

Thank you for your interest in my 4-week 1:1 mentoring program "**Being present in daily life**".

Here's exactly what we are going to do:

I'll help you to **irreversibly shift your consciousness into the state of presence**. Through this, you will be able to **integrate presence in your daily life**, and you will **no longer get lost in your thoughts and emotions**.

The shift into the state of presence is an **evolutionary step** and happens in your **brain and nerve system**. It is a deep change in your **brain activity** and enables you to **experience deeper states of being**. Without the shift into the state of presence, you are not able to naturally stay present and aware, and you will get lost in your thoughts and unconscious process of thinking.

During the 4-weeks, you will go through a **specially designed and customized process** that will help you to **irreversibly shift your consciousness into the state of presence**. Everything during this time will be focused on this profound and essential step. **I'll deeply support you with my presence and energy**, which will make **your own shift easy and effortlessly**.

This 4-week 1:1 mentoring program is possibly the right choice for you if you want to:

- **overcome the restlessness of your mind**
- **be able to consciously deal with your thoughts and emotions**
- **deal with stress and anxiety constructively**
- **access your inner being**
- **live a happy and fulfilled life**

Here's a shortcut of the content:

**4 x intensive 1:1 Session (online)**, 90 minutes each in which:

- I directly help you to **shift your consciousness into the state of presence**
- you have the opportunity to **ask all questions you have concerning this process**

The 1:1 Sessions happen once a week via zoom video-call.

**1 x deep and special customized guided meditation (Silent-Mind-Transmission)**, ca. 30 minutes as an audio download:

The Silent-Mind-Transmission provides a strong and energetic support for the 4 weeks of the mentoring program.

- I recommend listening to the Silent-Mind-Transmission once a week.

**Plus:**

**4 Sheets of helpful information** that make the whole process easier to integrate into your daily life and living.

**Price:**

4 x 1:1 Session  
1 x Silent-Mind-Transmission (audio-download)  
4 x Sheet with helpful information  
Bonus

**together: 499,- US Dollar**

**Guarantee:** In the case that you are not happy with my 4-week 1:1 mentoring program, I offer you a **30-day money-back guarantee!**

**FAQ:**

**Q:** How do I know if the program is the right thing for me and if it matches my personal needs and circumstances?

**A:** I am going to speak with everyone who is interested in a free 30-minute orientation call to find out if the program meets their personal needs and if it is the best support in his or her momentary situation!

**Q:** Can I do the program while I am working and during my daily life routines?

**A:** Yes, absolutely! The program does not collide with any of your liabilities or daily responsibilities.

**Q:** Do I need anything to prepare myself for the program?

**A:** No! You can do the program without any preparation or previous knowledge!

**Q:** Will I be able to do what the program requires?

**A:** I will support you in everything that the program requires so that you are able to do it easily and without any stress or confusion!

Since **I want to give the best support possible**, I'd like to speak with everyone who's interested to join my program in a **free 30-minute orientation call!** During this call, you have the opportunity to ask questions, and we can find out if this program is the right thing for you in your momentary situation!

If you are interested in joining my 4-week 1:1 mentoring program, **please apply for this free orientation call! Just answer this E-mail, and we are going to make an appointment!**

With love and best wishes

Tobias

