

Welcome to the journey of Schaun Uni 2019! I am so happy that you are here and that we will now embark on this wonderful journey together, the journey to ourselves, to our essence, to our entire creative power and in the next four weeks so many incredible things will be waiting for us, so many miracles, so many insights, so much letting go, so much growth and I am so grateful that you are here, that we will now start together and start here today and simply thank you at this point for being there, thank you , for going for it, thank you for showing yourself, thank you for wanting to get into your essence, because that's exactly what this world needs and yes, I'm just incredibly excited to see who's here, who's starting and you are very welcome to write me in the chat who you are, where you are at the moment and what we will always do in each session. The sessions will always be structured very similarly, so to speak. We will.

always start with a sense of achievement, that means we will see what was your greatest sense of achievement yesterday and then we will always read out the affirmation and then move on to meditation, after which there will be coaching input from me and a minute of gratitude and then fluttering we're all back to our day and I'm just starting to talk about why we're doing it at all with the sense of achievement The sense of achievement is because of that.

so important because the Rousou is above all about learning to see yourself in a different light, to enter into an inner dialogue with yourself in a different way and to direct your focus to other things that we normally focus on Most of the time we focus on.

Everything that doesn't work, what maybe didn't go well in the last year and this year or rather now in Rousou, it's really about looking at how I can change the way I see myself and that works above all about it by starting to ask other questions, our focus, our attention to other things, like our accomplishments and that's why we're always going to start looking at yesterday's accomplishments, you've got your workbook, you can just writing that down on the day for today what was your most important sense of accomplishment and then we will now move on to the ten promises for rise up and shine varsity and the ten promises for rise up and shine varsity are like those inner mantras that you will also help just shift your focus, your attention to other things within you that will help you a lot more to come into your power and stay with you, sorry and with yourself and what I asked you to do in that as well Pre-course was that you also choose three affirmations that should accompany you during the course of the Rise Up and Shine Uni, three affirmations that strengthen you and the miracle that you want to manifest at the end of the Rise Up and Shine Uni, which will also support this miracle and affirmations are positive self-confirmation, these are sentences that we can say to ourselves, with which we kind of feed our subconscious, which simply gives us strength and which again helps us here, our brain, our Positively aligning and why reconnecting brain cells, that means what we're going to do first and foremost is you're going to learn to talk to yourself in a whole new language, a positive, loving, powerful language And.

we will now read these ten promises together and at the end I would ask you to take another minute, take two minutes to share your three affirmations that you would like to take with you through Rise Up and Shine Uni, that you also say them out loud for yourself, you can also close your eyes and say these three affirmations for yourself.

For everyone who is now saying oh no damn I haven't done the pre course yet I don't have my three affirmations it's not bad at all just allow something to come from your heart then just three Sentences such as, I am lovable, I am powerful, I am good the way I am, I trust my path, life is for me, I am the creator of my reality, I am pure energy, there are only possibilities for me , I'm fulfilled, I'm grateful, I'm surrounded by love, that means just see which three sentences can accompany you, because we will anchor them more and more in the course of the Rise Up and Shine Uni And one thing is,.

when I prescribe affirmations, but the other thing is, if they are affirmations that really come from you, yes, that come out of you. That means we're reading now.

the ten promises that you have on your card, if you don't have the card that was in your package, you definitely have it in your workbook too, right at the front on the, I can say the goal right away, on the On the twelfth page the ten promises are also written down here if you don't have them and otherwise you can simply have a say with me For all those who are now.

think it's totally weird reading this and feeling kinda into it, I promise it makes a difference if you repeat these phrases regularly It really is,.

the most important thing of all is to start approaching yourself with powerful language, to start changing the way you talk to yourself and to realign your focus and that's why we're doing this very consciously and all together Exactly, the ten promises.

from Rise of Incline Uni The first promise is I recognize myself and my immeasurable.

Value to The second promise is I am mindful of my thoughts and my feelings Me.

take a loving look at myself and am open to change I deserve it.

to be happy, to achieve my goals and to lead a fulfilling and successful life.

I like to fulfill the conditions for a fulfilling and successful life. I take responsibility.

for my thoughts, feelings and actions I push my mental boundaries and share mine.

Light with the world I focus on abundance, solutions and possibilities instead of.

I choose fear and distrust Trust and love I act in accordance with my values and with.

my own authentic way Yes! And now take a really short time again, close yours.

Close your eyes and consciously connect with three affirmations, with three positive sentences that you would like to accompany you throughout the Rise of Incline Uni And repeat.

out loud for yourself what these three sentences are and feel what happens in you when you say these sentences to yourself. Feel this feeling in you, that of these sentences.

goes out What these words trigger in you And say it out loud and feel it.

see what it does to you When you talk to yourself that way, when you use those words.

allow them to spread through you, allow these words to reach every cell in your body Very good Okay Wonderful.

Then we're going to start with today's meditation. And today's meditation is one.

beautiful meditation, to once again close the, I would say, past, but also simply, I would say a bit, to let the old self go in love and now full of joy, full of clarity, to give yourself permission to step into this new you, your true essence and to get more and more to who you actually are and to allow yourself, with a whole power, with a whole beauty, with a whole energy, to create your own life And before we in going on this meditation, we're going to do a breathing exercise.

is this breathing exercise the breath of fire For all I know the breath, for all of you the yoga.

must have done this breath before it's a way.

inhaling or exhaling, which releases incredible energy in your body and which simply helps you to arrive even more at yourself and to feel your body.

I will now explain how this breath works, namely you can put your hand here on your diaphragm and simply breathe out once and then breathe in once And if.

If you breathe properly, you will notice that when you breathe in, your abdominal wall bulges outward, i.e. goes outward, and when you breathe out, goes in. Many people breathe backwards.

around, that means they breathe in and pull in their stomachs. And that's also one of the most important things.

Things that we will do here at the Rise Up in China Uni to learn how to breathe properly, because the breath is pure life energy and the better you can control your breath, the more you will be able to be completely relaxed with yourself and yours You can also use the breath to relax yourself, to get clearer. And the fire breath works like this, we're going to be whole in a moment.

breathe in relaxed and then you will breathe out jerkily and when you breathe out you always pull your diaphragm inwards like that, like that, exactly.

such an old train like that And if that's all right, you can also use a handkerchief.

put it to one side, maybe if your nose starts to run a little, it's normal to run and we'll go straight from this breathing exercise to meditation That means,.

you breathe out right now and then, until I say stop, you will just breathe out jerkily, very, very quickly and you will notice that this mechanism, that you quickly retract your diaphragm, means that it automatically goes out again, again oxygen comes into your body And we'll just practice it now, we'll do it several times,.

practice during the Rise of Inchinen Uni, you can't do anything wrong either, you can only do everything right and we'll do three rounds and from there we'll go straight into meditation So, find a comfortable seat, you can raise your shoulders again to the ears.

and then bring it down with relish and bring your chest forward and then take a deep breath here through your nose and exhale all the air, very good, breathe deeply again through your nose and out through your mouth and still take a deep breath in through your nose and now close your eyes, exhale, breathe in again normally through your nose and now start to jerkily pull your diaphragm inwards.

Okay, and then breathe out and breathe in. You might find yourself getting nice and warm now,.

breathe in and out through your nose again as normal and breathe in again and we begin the second round of Fire Art And breathe out again and breathe in through your nose.

And out and again deep in and out and in as normal and with the third round breathing fire.

And then exhale slowly, now place your hands palms up on your thighs and feel how the energy circulates in your body, how you become fully present in yourself, how the oxygen comes into every cell of your body And connect.

here very consciously with your breath and notice how your breath now begins to flow evenly into your body again.

And allow yourself to arrive here with yourself, in your center.

Send a smile into your inner world from here.

Say hello to every cell in you.

Say hello to this beautiful universe within you.

And allow yourself to relax.

Relax all the muscles in your body.

From here bring your attention to your heart.

Your heart that beats for you over 100,000 times a day.

Your heart is the center of your love, your life.

The source of all your wisdom.

And consciously perceive your heartbeat.

And now remember an experience in your life for which you are particularly grateful.

An event, an experience for which you are particularly grateful.

And imagine yourself immersing yourself in this experience, in this event, seeing yourself in this experience.

And let the gratitude for this experience flow from your heart into your entire body.

Dive back into this moment very consciously.

And maybe you can feel the joy, the gratitude for this moment very intensely in you.

And from here, remember a decision you've made in your life that you're particularly grateful for.

A decision for which you are particularly grateful.

What decision made your life move more in the exact direction you want to live? And also let the gratitude for this decision flow in your heart.

And from there into every cell of your body.

And then remember a person for whom you are particularly grateful.

What people in your life are you most grateful for? You can also imagine for a moment how this person stands in front of you, how you connect with each other in love.

And let the gratitude for having this person in your life flow through your heart as well.

And recognize the abundance that is already in your life.

Realize how many miracles are already in your life, how much is already there to be thankful for.

And now allow yourself to completely immerse yourself in this feeling of deep gratitude and abundance.

Allow every cell in your body to connect with this feeling of gratitude.

You can also imagine giving color to this gratitude, this abundance, like a glowing white light flowing through your entire body and around you.

And now imagine how you look at yourself from the outside.

Imagine yourself looking at yourself from the outside right this very moment, looking at yourself, sitting there and meditating.

And I want you to look at yourself now in a way you may never have looked at yourself before.

With eyes of pure love, with the eyes of your heart, your soul, with divine eyes, with eyes of pure compassion and love and gratitude.

And now she's looking at you, she's at this person, this miracle that you are.

Take a look at yourself with all your dreams, with your hopes, with all your talents, with all your strengths, but maybe also with your fears, with your worries, with your doubts.

And maybe you can also see how hard you are on yourself sometimes.

That you too seldom look at yourself that way, that way full of compassion and love.

And now ask yourself, what do you wish for yourself, for this person you are looking at right now? What is your greatest wish? What do you wish for yourself? And then imagine yourself embracing yourself with that feeling of love, of compassion.

Imagine going to yourself and giving yourself a beautiful hug from the bottom of your heart.

And tell yourself, from today I'll be there for you.

From today I'll stand up for you From today I'll go for the dreams and wishes.

From today I will again allow myself to express my talents, my ability to live.

Starting today, I will work to return a little bit more to my core, to my divine essence, every day.

To come more and more into my power and into my light and to discard everything that does not correspond to my truth.

And feel how these words arrive in you, how this embrace of love wraps itself around you and how you feel completely secure and in your strength.

Very good.

And then look at yourself from the outside again and see the wonder that you are.

Look at you again with those loving eyes, with eyes that pour out nothing but love and compassion.

And make the most important decision you can make in your whole life here and now and today.

To go through your life full of love and gratitude, to see yourself in this new, powerful light and to return to your essence.

Very good.

And from here, bring your attention back to your heart and feel inside how you are feeling right now.

How your cells are dancing, how this wonderful energy of love has spread in you.

And how you are completely with yourself, completely in your presence, in your nature.

And then now imagine wonderfully fresh, clear, cool, healing spring water flowing from the top of your head through your entire body, through every cell of your body, through every brain cell, through your heater, through your shoulders, This wonderfully fresh, clear, cool, healing spring water now flows through every cell of your body.

And refreshes every cell, your whole being.

And all negativity, all worries, all doubts are now washed away by this fresh, clear, cool, healing spring water.

So that there is nothing left in you but positivity, love, compassion, power and light.

And then let this wonderfully fresh, clear, cool, healing spring water flow down to your feet and from there into the ground.

And all that remains in you now is this clear, cool, fresh, this clarity.

And then bring your hands together in prayer in front of your heart, lower your head to your fingertips, bow to yourself, bow to the wonder that you are, bow to the life that you flow.

And thank yourself for starting this wonderful journey into yourself.

And I'm going to count from 1 to 3 right now.

And when I get to 3, you open your eyes and come back to the here and now.

1 You feel wonderfully fresh, clear and full of joy for the day.

2 You remember again that feeling of gratitude and abundance that you have created within you.

3 You open your eyes and come back to the here and now.

Ok so welcome back I hope you are doing well.

I hope you were able to immerse yourself in this beautiful meditation.

Yes, when the chat is working again, you are very welcome to write in the chat what you took with you, what you saw for yourself, what you felt for you and what is perhaps the greatest wish you have for have yourself.

And of course you are always very, very welcome to take notes and write down the most important findings, which is just really nice to be able to read them again at the end, especially at the end of the Rise Up in China Uni.

If then a lot of what you are just beginning to start happening in you, so to speak, how it will then develop in you.

Exactly okay okay wonderful.

So.

Petra writes, thank you very much, that was great.

Keher writes that I fell into my own arms like a person you pick up from the train station after many years and finally see again.

Like a write, wow, how wonderful.

Love yourself and your life in balance.

Beautiful.

Maria writes that I have never looked at myself with so much love and that I wish to do this quite often in the future.

Beautiful.

Thank you for the peace.

A healthy baby, beautiful.

tears of joy.

So beautiful.

I am very pleased.

So beautiful wonderful.

So dear ones, then we will start now.

With the exercise for today in our workbook.

And you are welcome to walk with me on page 26, here in the workbook.

And the point today is that we start to look, where are you in your life right now? What have you created so far? And in this meditation, which we have just done, you may have also noticed, or if you are now reflecting on yourself again, what you were so grateful for, for the realization, for the decision, for the experience, for this person in your life, these are all things that you have created.

All of these are things that you have drawn into your life through your being, that you have created.

And which have sprung from your creative power.

In other words, the more you will now learn to actively and consciously use your creative power.

All the more you will find that you can create much more of what you are grateful for in your life.

And that you just become more and more aware of yourself, of your power and of your decision and of the experiences that you draw into your life as a result, about the people that you draw into your life as a result.

And what we are going to do today is see if you are already living the life you would like to create in all areas of life.

And for that, here is the advice of life.

And the advice of life is a wonderful model to really see for yourself, where am I already living abundance, where am I already in my creative power, where have I already created exactly what I would like to live and where not yet.

Where am I perhaps still living against my essence, where have I not really allowed myself to go into abundance.

And the whole thing works in such a way that you take these 10 areas of life and then start with the areas of love, partnership, sexuality, for example.

And I ask it on a scale of 1 to 10 or 0 to 100, how fulfilled am I? And let it be 80 now, for example.

And then you fill in this space right here to 80, 80 percent.

And you do that for each of the 10 areas.

And then you ask yourself again on a scale from 1 to 10, how important is this area to me? How important is this area in my life? Because it is sometimes the case that, for example, fitness and health are not that important to you at the moment because you are super fit and super healthy.

But family and friendship are just very, very important to you, on a scale of 1 to 10 it's just a 10.

And then you can take a look, it is sometimes very exciting that we are often very, very satisfied in areas that are also very, very important to us, because we simply pay a lot of attention and focus there.

And as you know, where you put your attention, where you put your focus, that's where your energy goes and there's usually more.

And what this exercise is about is, on the one hand, to take stock, to see where am I already fulfilled, where do I already have resources in my life? Because precisely the areas in which we are fulfilled, in which we already have a lot, in which we already have a lot of the life we would like to live, are also the areas from which we can draw strength to also in the to start living this fullness in other areas and to create exactly what we would like to live.

And when you unwrap this wheel of life, you can just lovingly observe what voices are going on in your head, because we are all constantly in this inner dialogue.

And what can happen is that you, let's take the area of leisure adventure holidays, for example, that you say, okay, I'm only living 10 percent of what I actually want to live right now and I would also like to live 100 percent live fulfilled.

And then it can happen that that voice comes up in your head, saying, that's not possible, that's not possible because of family or that's not possible because of a job or that's not possible because it's too expensive.

And what I want is for you to start noticing that voice, that voice telling you that you can't do that.



That voice that says, okay, maybe you can be fulfilled in the relationship, but then you can't be fulfilled at work or fulfilled in finances at the same time.

Because what is really exciting is that we often have this either or in our heads.

I can either be fulfilled in my relationship or fulfilled in my finances, but both at the same time would be too much. That would be too much of a good thing, that's actually not possible.

And I invite you very, very warmly, when you fill out the advice of life, that you just consciously perceive where you either have these or stories or where you say, well, that doesn't work for me anyway, it's not for me anyway that I have my dream figure or it's not for me anyway that I find my dream partner or it's not for me anyway that I'm financially fulfilled or in good health or whatever it is, where that voice comes from inside you that tells you it's not possible.

Notice that, because those are the very boundaries that we're going to start pushing here in the Rise Up Appearance unit, because those are just old conditionings that are inside you, old phrases that you picked up at some point, either from your family or from other people around you.

And where it's really, really important that you just perceive for yourself that that's not the truth, but that's a truth or a way other people have chosen to live.

But that's not the way you have to choose to live, it's and that's exactly what this is about today, is that the life I want to feel, that's the life that you want to create, because that is the only thing that matters in the end is the life you want to live.

And we will come more and more to the point that you will get more and more this inner power to create exactly the life you would like to live, completely independent of what other people say, what is possible or not, completely independent of what people may live in your environment for life, where you learned through you, oh, that's life, that's it, so to speak, that's the limit, it goes that far and no more is possible.

And I want you to really go in here completely and also see this advice of life with the same loving eyes as you just saw yourself in meditation.

And you really ask yourself what would my life look like if it were fulfilled in all these areas and what can I do about it? And then on the next page, that is, on page 28, 29, you will also find more questions for reflection, which you can then respond to, exactly.

So, wonderful, that's the exercise for today and it's also really important that you do it, preferably in writing, ideally doing all the exercises in writing.

And yes, well, then I'll take a quick look at what you write here in the chat.

Okay.

Good And before we end today's session with a wonderful round of gratitude,.

I would like to say one or two more things about the next few weeks and what is probably happening in you right now and maybe around you, because you have now entered a field of change here with the Rise Up in Schein Uni, into a field where you allow yourself to get more and more into your power, to come into your essence and to create exactly the life you want to live. That means, it can now be that you become more and more aware,.

where maybe exactly these areas are where you are not fulfilled and that you, that's also perfectly fine, that

you just generally start to go into this beginner's spirit for the rise up in Schein Uni, that you start to see you more and more in this loving look, that you are allowed to change and that everything that was up to now is also right, everything is right the way it is and from here we are now building step by step by step.

And I also want to emphatically say, do the Rise Up in Schein Uni at your own pace, keep to yourself. If you're in the Facebook group, you'll see that everyone has a different goal, everyone has a different desire,.

we all have a completely different history from which we come and instead of comparing ourselves and putting ourselves under pressure, we think that it's the same with him or her and why isn't it like that with me.

Everyone here has their own journey and this journey is just right Stay with you, take your time,.

be loving with yourself and be in that beginner's spirit, really be in that attitude of me this month now to learn to see everything from a new perspective, to see myself from a new perspective, to see life from a new perspective and really loving, powerful with myself.

Very, very important that you give yourself this space and this love to stay with yourself and to grow and just really observe without evaluating.

That's by far the most important thing we can learn in life anyway, to move away from this judgment that's going on in our heads all the time and that's mostly the reason why we don't really feel good about ourselves either devalue yourself, devalue others and what we are learning here is really coming into a positive space out of compassion and love for ourselves and for everyone else too.

Exactly.

Okay.

So.

Okay.

Okay.

Beautiful.

Good dears.

Then, I'll take a quick sip.

By the way, I would also recommend that to you, drink a lot during this time, because a lot will change at cell level now.

And then the body simply needs water to flush out all the old, so to speak, and so that something new can develop in you.

Wonderful.

Then it comes now, it comes now to the conclusion of today's session and the sessions will always end with gratitude.

And the whole thing works in such a way that you simply sit down comfortably.

and close your eyes and take two minutes to immerse yourself in that feeling of gratitude again.

And what I always do is, I'm grateful for everything that was, no matter what, because our crises, too, also the moments when we thought, why is this happening to me now? All of this is correct, because all of this leads us more and more to the person we actually want to be, because every decision or every experience always contains the question, who do I want to be? What do I want to take with me from this experience? And it's always the chance to re-choose who you actually want to be.

That means I'm grateful for everything that was, for the good, for the bad, for everything.

I am grateful for everything that is right now, that I can be here, that I am this person, that I have this body, that I can develop myself further.

I am thankful for all that is to come, for all the miracles that await me, for all of this.

And I dive into that feeling of gratitude and yeah, really bathe in it.

And we're going to do that every day and you'll notice how you're getting better and better at it and how you decide at the end of the rise up and they say I need at least an hour of gratitude because there's so much right now that I'm grateful for.

Exactly, so 2 minutes of gratitude from now on, just close your eyes and dive into this wonderful feeling again.

2 minutes of gratitude from now.