



Gottfried Eckert

The little

N.E.U.R.O.

Apothecary

Practical impulses for deeper body awareness, grounded presence, inner stability, and agency - for a vital life, and the inevitable rest that comes with being human



The little N.E.U.R.O. Apothecary

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"Every morning we are
born again.
What we do today
is what matters most."
Buddha Shakyamuni

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Note on the English Edition

This English edition is a faithful 1:1 translation of the original German ebook.

An exception applies to the structural acronyms ("apronyms") used throughout this ebook. Because these frameworks are based on meaningful letter sequences in German, a strictly literal translation would not have preserved their internal logic and coherence. For this reason, the acronyms have been carefully adapted in a meaning-preserving manner. The original sequence and conceptual structure have been retained wherever possible, while the wording of individual terms has been carefully adjusted to ensure clarity, linguistic accuracy, and conceptual consistency in English. The underlying models and their theoretical architecture remain unchanged.



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 so much for allowing me to accompany you on your journey. Thank you for your interest, your openness, your attention and your confidence.

The little N.E.U.R.O. Apothecary comprises a total of five smart and practical neuro-inspired formats for deeper body awareness, grounded presence, inner stability, and agency.

It is aimed at people who want to better understand their nervous system and learn to deal more consciously with stress, tension, and oppressive feelings.

It is an invitation to self-encounter - for anyone who is curious about life, and who wants to discover how much influence lies in small, conscious moments.

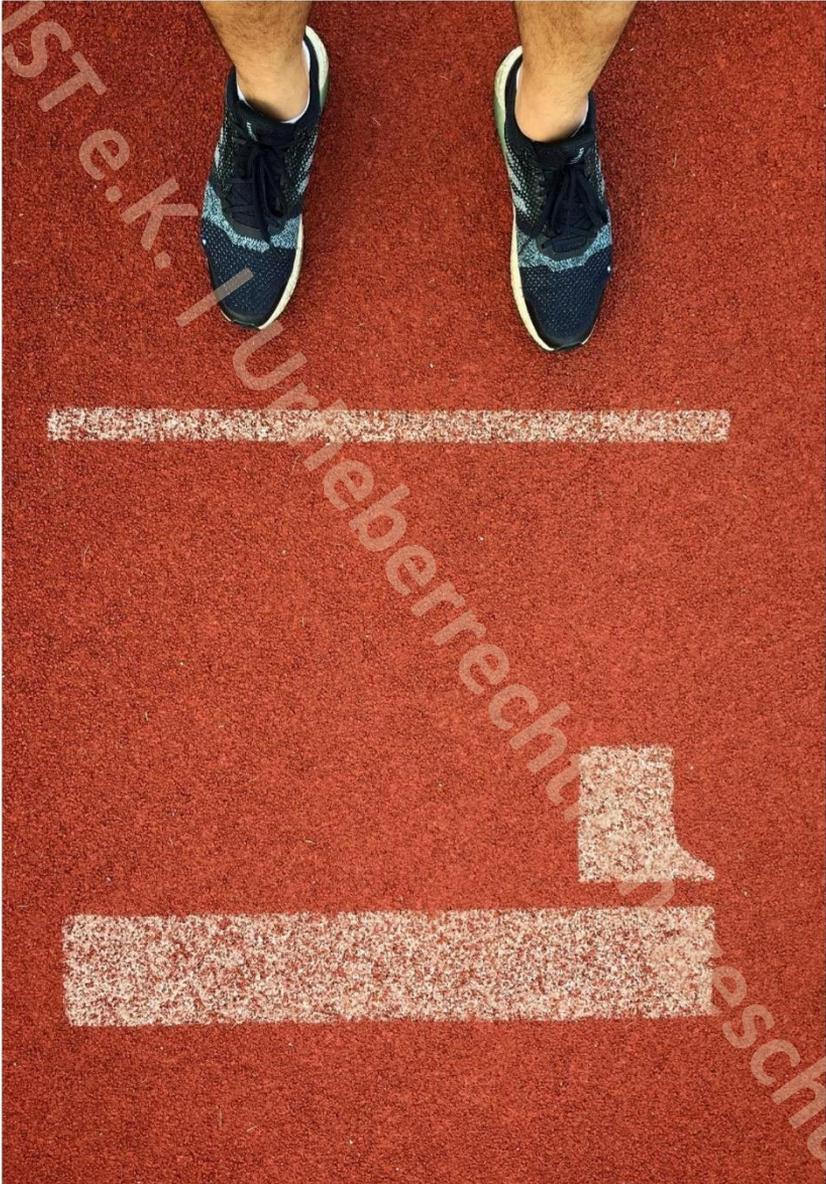
I wish you lots of inspiration and joy with the little N.E.U.R.O. Apothecary. All my love, good luck and blessings to you.

Sincerely

Gottfried Eckert :-)



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I Introduction

The little N.E.U.R.O. Apothecary

The little N.E.U.R.O. Apothecary comprises a total of 5 smart and everyday neuro-inspired formats that can help people become more aware of their nervous system and better cope with stress, inner turmoil, and stressful feelings in everyday life. The focus is not on symptoms or deficits, but on fundamental human skills.

All formats are generally easy to learn. They rely on small, targeted impulses and warmly invite you to get back in touch with your own body, to grasp inner states, and to interrupt automatic patterns and reactions. They open up spaces for deeper body and self-awareness, presence, grounding, control, clarity, predictability, safety, inner stability, self-control, and agency.





STOP!

Stop abruptly. NOW!

And then observe.

Are you aware of the "GAP" between
your thoughts right now?

Did you perceive the silent center
within you?

Are you aware of the NOTHINGNESS?

You can use this effective, traditional (non-)technique again at any time. To do so, interrupt your current activity. And do so abruptly. Then observe (memo: everything that is there is allowed to be there).

止观



The little N.E.U.R.O. Apothecary

Mission	Neuro-inspired meta model
Goals	Body and self-awareness, presence, grounding, clarity, predictability, control, safety, inner stability, agency, management of inner signals, self-regulation ...
Features	<ul style="list-style-type: none">▪ systematic▪ traditional and modern▪ low threshold▪ express▪ resource-saving▪ practice-oriented▪ suitable for everyday use
Contents	Compilation for self-application: <ul style="list-style-type: none">▪ B Set-up▪ C Neural network orientation/Agency▪ D Embodied grounding (linguistic)▪ E Uncoupling automatic patterns▪ F Regulating body, mind, and system▪ G Order and safety (nervous system)
Application	<ul style="list-style-type: none">▪ User group: basically @all (professional/private). <u>Caution</u>: pregnancy, certain age groups, certain illnesses or health restrictions, special cases, etc.▪ Duration of use: individual
	Practical guidelines: <ul style="list-style-type: none">▪ General information▪ Tips for practical use



The name says it all ...

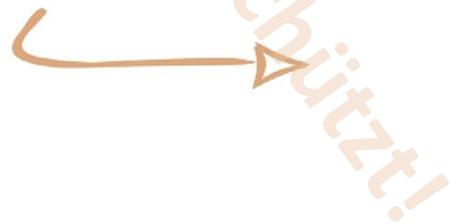
N	Neural network orientation and new agency [The N.E.U.R.O. Iconic Routine]	APOTHECARY
E	Embodied grounding by linguistic means [The S.T.A.B.I.L.I.T.Y. Protocol]	
U	Uncoupling automatic patterns [The R.E.S.C.U.E. Method]	
R	Regulating body, mind and system [The R.E.P.O.S.E. Formula]	
O	Order and safety in the nervous system [The S.A.F.E.T.Y. Blueprint]	

Must-dos ...

21/90 rule: Practice the respective formats for at least 21 days to implement it as a new habit in your life and at least 90 days to turn the habit into a lifestyle.

Programming: Whenever ... (trigger), I practice ... and cultivate self-awareness, presence, inner stability, and agency. HERE and NOW!

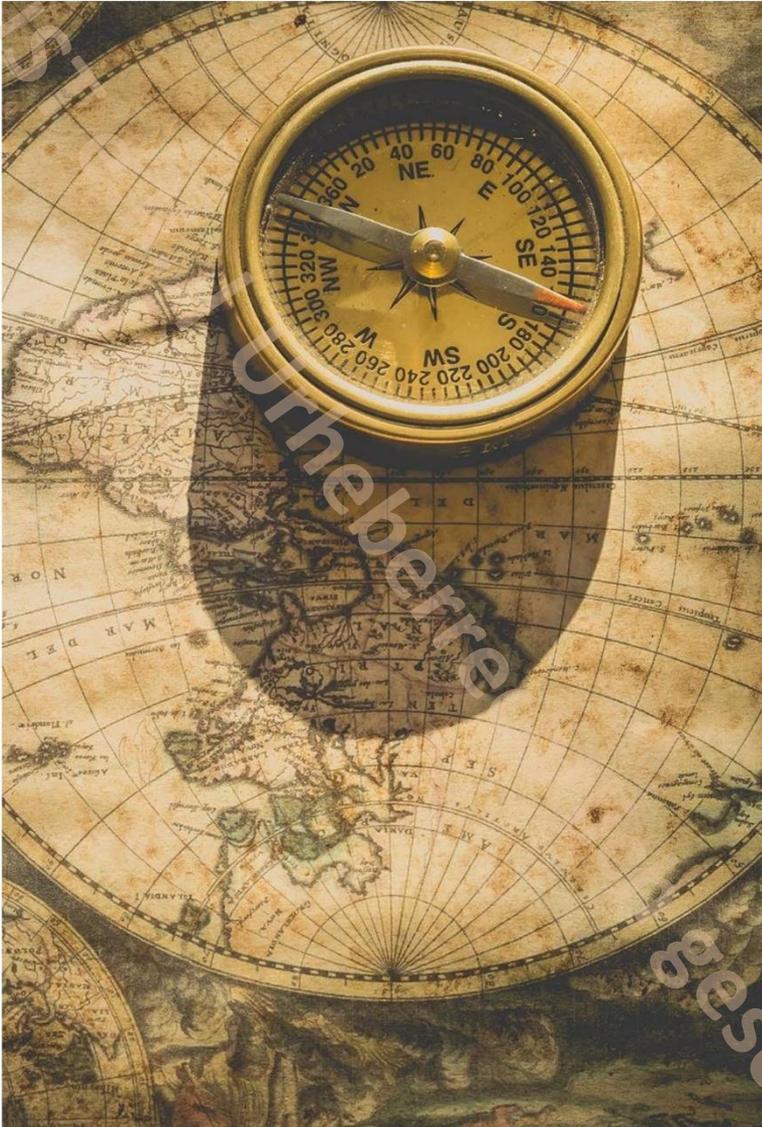
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H E A L T H
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 by Gottfried Eckert







II
The little
N.E.U.R.O. Apothecary





A Practical guidelines

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B **Set-Up**





C Neural network orientation and new agency

🔧 The N.E.U.R.O. Iconic Routine

Important health advice:

In case of illness, health problems, injuries, joint swelling, inflammation, fractures, physical limitations, discomfort or similar, acute or chronic pain, and after surgery, after implantation of artificial joints, and during pregnancy, it is generally recommended to seek medical or therapeutic advice and clarify possible risks before starting the program. If necessary, please remove your glasses or hearing aids temporarily (when performing the relevant techniques), as long as it is possible without risk. For hygienic reasons and to avoid infection, hands should be washed thoroughly and, if necessary, disinfected before starting the program. The format presented here does not in any way replace medical or therapeutic diagnosis, treatment, or medication, if these are indicated.





D Embodied grounding by linguistic means

🔧 The S.T.A.B.I.L.I.T.Y. Protocol

Important health advice:

In case of health problems, it is generally recommended to seek medical or therapeutic advice and clarify possible risks before taking any action. The format presented here does not in any way replace medical or therapeutic diagnosis, treatment, or medication, if these are indicated.





E

Uncoupling automatic patterns

🔧 The R.E.S.C.U.E. Method

Important health advice:

In case of illness, health problems, injuries, inflammation, physical limitations, discomfort or similar, acute or chronic pain, and after surgery, it is generally recommended to seek medical or therapeutic advice and clarify possible risks before taking any action. Never during pregnancy! For hygienic reasons and to avoid infection, hands should be washed thoroughly and, if necessary, disinfected before performing the technique. The format presented here does not in any way replace medical or therapeutic diagnosis, treatment, or medication, if these are indicated.



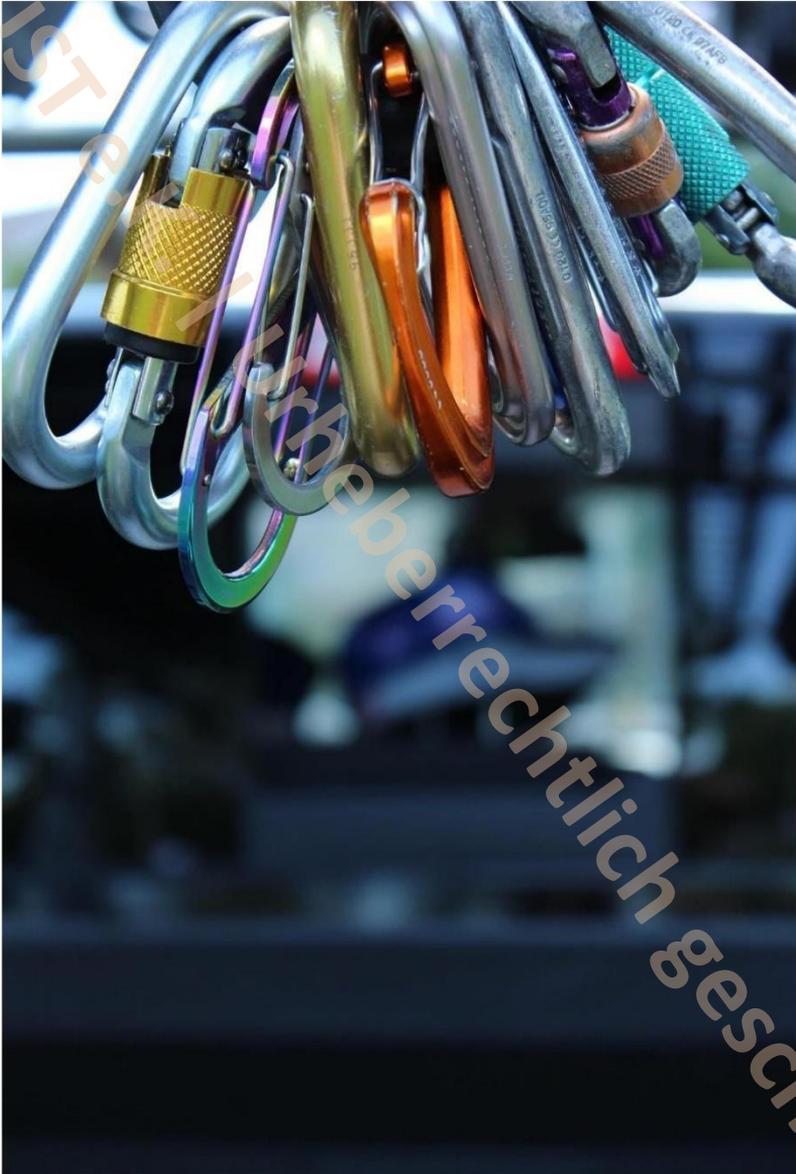


F Regulating body, mind and system

🔧 The R.E.P.O.S.E. Formula

Important health advice:

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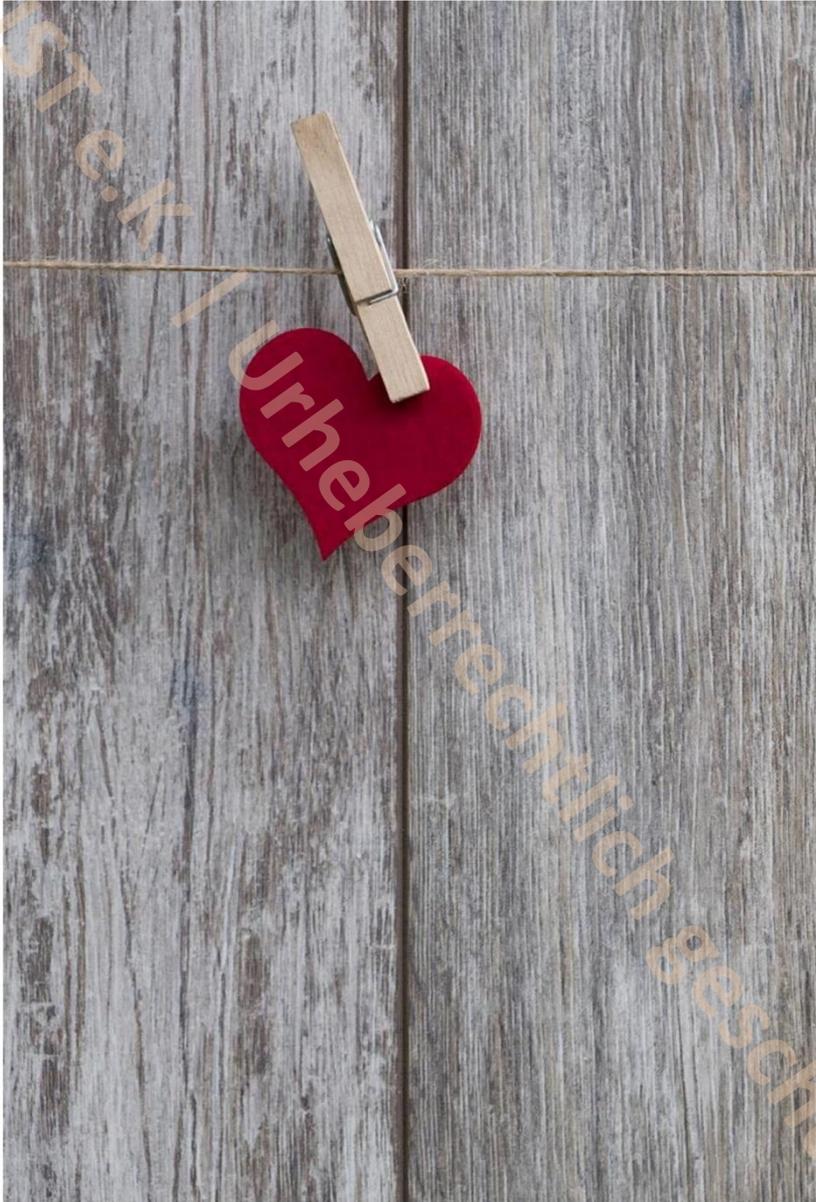


G Order and safety in the nervous system

🔧 The S.A.F.E.T.Y. Blueprint

Important health advice:

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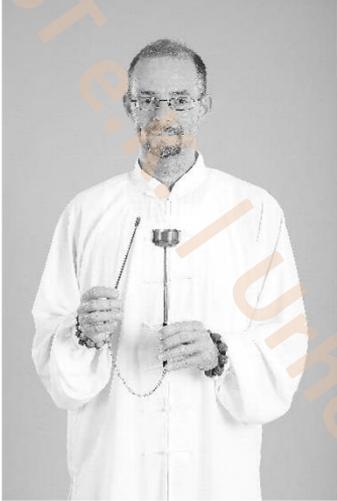
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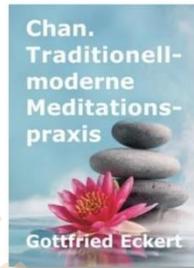
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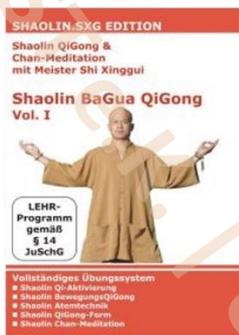
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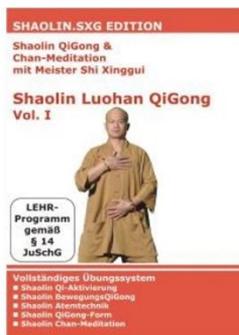
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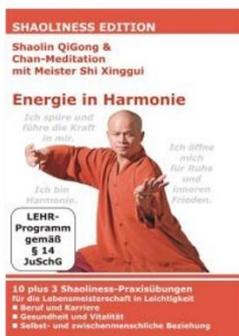
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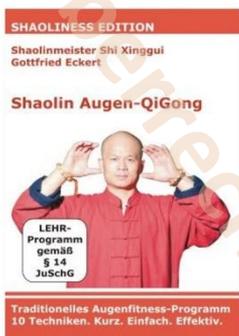
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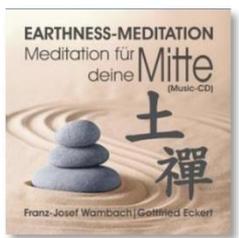
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but of playing a poor hand well."**

Robert Louis Stevenson