-healing is weakened**



CHRISTINE: TAKING THE BELOVED OFF THE PEDESTAL

Christine, a seminar participant, told me about a disappointing love that had already happened seven years ago and was still hurting. She was married at the time and met a man at a seminar who fascinated her. She fell head over heels in love and believed this encounter was just as important for him as he assured her. Christine then separated from her husband but discovered that, contrary to his claims, the other man was married and had no intention of separating. He gave Christine no explanation and broke off all contact with her. Christine then fell into severe depression, could no longer sleep, lost her hair, and gained twenty kilos in one year. When she came to me six years later, the pain was still so strong that she immediately cried when she told me the story. She was still tormented by nightmares about the experience, still thinking about him daily and why he had done this to her.

MAKING REALITY VIVID

Here I jumped in and told Christine that he had not done this to her, but only to himself. A man who constantly needs the affirmation of many women is weak. He needs the feeling that every woman finds him irresistible. He is restless – and if the women don't want him, then he feels pathetic. Christine should now imagine this man as a comic figure, standing in a circle of women who are all two heads taller than he is. He pulls each woman by the sleeve and asks her, "Will you have me?" But each woman shakes him off, laughing or annoyed, until finally, with his shoulders drooping, he feels completely dejected.

**Do not cling to the
past,
or you will not be able
to live in the present!**



FROM A PICTURE OF PAIN TO A PICTURE OF HAPPINESS

The man who hurt Christine so much is still stored in her subconscious as desirable and is still glorified. Only through this exaggerated image was he taken down from his pedestal. Thus Christine's own value rose again. Thus, the image of pain turned into an image of happiness. She imagined this image for several days in a row. And after three weeks, she called me and told me that after seven years of insomnia and nightmares, she could finally sleep through the night again and had a nice dream that had nothing to do with this man.

Christine had told herself before that the man was weak and unworthy of her, but she did not really feel it. That is why it still hurts so much after such a long time. Through this picture, however, the pain was dissolved - and Christine was well again.

WHEN THE IMAGINATION EXAGGERATES THINGS

If you are a man in a similar situation, you can also work with this image. If anger, hatred, or self-doubt won't let you calm down, imagine the lady as a cartoon character in a circle of men dressed up, begging for admiration, pulling at every man's sleeve. She turns around, looks at each man with big, naive eyes, and asks him if he wants to have her. She is rejected by all the men and then leaves the scene in disgrace. Such figurative, humorous scenes dismiss the adored ones who hurt us so much. I heard a comparable story from a friend. She was unexpectedly left by her husband for a younger woman. She suffered in agony for a year until her friends told her they had met this other woman in a store. She behaved so unbelievably inconsiderate and arrogant towards the staff that everybody commented on her behavior as soon as they were out of the store. In my friend's case, this story from her friends seemed like a devaluation of the rival.

**"In every minute spent in anger,
one loses sixty seconds of happiness."**

And from that day on, her suffering stopped. Her mind could not break down painful images that conveyed: You are not worthy of being loved before. Now this story created a new emotional evaluation. That shows that when you can feel who those who hurt you really are, the anger and hatred that only destroy you disappear - and you finally find your hormone balance again.

BEFORE YOU HATE YOUR "EX"...

The same applies to the separation from a partner as to the grief after the death of a loved one: In this situation, too, a phase of inner farewell is important before the emotional images can be transformed. If this does not happen, there is a danger that you will remain connected to your "ex" for life in reproach or hatred for the rest of your life.

EXERCISE 1: IT'S EASIER WITH HUMOR

If you have been offended or humiliated by your partner, try the following exercise:

> Imagine a beautiful palm garden with warm springs and a swimming pool. You lie in this palm garden with the person of your choice on comfortable deck chairs; attentive staff serves you cold drinks. In the background, you can hear soft music and the sound of the springs ... Outside, locked out of paradise, your ex-partner jumps aggressively with a red face. You see them from a distance. From this distance, their aggressiveness does not lack a certain comedy. Your "ex" can no longer harm you; they can't enter your paradise. They lose their threat and even seem ridiculous.

With such an image, you can quickly reduce your rising negative feelings because you immediately evaluate the person you are angry with or even hate differently. And this helps you above all. Because anger and hatred are always directed against ourselves, they have an extremely self-destructive effect. You are only robbing yourself of your own energy. You are mistaken if you believe that anger and hatred are directed at the other person who has hurt you. You only hurt yourself!

EXERCISE 2: CHANGE PAIN IMAGES

- > Write down your past heartache pain images. Did an event in your life change the pain picture? Has time healed the wounds? Did a narrative that devalued your ex-partner change your pain picture?
- > Write down your current pain images. Try to change them as described or with your own success strategy for past pain pictures.

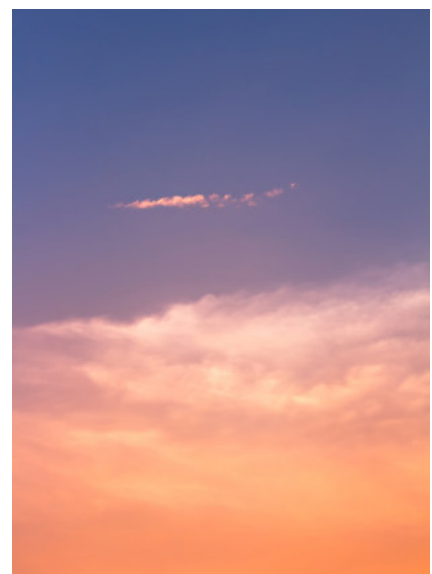
REDUCING ANGER AND HATRED

Most people have experienced this self-destructive feeling of hatred at one time or another: the sensation of boiling inside, heart racing, and breathing shallow with short, sharp gasps. The whole body's muscles and jaw are tense, and teeth clenched. You feel the desire to strike the other person - and that is exactly what you are programmed to do!

Just lash out ...

An extreme stress hormone release reaches every cell of the body, and adrenaline and cortisol reach their peak. The physical strength increases - an ideal condition for a fight! And this is exactly what our ancestors did in such situations. They needed this strategy as a survival mechanism, but this was only useful to them as long as they were the stronger ones.

Natural selection eliminated the weaker ones. Although we have learned (most of us, anyway) not to lash out at others, the hormonal release of anger and hatred has not changed at all. The only problem is that we no longer get rid of the stress hormones, instead, they accumulate in our body. You know the consequences: the immune system is weakened, all kinds of psychosomatic complaints threaten or you can no longer sleep. If you want to get out of this stress, you have to do something to bring your hormonal chaos into balance - but what?



EXERCISE: GIVE IT A GOOD ONE!

The first thing I recommend you do is to imitate our ancestors!

> Fight - playfully - and box your anger or hatred into the air onto the imagined aggression trigger or a big pillow. A punching bag is ideal, of course, except that it will hardly be worth the purchase because your anger and hatred soon will disappear.

Look for suitable music that promotes your aggression or dramaturgically accompanies your fight, like film music. If you want, imagine the hated person standing before you, and you are punching and screaming at them. Insult them with expressions that come to your mind.

> Work with this image for a few minutes daily and play through the scene until you clearly feel the hatred subsiding. You will feel how you become calmer again; your heart beats normally again, the tension dissolves, and your perception - also of the hated person - changes positively. When your hatred is reduced, and your hormonal balance is restored, you will be strong, confident, and free. Now you can finally let go of the other person.

STRENGTHEN SELF-CONFIDENCE

You probably know those enviable people: Despite divorce, quitting their job, health problems in the family, or financial struggles, they never lose heart and carry on full of power - whereas others are already thrown off course when the boss just looks at them askance. Why do some people find coping with stress and problems so easily? Quite simply: those people have a deep trust in themselves and the course of their lives. And that is the best foundation for developing one's own identity. In scientific studies, the Israeli medical sociologist Aaron Antonovsky found that people with healthy self-confidence sleep better, are less ill and distrustful, and are more satisfied and popular. They smoke and drink less and have fewer problems with food. They deal with stress differently because their unshakable confidence allows them to accept even the

hardest blows of fate and solve upcoming problems. Children who are unconditionally loved, encouraged, and praised by their parents have the best prerequisites for such strong self-confidence.

"SUPERMAN" CHRISTOPHER REEVE

The former US actor and "Superman" actor Christopher Reeve is the best example of a person with great self-confidence. Since his riding accident, he has been paralyzed up to the cervical vertebra. He could only move his facial muscles.

A lung machine was breathing for him, and an electric wheelchair was moving for him. He could have understandably fallen into a deep depression and made life hell for those around him. He didn't. Instead, he founded the "Christopher Reeve Foundation" to support medical research, starred in a Hitchcock remake and directed it, and wrote a moving autobiography. The whole world admires his bravery, and all he says about it is, "Something bad happened to me, but I have my family, and I'm still me."

If you are not one of the lucky ones who can get through life more easily thanks to healthy self-confidence, this is not yet a reason to despair. You will be able to perceive your life much more positively with Emotional Training in a short time, change your self-image positively and replace old pain programs like "I am not lovable" with new beliefs like "I am lovable, and I love me the way I am". I want to give you an example of how a new emotional image can awaken the power to free yourself from unwanted compulsions and develop more self-confidence.

**Many people live with negative beliefs
such as "I am not good enough",
"I am not lovable",
and "I am not entitled to more."
We have learned these in childhood,
and they undermine our self-confidence effectively.
Learn to create a new, supportive inner voice!**

TELEVISION PRESENTER: THE HELICOPTER PERSPECTIVE

A well-known television host, who was on the air daily with a popular talk show, came to me. His clientele on the show were celebrities and those who wanted to become celebrities. Due to his upbringing, he always had the feeling that he was inferior to his guests. Initially, he still managed to conceal this relatively well. But his submissive attitude towards the guests became more and more tense, increasing to real fear. Therefore, we developed an image that helped him – and now many others as well – react confidently when feelings of inferiority arose.

LIFT YOURSELF TO NEW PERSPECTIVES

Imagine that you suddenly rise into the air by a strong force – like a helicopter. You then look from up there at the scenario you are in right now, completely detached. You see the person you are afraid of and that he or she is only playing a role because they are afraid. For example, they try to aggressively or arrogantly play the role of a strong person, which in reality, they are not. Because the really strong one is not aggressive or arrogant – both are signs of helplessness and weakness.

From the helicopter perspective, all people look like little toy figures and lose their terror. You see from above that every person is connected by a cord with their inner child (page 109). Every person, no matter how mentally strong, carries within themselves this small wounded child, which the adult tries to hide, but which ultimately guides them. You can see through their weaknesses from this distance; you can smile and remain sovereign. When you land again, your feeling toward the other person changes, and you feel strong. This image helped the presenter a lot. He lost his fear, and his broadcasts became much more relaxed.

> Also try to work with this image when you have fears or emotional stress with those around you – and whenever there is a danger of someone upsetting you emotionally. If you find that your anger, fear, or humiliation is relieved by this image, then it is the right thing for you. You will be able to tell the people you were afraid of, you will be able to face them with

strength and self-confidence. You will feel how everyone around you and your environment notices your change. You will then be really strong and no longer only try to play the role of a strong person.

EXERCISE: QUESTIONS ABOUT SELF-CONFIDENCE

> Think about who makes you insecure or wants to make you insecure. Are there people around you that you are afraid of? Are you afraid of embarrassing yourself in front of other people? If so, try to reduce your fear with the "helicopter image".

How do you react when people whisper behind you?

How do you respond to constructive criticism?

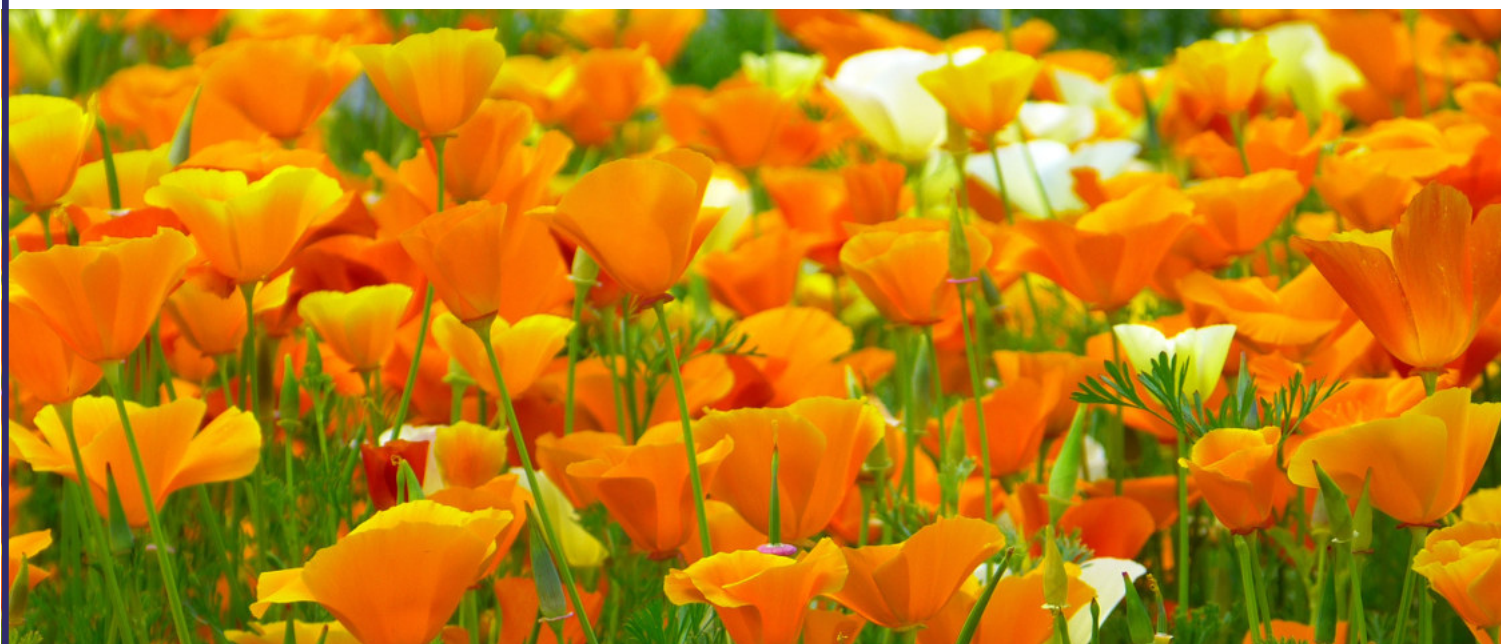
How do you respond to criticism that is about you and your mistakes?

How do you respond to intentionally unobjective, hurtful criticism?

How do you react when friends forget your birthday or don't send you a Christmas greeting?

How do you react when you are complimented?

> If you react stressed, offended, or insecure in these situations, your self-confidence is not very strong. Emotional Training will help you find more sovereignty.



EXERCISE: TAKE RESPONSIBILITY!

Perhaps you can spontaneously think of a whole series of people who are standing in the way of your happiness. Perhaps you also blame your parents or teachers for the fact that you cannot be happy today. Or is it the social conditions or political circumstances that prevent your happiness?

> Write a list of all the people and conditions that you think are to blame for your unhappiness. Here are some suggestions: Is your mother perhaps to blame because she didn't give you enough love? Or were you an unwanted child? What about the teacher who embarrassed you in front of the whole class at the time? Were you disadvantaged compared to your siblings? Does your partner not respect and love you enough? Does your boss not give you the recognition you deserve? Can everyone else afford more than you? Does it make you unhappy when you see self-confident and beautiful young people everywhere with whom you can't keep up (anymore)?

> Once you've written your list, you'll probably realize that you'll always find someone to blame for your unhappiness - but that changes absolutely nothing about your condition! Perhaps you now find the list of culprits ridiculous. Then take the list and burn or tear it up! Make clear with this ritual that you are ready from now on, to take responsibility for your happiness.

**If you feel insecure and small towards someone,
then try to see the hurt child in them.
Some people behave
arrogantly, dismissively, and aggressively
to cover up fears and insecurities.
Don't let this intimidate you anymore,
because you know now:
The other person is only trying to protect themselves.**

ABOUT LOVE AND SELF-LOVE

No driving force in a person's life is as strong as the desire for love and recognition. They belong to the primal needs of every human being. Love makes us grow wings; when we no longer receive love, our wings are clipped again. We feel sick, are no longer good for anything, and sit like deer in headlights for hours and stare at holes in the wall.

WITHOUT LOVE, WE PERISH.

One experiment ended particularly cruelly in the time of Frederick the Great: One healthy infant was given the bottle on time and was regularly swaddled.

Others, on the other hand, got nothing. No one spoke to him or gave him even the slightest attention, let alone tenderness. The poor baby was left to his fate without human warmth. After six weeks, the infant died. Without love, we are not capable of living. To live, we need recognition and love like the air we breathe. As children, we depend on receiving love and attention from our environment. When we grow up, we must learn to love ourselves. Those who do not love themselves cannot love others and find it difficult to accept love. The less self-confidence we have, the more often we will vie for recognition and love, and we need more proof of love. The logical consequences are jealousy, mistrust, fear of loss, and sleep disturbances. Thus we put ourselves, but also our environment, permanently under pressure. Many relationships break up for this reason because the greed for recognition and the hypersensitivity of the partner is unbearable. Every careless word, every inattention, a person who doesn't love himself takes personally, is offended by, and always convinced: Nobody loves me because I am not worth it. After all, I do not look like those dream people who look at me in glossy magazines or on the TV.

**“Once a man has found himself
there is nothing in this world
that he can lose.”
Stefan Zweig**

FREE YOURSELF FROM CLICHÉS

The strategy advertisers devise usually works: Only young, slim, and successful people have the right to be happy and loved. This sells all those products that promise: If you buy me, you will be desired and loved. Whether it's a car, lipstick, or half-fat margarine, our subconscious is extremely receptive to the message. But it's up to you to get out of this psychological terror! Walk through a pedestrian zone and get a realistic picture of the people around you. How many women do you meet who look like models? How many perfectly styled men do you run into? It is only a vanishingly small minority who fit the beauty stereotype of our time. The vast majority of people who crowd the streets here have wrinkles on their faces and weight problems, don't exactly come straight from the hair salon, and wear clothes that have lasted several years. They are just normal people, not art objects created by a plastic surgeon. Should all these ordinary people have no right to love and recognition?

LEARN TO LOVE YOURSELF

Think about which people fascinate you. Are they the beautiful ones or the ones with special charisma? Aren't they also people with a positive, extraordinary charisma despite (or because of) their small height, wrinkles on their faces, and excess weight? People who impress and fascinate us have self-confidence and self-assurance. They believe in themselves and their abilities. They are successful and treat themselves and others with tolerance and love. They stand out from the crowd, not because of their appearance, but because they have clear ideas of their own and say no when they mean no; because they dare to be themselves and do not pretend to be someone they are not; because they live through their emotions and do not suppress them. These people love themselves and are loved. Self-love does not mean superficial, narcissistic love, but pure, true love for oneself – without restrictions. If I have lost ten kilos or wear expensive clothes and surround myself with luxury goods, I find myself lovable.

Whether you are overweight, menopausal, or currently unemployed, there is no reason for you not to love yourself! Love for yourself makes you free and independent; no one can take it away from you. It gives you sovereignty and inner peace and makes you attractive to others.

MARLIES: FINDING LOVE AGAIN

Marlies and her sister were actually very similar. Her sister was a well-known, slim, and pretty actress. Marlies had the same face, voice, and movements – only she weighed exactly twice as much, had depression, insomnia, and was constantly sick. Marlies was chubby even as a child. When her sister got a whole bar of chocolate, she received only one bar – with the condition that she first jump rope for ten minutes or swim ten laps in the summer. Sometimes only the sister got chocolate, and Marlies, the chubby one, a carrot as a reminder. The slender sister was constantly praised, and her pretty appearance was emphasized, even in front of others. Marlies suffered agony even as a child. She tried to get love and recognition by doing well in school – and was repeatedly disappointed. She reacted increasingly sensitively to her mother's criticism and grew fatter and fatter because her only consolation was food.

IN THE SHADOW OF THE SISTER

On the other hand, the beautiful, slender sister was always the center of attention, whether at home, at school, or with the boys during puberty. Later, she was also in the limelight as a well-known actress. Marlies could do whatever she wanted. Besides her sister, everything remained unnoticed, according to her subjective evaluation. Finally, she gave up, dropped out of University, and withdrew completely. Her sister then gave her a seminar with me, the "Mental Slimming Training", where she learned to change her wrong eating behavior via emotions and to delete her addictive programs forever. But here, she also began to work on the actual cause of her suffering: the relationship with her younger sister, the feeling attached to her of no longer being loved, of being inferior, and of not being able to fulfill the requirements to be loved (to be like her sister).

AFFIRMATIONS AS A FIRST STEP

First, I worked with Marlies on affirmations. As expected, the affirmation "I love myself as I am" triggered emotional rejection in her. She described the feeling like a lightning bolt going through her stomach. She heard an inner voice laughing at her and remarking sarcastically and smugly, "What, you want to love this fat person?" At this, Marlies saw her fat body - everything mercilessly exaggerated in a negative way. In contrast, the phrase "From today on, I'm learning to accept myself" made Marlies feel comfortable and relaxed. This toning down was believable for her, and thus also for her subconscious. Because the sentence does not yet contain the word love and the time when it will be so far in the future. So I recommended that she work with this affirmation until she realized that she could go one step further to apply the next intensification: "I accept myself as I am." Here the future moment is omitted, but the word love is still not included. The goal is reached when the affirmation "I love myself as I am" can be spoken with comfort. This took three months with Marlies.

ATTENTION TO THE SAD INNER CHILD

I then worked with Marlies on several emotional images that helped her on the path to loving herself. To do this, she was supposed to imagine holding her child self in her arms as a child, caressing herself, and speaking to herself. Marlies initially had difficulty taking herself in her arms because, as she literally said, she found herself "repulsive" even as a child. She saw herself as a chubby, marginalized eight-year-old, and it was impossible for her to hold herself like that - I asked Marlies if she could imagine holding herself as a three-year-old. Tears immediately came to her eyes because she strongly loved this child. She looked just like her sister at that age: petite, blue-eyed, with blonde curls. At that time, her sister was born. From then on, Marlies felt left behind and no longer loved. Her substitute for love became food, she became increasingly chubby, and the feeling of not being loved grew stronger. Because she believed her mother only loved her when she was slim. Marlies now spoke every day to the three-year-old little girl she once was. She comforted the child when she cried, stroked her, and took her in her arms. She explained to the little girl that her mother loved her just as much as her little sister.

EXERCISE: EMBRACING THE INNER CHILD

> Take a photo of yourself as a child and, with your eyes closed, try to hold yourself in your arms as a child. If it doesn't work, as it did with Marlies at first, take a photo in which you are even younger.

And every day, grown-up Marlies told little Marlies how much she loved the little one. After three months, grown-up Marlies could also believe that she was lovable. She felt content and happy when she said the affirmation, "I love myself as I am." She had straightened out the inner image that had tormented her all her life. The little child inside her now felt loved. An inner peace and joy of life arose in Marlies, a joy that she had never known.

**"If you don't have joy within yourself,
the world won't give it to you."
Erich Fromm**

CHANGING THE EMOTIONAL IMAGE OF THE MOTHER

Marlies had problems not only with her sister but also with her mother. Therefore, we first analyzed her childhood experiences. Her mother was once fat herself and, therefore, very unhappy. She wanted to spare her daughter this suffering and tried to help her to the best of her knowledge. However, she achieved exactly the opposite. Marlies should now imagine the following situations: Her mother is teased by her schoolmates when she is a fat teenager, or - the mother herself once told this - her mother goes to an ice cream parlor as an 18-year-old with her first boyfriend and eats a large sundae, whereupon strangers at the neighboring table loudly express that if they were so fat, they would not still be eating such ice cream portions. During these scenes, Marlies was supposed to feel what her mother had felt then. This wasn't difficult for her since they were the same hurtful feelings she had experienced often enough.

Afterward, she was to experience her mother's feelings towards her when she was still a baby and toddler. She felt a strong love. After that, Marlies was to try to experience her mother's emotional experience after the birth of her sister: with two small children, a household, and running a small electrical store. The father could not support the mother because he was much older, often ill, and unable to cope. Marlies felt how overworked her mother was. She emotionally relived what her mother felt at the time. She saw herself as a toddler after the birth of her sister, trying with all her might to attract her mother's attention. She saw herself again when she smeared a whole pot of cream on the carpet and dumped potting soil on it or when she cut off the sleeve of her mother's favorite jacket to make it clear to her: Look, I'm still here too. But the mother did not understand this cry for help. On the other hand, the sister was a model baby: always content, smiling, and easy to care for. Marlies felt in her mother's role that she was already, by her upbringing, unable to interpret her daughter's feelings correctly and react accordingly. The mother grew up with six siblings in poor circumstances, without receiving tenderness from her parents. Marlies felt that her mother's troubles with diets or other attempts to discipline her daughter in eating were not meant to torment her. Rather, they were expressions of love to spare Marlies the suffering she had endured at a young age. Through this role-playing, in which she empathized with her mother, Marlies could finally understand that her mother had always loved her, just in the way that was possible for her. Through this, Marlies was able to reprogram her lifelong aching programs ("You are not lovable") in just three months into: "I am lovable, and I love me as I am."



RECONCILIATION WITH THE SISTER

Marlies also experienced the role of her sister and felt that she was not to blame for her unhappiness. It became clear to her that she would not have gained weight or had bad grades, only out of love for her sister. Nor would she have renounced her first great love just to avoid hurting her jealous sister. At the end of the seminar, Marlies was hardly recognizable. She was beaming because a huge burden had been lifted from her. She had produced so many happy hormones that there was no trace of her depression. That same evening, she met her sister. Both fell happily into each other's arms and talked all night long. From then on, Marlies could also sleep again because of the new emotional evaluations, and the hormone balance was restored. After a year, she lost 29 kilos without dieting, resumed her studies, and was highly motivated to turn her life around.

GET ACTIVE!

Starting today, you take your life into your own hands. Because happiness lies only in you. No one else but you can make you happy. And therein lies your great opportunity!

If you do the Emotional Training consistently, it will quickly become easier for you to become active and change your life. Only what to do, you will ask. The answer depends, of course, on your personal preferences and inclinations - the only important thing is that you do something, engage in something that brings you a balance to everyday life, that you enjoy, and that triggers happiness hormones in you.

**"The pessimist laments inconsistencies of yesterday,
while the optimist goes on a voyage of discovery
into a fantastic tomorrow."**

Robert Bergman

FIRST STEP: THE HIT LIST

> Take a daily newspaper, a city program, or an adult education center directory and check off everything that might be of interest to you: Cinema or theater, exhibitions, sports activities, meditation ... And then make a list of all the activities that you enjoy.

Visit to the cinema

Visit to the theater

Concert

Visit to exhibitions and museums

Walking or hiking in a group

Making music

Dancing

Playing sports in a club (which sport specifically?)

Participate in organized day trips

Go to a meditation group

Relaxation training

...

> Do something outside the home once or twice a week. Let your personal "hit list" inspire you to do this. And if you do stay at home, coach yourself:

SECOND STEP: THE MOTIVATION

> First, answer the following questions in writing:

What do you want to experience in your free time, in your activities?

Would you like to meet new people? Be in nature? To be moved? Relax or rather work out?

What fears prevent you from fulfilling these wishes?

> Then try to visualize your wishes and goals exactly. What feelings does this trigger? - If the feeling is pleasant, formulate a motivating affirmation that lets you pursue your goal.

Example: If you feel lonely and wish to participate more in life again, first analyze what you specifically want to do: play sports in a group, attend an adult education center, go on a trip with a travel group, etc.

If you can see your specific goal in your head, try to formulate affirmations that you feel positively, for example, "From today on, I seize every day and live!" and "I feel happy when I do gymnastics in the group." While doing this, try to see the picture clearly. Do you see yourself happy, laughing, doing gymnastics with other people in a gym or sports club? Do you feel how easy the exercises are for you, what a pleasurable feeling it is to move your body rhythmically to music. You will soon feel like signing up for a course.

EXERCISE MAKES YOU HAPPY!

Sport is good for the body, mind, and soul. You've probably known that for a long time, yet you still can't get your act together. When you think of "sport", do you involuntarily think of your school days, when you might have had to jump over stiff, high leather bars in smelly sports halls, struggle awkwardly on a wooden bar, or almost collapse after the 500-meter run at youth sports festivals in sweltering heat in the blazing summer sun? But those days are long over. Today, you can decide for yourself what and how you want to exercise. But you shouldn't go without it because exercise is fun and complements Emotional Training. Scientific studies have shown that exercise and sport can change the body's biochemistry. Serotonin, endorphins, and testosterone are released. They are good for the mind, generate happiness, and increase the desire for sex.

SPORT STRENGTHENS THE IMMUNE SYSTEM

Sport makes you creative, clears your head, and awakens your spirits. Professor Gerhard Uhlenbruck, immunologist and sports physician at the University of Cologne proved in his research that physical training activates the immune system's killer cells, which in turn attack pathogens and render them harmless - from influenza to cancer. Other studies also show that regular exercise reduces the risk of developing cancer. After all, we still have the same genetic makeup as our Stone Age ancestors, who were programmed to move because the daily search for food, escape from wild animals, or fight enemies could only be

accomplished with a trained and agile body. This is natural selection: Only the strong survive. Our more than 200 bones, 500 muscles, and all organs need fuel every day like an engine; we need fuel every day in the form of oxygen, hormones, and nutrients, which we get from exercise and food. A body that doesn't move rusts; it becomes flabby, old, and sick. But you don't have to get a fright now and immediately sign up at the nearest fitness center, appropriately styled.

You can also safely miss the next city marathon - unless the idea of running in it makes you happy. After all, sports should be fun. If you don't yet do any sports, program the sport you want to start with positive images in your subconscious.

MOTIVATING IMAGES HELP

For an untrained beginner, the idea of jogging for 30 minutes, sweaty, gasping for breath, and with a sweaty head is certainly not positive. This image is not very motivating when you want to start running. I can still remember that about 20 years ago my partner suddenly said we had to run now. I was completely untrained at the time and accordingly collapsed after about 10 minutes with side pain and a very red face. Even the devastating remarks of my partner could not motivate me to continue running. It wasn't until two years ago that I started running again, very slowly at first. I started with fast walking, so-called "power walking", at a pulse of 130 to 140. In the morning, right after getting up, for 30 minutes. The realization that walking gives the brain more oxygen and significantly increases thinking, concentration, and memory was the decisive motivation for me to start walking. Today, walking has turned into gentle jogging, also at a 130 pulse rate. I love to run out into the woods right after I get up. I love to hear birds chirping in the morning, greet the sun, and feel at one with nature. In the morning while running I get the best ideas. Running is like meditation for me. I love it, the smells, light, nature, and feeling of my body intensively and consciously. When I don't get to run for two days, I miss something.

"Sport is not death, but pure vitality!"

JUST GIVE IT A TRY!

If you don't run yet, you should just give it a try.

- > Buy running shoes specially designed for "power walking" at a good sports store.
- > The advantage of power walking is that your pulse does not skyrocket, which would be unfavorable. The optimum pulse rate for endurance exercise is between 130 and 140.

At this frequency, your body burns fat and not sugar, as with a higher pulse rate.

- > Take a friend with you and it will be even more fun.



**Exercise conjures up a good mood!
For example, when you jog,
all the muscles are exercised,
you fill up with oxygen,
produce happiness hormones,
and sleep better
- and all this free of charge...**

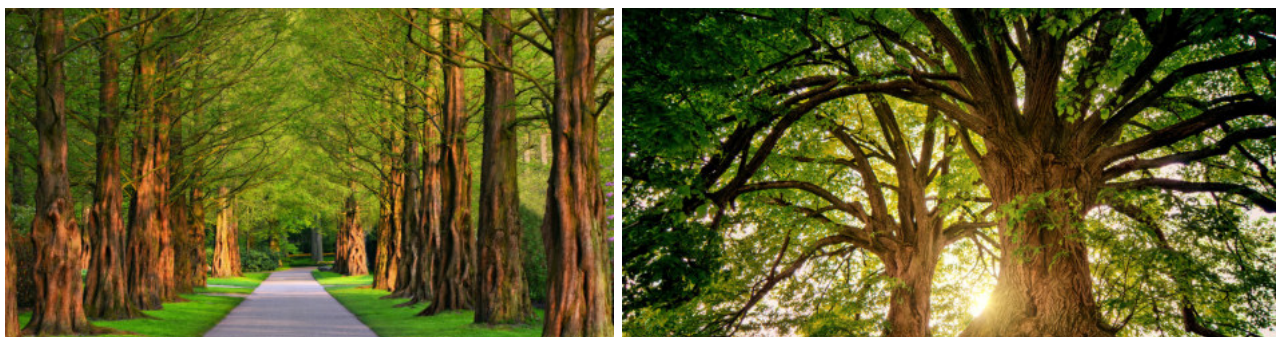
GROUP SPORTS FOR SOCIABLE PEOPLE

If you feel lonely, you should do sports in a group - whether gymnastics, dancing, tennis or something in the gym. Because in a group, you will find exercise combined with fun, contacts, and communication. Many people who want to socialize don't dare go to a gym because they think only young, slim gazelles and men with super body shapes come in and out. But that is wrong. Sports and exercise have a completely different status today than they did ten years ago. The positive effects on health, psyche, and figure have long since become known. And so there is the right offer for all age and performance groups.

> If you are inhibited because you are overweight or no longer twenty, there are certain fitness centers in your area with special offers for women, older or overweight customers, or exercise groups for cardiovascular patients. Adult education centers usually offer such courses. And also, check with your community center for a sports group that meets your needs. The range of sports and exercise options is greater today than ever before. No matter what you do, the important thing is to do something, get moving and have fun.

SPORT AS A PART OF MENTAL HEALTH

Sport is the ideal complement to Emotional Training. It also reduces stress, can remedy for loneliness, ensures that even more happiness hormones are released - and it helps you sleep deeply and soundly again.



"He who knows his goal will find the way."

Laotse



CHAPTER 4

FINALLY, SLEEP AGAIN!

If they are good feelings, of course, we don't mind. But as soon as stress, anxiety, or depression takes over, it's no longer fun. Then we would like to do something about it - and often feel helpless, as if controlled by others. But emotions can be changed at anytime - if we understand what emotions are and how we can influence them.



EVERYONE SLEEPS, LONESOME WAKES

Whether you have trouble falling asleep, wake up in the middle of the night, or you're always feeling tired in the morning - all these variants of sleep disturbances have the same inner cause: inner restlessness, stress, and fears ... It is also stress hormones that wake you up at night.

It's two o'clock in the morning. You've already been lying sleepless in bed for two hours. You've counted countless sheep, drunk warm milk with honey, and tried to let your body sink into the pillows warm and heavy as lead with self-training... And yet you lie in bed wide awake, enervated, with your heart pounding, counting the hours you have left until you get up - even though you could hardly keep your eyes open from tiredness before going to bed: As soon as you lie in bed, you are awake again. And when the alarm clock rings mercilessly in the morning, you feel as if you're exhausted. Since you are reading this book, I assume you have counted countless sheep - without success. Every fourth German sleeps badly. Every tenth German has such massive sleep disorders that they must be treated by a doctor.

THE FIRST STEP IS ALREADY DONE

You have already fulfilled the most important prerequisite if you use Emotional Training, especially the "Energy Harmonies". You have reduced your stress, anxiety, and depression, you learned to have confidence in yourself and in your life - and thereby restore your hormone balance. For most, this is enough to return to a deep and sound sleep. If you still can't sleep, you'll be able to with the Emotional Sleep Training I introduce in this chapter. You will also learn important things about sleep and its importance for our body, about long and short sleepers, and about the numerous external causes of sleep disorders. Eliminating these is an additional aid to restful sleep.

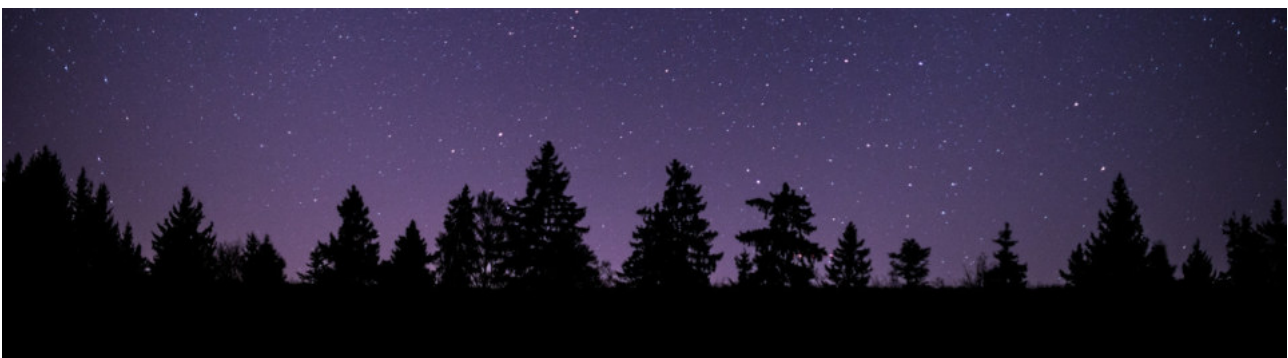
"Sleep is to a man what winding up is to a clock."

Arthur Schopenhauer

WHY WE NEED OUR SLEEP

We spend about a third of our lives asleep. Despite this, sleep was largely ignored by science for a long time. It was not until 1929 that neurologist and psychiatrist Hans Berger began modern sleep research. Electroencephalography (EEG), a method of measuring the continuous activity of the brain, made it possible to detect this activity, even during sleep. Thus, in the sleep laboratory, the functional processes in the brain can be made visible with the EEG. The EEG records alpha waves when a healthy, relaxed person closes their eyes. They are higher and follow each other more slowly than the beta waves that our brain produces when we are wide awake. As we fall asleep, the brain waves become slower and higher, and we reach the theta wave range. Finally, deep sleep transports us into the delta wave range. We are only receptive to very strong external stimuli. This is followed by a new sleep stage, the so-called REM (rapid eye movement) phase. Similar to the falling asleep phase, the EEG again shows rapid, shallow wave movements. Our eyes also move rapidly. We are in a dream phase. In 1953, American researchers Kleitman and Aserinski discovered that sleep goes through recurring, periodic phases or stages. In the late 1960s, American sleep researchers coined the term sleep profile, which is still valid today. The individual stages were given the following names - healthy adults go through 4 to 6 such sleep cycles every night:

**Fatigue is hormonally controlled
through the autonomous system.
The goal is to provide the body with recovery
and to keep it healthy."**



WHY DO WE ACTUALLY SLEEP?

Despite all the findings, scientists and sleep researchers have not yet established reliable research results about the actual meaning and purpose of sleep. They have only been able to formulate hypotheses.

- One hypothesis assumes that the body has self-regulating powers that regenerate the body's cells and strengthen the immune system, especially at night during sleep. You can easily understand this by looking in the mirror after a night of partying: Your face strongly needs regeneration and is older by ten years. No expensive cream or mask will help. Only one thing will: sleep. Even in phases in which the body has to use its self-healing powers to a particular extent, such as in the case of fever or infectious diseases, the clinical picture is always accompanied by severe fatigue. This is because the weakened body can be regenerated more quickly, and the immune system is activated during sleep. Children in a growth phase are also particularly often tired, as rapid growth extremely strains the body. By sleeping more, the body wants to get the necessary rest and regeneration.
- The second hypothesis about the meaning and purpose of sleep assumes that a biological rhythm determines sleeping. This depends on the earth's rotation and the alternation of light and dark and corresponds roughly to a 24-hour rhythm. However, the natural light-dark alternation has ceased to determine our sleep-wake behavior. Today, we no longer go to sleep when it gets dark, as our ancestors did, nor do we get up with the sun in the morning. Instead, we turn night into day with electric lights, television, and computers, which upset the natural balance and biological sleep rhythm.



**From stress research, we know
that adrenaline and cortisol,
known as wakefulness or stress hormones,
are at their highest concentration
in the blood in the morning.
In the late afternoon, they decrease,
and in the evening,
their amount decreases to the point
where they are barely detectable.
The body is now programmed to sleep
- if hormone production is in balance.
Otherwise, sleep is disturbed by stress hormones.**

SLEEP IS VITAL

According to the current state of science, both sleep hypotheses are correct. In any case, researchers agree that sleep is essential for survival. Animal experiments have shown that life is not possible without sleep. Experiments on rats that were kept awake artificially resulted in the animals dying after 20 days without sleep. The cause of death was hormonal chaos, caused by stress hormones, a derailment of the body temperature, and a total breakdown of the immune defense. You don't have to get a fright now if you have already been sleeping poorly or hardly at all for weeks. Total sleep deprivation does not normally occur in humans.

The body at least gets the minimum amount of sleep it needs to survive. But hormonal chaos, similar to that in laboratory animals, can also be detected in your body when you struggle with fears and horrors at night. As you know, anger, fear, humiliation, sadness, hopelessness, and the feeling of being all alone in this world because no one loves you cause a massive release of stress hormones - which cause your heart to race, your chest to constrict, water to be stored in your tissues, early menopause in women and overall weaken your immune system.

IS SLEEPING A WASTE OF TIME?

Most people in industrialized countries no longer have enough time to juggle work, family, and hobbies. Business mail is read at the hairdresser, people work on their laptops on the train and at the airport, and they can be reached by cell phone everywhere. The time that is supposedly not available is preferably saved by not sleeping. Somehow it must be possible to reprogram the body! Maybe it's all a matter of practice? Others get by with less sleep!?! Napoleon, who supposedly slept only four hours every night, when asked how many hours of sleep people need, replied: "Six for a man, seven for a woman, and eight for a fool."

Thomas Edison also considered sleep to be wasted time and is even said to have gotten by with just two hours of sleep. Perhaps his aversion to darkness or fear of falling asleep finally inspired him to invent the light bulb. Fortunately, history also knows of brilliant late sleepers like Albert Einstein, who is said to have slept up to twelve hours a day. Goethe, who slumbered blissfully for at least nine hours, was also one of them. Short sleepers fit ideally into today's image of the successful, disciplined, and functioning human being. Long sleepers, on the other hand, are considered lazy, unproductive people in today's performance-oriented society. Studies have long since proven that we cannot do anything about our genetic predisposition that makes us short or long-sleepers. We simply need a minimum amount of sleep, which looks different for everyone. But instead of accepting that, we toss and turn in bed at night, overtired and unable to sleep because we're racking our brains for ways to fit this and that into our tight time budget - instead of sleeping and relaxing.

MONIKA: PANIC ABOUT THE NIGHT

The example of my seminar participant Monika shows how closely sleep disorders are linked to stress, anxiety, and depression - because released stress hormones rob us of sleep. She told me that at age 40, after 20 years of marriage, she was facing absolute chaos. She was the mother of two children, both of whom were still in elementary school.

She worked with her husband in their joint company - until it went bankrupt. Then the husband disappeared overnight, leaving his wife and children alone with the debts. Monika could no longer pay the mortgage on her home and eventually ended up with both children in a homeless shelter. She lived there for half a year until a journalist friend happened to meet her while doing research and pulled her out. After her husband disappeared, Monika went through menopause overnight. Her periods stopped, her hair turned gray, and she started having sweats, acne on her forehead and back, severe depression, and sleep disorders. The sleep disturbances were especially hard on Monika: For months, she could only sleep for two to three hours at a time before she was awakened again by nightmares.

Later, when she had an apartment and a job again, she still suffered from insomnia. She went to bed every night, fearing not being able to sleep again. She was downright panicking about the endless nights in which she felt terribly lonely and abandoned, in which she kept looking angrily at the clock to count the hours she had left to sleep. It was not until Monika came to me for a seminar and learned how she could conquer her sleep disorders on a daily basis with Emotional Training that her condition changed. The first thing that helped was the new assessment that a sleepless night does not harm the body - since it at least gets what it needs to survive. But above all, she learned to reduce her fears and self-destructive hatred. Soon she could evaluate things that had hurt her differently through new emotional images and accept her life with its painful changes. After a short time, her menopausal symptoms and depression disappeared. She had developed a new self-confidence and was out to be able to take care of herself and her children again.

**As different as people are,
so is their need for sleep.
Not everyone needs eight hours of sleep.
Napoleon allegedly needed four hours,
while Einstein is said to have needed
up to twelve hours of sleep...**

You cannot change the world through your thoughts, but you can change your own attitude toward the world. And if you achieve that, then you will also change. You will feel a peace and harmony within yourself that you have not known before, you will be balanced, confident, and happy - and thus sleep well again. And if you change, then the world around you will also change!

WHY DO YOU SLEEP POORLY?

How long have you had insomnia? Can you remember if there was a trigger - for example, moving house, illness, separation, or other emotional stress? In the case of sleep disorders caused by stress, anxiety, and depressive moods, Emotional Sleep Training is just the thing.

**The most common cause of sleep disorders
is anxiety, stress, and negative thoughts.
These can be reduced
with the Emotional Training Program.**



THE EMOTIONAL SLEEP TRAINING

The longing for deep sleep is so great because we urgently need this antipole in a world in which things are rather chaotic - as they are in our heads: we can no longer switch off. We are haunted by our stress right into our sleep. That's why we look for islands of calm, where we can experience safety, security, peace and finally let go.

EMOTIONAL MEDITATION

Emotional Training fights the causes of your insomnia - so that you can permanently get rid of your psychologically caused sleep disorders without medication and finally sleep well again! Since ancient times, meditative methods have existed in all cultures that allow people to experience inner peace and happiness. They are a path to the subconscious mind and self-knowledge. When the mind becomes still, when we turn on mindfulness and are complete with ourselves, we can become calm and truly let go. The "Dream Pictures" and the Emotional Sleep Training relaxation exercises, like the "Energy Harmonies", are a form of meditation exercises that change your emotional awareness. You will learn to perceive the world, people, and yourself more intensively again - just as you did as a child. As a result, you will become more active and positive in your life and no longer view it as a passive spectator from the outside. When you experience happiness, peace, and serenity through the exercises, the negative chatter in your head will also fall silent, and the chaos in the world loses its horror.

**Emotional training
fights the causes of your insomnia
- so that you can solve
your psychologically caused sleep disorders
without medication
and finally sleep well again!**

THE GOOD OLD BEDTIME STORY

"Once upon a time..." almost all fairy tales and bedtime stories begin with these ritual words. Countless children listen to their mother's or father's familiar voice every night, snuggle under the warm blanket with their cuddly bear or burp cloth, and feel unrestricted trust, love, and security. They feel the certainty that everything will be all right because Daddy and Mommy are always there for them to protect them.

What is so fascinating about these tried and tested bedtime stories? What do they achieve? On one hand, there is the loving and intensive attention of the parents or grandparents to the child, and on the other, the stories also promote sleep readiness. After all, good always triumphs in the end, and evil is punished. The child's soul experiences joy and sorrow in the stories with the certainty that there is always justice in the end. The "ugly young duckling" that everyone laughs at becomes a proud, beautiful swan. In "Sterntaler," the poor little girl becomes rich because the stars rain down from the sky as gold coins. "Cinderella," humiliated, tormented, and abused as a cleaning woman by her wicked stepmother after her mother's death, is freed by a handsome prince and loved as his princess for life. And if they have not died, then they are still alive today ...

Children and adults feel happy at the end of the fairy tales - and these emotions, in turn, release hormones that let us fall asleep calmly.

"SEDATIVE"

The tension, for example, when Cinderella's suffering is witnessed, gives way to relaxation when the prince finally finds Cinderella and puts the glass shoe on her. In other situations, too, we experience the principle that after the tension, the subsequent relaxation has a strong calming effect. You probably know that you can't sleep because of exam anxiety, for example. Immediately after the exam, you feel a strong relaxation because happiness hormones immediately reduce the stress hormones and make you calm again. Trust, love, and security are pleasant feelings of happiness, so to speak "pure happiness hormones", which have a relaxing effect because they reduce stress hormones and program the body for sleep.

DREAM IMAGES FOR SLEEP TRAINING

The primal trust and security we feel at the end of a bedtime story make us fall asleep happily. I have developed the three "dream images" (starting on page 131) for Emotional Training to awaken these emotions. The dream images are suitable for putting you to sleep and into the realm of dreams - just as the fairy tales once did. They act like a classic bedtime story.

You regain confidence in yourself and in your life. Feelings of happiness arising from the dream images allow happiness hormones to flow through each of your body cells of your body and thus dissolve the stress hormones and psychosomatic energy blockades.

VERENA: CHILDREN'S CASSETTES AS A SLEEP AID

I have experienced with my own daughter how much the good-night stories from our childhood are programmed with feelings of security and trust in the subconscious. She belonged to the generation that often listened to children's stories on tape to fall asleep. When Verena was sixteen, she often listened to her old "Bibi Blocksberg" tapes to fall asleep in the evening. She had programmed these stories with her childhood, with security and feelings of happiness. When she went on vacation with friends, she discovered that two other girls of the same age in the group listened to these familiar stories to fall asleep. They had intuitively found their optimal means of falling asleep.

**When you listen to the emotional sleep training,
snuggle up into your bed
and imagine you are a child again
and your mother, father or grandparent
is telling you a bedtime story.**

HOW TO FALL ASLEEP RELAXED

When you lie in bed at night, you can do the following little "program":

> First, speak affirmations (page 49) that get you in the mood for relaxation and letting go. These could read, for example:

I am completely calm and sleep through the night.

From today on, I am learning to sleep calmly again.

I have confidence and let go.

There is harmony and peace within me.

With these affirmations, see yourself as a child, sleeping deeply and soundly with confidence. This is because a sleeping child is positively anchored in our subconscious. We do not associate sleep disturbances with this image but rather the feeling of trust and security.

> Then listen to one of the three following "dream images" as your bedtime story - you will be surprised at how quickly you can reduce anxiety and stress and sleep well again.

> If you are still not asleep, listen to the relaxation exercise from page 136. Good night!



GOOD NIGHT WITH "DREAM IMAGES"

Most of us experienced this as a child: we lie in bed at night, and our mother or father sits on the edge of the bed and tells us a bedtime story. The dream scenes of Emotional Training awaken memories of this cozy atmosphere. We feel trust and security - and can fall asleep as relaxed and blissfully as we did as a child.

The six-minute scenes are told like loving, gentle bedtime stories. This recalls the familiar programs from childhood - provided you experienced this as a child. But even people who did not have this experience, associate a positive feeling with it.

> So lie down in bed and listen to one of the dream images or all three - preferably very quietly with headphones.

**From now on, treat yourself to this ritual
of falling asleep every night.
Alternate the dream images as you wish
or simply listen to your favorite image each time.**

DREAM IMAGE 1: STARRY SKY

The sun has set already,
you look up and see the world of stars above you.
Starry sky and the vastness of space, move gently through your dream.

A land of peace and bright stars.
The moonlight lies on your house.
Dreams that gently and peacefully, let you sink into an invisible world.
You feel security and warmth.

You feel blissful like a child.
And deep tiredness comes graciously over you.
Peace in your heart lulls you to sleep.

You dream and feel bright light,
Knowledge gently floods through you.
And you feel so clearly,
true happiness lies only within you.
Only you know your way
and can direct your life.
So you are free because you will never lose
this happiness.
Peace in your heart lulls you to sleep.

You feel the elemental force deep within you.
You feel what unconsciously you already know.
As a child accompanied by the guardian angel, he also lays his wings
gently around you.

You sense the invisible forces,
that our mind cannot grasp.
You gently let go
and feel the love that is always with you.

Love in your heart lulls you to sleep.

You have come home after a long search.

After long darkness, you now see light.

You have realized, only if you truly love yourself.
You can give love to others.
That is the message and the meaning of life.

Only this love makes you free.
Love in your heart lulls you to sleep.



DREAM IMAGE 2: CORNFIELD

There is a whisper across the field.
Familiar as the sound of the sea.
Flowing waves, made of golden corn
husks,
gently lull you to sleep.

You feel like in your childhood days,
a familiar feeling of home.
You feel deep peace within you,
security and harmony.

The sun sinks tiredly down to the earth.
And with the dusk, the day goes.
Quietly, with a gentle power,
sleep and night take over you.

You gently let go - and fall into a
dream,
You fall through soft veils of mist
longingly into your dream paradise.
Flowing waves of thoughts and
dreams,
lull you to sleep.

You see in the paradise of dreams
a wonderful bright being.
It gently speaks to you, so lovingly,
so full of kindness:
"Don't fight against what is called life.
Don't hold on to negative painful
thoughts.
Let go of them in peace and have trust
in yourself.
The flowing waves of love lull you to
sleep."

You feel like in a gentle child's
dream.

A pleasant and light floating.
You feel wrapped in warmth,
filled with love and trust.

You gently let go and feel your
ties freeing.
In your heart, you feel peace.
Gently flowing waves of love
lull you to sleep.

You glide gently through the
land of dreams.
The moon looks into the tired
evening window.

It also sees you and can read
your heart.

You feel peace in you.
You feel loved, protected,
covered in warmth and
security.

Gentle dreams, like flowing
waves, lull you to sleep.



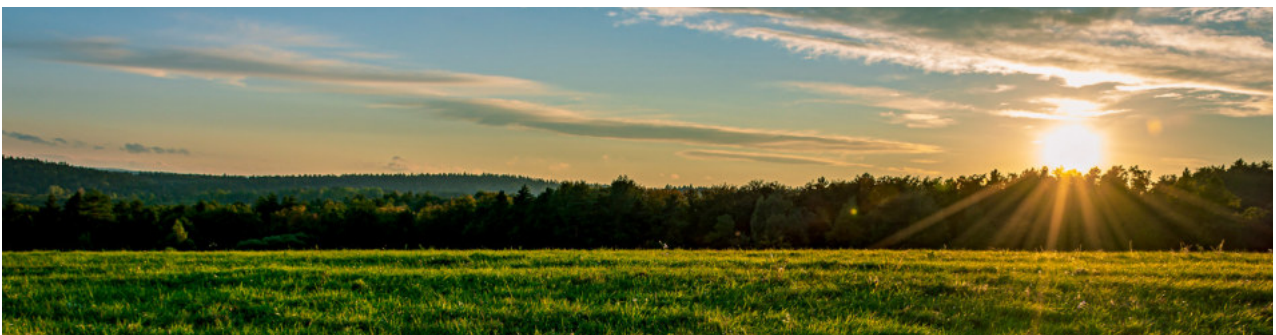
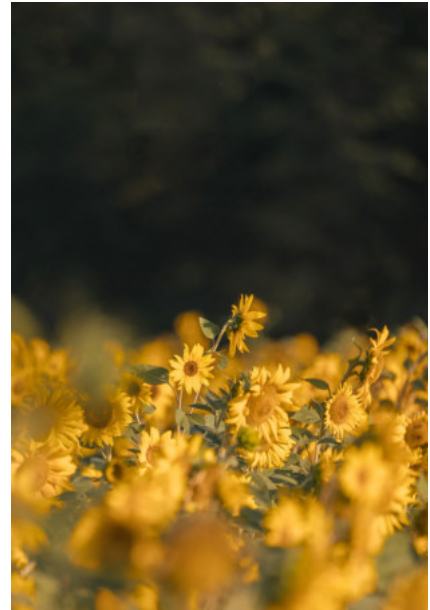
DREAM IMAGE 3: LET YOURSELF FALL INTO THE WIND

In a light forest,
The leaves sway gently in the evening light.
The wind sways wearily in the branches.
The wind is so quiet, you can hardly hear it.
It whispers: "Let yourself fall.
Let go, I'll catch you."

You feel the breeze softly on your skin.
You feel a gentle rocking.
You feel like a baby in your mother's arms.
The wind is gently rocking you into your dream.
It whispers: "Come, let yourself fall,
Let go, I'll catch you."

You dream a soothing dream, the day already went to sleep.
A gentle cloud floats in the sky
and move through your dream.
You dream that, somewhere in the distance,
must be the home where the white clouds are living.
And it whispers: "Let go, I'll catch you."

You feel as in distant childhood days,
a deep sense of trust.
The wind song lulls you blissfully in your dream.
You feel a gentle floating.
It whispers: "you can't live tomorrow or yesterday,
you can only live here and now"
So, have faith.
Let go, I'll catch you."



You sink into the veil of bliss,
You feel safe and free.
Whatever is heavy in your heart today,
will be light and easy again tomorrow.
Outside, the night is silent.
The wind still rustles very softly through the forest.
It whispers: "Let go, go to sleep."
"I'll catch you."



**"You feel a gentle rocking.
You feel a quiet weariness,
like a contented child."**

RELAX

If you have not yet fallen asleep during the dream images, you should do the following relaxation exercise:

RELAXATION EXERCISE

You lie completely relaxed on your back.
Your hands are resting with your palms on your belly.
You breathe calmly and relaxed.
Breathe in and let go.

You're breathing in and out as one, smooth, soft movement.
As if your breath was a gentle wind blowing through every cell of your body.
You are relaxed and let go of everything.

Inhale and let go.

Imagine a gentle breeze brushing over your face.
Relax all the muscles on your forehead and feel them relax.
Your eyes are softly sinking into their sockets.
You feel your cheeks loosen up and relax.
As you exhale, you feel yourself letting go of every muscle.

Your face is completely relaxed.
Like the face of a sleeping child.
You feel the breath gently flowing through your body.
Inhale and let go.

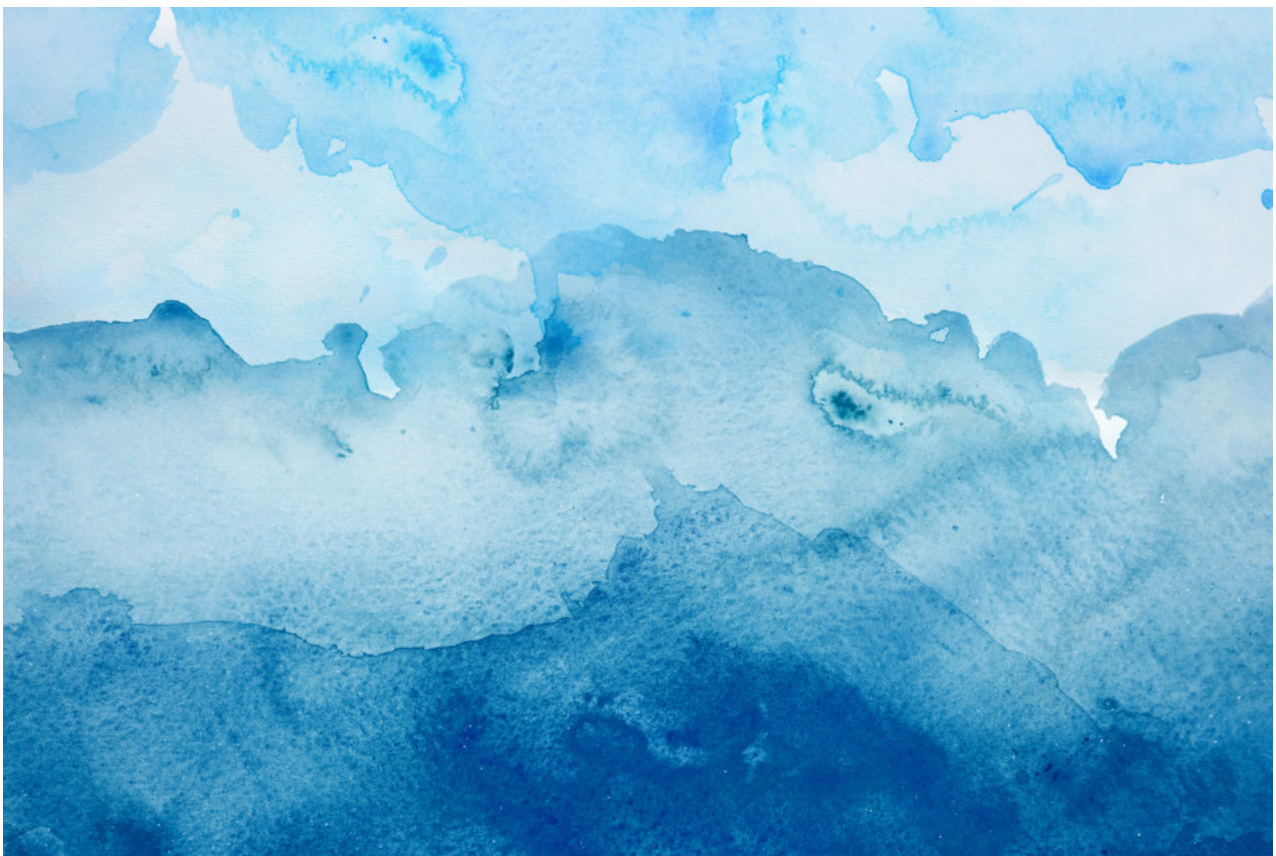
Your face is completely relaxed.
Like the face of a sleeping child.
You feel the breath gently flowing through your body.
Inhale and let go.

You feel in your back and feel how you let it go.
You sink deeper and deeper with each breath.
Deeper and deeper.
Your breath flows gently through your entire back.
You feel your breath in your chest.
Your chest is wide and relaxed.
Breathe in and let go.

You are feeling calm and relaxed.
You feel your belly rise when you breathe in and lower when you breathe out.
Your belly is warm and relaxed.
You feel your breath gently come and go, like a wave.

You feel into your arms.
Your arms are warm. Very warm.
You feel the breath gently flowing through your arms as you exhale.
When you breathe out, you can feel it all the way to your fingertips.

The breath comes and goes. Like a wave.



Every time you breathe out, you sink deeper and deeper.

You feel your breath in your pelvis as you exhale.
Everything is warm and relaxed. Very warm and relaxed.

You feel your body relax as you exhale.

Inhale and exhale.
Your breath flows gently through your legs as you exhale.
Your legs are warm and relaxed.

As you exhale, feel the breath all the way down to your toes.

Inhale and release.
Every time you breathe out, you feel more relaxed.
You are completely relaxed and tired.
Your whole body is relaxed and tired.

You feel deep peace.



DON'T BE DISTURBED ANYMORE!

Even if this is not very helpful in other areas of life - when it comes to sleep disturbances, you may calmly look for culprits! It is amazing how many things can disturb our sleep and further increase the production of stress hormones.

Anyone who suffers from sleep disorders should know which external influences impair their sleep. This can be a hard-to-digest, hearty late-night meal or something stimulating like coffee, champagne, or nicotine. A bedroom that is too cold or too warm, the wrong blankets, bad mattresses, or loud noises also impair sleep. Therefore, you should also eliminate the external disturbing factors so that the Emotional Sleep Training can have an optimal effect.



THE KINESIOLOGY TEST

You can test yourself with the help of kinesiology (see also page 61) whether there are external sources of interference in your bedroom to which you are sensitive. The American doctor Goodheart developed this diagnostic and treatment method in the 1960s. It is based on the assumption that muscle strength, without being influenced by willpower, can tell you what is good or bad for you. For example, this method can be used to test allergy sufferers to see which substances they overreact to. You can also use it in your bedroom to test whether external sources of disturbance prevent you from sleeping.

- Ask someone to help you. Hold out your arm to the side: The other person now tests your "normal" strength by pressing your arm down by your hand (the point is not actually to push it down, but to feel the normal strength of the arm).
- Then touch the electrical outlet next to your bed with one hand. Extend the other arm - and your partner pushes it down with the same amount of force as during the test. You have discovered the first interference factor if your arm is significantly weaker. You can also test the different floor areas in your bedroom in this way. Get on your knees and flat your hand on the floor to do this. Stretch your other arm out to the side and let it press down. This way, you can test your whole bedroom and find the most suitable sleeping place for you.



Relaxation means letting go of tension.

NATURE ALWAYS PLAYS A ROLE

THE BIORHYTHM

Every human being has an "inner clock". In principle, this ticks at approximately the same rate for everyone, but individual differences exist. For example, some people are particularly efficient in the early morning, others only in the afternoon. If you force yourself to work against your personal biorhythm or ignore it, you may also experience sleep disturbances. Understandably, people who have to work shifts are particularly susceptible. Their body hardly gets any rest, has no regular rhythm, and daytime sleep is not as restful as nighttime sleep. The internal clock will never be able to fully adapt to night work and daytime sleep, and our human genes cannot be reprogrammed to that extent. Our human genes cannot be reprogrammed.

WEATHER SENSITIVITY

Another external factor that can cause sleep disturbances is the weather, especially a change in weather. For weather-sensitive people, sleep is particularly disturbed when a warm front approaches, because the air pressure then changes significantly and affects the autonomic nervous system. Nervousness spreads - and prevents sleep. All weather conditions in which the ground and altitude currents are very different have a similar effect. Even the well-known - and notorious - "Föhn" wind, especially in Bavaria, can disturb sleep. This is because this warm downdraft wind easily overstimulates the nerves. Many people then complain of not having slept a wink all night.



FULLMOON NIGHTS

The full moon has a similar stimulating effect on some people as the "foehn" wind. That the moon and its cycle influence nature and man is generally known today. Just as the moon acts as the lord of the tides on the earth's water envelope, it also manipulates humans, their well-being, and their mood via the autonomic nervous system. During the full moon, for example, a particularly large number of children are born, but in some people, the aggression threshold also drops - this is shown by police statistics. Many artists are particularly creative and eager to create on full moon nights. One thing is certain: The full moon makes us awake - and often robs us of our sleep.

**Perhaps a consolation:
Many people react to certain weather conditions
and to full moons with sleep problems.
Try to take it calmly
- and be happy about the other good nights!**



HOW TO MAKE YOUR BED...

... that's not only how you lie but also how you sleep. Mattress, base, and room climate significantly influence the quality of our sleep. However, aesthetic considerations are often decisive for purchasing a couch – and not health-related ones. The practical pull-out couch and the chic metal bed may look good, but they are extremely unfavorable for your back and restful sleep.

Bed frames and covers should preferably be made of natural materials, i.e., wood for the frame and cotton, linen or silk for the blankets and covers. There are special materials, often boilable, for allergy sufferers, which provide an irritation-free atmosphere.

This is what you should look for when buying beds:

- The base should be permeable to air (slatted frame or similar),
- The mattress should be breathable, not too hard or too soft.
- It should support the spine's natural shape and also consider your weight.
- Test lying and competent expert advice are indispensable.
- Futon mattresses are not tolerated by every back because of their hard cotton layers.
- Waterbeds adapt to any body shape but sometimes provide too little support.

**Your bed should be your little paradise.
Do not save on it!**



ALWAYS HAVE A GOOD ROOM TEMPERATURE

The room temperature in the bedroom should be about 18 °C. And the humidity must be sufficiently high so the mucous membranes do not dry out. But please, no electric humidifiers or fountains, but water bowls and wet towels - always ventilate well!

MAKE YOURSELF BEAUTIFUL!

Remember: You spend a third of your life in your bedroom. So don't sleep in a junk room, but decorate this space lovingly, with pictures that invite you to dream, with candles and objects that mean something to you. Create a calm, harmonious, and, of course, sensual atmosphere with unobtrusive colors and shapes.

NOISE - YOU DON'T HAVE TO PUT UP WITH IT ALL!

Do you also know those enviable people who can sleep anytime, anywhere, on the plane, in concert, on the train, or beside their snoring partner? For them, noise doesn't seem to exist, while others wake up at the slightest noise and can hardly fall asleep anymore. Sensitivity to noise is not a fad. However, because our environment has actually become increasingly noisy, it can trigger stress and insomnia. Few people have the opportunity to simply avoid traffic noise or noisy neighbors by moving to a lonely house in the countryside. Also, when adult children often come home late at night, there is one thing that ultimately helps:

- Go to the nearest pharmacy and buy earplugs for a few marks. They are made of wax or plastic and often work wonders. At an acoustician, you can also have specially adapted noise absorbers made for a little more money, which keep out a little more noise. After a short time, you will get used to the foreign bodies in your ears, and you will be able to sleep more soundly - even in a strange, noisy environment. even in a strange, noisy environment.

DISEASES THAT DEPRIVE US OF SLEEP

All diseases that cause pain keep us from sleeping. But not only pain is a sleep robber. There are a number of other diseases that cause sleep disorders.

RESTLESS LEGS SYNDROME

Restless legs syndrome is experienced by sufferers as particularly agonizing. This is because whenever one comes to rest and relaxes, the legs begin to tremble or twitch. Understandably, falling asleep becomes problematic because the "tingling" legs wake you up when you doze off. About five percent of the population is estimated to suffer from this syndrome. A hereditary predisposition can be the cause, but also pregnancy, kidney weakness, or iron deficiency. Scientists suspect that dysfunctions in the nervous system, due to which certain nerve messengers are produced in insufficient quantities, are responsible for restless legs.

> Improvement is provided by regular exercises, such as cycling, running, and leg gymnastics. However, if this troublesome condition is very pronounced, the doctor may also prescribe Parkinson's medication.

WHEN THE THYROID GLAND DOES NOT FUNCTION WELL

Thyroid dysfunction can also be responsible for sleep disorders. The thyroid gland regulates the so-called basal metabolic rate of the body, i.e., the metabolism. Like a regulating switch on a machine, it determines how quickly or slowly the body's cells provide and burn energy. Thyroid function can become unbalanced for a variety of reasons. In women, for example, hyperthyroidism often occurs when there is a fundamental change in hormone balance. This is especially the case during puberty, menopause, or pregnancy. The entire organism runs at full speed during hyperthyroidism. Energy is consumed very quickly. So you lose weight without reducing your diet. Other typical signs of hyperthyroidism are inner restlessness, slight trembling, palpitations, and sleep disturbances.

> If you have these symptoms, you should see a doctor and ask for advice. If hyperthyroidism persists untreated for a long period of time, the heart can be weakened by the constant overload. The doctor can use blood tests to determine whether hyperthyroidism is present and how severe it is. For this purpose, the thyroid hormones in the blood are determined. You may be prescribed medication to reduce hormone overproduction, depending on the result. In most cases, the hormone secretion gradually regulates itself again. Your heart beats normally again, and the sleep disturbances disappear.

HYPERTENSION

Similar to hyperthyroidism, the entire organism works at high blood pressure. Normally, blood pressure drops at night, allowing you to sleep peacefully. However, if it stays up, you don't feel ready to sleep or keep waking up. However, the actual cause of high blood pressure usually remains unexplained. An organ disease, such as kidney or heart disease, is rarely responsible. What is certain, however, is that certain risk factors, such as smoking, obesity, lack of exercise, or alcohol, lead to deposits in the vessels and cause them to narrow (arteriosclerosis). The blood then has to force its way through the vessels.

> A change in lifestyle habits - more exercise, less eating, smoking, and alcohol - can already lead to significant improvements. In any case, you should consult a doctor if you have high blood pressure. Because if left untreated, high blood pressure can be very dangerous. It damages blood vessels and organs and is the number one risk factor for heart attack and stroke. If high blood pressure is responsible for sleep problems, these disappear as soon as the pressure is regulated.

HORMONE FLUCTUATIONS

Women can also be prevented from sleeping by hormonal fluctuations. Premenstrual syndrome (PMS), for example, can cause sleep disturbances. This hormone-related condition starts about a week before menstruation and disappears with its onset.

In addition to sleep disturbances, feelings of tension in the breasts, severe mood swings, and back pain can also occur.

- Often remedies with the ingredients of the medicinal plant monk's pepper often help against the symptoms - and against insomnia. In addition to hot flashes, dizziness, and palpitations, women's menopause is often accompanied by sleep disorders. This is because the entire organism undergoes a hormonal change to which it must first adjust: The female hormones decrease. The autonomic nervous system is particularly affected by this. It is "unbalanced", so to speak.

**If you work with Emotional Training on a daily basis,
you will soon be able
to manage hormone fluctuations
without many medications
(in consultation with your doctor).**

DRUGS AND THEIR SIDE EFFECTS

Certain drugs can cause sleep disturbances, for example, if they "stimulate" you. For example, did you know that cold and cough medicines can cause restlessness if they contain the active ingredients ephedrine or theophylline? Some appetite suppressants containing amphetamines can also lead to inner restlessness and sleep disturbances - apart from that, you should avoid them anyway. Even sleeping pills and tranquilizers can lead to sleep disturbances if taken over a long period of time and in increasing doses. Barbiturates, for example, shorten deep and REM sleep (page 109) and are also addictive. Withdrawal can also lead to severe sleep disturbances. The contraceptive pill and medications for high blood pressure, migraines, Parkinson's disease, and depression can also cause sleep disturbances.

> So always ask your doctor or pharmacist about possible side effects of the prescribed medication.

STIMULANTS AS SLEEP KILLERS

You know the effect of the caffeine in coffee or the theine in black tea. And if you suffer from insomnia, you will certainly give up these drinks from the afternoon on. Few people, however, know that alcohol does not promote sleep but can even prevent it. While a small glass of beer or red wine can certainly increase the readiness to sleep – provided you do not drink more. Champagne, sparkling wine, and white wine sometimes act like stimulants.

Presumably, certain substances contained in white grapes cause the invigorating effect. Largely unknown is the fact that smoking also robs us of sleep. Whether it is the active ingredient of nicotine or one of the more than a thousand chemical substances that leads to constant nervousness and, thus, to poor sleep is not yet known. What is certain, however, is that smoking worsens the quality of sleep – even long after one has stopped smoking. Sleep is significantly "flatter" in smokers, even former smokers, meaning deep and REM sleep phases are too infrequent to provide the desired rest. It's one more important reason to give up smoking immediately.

**Try to find out what is disturbing your sleep.
Change what you can change.
Accept what cannot be changed.
And do your emotional training every day
– then many things will no longer disturb you
because you will sleep deeply and soundly.**



GENTLE HELP FROM NATURE

If you suffer from insomnia, you have probably tried all kinds of natural remedies.

> Valerian, hops, and lemon balm are the best known of these and have been proven sleep aids for centuries. Angelica root, lavender, passion flower, and orange blossom also help against sleep disorders.

> Natural remedies for sleep problems also include Kneipp's water treatments, especially the temperature-rising foot bath and the knee cast. They work according to the principle of stimulus and stimulus-response of the body: The targeted water stimuli promote the body's readiness to sleep.

ST. JOHN'S WORT

Recently, there have also been meaningful studies on the effect of St. John's wort, which is used primarily because of its ingredient, hypericin, as a mood enhancer for depression. But St. John's wort preparations also eliminate restlessness and nervousness and promote sleep. For this, however, the remedies must be taken in sufficiently high doses over a long period of time.

> High-dosage St. John's wort preparations from the pharmacy have proven most effective. However, please note that hypericin increases the photosensitivity of the skin. Therefore you should avoid the sun during treatment.



A WORD AT THE END

After reading this book, you will be fascinated by the connections between thoughts, hormones, and feelings. You now know that you are not powerless over anxieties, stress, depressiveness, and sleep disorders but that you can do something yourself to solve your problems. Realizing that you are not dependent on medication or other people strengthens you and gives you some freedom. Even with psychosomatic illnesses, you can help yourself in the long run and support the healing process. However, it is not enough to just read the book. This knowledge must be implemented and experienced, and felt in Emotional Training. And you have to take your "happy hormone showers" every day to become and stay happy, strong, and healthy. Because you can't hold on to happiness.

Emotional Training makes it easy for you. When you work with the CD program, I take you by the hand daily and guide you through beautiful inner images. The soothing words and soulful music will let you experience strong, positive emotions. Afterward, you will feel energized and happy.

I hear repeatedly from seminar participants that they are downright addicted to the Energy-Harmonies - and that's no wonder. After all, our happiness hormones act like (endogenous) drugs.

To achieve the full effect, you should practice this program consistently every day for at least half a year. And then you will probably feel like the many who would not want to do without the Harmonies later on - as their daily happiness is "doping". Seen it this way, Emotional Training not only leads to a happier life, but it is a program for life.

I wish you much joy and success with it!

Yours,

Dagmar Herzog

"TO BE HAPPY..."

There is no duty in life; there is only a duty to be happy. That is the sole purpose of our existence on this Earth, and with all morality and all commandments, we rarely make one another happy because we do not make ourselves happy with them.

If a person can be good, they can only be so when they are happy, when they have harmony within themselves, when they love. This was the teaching, the only teaching of the world; Jesus said this, Buddha said this, Hegel said this.

For each person, the only important thing in the world is their own innermost being, their soul, their capacity to love. If that is in order, then one can eat millet or cake, wear rags or jewels; then the world sounds pure together with the soul, was good, was in order."

- Herman Hesse

**"If a person can be good,
they can only be so when they are happy."**

Herman Hesse



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IMPORTANT NOTICE

The advice given in this book has been carefully researched and has proven itself in practice.

However, all readers are invited to decide for themselves whether and to what extent they want to implement the suggestions in this book.

The author and publisher accept no liability for the results.

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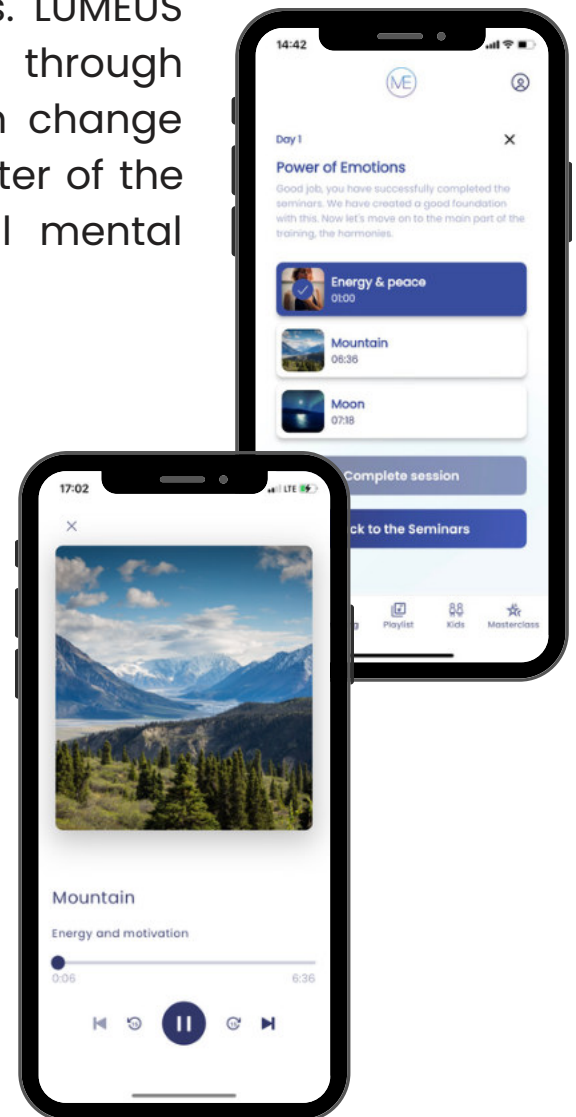
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THE POWER OF EMOTIONS

You can find all emotional trainings based on the Herzog Method in the LUMEUS app. LUMEUS consists of emotional meditations with a stunning soundtrack especially composed for each track and recorded with symphonic orchestras. LUMEUS triggers strong targeted emotions through words and music. Therefore we can change the information in the emotional center of the brain, where the causes of several mental health problems are saved.

The training supports you to

- Reduce stress, anxiety
- Reduce depressive moods
- Delete old pain programs
- Strengthen self-confidence in yourself and in life
- Formulate and achieve goals
- Alleviate psychosomatic complaints
- Stimulate the metabolism
- Strengthen the immune system
- Sleep peacefully & deep
- Gain positive charisma
- Feel young and vital



Download and test the app for free:



LUMEUS APP

The LUMEUS training “Healthy stress reduction through mindfulness and positive emotions – the 8-week online training” has been certified in Germany. All insurance members, who are insured with a statutory health insurance, will be reimbursed for the course from their health insurance company.

In addition, we add a 6-month access to the LUMEUS app including all our trainings for free on top.

More information on our website:

<https://lumeus-app.de/en/krankenkasse/>



Go to the course:

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Additionally, LUMEUS was evaluated as an effective and safe mental health app by ORCHA (independent NHS doctors organisation, Organisation for the Review of Care and Health Apps) and is recommended to all NHS doctors, psychologists and clinics to give to their patients.

