

10.09.2015

## Newsletter September 2015

Autumn begins. In Indian medicine wheel this time corresponds to the west, time of release, time of contemplation and introspection, time of checking our behavior.

What of the old patterns and perceptions can we release and change?? The theme of our perception and behavior patterns accompanies us through our day, our life, our relationship with the world in which we live. How do we experience the other people?? What do we see in them? Mostly we are not aware that they are mirror of ourselves. What characteristics do we resonate? Thinking about this is a way for us to heal what needs healing. By becoming aware of the anger or fear in others, we can trace our own anger or fear and resolve them. We may change us, but not the others. Only our attitude towards them can be changed.

The Law of Resonance is a law of the universe and helps us to recognize us. By consciously looking at our negative attitudes we can heal them. Then we automatically come to a new perspective, a new position to look at our life. By healing us, we can look at the others with different eyes - see now perhaps their inner beauty or their vulnerability. Whoever trains himself in this way, has the ability to recognize the master sample of behavior that lies deep in the subconscious, but also in the cells of the body - and can finally heal.

Another interesting aspect is to see the way we are being perceived by others.... Usually a person is uncertain about himself, full of self-doubts and struggling with himself. Regardless - other people experience us in a completely different point of view, perceiving more our good characteristics than we do. This is a chance for us learning how to communicate in a new way with each other, openly admitting our own doubts within us and express ourselves. This is base for a new, loving and constructive communication. In such encounters, we can see that others are experiencing same doubts and inadequacies. We're all going the same way, but each one of us in its own way and at its own pace. The unconditional communication of love with each other helps us to live together with our fellow human beings in a new basis of understanding, helping us even more on the way into higher dimensions.

We then can open our hearts for love and self-love. Both are important prerequisites to heal ourselves and - thus also the world in which we live. By the means of love and self-love in our thoughts, the cellular structure in our bodies and in our DNA will change. We automatically change our perception and see the fullness and beauty of our life, Mother Earth and the universe. We just have to let ourselves understand and perceive this beauty of Mother Earth with our hearts.