

# Welcome to the Sandbox and experience the Magic Power of a Conscious Mind!

When was the last time you played in a sandbox? Do you remember the time when you were a little girl or boy sitting in this wonderful place full of possibilities to create and play without having a goal? With this book I wanted to share a part of my life with you. I wanted to share my sandbox with you and I invite you to come in and play with me and all the other small or grown up children again.

At the age of 32, I realized that as I follow the unconscious path I chose for myself, I continued to have a lot of trouble with my health, my friends, my business just about in every sphere of my life.

I had worked for a few years as a trainer for mental processes, but being a trainer does not necessarily mean that you understand how all this stuff works that you teach or what is really important. It means to learn and grow with each individual you meet and work with. Through your shared experiences you unfold yourself and help others to grow too.

Being a trainer does not mean to try harder, but rather to try smarter.

Being smarter makes the difference. I realized that while fighting to survive as an executive coach. Each year about 2000 new coaches enter the German market place and each year about 2000 so called coaches leave this place again because they have no chance to survive, because they are not giving their best.

To become successful in the training business you must be smart, fascinating and able to surprise people in order to reach them. But seriously, how do you fascinate people? Today I know how.

Play with them. Explore the world together, adventure their body and their consciousness (in my eyes the biggest adventure) with them and then train them to do it for themselves.

My work as a mental and consciousness trainer or a spiritual medical intuitive is to play the game of perception, love and understanding. To become a master in this game I have to put all my experiences of my past working in the background and be only in the very moment with my clients.

Each person is so unique, that I can't say for example if I have some clients with back pain, that their experience will be the same than that of others.

I don't value or judge, I just try to achieve our healing goals. I am here in the moment in a totally new experience on a new adventure. And that's it. That's why I am sitting, as I would in a sandbox, when I work.

Which means I don't go to work, I go to play. I could do this 48 hours a day.

I want to invite you to build up your own new sandbox and begin to play again. Be in the moment, curious like a little child who is maybe holding a screwdriver and daddy's radio in its hands and is determined to know how the radio functions, because the entire wisdom of the universe is there in this radio and daddy is not here at the moment and so on. You know what I mean?

Be curious and listen to what life or the being in front of you says, whether it is a human an animal or a plant. You will also understand your animal and plants and can whisper with them, if you really listen and play and please laugh at yourself and with others.

You will see everything is possible. Welcome to the sandbox. Welcome to the Game Life.

## The Magic Power of a Conscious Mind

The Resetting Self Healing Method unveiled



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