

THE ANDREA METHOD 1.0

HOW TO UNCOVER, BREAKTHROUGH
AND INTEGRATE FOR YOUR SUCCESS



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Labyrinth of Your Mind

Our brains release chemicals and neurons fire with other neurons, creating electrical transmissions, and in mere milliseconds conscious thoughts are created. The interesting thing is, if the thought created is a happy, positive, kind thought, the brain releases chemicals which create good, healthy bodily (or somatic) reactions. However, if the thought is negative, nasty or sad, the brain releases chemicals which create bad bodily (or somatic) tension. Think of when you're angry, how it makes your body feel. You feel tight, your heart rate raises. All normal reactions which have been activated by chemicals intertwined with thoughts. The moral of the story here is if you fill the brain with good thoughts, you will have a body that feels good! Therefore, watch what you think!

The other interesting aspect to this is the more entrenched you are either positively or negatively, the more you are entrenching your thoughts into your brain at a subconscious level. If you tell yourself something repeatedly, it becomes part of you. It sinks insidiously into the unconscious and becomes who you are, and you don't even know it! The positive aspect to all this is that you can change the 'unseen' part of you by controlling the 'seen' part of you! Control your thoughts before, unknowingly, they change you!

If you do not find this an easy process to control or change from an internal basis, there is still hope... A study at San Francisco State University yielded the following comment by one of its researchers:

"Our conscious thoughts seem protected from our surroundings, but we found that they are much more tightly linked to the external environment than we might realize."

– Ezequiel Morsella, co-author of the study, and Associate Professor of Psychology

What does the above suggest? Well one might say that we should then choose our environments and the people around us to be as enriching as possible! Genuinely seek out learning, good people and good environments. One might also say this is just common sense. Well okay, but how many people make these determinations on an ongoing basis? Know thyself!

Consciously decide what a good environment for you consists of, and that differs for different people based on personality tendencies such as extraversion or introversion, kinesthetic inclination etc. So, have a think about what environments make you feel good. Is it good music that inspires emotion, vigor and passion? Is it art? Is it mindfulness? Is it simply walking in the presence of nature, or alternatively, taking a walk in a busy city? Different things feed people in different ways. Seek out what magnifies your personality. Be conscious of your happy, positive situations and engage more with them. Your conscious brain and subconscious mind will thank you via the currency of positive bodily reactions. Such is the intrigue of the human brain! It's all down to proteins, chemicals and bodily reactions! Wow!

It is really important to watch your thoughts. The thoughts we are aware of are created in our conscious mind. We are able to create a picture, a visualization out of our thoughts and bring it to reality if there are no patterns stopping us from doing it. Walt Disney said, "If you can dream it, you can do it."

All the thoughts created in our conscious mind have to go to our subconscious mind. This means that we truly have to believe that we can realize it. That's where the trouble can start. Because once your visualization or goal enters your subconscious mind, the machine starts running and all the patterns, beliefs, and voices we have saved during our childhood start to interfere with our thoughts, goals and visions, and they start handicapping us, like invisible barriers which seem impossible to tackle. The results we create stay the same or get worse.

The results you are creating currently are a result of your programming and your current beliefs. Stop allowing yourself to be influenced by these outside factors and start looking inside of you. You might know the saying, 'What you send out, you get.' We are all made of energy, in different forms, vibrating on different frequencies. You can for example feel when someone stands behind you, or you can feel when someone is in a

bad mood. Why? Because of the energy they are sending out. We are very receptive towards that and when you think you are not, then this is just another belief you have saved in your subconscious mind, because maybe you experienced that feeling too much is not good or dangerous. Changing the energy we are sending out, becoming aware of the beliefs and patterns which keep us stuck and focusing on what we really desire will open a whole new world in your personal and professional life.

95% of our brain activity is subconscious. That's a huge amount and shows very clearly how much influence and power it has and how important it is to work with it and figure out what we secretly tell ourselves and secretly think. (Most neuroscientists agree that 95% or so of the mind is operating on a level which is not conscious. Sigmund Freud stated that out of this 95%, 50% to 60% of the mind is subconscious and the remaining 30% to 40% is unconscious. To keep it simple, I will use the term subconscious throughout the book.) This is possible when we go to our core, invest time in ourselves and authentically recover from our childhood wounds.

We have two main survival impulses which drive our actions: sex and aggression. We all have these starting from when we are babies. These impulses are located in our hip area, as we come from there (your mother's womb). Imagine a baby, when the baby cries, this is a form of aggression. Then you feed the baby, it is happily full and satisfied. That is a form of sex. These two impulses flow freely in a little baby, without restriction. The baby doesn't think about if it is suitable and appropriate to cry now. Imagine the impulses traveling up from your hip area, where the impulses are developed. Traveling up through your belly, chest, neck, until a sound comes out of your mouth to express it to the outer world. Babies do that without any restriction, as they have no restriction at first. But growing up we learn what is allowed and what is not allowed in order to fit in and to be loved. We start building up filters, not only in our mind, but also in our body. The physical filters are the diaphragm, the ribs, the collarbones, the neck (where it gets really narrow), and the last filter station is our mouth. How many people do you know that grind their teeth? I could name quite a few and it is very common. Grinding your teeth or biting your teeth together is a big sign that you are working hard subconsciously all the time, to keep your impulses inside. Constantly holding back what you would love to do or to say.

Can you see how self-damaging it can be when you don't live who you are? Take the example with biting your teeth together. In the long run, the dentist will become one of

your best friends. He can fix the visible damage you do to yourself, but the underlying cause of the teeth biting comes from a completely different place.

If we spin this further on the physical side. First, we have a pain, if we don't listen to our body giving us a sign, we develop a bigger pain. This can lead to serious damage in our body, let's say a slipped disc, as this is a very common issue. If we don't do anything about that we develop more and more serious things, maybe we squeeze our nerves so badly that we become paralyzed or even create an accident. In the end, worst case scenario, we die.

Let's have a look at our mental side. Burnout is one of the most accepted and common new diseases we have nowadays. Having stress is so normal, in fact, when you are not stressed, there is something wrong with you (that's a joke!) We have a talent to cover up so many of our impulses. Like with the tension, we build it up in our bodies to not express ourselves, and we do the same with our emotions. First, we are stressed, then if we don't do anything about it, we get burnt out, and if we can't solve that, we get depressed and then, at the end, we die. Depression is a made-up thing, subconsciously! As the stress we are making up for ourselves to be liked, to belong, to get the love we want and so on, also the depression is mostly made up. And yes, it does result in physical changes as the chemicals in your body change and get worse instead of getting better. We should not let it get that far. Awareness on how we are wired, where our behaviors and actions come from and what to do about it, is also in our power. Covering up diseases with hardcore chemical medications is not a solution. Sure, if there is an emergency and a really life-threatening situation, we are all happy about numbing pain. But we can't numb our lives. Actually, we can, but is this how you want to live your life? Numbed by chemicals? Issues being covered up? If yes, you can stop reading this book now. Or you can give yourself the chance to take a new approach and go to the roots and the cause of why you are as you are.

Most people are used to covering up the impulses which try to come out and be lived. This leads to a lot of health issues. I want to show you in this book a few steps on how you can start transforming your life towards a life you like and want to have. I want you to be able to live without these bad feelings, without the restrictions you made up in your head and without the feeling that you don't belong, that you are not good enough or that something is wrong with you. I can tell you that you are perfect as you are. There is no doubt about that. All of us have gone through trauma, different experiences and

difficulties in life. This is what makes us humans. We stand in our own way sometimes, and that's also normal. Like having blind spots, everyone has them. The only tricky thing is that we can't see them by ourselves. We would change immediately what's holding us back if we could see them.

Everything else would be silly. But we can't see it, that's the reason I'm writing this book. To give you more knowledge and the confidence that you are perfect as you are, even if there are things in life you can't manage. I'm here to be beside you for a while on your journey, to support you to not give up on yourself, to not belittle yourself. I want you to grow and become the best version of yourself. And believe me, your internal resources are so big, that you can achieve much more than you think. Cleaning up some space in your mind and in your body will change your life forever for the better. The endless power-source you have within is just waiting to be unlocked. To do that, it takes three steps: Uncover, Breakthrough and Integrate – The Andrea Method. Uncover what's holding you back, break through your invisible barriers, and integrate the new insights into your personal and professional life.

Live in complete freedom, have no more masks, resolve all beliefs and patterns which you developed in your childhood, and do whatever you want, without any limitations, no rules, no frame, and nothing to hold on to. How does that sound? Being completely free... I can tell you, that this is scary too, as that also means that you are completely free to die. Letting go of things we are used to, which we think keep us safe. Losing and giving up old structures and habits and stepping into the unknown can freak us out a lot. Either way we are not getting out of here alive. Death is a certainty we have to live with. Accepting the fact that we have zero control over our own death is a huge step. The power which comes with it is incredibly intense.

In general, in Western culture, people try to avoid death by any means and all associations with death are negative. In other cultures, that's very different. Death is a celebration, a transition, the reincarnation with different timings and rituals to the next life. Some have big parties and there is nothing bad about it. If you Google how different cultures celebrate death, you will be surprised, and it might help give you a different perspective on dying. Nevertheless, accepting your mortality is one of the most important and powerful life lessons to learn.

Think about things you really want to do or experience before you die. Some people create a bucket-list for themselves. That can be a great motivator to get out of procrastination and laziness. There is never a better time than now! You cannot predict what life is providing you. Enjoying every moment as much as possible is very powerful and healthy. When we look at the physical side, we are constantly dying. There are constantly cells dying in our body. But they are also constantly being rebuilt. That's the natural circle of life. When old things go, new ones can arrive.

For some people it is very difficult to get out of a relationship, because then something has to die; the time spent together. For business owners, their company is like their child. When it is time to go or shut a part down, that is also dying. Every change in life has a part of death in it. We are confronted with it every day and mostly, we don't realize it. New things can only come when we let old things go. But for humans, suffering is easier than taking action.

As a quick yet eye-opening exercise you can take a measurement of 100cm long. Every centimeter represents one year of your life. Cut it at the number of your current age and again at the age to which you think you will live. Now have a look at how long your measurement is. Surprised? Seriously, when is it time for you to take action towards what fulfills you and makes you happy?

We have all survived so far, and however crazy your journey has been, you did it. You created your survival strategy. Now imagine taking the steering wheel in your hands and creating more of what you desire by reprogramming and 'cleaning' some of the past things, plus creating a functioning structure towards your vision. Isn't that extremely cool!?

"...the more un-lived your life, the greater your death anxiety. The more you fail to experience your life fully, the more you will fear death." – Irvin D. Yalom

Fight or flight, you might have heard about that. In an extreme situation when you feel threatened or feel like you could die, what do you do? Fight or run? That's a main survival instinct which automatically hits us without us having control over it. It's an

instinct which keeps us alive. When it is really a life-threatening situation, we are happy to possess this instinct, but we can also react like this in situations that are not life threatening. When speaking in front of an audience, for example, it is considered as one of the most frightening things to do. If this is the case, then there are some subconscious patterns and beliefs in your system which need transformation. No one died from speaking to an audience. It's the misinterpretation we make.

95% of our brain activity is subconscious. Luckily, we have the ability to do something about it. We can change the programming in our subconscious parts of the brain. Up to 1,000,000 things are running subconsciously in our mind 24/7. That sounds like a lot of involuntary things which are happening to us. And they are! Consciously you can pay attention to five to nine things at a time.

Every creature on the planet has a brain part called the reptile brain (the reticular activating system or 'RAS' is part of it). Its job is to tell us two things: dead or not dead, with no emotion. It doesn't like change, and that's where the struggle is. The things we store there during our childhood are the things we need to survive. At least we think so. For example, if you were burnt with an iron every day during your childhood, and then as an adult you move out and your daily dose of getting burnt is not there anymore, the reptile brain (RAS) is in alert mode. Not getting the burn becomes a stress to you and your reptile brain goes into alarm mode as it thinks there is a life threat. This is because earlier in life, it saved the getting burnt as an indication that you were alive. So, you live for 30, 40 or 60 years and unconsciously look for a possibility to get burnt. Maybe not with a real iron, but you will definitely find similar things that mean the same to you, so the RAS finds release. Only then will you feel safe and alive, because your system is used to that.

The RAS is a part of your brain that looks for what it is already looking for and ignores the rest. An example everyone knows is when you want to get a new car and you finally decide on which model it will be. The next day, almost magically, all the streets are filled with exactly that car, as if they were not there before. Or pregnant women suddenly see half of the world is also pregnant, as if they were not there before. This is our RAS showing us what we are looking for.

It doesn't matter what you want to believe, because our beliefs are the beliefs we do not recognize. They drive us and rule us. Your core beliefs around money, for example, are what you experience right now around money. What happens in your life reliably, without exception, is what your core beliefs are. These are the ones which we need to work on, if the result you are currently experiencing is not what you want to experience. Remove hidden barriers you are not aware of to allow new things to develop.

Another example of how our subconscious mind is ruling us is the iceberg-model. You can see the tip of the iceberg, which is around one seventh, and you can look at this part as your conscious mind. The other six sevenths of the iceberg are invisible under water. This part is your subconscious mind, developed at the ages between zero to seven years old, with all the shadows, patterns and beliefs. The numbers show that our subconscious thoughts are far more frequent than our conscious thoughts and, therefore, the influence of our subconscious mind is very powerful. This is why working on our subconscious mind is so important. Things that you want to have in your life can start to show up, like pregnant women or the car you choose. Changing the inner system changes the outer world and results. Sometimes without a lot of effort.

Tapping into and opening the encapsulated beliefs and patterns which we build as kids is essential. Encapsulations are areas in our brain where we store beliefs and patterns. They have no connection to the rest of our brain. These encapsulations happen early in life. Imagine yourself as a two or three-year-old child. Let's say you want an ice cream and you don't get it. That feels bad for you and you might save this experience. It gets encapsulated as I don't get what I want, that which would make me happy. As an adult, you are at a meeting, and you want something. When you don't get it, you have a bad response which triggers similar emotions to those that you had as a child. Your subconsciously saved patterns are triggered and they automatically start to run. You will feel the same uncomfortable, insecure, pushed back, unsatisfied feeling that you had at that time when you were a child. This can be proven with brain scans.

When you scan a brain you normally see a lot of activity all over the brain. When a situation is created that triggers the emotion of the child, the bright activity goes out and there is only visible activity in the reptile brain area. The rest of the brain is dark. You can open the encapsulated part of the brain and create new connections between the encapsulated part and the rest of the brain. Then your reactions, results and feelings can be changed.

The higher the stress level of your childhood, the more engaged this part of the brain will be. This part of the brain thinks that everything is true, real and right now. It can't tell the difference between what is real and what is not real. Every time your heart rate goes up, you can be sure that the reptile brain is involved.

The brain is fully developed by the ages of twenty to twenty-five years old. The latest neuroscientific findings tell us that the brain's capacity is able to change neurologically throughout life. So, you can be sure that it is never too late to change! When you can't create what you desire and you can't create more of what you want, it's definitely time to uncover some of your subconscious beliefs and patterns and transform them.

No one is born stupid or broke. It is our old programming running in our brains and this is what we have to change. Every one of us has the ability to live the life we desire and create the success we wish to have. Our brain is very clever, but it doesn't update itself. It takes some effort from our side, but luckily this is possible.

What do you feed your mind with? Take into consideration that when you receive one part of some negative information, you need three parts of positive information to be in balance again. When you watch the news every day, you really have to work on getting enough positive food for your mind, as there is mainly bad news covered (think if this is a great way to manipulate people and make them easier to be ruled or guided by a government?) People are drawn to bad news, tragic accidents and sex scandals, because it makes them feel better. We believe that these things happen to other people. They can't happen to me. This is a simple strategy we use to turn things away from us and project it onto others, the outside world. But it doesn't really work. We think that focusing on the outside world makes us feel better, but it doesn't. It might numb the inside world for a little while or cover it up and push it more into the background, but it is still there. And believe me, your inside world will ask for attention.

All these explanations and facts show us the complex level at which we function and at the same time, how simple it can be. We need to do some steps to understand more about ourselves and to clean up the 'mess' we created as children. And don't worry, you are not alone! Every person has their own mess (some more and some less.) Uncovering what is holding us back, breaking through the invisible barriers and then

integrating the new beliefs in our system is the way to go. As our main programming happened during our very early years, we should get to know our inner child better.

As human beings we have a whole range of emotions that rule us. But luckily we can also control them up to a certain point. We can shift our emotions or delay them. That means when we have the urge to freak out at someone, we don't do it. Often, we don't even show it. This is a mask. A good one! If you would freak out at that person, you would not only hurt this person, you would also go against the social behavior rules we need to have a functioning society and who knows what other consequences would follow, which would only be bad for you. But it is a natural part of us to be angry at times and this is an energy. If we do not release these energies, they stay stuck inside of us and turn against us. We don't want that. If you realize that you put on a mask in order to do something good or prevent something bad, that's very well done. But don't forget to release this anger afterwards. Don't lock it inside of you. TAM supports you not only in creating your valves to release what is not good for you, but also on uncovering your true greatness, strength and potential.

Anger and sadness are two emotions that are always combined. Have you ever been so angry that you started crying? Little kids do that sometimes. When you get really angry, think about it, one part of you is sad that it either didn't work out the way you wanted, or you got hurt by someone which made you really mad, and at the same time you are sad because you were disregarded or downgraded. An example of when you are really sad and there is also the anger hidden within is when someone dies. At first you are very sad because you lose a person that you love. But when you think more about it, there is anger involved, like why did this person leave you alone? Or there is anger towards God and you wonder why he took the person so early or fast. Sadness and anger are always combined. Be aware of that, give space for both emotions, then you can start feeling the calmness and love again which you need to feel better and to proceed.

Anger is a very healthy emotion and it should not be downgraded to bad, even if some societies try to teach you differently.

Activity Four: Release Some Anger

It is normal that from time to time we feel angry. Anger is a very powerful emotion. We are able to use it to our benefit. Mostly we don't show our anger, we swallow the actions and words that make us angry. Sometimes it is very old things that made us angry once before, and we never gave the anger the space to be released. Anger is a male, strong energy. We all have this energy inside of us.

When we release anger, we must not do it towards another person, but we also don't want to keep this energy blocked inside of us. The anger we hold inside of us, towards many things, is starting to get more attention from society. Rage rooms are popping up all over the world. These are rooms which you can book and destroy everything inside of them. I would love to know what expression you have on your face now... Imagine being allowed to completely destroy a room full of furniture...

There is a way to release your anger at home, without destroying something or hurting someone. Usually when we are in a bad mood or stressed, we hold back emotions. Holding back emotions is like filling your body with tension. Imagine all the things you didn't say, all the times you didn't speak up or act like you wanted, or did something you didn't like to do just to be liked or to make a good impression.

Every time we hold back a real emotion, especially when we do something that doesn't feel right to us, our body builds up tension. Inner tension. I'm sure you know that boiling feeling inside of you. You want to explode, but you can't. When tensions out of anger stay in our body, we start to get muscle-aches, we get tired, more stressed, sometimes sleepless, grumpy, moody, angry... What we need is a space to release these emotions in a safe environment.

We don't want to hurt anyone! It's again all about yourself. For you to feel better, you need to release the tension. Some of them have been built up over years. I know people

who go running to release the tension (or run away from something?) That's an option, but not exactly what I mean here.

Today I want you to choose a specific thing that makes you angry, stressed or upset. Take a pillow (Batakas are great for this exercise), kneel in front of your sofa and make sure you have some space. Think about what kind of anger you have stored inside of you. Once you can feel the anger, take the pillow with both hands, lift it up over your head, and breathe in very deeply a few times. Feel the emotion rising up in your body. From your belly in your arms and in your hands. When you can feel it strongly, release the anger by hitting the sofa with your pillow with all your power. Make sure that your environment is safe and nothing or no one gets hurt (a little difficult with a pillow.) Repeat that ten times. Inhale, lift the pillow up, hit the sofa, or bed, or table and even scream or shout all the anger out when you hit the sofa. Your body and mind tension release the most when you combine movement, feeling and voice. This exercise is amazing, and you will love it! There is so much power in it. Make sure you stay focused, go really deeply into your anger emotion, and let it all out for a minimum of ten times!

It's so important to free your body from emotional tensions. This is also an exercise that you can repeat as often as you need to, and you can choose different topics.

One of my clients had quite some anger repressed in his system. He was angry towards many things, felt unfairly treated and was very unhappy and stuck in his life. After fifty years, finally he decided that he wanted to enjoy life, but bad incidents kept repeating themselves. He made himself a victim of his own life. His health issues and financial issues got bigger and bigger, and he got smaller and smaller. Once he realized that the trapped anger, which he never released, played a role in his situation, he did begin to heal. He started doing this exercise. The first time it really took him a while to allow himself to be angry. He is a very helping and caring person by nature and doesn't want to hurt a fly, so for him it was a real struggle to get angry. This client is over 180cm and he appears to be very strong, but there was a victim mentality inside of him which made his shoulders appear small and narrow. His head was always a little tilted downwards and his masculine energy was hardly reflected.

After breaking through his doubts that showing anger and releasing it in a protected environment is safe and okay, he completed the exercise. It was extremely freeing for

him. Afterwards you could see how much taller he became. His shoulders appeared 5cm wider on each side, he was standing like a tall man and you could see the uplifted energy and power he suddenly gained. The Andrea Method helped him to uncover his trapped anger feelings, creating his breakthrough by releasing the anger in a safe environment and then integrating his strength in a positive way in his personal and business life.

The Law of Duality

The law of duality states very clearly that everything has two sides. Without left, there is no right. Without up, there is no down. Without inside, there is no outside. Without war, there is no peace. Without sadness, there is no happiness... This might be very shocking in some comparisons, but that's exactly what the law of duality states. You can put it to all aspects of your life. I like to compare life sometimes to a heartbeat. When you see it on the screen of the heart-monitor, you see the line going up and down all the time. This is good and a sign of life. If the line on the monitor is only straight, then you are either dead or the machine is broken. Our life is not a straight line, even if we sometimes wish it was. We have ups and downs all the time. How often did Walt Disney go from being a millionaire to being broke? Seven times. How often did he go from depressed to being very happy? He lived all those states and emotions. His life was a rollercoaster.

My life is like a heartbeat. Since the age of sixteen years old, I have been an entrepreneur. I founded four different businesses nationally and internationally. I had my daughter when I was twenty-one years old, and being a single mom has its challenges. I earned a lot of money, but I also lost a lot of money. Sometimes it was very hard and sometimes things just worked out perfectly. Do I regret anything? Not at all. All the ups and downs made me the person I am today. The experiences I had, the failures (which I equate to feedback) I faced only made me learn so much more and grow.

Nowadays people judge you when your life is a rollercoaster. Fingers are pointed at you without them (the pointers) realizing that they are trying hard to avoid or repress their own shadows. Jealousy is written in big letters in a lot of people's heads. How toxic is that for those people? Poisoning their own lives without realizing it because they are too busy trying to destroy other people's lives. You get what you send out is very matching

here. If you wish people bad things, your shadow grows inside of you and it will turn against you, if you don't do anything about it. It's easy to talk about other people and avoid looking at yourself.

People often decide that it's better to live a little less, risk a little less, say a little less and insure a little more. Everything to avoid their own death. They think in their subconscious mind that when they live a little less, they can die a little less. When I cover my life with ten life insurances, my life has more value and less can happen to me. This kind of thinking is not only destructive, as it projects so many inner unresolved things onto the outer world, but it is also extremely toxic, as every aspect you try to push away from yourself will come back with full power and ask for your attention. Is that a scary thought?

Fear

Then there is fear. Fear comes in many shapes and sizes and it is a big factor stopping us and holding us back from what we would love to achieve and do. The presence of fear is developed in our childhood, influenced by our experiences and the environment in which we grow up. The big issue we have with fear is that we can't control it. We have no power over it. It comes and rolls over us. Fear belongs to us like death does. Why do we avoid certain actions? When you really think about it deeply, we are trying to avoid death. But like death, it is uncontrollable, and it is always with us, even when we don't think about it. It is a part of us. We have to accept this. The more we can accept this, the more we can grow and develop. There is a saying:

"If your goal doesn't scare you, it is not big enough."

The powers that work against fear are trust, bravery, hope, belief, understanding and love. Fear gives us two options: to accept the fact that fear is always a part of you, face it and step forward and develop, or to reject it and stay stuck in the situation you are in right now. The more we can let go of things we don't know and can't predict, the more open we can become for development, solutions, growth and strength.

I grew up believing that talking was not good. Whenever there was a problem or something uncomfortable going on in my family, we didn't talk. That was a rule! I saved this deep inside my mind. Don't talk, especially when the topic is something where people can judge you, or it is out of the so-called norm. I also grew up knowing that being a girl is not good in this world, which led to the belief that I'm not good enough and I don't really have a right to be in this world. Women are worthless, not clever enough and so on... These were some of my saved patterns. They don't have anything to do with the love my parents had towards me. That's what I perceived and saved in my subconscious mind as a child.

Growing up with these beliefs really affected my self-esteem and I tried to cope with that by being good in sport, which of course didn't help. The beliefs of not being good enough and not being welcomed were so deep in my system, that I developed self-destructive patterns. The worst was when I was a teenager and had my first boyfriend. I'm sure most of you remember your first love, the excitement and how beautiful it was to be in love for the first time. One day, I visited his house and it happened. My first boyfriend raped me. That was a very devastating experience.

I couldn't handle it by myself. I rushed home to my family, looking for help and support. What happened? They said, "Don't speak! Don't you ever talk to anyone about that." And I didn't, for years. The patterns of not talking, feeling worthless and it's all my fault stuck with me for a long time.

I met a schoolfriend after almost twenty years. He was my best friend for quite a while during our teenage years. We had a long talk and caught up with our lives. I asked him if he ever knew that I was raped. He was absolutely shocked as I had never mentioned a hint about it. This proved to me how deeply these patterns were stuck in my system at that time.

I love speaking on stage, but when I went on stage to tell my story about not talking and the rape in front of hundreds of people for the first time, I had all kinds of fears running in my system. Do I betray my family? Is that allowed? Can I step up and speak? What if I cry? What if they laugh at me? What if I don't find the words? It felt a little bit like dying. There was so much fear in my system at the beginning. I knew very well that if I didn't

do it, my old patterning would win, and nothing would change. So, I started practicing. That was an emotional rollercoaster.

The first time I practiced, I was shaking all over and my voice was quivering. But the more I practiced, the more comfortable I became. Nothing bad happened. Every time I rehearsed, it became easier and easier. And believe me, I never rehearsed anything before to this extent, as I usually go with my gut feeling. The new experience – that nothing bad is going to happen when you speak up and when you step out of your comfort zone – was incredibly freeing and very uplifting. When the time came to share my life story in front of hundreds of people, I was really excited despite the nervousness I had experienced weeks before. My system learnt that speaking is good, being authentic is even better, and stepping up for who you are is amazing. I have created new neuropsychological pathways in my brain, and I love to empower others to do so as well.

Sometimes dying is good. When old things die, new ones can be born. That's the natural circle of life and we can somehow translate that to our mind. I always look for ways to grow, gain more freedom and improve my results on a personal and a professional level. This means a lot of dying and rebirthing. That's why I see failure not as failure, but as feedback and a chance to grow and improve. I want you to also do and feel that. TAM supports you to have this amazing feeling and the success for yourself.

Who wants to stay stuck in the same stories all the time? Human beings have the inner force to grow and improve. We want to know our purpose, we want to give meaning to our lives, and we want to live a fulfilled and beautiful life. We all desire to have freedom, but that is at the same time the scariest thing of all. Being completely free means that we can completely die. What we don't know scares us, but that's the only way to grow outside of your comfort zone. Staying in old behaviors and systems makes us feel safe, but we cannot expect to change without doing something about it. Life is a journey of learning, which we can enjoy.

We have so many automated thoughts. When you are wired in a certain way, with a specific belief, it starts running in your subconscious mind. The nerves send signals to your conscious brain, and you act. This transmission from the nerves works via electric impulses. If the belief is strong and you repeat the same action over and over again, the neural connection is wide like a highway. It is like a strong fixed route, which is easy to

drive on and always open and ready. A strong subconscious belief has a strong neuropathway and it works automatically once it gets triggered. When you find what your sabotaging belief is, then you can create a new neuropathway, one which is beneficial for you. This can be tricky and that's why some people give up too early.

Remember when you were learning how to ride a bicycle – could you do it on the spot, or did you need some practice? Think about when you started to learn how to play the piano – did it take some practice, or could you play like a professional from the start? What about when you were a child learning how to walk. How often did you fall? You didn't decide that learning how to walk was too tiring and just gave up. You wanted to walk, and you practiced over and over again until you mastered walking. It's the same with rewiring your brain. Just keep on going and you will master it.

Creating new neuropathways will take some practice and rewiring the mind is very possible. This allows you to create new automations in your mind and old stories can't be triggered that easily any longer. You will, with the new automations, create new and more positive results. The brain doesn't update itself. That's why we have to take some action when we want to experience different outcomes. The first step is always the awareness of what is going on. From there it is your choice and chance to grow. TAM guides, mentors and coaches you along the way. It's your backup to not give up, shows you possibilities, and gives you the tools and strategies on how to integrate them into your personal and professional goals and visions. TAM believes in the unique ability of each person and business.

Another very important aspect to pay attention to is your physical body. Any emotion or mental state have a direct influence on your physical condition. Our body is such a complex system and most of it is automated, like breathing, our heartbeat, and digestion. It's all working 24/7 without you having to do something about it actively.

When you are scared... your body reacts. When you are in love... your body reacts. When you feel stressed... your body reacts.

When you relax... your body reacts by releasing different hormones, building up or releasing muscle tension and many other automated reactions.

The connection between mind, body and soul is undeniable. The more you can understand these connections, the better you can heal, go forward, improve your situation and your results.