



NADIA CHRISTELER

UNLEASH
VISIONS

THE KEY TO HAPPINESS

About the author



Nadia Christeler-Weber, an experienced hypnotherapist, is dedicated to helping people on their journey to self-discovery and healing. Her own life story is a touching testimony to how one can develop resilience and inner strength despite great challenges and adversity.

During her childhood and school years, Nadia was confronted with profound self-doubt and isolation and often felt abandoned.

But Nadia's story is also one of hope and transformation. With the formation of her own family and the birth of her children, a time of personal healing began. Through her extensive training in various therapeutic disciplines, she eventually found ways to overcome her own doubts and fears and build a foundation of self-love and self-respect.

When her life was once again shattered by the tragic loss of her mother and, three years later, her son, she faced perhaps the greatest challenge of her life. During this time of deep grief and despair, her faith in herself and the world threatened to shatter. But thanks to her resilience, her professional expertise and an ancient method that she discovered in the midst of these crises, she found her way back to life.

Today, Nadia Christeler is stronger and wiser than ever before. In her book, she shares not only her moving life story, but also the insights and methods that have helped her to lead a fulfilled and balanced life. Her aim is to show readers that everyone has the power to reshape their reality and find true joy in life, regardless of the blows of fate they have experienced.

With this book, she offers a shining example of how hypnosis can help you overcome deep-seated fears and insecurities, develop your own strengths and ultimately lead the life you have always dreamed of. She invites everyone to join her on this healing journey to discover together ways to a freer, loving and happy existence.

Introduction

Dear reader,

Welcome to a journey that not only explores the landscape of your inner self, but also reveals the immeasurable possibilities that open up to you when you harness the power of hypnosis. This book is the distillation of my life experience, my deepest pains and greatest triumphs experienced through the transformative power of hypnosis.

Perhaps you know the feeling of being plagued by self-doubt, the battle against inner demons and powerlessness in the face of unforeseen strokes of fate. I know it all too well. My childhood at home made me feel supported and safe. My school years, on the other hand, were characterized by loneliness and the search for my identity. The confrontation with people in my family who were trapped in an addiction were also tests that I had to pass far too early in my life.

But then, in the midst of building my own family and the fulfillment my children gave me, I discovered my strength. Through my trainings, I found ways to resolve my self-doubt and fears and learned to truly love and respect myself. When I thought I had arrived at my center, sudden tragedies shook my life to the core.

In this darkest hour, when I was questioning everything, I also needed the help and power of my subconscious again. Although I have guided hundreds of clients to freedom as a hypnotherapist, I had to use self-hypnosis to release my own fears and blocks. Self-hypnosis and meditation became my anchor, my salvation and ultimately my life's work. Through them, I found my way back to a life full of balance, strength and joy - a life that I would now like to share with you.

In this book, I open my heart and mind to show you how you can use hypnosis to heal your deepest wounds, overcome your greatest fears and live the life you want. I want to inspire you and show you ways in which you can overcome whatever hurdles life has in store for you and find your true strength.

Join me on this journey of transformation. It is a journey that shows that change is possible, that healing is tangible and that happiness does not have to be a distant dream. Together we can break the chains of the past and step into a future full of light and love.

With open arms and an open heart.

Your Nadia

The basics of health

I never understood why I felt emotions such as loneliness, powerlessness, discomfort and a lack of understanding in my childhood, even though I grew up so protected and supported. Where do these emotions come from? What was that all about? It didn't fit into my life at all.

If you have unconscious emotions like this, then through the law of resonance, as you may have already heard, you will repeatedly experience situations that confirm to you that you are really lonely, that the people around you don't understand you.



Imagine an iceberg floating in the water. The small part floating on the surface of the water is your consciousness. With it you consciously read this book, with it you consciously control your skeletal muscles. You consciously take food into your mouth and swallow it.

From this point on, you no longer steer consciously. Is that right? From this moment on, your body takes over the rest of the processing so that every cell and every organ gets the part it needs. Your digestion, your heartbeat, your breathing work automatically. You don't have to consciously control anything. Our consciousness, *which is the mountain peak above the water*, has 5% of the entire construction kit of our body under control. If you can live happily and in inner peace, you love your job, your family and friends are right, you give your

body a healthy diet, enough exercise, enough water and sleep, then you have a well-functioning body.

We have listed all the possibilities that you can control with conscious decisions. But what about the unconscious programs? With those unnecessary emotions that you can't categorize? Now we come to the subconscious.

Your subconscious, which floats below the surface and makes up the other 95%, contains the programs and emotions that we cannot directly influence with our 5% consciousness.

Your subconscious is also a library in which all the experiences you have in your life are stored. All emotions are created through experiences. Wonderful memories associated with an image, a scent, music or people are saved like a screenshot. This results in one or more emotions. However, these memories remain like a book on a shelf. They stand still in time. Beliefs arise which are implemented by the subconscious. It is not easy to say that *faith moves mountains*. The beliefs that arise in your memory as a child do not have to be correct, but you believe them. These sometimes incorrectly linked beliefs, which were formed in childhood, show up again and again in your life with inner thoughts that can prevent you from achieving your goals. *I am not worthy of being loved* as an example, and you keep attracting people into your life who confirm this to you, even though it is not true. **You are worthy of being loved**, but if this belief, this independent part, keeps bringing you into the same situations in your life, this belief becomes stronger and stronger and you may no longer dare to get involved in a relationship.

This was just one example of how such unconscious programs, which think differently to our conscious mind, can make life difficult for us. In most cases, however, we no longer know why. These parts have developed and not grown with us. You grow up, but this part does not.

Another example: you are four years old. You have a bad experience with a dog. The associated pain, fear and shock are stored and the following belief is formed: *dogs are dangerous*.

Well, you grow up, you know when you see a puppy, it's cute and can't harm you. But when you have that experience, that part that believes that *all dogs can harm you*, that *you are in danger*, triggers you and that part will do everything it can to get you out of that situation. There will be fear, shortness of breath, panic or some other emotion until you save yourself and that puppy is out of your sight.

What does that mean? Your inner parts always react when something similar happens. It may also be that there was a particular scent in the air at the time, and even recognizing this scent can trigger fear and panic. In most cases, the origin of a fear or feeling is no longer known, but the reaction becomes increasingly intense. Fears of all kinds such as claustrophobia, fear of heights, fear of speaking in front of people, fear of saying no, fear of not being enough. There are so many fears and doubts that have arisen from wrong experiences and that can prevent you from enjoying a free and peaceful life.

The pillars of your health therefore depend on many factors:

- Stress-free birth
- Nutrition
- Movement
- Water balance in the body
- Sleep
- Vitamins, trace elements and minerals
- Weight control
- Electrosmog and water veins
- Environment
- Job
- Family
- Inner peace and balance

Let's start with a stress-free birth at the beginning of your life.

Stress-free birth

Your present life begins with conception. Your journey into this incarnation begins in your mother's womb. You feel all the emotions that your mother and her environment experience as a tiny embryo, and the programming of experiences has begun. Everything your mother eats or drinks passes through your little body. Happiness, fears, joy and so on, everything is stored. That's why it's important to be careful and conscious of your thoughts and experiences when you're expecting a child. It is important that the unborn child can feel that it is wanted and loved before we see the light after birth. Unfortunately, this is not the case for everyone, many feel fear of responsibility, fear of being alone with the baby, fear of the birth, maybe you weren't planned either. You will absorb all these emotions of the future parents, all the fears and worries as an embryo, and these are your first experiences that will be stored. For many babies, however, it is joy, happiness and love that await the baby, making it a wonderful start to life.

The fear of birth pain, which many mothers have because all you see in the media are screaming mothers, can also prevent a pleasant and stress-free birth. It doesn't have to be associated with pain and fear. If the preparation is optimal, giving birth can be a wonderful experience. I experienced both variants. An unpleasant and a beautiful birth.

I experienced both births differently. With the first one, I unfortunately didn't find out enough about what exactly was going to happen, so my first birth experience wasn't as pleasant as I had imagined. With my second child, I gathered all the information I needed to be able to look forward to the second birth with confidence and without fear. I am overjoyed that our daughter and I were able to experience a beautiful and pleasant birth together. I was able to learn that it is possible to give birth comfortably and with little pain. Despite occasional restlessness in the delivery room, I was able to rest in my center. I didn't experience the pain of childbirth as pain, but as stretching or pressure and felt safe and secure throughout the birth. I also felt that my husband's presence was very important because he was my rock. We were a team and he gave me a lot of support and strength. During the first birth, I found that it took me a long time to recover. During the relaxed birth, I had a lot of energy and felt indescribably strong. You could also tell that the child who was the firstborn and who had a more difficult start in life was also difficult in terms of behavior and well-being.

Our second child had a very relaxed and pleasant start, and moved about in life in a much stronger and lighter way.

I didn't know anything about hypnosis at the time, but the experience of enjoying the birth of our daughter with confidence and a good basic knowledge later motivated me to get some further training on a mental level so that I could share this experience with other women.

As soon as our children reached a certain age, I completed various hypnosis training courses. Knowledge is power, so you can steer everything in life in a positive direction.

I set out to find out how I could acquire enough knowledge to run individual antenatal classes and was very lucky to meet a brilliant midwife.

Thanks to this collaboration, I am able to provide every expectant parent with all the knowledge they need to give their child a pleasant start in life.

Mental training before the birth and the confidence to be able to relax at the crucial moment help every expectant mother to experience the pain of childbirth as a strong feeling of stretching and not primarily as pain. The father or second mother of the child plays an essential role, because for most women he or she takes on one of the most important roles as a rock in the surf during the birth.

So if your birth has already gone well, you will have an easier start in life. Now let's move on to physical health, which can be affected by various factors in many people.



The fear of pain

Which of the influences have caused the thought of the pain of childbirth to paralyze us and render us helpless?

Eve was punished for her disobedience in paradise. We Christians are all familiar with the phrase "*in agony you shall bring forth children*". It is known from historical records from the time of Moses that Jewish women gave birth very easily at that time. However, no records regarding this curse have been found.

Hippocrates (physician, around 460 BC) and **Aristotle** (philosopher, 384 BC), the Greek pioneers of early medicine, believed *that women must be perceived as a whole. Her needs and feelings had to be taken into account!* They called for a kind of midwife who could assist the woman during childbirth. For the first time, Aristotle described the importance of the connection between mind and body and deep relaxation during childbirth.

Soranos of Ephesus (active in Rome, scholar and physician of the Greek school, 98 AD), summarized the work of the pioneers Hippocrates and Aristotle in book form. He was also of the opinion *that deep relaxation during childbirth should be given high priority. This is because deep relaxation enables the woman to give birth easily.*

At the end of the second century, during the time of the witch hunts, the image and role of women changed again.

St. Clement of Alexandria (Greek theologian and church writer, around 150 AD) wrote: "*Every woman should be filled with shame at the thought that she is a woman.* At that time, obstetrics fell under the control of monks and priests. Doctors had to ask permission if they wanted to treat a *sick person who was not at fault.* Pregnant women or women giving birth were not *sick through no fault of their own - they were seductresses.* Pregnancy was therefore *considered a product of the sin of the flesh.* People with medical knowledge were forbidden to offer support to women giving birth. As a result, women were left to fend for themselves. Childbirth became a fearful and therefore very painful experience for women.

It was only at this time that the *banishment from paradise* and the *curse on Eve* were introduced into the Bible translation (from: *Hypnobirthing*, Marie F. Mongan, Mankau Verlag, 2008).

It is interesting to note that only in German is the term **Wehe** used in connection with pain and threat. The Anglo-Americans **use** the term **labor** for the work of the birth forces. The French also place the focus on the labor of the uterus and the woman rather than the pain (das Weh in German): **femme en travail**.

Basic attitude

Every woman should be accompanied and cared for lovingly and patiently. Every woman has the right to a protected and calm atmosphere in which she can give birth to her child. Most women give birth without any problems and find the birth an enriching experience that they never want to miss.

Childbirth is a physiological and natural process. The woman is anatomically designed to give birth. The body is able to produce and release its own endorphins (pain-relieving proteins). The body's own endorphins are released during childbirth, when the body is working at full capacity, or in an emergency situation. They not only inhibit pain, but can also trigger a **high**, i.e. an elevated mood, such as a **runner's high**, during which the runner can experience a kind of feeling of happiness due to his physical exertion.

A woman should be able to go into birth with a positive attitude and full of anticipation. It therefore makes sense for the mother-to-be to prepare herself positively and mentally for the birth during pregnancy.

Mental birth preparation

The aim of birth hypnosis is to achieve a physically beneficial deep relaxation, either with the help of a coach or independently. Birth hypnosis does not reinvent the wheel. Birth hypnosis should be seen as an additional aid during the birth. The effectiveness of birth hypnosis depends very much on whether the woman giving birth can really relax.

Children

Child hypnosis: How we shape young minds

Imagine you could enter the world of children, a world in which everything they see, hear or feel is anchored deep inside them. Up to the age of about eight, children are in a state comparable to what adults experience as hypnosis. Their young perception is so open and receptive that every experience, every message can directly become a firm conviction in their subconscious.

This sensitivity makes children extremely suggestible. While this is a wonderful opportunity to instill positive values and attitudes, it also carries the risk of children internalizing negative beliefs. A casual, negative comment can have a profound impact, sometimes even undermining a child's belief in their abilities. A child who actually has a lot of potential could come to believe that they are incapable of learning or achieving something just because someone around them has said otherwise.

But this is exactly where the possibility of child hypnosis opens up: with targeted, positive messages, we can transform the negative beliefs that children have absorbed and turn them into positive behaviors and self-images. By using hypnosis, we can help children to develop a strong foundation of self-confidence and self-esteem that they will carry with them throughout their lives.

My methods of child hypnosis are designed to empower young minds, help them realize their full potential and motivate them to pursue their dreams. We use children's natural openness to give them the tools to overcome fears, resolve conflicts and build a healthy self-image. Instead of going through life with a handbrake, they learn to discover and use their inner strength.

In this chapter, I will show you how we can use child hypnosis to lay the foundations for a happy, self-determined life. Together we can pave the way for children to a life without unnecessary restrictions and with boundless confidence in their own abilities.

You as a pioneer for your child's self-confidence

Your role in your child's life is crucial. From the first years of life, you can guide your child in a self-confident direction with a lot of love. Here are some methods and ways in which you can support this important process:

Stories with heroes

Your child loves stories, especially those with heroes who overcome challenges and rise above themselves. These stories are more than just entertainment; they are lessons that show your child how to overcome challenges, be brave and stay honest. By telling or reading such stories, you help your child to internalize positive role models and believe in their own strengths.

Lucky symbols

Small objects, be they stones, pendants or pictures, can act as symbols of happiness for your child. They offer them support in new or challenging situations. You can choose these symbols together with your child and explain their meaning to them to create an emotional bond.

Inner visions and anchors

Guide your child to use inner visions to boost confidence and calmness. Something as simple as visualizing a certain color can evoke strength or relaxation. You can also set an imaginary anchor with your child - an imaginary button they can press to instantly feel stronger or calmer. These methods give your child tangible tools to manage their emotions.

Child hypnosis as support

With child hypnosis, you can help your child to strengthen their self-confidence, overcome fears and achieve goals. Children are particularly receptive to positive suggestions, which makes hypnosis an effective means of shaping their self-perception and beliefs in a positive way.

You as a hypnotist

You are your child's first and most influential hypnotist. The messages your child receives from you shape their view of themselves and the world. That's why it's so important that you consciously send positive, empowering messages. Through conscious communication, empowering stories, happiness symbols and techniques such as inner visions and anchors, you can create an environment that fosters self-confidence and resilience.

The aim is to give your child the feeling of being capable, valuable and loved right from the start. With these tools and techniques, you can help your child build a strong foundation on which they can build a fulfilling and self-determined life.

Teenagers

You as a companion for your teenager

Puberty is a challenging time, both for teenagers and their parents. During this phase of life, your role changes: you are no longer just an educator, but become a companion, motivator and even a friend. Although it may seem that you have less influence on your child during puberty, the relationship you built up beforehand becomes all the more important now.

Friendship and trust

During these crucial years, you can show your teenager that you are not just a parent, but also a confidant and friend. This means communicating openly, listening and showing understanding. It's about offering support without being pushy and being there when you're needed.

Love means letting go

Genuine letting go is an act of love. It shows that you have confidence in your child's abilities and decisions. Letting go does not mean being indifferent, but trusting your child to make the right decisions - even if they sometimes make mistakes. Mistakes are valuable learning experiences that young people need on their way to becoming independent adults.

Be a safe haven

Even though teenagers seek their independence, they still need a safe haven to return to. Show your child that you are that safe haven: a place of confidence, love and acceptance. Be the constant in a sea of change that your teen is going through.

Accompany with confidence and love

Once you have laid the foundations with the tips mentioned above, you can accompany your teenager with confidence and love. This will not only strengthen your relationship, but also encourage your child to go their own way confidently and independently. You will be taken seriously, can let go and at the same time be there to catch them if necessary.

Trust and support

Love means trusting and giving freedom. Show your teenager that you believe in them and support them, no matter which path they take. Your support and your belief in him will give him the strength to discover the world with confidence and self-assurance.

In this important phase of life, you can encourage your child to go their own way while remaining by their side in a loving and supportive manner. Your role as a companion is crucial for your child's development into a self-confident and responsible adult.



Physical health

As already mentioned, there are many things you can do to support your physical well-being.

A healthy diet means eating mainly fresh foods that provide you with energy, vitamins and minerals. Most industrial foods contain unhealthy substances to extend their shelf life. Our body can compensate for these substances for a long time, but at some point there comes a time when the liver, kidneys and skin are overloaded and the first symptoms of illness appear. Everyone probably knows the basics. Sometimes it is simply difficult to actually implement this "healthy diet" if you have an eating disorder. If there are causes that make you eat the wrong things over and over again, then you need to reprogram these causes so that you can make good eating decisions without the subconscious pushing you in the wrong direction.

Drink enough water: Your body consists of 80% water. As we sweat and lose a lot of fluids in other ways, you need to refuel every day. We need 2 to 3 liters of water every day. Non-sweetened drinks, no coffee, no alcohol. Pure water. If you give your body too little water, it will suffer and it will not be able to perform its functions correctly in all organs and mainly in the muscles. This surely is common knowledge to everyone.

Enough exercise: Our skeleton and joints need oxygen to keep regenerating. How do we give our body oxygen? By breathing? Yes, but also through movement. When you move, oxygen enters your entire body. Oxygen is also essential for eliminating all viruses and bacteria that we don't need. There are still many strains of bacteria that we need, such as in the gut, but flu viruses, Epstein-Barr viruses and others that can attack our bodies are not what we want. If you get enough exercise, that's brilliant. It doesn't have to be through sports, it can simply be by exercising movements that you enjoy, no matter what they are.

Weight management: You and everyone else reading this book knows that weight is crucial for your skeletal muscles and your entire physique if you want to feel good. However, there are people who have developed eating disorders as a result of past experiences, as a result of which they can no longer feel the normal feeling of fullness. Here, too, it is important not to simply go on diets or say the words "*eat less now*". Unfortunately, the opposite is also true, that someone does not want to or cannot gain weight; here too, there are always causes in the subconscious that have led to these eating disorders. You can have a gastric band inserted surgically or you can choose the simpler route of hypnotherapy, which I can use to insert an imaginary gastric band. The results are the same, but you can avoid the consequences of surgery.

Electrosmog and water veins: I know you may not want to hear this. But it is a fact that if you lie on a water vein crossing or sleep in an environment where you are exposed to

electrosmog, you will not be able to fall into a restful sleep. You will always be tired and lack the energy to cope with everyday life. This can also lead to depression.

Get enough sleep: Restful sleep allows the body's cells to regenerate. If you regularly sleep restlessly or lie awake at night, it is not possible for the cells to recover. Sleep is also essential for your health.

Positive thoughts: Your thoughts have great power. If you have daily thoughts of hatred, jealousy, lack, anger, powerlessness ... then these low vibrations will have an unhealthy effect on your body. You are not harming the person you are angry with, no, you are harming yourself. Well, there are many unconscious thoughts that keep popping up that have triggered a past experience, but you can reprogram these too. Mind control is my word for it. You can learn to steer your thoughts in a positive direction and you will become healthier and healthier because your vibrations will adapt to your thoughts. If you do this regularly and consciously, then the negative thought paths, which have grown larger and larger over the years, become smaller and smaller and disappear more and more into nothingness. New thought paths are reinforced and automated.

Which brings us to the environment, a good job, family and friends. If you can build your life and your job, your friends and family with people who are good for you and with whom you feel comfortable, then you have also made a major contribution to your health, which you can consciously control and change if various things do not match your feelings and wishes. You can change all of this so that you can feel good in your life.

I have now listed what you can consciously influence. However, there are also many programs that have simply arisen that control you, which you cannot influence on your own. There is the ingenious option of hypnotherapy for this. I will go into this in more detail in the next chapter.



Weight management

Weight is an issue for young and old today. Weight plays a major role in many areas. It certainly has a health aspect, but for many young people there is also the psychological aspect. Many people are not happy with their weight and do not feel comfortable in their bodies.

Weight management with hypnosis is one of the most common standard applications in modern hypnosis practice. The demand for this topic is actually very high. This can be explained by the fact that many clients are thoroughly fed up with endless calorie counting, unsuccessful diets and recurring yo-yo effects. The behavior that tends to lead to underweight can also hardly be consciously influenced.

When it comes to eating disorders, things get even more complicated, as they can occur quite inexplicably. Hypnosis promises real help here. The primary aim is to help people to strengthen their body awareness and develop natural body intuition, which many people have lost. This enables clients to take control of their own eating habits and recognize which foods are good for them and in what quantities. Instead of inhibiting or complicating nutrition with artificially imposed prohibitions and commandments, a natural and endogenous resource is freed up. Instead of controlling nutrition via one's head and own rationale, hypnotherapeutic strategies and interventions are used to uncover the natural connection between the gut and the head.

I am personally fascinated by the effectiveness of hypnosis for the problems mentioned above. It can help to achieve the desired body weight and, as an ingenious side effect, newfound health.

It goes both ways. Some people want to lose weight, others want to gain weight. I rarely meet people who simply feel satisfied and happy with themselves and their body.

The following eating disorders exist:

Anorexia nervosa:

An eating disorder in which sufferers have a restricted food intake, leading to significant weight loss and a distorted perception of their own body.

Bulimia nervosa:

An eating disorder characterized by repeated episodes of overeating followed by compensatory behaviors such as vomiting, excessive exercise or the use of laxatives.

Binge eating disorder:

Characterized by repeated episodes of overeating without taking compensatory measures afterwards. This often leads to obesity and health problems.

Orthorexia nervosa:

An eating disorder characterized by an unhealthy obsession with healthy eating. Sufferers focus on the purity and quality of food, which can lead to malnutrition and social isolation.

Pica syndrome:

An eating disorder in which sufferers consume non-edible substances, such as soil, chalk or hair. This can lead to serious health problems.

Rumination disorder:

An eating disorder in which sufferers repeatedly regurgitate and re-chew or spit out food, which can lead to malnutrition and social difficulties.

Avoidant-restrictive food intake disorder (ARFID):

An eating disorder in which sufferers avoid certain foods due to a lack of interest in eating or fear of the consequences of eating, which can lead to significant weight loss and malnutrition.

Night Eating Syndrome:

Characterized by eating in the evening and at night, often in conjunction with insomnia. Those affected consume the majority of their daily calorie intake after dinner.

Each of these disorders can have serious health, emotional and social consequences and require appropriate treatment and support.

All eating disorders have a psychosomatic cause. This can be sought, found and reprogrammed so that you can return to a normal eating behavior.

What does nutritional psychology tell us?

Nutritional psychology deals with human experience and behavior in relation to food intake: how psychological factors influence eating behavior and what role culture and social situation play in this, as well as how food can influence the psyche.

Eating behavior is not only determined by physical or psychological factors, it is therefore not the individual who decides: I want to eat this today and something else tomorrow. Rather, there are a multitude of social and cultural guidelines that, without us being aware of it, have a strong influence in this era of food abundance. The clashing cultures in Europe almost lead to conflicts and misunderstandings about the right way to eat. Different population groups eat differently.

Food traditions are also reflected in different types of restaurants. The fancier a restaurant is, the smaller the portions; the more rural a restaurant is, the fuller the plates have to be.

The fact that food is not just a means to an end in order to survive is demonstrated by the use of food to distinguish oneself from others. Eating is a means of social distinction. History teaches us that food or certain foodstuffs were often used to demonstrate power and wealth.

Not even eating disorders are free from historical and cultural influences. In a certain culture, at a certain time, obesity is seen as an expression of power and prestige. In another culture, in other times, it is labeled as an illness and frowned upon. The extent to which social factors and health influence food intake is not clearly anchored in everyday consciousness. Those who have a good education, a good financial livelihood and an interesting job are significantly healthier and live longer. The gap between rich and poor is currently widening, not narrowing. The quality of the family of origin and the parental style of upbringing play a considerable role in the development of healthy or unhealthy eating habits. What and how people eat is not just an individual choice or pure coincidence. Rather, the type of food intake cooking represent and construct a social order.

It would also be important for our society to consider the following: Children develop into healthier people when they grow up in supportive conditions, when the socio-economic status of their parents is high and when there is sufficient emotional affection.

Your eating behavior is the result of traditions, patterns and habits, imprints, experiences that were exemplified to you as a child. Sometimes also incorrectly linked beliefs can control our eating behavior.

Why do we eat and drink?

Human nutrition is generally understood to be the supply of food in the form of food and drink. However, it essentially controls not only physical, but also mental and social well-being. The human body has to supply a large number of blood vessels, nerve cells, muscles and bones, for which it needs energy, which we take in with food. In addition, our organism needs food to build up the body, to maintain vital functions and to provide certain services in various situations in life. Nutrition is therefore a prerequisite for the life support of every living being.

Without water, it takes a healthy person at normal ambient temperature about 3-4 days to die of thirst. Starvation takes considerably longer. In this respect, scientists give a normally nourished, slim person 30-40 days survival time, provided they drink water. With additional vitamin intake, the survival time in this case increases to up to 80 days. Of course, people with slightly more body volume could survive even longer.

In our civilized world, we have long since moved beyond these basic needs. It is no longer just about satisfying hunger, but rather about indulgence. We often overstep the mark and eat more than is good for us, or we eat the wrong thing, for lack of time or out of convenience. A loss of eating culture is often criticized in this context.

What does the body really need?

Regular intake of protein, fats, carbohydrates, vitamins, minerals and trace elements and, of course, fluids in the right quantities and the right selection ensure that our body is properly nourished.

Somatic intelligence

Somatic intelligence is our body's special ability to show us what it needs, what it doesn't need and what might even be harmful through signals of digestibility, but also through pleasure or aversion. Everyone has it.

Not everyone uses it equally well, but we can train ourselves to be more aware of it. People who do this can harmonize their eating habits and normalize their body weight: without any diet plans, without counting calories and without the compulsion to adhere to dietary rules, simply by relearning to pay more attention to their body's signals.

However, something much more important could develop in the process: namely, the way we deal with ourselves, how we perceive our own concerns and the ability to take responsibility for ourselves. Without coercion and without effort.

When we develop a sense of what the body reacts to and how, we simultaneously improve our awareness of ourselves and thus literally ensure comprehensive self-awareness.

The body is truth. When we learn to listen to it, we understand what it needs.

Effects of poor nutrition

In our western civilization, there is an abundance of food. You can get everything you want every day, everywhere. In the past, people didn't have as much food available as they do today. In some cases, people also had more exercise than today. Health suffers massively as a result. What is also astonishing is that our children no longer learn what healthy eating means. Refined sugar can already be found in baby food. In the past, sugar was only used as a preservative. Today, sugar is found in almost all processed foods. Children learn what sugar tastes like as babies and they grow up with it. Sugar is harmful to our bodies and the sad thing is that we ingest it every day without realizing it. Many people are not aware of what they can do to themselves. Many diseases such as diabetes usually start in childhood. If you are reading this book, I am convinced that you have already dealt with your health, otherwise you would not be reading this.

Sugar can lead to a variety of health problems, especially when consumed in excessive amounts. Here are some diseases and health problems that can be favored by high sugar consumption:

Diabetes mellitus:

High sugar consumption can lead to insulin resistance, which can ultimately result in type 2 diabetes mellitus.

Obesity (adiposity):

Excessive consumption of sugary foods and drinks can lead to weight gain and obesity.

Cardiovascular diseases:

High sugar consumption can increase the risk of heart disease, including high blood pressure, heart attack and stroke.

Non-alcoholic fatty liver disease (NAFLD):

Excess sugar, especially fructose, can lead to fat accumulation in the liver.

Dental caries:

Sugar promotes the growth of bacteria in the mouth, which produce acids and attack the tooth enamel.

Metabolic syndrome:

A group of conditions, including high blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol or triglyceride levels, that increase the risk of heart disease, stroke and diabetes.

Gout:

Sugary drinks and foods can increase uric acid levels in the blood, which can lead to gout.

Acne and skin problems:

High sugar consumption can promote inflammation and cause hormonal fluctuations, which can lead to skin problems such as acne.

Chronic inflammation:

Sugar can promote inflammatory processes in the body, which can contribute to a variety of chronic diseases.

Cognitive impairment and dementia:

Some studies suggest that high sugar consumption can increase the risk of cognitive impairment and dementia.

Polycystic ovary syndrome (PCOS):

Women with PCOS may experience a worsening of their symptoms due to high sugar consumption, as this can increase insulin resistance.

The link between sugar consumption and these diseases underlines the importance of a balanced diet and limiting the consumption of added sugars.

Obesity usually begins in childhood. Most people even feel that they are eating healthily, and yet their weight increases more and more every year. Many have never learned how to eat well and healthily. The media is full of tips and ideas on how to achieve your ideal weight. Some people try all the diets out there for decades, only to be disappointed by the yo-yo effect. These people lose all confidence in their body, the feeling of hunger or satiety has long since been lost. It is precisely these people who, in desperation, resort to measures which, in my opinion, are perhaps not always appropriate or should be carefully considered.

Weight-reducing operations

Weight loss surgery, also known as bariatric surgery, is performed on severely overweight individuals to achieve significant weight loss. Here are the most common weight loss surgeries:

Gastric bypass (Roux-en-Y gastric bypass):

A small stomach pouch is created and connected directly to the small intestine, bypassing a large part of the stomach and upper small intestine.

This reduces food intake and calorie intake through reduced absorption.

Sleeve gastrectomy:

A large part of the stomach is removed, resulting in a tube-shaped stomach that absorbs less food.

This operation reduces the feeling of hunger as the part of the stomach that produces the hormone ghrelin is removed.

Gastric banding (Adjustable Gastric Banding):

An adjustable band is placed around the upper part of the stomach to create a small stomach pouch. The band can be adjusted to regulate food intake.

Biliopancreatic diversion with duodenal switch (BPD/DS):

This surgery combines a major gastrectomy with a bypass of the small intestine to significantly reduce food intake and absorption. It involves two components: a sleeve gastrectomy and an intestinal bypass component.

Gastric balloon (intra-gastric balloon):

A balloon is temporarily inserted into the stomach and filled with fluid or air to reduce the stomach volume. This leads to an earlier feeling of fullness and less food intake.

Endoscopic procedures:

Various endoscopic procedures, such as endoscopic sleeve gastrectomy, use stitches or other techniques to reduce gastric capacity without traditional surgery.

Vagus nerve blockade (vBloc Therapy):

An implanted device blocks the nerve impulses between the brain and stomach to reduce the feeling of hunger.

This is a less invasive procedure compared to other bariatric surgeries.

Each of these surgeries has specific indications, benefits and risks, and the choice of the appropriate method depends on various factors, including the individual's health status, weight loss goals and preferences.

In my opinion, none of this is necessary if you know that there is another option. Through many difficult life situations and losses of loved ones, my body has developed various

diseases such as Hashimoto's thyroiditis, known as chronic lymphocytic thyroiditis (an autoimmune disease where the immune system mistakenly attacks the thyroid gland). This butterfly-shaped gland, located in the neck, plays a crucial role in the body's metabolism as it produces hormones that regulate many important functions. Because antibodies were attacking these cells in my thyroid gland, I gained weight and according to the specialists, you can't lose weight if you have this disease. This belief led to me gaining 15 kilos over several years. My body also had many other symptoms, which I won't list here.

There is a solution. I was introduced to a program that has helped me regain my feel-good weight, my health has improved and I can now say that I feel better than ever before.

I was able to learn this valuable knowledge at the Swiss Hypnosis Academy in Goldau. I am infinitely grateful to Alena Telezin and Thomas Christen for this. I would never have reached my feel-good weight without you.

<https://gewichtsmangementhypnose.ch>

<http://www.hypnose.academy>

Weight reduction

Why don't diets work? Most diets involve restrictions, abstinence and prohibitions, sometimes calorie counting is recommended. This all leads to people being much more preoccupied with food during the diet than usual. Although dieting can provide short-term results, some people often weigh even more after the diet than before they started. Every ban inevitably causes increased cravings for forbidden foods. The body defends itself against this and feels threatened.

EVERY BAN INCREASES THE ATTRACTIVENESS (RARITY) OF THE FORBIDDEN

For this reason, therapeutic programs with hypnosis have nothing to do with diets and do not include any prohibitions. This approach enables clients to develop new eating habits, eat more consciously and pay attention to their body signals again. As a result, they gradually lose weight without dieting.

Energetic gastric band



I have repeatedly talked about causes in this book. This applies to all eating disorders. Some can't lose weight, some can't or don't want to gain weight. Hunger and satiety have been lost. Your body is the most important thing you have, so being able to feel good in your body is the greatest wealth you can have. With hypnosis, you can communicate with your subconscious. This means that you can perform a stomach operation energetically so that the subconscious mind thinks there has been a real operation. Of course, you then have to follow certain rules, just like with a real operation, but then I think it is possible to achieve the same result without having to go through the pain and the healing process.

KNOWLEDGE IS POWER! If you know how your metabolism works, then you can steer the rudder of your boat in all directions. This doesn't just apply to weight loss, it also applies to weight gain and if you want to maintain your weight.

I will accompany you through the entire process until you have reached your goal.

You find the causes, resolve them and start a new life.

The history of hypnosis

Hypnotherapy is a fascinating healing method with a long history. Even in ancient Egypt and Greece, trance-like states were used to heal people and strengthen them mentally and physically. At that time, people did not yet fully understand how hypnosis worked, but they knew that it was effective.

In the 18th century, the physician Franz Anton Mesmer began practicing a technique he called "animal magnetism", which bears many similarities to modern-day hypnosis. Although many of his contemporaries were skeptical of his methods, Mesmer laid the foundations for modern hypnotherapy.

In the 19th century, the Scottish doctor James Braid developed the term "hypnosis", derived from the Greek word "hypnos", which means sleep. Braid realized that hypnosis could be a powerful tool for treating a wide variety of ailments without the person actually being asleep. He used hypnosis to relieve pain and treat psychological ailments.

In the 20th century, hypnotherapy was further researched and developed. Doctors and psychologists began to use it for a variety of purposes, from pain relief to the treatment of phobias and anxiety. Hypnotherapy was increasingly recognized as a serious and scientifically based treatment method.

Today, hypnotherapy is used worldwide to help people deal with stress, overcome bad habits, control pain and improve their quality of life. It is based on the idea that the mind and body are closely connected and that by changing our thoughts and beliefs, positive changes in our physical and emotional well-being can be brought about.

Hypnotherapy has established itself as an effective and safe method that helps people to develop their full potential and lead a healthier, happier life.

With hypnosis, you can find the root of a symptom such as fear, doubt, pain or many other effects and pull it out, thus restoring physical and mental health. It's like a weed in the garden. If you only cut off the stem but leave the root in the ground, the weed can grow again, sometimes more and stronger than before. But if you remove the root, the weeds don't stand a chance. There are various ways of dealing with this using hypnotherapy.

Regression therapy

Regression therapy is a profound therapeutic method that aims to understand and transform the way our past shapes our present. At the core of regression therapy is the belief that many of our current problems, fears and behavioral patterns may have their roots in earlier phases of life or even in previous lives.

Regression therapy puts clients into a relaxed, trance-like state that enables them to penetrate the depths of their subconscious. In this state, they can relive and understand past experiences that influence their current thoughts, feelings and actions. These experiences can originate from early childhood, birth or even prenatal phases.



The process helps clients uncover hidden or repressed memories and process the emotions associated with them. It is not just about experiencing these memories, but also about viewing and processing them from a new, adult perspective. This allows unresolved conflicts to be resolved, harmful beliefs and patterns to be changed and deep-seated emotional wounds to be healed.

Regression therapy offers the unique opportunity to identify and work on the direct causes of problems rather than just treating the symptoms. It enables clients to understand the roots of their problems and thus bring about lasting and profound change. By releasing old traumas and understanding their impact on the present, people can live more freely, unleash their true potential and lead a more fulfilling life.

In summary, regression therapy offers a deep insight into what shapes our past, our personality, our beliefs and our daily lives. It offers a way not only to understand, but also to actively heal the past and thus positively shape the present and future. For me, Dr. Norbert Preetz is the greatest mentor in this field. He laid the first stone on the path to my vocation. Thanks to his regression method, I have been able to observe how many people can enjoy

their lives again with a smile on their face. I am deeply grateful to him for sharing his knowledge with us therapists.

Yager code therapy

This therapy is a new and innovative form of therapy developed by Dr. Edwin K. Yager. It is based on the idea that our subconscious mind has different parts that are responsible for our thoughts, feelings and behaviors. Sometimes these parts can come into conflict with each other or not work together optimally, which can lead to psychological problems or physical complaints.

In Yager code therapy, you work directly with the subconscious but also with the higher consciousness to treat these problems at their root. You do not necessarily have to talk about your problems or relive painful memories, which is a great advantage of this method. This method has worked well for clients who have experienced physical or bodily abuse. You don't have to go back into the situations, because that would be too intense; you can work on them without having to relive the emotions of the time. This is very effective and you can eliminate the resulting symptoms. This makes it possible to live a happy and carefree life, even if you have been exposed to such difficult situations.

Another example: Imagine you are afraid of dogs and you don't know why. In Yager Code Therapy, in a relaxed state, you would ask your subconscious mind to identify and influence the part of you that is responsible for this fear. You wouldn't even have to consciously understand where this fear is coming from - your subconscious mind takes care of the solution.

Another example: Let's say you suffer from constant back pain, but all physical causes have been ruled out. With Yager code therapy, you could instruct your subconscious mind to uncover and resolve any psychological causes, which can often lead to significant pain relief.

In summary, this form of therapy enables profound communication with the subconscious in order to solve psychological and physical problems. It is fast, effective and does not require long therapy sessions or reliving unpleasant memories. This method offers a valuable resource for anyone looking for a gentle but powerful way to improve their wellbeing.

I have developed a method by combining the two forms of therapy; many of my clients have already achieved their goals with ease and in a relatively short time.

Physical and mental health

Physical and mental health are like two sides of the same coin - both are closely connected and influence each other. To lead a full and healthy life, it is important to take care of both your body and your mind.



Imagine that your body and mind are constantly communicating with each other. When you're stressed or anxious, it can affect your body - it's much easier to sleep badly, get headaches or just feel exhausted. On the other hand, if you have physical ailments, they can affect your mood and thoughts, which can lead to anxiety or depression.

This is where regression therapy and Yager code therapy come into play. Both forms of therapy can help you to recognize and treat the deeper causes of your physical or mental health problems.

Regression therapy allows you to travel back in time and explore the origins of your problems. You may find that your current anxieties or physical symptoms are related to something that happened in your childhood. By understanding and healing these old wounds, you can begin to feel better in the present.

Yager code therapy also works on a deep level, but it focuses on communicating with your subconscious mind to solve problems. Let's say you have chronic pain that has no obvious physical cause: With Yager code therapy, you could guide your subconscious mind to find and heal the psychological causes of your pain.

By using these therapies, you can strengthen the connection between your body and mind and find a path to overall health and well-being. It's not just about alleviating symptoms, but about healing yourself as a whole - physically, mentally and emotionally.

Don't forget, that your journey to health is an ongoing process that requires attention and care. By taking care of both your body and your mind, you can lead a balanced and happy life.

Bullying: school and workplace

Bullying is a serious problem that can affect people of all ages in different environments such as school and the workplace. It involves repeated aggressive behavior aimed at humiliating, bullying or isolating another person. The causes, consequences and possible coping strategies are complex and require a deep understanding to counteract it effectively.

Causes of bullying

Bullying can have many causes, which often lie in the personality of the perpetrator and the circumstances of the environment. Bullies often feel threatened or insecure in some way and try to boost their own self-esteem by humiliating others. At school, it can arise from envy, jealousy, boredom or the need to belong to a group. At work, competitive pressure, envy or fear of losing one's job can encourage bullying behavior.

Consequences of bullying

The effects of bullying can be devastating for victims and can lead to long-term mental health problems such as depression, anxiety and low self-esteem. For students, it can lead to poor performance, school avoidance and even dropping out of school. Employees who are bullied can suffer from stress, burnout and reduced job satisfaction, often leading to absenteeism or resignation. People then withdraw and isolate themselves. They begin to build energetic bars boundaries around their home and around themselves that are invisible to others. Their own isolation feels like a prison, lonely and alone.

Coping strategies

Talk about it:

It is crucial that victims of bullying do not remain silent. Talk to friends, family or confidants about what is happening. At school, teachers, school psychologists or counselors can provide support; at work, supervisors, works councils or confidants are the right people to talk to.

Document the bullying:

It is helpful to keep accurate records of bullying incidents, including the dates of what happened and the names of witnesses. These records can be useful when making formal complaints or considering legal action.

Strengthen self-confidence:

Training in self-defense, communication or assertiveness can help to strengthen self-confidence and respond better to bullying.

Seek professional help:

In some cases, it may be necessary to seek professional psychological help to deal with the emotional consequences of bullying.

Education and prevention:

Schools and workplaces should take proactive measures to prevent bullying, including education, establishing clear policies and creating a culture that does not tolerate bullying.

By understanding the causes and consequences of bullying and actively promoting coping strategies, we can help to reduce the problem and create a supportive, respectful community both at school and in the workplace.

What if you suffer from the aforementioned symptoms, but you are not aware that your lack of self-confidence, self-love and self-doubt could be due to previous bullying? This is where hypnotherapy comes in. The programs that trigger these negative emotions can be reprogrammed, you regain self-confidence, courage and self-love, and you no longer have any doubts. You find pure basic trust. This makes it possible to climb the career ladder without obstacles or to stand up for yourself and learn to say "no".



Understanding and treating addictive behavior

Addictive behavior is a complex phenomenon that can affect people at different stages of their lives and in different circumstances. It is a condition in which a person develops a dependency on substances such as alcohol, drugs or behaviors such as gambling, eating or even work. These addictions often begin as harmless escapes from pain or the stresses of everyday life, but quickly grow into serious problems that affect both mental and physical health.

A path to liberation

The good news is that addictive behavior is treatable and sufferers can find a way to break free. This process begins with understanding that addiction is often a symptom of deeper issues, similar to the issues addressed in regression therapy and Yager code therapy. These treatment methods can shed light on the hidden roots of addictive behavior and offer ways to heal these root causes.

Insight and acceptance:

The first step to overcoming addiction is to recognize and accept the problem. This requires courage and honesty towards yourself.

Understanding the causes:

With techniques such as regression therapy, it is possible to look back and understand which events or feelings led to the development of the addiction. It may be unresolved traumas, unresolved conflicts or deep-seated self-doubt rooted in childhood.

Resolution of the underlying problems:

Yager code therapy makes it possible to communicate with the subconscious and influence the inner "memory parts" that are responsible for maintaining the addiction. By resolving these inner conflicts, one can reduce the need for addiction for emotional survival.

Development of new coping strategies:

It is important to find healthy ways to deal with stress, anxiety or grief so that people do not resort to addiction as an escape.

Building a supportive environment:

The support of family, friends and professionals is crucial to recovery. A solid network can provide encouragement and help prevent relapse.

Continuous self-care and growth:

Recovery from addiction is an ongoing process. Self-care, personal growth and ongoing work on oneself are crucial to remaining permanently free from addiction.

Understanding and treating addictive behavior is a path to liberation - a path that requires courage, commitment and a willingness to face the depths of one's soul. But with the right tools and support, anyone suffering from addiction can have hope for a fulfilling, free life. This book and the methods presented in it offer one such way to overcome not only the addiction but also the underlying problems.

Dealing with fears

Fear - this little word can be so overwhelming and paralyzing that it holds us down and controls us in our daily lives. Have you ever caught yourself imagining scenarios in your head that seem so real that they make your heart beat faster and your hands shake? This is your personal mental movie, a production of your mind that can be so convincing that you begin to believe it is reality.

Imagine you are standing on a cliff and looking down into the depths. You feel the fear of falling, even though you are standing safely on solid ground. Alternatively, think of an upcoming exam where you imagine failing so vividly that you experience all the symptoms of failure before it has even happened. These fears are projections of your mind, movies that you watch over and over again until they appear to you as incontrovertible truths.



But what if I told you that you are the director of your own head movie? You have the power to change the movie, recast the roles and write a different ending. Here are some techniques you can use to overcome your fears and rewrite your script:

Mindfulness:

Learn to live in the here and now. If you notice that you are beginning to sink into your fears, concentrate on your breathing, your surroundings, the sounds and smells. This will bring you back to the present, away from the fictional scenarios of your mind.

Confrontation:

Face your fears in small, manageable steps. If you are afraid of spiders, start by looking at pictures of them until at some point you dare to observe a spider from a safe distance. Over time, your mind will re-evaluate these scenes and the fear will lose its power.

Positive visualization:

Replace negative scenarios with positive ones. Instead of imagining yourself falling, imagine yourself standing safely and successfully on that cliff and holding on to a secure railing before the abyss. Proud and full of self-confidence. This will enable you to master any challenge or upcoming test. Your brain cannot distinguish between imagination and reality, so use this to your advantage.

Talking to yourself:

Pay attention to your inner language. Replace thoughts like "I can't do this" with "I can do this". Be your own best motivator, not your critic.

And never forget: there is a way to freedom and self-confidence for any everyday fear. I am not referring to pathological anxiety disorders, as these require extensive and well-supported treatment. It requires patience, practice and sometimes external support, but the path is there and it is accessible. Hypnosis makes it a little quicker.



You deserve to live a life free from unnecessary fears, a life where you feel safe and strong. Open the door to this life, step in and take your place, with your head held high and your heart full of courage.

Pain and illness from a new perspective

Pain and illness are often our first and clearest signals that something is wrong in our body - and often also in our mind. But have you ever considered however that these physical ailments could be more than just physical symptoms? That they could be messages from your soul that are trying to tell you something important about your emotional and psychological well-being?

Think of your body as a smart, sensitive being that is trying to communicate with you by sending you clues in the form of pain or symptoms of illness. These symptoms are not merely disorders to be suppressed or eliminated; rather, they are invitations to look deeper and understand and heal the underlying causes.

The role of the subconscious:

Your subconscious mind stores all the experiences, emotions and beliefs that you have collected over the course of your life. Sometimes, if emotional conflicts or unresolved issues are suppressed or ignored for too long, this can manifest in your body as pain or illness.

Here are some ways you can utilize this mind-body connection and find a new approach to healing:

Mindfulness and body awareness:

Start by consciously noticing your body and its signals. What feels good and where is there tension or discomfort? These perceptions can help you to better understand what your body is trying to tell you.

Emotional release:

Allow yourself to feel and express your emotions. Whether joy, sadness, anger or fear - every emotion deserves to be recognized and acknowledged. Often, simply releasing suppressed emotions can lead to relief from pain or symptoms.

Communication with the subconscious:

Techniques such as regression therapy or the Yager code can help you to enter into a dialog with your subconscious and explore the deeper causes of your complaints. You may find that a particular pain is linked to an old emotional trauma or that a chronic illness is related to a belief that no longer serves you.

Positive reinterpretation:

Start to see your pain and illnesses not as enemies, but as teachers and guides. They can give you valuable insights about yourself and your path in life and point you to areas that need your attention and care.

By learning to understand the language of your body and to see the subconscious as a powerful ally in your healing process, you open the door to a deeper, holistic form of healing. It is a path that requires courage and openness, but which can also lead to true freedom and

a fulfilled life. You have the strength and wisdom within you to walk this path. Believe in yourself and in the incredible ability of your body and mind to heal and thrive.

Sometimes you also need the support and guidance of medical and psychological specialists. I am convinced that if there were greater cooperation between medicine and the spiritual aspect of a person, many illnesses could be overcome more quickly. It is my heartfelt vision to convey this message so that the whole person is viewed holistically and in an integrated manner, rather than maintaining this division between body and mind. Doctors are experts on the physical level, because who is better at repairing a broken bone than a doctor? The healing afterwards, however, is implemented by the subconscious. I am convinced that the moment will come when every person will have the knowledge that healing is only possible when mind and body work together and then inner peace and well-being is possible.

Obsessive-compulsive personality disorders

Do you sometimes feel trapped in your own routines and rituals, as if you couldn't find a way out? Obsessive-compulsive personality disorder can manifest itself in many ways - from constant checking and an excessive need for order to repetitive thoughts that won't let you go. These patterns are deeply ingrained and feel like they are an inescapable part of your life. But I'm here to tell you: there is hope, and there is a way to heal.

Understanding and healing

First of all, it is important to understand that compulsive behaviors are often a type of coping strategy. They can arise in order to control insecurity, anxiety or other stressful emotions. For example, if you constantly have to check that the door is locked, this could be a way of coping with deep-seated fears of insecurity or vulnerability.

Here are some examples of how compulsive behavior can manifest itself:

- You repeatedly check whether the stove is switched off, even if you know for a fact that you have already checked it.
- You keep rearranging your books, clothes or other items so that they are perfectly aligned.
- You wash your hands so often that it strains your skin, for fear of germs, even when there is no real risk.

These actions can have a calming effect, but they also create an inner restlessness and a feeling of not really being in control. The good news is that with the power of your subconscious and your inner strength, you can break this cycle.

Healing with the subconscious

The subconscious is powerful. It can be both the source of your compulsions and the key to your freedom. Through techniques such as hypnosis, Yager code therapy or meditative practices, you can delve deeper into your subconscious and recognize the true reasons for your compulsive patterns.

- Visualize yourself as free from constraints. Imagine what your life will look, feel and sound like when you have outgrown your routines and rituals.
- Talk to your inner self. Ask about the causes of your fears and compulsions and ask for solutions that your deeper consciousness can offer you.
- Use positive affirmations to reprogram your thoughts. Replace thoughts such as "I must control this" with "I trust that everything is okay".

Remember: You are not alone in your struggles. Many people have found their way out of compulsiveness, and you can too. With patience, understanding and a willingness to look into the depths of your own being, you can walk a path to healing. Your inner power is limitless - use it to liberate yourself and live a life of freedom and choice.

If you struggle with obsessive-compulsive personality disorder and are looking for a way to change not just superficially, but profoundly, my method could be just the thing for you. Why? Because it focuses not only on the symptoms, but also on the causes of your compulsions.

My method goes beyond traditional approaches by building a bridge to your subconscious and addressing where the true causes of your compulsive patterns lie. Through targeted techniques, I enable you to get in touch with your inner self, recognize and dissolve hidden emotional blockages and establish new, healthy behaviours.

Here are some reasons why my method might be right for you:

Holistic approach:

I look at you as a whole person - not just your compulsions, but also your emotions, thoughts and deeper beliefs.

Sustainable change:

Instead of just offering short-term relief, I aim for long-term healing and transformation.

Self-empowerment:

I will teach you techniques and tools that you can use yourself to actively promote your well-being and avoid relapses.

Deep insight:

I help you to understand the deeper causes of your compulsions, so that you not only treat symptoms, but achieve real, lasting healing.

Empathic support:

As someone who has a deep understanding of the challenges of compulsive behavior, I offer you supportive and empathetic guidance on your path to freedom.

If you are ready to embark on a profound change and break the chains of your compulsions once and for all, my method could be the key to a new, liberated life. There is nothing you cannot change.

This applies to all topics mentioned so far.



Loss and grief

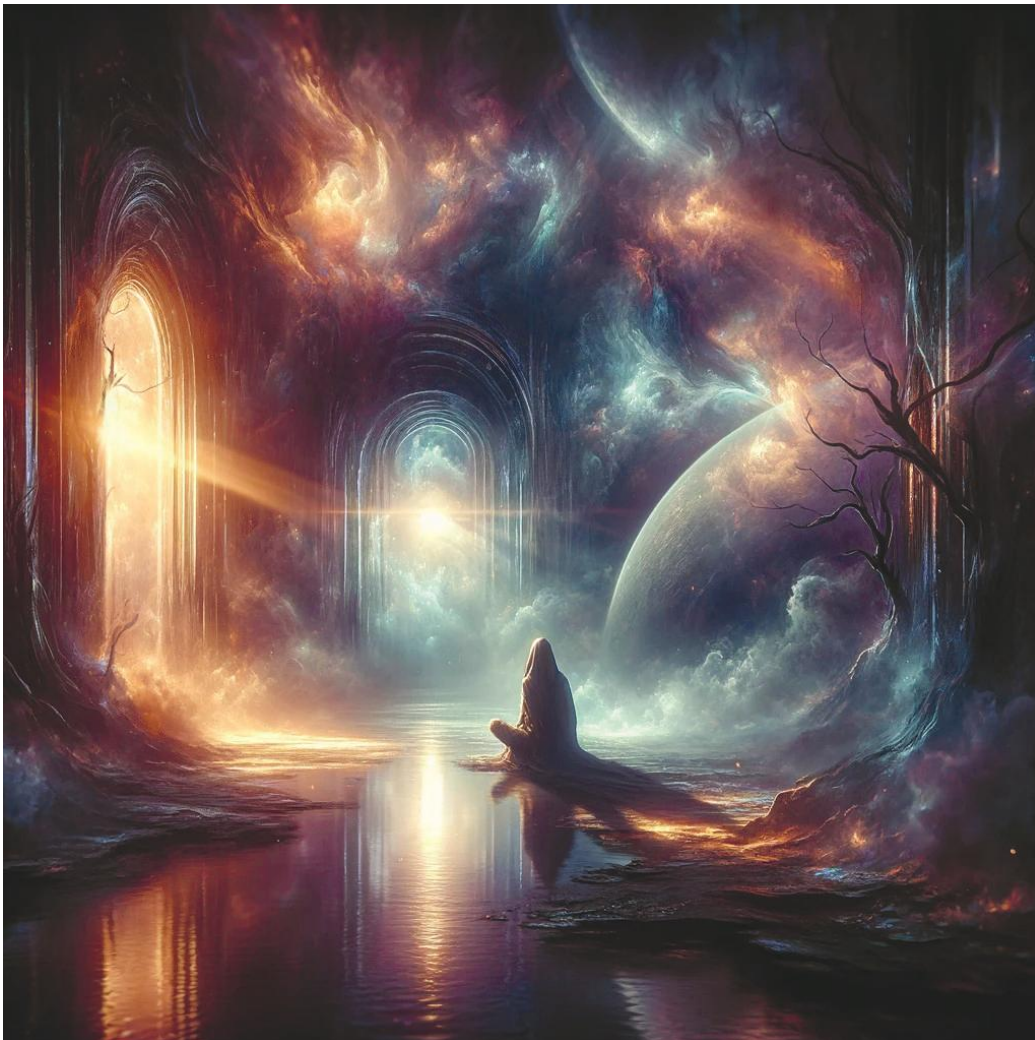
It is a shock when you lose a loved one, and it is even more difficult to regain the meaning of life that you have lost in one fell swoop.

I myself have had the painful experience of what it feels like to lose a loved one, or as it was for me, a series of loved ones.

It's a shock to realize that someone close to you just disappears in an instant.

You question everything you believed in. All your values, an entire foundation, disappear in one fell swoop. You question your whole life. What is the point of my life if you are no longer here? What am I supposed to do without you here on this earth?

These are all questions you ask yourself when you have to let go of a loved one. I promise you that you won't have to endure this pain for the rest of your life. There are ways to learn to deal with this loss and find meaning in life again.



My journey through grief and loss

When I saw the light of day in 1972, everything was still in perfect order. I came to this earth and had no idea. I lay in my parents' arms and felt the love and affection, the joy of my arrival. Nothing is more important than discovering everything on this earth and conquering the whole world with great curiosity.

Birth and death are part of our lives. My father lost his mother when he was twelve. Back then, you didn't talk about it, you were simply left alone with the shock and the pain. What happens to a child who loses their mother and doesn't get any psychological help? They simply have to learn to deal with it. Many negative beliefs arise and a wall is automatically built up around their heart. This means that you protect yourself so that you never have to feel such pain again. But you also no longer feel the positive emotions. All the people who live near you will never again receive all your love, but only a part that you dare to reveal or open up. This in turn means that the people around you don't feel accepted. They don't get enough love either, and there is always something missing, but you can't put your finger on it with words or your mind. You can only feel that you are not getting to the core of this person's heart. I could list many more consequences of what happens to a person who has to struggle through life alone with this issue.

I have already digressed again. I experienced my first loss at the age of twelve when my great-grandmother passed away. I know she was old and had a full life and yes, 90% of people lose their great-grandparents when they are young. Since we always had dogs and cats at home, over the years there was always an animal that I had to let go of. With each death, whether it was a human or an animal, it felt like I could never survive it. In hindsight, these losses were unbearable for me, but it was just preparation for what was to follow in my life.

I met my husband, we got married and our two wonderful children were born. I was able to accompany our children with much joy and gratitude. I enjoy every moment with my family, these times are so precious. Every single moment with our daughter Fabienne and our son Rafael is or was a gift, and I don't take it for granted that you can accompany your own children on loan.

Now to get back to the actual topic: In 2017, a day like any other, it was beautiful weather, short communication with my mom, she wanted to go to a big fair in Bern at noon, we lived in the same house above each other and had a horse stable together, where a few of our own and some boarding horses were stabled. She felt lively and healthy that morning. Shortly afterwards she collapsed. At that moment, an aortic aneurysm had ruptured just above her heart. The doctors fought for her life for three days without success and then we had to let her go. She never regained consciousness. We couldn't say goodbye. This was another shock for our whole family and for my dad, who had already lost his mother at an early age.

How can it be that everything changes in an instant? How do you deal with that?

When we had finally come to terms with the initial pain and grief for my mother, our son Rafael was also torn from life from one moment to the next. At the age of 20, he had a rupture in the wall of his heart. Again we were unable to say goodbye, again this loss catapulted us into the next shock, into the next shock paralysis.

We had two possible ways of dealing with it: One was to plunge into depression, give up, end up succumbing to illness and follow him to his death, which is what my mother-in-law did two years after Rafael's death.



But there are many other ways to deal with the initial shock followed by grief and all the associated emotions such as powerlessness, anger and so on, which we were at the mercy of at the beginning, in order to regain the joy and meaning of life we thought we had lost. We don't need to suffer for a lifetime when our loved ones are no longer with us.

What is grief? Definition and different phases of grief

Shock/shock paralysis

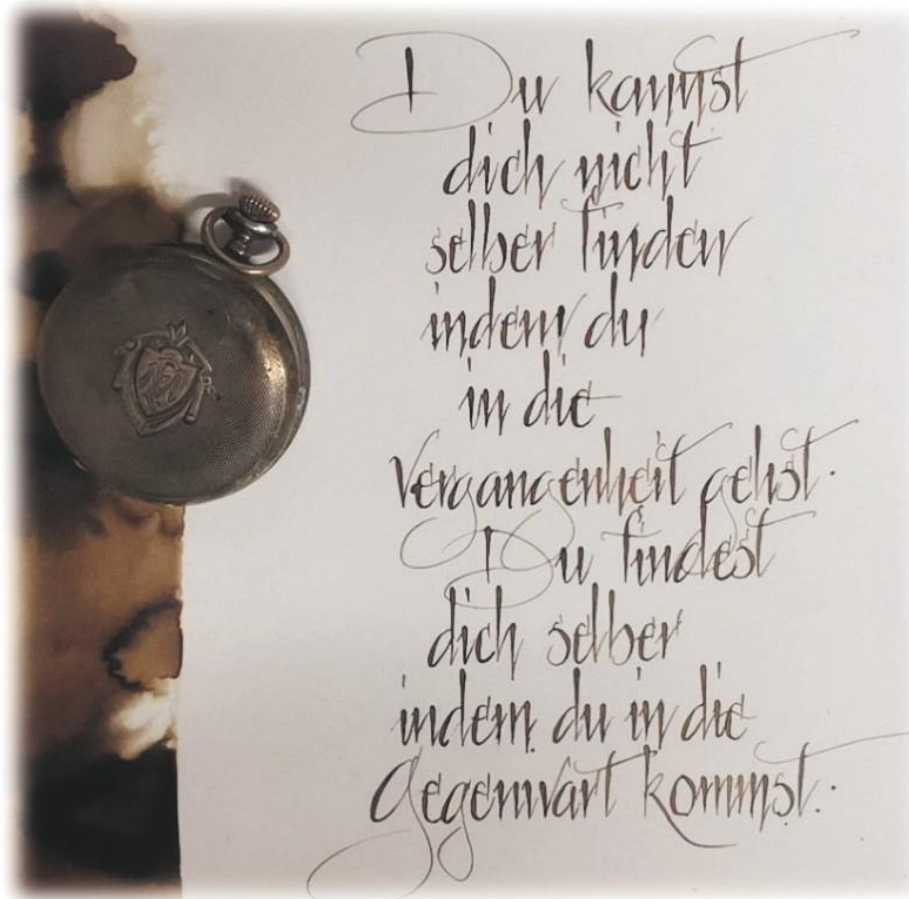
Everything is going well in your life and you feel happy and content. But suddenly everything is different. From one moment to the next, the unbelievable happens. A shock that makes you freeze. A loved one close to you is simply torn from your life or receives a diagnosis that is like a death sentence.

Something happens to you that makes you freeze for a moment. Time stands still and you no longer understand anything. Everything you believed in takes on a completely different meaning at this moment. You find yourself in an unknown reality. Because death is simply not talked about in our society, and the thought of losing a loved one or even your own life is simply pushed far away so that it doesn't exist. But when that one day comes when you are confronted with the reality that it also can happen in your life that you lose someone, then everything is different.

At first, you simply function like a machine. You develop a strength that you have never experienced before. You organize and order a beautiful laying out for your loved one and talk to them as if they were still there. It becomes an emotional rollercoaster. When you are alone, the tears flow, the powerlessness and helplessness overwhelm you and you feel incredibly trapped in deep pain. As soon as other people show up, you are suddenly back in this functional mode and even comfort everyone else who is also overwhelmed by this loss. It is an interplay of grief, of memories that pop up, and it can also be that a small smile flits across your face.

You realize that you can't plan everything in advance in life. You are not prepared for such events. It hits you full on and you just have to live through it. You have no other choice. It's like being on a rollercoaster. You have to stay seated until the ride stops again. You can't get off in between. It's the same with the grieving process. But you decide how you deal with it, fight against it or peacefully accept all the emotions until they feel lighter.

Rafael lived in the present. We were supposed to do that every day. This wasn't easy for us parents, because there was never a plan B. His tattoo and his motto in life were:



"You can't find yourself by going back to the past. You find yourself by coming to the present." We laughed when he came home with this tattoo. I said to him: "Why didn't you just write 'live now'? That would have been much better and you would have had to endure much less pain?"

His answer was: "*It had to be the whole line, mom.*" And the matter was settled.

We didn't realize what he meant until much later.

Denial

This pain is unbearable and you want it to stop! We just made up a story that he had emigrated. He has no phone there and can't get in touch with us. This denial helped from time to time, but the tears still kept flowing. We tried to cope with everyday life. We had various stories that we imagined in order to cope with the pain. But there was still our daughter, who closed herself up in a cocoon because she couldn't cope with the pain. We are proud of her because she went to work every morning, she was in the middle of her training

as a healthcare specialist. With this cocoon, she was able to cope with her everyday life. However, this was not a solution that could be maintained for years. You still have to allow the grief to flow through you so that you can let it go at some point. Otherwise, it is repressed into the subconscious, where it can stay with us for a lifetime and cause physical damage. Nevertheless, our process of grief and denial has also moved into the next phase.

Anger

When you have lived through the time of denial and finally have the strength to clear out the room or apartment, tears and sadness come again. At some point, the grief and denial turn into anger. So many questions lead to anger. Why me? Why don't we live forever? What is the point? What's the point of it all? Why him or her? What else did I want to do with him or her? What else would I have wanted to say? Could I have prevented it? Maybe you had another argument recently? Maybe not everything had been said yet? Maybe you are angry at God or life because you have to experience this? It is unfair. If I had known that...! I miss him so much that I think my life has no meaning without him. All the questions that go through your head at these moments! You question your whole life and you doubt all the things you believed in. Everything is different without your loved one. The sadness and powerlessness turn into anger. Anger is also allowed to take its place in the present moment of your life. Allow it and let it out. You can scream into the forest, you could punch a pillow. You could also write a letter to your loved one and get all the anger off your chest, then lay it on the grave or burn the letter. Believe me, the soul of the deceased will feel these words and your emotions, and they will get through. You will notice that it will be much easier for you to communicate with the deceased again with positive thoughts. If you do this, you will free yourself from all negative emotions. I promise you that you will feel lighter and better every day.

Depression

Depression is a general word that is always used when you can't understand negative emotions. You withdraw, you feel powerless, you don't want to hear anything from the outside world and you no longer function as usual. Everything is too much, you don't even want to do the everyday chores anymore because you simply don't have the energy. Then you have a mess at home and you feel even worse. It's a vicious circle that gets worse and worse. You can't sleep at night because the emotions are even worse, because you can't easily distract yourself with the TV program, well, you could, but the tiredness then makes the days even more difficult. Then you resort to sleeping pills so that you can at least get some rest at night. But the danger here is that you won't be able to fall asleep later without sleeping pills, which isn't very helpful either. So you have to be careful that you don't become addicted to sleeping pills. Here are a few small tips that have helped us a lot: CBD oil, melatonin drops or even valerian tinctures. St. John's wort capsules also help throughout the day. Not that I'm trying to persuade you to take any supplements, on the contrary, if you can cope with the negative emotions then don't take anything, but it's also important that you get enough sleep.

I know that some people with pre-existing conditions are not allowed to take CBD oil or other supplements under any circumstances, and experts also consider it questionable. So this is just information that has helped us. Please always check with your specialist before taking any medication.

I would also strongly advise against taking antidepressants. It has been scientifically proven that dependence/addiction is not one of the side effects of antidepressants (although there can be physical symptoms when you stop taking them). *This is just my opinion, if you have been prescribed such drugs by a medical therapist or by your doctor, please discuss this with him or her and form your own opinion.*

So to summarize: It's very possible that you could end up in a depression, but there are ways to get through it and come out of this whole loop stronger, as long as you are willing to accept these difficult emotions and then let them go one by one, in the time that is right for you.

Acceptance

Life goes on anyway, even if you have to reorient yourself. Before my mother and our son were torn from my life in such a flash, I always believed that life would go on after death. My conviction was so strong that I never doubted it. If you haven't experienced this pain yourself, you can't understand how it can tear the ground from under your feet. In the initial shock after Rafael's death, I no longer believed in anything. I threw all my beliefs overboard and questioned my whole life. I am a hypnotherapist and have enjoyed building up my own practice for many years. I Learned so much about reincarnation, had hundreds of proofs that we have already enjoyed many lives and that it goes on after death, and yet it was so difficult for me to accept that our son had to go before us. I wanted to close the practice and my deepest wish was to travel after join him. If it hadn't been for my daughter and my husband, I think I would have left everything behind.

Suicidal thoughts may also have a place in the whole process. These thoughts are also justified and possible.

When you begin to accept that you have lost this person, that he or she is better now because the soul is now free, then you feel a great relief in your heart. I have another book planned in which I will only deal with the topic of loss and grief. This book is not yet published, it is in progress and will be available in the near future. I will have more information and tips on how to deal with it.

The physical and emotional effects of loss through death or separation

Everyone is different when it comes to the symptoms of loss. Skin eczema, shingles, an empty feeling in the stomach, digestive difficulties, chest tightness, palpitations, a tight throat, shortness of breath, muscle and joint pain and much more.

It has been scientifically proven that mental stress, which lasts for weeks or months, has physical effects. Stress over-acidifies the body, and over-acidification in the body means inflammation. The body is then no longer able to compensate and muscles, ligaments, tendons and joints become inflamed and pain is triggered.

When we humans find ourselves in a dangerous situation, our body produces adrenaline. This hormone puts us into survival mode. At this moment, you can either flee, fight or freeze. You go from feeling to reacting. You can no longer think, you have to act.

Imagine you come across a sabre-toothed tiger. What's the first thing you do? Let's assume you are a deer. You flee until the danger has passed. Then you return to your calm state and focus your attention on the nearest grass to enjoy the peace and serenity. The adrenaline disappears and your body can recover. Animals do this brilliantly. We humans, on the other hand, manage to carry on in survival mode, sometimes for years or decades, even though the actual danger has long since passed. A negative situation always gives rise to emotions, which are stored in this memory like a screenshot. Some people remain in a state of grief, anger or a feeling that they have been unjustly hurt for years. This feeling makes you feel bad every day, which means that your energies are only focused on this negative feeling. Where you put your attention, that's where your energy goes. This blocks your three lowest energy centers and consequently your body does not have enough energy to heal. This means that if you stay in survival mode for a certain period of time, you will always be unconsciously over-acidified and your body can become inflamed and, step by step, all your joints and bones will suffer. You may develop various diseases such as osteoarthritis, osteoporosis or others because the balance in your body cannot be maintained. There are three things you need to keep in mind if you want to stay healthy and fit throughout your life. A healthy diet, positive thoughts and the environment you build up in your life with your family, friends and job. All of these things come together to help you enjoy a healthy and well-balanced life and stay healthy.

But when things happen in life that you didn't expect at first, that you didn't plan for, it's important to know how to deal with them so that you don't have to suffer for years. So that, like the animals, you can regain inner peace and serenity after the danger. Did you know that when you look into the past, you feel the emotions of the past and you automatically draw similar situations into your life that you already know. If you want to make your present and future more beautiful and positive, then focus on the present. So that you can create a new reality for yourself. Plant a seed in your garden in the present moment so that it can grow. That's why the tattoo that our son had carved into his skin is becoming more and more important, because that's exactly what his soul wanted to express. However, it was only with time that we realized what a deep message was hidden in this saying, and this from a young man who had not yet been able to gain much experience in life.

Learning to deal with a loss, be it through death or a separation, means that you have to accept the situation in order to feel inner peace again. This is a process that can be different for each person. Everything is right. Sometimes it's a rollercoaster ride. You think things are finally getting a little easier, then a thought, an image, a memory comes up and then tears come again. That's normal. I'm just saying it because you keep hearing from outsiders that it's been a while, and you think you can't be sad anymore. You will always miss this person, and tears are always allowed when you think of him or her. We don't have to erase these people from our memories. Yes, but they say I should let go? Yes, you should let go of the pain and the heaviness, not the memory of this important part of your life, of this person who was so significant. Over time, you can accept that this person is doing much better and thus transform your grief and pain into inner peace and gratitude that you had the opportunity to spend a part of your life with this very person. Gratitude and love are the greatest and most healing energies that we can use to free ourselves from this pain and grief.

My digestion no longer worked properly, so I developed allergies to gluten, dairy products, histamine and many other foods, my skin developed more and more eczema as a result, and I was constantly tired and had no energy for anything. In this state, I couldn't develop any new ideas, I had no curiosity, I wasn't creating anything productive in life. I struggled through the day like this. The doctors couldn't find anything. It wasn't until I had received many messages from Rafael that I couldn't ignore and I had slipped into the acceptance phase that I was able to make my inner peace with it. This gave my body a chance to heal again, and today I feel strong and healthy again, have found an additional job and am enjoying my vocation as a hypnotherapist to the fullest. Everything is working much better than ever before, because by not giving up, I am even stronger, even clearer and have found my inner peace.

You too will find a way to regain your zest for life. Don't give up and keep reading.

Fear of loss

Fear of loss is a profound feeling that arises when we lose a loved one. It doesn't matter which way you lose someone. It is a natural reaction to the pain and grief we feel, and it can have both psychological and physical effects. Fear of loss is often characterized by an intense fear that something or someone close to us will be taken from us, or a worry of being left alone. This fear can be deeply engraved in our subconscious and influence our thoughts, emotions and behaviors.

After the loss of a loved one, these fears can manifest and intensify. We may feel an overwhelming emptiness or sense of helplessness as the loss leaves a void in our lives. The fear of further loss can cause us to withdraw from others to protect ourselves from further pain. In some cases, this can also lead to excessive concern for the safety and well-being of other loved ones.

It is important to understand that fear of loss is a normal reaction. It reflects the depth of our attachment and love. However, it is crucial to find ways to deal with this fear so that it does not overshadow our lives. Acknowledging and expressing our feelings, whether through conversations with friends, family or a therapist, can help begin the process of healing. Likewise, finding support in communities or groups that have gone through similar experiences can be comforting and help you learn how to deal with your anxiety.

Ultimately, grieving is a process that requires time and patience. Everyone grieves differently and there is no right or wrong way to deal with the fear of loss. It's about finding a way that works for you personally and allows you to regain a sense of normalcy and stability in your life.

Although I am very familiar with hypnosis and have accompanied many people through difficult moments in their lives, I also had to seek help from other hypnotherapists, who then accompanied me through my grief.

I show meditations on my YouTube channel that could help you to meet your person and welcome all the pent-up emotions to the surface and accept them, and then let them go like bubbles of carbon dioxide. And again, it's not your person you need to let go of, but all the heavy emotions that are preventing you from moving into your love and gratitude, into your joy of life and life energy. You can also use these meditations to let go of toxic love relationships or other connections to people who have left you, to rediscover inner peace and balance so that you are free for new relationships on every level. It is worth it.

On my YouTube channel you will find a meditation entitled "Releasing connection and grief".

<https://youtube.com/watch?v=niG75r1ybbI&si=7uiaSDusEowDIwuo>



It is very emotional and guides you through all your emotions. It gives you the opportunity to dissolve all your pain and stored grief.

It may take more than one meditation, but I promise you will feel lighter and more liberated every time.

I have found that the more we engage with our intuition, the more changes come our way in life, even more so than usual.

One of these changes may be that it's time to let go of people with whom you've walked a part of your path so far.

Perhaps life has beaten you to it and you had to say goodbye to your human even though you didn't want to.

This guided meditation is just right for you to immerse yourself deeply in this connection to a person and consciously release the connection in peace.

Realize that everything you experience in life is exactly right and always comes at exactly the right time. This meditation is like a reset button, you can dissolve a connection to a person in order to say goodbye in peace or be open to a completely new encounter with this or another person. Or you can feel a sense of freedom afterwards, in which you can rediscover your purpose and joy in life without this person.

Experiencing a loss, whether through a separation or death, feels similar. You have to accept that your life seems valuable to you, even though this person is no longer with you. You feel the same way when you are surrounded by people who are not good for you. You can dissolve such toxic connections with this meditation so that you can redesign your path with appreciation and self-love.

It can get a little emotional, but don't worry, I will guide you through it. I look forward to a wonderful journey with you and wish you a wonderful meditation experience.

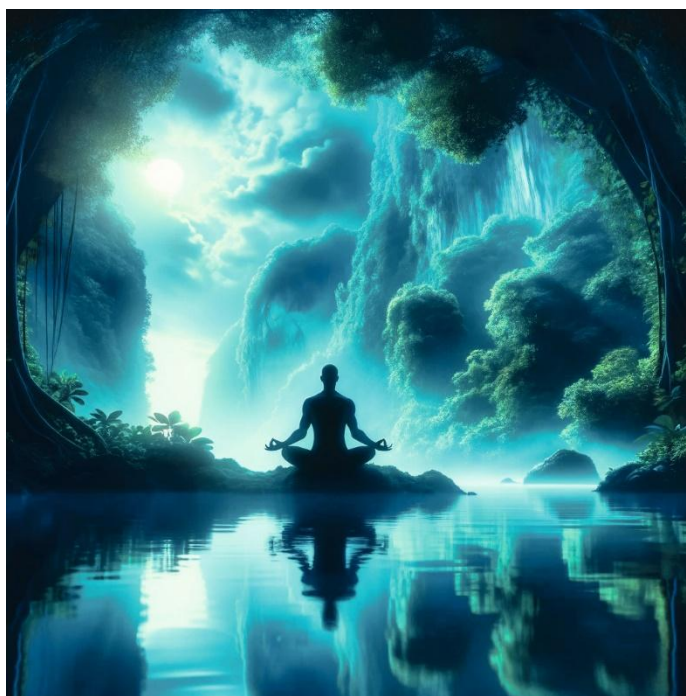
You can also find other meditations that you can try. I have also created a few podcasts in which people share their experiences of how they were able to change their reality and reprogram old negative emotions with the help of hypnosis.

Meditations

A tool for self-healing

Imagine finding a quiet place, a safe haven in the midst of the storm of daily life. A place where you can pause, take a deep breath and connect with your innermost self. This place exists - and you can visit it at any time through the power of meditation.

Meditation is not just a practice of stillness and concentration, it is a powerful self-healing tool that helps you bring clarity, peace and balance into your life. When you meditate, you not only lower your stress levels and improve your concentration, but you also discover a deeper level of understanding of yourself and your inner world.



Benefits of meditation

Emotional balance:

Meditation helps you to understand and regulate your emotions, which leads to greater inner stability and less impulsive reactions.

Stress reduction:

Regular meditation reduces stress levels and promotes relaxation, which has numerous positive effects on your body and mind.

Self-confidence:

Meditation teaches you to observe your thoughts and feelings without judging them. This strengthens your self-confidence and self-esteem.

Health benefits:

Meditation can lower blood pressure, calm the heart rate and strengthen the immune system. It is an investment in your physical health.

Mental clarity:

Meditation clears the mind, promotes concentration and creativity and helps you to think and work more effectively.

Self-healing with hypnosis:

When you combine meditation with the powerful technique of hypnosis, you open up an even deeper path to self-healing. Self-hypnosis allows you to communicate directly with your subconscious mind, where many of our deepest beliefs and emotions are stored. You can heal old wounds, rewrite negative beliefs and manifest positive changes in your life.

A session with me means not only relaxation and recuperation, but also a profound transformation. You will learn how to ...:

- ... activate your inner resources to overcome physical and emotional challenges.
- ... dissolves negative patterns and habits that hold you back.
- ... recognize your true goals and desires and follow them.

Why you should book a session:

By taking the time to listen to my meditations and podcasts, you are giving yourself the opportunity to grow, heal and thrive. You will learn how to listen to the silence and messages of your own heart and how to use this wisdom to live a fuller, healthier and happier life.

Be inspired to discover the transformative power of meditation and hypnosis. Open your heart and mind to the infinite possibilities of self-healing. Your journey to a better self begins here and now - I look forward to accompanying you on this path.

Meditation feels like self-hypnosis. This technique can help you to find yourself again, to feel yourself again. We like to lose ourselves when bad moments happen in our lives. Just get involved and you will notice that you can feel more joy and lightness of life every day. This will also give you the energy to attract new wonderful experiences into your life. Step by step, take part in life again - **you are the most precious thing there is**. You deserve to be happy, loved and satisfied. You are worthy of receiving and sending out beautiful feelings again.

The only thing that doubles and can come back is love.

If you would like to find out more about me and hypnotherapy, I would like to welcome you to my homepage: www.wägwiser.ch

The power of your thoughts

Manifesting

If you keep coming back to the present moment, you can let go of the past. The word manifesting is a buzzword these days. However, many people don't know exactly how to do it. In this chapter, I would like to explain manifesting to you with my knowledge and in my own words.

Imagine you are strolling through the vast landscapes of your own world of thoughts. Every step, every thought leads you deeper into this unknown terrain, where you suddenly realize: The landscapes you are traversing are marked by the traces of your past experiences, your fears and your worries. Like magnets, these thoughts attract similar experiences, shape your reality and paint the world in the colors of your innermost beliefs.

But then, in the midst of this discovery, a powerful truth is revealed to you: Your thoughts are the architects of your world. They have the power to create and change realities, much like a painter redesigning the canvas of his life. This knowledge of the power of manifestation - the realization that your thoughts can take on material forms - holds the secret to shaping your life according to your ideas.

After experiencing this story, you will realize more clearly what you can change in your life if you consciously steer your thoughts in a positive direction. Thoughts are vibrations, echoes of your innermost being that shape the world around you. By learning to consciously choose and control these vibrations, you gain the power to take your destiny into your own hands.

Imagine that your presence is already imbued with the fulfillment of your deepest desires. Feel what it would be like to have already lived your dreams and nurture these feelings daily. This conscious realignment of your thoughts helps you to direct your spiritual paths into a world that you long for. You are reprogramming your reality, day by day, thought by thought.

You now hold the reins of your unconscious programs in your hands and can create a new, fulfilling reality step by step. Trust in yourself and your ability to transform. Everyone has the potential to consciously shape their life.

So what is it that you want? Your imagination knows no bounds. Start realizing your dreams now. Live every moment consciously and full of joy. Remember: The seed you plant today will be the harvest of tomorrow. Leave old thought patterns behind and allow yourself to think anew. Your thought paths will reshape themselves and lead you to unimagined shores. Start today and unfold the full potential of your being.

If you start to steer your thoughts in a positive direction again and again, you can fulfill your dreams. Start now, no one but you can steer your boat. You have learned about many possibilities with this book, the quickest way is in hypnotherapy, but after that you have to steer your rudder in your direction every day.

I know that it works, I have experienced it time and time again. Many of my clients have reached their goal and continue to manifest new goals and dreams.

We are on this earth to enjoy every moment of our lives. Start now and enjoy yours.

Testimonials

Resolve trauma

"Hey Nadia.

THANK YOU, THANK YOU, THANK YOU 🙌

I have gained soooooo much distance from my traumatization and go through life much more relaxed with less pressure. I can communicate my needs and my boundaries uninhibitedly and I enjoy concentrating on the pleasant and beautiful things in life. 😊"

"THANK YOU SO MUCH for your pleasant, authentic and enthusiastic manner."

"I wish you a wonderful, happy time.

EB"

Coping with grief

"My husband had a fatal accident when he was 50. Our daughter saw this accident happen and her father die in front of her eyes.

The world came to a standstill for my children and me. Deeply traumatized, we were in a state of shock. A few days after his death, I found love letters in his office and what we subsequently found on his computer and in WhatsApp chats, I wouldn't wish this on any wife! We realized that my husband had been having a relationship with a woman who was also in a partnership for many years. Neither my children nor I ever suspected anything of the sort. We always thought we were 'the perfect family'... The two of them played their game perfectly so that nobody noticed anything. After this knowledge, our basic trust was pulled out from under our feet.

My body was frozen for a long time and I didn't know whether I should mourn my husband now or whether I should simply see my life as a pure illusion.

Since I completed the 'Yager Code training' years ago, I looked for an address to which I now wanted to turn, because self-therapy with the Yager Code was not working for me in this unreal situation. Dear Nadia, you brought me out of my state of shock! With your effective method and the unconscious part that gives us all the information we need to get my healing process going, I started to live my life again. I was so conditioned in many parts that my higher self had a lot to do in your therapy. You released my blockages. Even the 'shock image', which I couldn't get out of my head after seeing it in the mortuary, was completely 'dissolved'. You were also able to restore my basic trust with the 'future ME'. The positive thing about Yager code therapy is that you don't have to talk. With your guidance, the higher self takes care of it itself from . In just three sessions, you brought my frozen heart and cells back to life and taught me to forgive with images (I don't like that word - you know it. 😊 But I can accept and embrace the situation). Dear Nadia, I

can hardly put into words what therapy has meant to me. I wouldn't be where I am today without you. I am so infinitely grateful that I found you in my life. I can only recommend anyone and everyone to seek you out as a therapist! THANK YOU that you exist!
Sandra"

Fears that make life difficult

"Dear Nadia.

When I made my way to you and the first session on Tuesday, I arrived with mixed feelings. On the one hand great hope, on the other hand my fears about what would happen to me.

It was amazing, because my previous experiences with this, with my therapist, who helped me differently with her type of therapies, I was always deeply relaxed at the time. But I still felt somehow uncomfortable and after a while I was so scared that my thoughts and feelings were no longer really with me.

My experiences with you are completely different. I was in a state of deep calm and serenity the whole time. Your proof that I was in deep hypnosis - unbelievable. I could no longer move my hand . Nevertheless, even today I'm still not sure whether it was really the center speaking from me or whether it was me. Because after a while, thoughts like: How many times do I have to go deeper to find the parts?

Today I'm much more convinced that it wasn't me. That's what happened to me when I left your rooms. I was calm and relaxed, but after a while I had a headache for about half an hour. But then in the evening I couldn't get my mind off the subject. What is happening inside me now, I kept asking myself. Then I heard you say: just let what comes and let it go again. And indeed, there was no panic, no fear. I was also able to sleep well, but for too few hours.

The morning after I woke up, I felt strange. That is, between hope and fear. Panic comes, panic doesn't come. And nothing happened.

Yesterday I visited my sister after three years. It was her birthday and I found out that she wasn't in good health at all. We had been having problems with each other for years and I drew a line under it after my mother died. But it was a wonderful experience. The withdrawal changed her. I was able to talk to her very well and realized that she was incredibly sad that she had to suffer so much because of her lifestyle. I will certainly visit her again soon in the retirement home.

Towards evening, I suddenly realized that I was so calm inside, I couldn't believe it. I was able to go to sleep later without worrying about who I would call if the feelings came up again. No, I just went to bed and took it as it came. If it stays that way now - which I am beginning to believe - I am the happiest person - thanks to you, dear Nadia. The tinnitus is still there. But I think it's been there for so long that it might need a little more time to say goodbye. I'll be surprised.

Now I wish you a wonderful day and lots of strength for your work. As soon as I'm ready again and I'm allowed to have certain experiences, I'll get in touch for the next session.
A big hug and all the love
Iris"

Birth preparation with hypnosis

"Dear Nadia,
On 9.6.2020, our little Nik saw the light of day. It was a great birth, despite the induction. He mastered everything in two hours and is doing great. I would also like to thank 😊 for the good preparation, it really helped me. 🙌 🙌 🙌
Kind regards Frauke"

Birth preparation with hypnosis

"I had a wonderful and uncomplicated pregnancy right from the start. No nausea, no vomiting etc. ... Having worked for a gynecologist for years, the negative aspects of pregnancy were always in the back of my mind - will I give birth to a healthy child? Will my child cry at birth? Will it have enough oxygen? It even gave me sleepless nights. And finally, in the 16th week of pregnancy, I had my first session. I went there - without knowing what to expect. I left feeling so good that I can't even describe it. I felt much more confident, even though it was only the first session. And after each session it got better and better! Nadia always took a lot of time for me. I knew that I could let everything out with her and ask questions that I might not have done with someone else. I can 100% recommend birth preparation with Nadia and I would choose her again in a heartbeat."

Fear of traveling by train

"At the beginning of my apprenticeship, I was less and less able to use public transport for unknown reasons. I had a kind of claustrophobia, couldn't breathe properly and my heart rate accelerated rapidly. At times like that, I had no choice but to take the next train or walk the last stretch. This could no longer continue, as I had no other choice but to take public transport to my training company. After much deliberation, I decided to undergo hypnosis. I always felt understood during the sessions with Nadia and afterwards I felt stronger and changed. Thanks to the insight into my past lives, I now understand some things in my current life better. It is very impressive to see how everything is connected. What we perceive here is only a fraction of everything else that happens (subconsciously). I was able to give free rein to my emotions, which were hidden in my deepest recesses. Hypnosis was a positive new experience for me and was really worthwhile. Today I can go to work without any worries and no longer have to be

afraid of taking the train. Nadia is a valued person for me and I am happy to recommend her to others.
Michelle"

Fear of injecting patients

"When I had to take blood from a patient or a colleague for practice during my training as a healthcare assistant, my hand started to shake. I couldn't explain it, as I was absolutely not afraid of it and I knew that it wasn't a bad thing and that I wasn't causing the other person any great pain ...

When I took the first blood samples, I thought I was just too nervous ...

Unfortunately, the trembling continued. It was starting to scare me because I had my practical blood sampling exam in less than a week! Nadia came to mind with the hypnosis. She had time for me at very short notice and I let the hypnosis happen, thinking it could only get better! ... And it did get better! My trembling during the next blood tests was gone! I was able to pass my test successfully without any trembling when taking blood samples! I am infinitely grateful to Nadia for helping me with hypnosis. Nadia has great expertise, is authentic and I feel that I am in very good hands with her and her work.

Thank you so much, dear Nadia! I wish you every success on your journey!

Sincerely, Barbara"

Trauma after accident with horse trailer

"A few years ago, I accompanied a friend of mine to fetch her 3-year-old mare from the foal pasture. The transport was anything but calm. The mare panicked, got loose and wanted to jump out of the trailer during the journey. Somehow we managed to arrive at the new stables reasonably safe.

But from that moment on, I was terrified of traveling with horses, even though I had always done it before the accident. I got anxiety attacks during the journey and couldn't ride around with my experienced horse either.

After many attempts, I turned to Nadia in despair.

During the hypnosis, Nadia relived the situation. The fears came up, just like on the day of the accident.

So we were able to go step by step and, through the muscle test, establish that this fear was already in me before the accident and was only triggered by the accident. Through the two hypnosis sessions, I was able to get rid of the fears and within 3 weeks I was back behind the wheel.

Everything worked perfectly and the fears have not returned since.

Thank you very much Nadia - thanks to your help I have been driving without fear or accidents ever since!

Giulia"

Practice Wägwisser

<https://www.xn--wgwiser-5wa.ch/erfahrungen>



If you would like to watch lots of videos or listen to podcasts first, then I hope you enjoy the following link:

<https://www.xn--wgwiser-5wa.ch/videothek>



Summary

In this book, we have taken a profound journey through the diverse landscapes of the human psyche and physical well-being. From working through and healing old wounds with regression therapy, to the revolutionary possibilities of Yager Code therapy, to the powerful practice of meditation for self-healing - birth preparation and even weight management. This book offers you a comprehensive insight into techniques and approaches that can change your life from the ground up.

Outlook:

This book is not just a collection of techniques and therapies - it is a guide to show you that healing and growth are possible, no matter what you have experienced in your life. It is an invitation to transform yourself and your life, a message of hope and renewal.

I encourage you to not just take what you have learned as knowledge, but to actively apply it in your everyday life. Every technique, every method presented here is a tool that can help you lead a more fulfilling, healthier and happier life. The journey of self-discovery and healing is an ongoing process, a path that requires courage, commitment and patience.

Remind yourself that you are not alone. There are people and resources that can support you on your journey. Be open to change, be willing to grow, and never forget that your inner strength and wisdom are the most powerful healers you have.

I thank you from the bottom of my heart for accompanying me on this journey, and I look forward to seeing how you allow the seeds that this book has sown in you to grow into a flourishing garden of your life.

Yours, Nadia Christeler-Weber
www.wägwisser.ch



Acknowledgments

From the bottom of my heart, I would like to express my immense gratitude to all those who have accompanied and supported me on the journey of writing this book.

First of all, I would like to thank the countless brave souls whose personal stories and experiences have inspired this work. Your strength and resilience are the true foundation of this book. Without your willingness to dive deep into your healing processes, this collection of insights and strategies would not have been possible.

Special thanks to my family and friends who have surrounded me with love, patience and understanding. You have given me the space and strength to dedicate myself to this task and stood by me when I myself experienced moments of doubt and challenge. Your unwavering support is my safe haven.

I would also like to thank my colleagues and mentors whose wisdom and guidance have been indispensable signposts on my own path. Your expertise and passion for healing and growth have profoundly influenced and enriched my work.

A sincere thank you to the team at Novum Publishing who worked behind the scenes - editors, designers and everyone involved in the production and distribution of this book. Your dedication and professionalism have made it possible to bring this message to the world.

I hope that the pages you have read offer you inspiration, comfort and practical ways to change your life for the better.

May this book be a beacon for you, shedding light on your journey, and a companion to remind you that healing is always possible and that you are never alone on your path.

From the heart
Your Nadia

Literature

Christoph Sollmann et al. (2024-09-30):

Klinische Hypnotherapie: Entwicklungen, Methoden und Anwendungsgebiete [Clinical hypnotherapy development, methods, and areas of application] (in German) (1 ed.). W. Kohlhammer GmbH. p. 228. ISBN 978-3-17-043970-2

Preetz, Dr. Norbert:

"Never fear again" - How to solve fears in minutes. Verlag Erfolg und Gesundheit, ISBN: 978-3-9814826-1-4

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The Yager Code Compendium. Healing with the highest inner intelligence - help and self-help even with serious illnesses Verlag Erfolg und Gesundheit, ISBN 978-3-9814826-9-0

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Health forbidden. Incurable was yesterday
Jim Humble Uitgeverij. ISBN-978-90-8879-156-7

Dr. Joe Dispenza:

Become supernatural. How ordinary people achieve the extraordinary. Koha-Verlag GmbH, ISBN-978-3-86728-325-0

A new you. How you can change your usual personality in four weeks. Koha-Verlag GmbH, ISBN-978-3-86728-196-6

You are the placebo. Consciousness becomes matter. Koha-Verlag GmbH. ISBN-978-3-86728-263-5

These books offer a comprehensive insight into the respective subject areas and can be valuable resources for both sufferers and professionals. They complement the contents of the book and offer you further opportunities to deepen your understanding and support your healing process.

Book preview

Caught in pain Healing despite loss

The book "Caught in Grief" offers a comprehensive guide to accompany people through the complex and individual process of grief. It covers various aspects of grief, from emotional reactions and personal self-care to support from family and friends. The focus is on practical advice, personal experiences and showing ways to find joy in life and build inner strength despite grief. By integrating the experience of grief into one's own life, the book shows how to find new meaning and lead a fulfilling life after loss.

