

The image features a silhouette of a woman standing on a beach, breaking chains that were attached to her wrists. The chains are shown as broken links, with some pieces floating in the air. The background is a vibrant sunset over the ocean, with the sun low on the horizon. The overall mood is one of liberation and freedom.

# Loslassen Lernen #2: Wie du Entscheidungen mit Leichtigkeit triffst

A silhouette of a person stands on a beach at sunset, looking out at the ocean. The scene is overlaid with a large, semi-transparent image of a person's hands raised, with chains attached to the wrists, symbolizing release or freedom. The background is a warm, orange and red sunset sky over the sea.

Wenn wir lernen die Dinge loszulassen,  
dann befreit das unseren Geist.

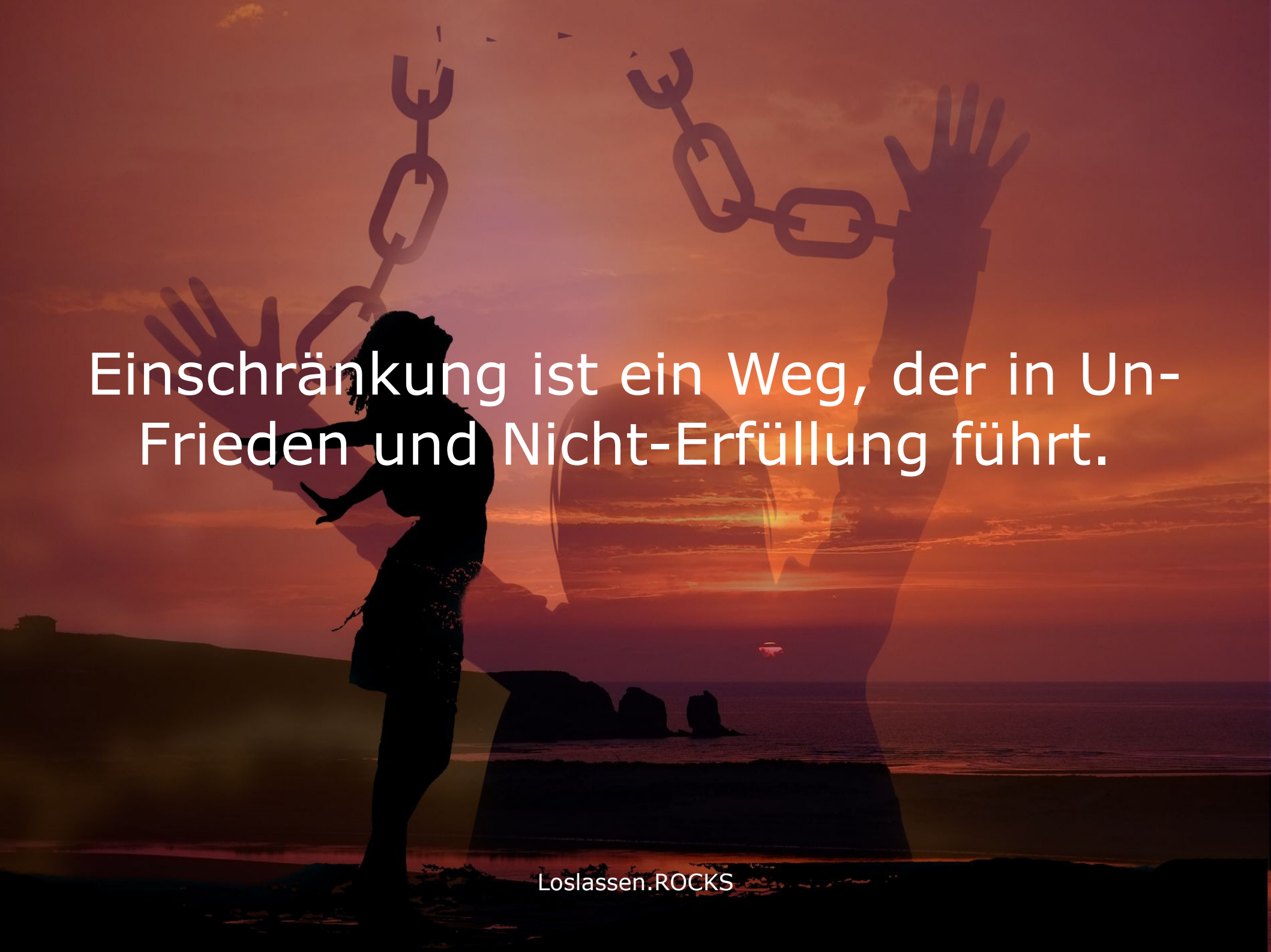
A silhouette of a person stands on a rocky shore at sunset. Their wrists are bound with heavy metal chains. The chains are broken, with one link floating in the air above the person's head. The background is a vibrant sunset over the ocean, with the sun low on the horizon. The overall mood is one of liberation and freedom.

Einschränken ist kein guter Weg,  
Loslassen schon.

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The image features a sunset background with a woman's silhouette on the left and a hand's silhouette on the right. Both are wearing chains. The woman's chain is broken, while the hand's chain is intact. The text is centered in white.

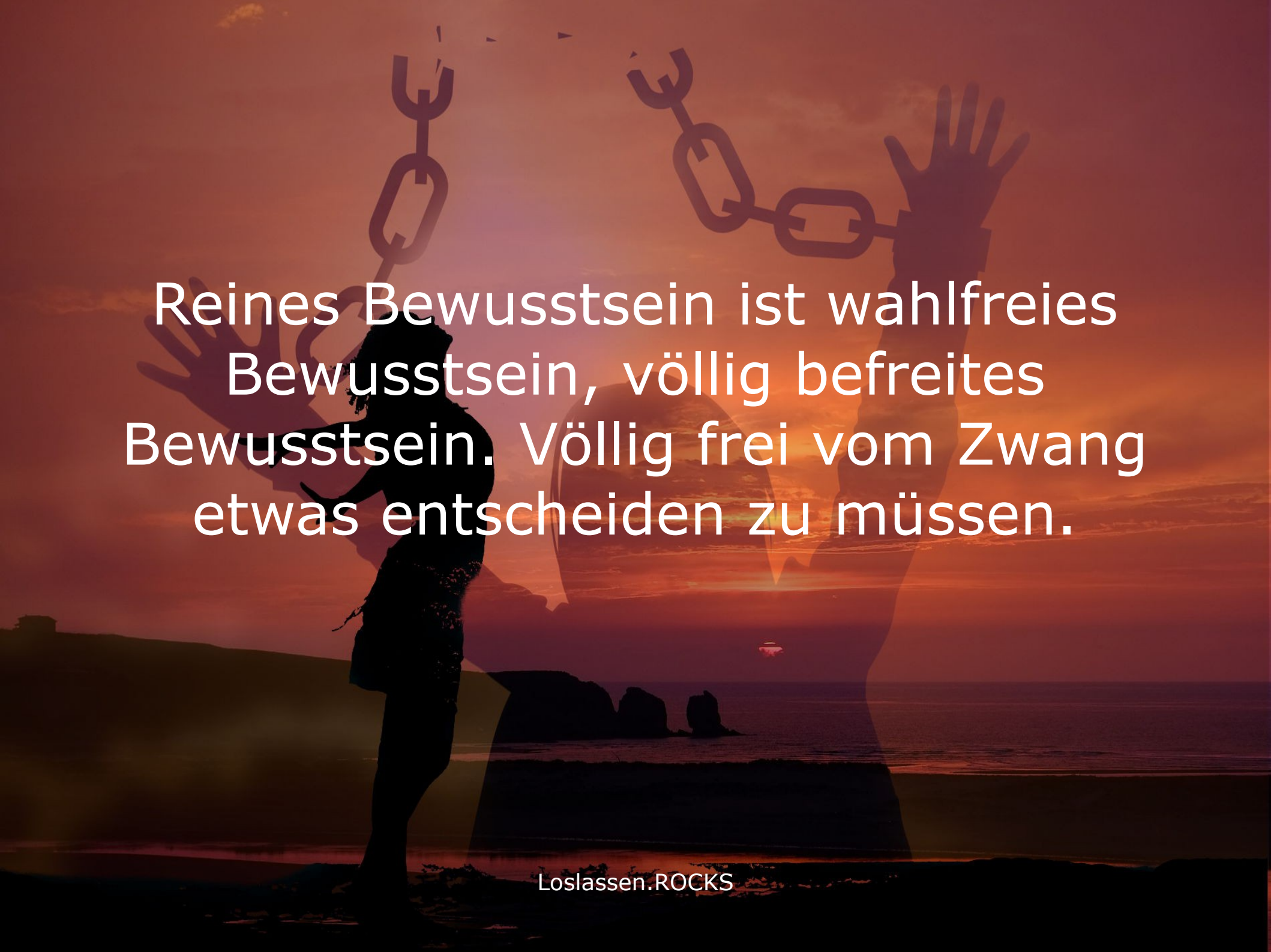
Loslassen lernen ist was anderes als  
sich einzuschränken

A woman's silhouette stands on a beach at sunset, with large, semi-transparent chains and hands overlaid on the scene. The chains are broken, and the hands are raised, symbolizing freedom and liberation. The background is a warm, orange sunset over the ocean.

Einschränkung ist ein Weg, der in Un-  
Frieden und Nicht-Erfüllung führt.

A woman in silhouette stands on a rocky shore, breaking chains that were attached to her wrists. The chains are broken into pieces, and she is reaching out with her hands. The background is a sunset over the ocean, with a small boat visible on the water. The overall mood is one of liberation and freedom.

Um in die Freiheit zu gelangen,  
benötigen wir den Zustand reinen  
Bewusstseins.



Reines Bewusstsein ist wahlfreies  
Bewusstsein, völlig befreites  
Bewusstsein. Völlig frei vom Zwang  
etwas entscheiden zu müssen.

The image features a silhouette of a woman standing on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, red, and purple. Overlaid on the scene are two large, semi-transparent silhouettes of hands holding chains. One hand is on the left, holding a chain that extends upwards. The other hand is on the right, holding a chain that extends upwards and then to the left. The chains are made of large, dark links. The overall mood is contemplative and symbolic.

Mit jeder Entscheidung lassen wir  
einen Teil unserer Wirklichkeit zurück

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Wer entscheidet da?

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The image features a sunset background with a woman's silhouette on the left and a hand's silhouette on the right. Both are wearing chains. The woman's chain is broken, while the hand's chain is intact. The text 'Erfahrung führt zum Ent-WICKELN' is centered in white.

Erfahrung führt zum Ent-WICKELN

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A woman's silhouette stands on a beach at sunset, her arms raised. Overlaid on the scene are two chains, each attached to a hand, symbolizing release or freedom. The background shows a sunset over the ocean with a small boat on the water.

Der Wert einer Erfahrung liegt im Grad  
der Verbundenheit.

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The image features a silhouette of a person standing on a beach at sunset. The person is facing right, with their arms slightly out. Overlaid on the scene are two large, semi-transparent hands, one on the left and one on the right, both with fingers spread. Each hand is attached to a chain of three links. The background is a vibrant sunset over the ocean, with the sun low on the horizon. The overall color palette is warm, dominated by oranges, reds, and purples.

Verbundenheit lässt die Lebenskraft  
fliessen

Loslassen.ROCKS

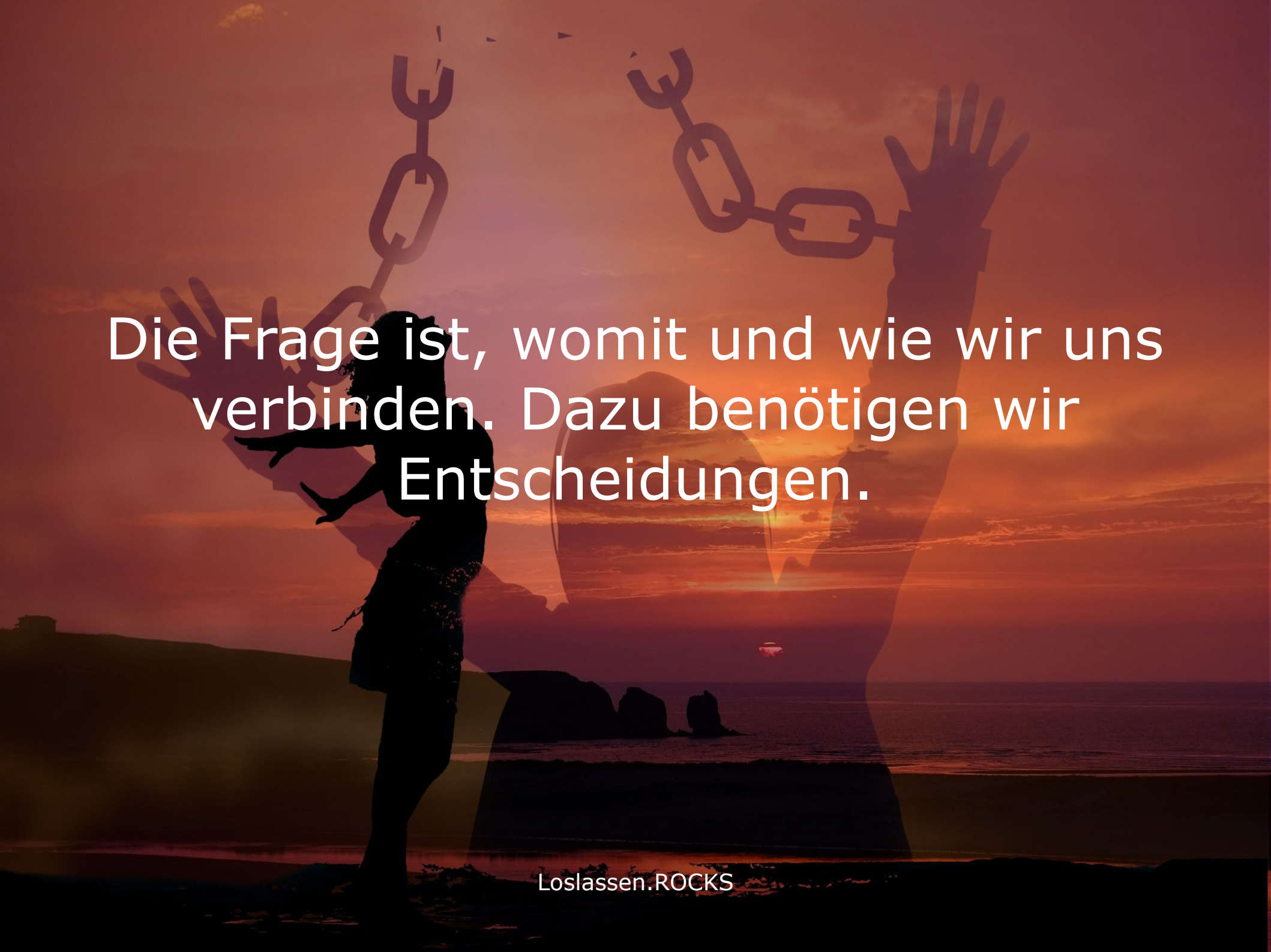
The image features a sunset background with a person's silhouette in the foreground. Two large, semi-transparent silhouettes of hands are positioned as if holding a chain. The chain consists of several interlocking links, with one link appearing to be broken or being held together by the hands. The overall mood is contemplative and symbolic.

Verbundenheit entsteht, indem man  
den Kreis schließt



Geben und Nehmen sind wichtig.

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The image features a sunset background with a person's silhouette on the left and a large hand silhouette on the right. The hand is holding a chain that extends upwards and to the left, ending in another hand silhouette. The text is overlaid in the center.

Die Frage ist, womit und wie wir uns  
verbinden. Dazu benötigen wir  
Entscheidungen.

A silhouette of a person stands on a rocky shore at sunset, breaking chains that were attached to their wrists. The chains are broken into pieces, and the person's hands are raised in a gesture of freedom. The background is a vibrant sunset over the ocean with a small boat visible on the horizon.

Entscheidungen sind Signale für eine  
bestimmte Richtung





Jedes Selbstbild ist eine  
Stolperschwelle. Es reduziert die  
Wirklichkeit auf vergangene Aspekte.

A woman's silhouette stands on a beach at sunset. The scene is overlaid with a large, semi-transparent graphic of a hand holding a chain, which is broken at the top. The background shows a sunset over the ocean with a few rocks in the distance.

Das Jetzt wird nicht erlebt.

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# Einige Faktoren sind wichtiger als Risikoanalysen



# Einige Faktoren sind wichtiger als Risikoanalysen

A silhouette of a woman stands on a rocky shore, her wrists bound by heavy chains. She is positioned in the foreground, looking out towards the ocean. The background is a vibrant sunset with a bright sun low on the horizon, casting a warm orange and red glow across the sky and water. The overall mood is contemplative and evocative of liberation or choice.

Frage dich bei jeder anstehenden  
Entscheidung ...

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The image features a sunset background with a silhouette of a person on the left. Overlaid on the scene are two large, semi-transparent silhouettes of hands. Each hand is attached to a chain of three links. The chains are positioned as if they are being held or broken. The overall mood is contemplative and suggests themes of freedom, connection, and letting go.

Verbinde ich mich mit den richtigen  
Menschen?

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Bietet mir die Entscheidung einen Weg  
um Raum für Kreativität und  
Inspiration zu erobern?



Hat mein Ziel die richtige Qualität?  
Ist es moralisch korrekt.  
Werde ich daran wachsen?



The image features a sunset background with a person's silhouette on the left. Overlaid on the scene are two large, semi-transparent silhouettes of hands. Each hand is holding a chain, and the chains are shown breaking apart, with links flying away. The overall mood is one of liberation and freedom.

Wenn du im Einklang mit der  
unendlichen Intelligenz handelst, sind  
deine Erfolgschancen besser.

The image features a silhouette of a person standing on a beach at sunset. The person's arms are raised, and they are wearing a chain around their right wrist. The chain is broken, with one link missing and the other end hanging in the air. The background is a vibrant sunset over the ocean, with the sun low on the horizon. The overall mood is one of liberation and hope.

Zweifel bedeutet noch keine feste  
Absicht zu haben

A silhouette of a woman stands on a beach at sunset, her wrists bound by heavy metal chains. The chains are broken, with links floating in the air around her. The background is a vibrant sunset over the ocean, with the sun low on the horizon. The overall mood is one of liberation and hope.

Sobald eine feste Absicht besteht, wird diese vom Universum gefördert.



Eine falsche Entscheidung wird vom  
Universum korrigiert. Und es geht  
trotzdem weiter.



Eine nicht erfolgte Entscheidung, also  
die Situation des verzagten Zweifelns,  
führt in den Stillstand.

The image features a silhouette of a woman standing on a beach, looking out at the ocean during a sunset. The sky is a mix of orange, red, and purple. Overlaid on the scene are two large, semi-transparent silhouettes of hands reaching upwards, each holding a chain. The chains are also semi-transparent and appear to be breaking or falling apart. The overall mood is one of liberation and hope.

Egal was passiert, es ist immer eine  
Chance für Wachstum.

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A silhouette of a person stands on a rocky shore at sunset. The person's arms are raised, and a large, semi-transparent graphic of a hand holding a chain is overlaid on the image. The background shows a sunset over the ocean with a few rocks in the distance.

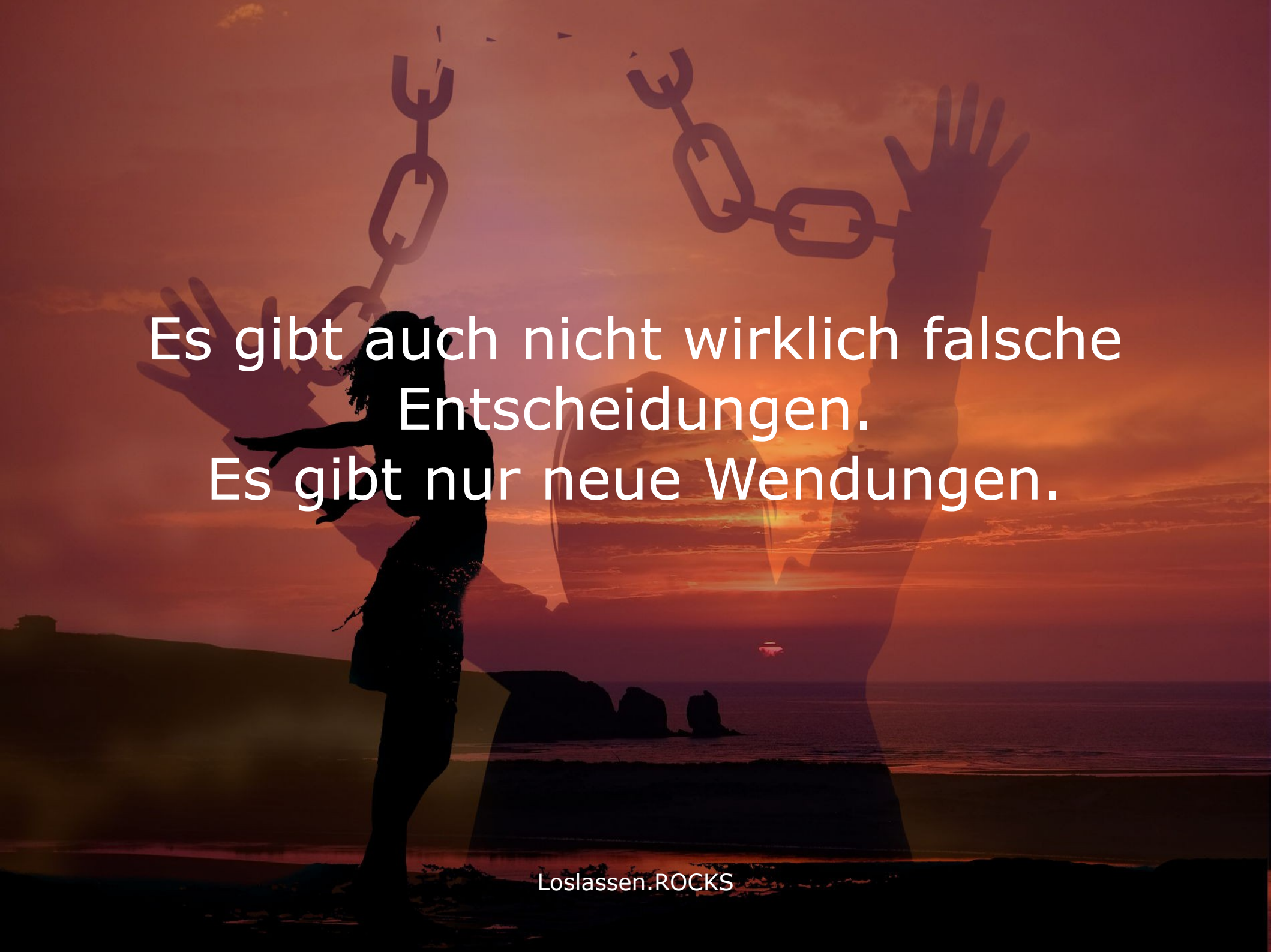
Der richtige Weg ist immer der,  
welcher zu einer Erweiterung des  
Bewusstseins führt.

The image features a sunset background with a woman's silhouette on the left and a hand with chains on the right. The woman is in a dynamic pose, and the hand is raised with a chain attached to its wrist. The chains are broken, symbolizing freedom and growth. The text 'Jede Bewegung führt zu Wachstum' is centered over the image.

Jede Bewegung führt zu Wachstum

Loslassen.ROCKS



The image features a sunset background with a person's silhouette on the left and two hands on the right, each breaking a chain. The chains are broken at the top, with links falling away. The text is centered in white.

Es gibt auch nicht wirklich falsche  
Entscheidungen.  
Es gibt nur neue Wendungen.

A silhouette of a person standing on a beach, with their wrists bound by chains. The person's arms are raised, and the chains are also raised, suggesting a struggle or a desire for freedom. The background is a sunset over the ocean, with a large, glowing sun partially obscured by clouds. The overall mood is one of liberation and hope.

Alle Korrekturen finden  
vollautomatisch statt.

Loslassen.ROCKS

The image features a sunset background with a warm orange and red color palette. In the foreground, there are silhouettes of two hands, one on the left and one on the right, both reaching upwards. Each hand is attached to a chain that is broken at the top, with the links floating away. The central text is overlaid on this scene.

Letztendlich finden wir nur Stellen, an denen wir noch etwas zu lernen haben.

The image features a sunset background with a woman and a man in silhouette. The woman is on the left, and the man is on the right. Both have their arms raised, and their wrists are bound with chains. The chains are broken, with links floating in the air, symbolizing freedom and liberation. The text "Es existieren keine falschen Entscheidungen." is overlaid in the center in white.

Es existieren keine falschen  
Entscheidungen.

Loslassen.ROCKS

The image features a sunset background with a person's silhouette on the left and two hands on the right, each breaking a chain. The chains are broken at the top, with the links falling away. The text is centered in white, bold font.

Wenn du dein Leben wirklich lebst,  
damit ist gemeint dass du wirksam  
bist, dann kannst du nur wachsen.

The image features a sunset background with a silhouette of a person in the foreground. Two large, semi-transparent hands are shown holding a globe. Chains are attached to the wrists of these hands, with some links broken, symbolizing freedom or breaking free from constraints. The overall mood is one of liberation and hope.

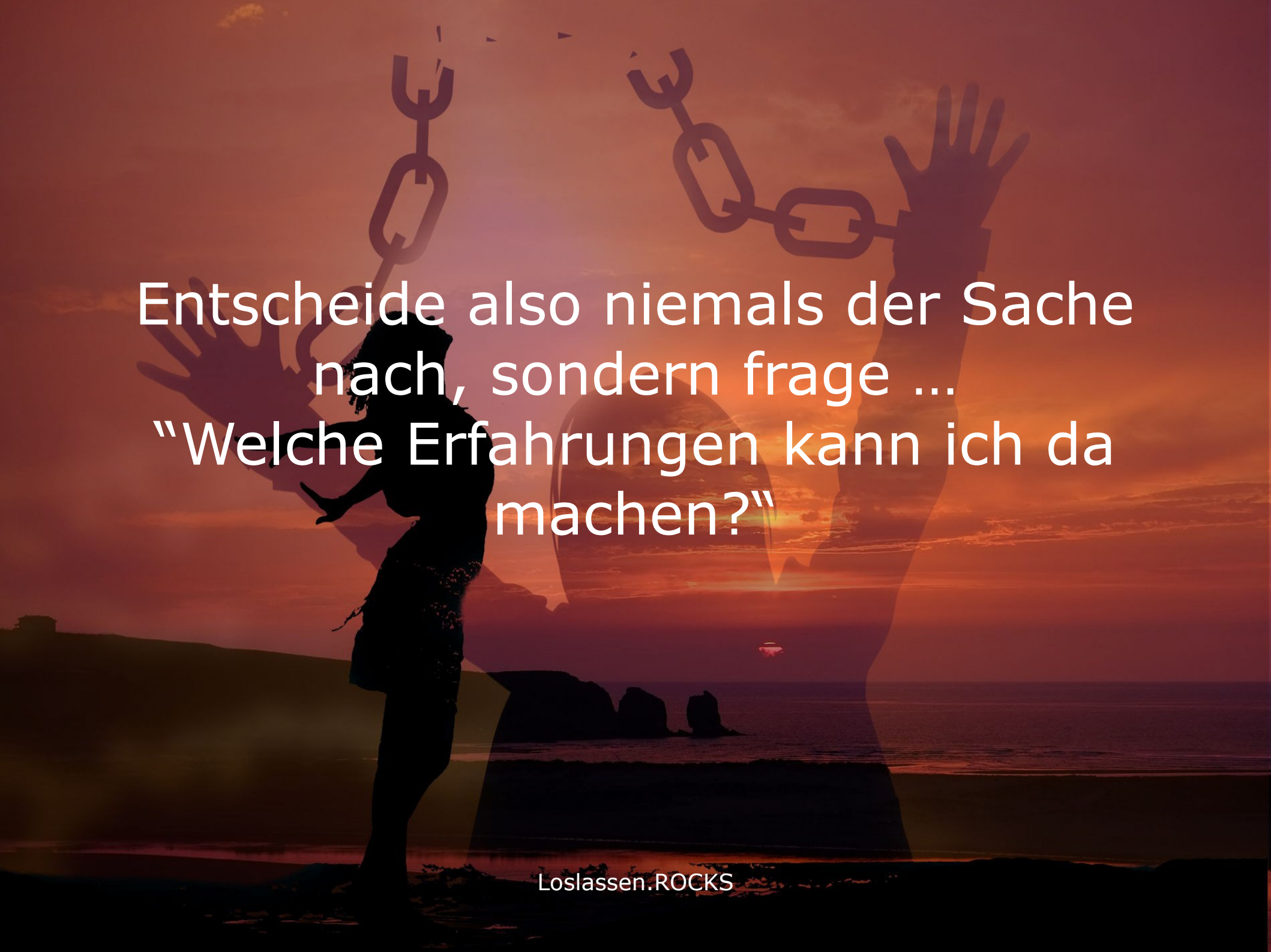
Wirksamkeit ist der "Samen der  
Wirklichkeit"

Loslassen.ROCKS

A silhouette of a person stands on a rocky shore at sunset, breaking chains from their wrists. The chains are broken into pieces, and the person's hands are raised in a gesture of freedom. The background is a vibrant sunset over the ocean with a small boat visible on the water.

Wachstum ist Lernen.

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The background features a sunset over a body of water with silhouettes of hands holding chains. The chains are broken, with some links floating in the air, symbolizing freedom or breaking free from constraints. The text is overlaid on this scene.

Entscheide also niemals der Sache nach, sondern frage ...  
"Welche Erfahrungen kann ich da machen?"



The image features a sunset background with a warm orange and red sky. In the foreground, there are silhouettes of two hands, one on the left and one on the right, both reaching upwards. Each hand is breaking through a chain of metal links. The chains are positioned above the hands, with the links appearing to snap or be broken. The overall scene conveys a sense of liberation and breaking free from constraints.

Verlieren ist nicht möglich!

Loslassen.ROCKS



Achte immer darauf, mit welcher  
Emotion Du etwas tust

A silhouette of a person stands on a rocky shore at sunset, breaking chains that were attached to their wrists. The chains are shown as broken links, symbolizing liberation. The background features a vibrant sunset over the ocean with a small boat visible on the water.

Das ist eine Frage der inneren  
Einstellung. Es liegt nur an dir.

Loslassen.ROCKS

The image features a sunset background with a woman's silhouette on the left and a large hand silhouette on the right. The hand is holding a chain that is broken at the top. The text is centered in white.

Gewöhne dir an alles in Freude zu tun,  
und dein Leben wird Freude sein.



Konzentriere dich darauf Freude zu haben, um Energie zu haben.

A silhouette of a woman stands on a beach at sunset, her wrists bound by heavy chains. The chains are broken, with links floating in the air around her. The background is a vibrant sunset over the ocean, with the sun low on the horizon. The overall mood is one of liberation and empowerment.

Bitte dein Unterbewusstsein dir dabei  
behilflich zu sein.

Loslassen.ROCKS

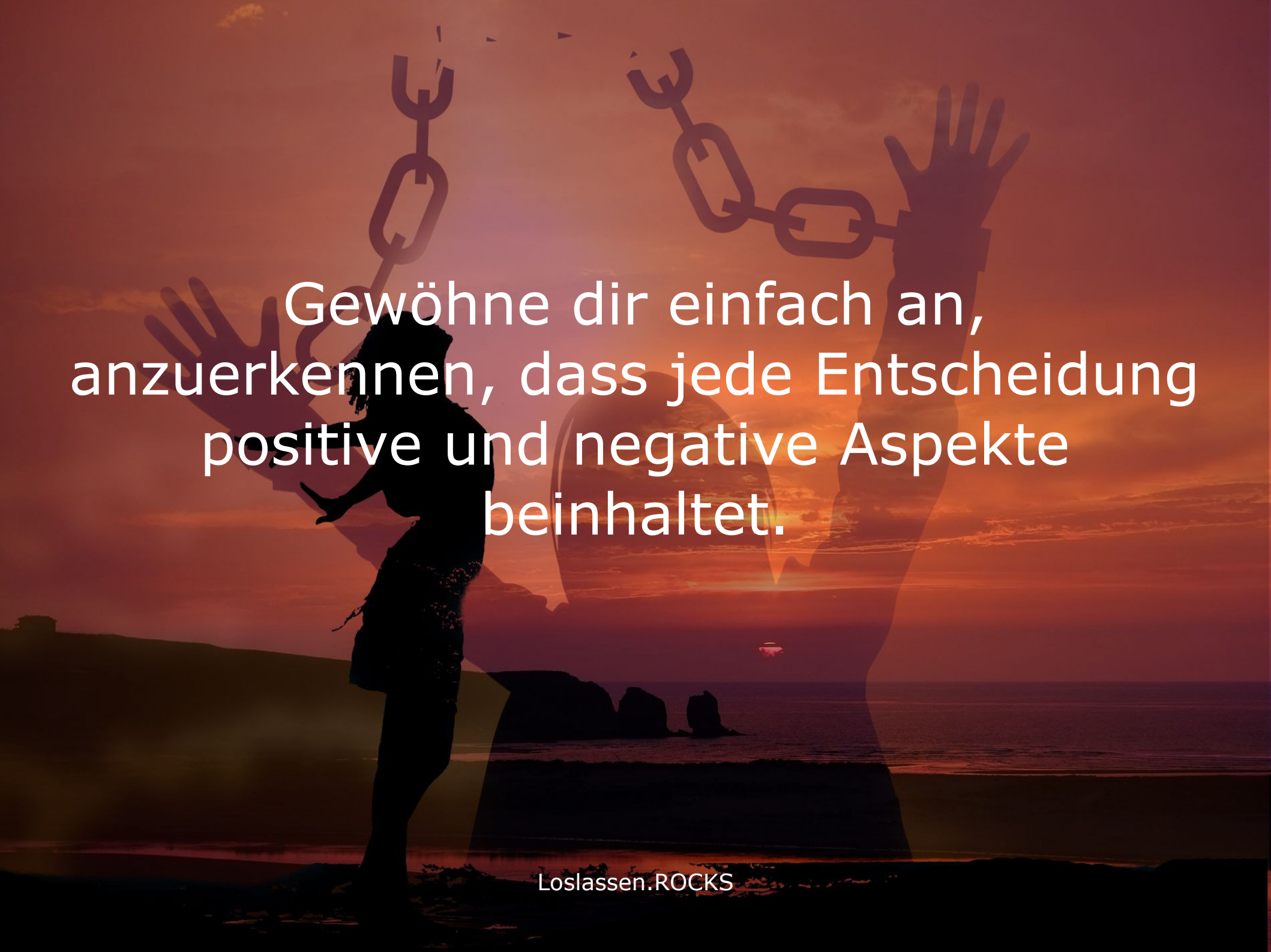
A silhouette of a person standing on a beach at sunset, with their hands raised and chains attached to them, symbolizing liberation. The background is a warm, orange and red sunset over the ocean. The person's hands are raised, and chains are attached to their wrists, with some links broken or falling away, suggesting freedom and release. The overall mood is one of hope and liberation.

Bitte dein Unterbewusstsein dir dazu  
einen Aspekt zu zeigen, welcher der  
Freude Raum gibt

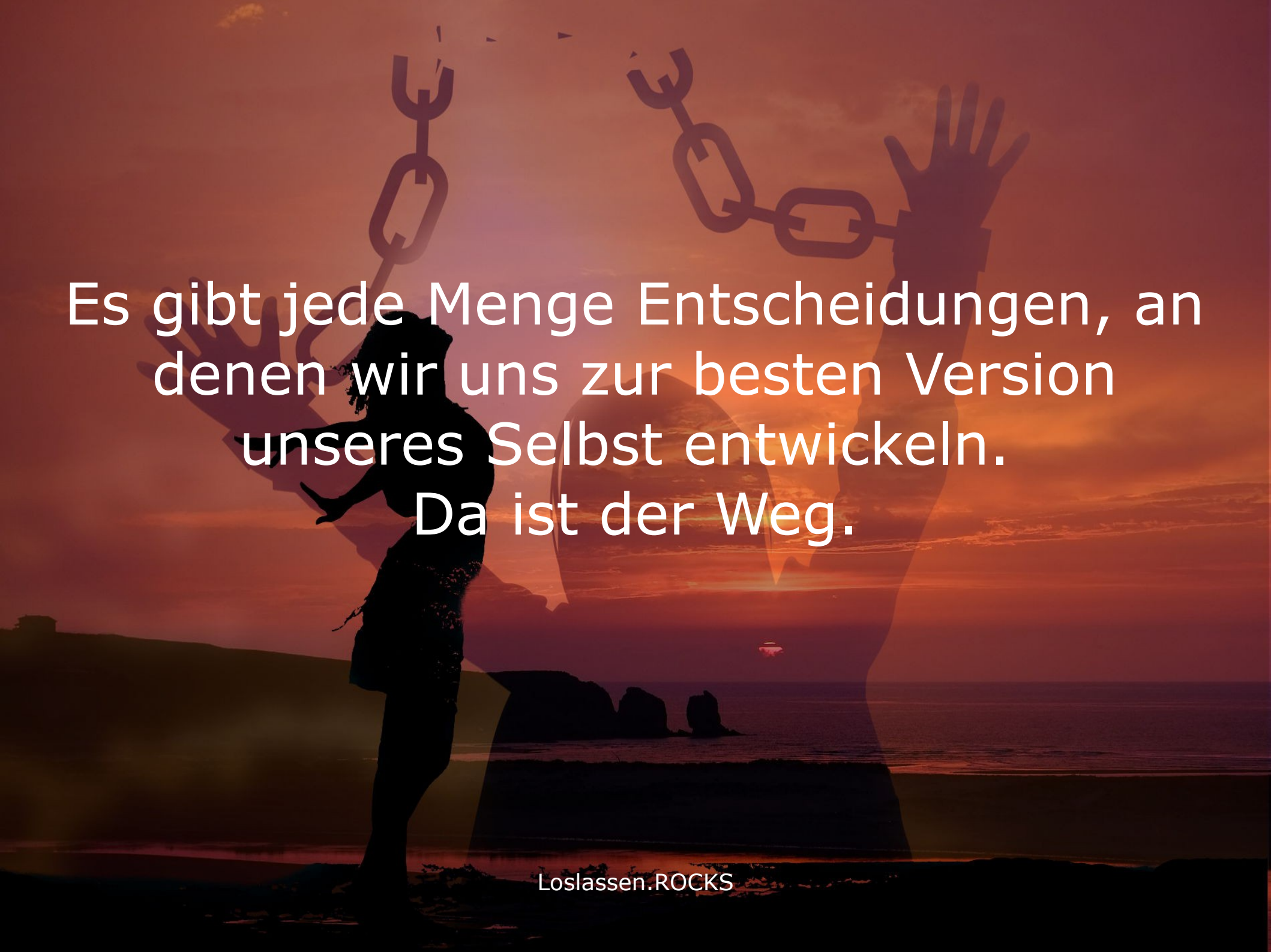
The image features a sunset background with a person's silhouette on the left and two hands on the right, each breaking a chain. The chains are broken at the top, with links floating away. The text is centered in white.

Es liegt nur in deiner Macht  
das zu ändern!  
Niemand anderes kann das.



The image features a sunset background with a silhouette of a person standing on a rocky shore. Overlaid on the scene are two large, semi-transparent silhouettes of hands. Each hand is holding a broken chain, with one link missing from each. The text is centered over the image in a white, sans-serif font.

Gewöhne dir einfach an,  
anzuerkennen, dass jede Entscheidung  
positive und negative Aspekte  
beinhaltet.



Es gibt jede Menge Entscheidungen, an denen wir uns zur besten Version unseres Selbst entwickeln.  
Da ist der Weg.



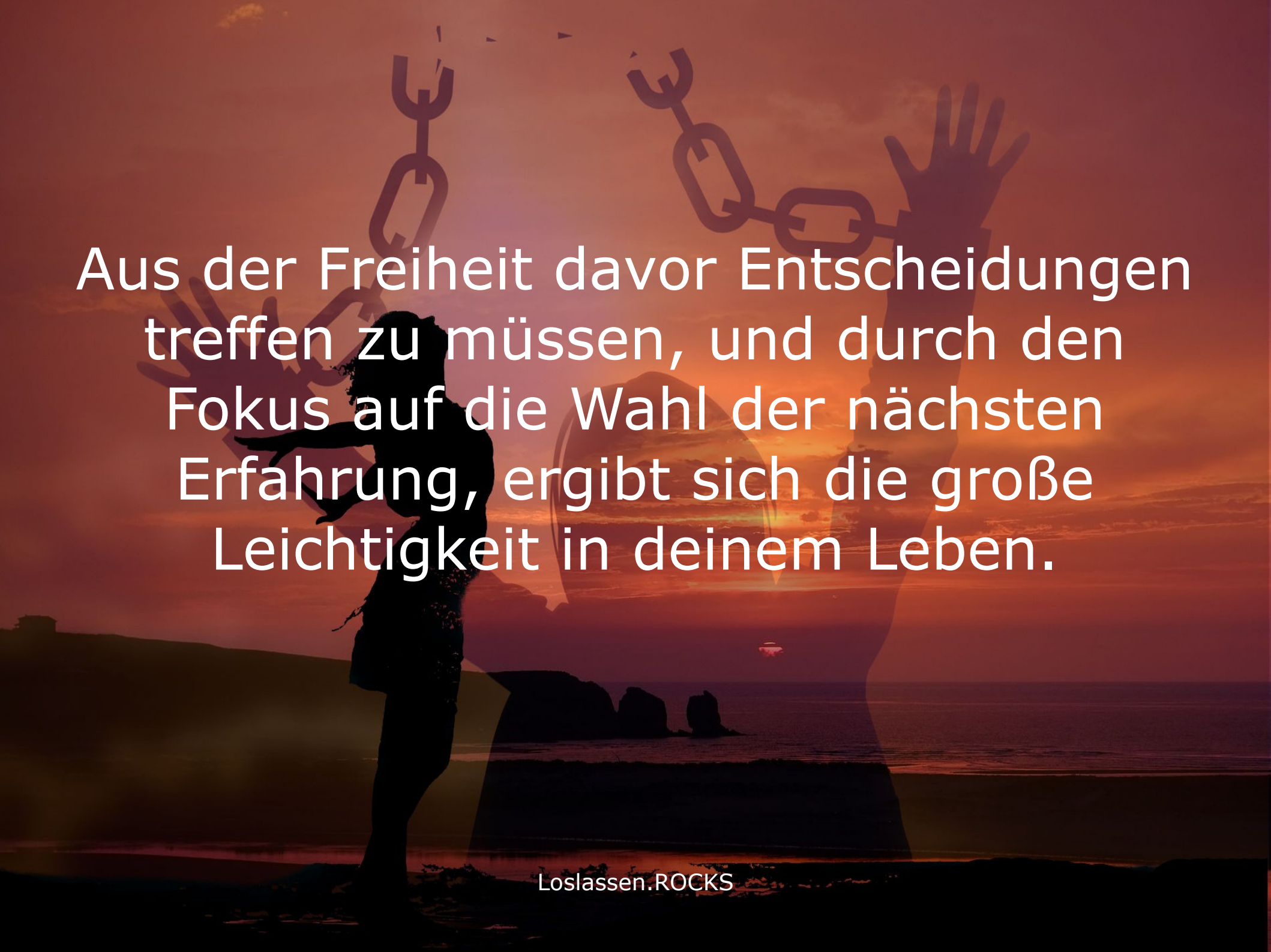
Jede Entscheidung führt uns zu einer  
Serie von Erfahrungen

A silhouette of a person stands on a beach at sunset, looking out at the ocean. The scene is overlaid with a large, semi-transparent graphic of a hand holding a chain, with another hand reaching up to break the chain. The background is a warm, orange and red sunset sky over the sea.

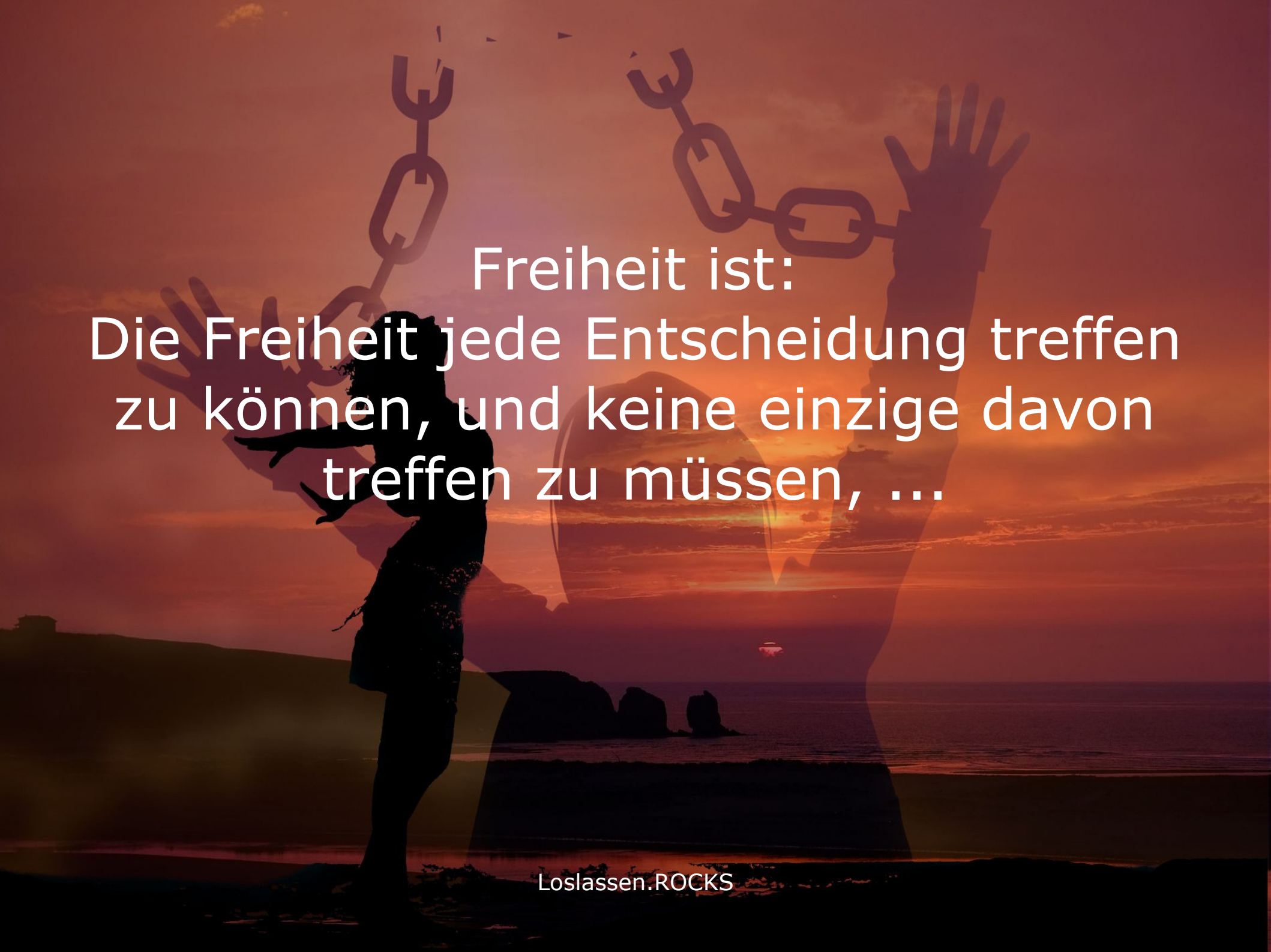
Du kannst nur entscheiden, welche Art von Erfahrungen du machen willst.

A silhouette of a woman stands on a beach at sunset, looking out at the ocean. Overlaid on the scene is a large, semi-transparent graphic of two hands, one on the left and one on the right, both with chains attached to their wrists. The chains are broken at the top, suggesting liberation. The background is a warm, orange and red sunset sky over the sea.


Alles andere wird sich daraus ergeben,  
und du wirst dort hineinwachsen.



Aus der Freiheit davor Entscheidungen treffen zu müssen, und durch den Fokus auf die Wahl der nächsten Erfahrung, ergibt sich die große Leichtigkeit in deinem Leben.




Freiheit ist:  
Die Freiheit jede Entscheidung treffen  
zu können, und keine einzige davon  
treffen zu müssen, ...

A sunset scene with a silhouette of a person standing on a rocky shore, looking out at the ocean. A large, semi-transparent silhouette of a hand with chains is overlaid on the scene, reaching towards the sky. The text is centered over the image.

... weil man keinerlei Sach-Zwang  
dazu unterliegt.  
"Alles ist gut wie es kommt."



The image features a sunset background with a silhouette of a woman on the left and a large hand on the right. The hand is holding a chain with several links. The woman's silhouette is partially overlapping the hand's. The text is centered in white.

Es ist deine Entscheidung, welche Art  
von Freiheit du leben möchtest.