



### Your infallible compass

Why do people simply abdicate responsibility - not only with regard to their health, but also in other important areas of life? Possible reasons:

- **Convenience:** Those who don't decide for themselves avoid confrontations and conflicts of all kinds and don't even have to deal with the issue in question in advance. In the belief that this saves time and energy, people simply do "what most people do, it will be right" without considering the possible risks. Trust in the mainstream media, which are now more like propaganda tools for governments, promotes "supervised thinking".
- **Blocked access to the needs of one's own soul and feelings:** There are many reasons why people no longer listen to their "gut feeling" (body), but instead ignore their own feelings (soul), guided only by their thinking. However, making the right decision for you personally requires consideration of body, mind and soul.
- **Insecurity, excessive demands, lack of self-esteem/self-confidence and fear of devaluation and contradiction:** Unhealthy behavioral patterns from childhood ("you can't do that, you don't know that, you don't do that, mommy knows what's good for you",...) can lead to doubting one's own power of judgment and always looking for solutions that others have found (for themselves!). People who come to my practice are often very well-read in terms of health, therapies or scientific and spiritual topics (from quantum healing to My Big Toe). Of course, it makes sense to listen to or read what smart people have to say about a topic. It is also helpful to try out modules for yourself that others have already tested and found to be good. Others rely on the advice of (health) gurus due to their own insecurity and have to pay for bad decisions afterwards that would not have been made without the "expert".

You sabotage your own personal development if you simply adopt the solutions of others (for THEIR problems!). ***You are a unique being and as such equipped with a unique and unmistakable compass from your personal starting point to your well-being, which only applies to YOU.*** This compass contains the conscience inherent in all human beings for what is right and wrong, but also your own personal guide. This is sometimes hidden, obstructed by past experiences ("what you feel doesn't matter") and/or cluttered by the hallmarks of our modern days, such as hectic pace, an overcrowded to-do list, high expectations of others ("faster, better, further, higher") and far too little time in peace and silence for yourself.

That's why you will never get "solutions" for your health problems from me as a therapist. What works for one person may be wrong for another. I offer you options based on my knowledge and experience. However, it is your responsibility to deal with it, to do your own research, to evaluate, to trust your own "guideline" and then to come to an "informed agreement" with me when it comes to choosing a therapy that you want to use and in which I am happy to accompany you.

