

The background of the entire image is a solid, deep red color. Overlaid on this background are several thin, light-colored stems of flowers, likely white or pale yellow, with small, delicate blossoms. The stems are positioned in the upper right and lower right areas, extending towards the center. A large, white, circular shape is centered on the page, containing the text.

Basics for your

Spiritual Journey

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Welcome

Welcome to your Coaching Journey!
Welcome to the beginning of the rest of
your life!

You are taking a big step towards self-love, self-realization, and joy. You are taking your life into your own hands. You are becoming the screenwriter for your own story.

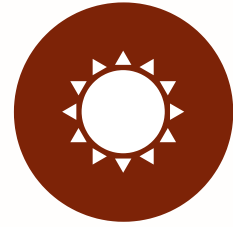
It takes a lot of courage to start this journey. It is a journey into the unknown. You will get to know who you indeed are and what you truly desire in life. And even more so, you will learn how to achieve your goals and dreams.

Come with me on the journey to yourself and dream the world into being!

Morning Routine

Wake up before 6am ●

From 2-6 am your air and space elements are active. From 6-10 am your earth and water elements bring heaviness, and it isn't easy to get up.



● Visualize your day



While still lying in bed, think of your day ahead. What do you want to experience today? How do you want to feel? What do you want to achieve? You can also meditate.

● Get clean

Brush your teeth, pull oil through your teeth and clean your tongue. Wash your face and brush your hair. Cleaning your mouth from bacteria is crucial before drinking.



● Drink a glass of water



This will not just activate your digestive system but your whole body. The water should be lukewarm, and you can add the juice of a lemon to make the digestive fire strong.

● Go to the toilette

Morning is the best time for a bowel movement. If it doesn't happen in the first few days, Sit on the toilet for a while. Like this, the body will learn that this is the right time now.



● Fresh air & Movement



You can take a short walk or do some deep breathing outside before starting your exercises at home. Sun Salutation is an excellent start in the day. Connect to Mother Earth.

● Breakfast

Your breakfast should be nutritious and healthy. Fruits, Oats, and Wholegrain bread with hummus are some ideas. Skip the coffee.



Eat before 6pm ●

After 6 pm your earth and water element are active, and digestion gets slow. You will have a restful night when the body can also rest and is not occupied with digesting.

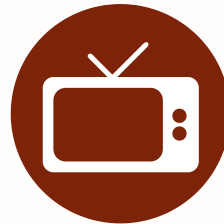


● Read a book

Not much to say about this point. Just do it and see the difference. The best is to read about nice things or self-development books.

Avoid blue light ●

Blue light is the light of the morning sun; it tells our body to get active. Anything with a screen shines a blue light and should be avoided in the evening.



● Get clean

Brush your teeth and clean your tongue, wash your face and brush your hair. An evening shower doesn't only clean your body but also your energy body.

Silence ●

Only when you are still you can experience your true self. Meditate, do breathing exercises or sit in silence for a few minutes.

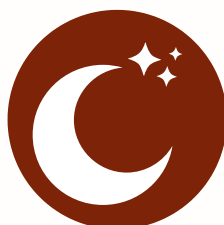


● Gratitude

Which lessons did you learn? What did you experience? What are you grateful for? You can write this down in a journal or think about it before falling asleep.

Sleep before 10pm ●

From 10 pm to 2 am your fire and water elements are active and activates the body and the mind. Therefore it is difficult to fall asleep during this time.



Evening Routine

Recommended Books

Buddha - Deepack Chopra

Ask and It Is Given: Learning to Manifest Your
Desires - Esther and Jerry Hicks

Conversations with God - Neale Donald Walsch

No Mud, No Lotus: The Art of Transforming
Suffering - Thich Nhat Hanh (And anything else
written by this monk)

Siddhartha - Hermann Hesse

The Book of Secrets: 112 Meditations to Discover the
Mystery Within - Osho

The Alchemist: A Fable About Following Your Dream
- Paulo Coelho

Stillness Speaks: A Guide to Spiritual
Enlightenment - Eckhart Tolle

Inner Engineering - Sadhguru Jaggi Vasudev

Women who run with the wolves
- Clarissa Pinkola Estés

Story of Stuff

We possess so many things, more than any other generation before us. We have more than we need. That is a problem.

Our home is full of stuff, and a lot of it we don't ever use, and it also doesn't add value to our life.

All these unused items block the energy. The clutter doesn't allow the energy to flow.

As one of the first steps on your journey, declutter your home. Let go of things you do no longer need: books, clothes, decoration (which doesn't give you joy anymore), shoes ...

Make space for the new.

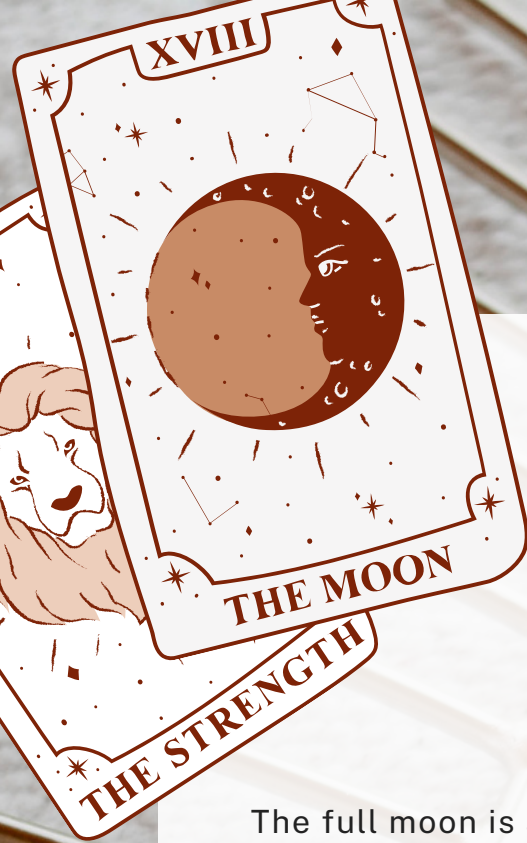
If you want to live in the flow, the energy around you has to be opened up and be able to flow. If it is stuck, you are stuck.

Create a harmonious space around you, which allows you to welcome fresh energy and new things.



Inspirational Speakers

- Thich Nhat Hanh
- Eckhart Tolle
- John Strelecky
- Gregg Brandon
- Rüdiger Dahlke
- Anita Moorjani
- Neale Donald Walsch
- Gordon Smith
- Bruce Lipton
- Julia Cameron
- Sadhguru
- Mooji
- Alberto Villoldo



Moon Rituals

The full moon is a special time, which was celebrated all over the world. Each full moon has a specific meaning, name and quality. Use these special days for your spiritual growth and unique rituals.

January - Wolf Moon: Stay home and reflect.

February - Storm moon: Plan and organise. Prepare yourself for spring.

March - Nymph Moon: Prepare yourself for change, like you would prepare the earth for planting.

April - Seed Moon: Plant seeds and create goals.

May - Hare Moon: Celebrate life.

June - Strawberry Moon: Receive the first fruits of the season.

July - Maiden Moon: Enjoy, Relax, Receive.

August - Bay Moon: Collect and store.

September - Harvest Moon: Harvest, celebrate and share.

October - Blood Moon: Release the past and honour your ancestors.

November - Snow Moon: Time for inner growth and reflection.

December - Yule Moon: Make offerings and give gifts.

Let's get started

After all that, you should not forget that Spirituality is a unique journey, and you have to walk your path by yourself. Only you can find your truth. No one can tell you your truth - no religion, no book, no guru, no teacher, not me.

They are only there to guide you and walk with you a few steps. The journey itself is yours to take!

Enjoy the ride!

Life is a story, and you are the storyteller and star of your production.

