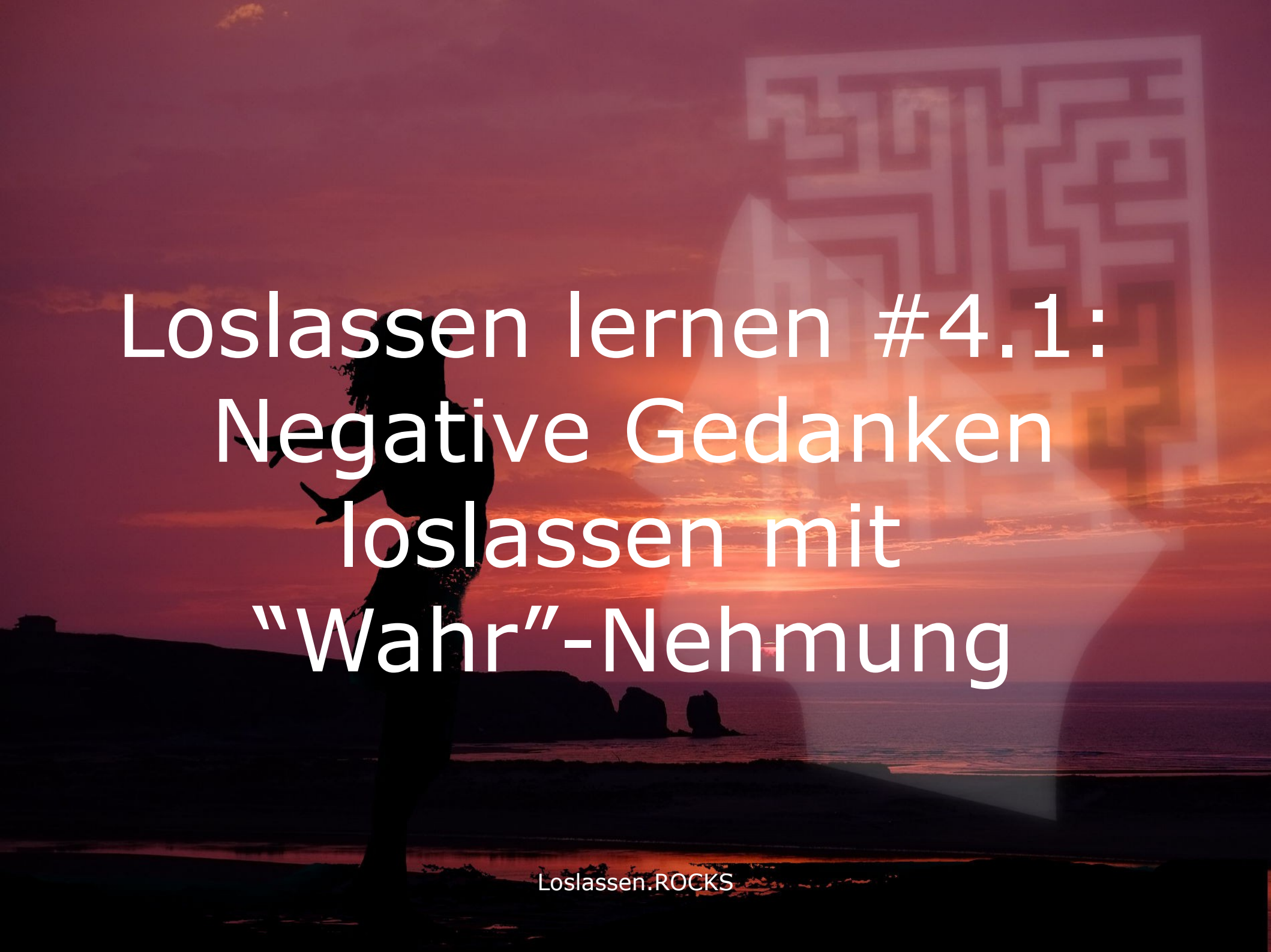
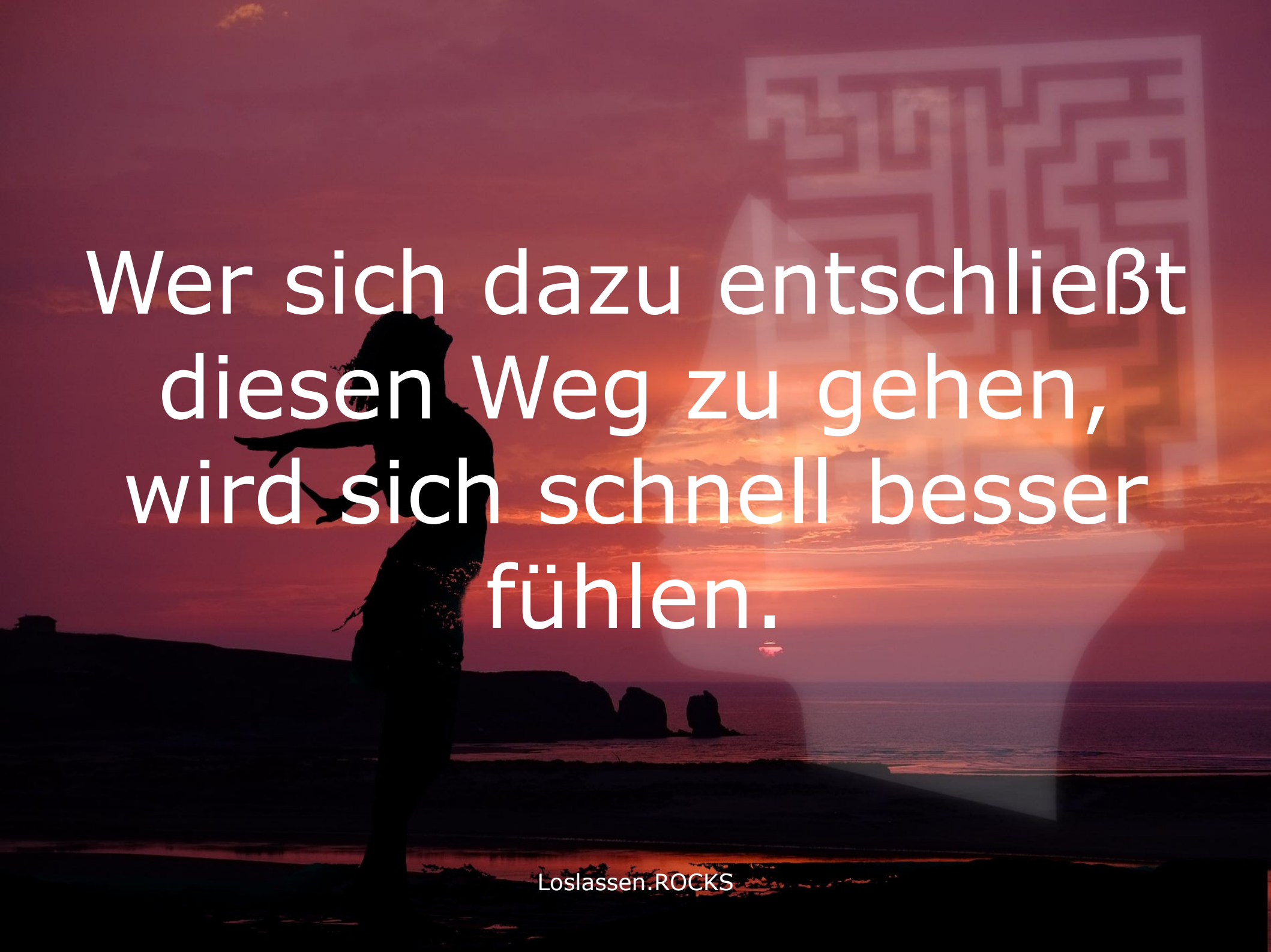


The background of the slide features a silhouette of a person standing on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, red, and purple. In the distance, there are dark silhouettes of rocks or buildings. A large, semi-transparent maze is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

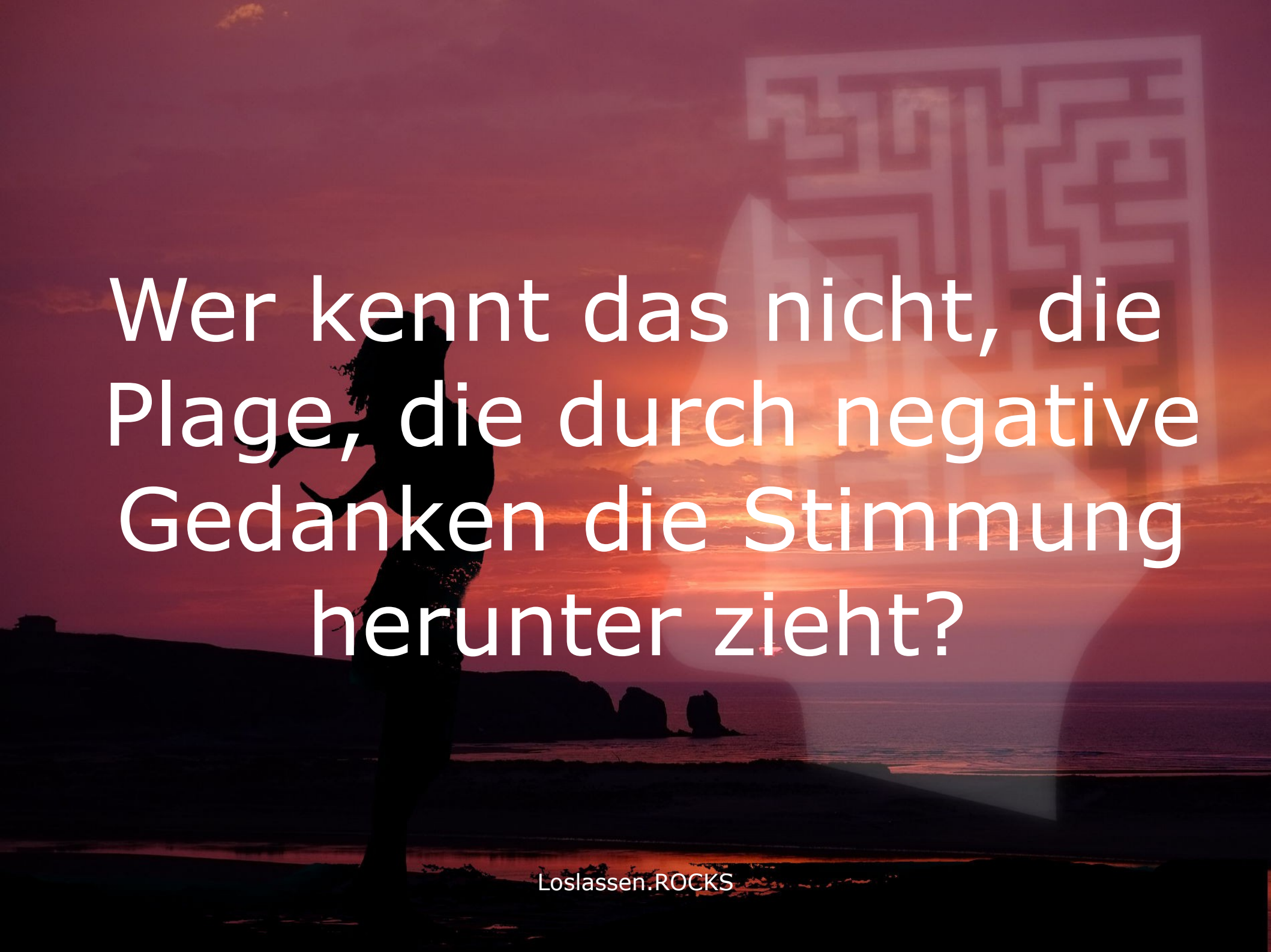
Loslassen lernen #4.1: Negative Gedanken loslassen mit “Wahr“-Nehmung

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, looking out at the ocean. The sky is a mix of orange, red, and purple. In the upper right, there is a large, faint, white geometric pattern that resembles a maze or a complex knot. The text is overlaid in the center in a white, sans-serif font.

Negative
Gedanken loslassen ist
manchmal schwer. Und
es ist möglich.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, faint, white maze is superimposed over the right side of the image. The text is written in a clean, white, sans-serif font across the center.

Wer sich dazu entschließt
diesen Weg zu gehen,
wird sich schnell besser
fühlen.

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are dark silhouettes of rocks or cliffs. A large, faint, white maze pattern is overlaid on the right side of the image, partially obscuring the sunset. The text is centered in the upper half of the image.

Wer kennt das nicht, die
Plage, die durch negative
Gedanken die Stimmung
herunter zieht?

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocks in the water. A large, semi-transparent maze is overlaid on the right side of the image, partially obscuring the sunset scene.

Negative Gedanken
loslassen scheint
manchmal sehr schwer.

A silhouette of a person stands on a dark, rocky cliff overlooking the ocean at sunset. The sky is a vibrant mix of orange, red, and purple. In the distance, the sun is a small, glowing orb on the horizon. A large, faint, white maze pattern is overlaid on the right side of the image, partially obscuring the sky and the person's silhouette.

Eigentlich ist es das nicht,
wenn man diesen Weg
kennt und geht.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Und ein bisschen Zeit sollte man investieren." is written in white across the center.

Und ein bisschen Zeit
sollte man investieren.

The background of the image is a sunset scene over a beach. A person is silhouetted against the bright orange and red sky, standing on the left side of the frame. The sun is low on the horizon, creating a strong glow. In the distance, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze is overlaid on the right side of the image, partially obscuring the sunset. The text "Das ist unbedingt eine lohnenswerte Investition." is written in white, sans-serif font across the center of the image.

Das ist unbedingt eine
lohnenswerte Investition.

The image features a silhouette of a person in mid-jump on the left side, set against a vibrant sunset background. The sky is a mix of orange, red, and purple, with the sun low on the horizon. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Das Leben wird leichter, mit jedem einzelnen Schritt." is written in white, sans-serif font across the center.

Das Leben wird leichter,
mit jedem einzelnen
Schritt.

The background of the slide is a sunset scene over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the water. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocks or small islands. A large, semi-transparent maze is overlaid on the right side of the image, partially obscuring the sunset. The text "Was sind eigentlich negative Gedanken?" is written in white, sans-serif font across the center of the image.

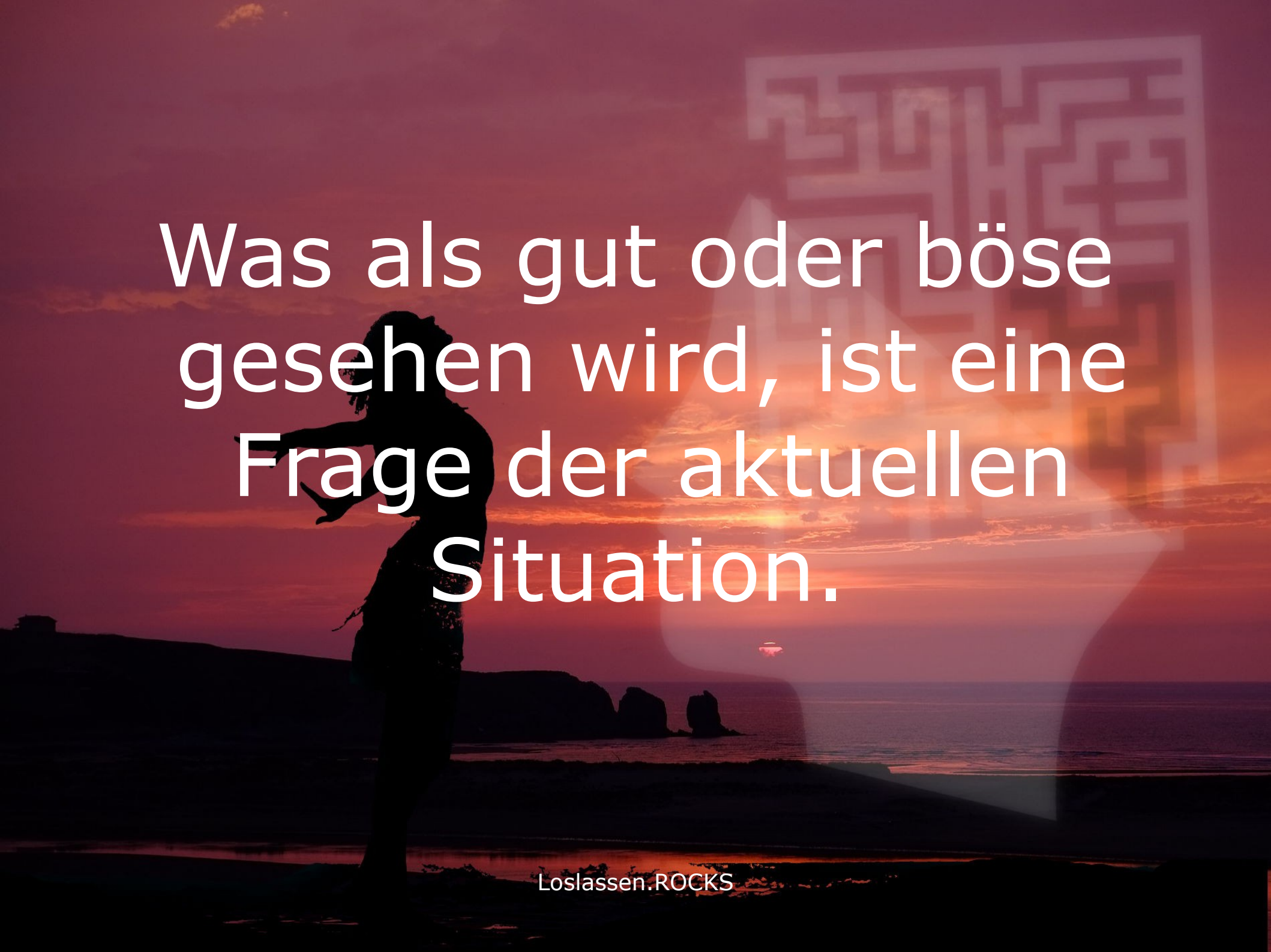
Was sind eigentlich negative Gedanken?



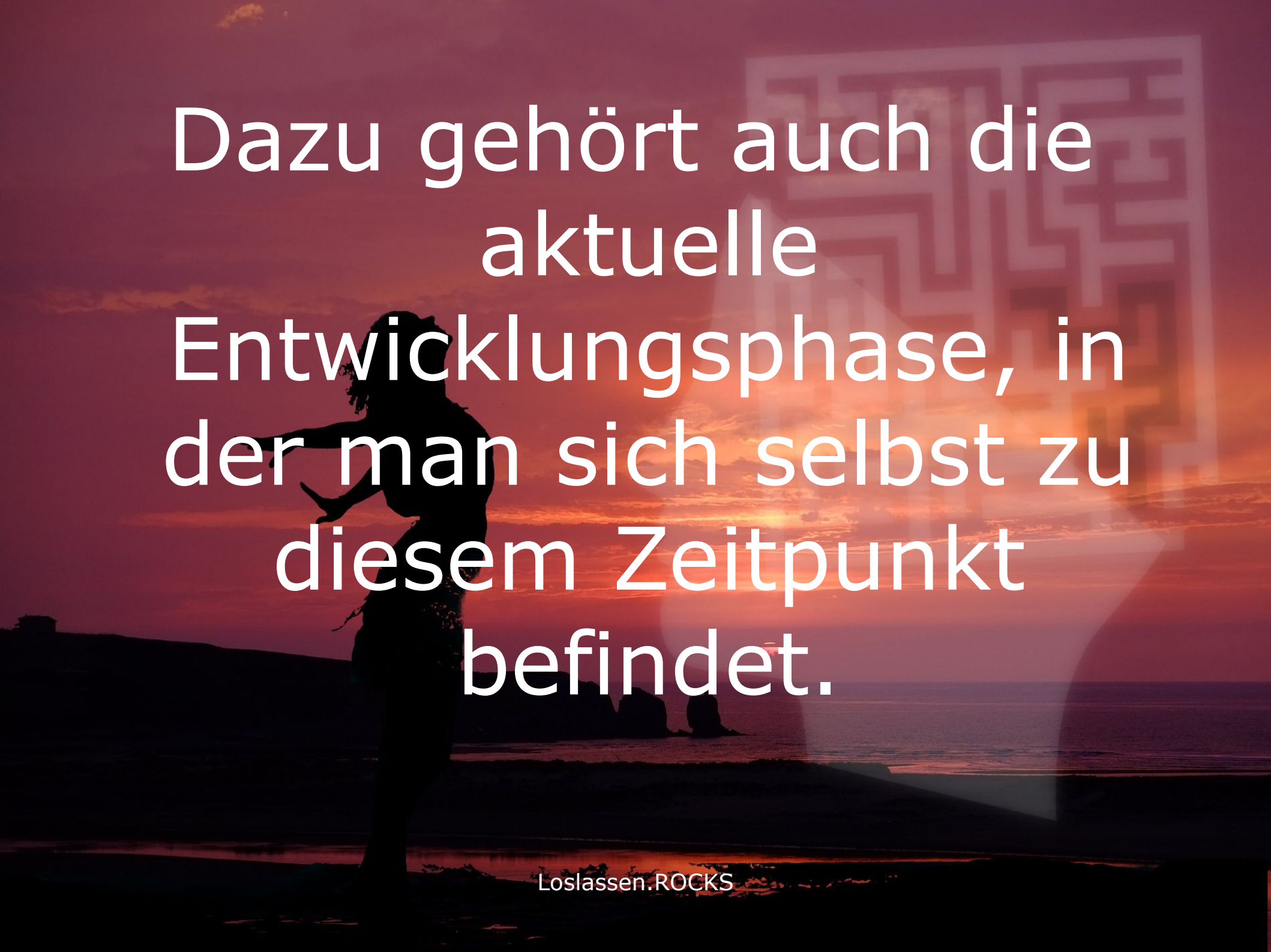
Was ist das Böse? Und
was ist das Gute?

The background of the image is a sunset over a body of water. On the left, there is a dark silhouette of a person standing and looking out towards the horizon. The sky is filled with warm, orange and red hues from the setting sun. In the distance, there are some dark, rocky formations. On the right side of the image, there is a large, faint, white geometric pattern that resembles a complex maze or a stylized architectural design. The text is overlaid in the center of the image.

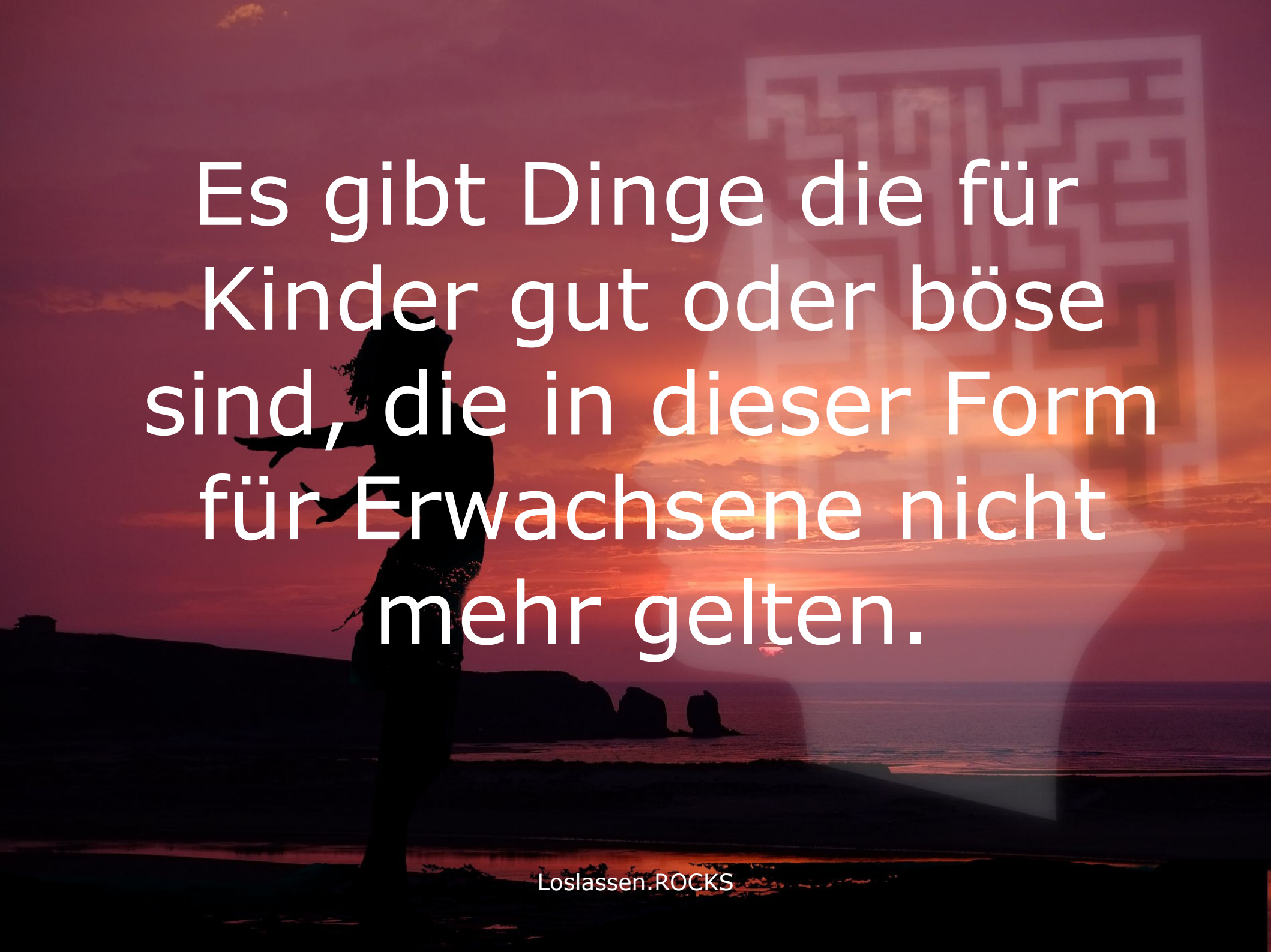
Das absolut Böse und das
nur Gute existieren nicht

A silhouette of a person stands on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, red, and purple. In the background, there are dark rocks in the water. A large, faint, white maze is overlaid on the right side of the image. The text is centered in white.

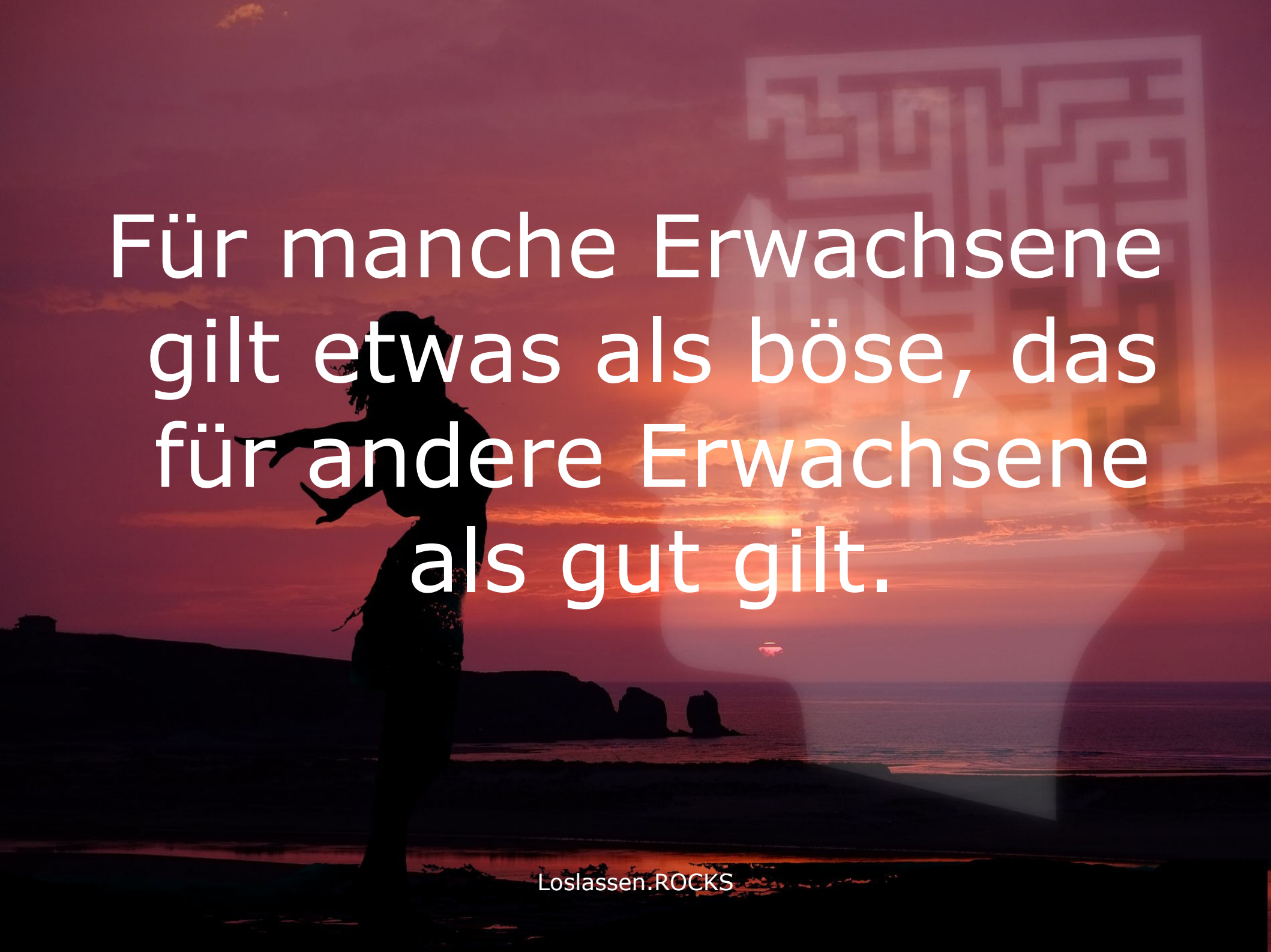
Was als gut oder böse
gesehen wird, ist eine
Frage der aktuellen
Situation.

The background of the slide is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the background, there are some rocks in the water. A large, faint, white maze is overlaid on the right side of the image.

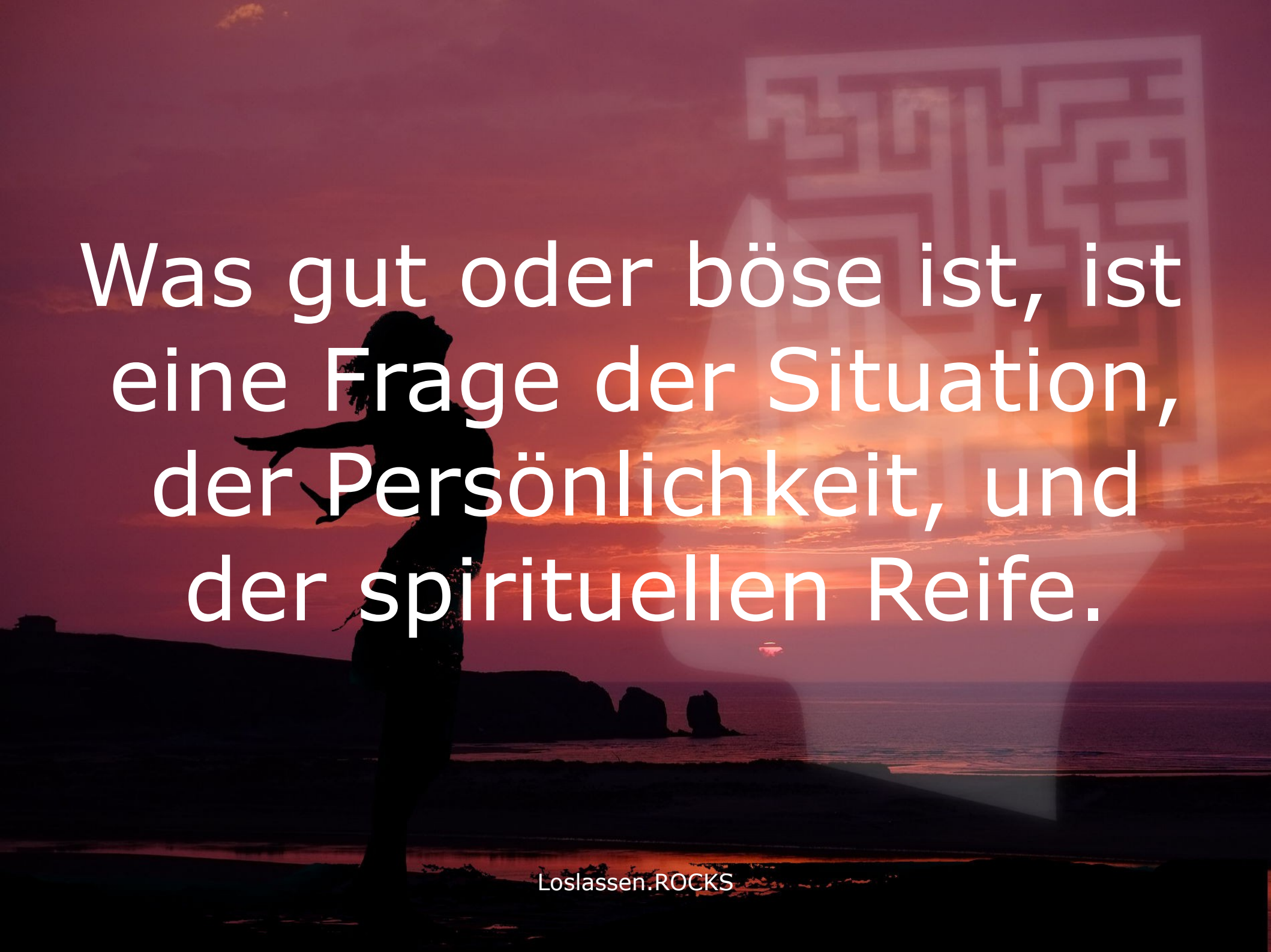
Dazu gehört auch die
aktuelle
Entwicklungsphase, in
der man sich selbst zu
diesem Zeitpunkt
befindet.



Es gibt Dinge die für
Kinder gut oder böse
sind, die in dieser Form
für Erwachsene nicht
mehr gelten.

The background of the image is a sunset scene over the ocean. A person is silhouetted in the foreground, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image.

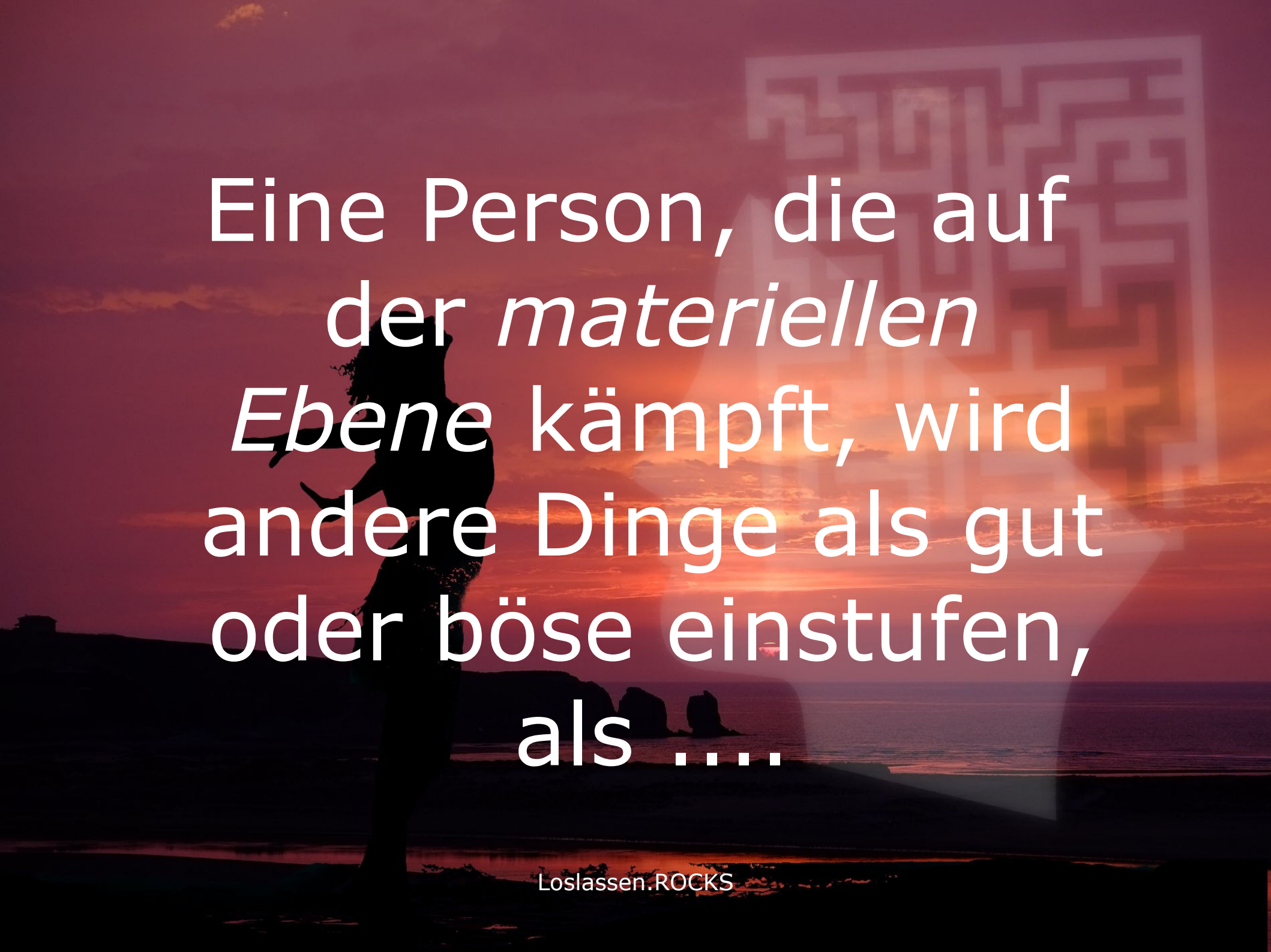
Für manche Erwachsene
gilt etwas als böse, das
für andere Erwachsene
als gut gilt.



Was gut oder böse ist, ist
eine Frage der Situation,
der Persönlichkeit, und
der spirituellen Reife.



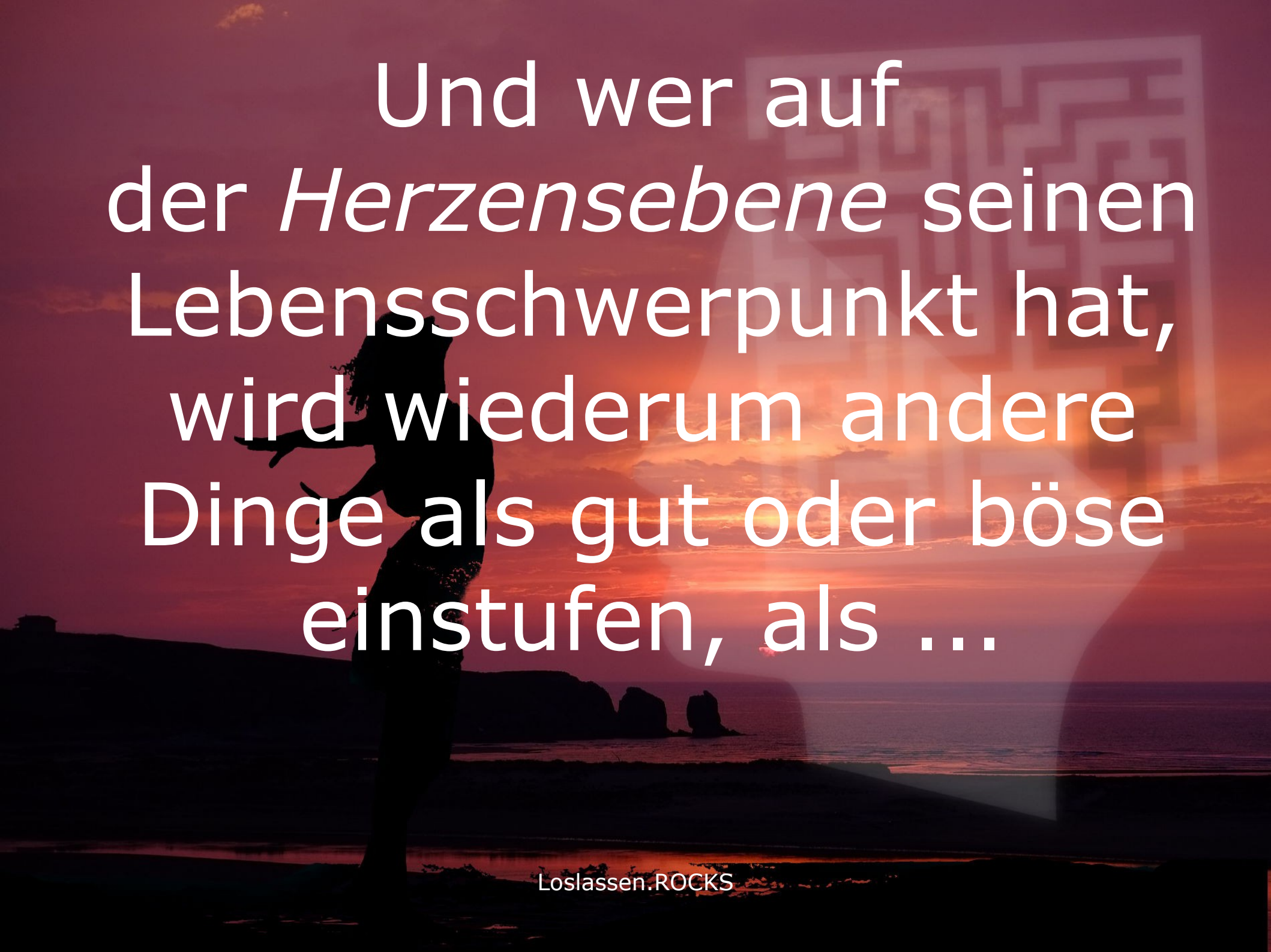
Einige Beispiele zu Gut und Böse



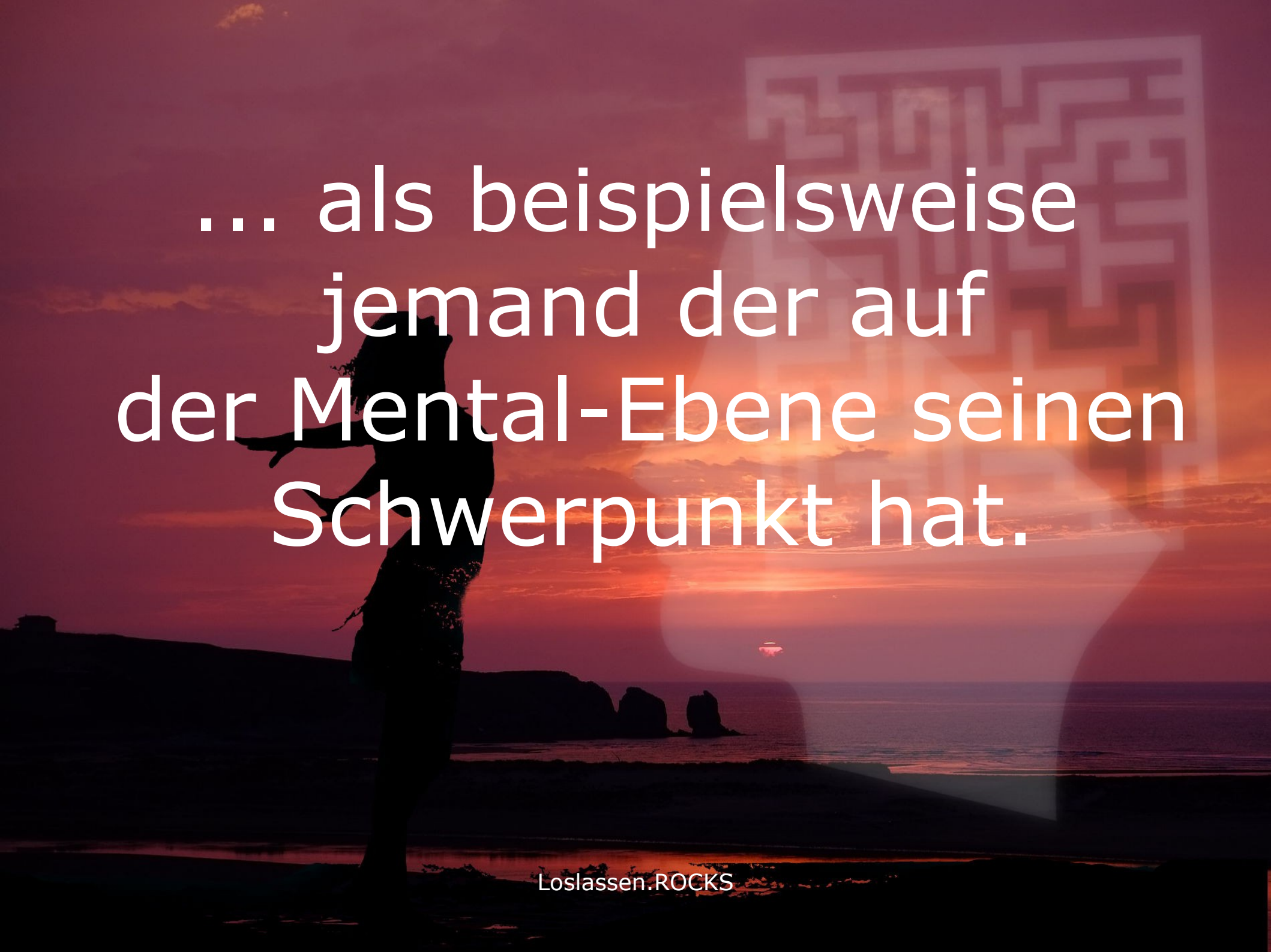
Eine Person, die auf
der *materiellen*
Ebene kämpft, wird
andere Dinge als gut
oder böse einstufen,
als

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the upper right, there is a faint, large, white maze-like pattern. The text is centered in white, sans-serif font.

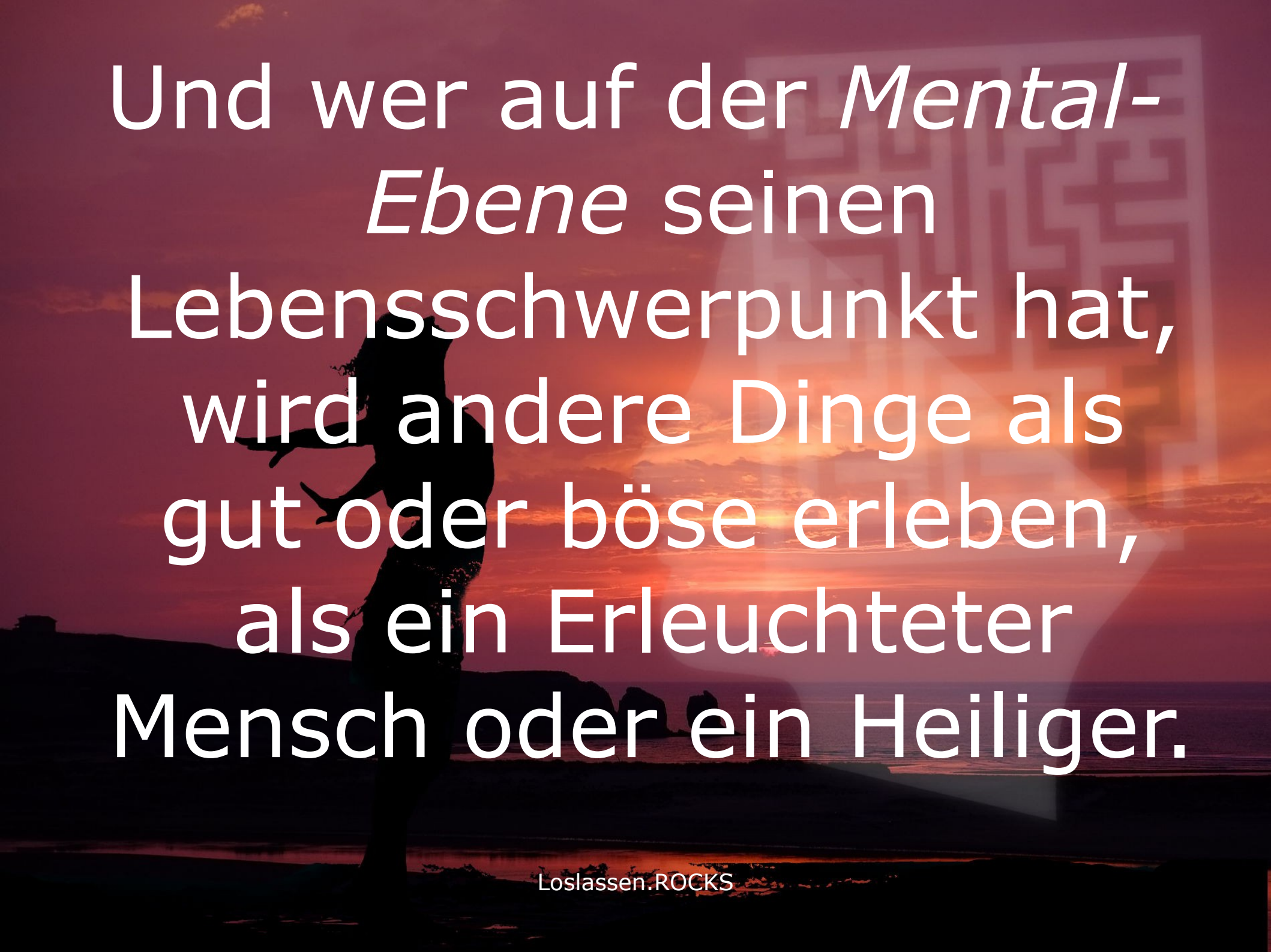
...als dies eine Person tut,
die auf der
Herzensebene ihren
Schwerpunkt hat.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple, with the sun low on the horizon. The person's shadow is cast on the sand. In the background, there are some rocks in the water.

Und wer auf
der *Herzensebene* seinen
Lebensschwerpunkt hat,
wird wiederum andere
Dinge als gut oder böse
einstufen, als ...

The background of the slide is a sunset scene over the ocean. A person is silhouetted in the foreground, standing on a beach and looking out at the sea. The sun is a bright orange orb on the horizon, casting a glow across the sky and water. In the distance, there are dark silhouettes of rocks or cliffs. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image.

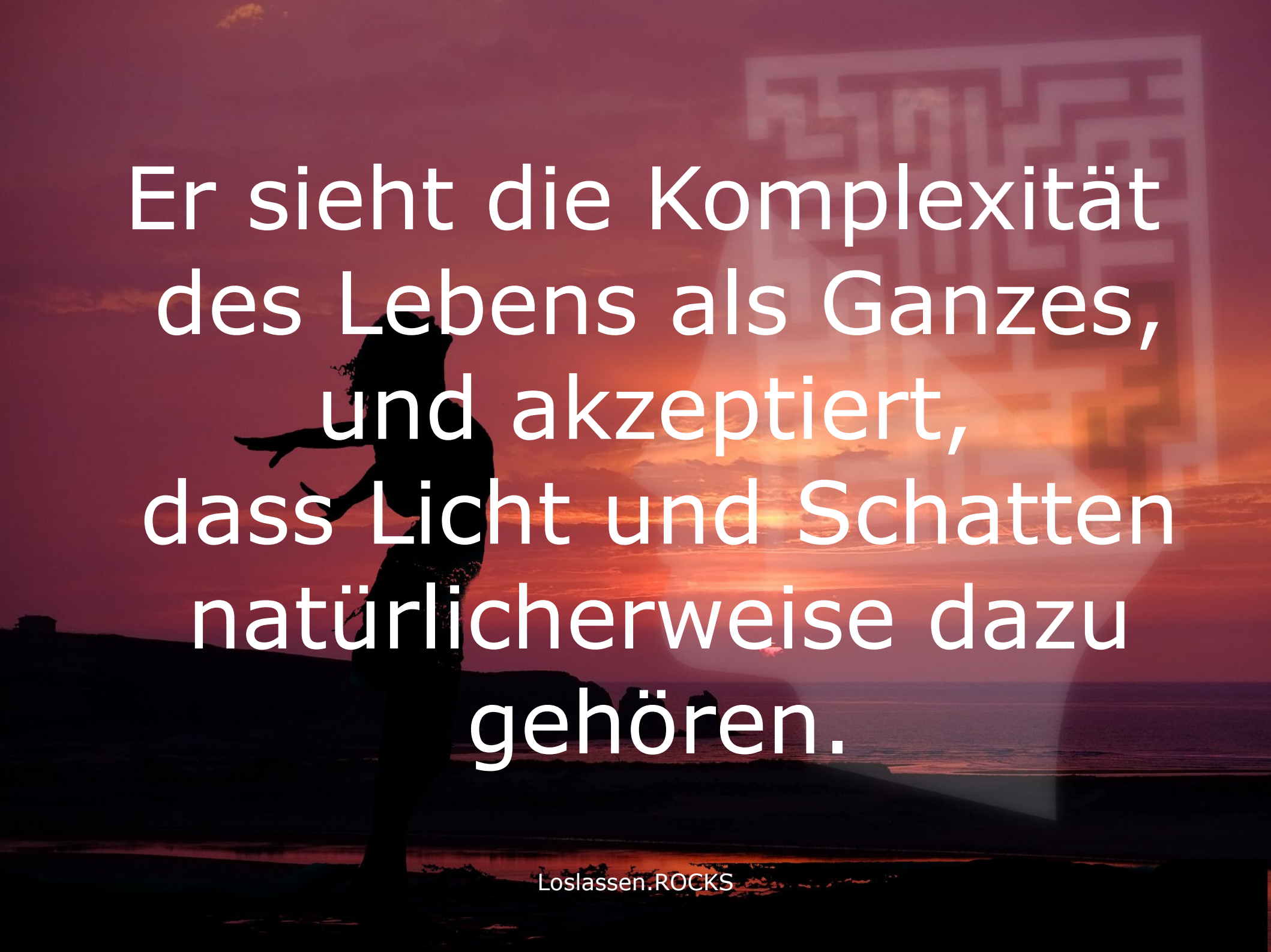
... als beispielsweise
jemand der auf
der Mental-Ebene seinen
Schwerpunkt hat.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple, with the sun low on the horizon. The person's shadow is cast on the sand. The text is overlaid on the image in a white, sans-serif font.

Und wer auf der *Mental-*
Ebene seinen
Lebensschwerpunkt hat,
wird andere Dinge als
gut oder böse erleben,
als ein Erleuchteter
Mensch oder ein Heiliger.

A person is shown in silhouette, standing on a beach and performing a yoga or meditation pose. The background is a vibrant sunset over the ocean, with the sun low on the horizon. A large, semi-transparent geometric pattern, resembling a complex maze or a stylized 'W' shape, is overlaid on the right side of the image. The text is centered in the upper half of the image.

Wir können annehmen,
daß ein Erleuchteter gar
kein Gut und Böse mehr
kennt.



Er sieht die Komplexität
des Lebens als Ganzes,
und akzeptiert,
dass Licht und Schatten
natürlicherweise dazu
gehören.

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent geometric pattern, resembling a complex knot or a series of interlocking lines, is overlaid on the right side of the image. The text is centered in the upper half of the image.

Gut und Böse sind einfach
nur Facetten des einen
Ganzen.

The background of the slide is a sunset scene over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the sea. The sun is low on the horizon, creating a warm orange and red glow. In the upper right corner, there is a large, faint, white geometric pattern that resembles a maze or a complex circuit board design. The text "Wie das Negative in unser Leben kommt:" is written in white, sans-serif font across the center of the image.

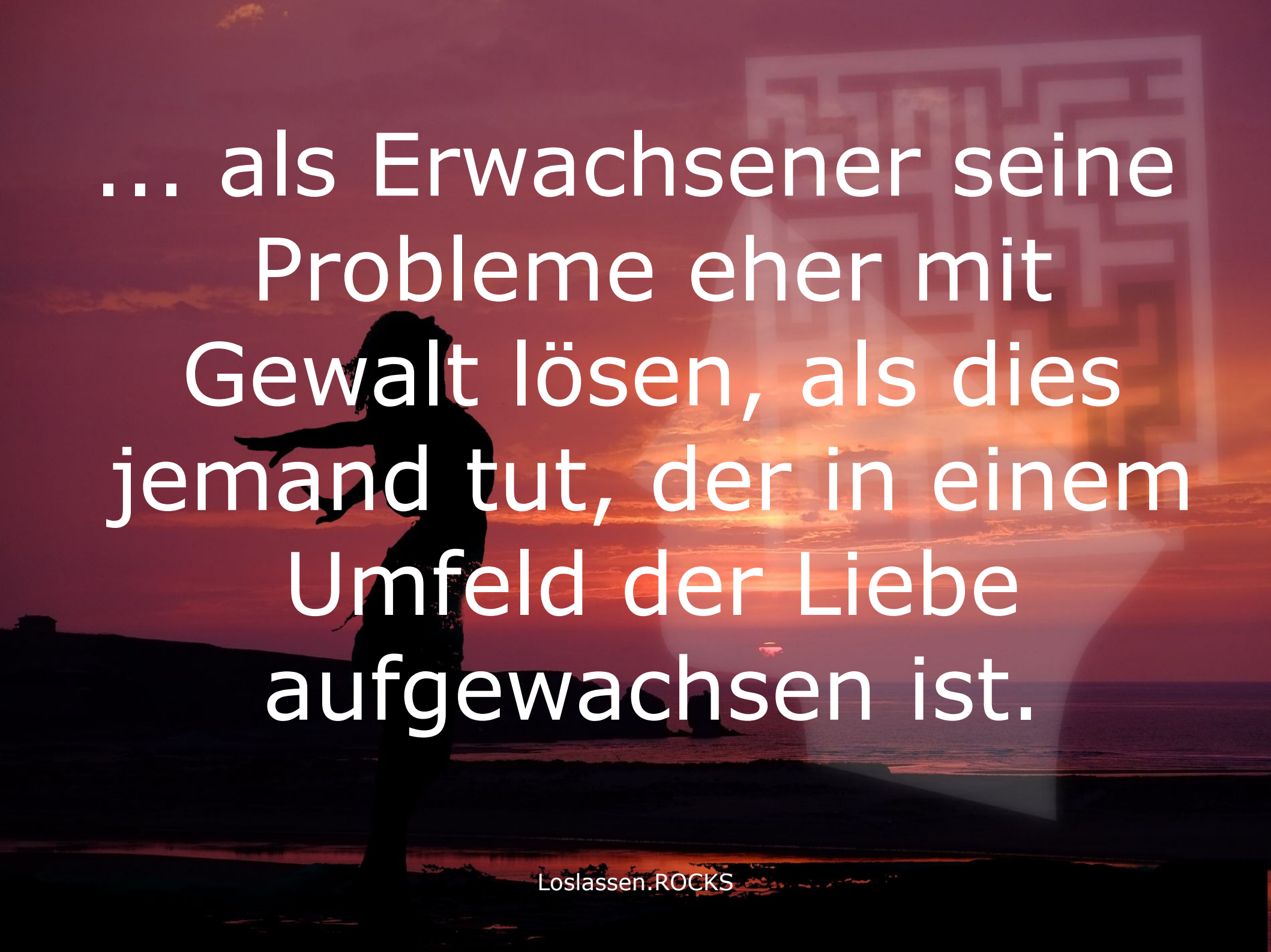
Wie das Negative in unser Leben kommt:

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is low on the horizon. The person's shadow is cast on the sand. In the background, there are some rocks in the water.

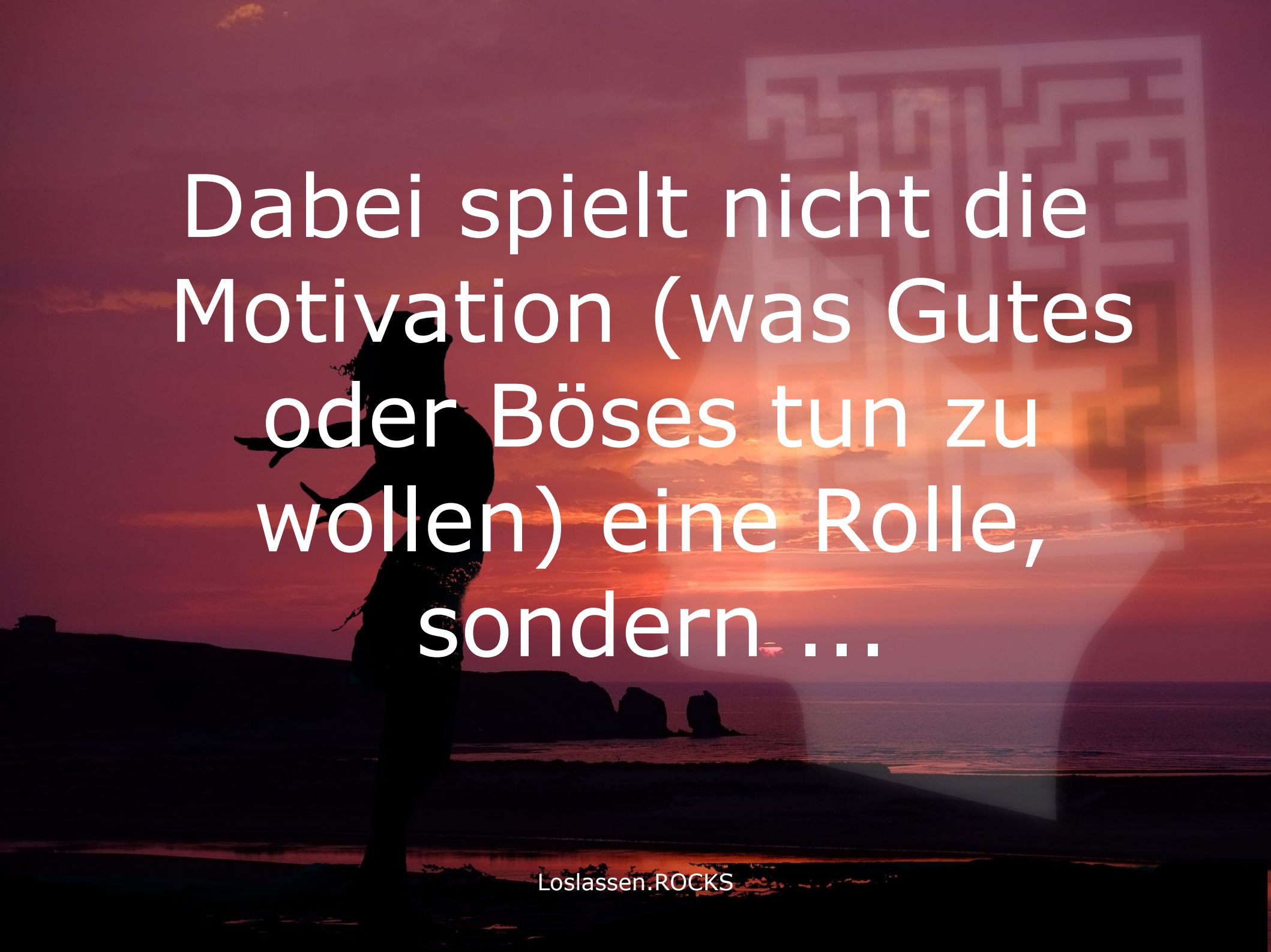
Unsere persönlichen
Lebenserfahrungen
liefern den
Hintergrund dafür, wie
wir diese Welt
wahrnehmen.

The background of the image is a sunset over a beach. A person is silhouetted on the left, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent Greek key pattern is overlaid on the right side of the image.

Wer in seiner Kindheit
Gewalt erlebt hat,
wird ...

The background of the image is a sunset over a body of water. A silhouette of a person stands on the left, looking out at the horizon. A large, faint, white maze is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

... als Erwachsener seine
Probleme eher mit
Gewalt lösen, als dies
jemand tut, der in einem
Umfeld der Liebe
aufgewachsen ist.



Dabei spielt nicht die
Motivation (was Gutes
oder Böses tun zu
wollen) eine Rolle,
sondern ...



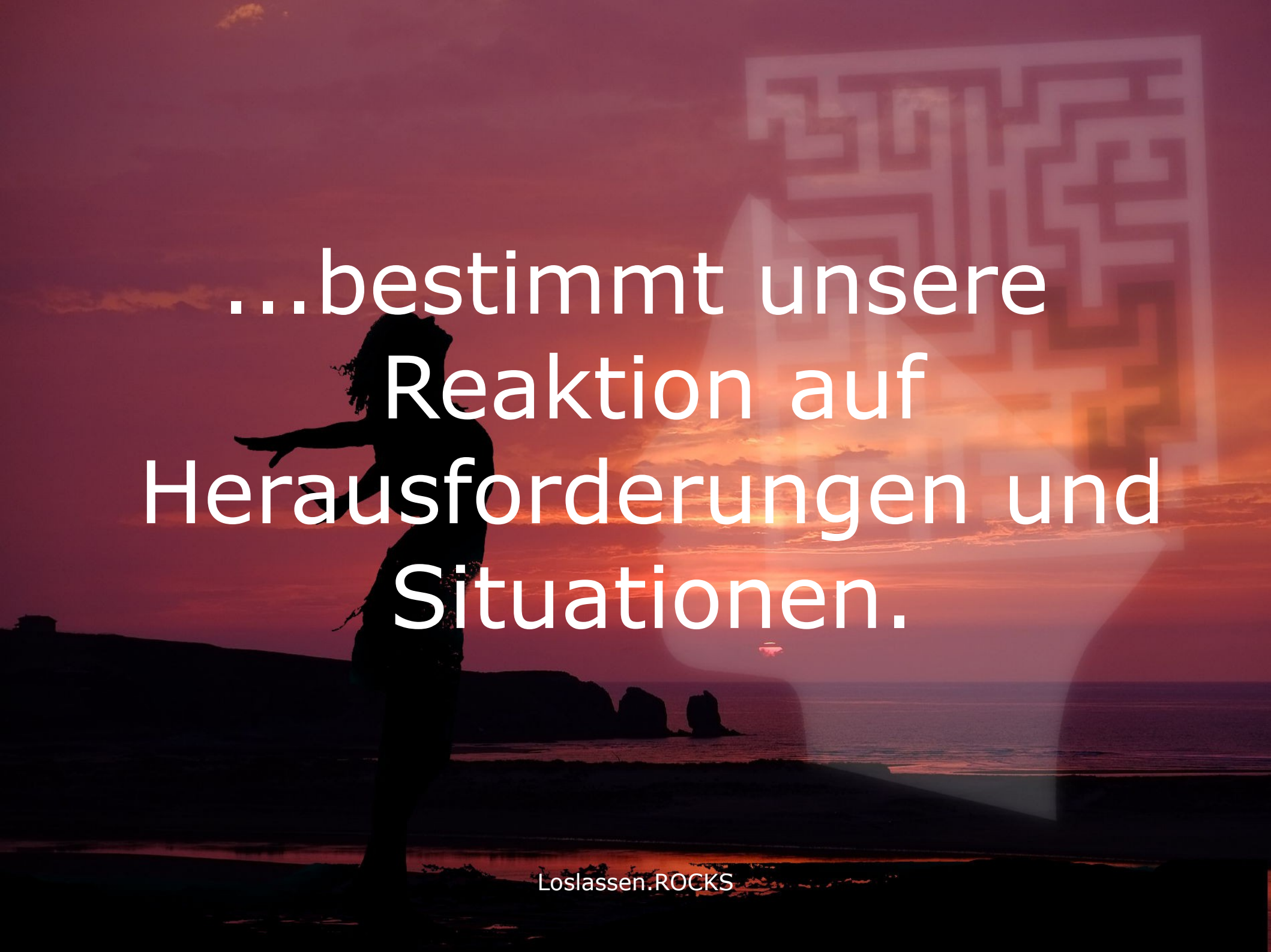
... schlicht und einfach
die Prägung des
Denkens.

The background of the slide is a sunset scene. On the left, there is a dark silhouette of a person standing on a beach, looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow across the sky and water. In the distance, there are some dark rocks or landmasses. On the right side of the image, there is a large, faint, white geometric pattern that resembles a complex maze or a stylized architectural design. The text is overlaid on the center of the image.

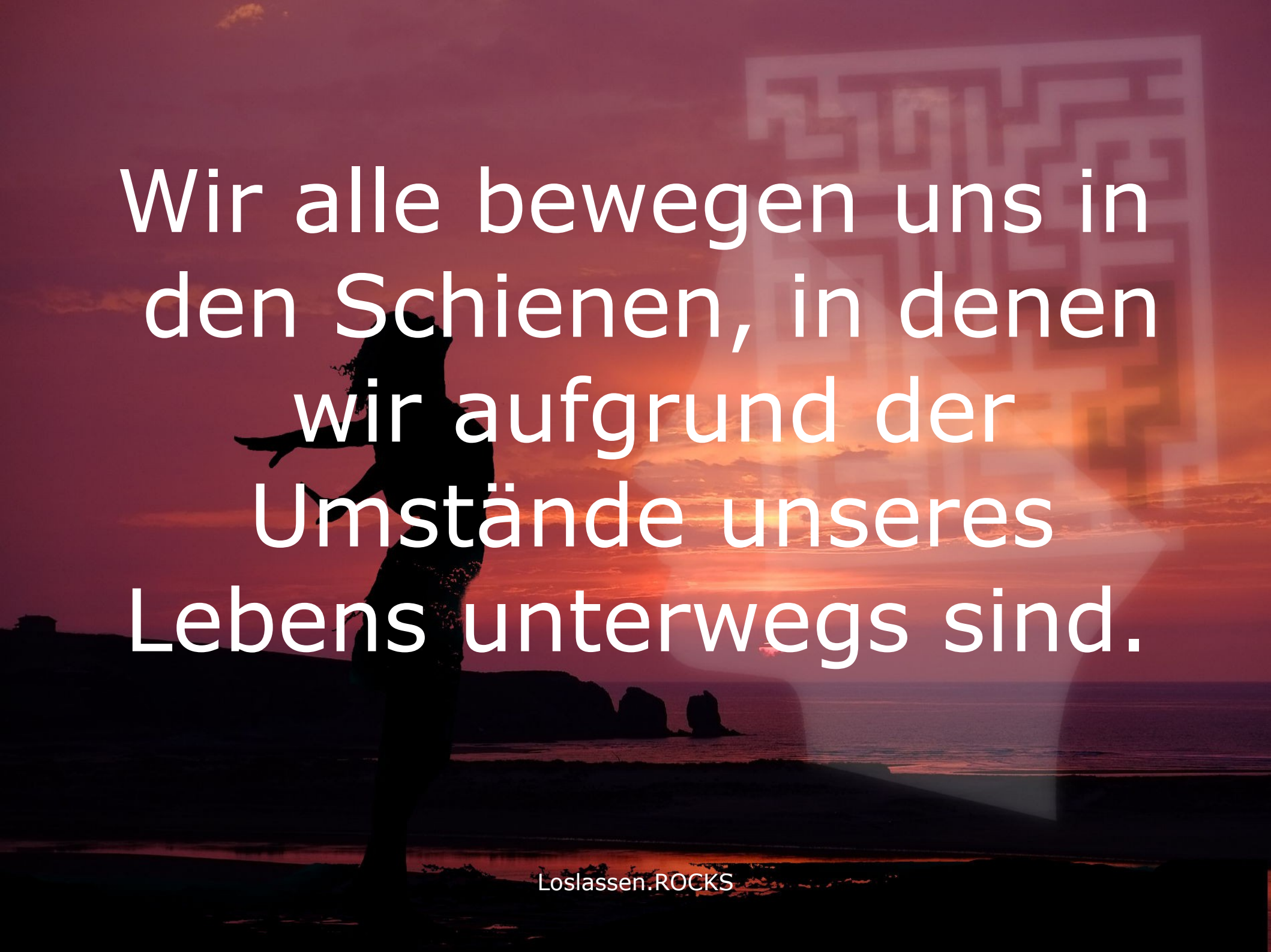
Die Prägung unseres Denkens bestimmt unser Leben

The background of the slide is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocks in the water. A large, faint, white maze is overlaid on the right side of the image.

Die Art, wie die
Lebensumstände und
Lebenserfahrungen in
unser Leben getreten
sind, ...

The background of the image is a sunset scene over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the upper right, there is a large, faint, white geometric pattern that resembles a maze or a complex circuit board design. The text is overlaid in the center in a white, sans-serif font.

...bestimmt unsere
Reaktion auf
Herausforderungen und
Situationen.

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent Greek key pattern is overlaid on the right side of the image.

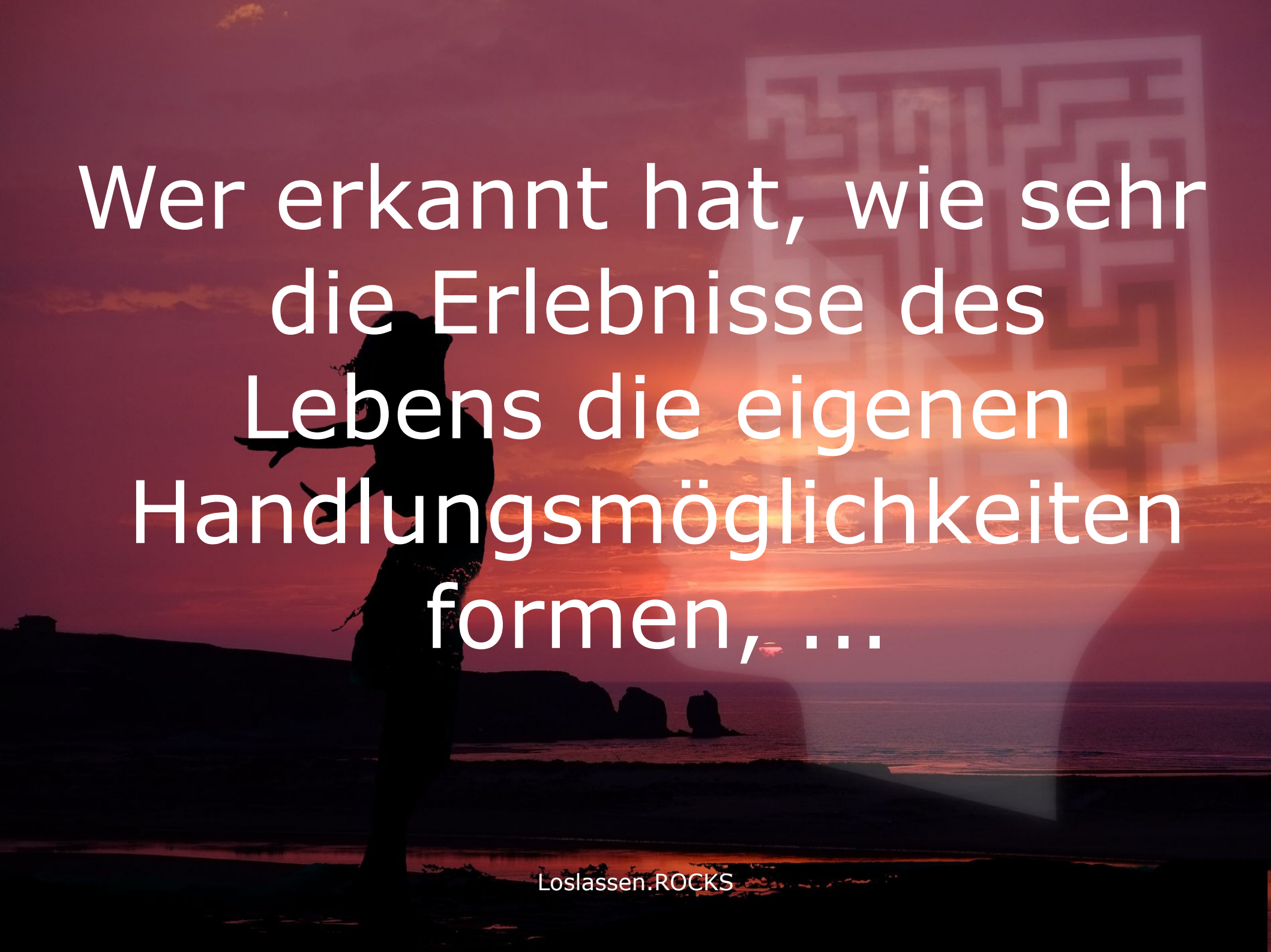
Wir alle bewegen uns in
den Schienen, in denen
wir aufgrund der
Umstände unseres
Lebens unterwegs sind.

The background of the image is a sunset over a body of water. On the left, there is a dark silhouette of a person standing and looking out towards the horizon. The sky is a mix of orange, red, and purple hues. In the distance, there are some dark rocks or landmasses. On the right side, there is a faint, large, white geometric pattern that looks like a stylized maze or a complex knot. The text is overlaid in the center-left area.

Und diese können von
Mensch zu Mensch sehr
unterschiedlich sein.

The background of the image is a sunset over the ocean. A person is silhouetted on the left, standing on a beach and looking out at the sea. The sun is a bright orange orb on the horizon, with its light reflecting on the water. In the distance, there are dark rocks. A large, semi-transparent maze is overlaid on the right side of the image, partially obscuring the sunset. The text is centered in the upper half of the image.

Meistens haben wir sie
uns nicht ausgesucht.



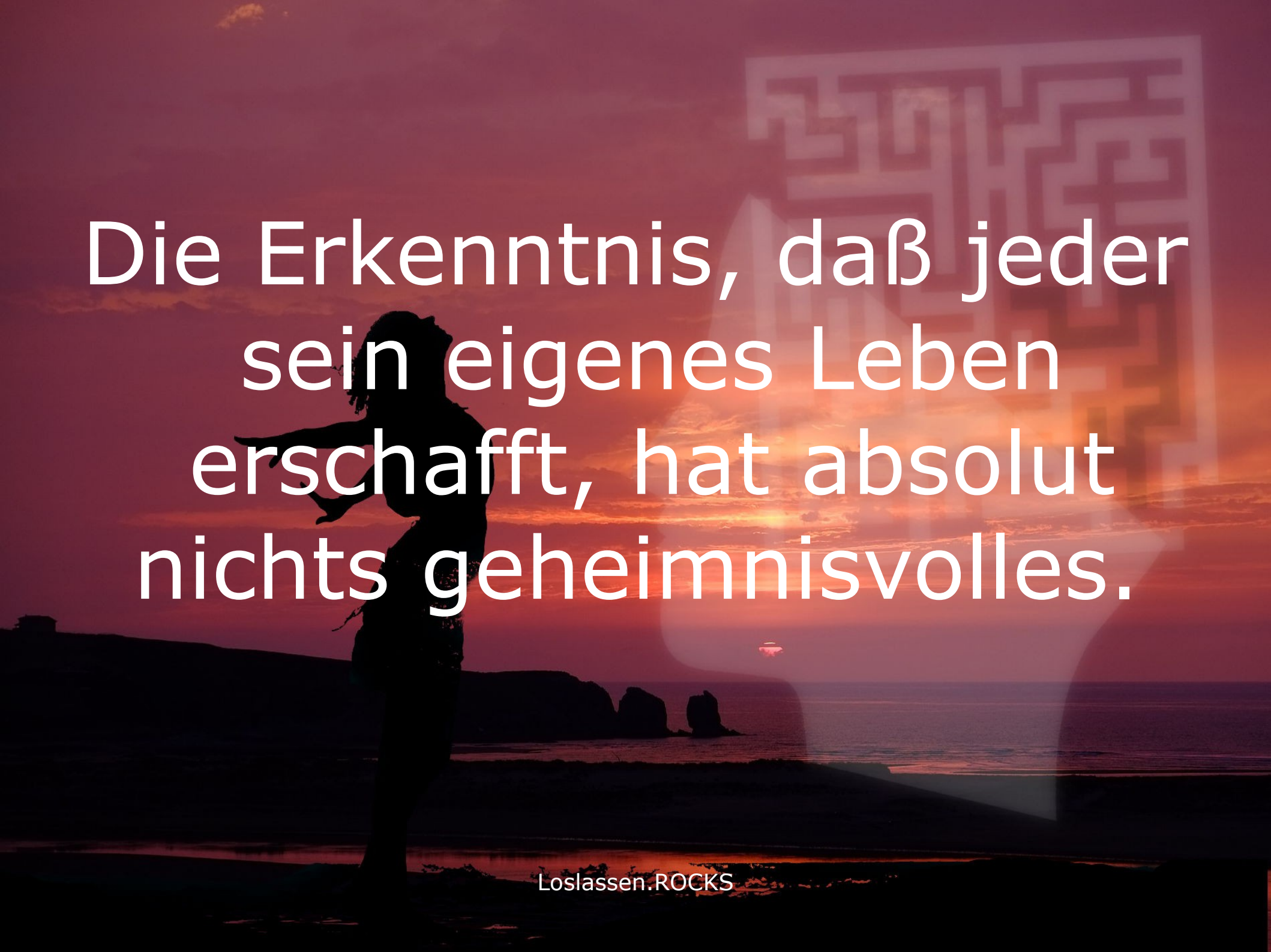
Wer erkannt hat, wie sehr
die Erlebnisse des
Lebens die eigenen
Handlungsmöglichkeiten
formen, ...

The background of the slide is a photograph of a person's silhouette standing on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with orange and red clouds, and the sun is low on the horizon. In the distance, there are dark rocks in the water. A large, semi-transparent white maze is overlaid on the right side of the image. The text is centered in the upper half of the image.

... und möglicherweise
sogar beschränken, ...



... der wird verstehen,
dass das Universum
jeweils unsere eigene
Innenwelt spiegelt.

The background of the image is a sunset scene over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands. A large, faint, white maze-like pattern is overlaid on the right side of the image. The text is centered in the upper half of the image.

Die Erkenntnis, daß jeder
sein eigenes Leben
erschafft, hat absolut
nichts geheimnisvolles.

A person's silhouette is shown in the foreground, pointing towards the horizon. The background is a sunset over the ocean, with a large, faint maze overlaying the scene. The text "Es ist einfach nur völlig klar und logisch." is written in white across the center of the image.

Es ist einfach nur völlig
klar und logisch.



Es ist nicht esoterisch zu
sagen, dass jeder sein
eigenes Leben kreiert.

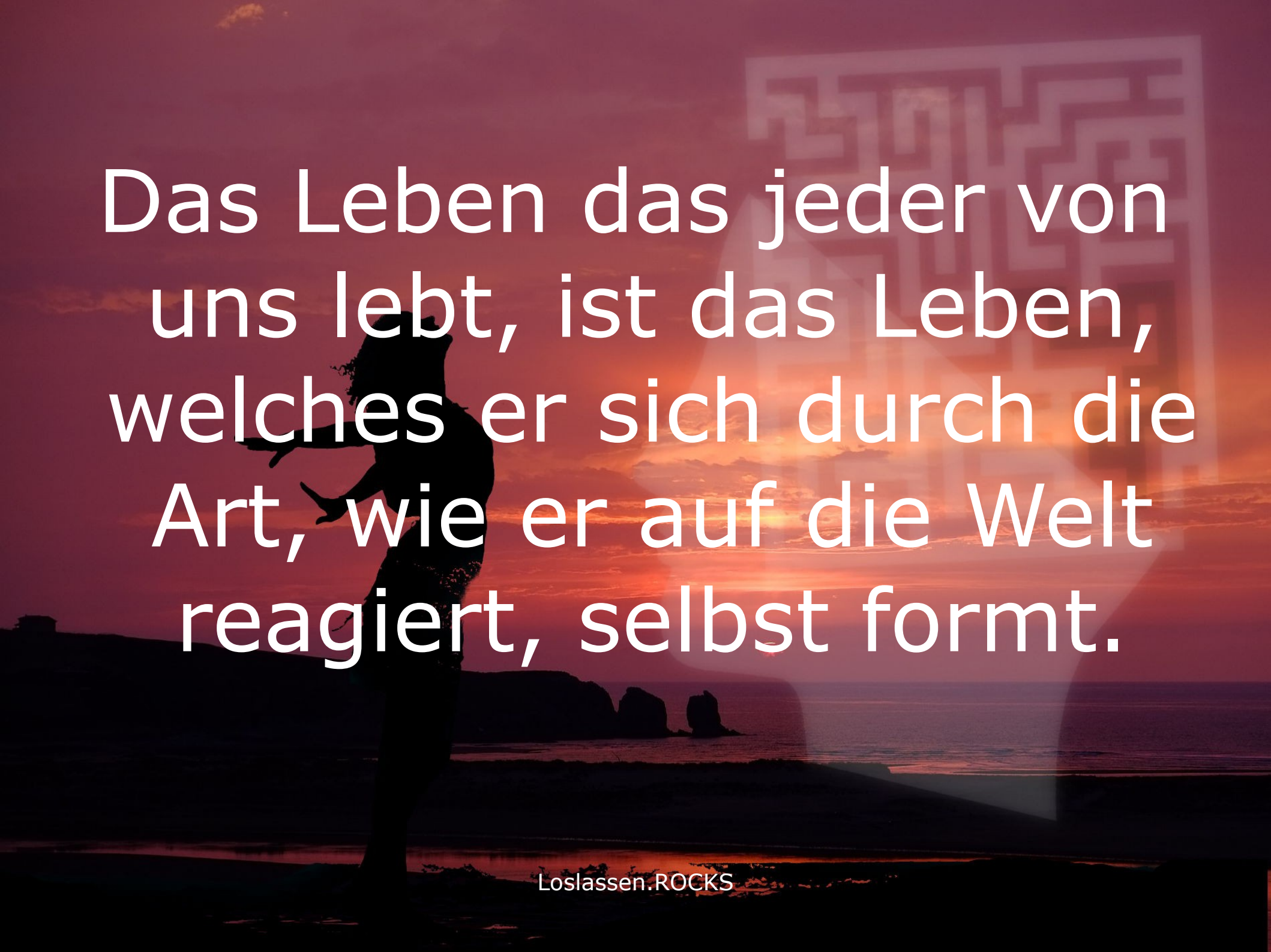


Es ist psychologisch.

Loslassen.ROCKS



Jeder formt seine Welt
entsprechend seiner
"Wahr"-Nehmung

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some dark rocks or cliffs. A large, faint, white geometric pattern, resembling a Greek key or meander, is overlaid on the right side of the image.

Das Leben das jeder von
uns lebt, ist das Leben,
welches er sich durch die
Art, wie er auf die Welt
reagiert, selbst formt.

The background of the image is a sunset over a body of water. In the foreground, the dark silhouette of a person stands on a beach, looking out towards the horizon. A large, faint, white maze is superimposed on the right side of the image, partially overlapping the sunset and the person's silhouette. The text is centered and written in a white, sans-serif font, with some words in italics.

Je nachdem welche
Erfahrungen *mein*
Denken prägen,
dementsprechend werde
ich mein *Umfeld*
wahrnehmen.

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands in the water. A large, faint, white maze pattern is overlaid on the right side of the image, partially obscuring the sunset. The text is written in a clean, white, sans-serif font, centered in the upper half of the image.

Und je nachdem wie ich
mein Umfeld
wahrnehme,
dementsprechend werde
ich darauf handeln.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, faint, white maze pattern is overlaid on the right side of the image. The text "Mein Handeln wiederum nimmt Einfluss auf mein Umfeld." is written in white across the center.

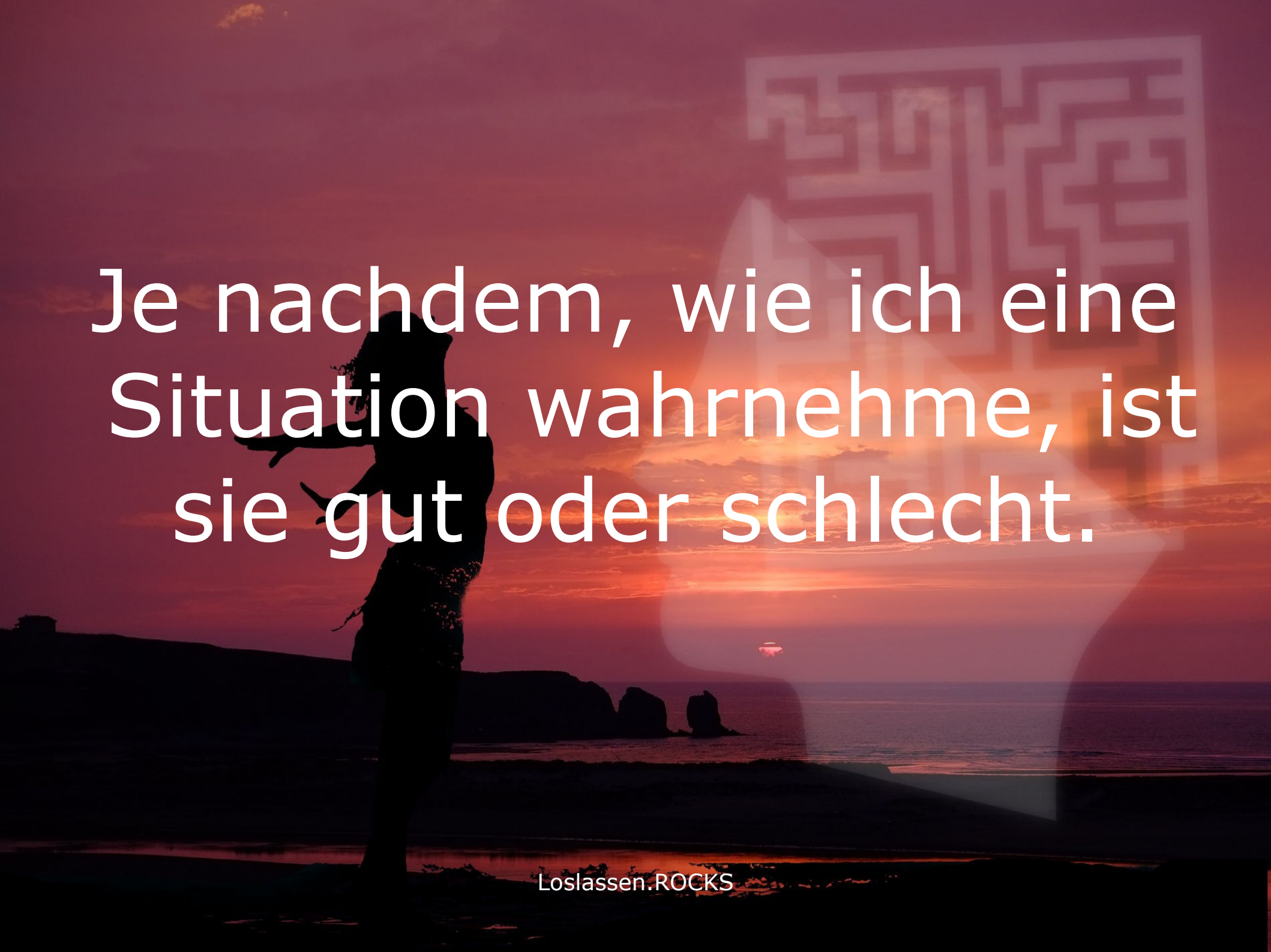
Mein Handeln wiederum
nimmt Einfluss auf mein
Umfeld.

The background of the image is a sunset over a body of water. On the left, there is a dark silhouette of a person standing and looking out towards the horizon. The sky is a mix of orange, red, and purple hues. In the distance, there are some dark rocks or landmasses. On the right side, there is a faint, semi-transparent geometric pattern that looks like a stylized maze or a complex knot. The text is centered in the upper half of the image.

Es passt sich an meine
Handlung an, wird
dadurch geformt.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, faint, white maze graphic is overlaid on the right side of the image. The text "Und das wiederum nehme ich wahr ... ein ewiger Kreislauf." is written in white across the center.

Und das wiederum nehme
ich wahr ... ein ewiger
Kreislauf.

The background of the image is a sunset over a body of water. In the foreground, the silhouette of a person stands on a dark, rocky cliff, looking out towards the horizon. The sky is a mix of deep reds, oranges, and purples. A large, faint, white maze graphic is overlaid on the right side of the image. The text is centered in the upper half of the image.

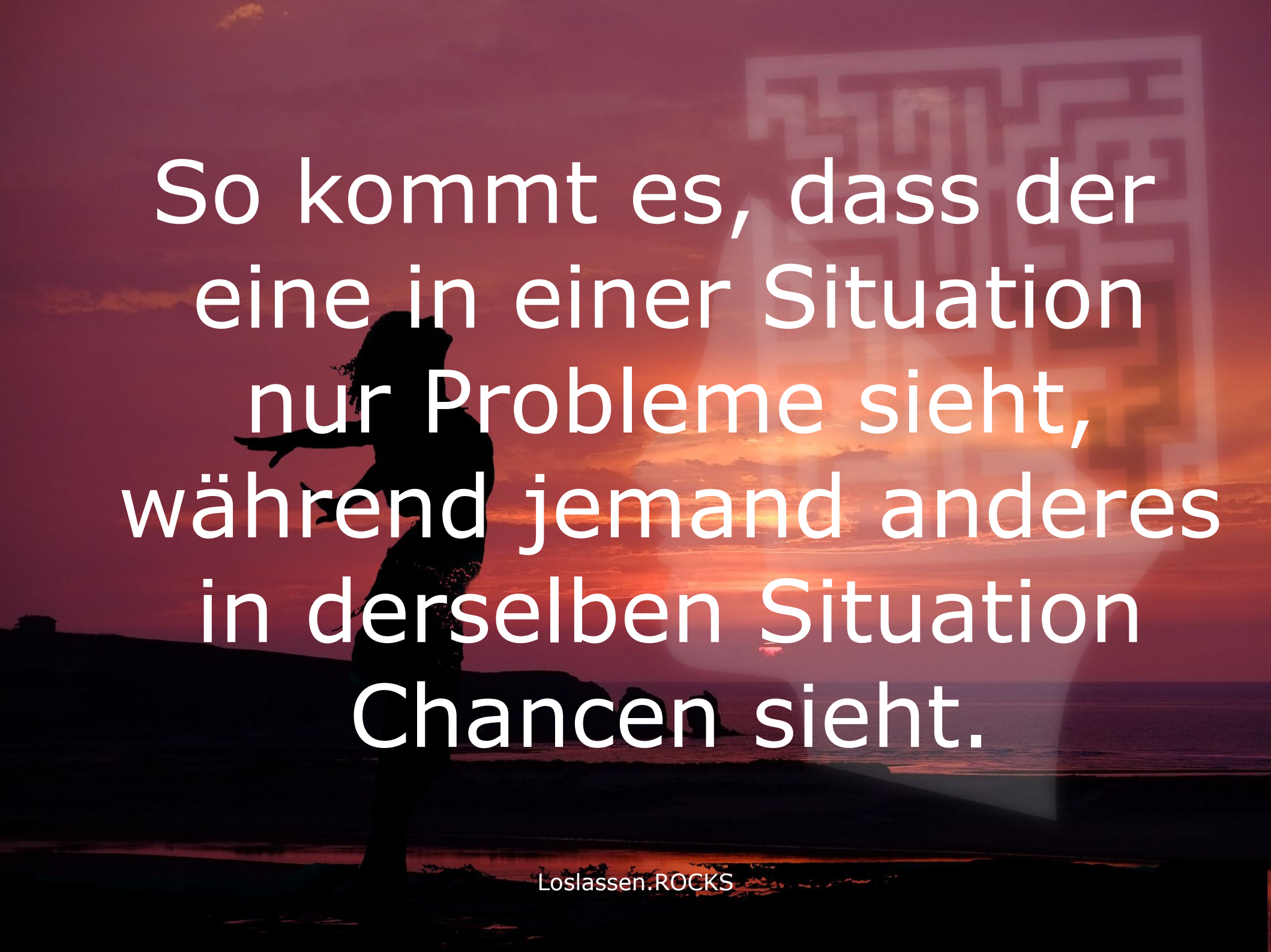
Je nachdem, wie ich eine
Situation wahrnehme, ist
sie gut oder schlecht.



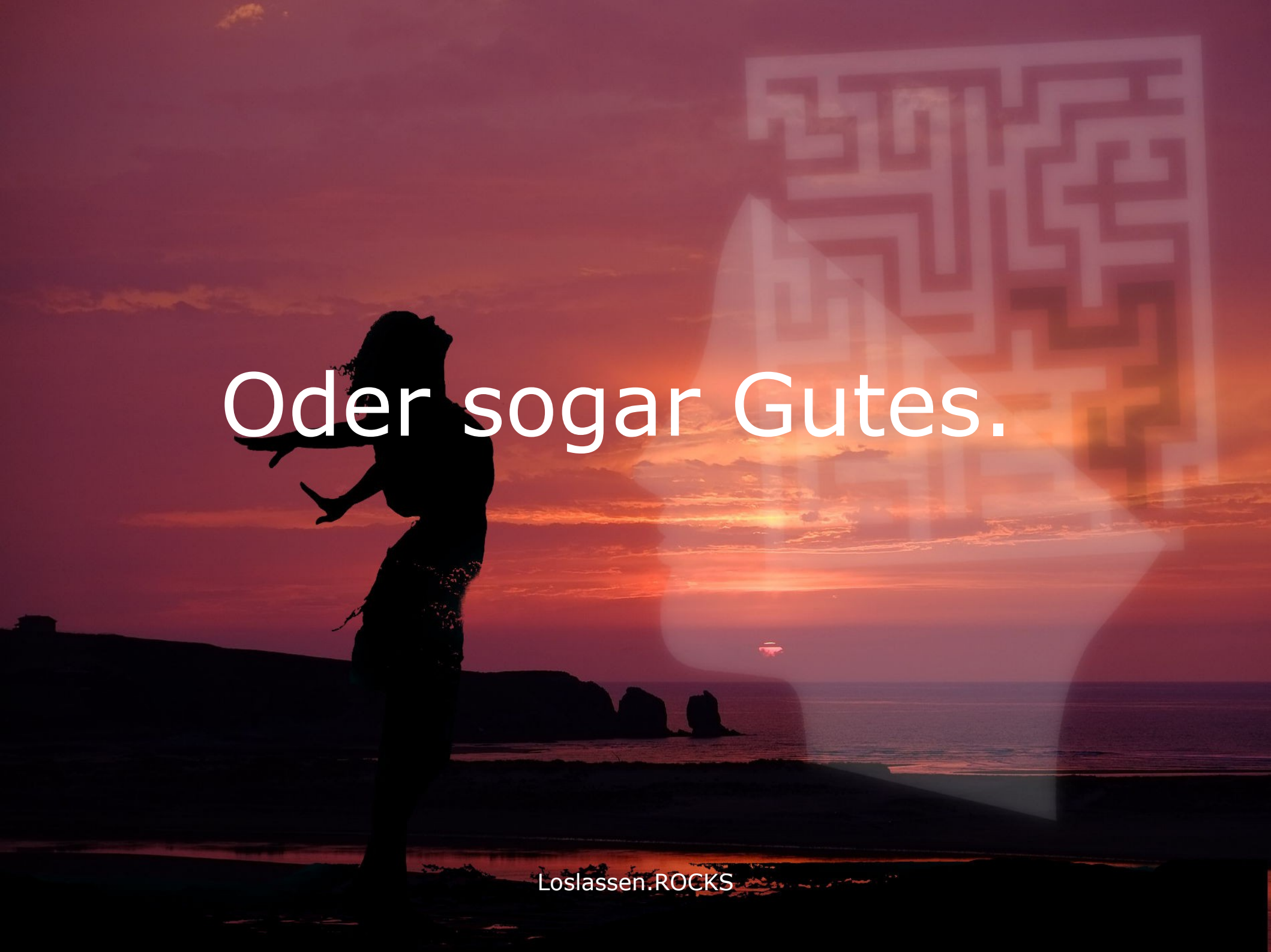
Meine Wahrnehmung
macht diesen
Unterschied.



Die Situation selbst kann
nichts dafür.

The background of the image is a sunset scene over a body of water. A person is silhouetted in the foreground, standing on a beach and looking out at the ocean. A large, semi-transparent square graphic with a complex, geometric pattern is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

So kommt es, dass der
eine in einer Situation
nur Probleme sieht,
während jemand anderes
in derselben Situation
Chancen sieht.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is visible on the horizon. A large, semi-transparent Greek key pattern is overlaid on the right side of the image. The text "Oder sogar Gutes." is centered in white.

Oder sogar Gutes.

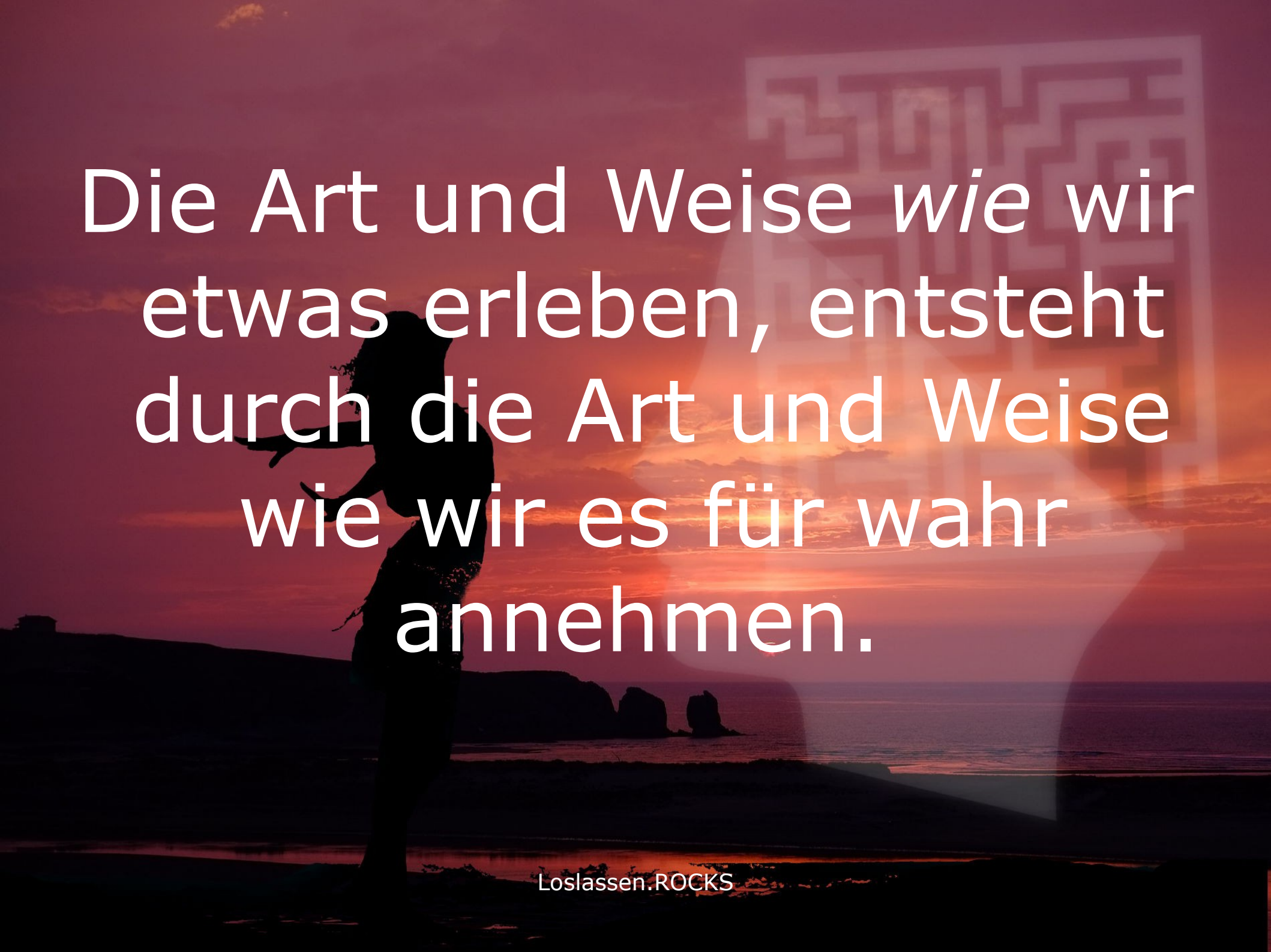
Loslassen.ROCKS

A person is silhouetted against a vibrant sunset sky, standing on a beach and looking out at the ocean. The sky is a mix of deep purple, orange, and red. In the background, the sea meets the shore, and some distant land or rocks are visible. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image, partially obscuring the sunset. The text "Je nach 'Wahr'-Nehmung." is written in white, sans-serif font across the middle of the image, with the person's silhouette partially behind it.

Je nach
"Wahr"-Nehmung.



Was macht das mit uns:
"Wahr"-Nehmen?



Die Art und Weise *wie* wir
etwas erleben, entsteht
durch die Art und Weise
wie wir es für wahr
annehmen.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Das ist eine Folge unserer Lebenserfahrungen." is written in white across the center.

Das ist eine Folge unserer
Lebenserfahrungen.

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, faint, white maze is overlaid on the right side of the image.

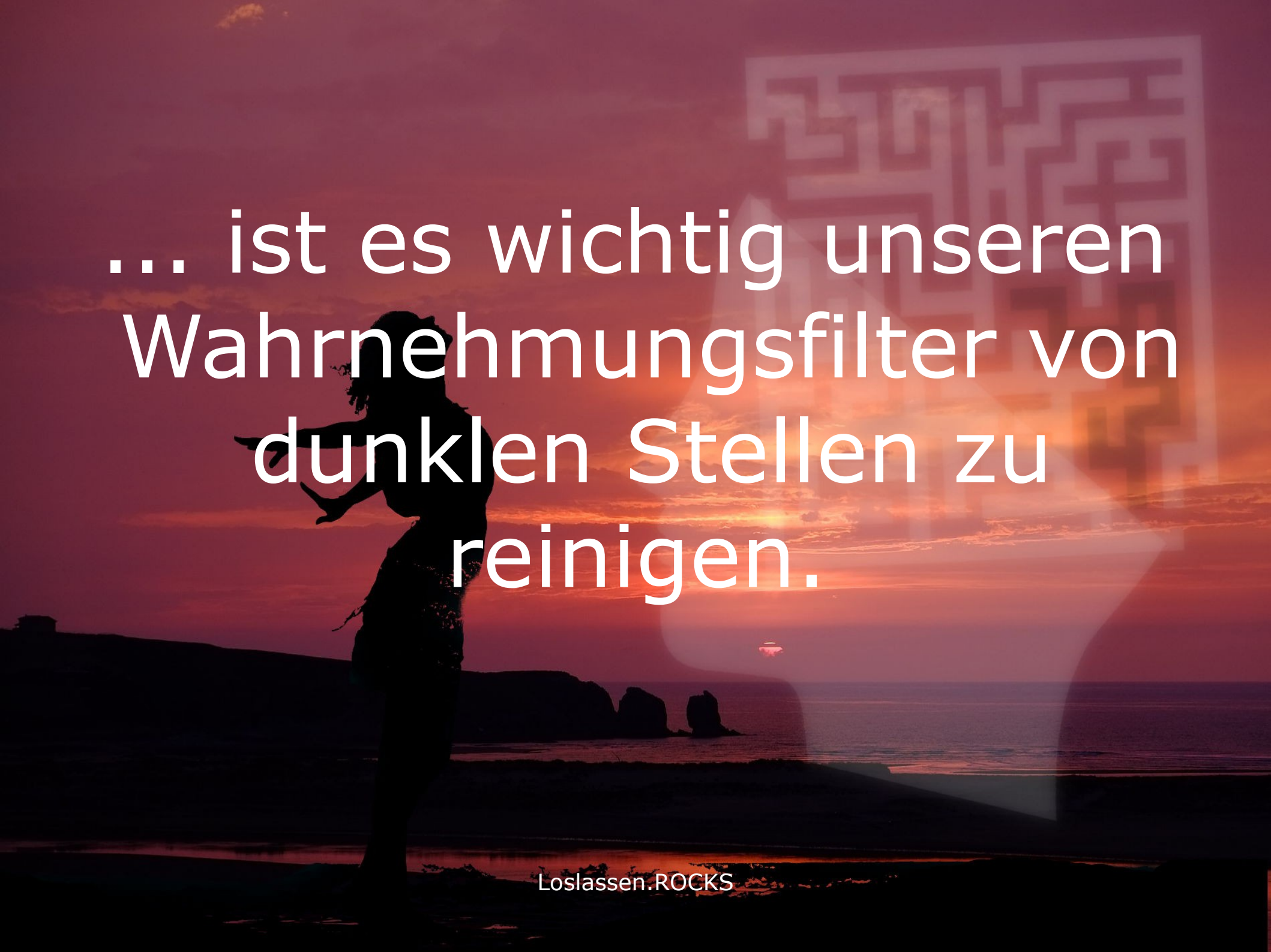
Unsere
Lebenserfahrungen
bestimmen die Art, wie
wir mit der Welt
interagieren.

The background of the image is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocks or small islands in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image, partially covering the sunset and the person's silhouette.

Unsere Wahrnehmungen
sind der Filter, mit dem
mit diese Welt
wahrnehmen.



Wenn wir ein anderes
Leben leben wollen,
wenn wir andere
Chancen im Leben
erhalten wollen, dann ...

The background of the slide is a sunset scene over the ocean. A person is silhouetted on the left, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered in white.

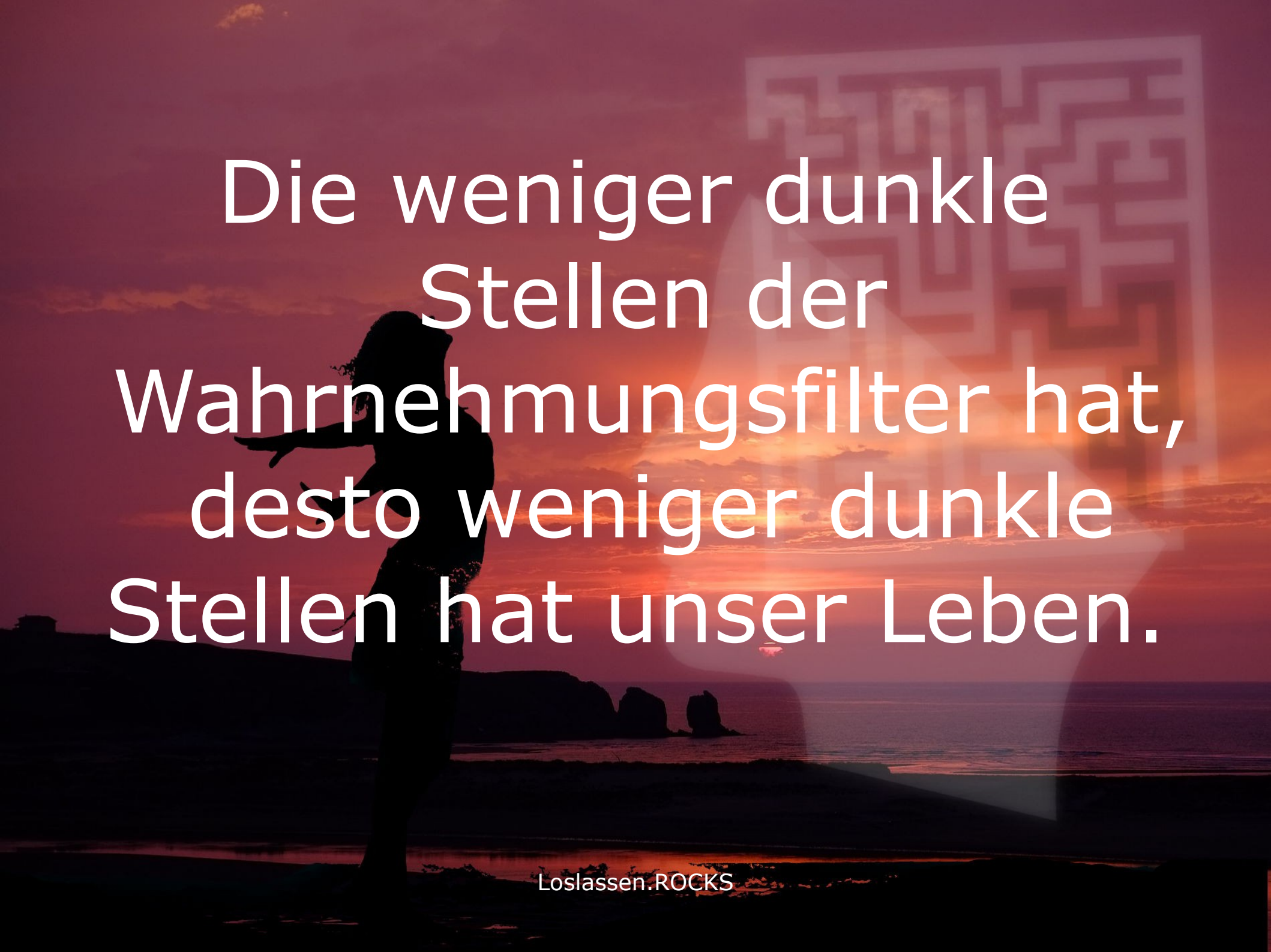
... ist es wichtig unseren
Wahrnehmungsfiler von
dunklen Stellen zu
reinigen.



Damit wir das
Helle sehen können.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Und es in unseren Geist einlassen können." is written in white across the center.

Und es in unseren Geist
einlassen können.

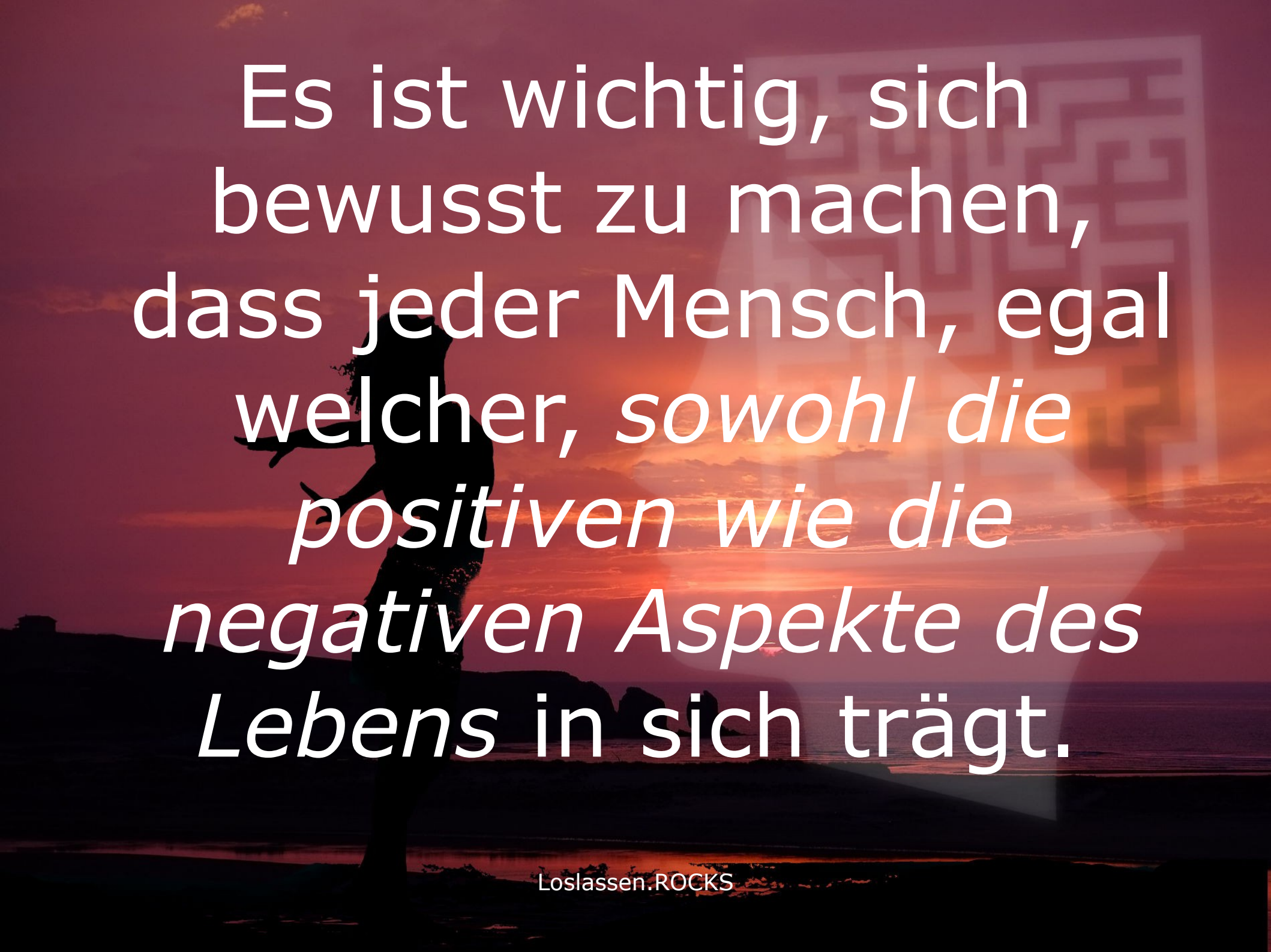


Die weniger dunkle
Stellen der
WahrnehmungsfILTER hat,
desto weniger dunkle
Stellen hat unser Leben.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is low on the horizon. A large, semi-transparent Greek key pattern is overlaid on the right side of the image. The text "Um so schöner wird es." is written in white across the center.

Um so schöner wird es.

Loslassen.ROCKS



Es ist wichtig, sich
bewusst zu machen,
dass jeder Mensch, egal
welcher, *sowohl die
positiven wie die
negativen Aspekte des
Lebens* in sich trägt.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Beides ist in jedem von uns angelegt." is written in white across the center.

Beides ist in jedem von
uns angelegt.

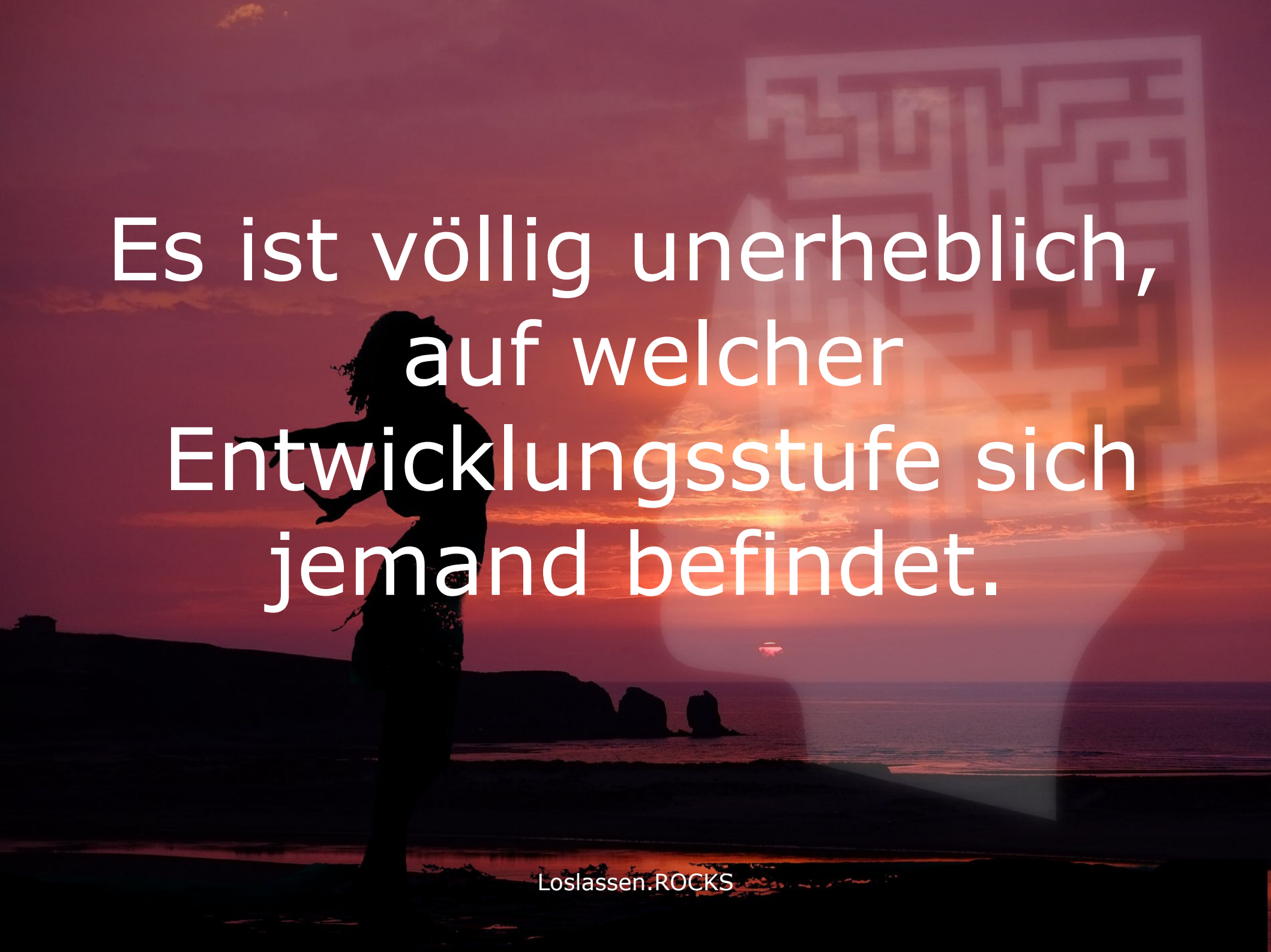
A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Es gibt keine Ausnahme." is written in white across the center.

Es gibt keine Ausnahme.

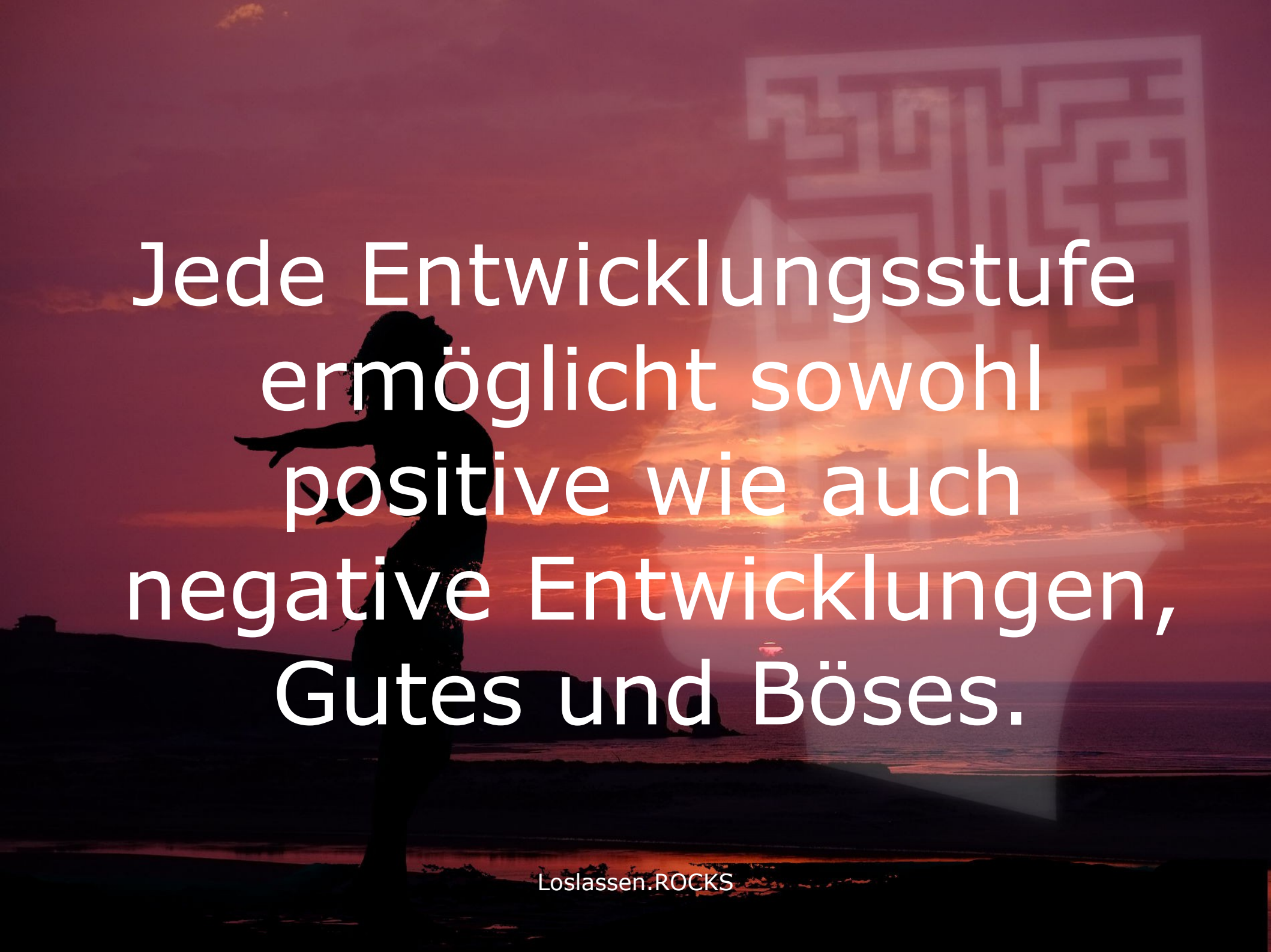
Loslassen.ROCKS



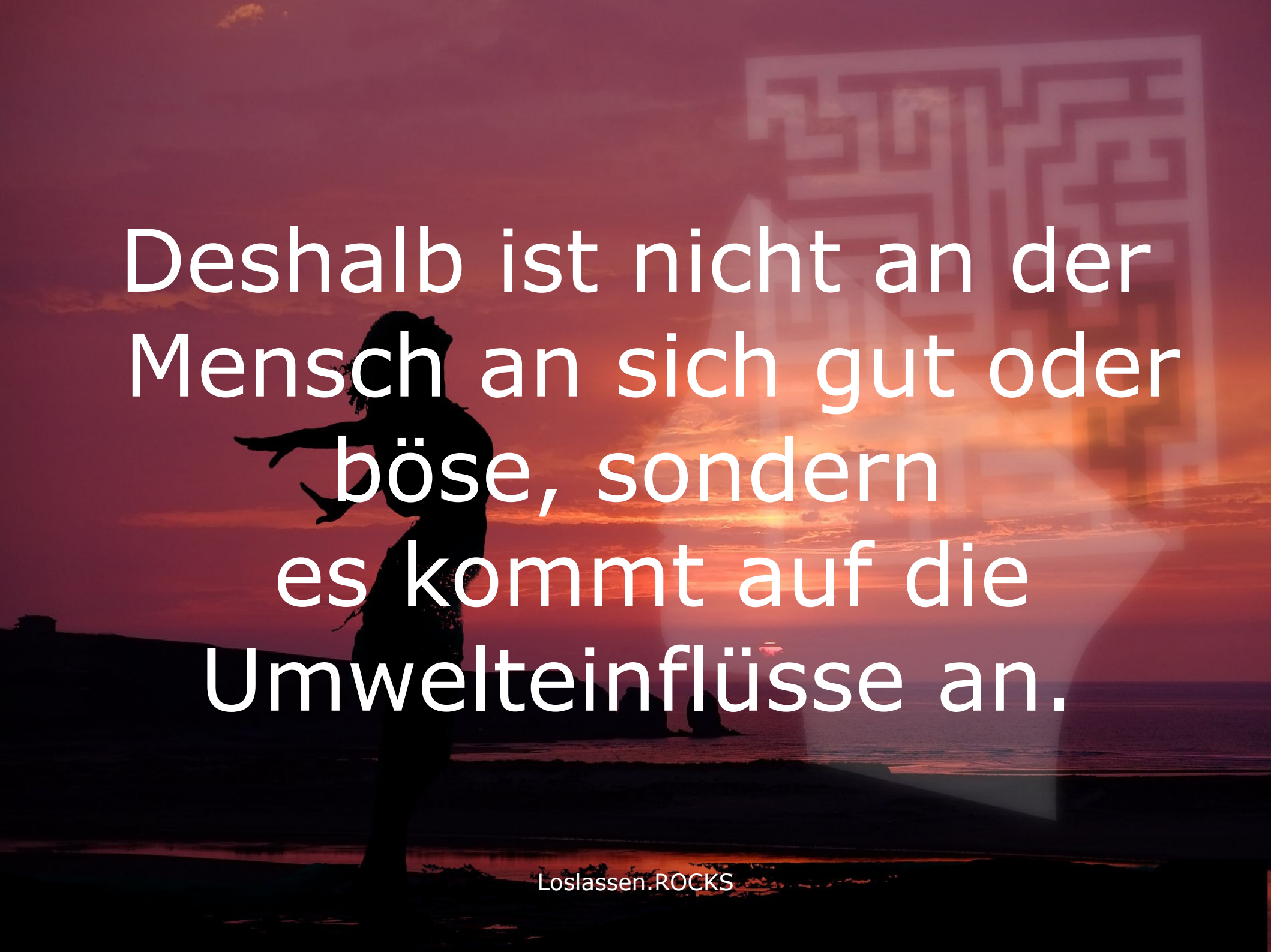
Negative Gedanken,
warum das Übel jeden
treffen kann

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, faint, white maze is superimposed on the right side of the image, partially obscuring the sunset. The text is overlaid in the center-left area.

Es ist völlig unerheblich,
auf welcher
Entwicklungsstufe sich
jemand befindet.

The background of the slide features a silhouette of a person standing on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, red, and purple. A large, faint, white maze graphic is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

Jede Entwicklungsstufe
ermöglicht sowohl
positive wie auch
negative Entwicklungen,
Gutes und Böses.

The background of the image is a sunset over a body of water. A person is silhouetted against the bright orange and red sky, standing on a dark beach and pointing towards the horizon. A large, semi-transparent geometric pattern, resembling a Greek key or meander, is overlaid on the right side of the image. The text is centered and written in a clean, white, sans-serif font.

Deshalb ist nicht an der
Mensch an sich gut oder
böse, sondern
es kommt auf die
Umwelteinflüsse an.



Es geht um das, was sie
aus ihm hervor holen.

The background of the slide is a photograph of a person's silhouette standing on a beach at sunset. The person is facing right, with their arms extended forward in a gesture. The sky is a deep orange and red, with the sun low on the horizon. In the distance, there are dark silhouettes of rocks or cliffs. A large, semi-transparent white maze is overlaid on the right side of the image, partially obscuring the sunset. The text "Welcher Aspekt wird verstärkt?" is written in white, sans-serif font across the center of the image.

Welcher Aspekt wird
verstärkt?

A silhouette of a person stands on a dark shore, pointing their right hand towards the horizon. The background is a vibrant sunset over the ocean, with the sun low on the horizon and its light reflecting on the water. In the distance, several dark rock formations are visible. A large, semi-transparent maze graphic is overlaid on the right side of the image, partially obscuring the sunset. The overall color palette is dominated by deep reds, oranges, and purples of the twilight sky.

Alles ist jederzeit in uns
allen vorhanden.

The background of the slide is a sunset scene over the ocean. A person is silhouetted in the foreground, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image.

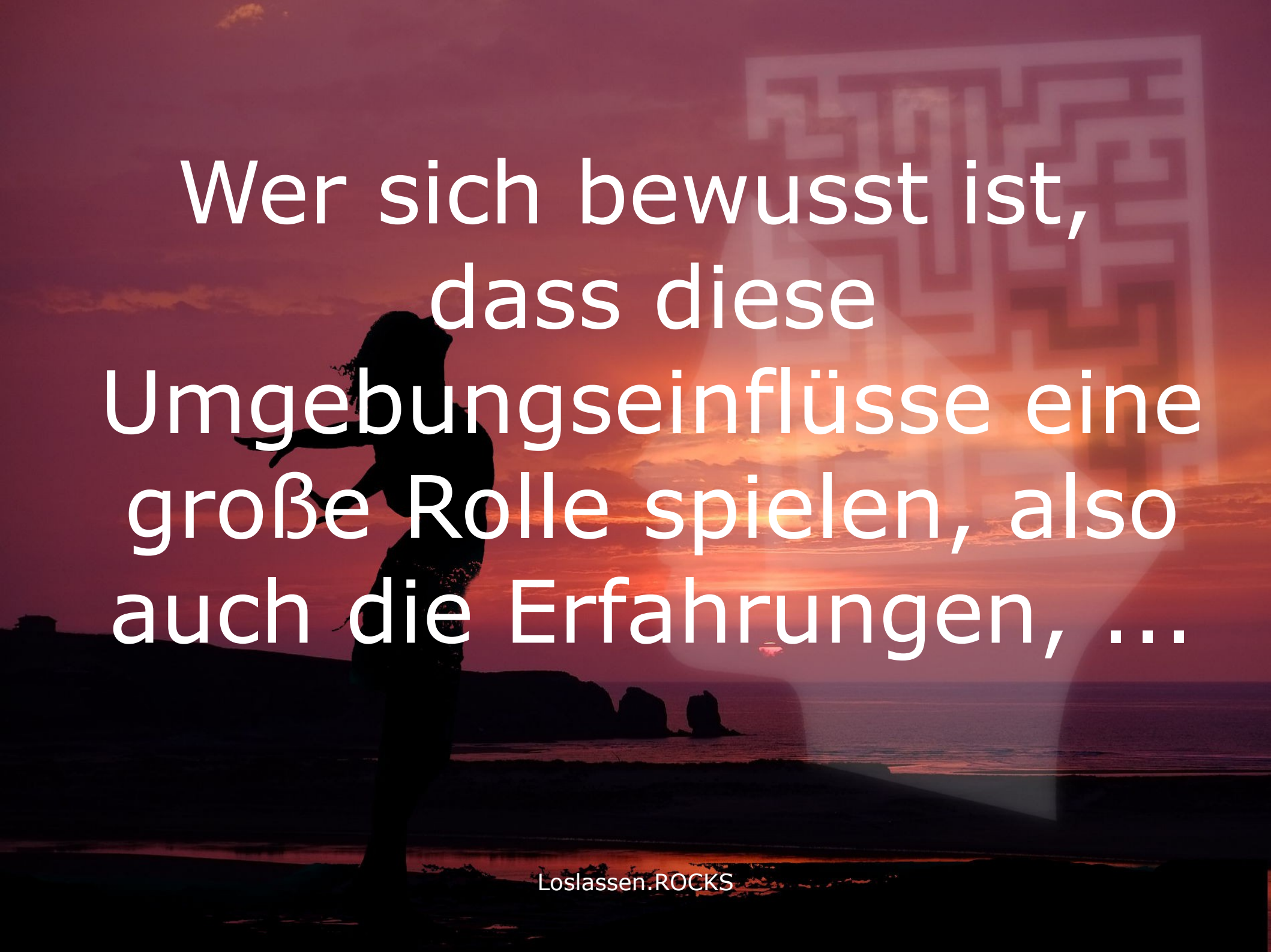
Die Frage ist, welchen
dieser Aspekte wir
stärken, und welchen wir
vernachlässigen.



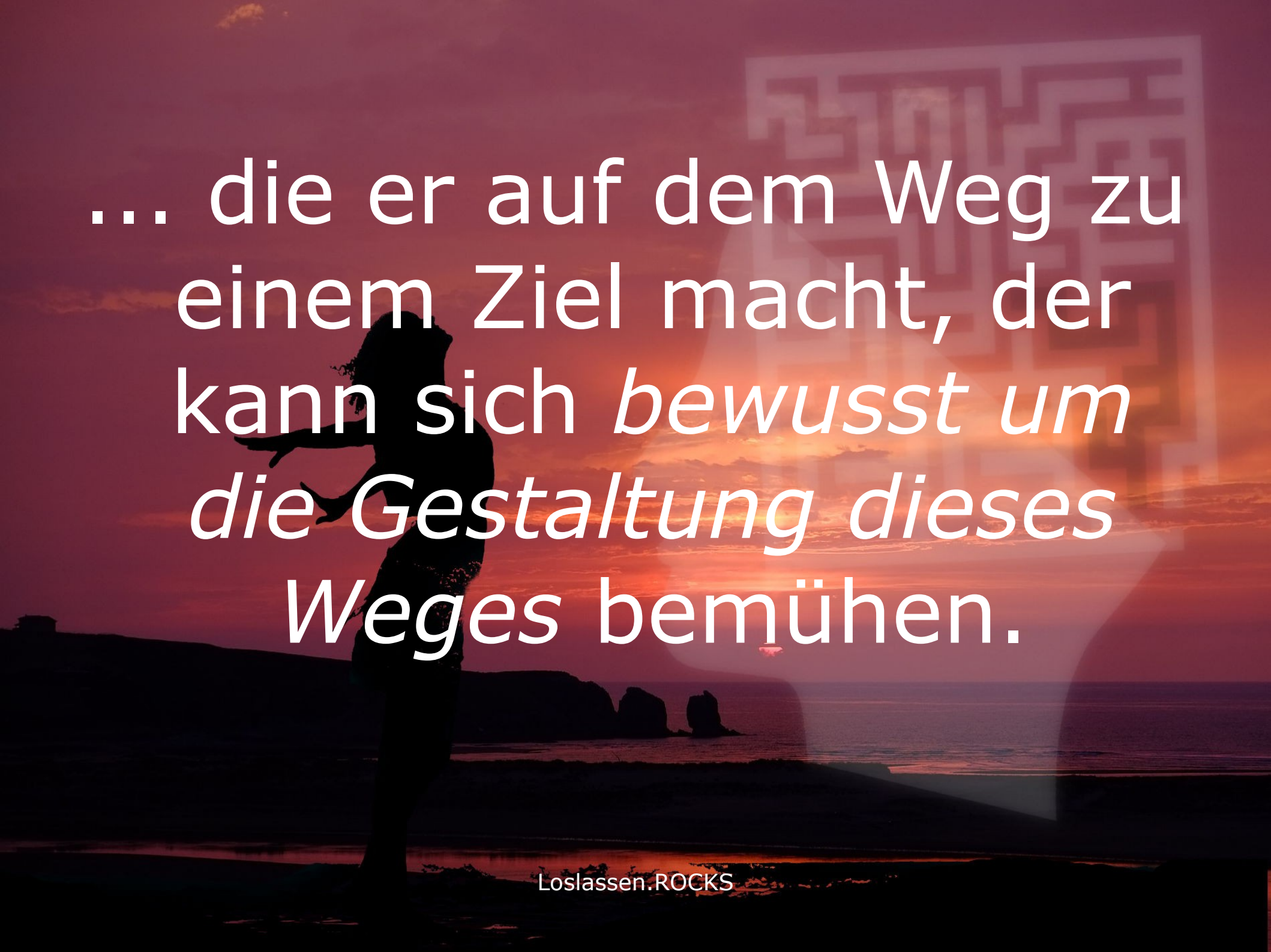
Dabei spielen
Umgebungseinflüsse eine
sehr große Rolle.

The background of the slide is a sunset scene over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands. A large, faint, white maze pattern is overlaid on the right side of the image.

Besonders die aus
unseren unbewussten
Lebensphasen,
beispielsweise in der
Kindheit.

The background of the slide is a sunset scene over the ocean. A person is silhouetted in the foreground, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands. A large, faint, white maze is overlaid on the right side of the image, partially behind the text.

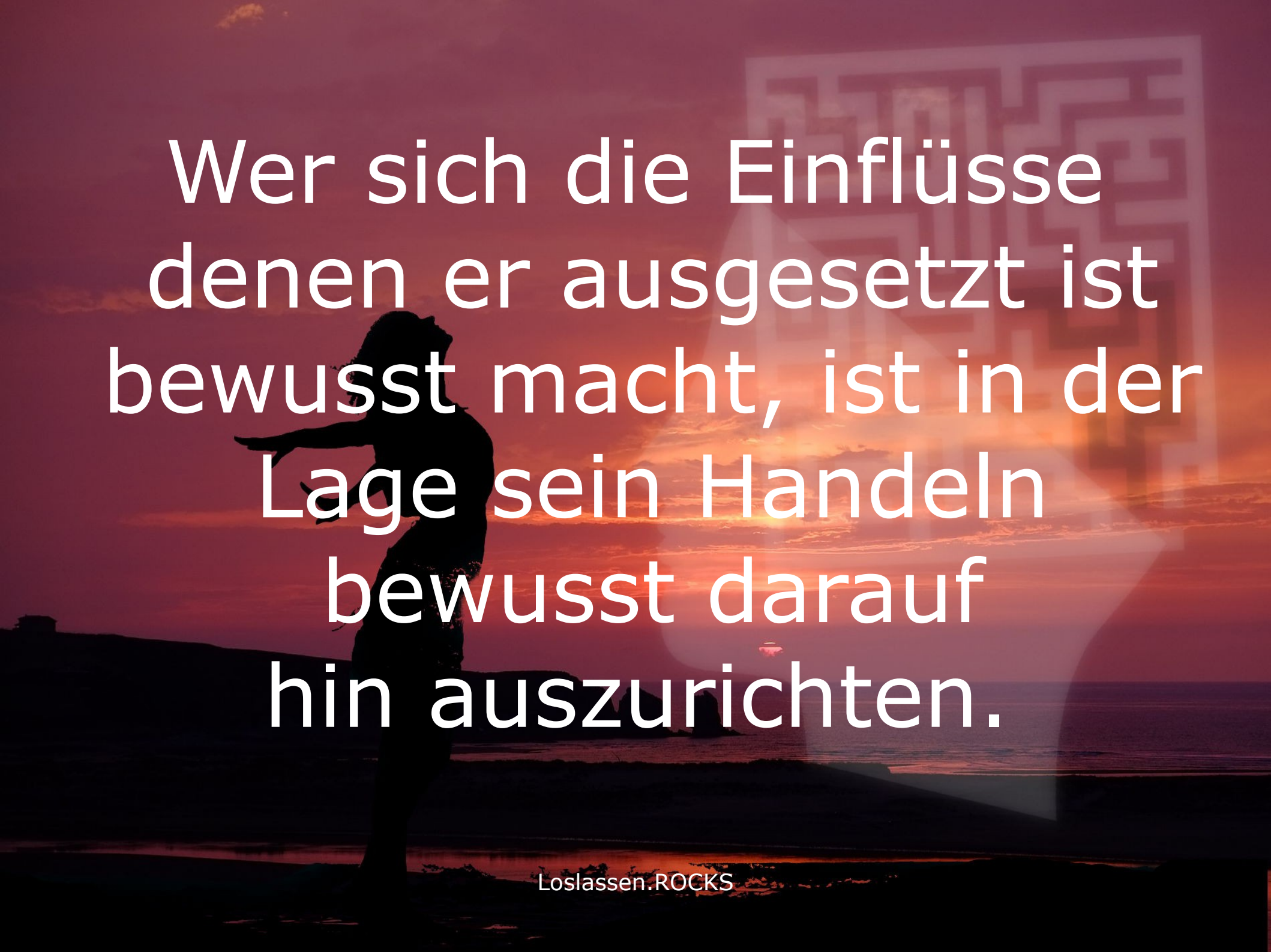
Wer sich bewusst ist,
dass diese
Umgebungseinflüsse eine
große Rolle spielen, also
auch die Erfahrungen, ...

The background of the slide is a sunset scene over a beach. A person's silhouette is visible on the left, looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands. A faint, large, white maze is overlaid on the right side of the image. The text is centered and written in white.

... die er auf dem Weg zu
einem Ziel macht, der
kann sich *bewusst um
die Gestaltung dieses
Weges* bemühen.



Ohne Bewusstsein
existiert keine
Gestaltungsmöglichkeit

The background of the image is a sunset scene over a body of water. A person's silhouette is visible on the left, standing on a beach and looking out towards the horizon. The sky is a mix of orange, red, and purple. A large, semi-transparent geometric pattern, resembling a complex knot or a series of interlocking squares, is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

Wer sich die Einflüsse
denen er ausgesetzt ist
bewusst macht, ist in der
Lage sein Handeln
bewusst darauf
hin auszurichten.

A person is silhouetted against a vibrant sunset sky, standing on a beach. The sky is a mix of orange, red, and purple. In the background, there is a large, faint, stylized graphic that resembles a maze or a complex geometric pattern. The text is overlaid on the image in a large, white, sans-serif font.

Wenn wir uns der
Einflüsse nicht bewusst
sind, dann spielen sie
mit uns Ping-Pong.

A silhouette of a person jumping over a rock on a beach at sunset. The sky is a mix of orange, red, and purple. The ocean is visible in the background. A large, faint, white geometric pattern is overlaid on the right side of the image.

Zumindest zu einem
großen Teil haben wir
Einfluss.

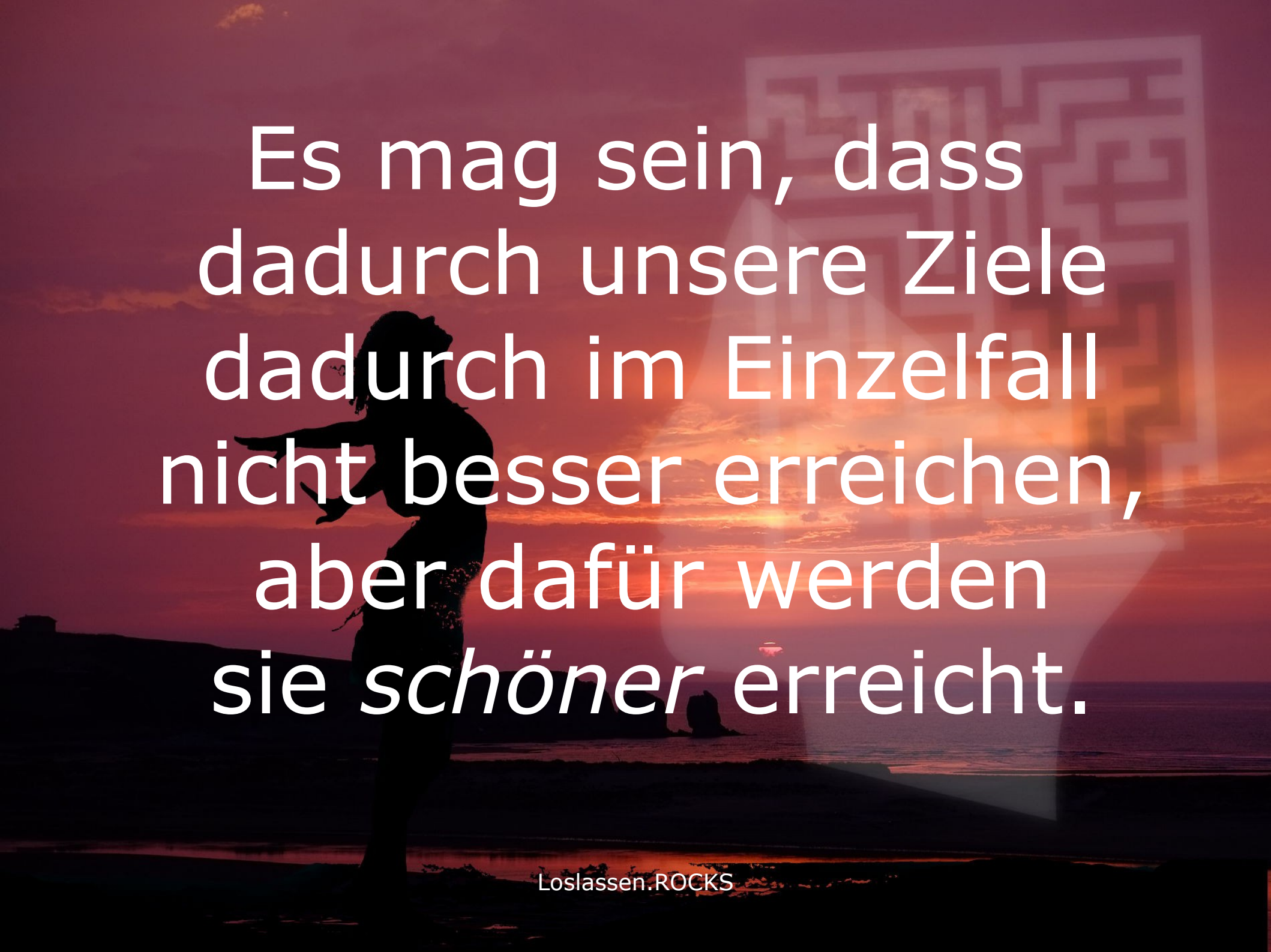
A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is visible on the horizon. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Und diesen soll man nutzen." is written in white across the center.

Und diesen soll man
nutzen.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is visible on the horizon. A large, semi-transparent maze graphic is overlaid on the right side of the image. The word "Konsequent." is written in white, bold, sans-serif font across the center of the image.

Konsequent.

Loslassen.ROCKS

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, a large, faint, white maze is superimposed over the scene. The text is written in white, sans-serif font, centered over the image.

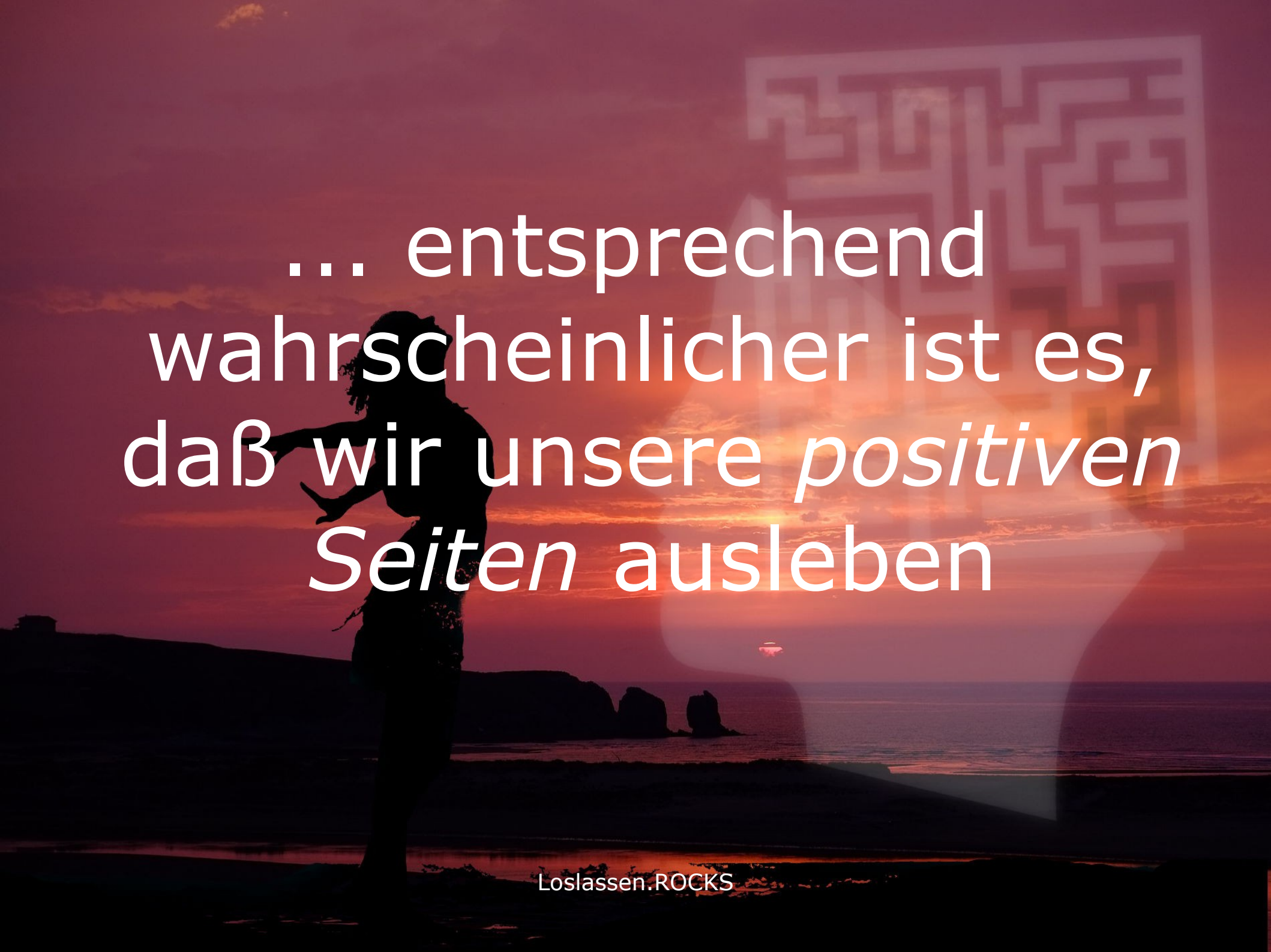
Es mag sein, dass
dadurch unsere Ziele
dadurch im Einzelfall
nicht besser erreichen,
aber dafür werden
sie *schöner* erreicht.



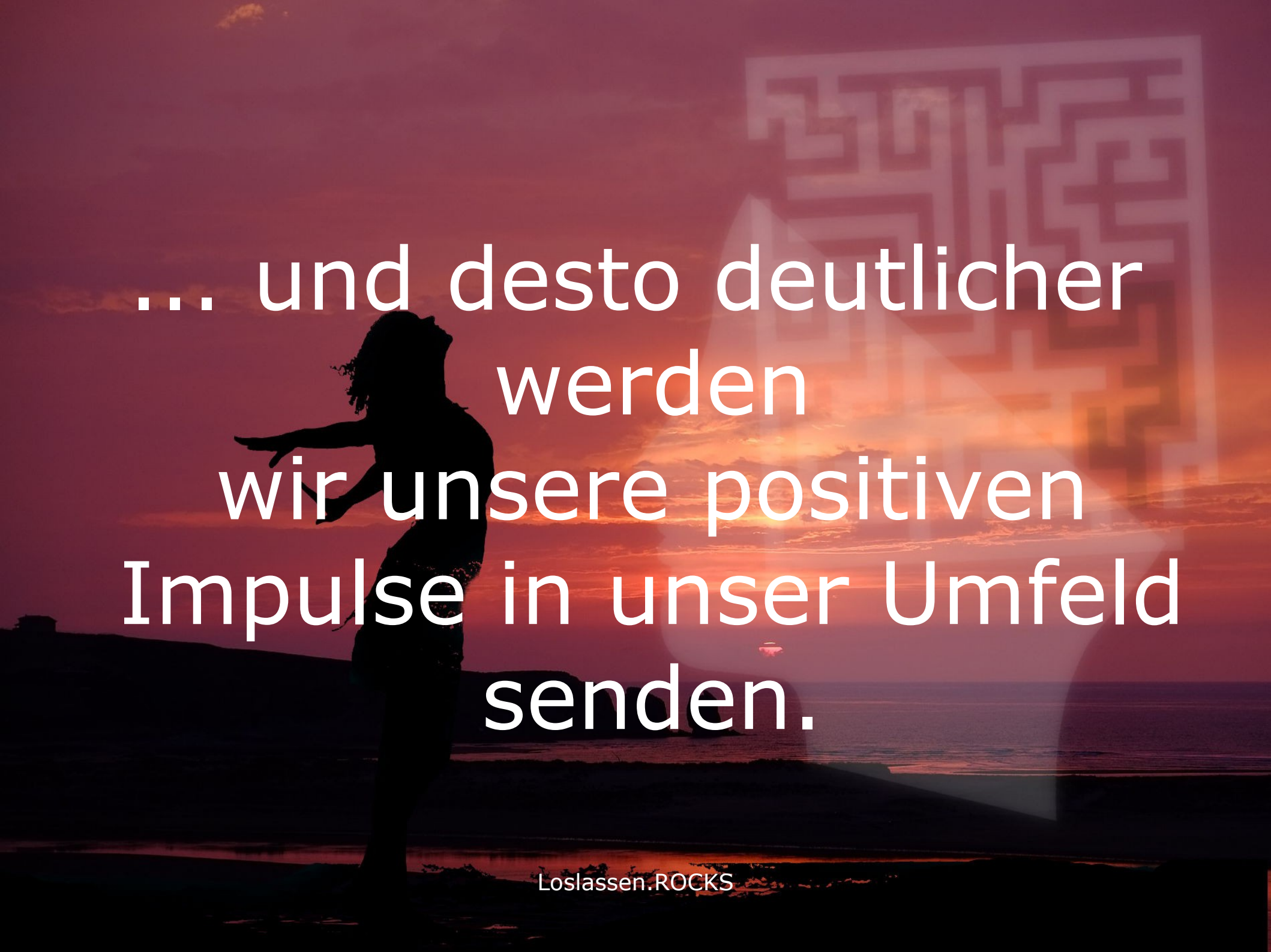
Und je *schöner* wir unsere
Ziele erreichen, ...

The background of the image is a sunset over a beach. A person is silhouetted against the bright orange and red sky, captured in a dynamic pose as if dancing or moving. The sun is low on the horizon, creating a strong glow. In the distance, the ocean and some dark rocks are visible. A large, semi-transparent white maze is overlaid on the right side of the image, partially obscuring the sunset. The text is centered over the image.

... um so positiver sind
wir gestimmt

The background of the image is a sunset scene over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered and written in white.

... entsprechend
wahrscheinlicher ist es,
daß wir unsere *positiven*
Seiten ausleben

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the upper right corner, there is a faint, white, stylized maze or labyrinth pattern. The text is overlaid in the center in a white, sans-serif font.

... und desto deutlicher
werden
wir unsere positiven
Impulse in unser Umfeld
senden.



Und hier liegt das
Geheimnis!



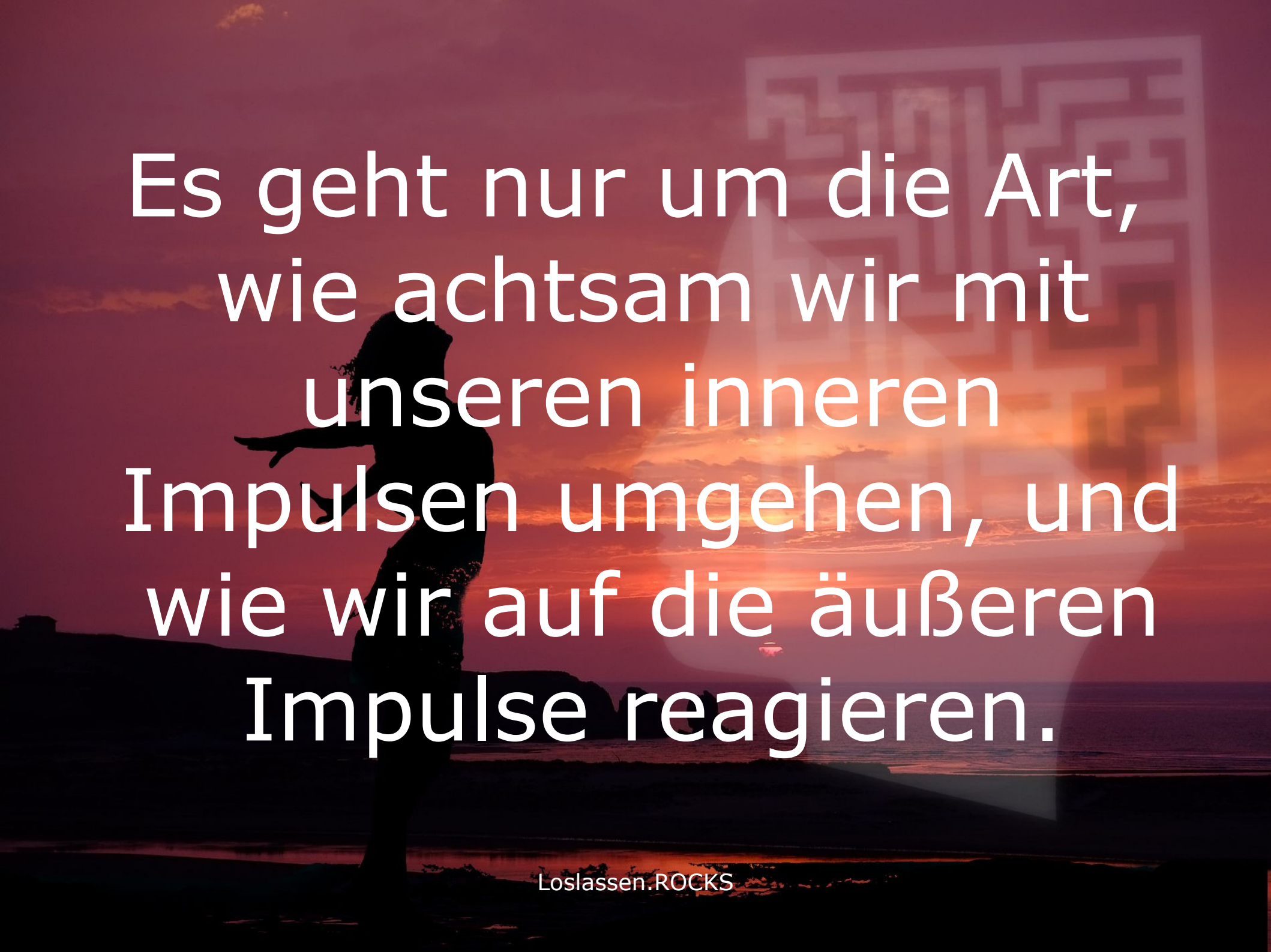
Das Gute oder das Böse
gibt es nicht.



Alles ist in allem jederzeit
enthalten.



Was es gibt, daß ist
unserer Art wie wir damit
umgehen.

The background of the image is a sunset scene over a body of water. A person is silhouetted against the bright orange and red sky, standing on a dark beach. A large, faint, white geometric pattern, resembling a maze or a complex knot, is overlaid on the right side of the image. The text is written in a clean, white, sans-serif font, centered horizontally and spanning most of the image's width.

Es geht nur um die Art,
wie achtsam wir mit
unseren inneren
Impulsen umgehen, und
wie wir auf die äußeren
Impulse reagieren.

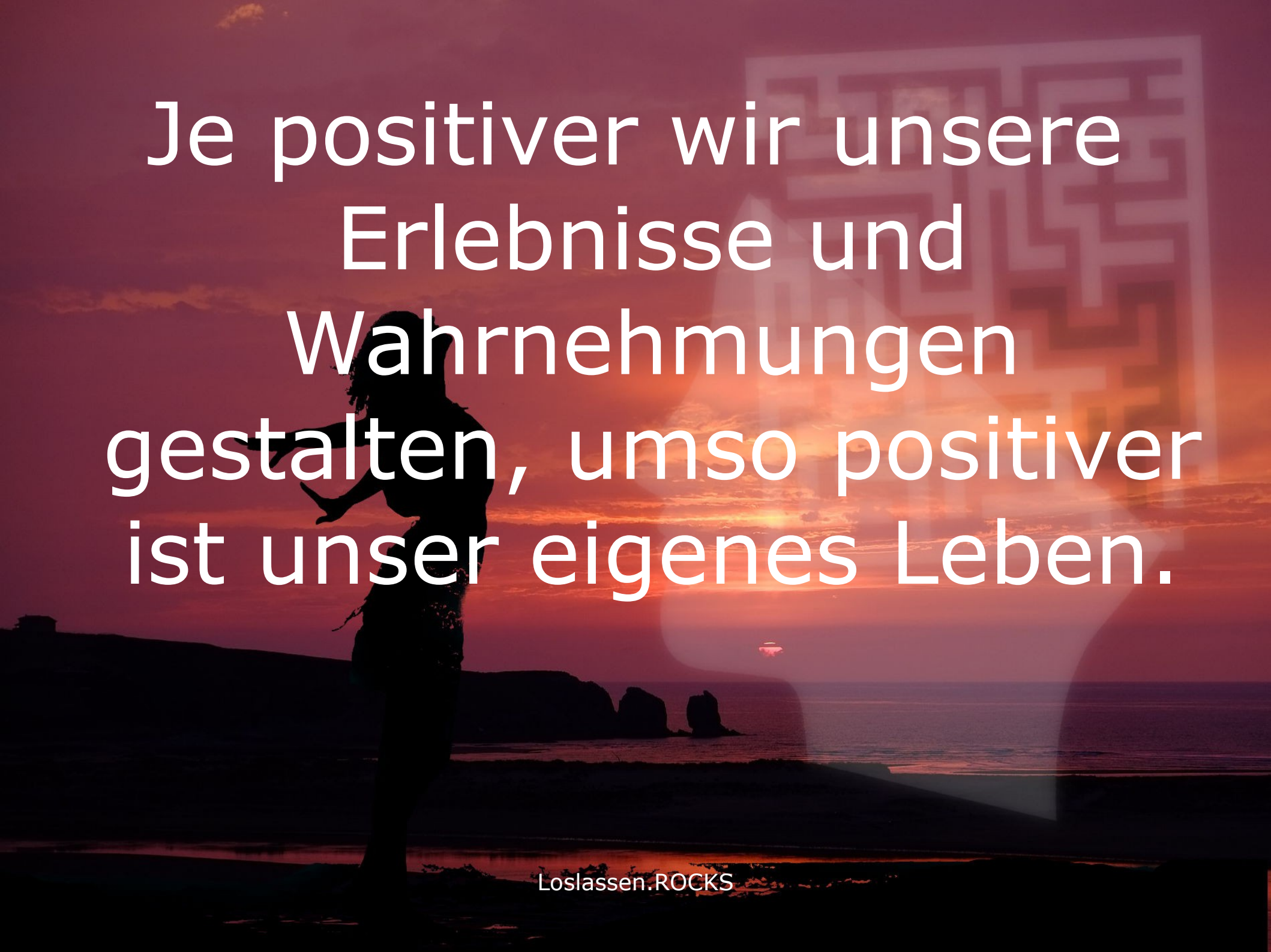
The background of the image is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocks or small islands. A large, semi-transparent, white geometric pattern, resembling a complex knot or a stylized maze, is overlaid on the right side of the image. The text is written in a clean, white, sans-serif font, centered in the upper half of the image.

In der Art der
Wahrnehmung liegt eine
große Kraft, denn hier
haben wir einen
Ansatzpunkt.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of deep purple, orange, and red. In the background, the sea meets the shore, with some rocks visible. A large, semi-transparent maze graphic is overlaid on the right side of the image, partially obscuring the sunset. The text "Hier können wir unser Leben gestalten." is written in white, sans-serif font across the middle of the image.

Hier können wir unser
Leben gestalten.

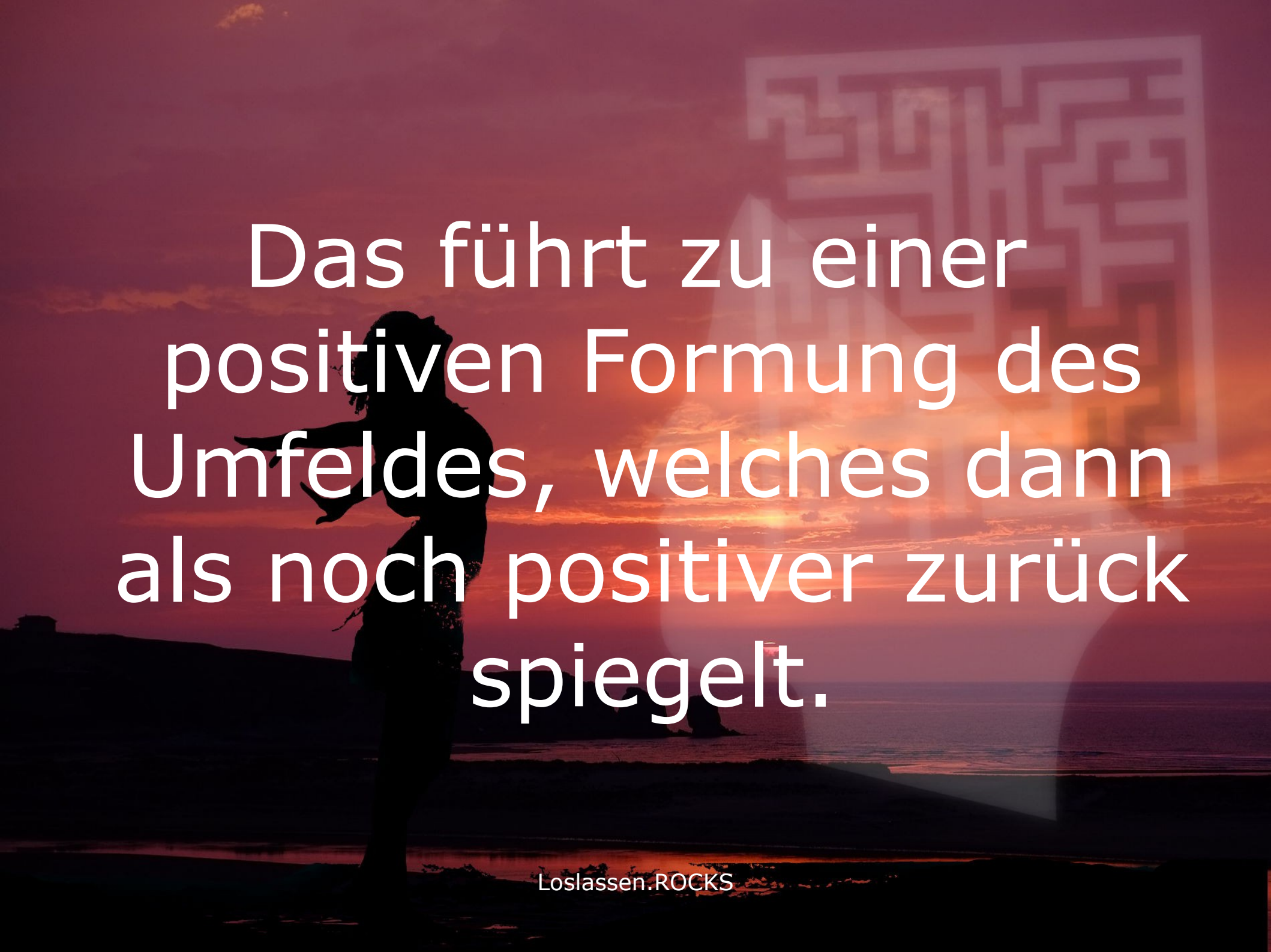
Loslassen.ROCKS

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is low on the horizon. In the background, there are dark silhouettes of rocks or cliffs. A faint, large, stylized geometric pattern is visible in the upper right corner of the image.

Je positiver wir unsere
Erlebnisse und
Wahrnehmungen
gestalten, umso positiver
ist unser eigenes Leben.

The background of the image is a sunset over a beach. A person is silhouetted against the bright orange and red sky, standing on the sand and looking out at the ocean. In the distance, there are some rocks in the water. A large, faint, white maze is overlaid on the right side of the image, partially obscuring the sunset. The text is written in a large, white, sans-serif font across the center of the image.

Wer sein Leben positiv
erlebt, hat eher positiven
Einfluss auf seine
Mitmenschen.

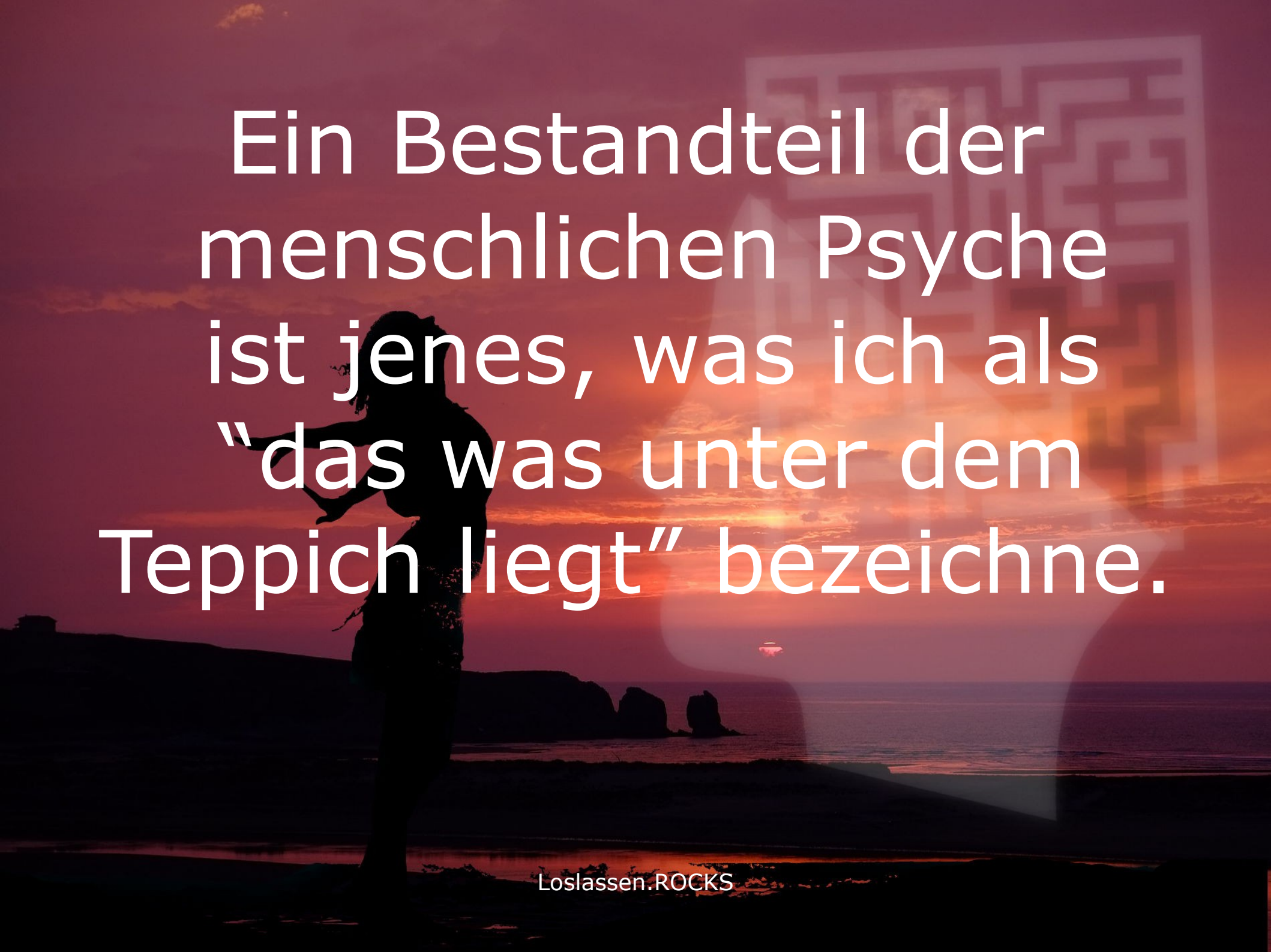
The background of the slide is a sunset scene over a body of water. A person is silhouetted in the foreground, standing on a beach and looking out at the ocean. The sky is a mix of orange, red, and purple. A large, faint, white maze is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

Das führt zu einer
positiven Formung des
Umfeldes, welches dann
als noch positiver zurück
spiegelt.

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image.

Die Welt, die wir unter den Teppich kehren

Loslassen.ROCKS

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, faint, white maze is superimposed over the right side of the image. The text is written in a clean, white, sans-serif font across the upper half of the image.

Ein Bestandteil der
menschlichen Psyche
ist jenes, was ich als
“das was unter dem
Teppich liegt” bezeichne.

The background of the image is a sunset scene over a beach. A person's silhouette is visible on the left, looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks and a small boat on the water. A large, semi-transparent Greek key pattern is overlaid on the right side of the image.

Der Bereich unter dem
Teppich, das ist der
dunkle, verborgene Teil
unseres Er-Lebens.



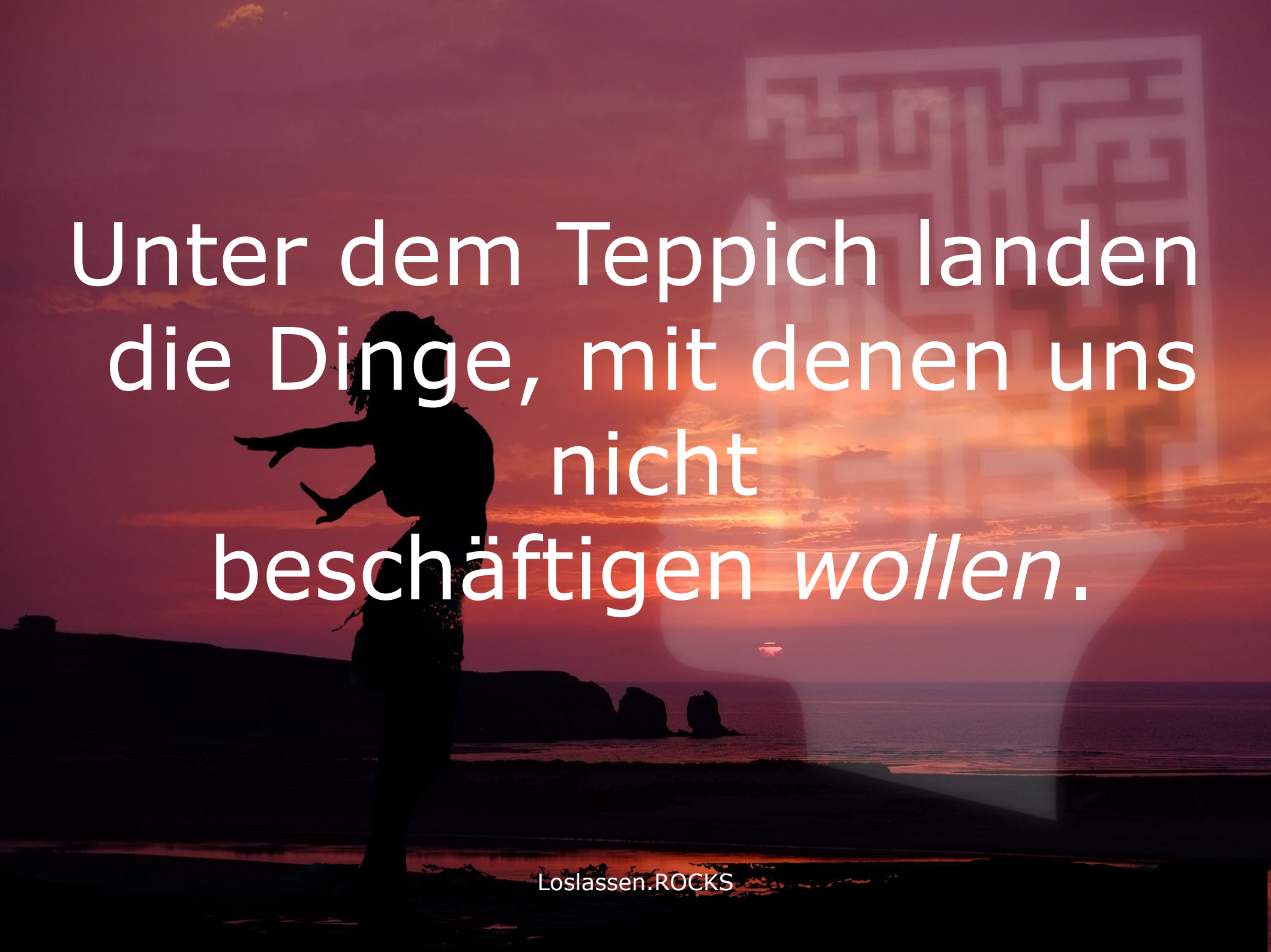
Es ist der dunkle und
ungesehene
Lebensaspekt,
in den wir ...

The background of the image is a sunset scene over a beach. A person is silhouetted against the bright orange and red sky, standing on the sand with their arms outstretched. In the distance, the ocean is visible with a few rocks. A large, faint, white maze is overlaid on the right side of the image. The text is written in a white, sans-serif font across the center.

... alles verbannen,
dessen wir uns schämen,
dass uns unangenehm
oder peinlich ist.

The background of the image is a sunset over a body of water. In the foreground, the silhouette of a person stands on a dark rock, looking out towards the horizon. The sky is a mix of deep red, orange, and purple. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered in the upper half of the image.

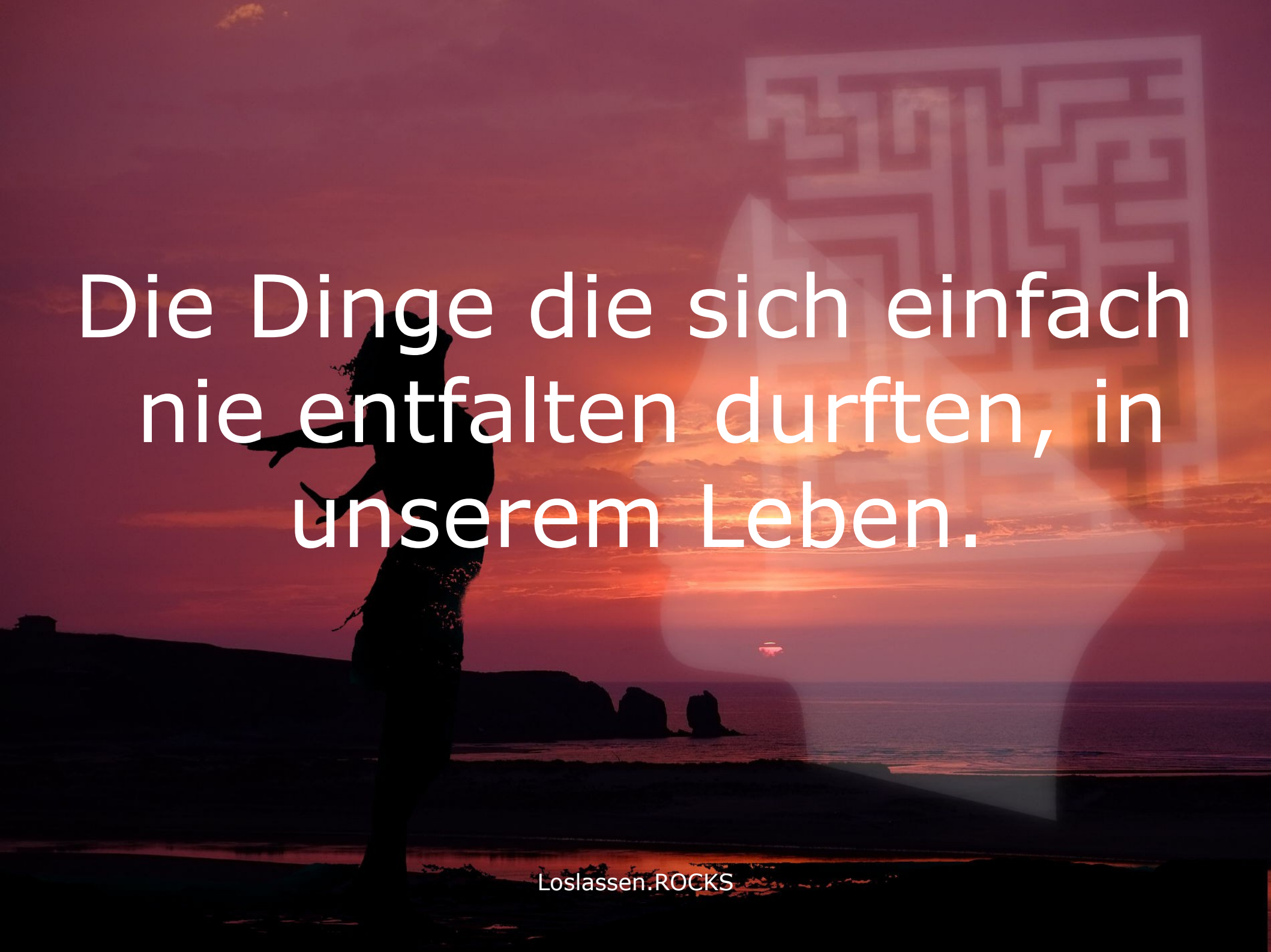
Alles das schmerzt und
weckt unangenehme
Gefühle in uns.

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image.

Unter dem Teppich landen
die Dinge, mit denen uns
nicht
beschäftigen *wollen*.

The background of the image is a sunset over the ocean. A person's silhouette is visible on the left, pointing towards the horizon. A large, semi-transparent Greek key pattern is overlaid on the right side of the image. The text is centered and written in white.

Außerdem liegen dort die
Dinge, die wir dort gar
nicht bewusst hin
geschoben haben.

The background of the image is a sunset over a body of water. In the foreground, the silhouette of a person stands on a dark, rocky cliff, looking out towards the horizon. The sky is a mix of deep reds, oranges, and purples. A large, semi-transparent geometric pattern, resembling a complex maze or a stylized 'X' with internal lines, is overlaid on the right side of the image. The text is centered in the upper half of the image.

Die Dinge die sich einfach
nie entfalten durften, in
unserem Leben.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Denen wir keinen Raum gegeben haben." is written in white across the center.

Denen wir keinen Raum
gegeben haben.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is low on the horizon. A large, semi-transparent Greek key pattern is overlaid on the right side of the image. The text "Warum auch immer." is centered in white.

Warum auch immer.

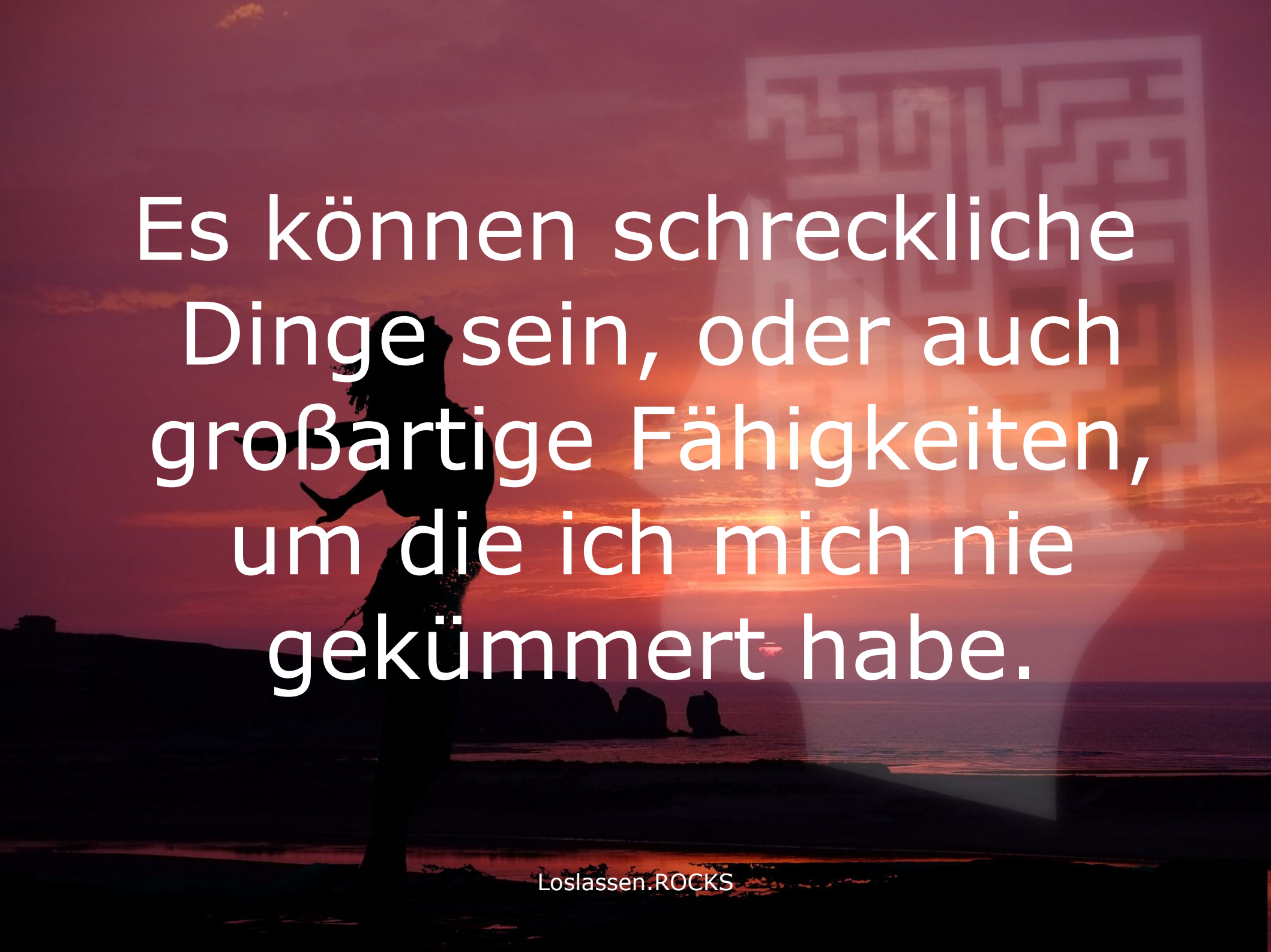
Loslassen.ROCKS

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out towards the ocean. The sky is a mix of orange, red, and purple. In the background, there are some rocks in the water. A large, faint, white Greek key pattern is overlaid on the right side of the image.

Was dort unter dem
Teppich liegt, es ist eine
dunkle,
ehrfurchtgebietende
graue Masse.

A silhouette of a person stands on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, red, and purple. In the background, there are dark rocks in the water. A large, faint, white maze is overlaid on the right side of the image. The text is centered in white.

Wenn ich dort hinein
schaue dann weiß ich nie
was mir entgegen
kommen wird.

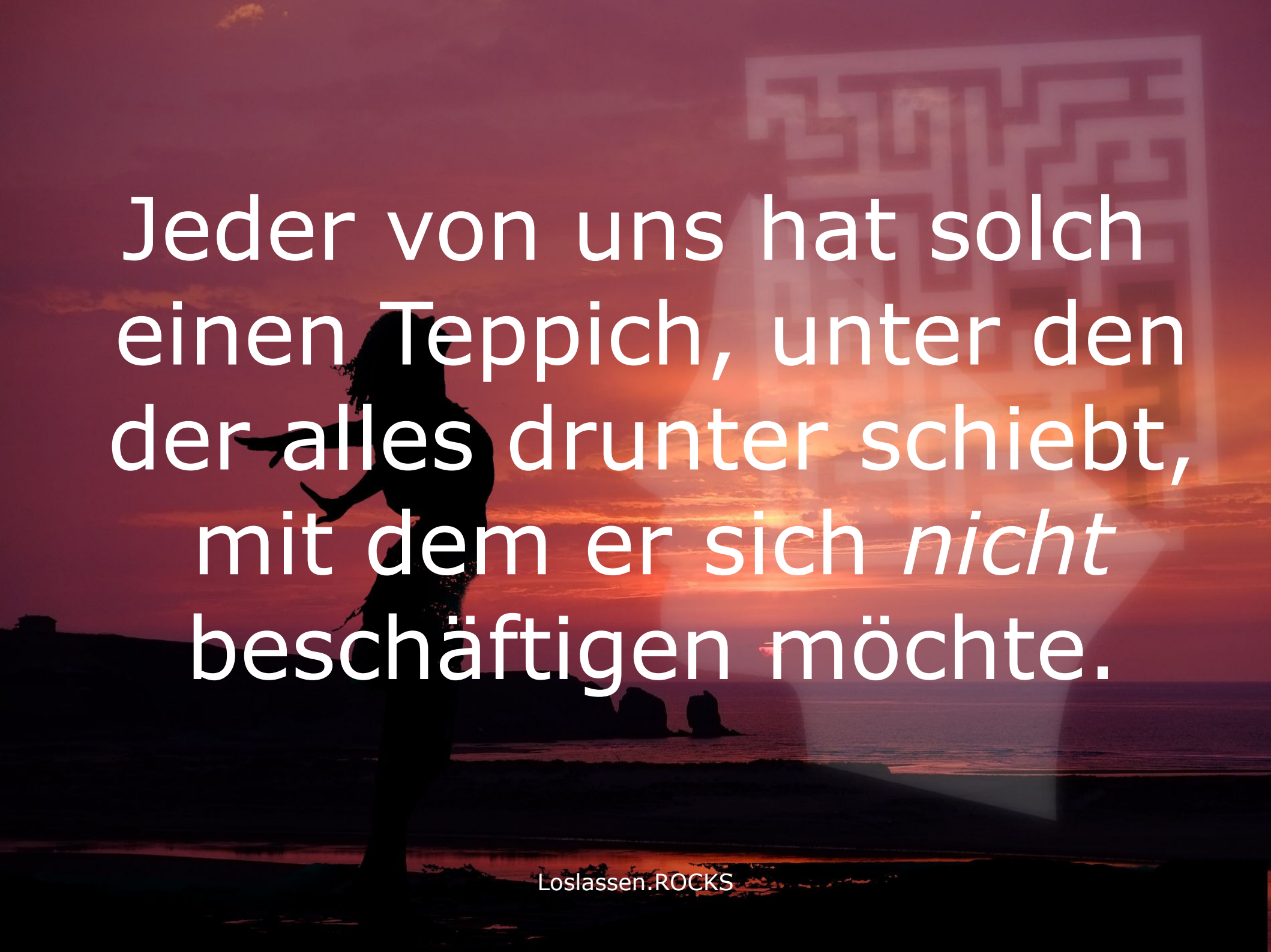
The background of the image is a sunset scene over a body of water. A person is silhouetted against the bright orange and red sky, standing on a dark beach. In the distance, there are some dark rocks or landmasses. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

Es können schreckliche
Dinge sein, oder auch
großartige Fähigkeiten,
um die ich mich nie
gekümmert habe.

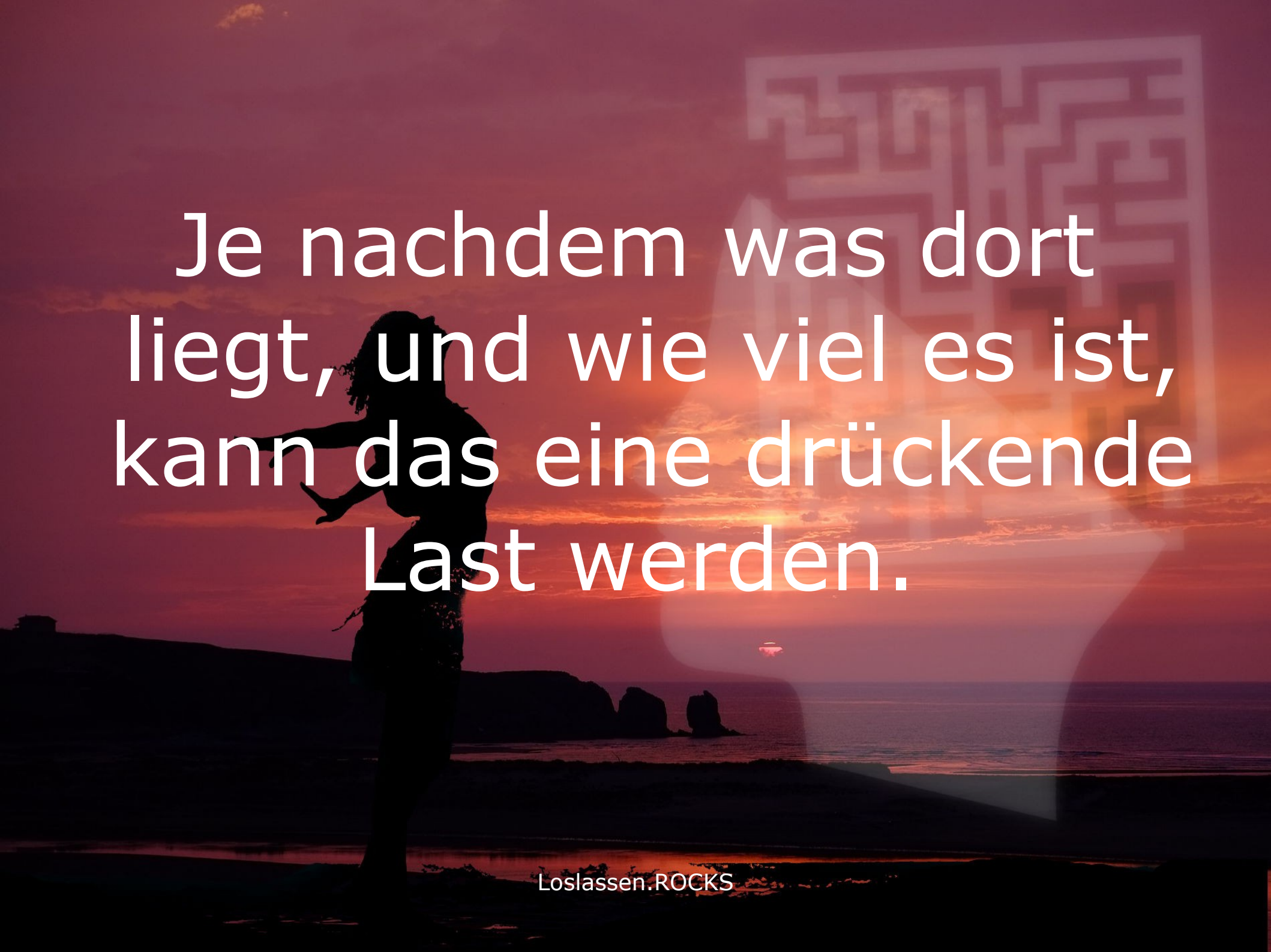
A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is visible on the horizon. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Alles ist möglich." is centered in white.

Alles ist möglich.

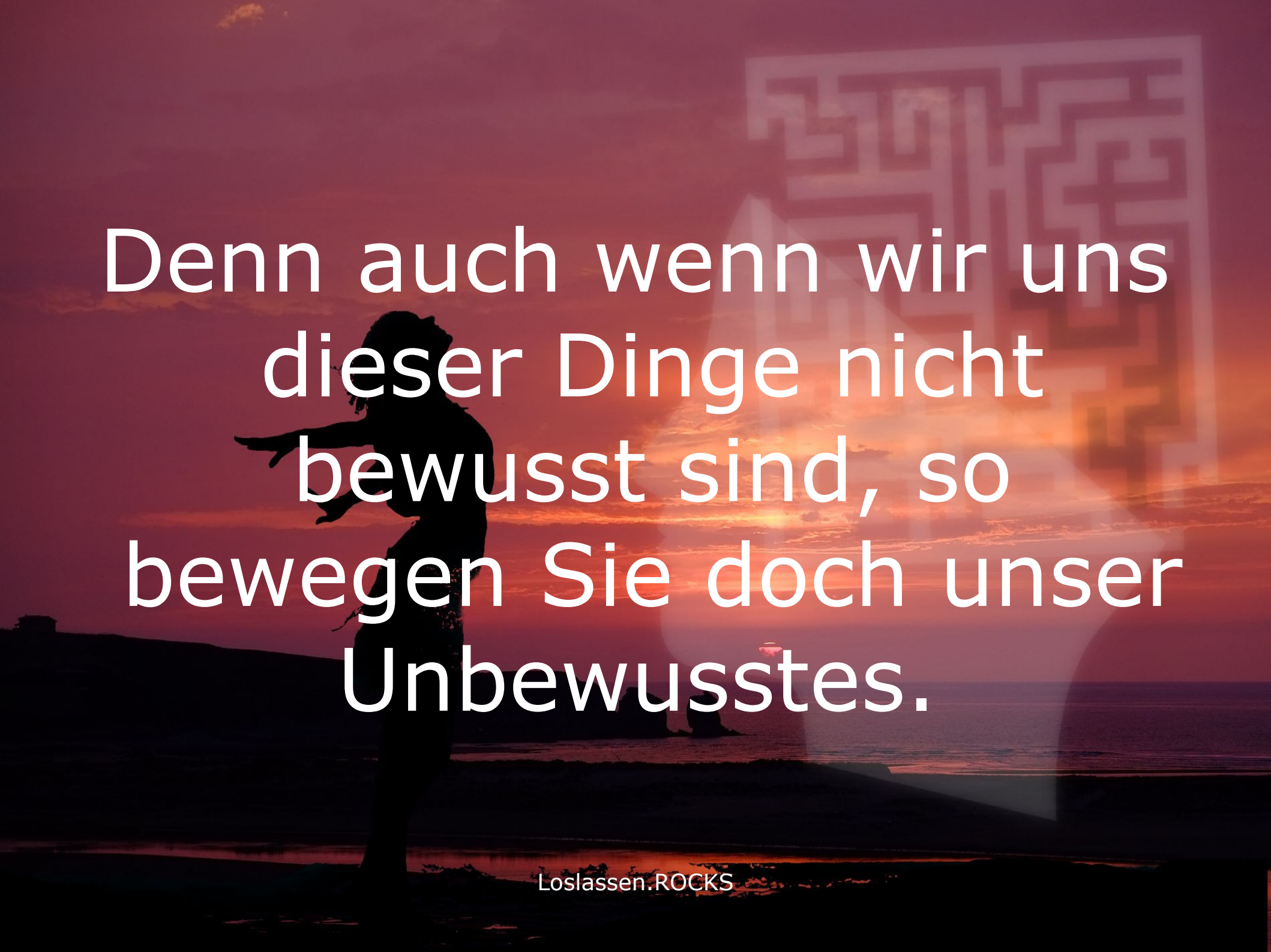
Loslassen.ROCKS

The background of the image is a sunset scene over a body of water. In the foreground, the dark silhouette of a person stands on a beach, looking out towards the horizon. The sky is a mix of orange, red, and purple hues. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

Jeder von uns hat solch
einen Teppich, unter den
der alles drunter schiebt,
mit dem er sich *nicht*
beschäftigen möchte.

The background of the image is a sunset over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the sea. The sky is a mix of orange, red, and purple. In the distance, there are some dark rocks or landmasses. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image, partially covering the text and the sunset scene.

Je nachdem was dort
liegt, und wie viel es ist,
kann das eine drückende
Last werden.

The background of the image is a sunset over a body of water. A silhouette of a person stands on the left, looking out at the horizon. A large, faint, white maze is overlaid on the right side of the image. The text is centered in white, sans-serif font.

Denn auch wenn wir uns
dieser Dinge nicht
bewusst sind, so
bewegen Sie doch unser
Unbewusstes.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Sie machen etwas mit uns." is centered in white.

Sie machen
etwas
mit uns.

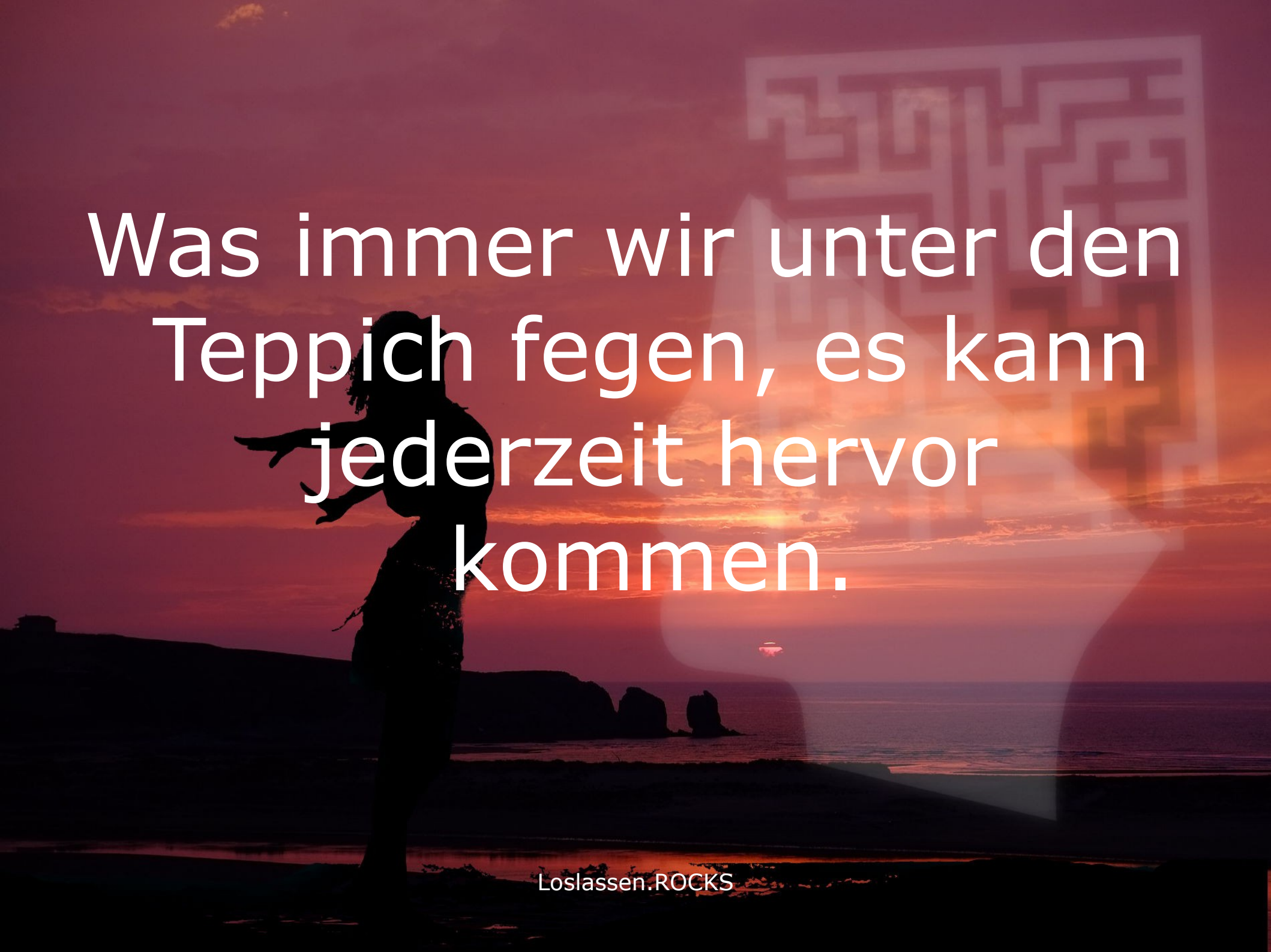
Loslassen.ROCKS

The background of the image is a sunset over a beach. A person is silhouetted against the bright orange and red sky, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a strong glow. In the distance, there are some dark rocks or structures in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image, partially covering the sunset scene.

Sie wirken auch unter den
Teppich hervor.



Ob wir uns dessen
bewusst sind oder nicht.

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocks in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image.

Was immer wir unter den
Teppich fegen, es kann
jederzeit hervor
kommen.

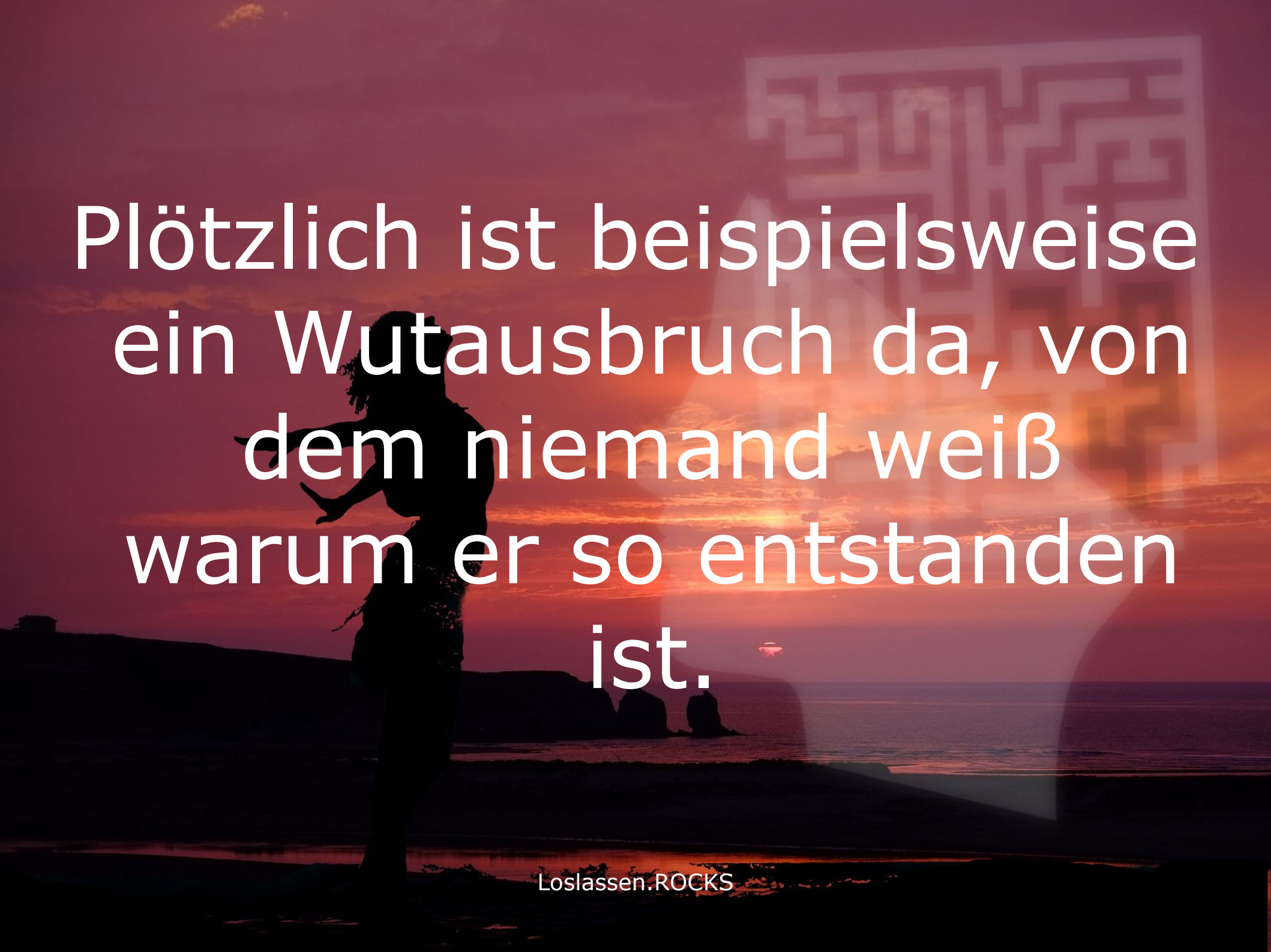
A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is filled with warm orange and red hues, and the sun is visible on the horizon. A large, semi-transparent maze graphic is overlaid on the right side of the image. The word "Unkontrolliert." is written in white across the center.

Unkontrolliert.

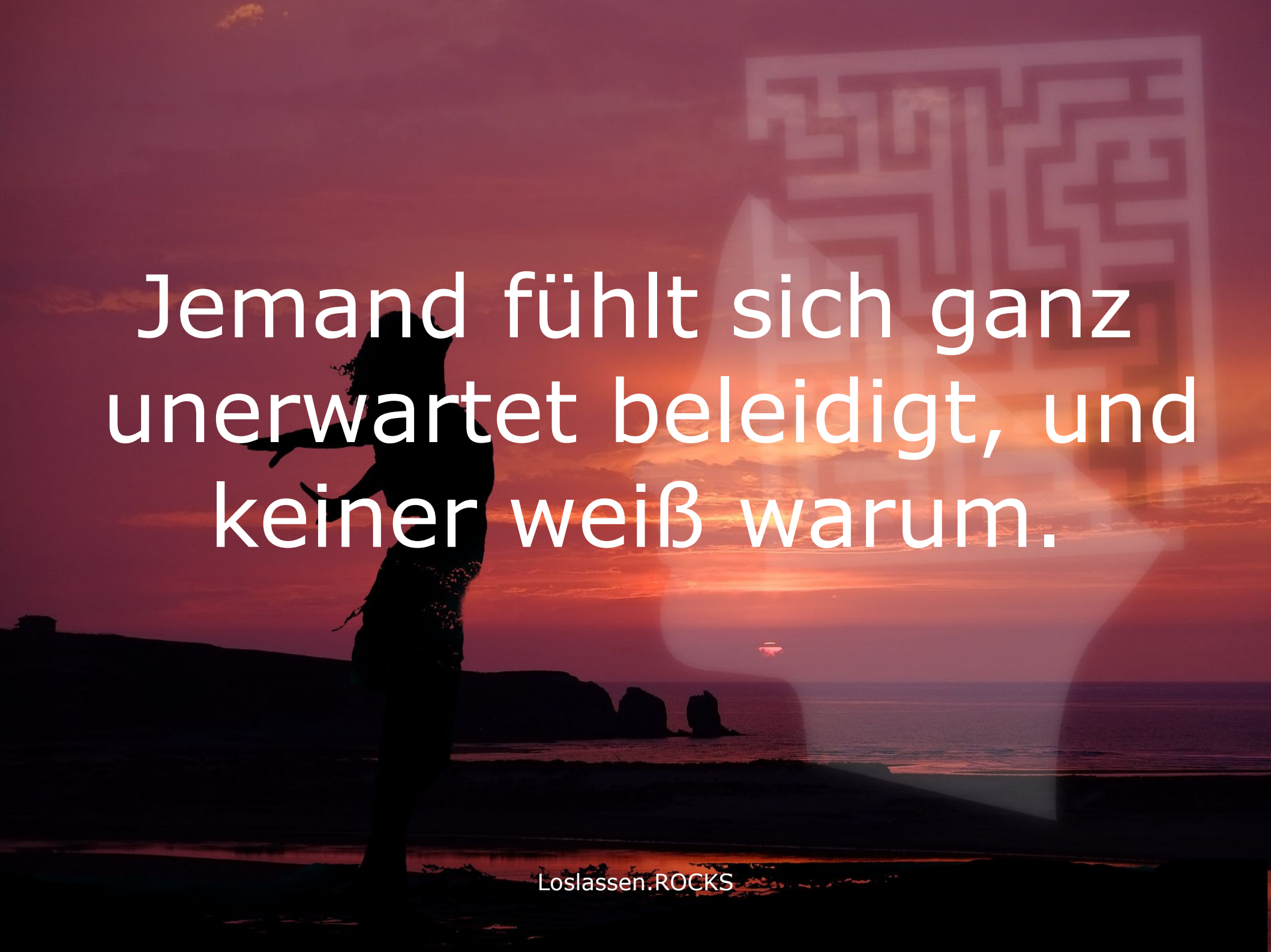
Loslassen.ROCKS

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent maze is overlaid on the right side of the image, partially obscuring the sunset. The text "Niemand kann das vorher erkennen." is written in white, sans-serif font across the middle of the image.

Niemand kann das vorher
erkennen.

The background of the image is a sunset scene over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered and written in a white, sans-serif font.

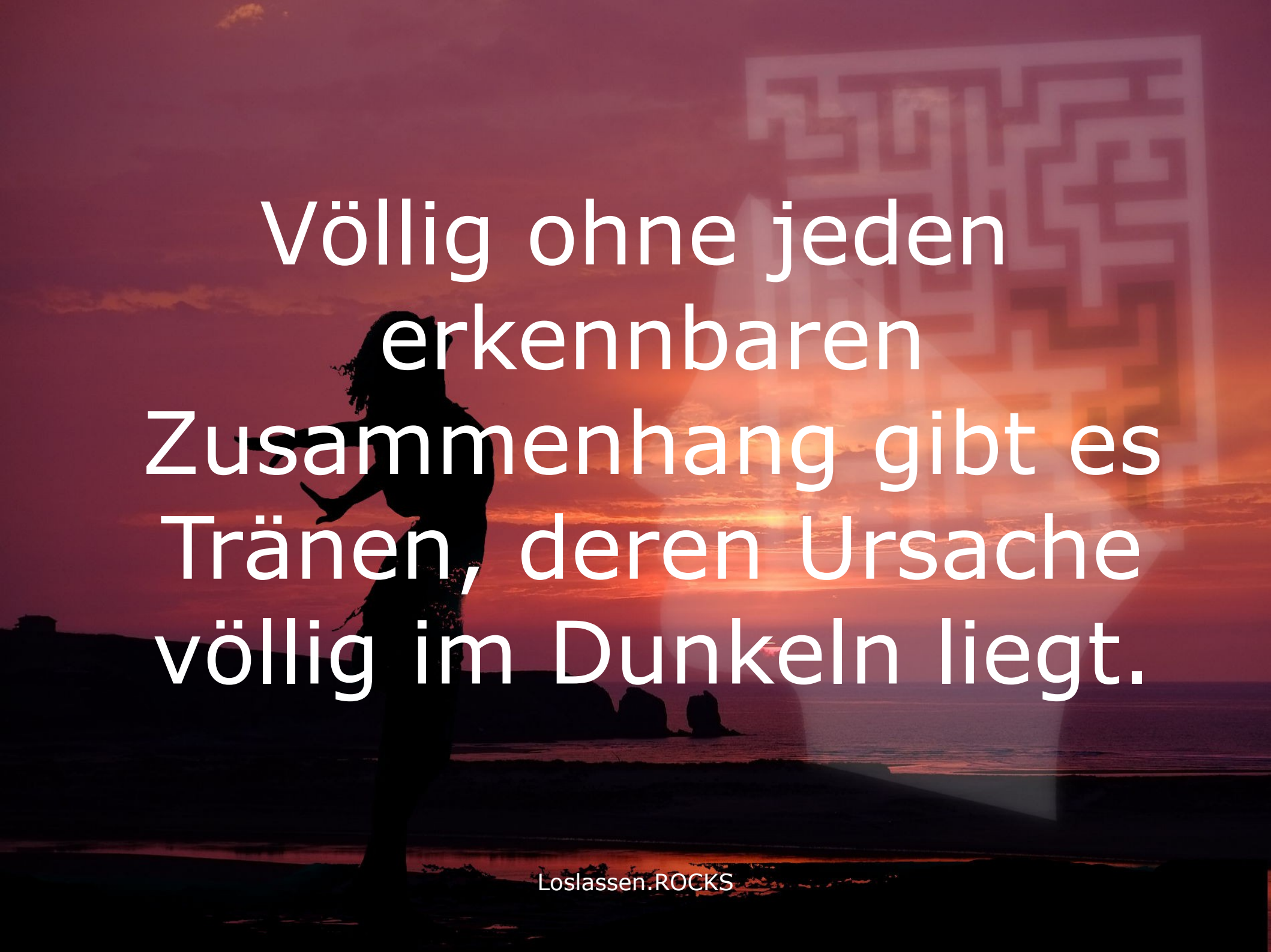
Plötzlich ist beispielsweise
ein Wutausbruch da, von
dem niemand weiß
warum er so entstanden
ist.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of deep reds and oranges, with the sun low on the horizon. In the background, there are dark silhouettes of rocks or cliffs. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text is centered in a white, sans-serif font.

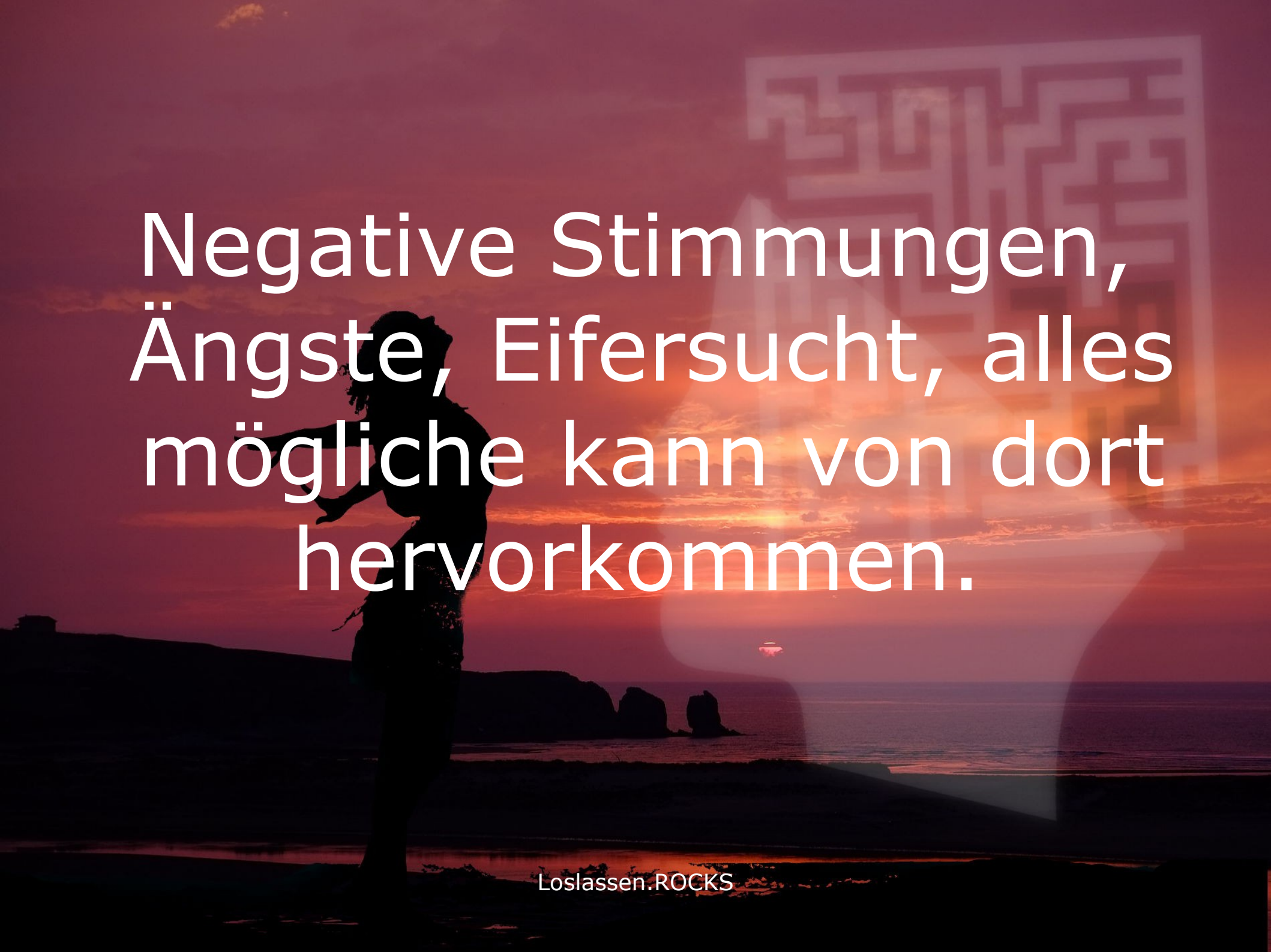
Jemand fühlt sich ganz
unerwartet beleidigt, und
keiner weiß warum.

The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks and a small boat on the water. A large, semi-transparent maze is overlaid on the right side of the image.

Die beleidigte Person
selbst am allerwenigsten.

A person's silhouette is visible on the left side of the image, standing on a beach and looking out at the ocean. The background is a sunset with a warm orange and red glow. A large, faint, white maze is overlaid on the right side of the image. The text is centered in the upper half of the image.

Völlig ohne jeden
erkennbaren
Zusammenhang gibt es
Tränen, deren Ursache
völlig im Dunkeln liegt.

The background of the image is a sunset scene over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the water. The sky is a mix of orange, red, and purple. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image. The text is centered in the upper half of the image.

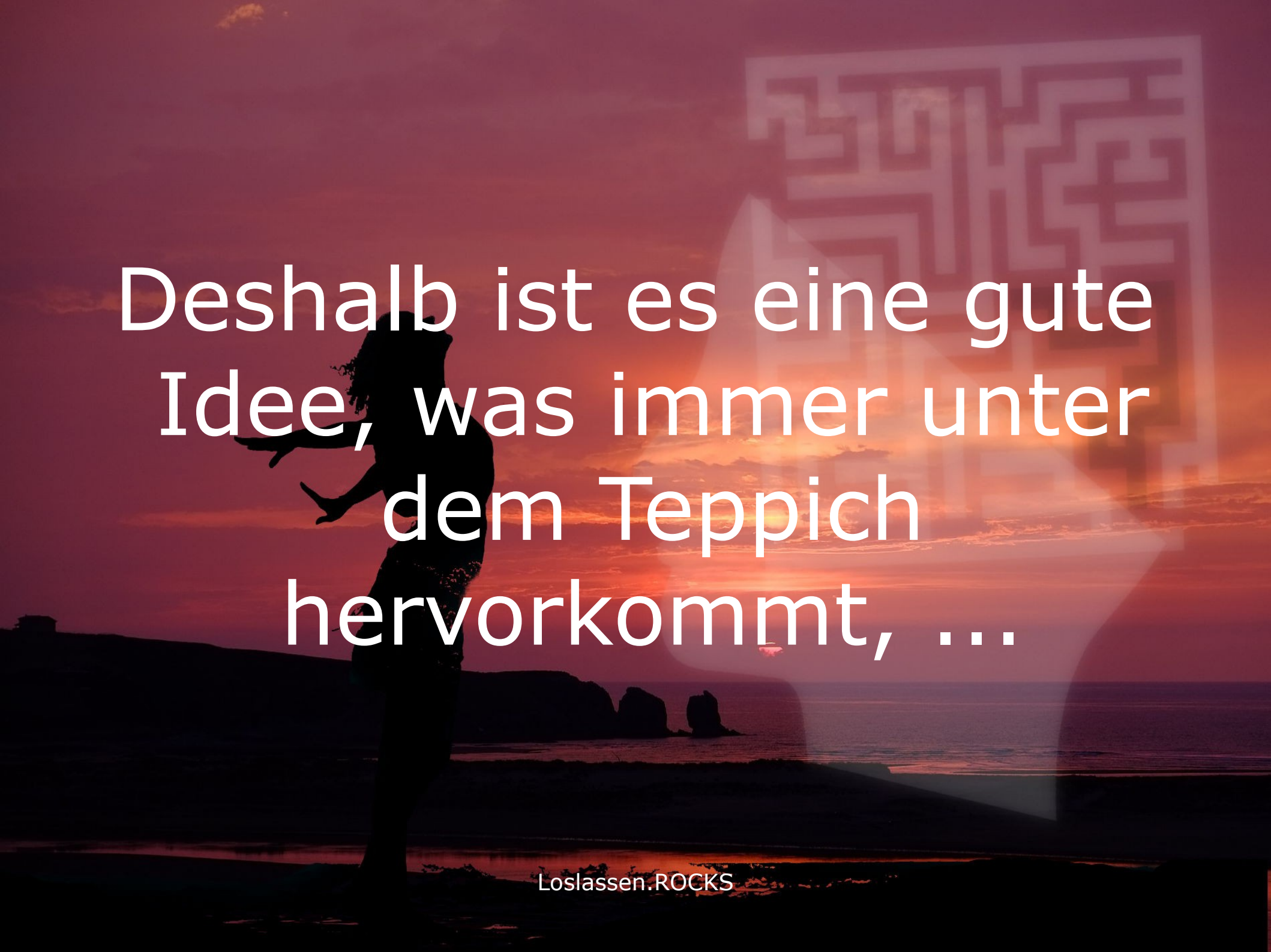
Negative Stimmungen,
Ängste, Eifersucht, alles
mögliche kann von dort
hervorkommen.



Niemand weiß,
warum das so ist.



Und zwar deshalb, weil
wir nicht wissen was
unterm Teppich liegt.

The background of the image is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent rug with a geometric pattern is overlaid on the right side of the image.

Deshalb ist es eine gute
Idee, was immer unter
dem Teppich
hervorkommt, ...

The background of the slide is a sunset scene over the ocean. A person's silhouette is visible on the left, standing on a beach and looking out at the sea. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent maze is overlaid on the right side of the image. The text is centered in white.

... also welche Emotionen
sich gerade gewaltsam
Bahn brechen, ...



... , sich diese aus der
Nähe anzuschauen.

The background of the slide is a sunset scene over a beach. A person's silhouette is visible on the left, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent maze is overlaid on the right side of the image. The text is centered in white.

Es gilt diese
hervorbrechenden
Emotionen
anzunehmen, ...



... anzuerkennen und ...

The background image shows a person in silhouette standing on a beach, arms outstretched in a meditative pose. The scene is set at sunset or sunrise, with a warm orange and red sky and a calm sea. In the distance, there are dark silhouettes of rocks or cliffs. A large, semi-transparent geometric pattern, resembling a complex maze or a series of interlocking lines, is overlaid on the right side of the image. The text is centered in the upper half of the image.

... sofort in sie hinein zu
meditieren und zu
entspannen.

The background of the slide is a sunset scene with a silhouette of a person in a meditative pose on the left. A large, semi-transparent geometric pattern, resembling a complex knot or maze, is overlaid on the right side of the image. The text is centered in white, sans-serif font.

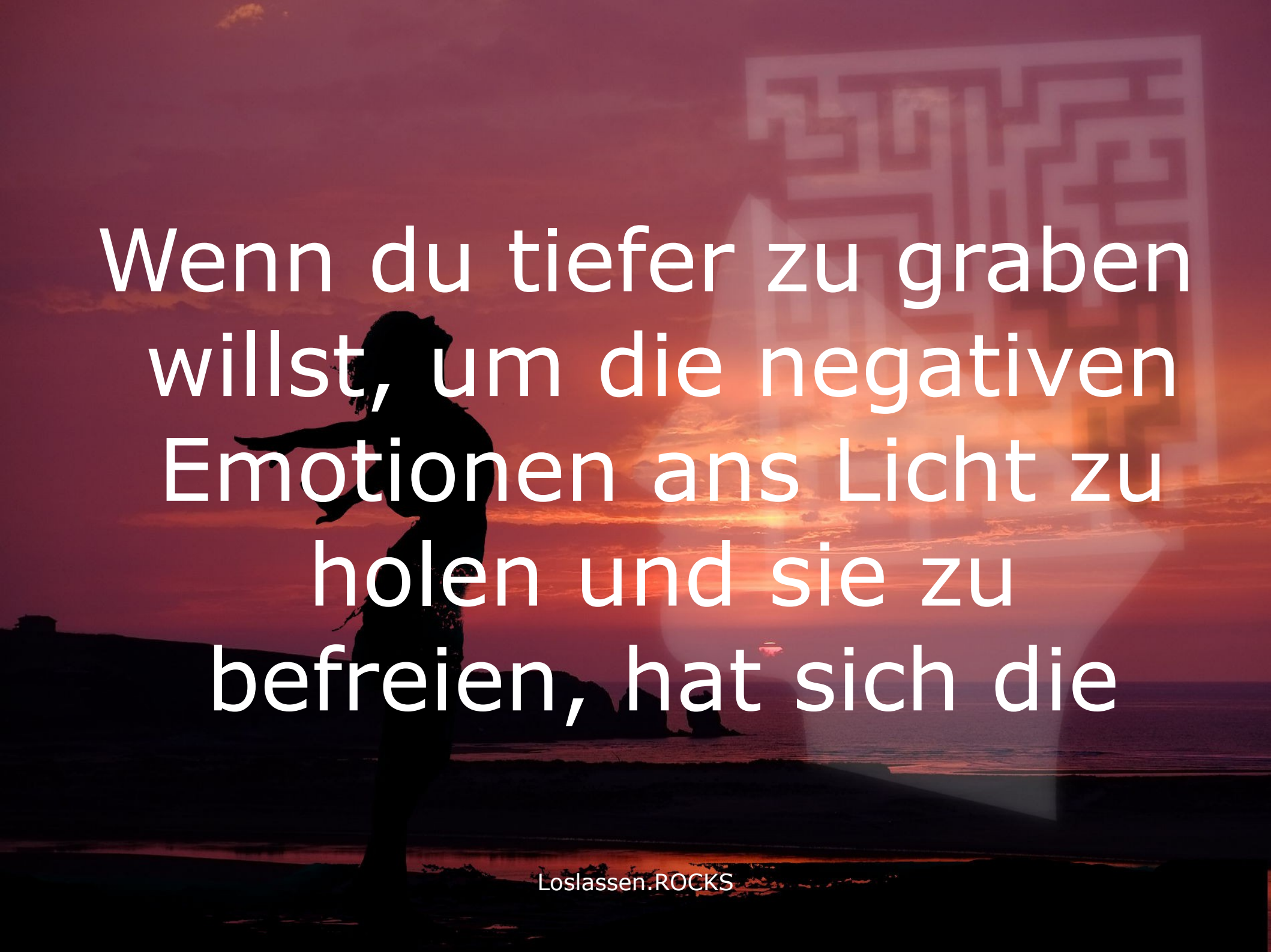
In solchen
akuten Fällen ist
diese Atemmeditation....

The background of the image is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sun is low on the horizon, creating a warm orange and red glow. In the distance, there are some rocky formations in the water. A large, semi-transparent Greek key (meander) pattern is overlaid on the right side of the image, partially covering the sunset and the person's silhouette.

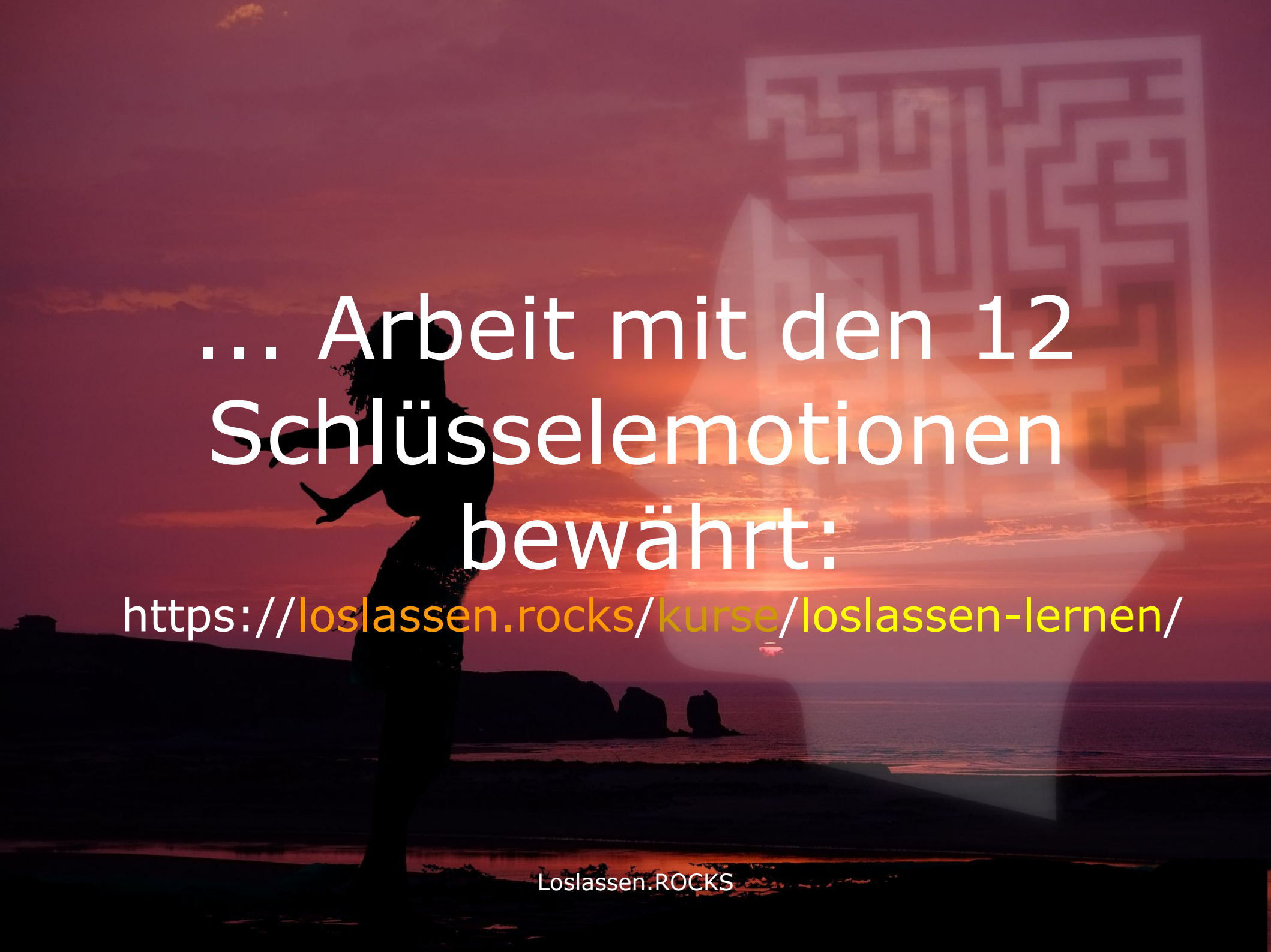
Ganz besonders gut:

<https://loslassen.rocks/die-kunst-des-loslassens-ebook/>

Loslassen.ROCKS

The background of the image is a sunset over a body of water. A person is silhouetted against the bright orange and red sky, standing on a dark beach and pointing their arm towards the horizon. A large, semi-transparent geometric pattern, resembling a Greek key or meander design, is overlaid on the right side of the image. The text is written in a clean, white, sans-serif font, centered horizontally and spanning across the middle of the image.

Wenn du tiefer zu graben
willst, um die negativen
Emotionen ans Licht zu
holen und sie zu
befreien, hat sich die

The background of the slide is a sunset scene over the ocean. In the foreground, the silhouette of a person stands on a beach, looking out at the water. A large, semi-transparent maze is overlaid on the right side of the image. The text is centered in the upper half of the image.

... Arbeit mit den 12
Schlüsselemotionen
bewährt:

<https://loslassen.rocks/kurse/loslassen-lernen/>

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent Greek key pattern is overlaid on the right side of the image.

Damit gibst du deinem
Unterbewusstsein die
Chance, ...



... die Ursache dieser
Emotionen aus dem
Untergrund
hervorzuholen, ...



... zu beleuchten und
sie zu reinigen.

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark rocks in the water. A large, semi-transparent maze graphic is overlaid on the right side of the image. The text "Zu Transformieren." is written in white across the center.

Zu Transformieren.

Loslassen.ROCKS

A silhouette of a person stands on a beach, looking out at the ocean during a vibrant sunset. The sky is a mix of orange, red, and purple. In the background, there are dark rocks in the water. A large, semi-transparent maze graphic is overlaid on the right side of the image. The word 'Aufzulösen.' is written in white across the center.

Aufzulösen.

Loslassen.ROCKS

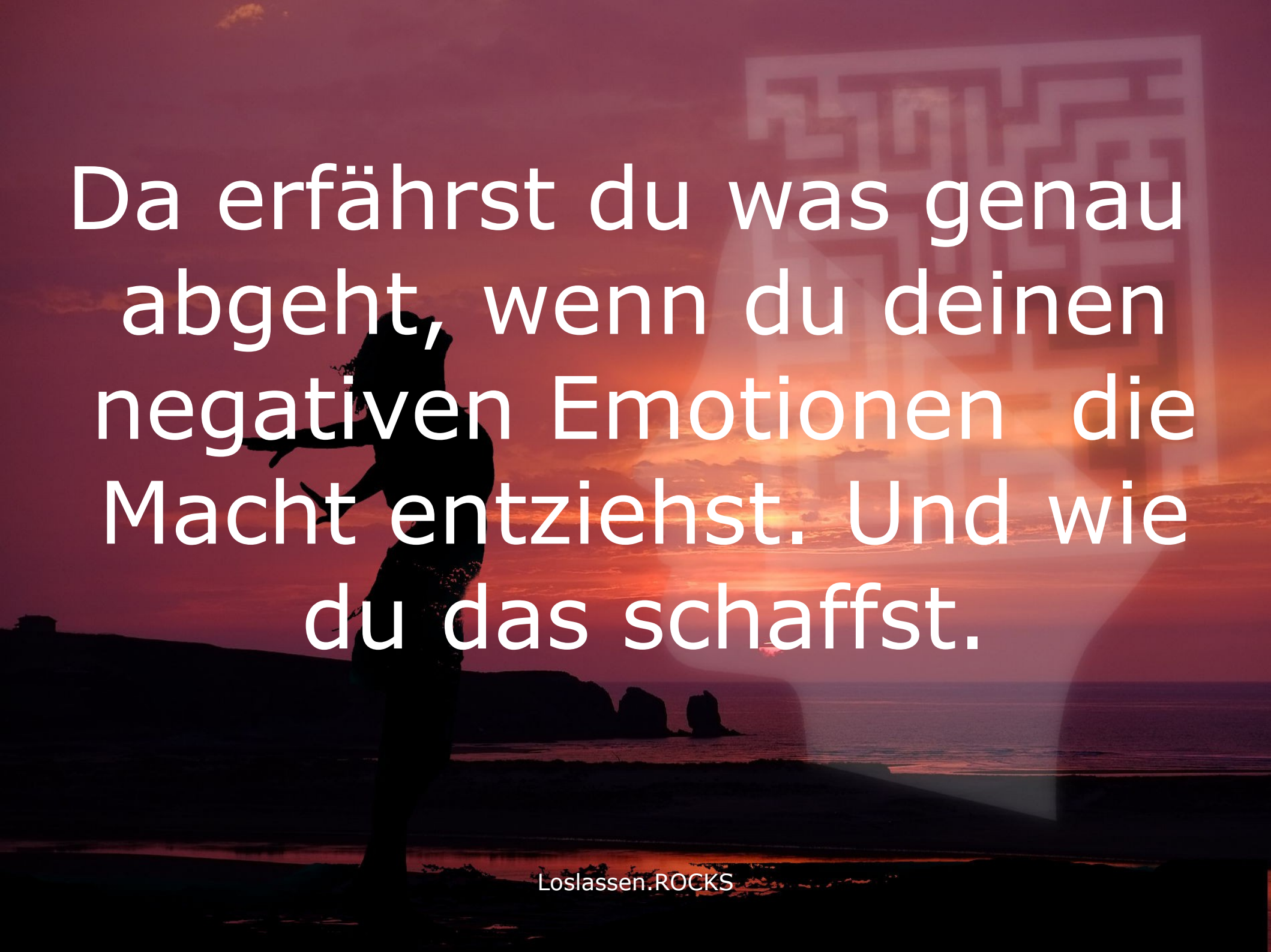
The background of the image is a sunset over a beach. A person's silhouette is visible on the left, standing on the sand. In the distance, there are rocks in the water. A large, faint, white maze is overlaid on the right side of the image. The text is centered in white.

Stressbewältigung: Innere-Unruhe loslassen (kostenloser Video-Kurs)

<https://loslassen.rocks/kurse/stressbewaeltigung-innere-unruhe-loslassen/>

The background of the image is a sunset over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks in the water. A large, semi-transparent maze is overlaid on the right side of the image, partially obscuring the sunset. The text "Im nächsten Beitrag geht es weiter:" is written in white, sans-serif font across the middle of the image.

Im nächsten Beitrag geht
es weiter:

The background of the image is a sunset scene over a beach. A person is silhouetted in the foreground, standing on the sand and looking out at the ocean. The sky is a mix of orange, red, and purple. In the distance, there are some rocks or small islands in the water. A large, semi-transparent geometric pattern, resembling a Greek key or meander, is overlaid on the right side of the image.

Da erfährst du was genau
abgeht, wenn du deinen
negativen Emotionen die
Macht entziehst. Und wie
du das schaffst.

The background of the slide is a sunset scene over the ocean. A person is silhouetted in the foreground, standing on a beach and looking out at the sea. The sky is a mix of orange, red, and purple. In the background, there are some rocks in the water. A large, faint, white maze graphic is overlaid on the right side of the image.

Dort bekommst du auch
die Infografik mit allen
9 Schritten dieses
Prozesses

The background of the image is a sunset or sunrise scene with a person's silhouette in the foreground. The person has their arms outstretched towards the horizon. A large, semi-transparent geometric pattern, resembling a complex maze or a stylized 'X' with internal lines, is overlaid on the right side of the image. The sky is a mix of orange, red, and purple hues.

<http://loslassen.ROCKS>

Loslassen.ROCKS