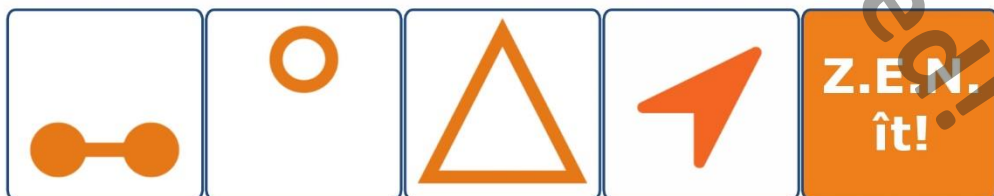




Gottfried Eckert The Z.E.N.îť Method

**2 ... 1 ... 0. Smart meditation! In other words:
How to rediscover the silence within you.**



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The Z.E.N.ît Method

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The great path
is very simple,
yet people enjoy
taking detours.
Lao Zi

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Preface

A warm welcome to you. It is great that you are here. And it is great that you are lovingly turning your attention to the most important person in your life ;-) Thank you very much for allowing me to accompany you on your path. Thank you for your interest, your openness, your attention and your trust. Moreover, thank you for your will and your willingness to take complete responsibility for your health and personal well-being here and now. And thank you for your self-empowerment...

Fancy a little break from everyday life? Want to enjoy more inner peace, serenity, inspiration, focus, energy, and zest for life?

No problem ... Just practice the Z.E.N.î Method!

This simple, low-threshold, everyday and at the same time highly effective method with a Pareto effect (20% effort - 80% profit) will empower you to rediscover the silence within you. By means of a meditative countdown: 2 ... 1 ... 0. Are you ready?

Great, then I wish you maximum success with the Z.E.N.î method. All the best, good luck and blessings to you.

With lots of love

Gottfried Eckert :-)







1 The Z.E.N.îť Method







2 Special: Meditation in motion





3
Add-on:
Calm your mind





4

Bonus: Nutrition





5

**Spoiler:
The epigenetic
L.I.F.E. Temple**

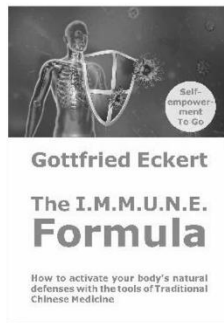
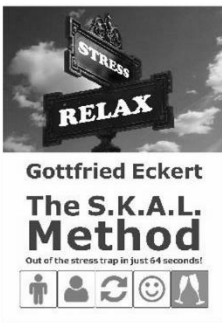




6 Appendix

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Gottfried Eckert (born 1966) is an expert in health promotion and management. He heads the Institut für berufliche Bildung, Gesundheit und Soziales and is the owner of 3TRUST e.K.

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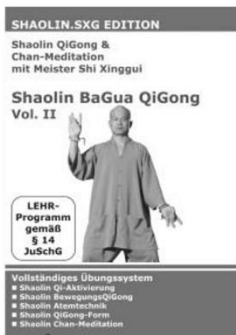


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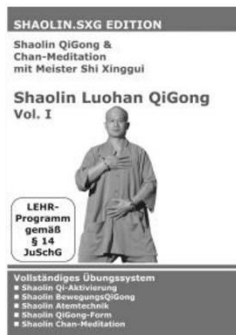
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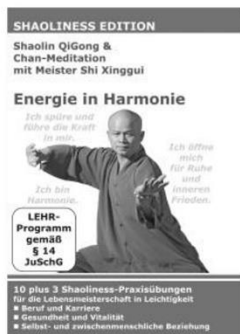
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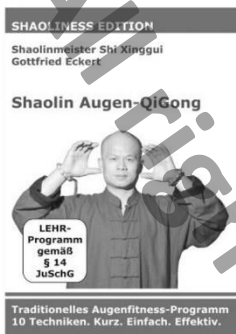
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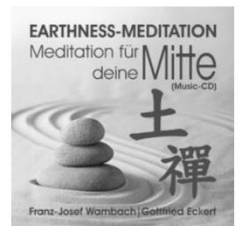
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