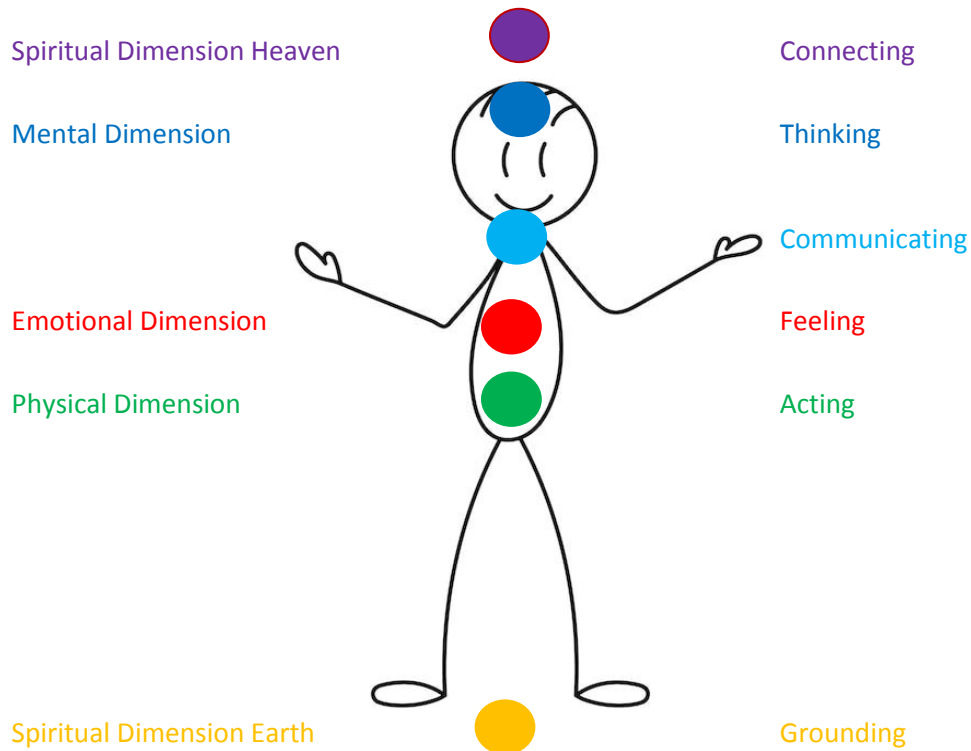


Conscious Creation of a 24 hour 4-Dimensional Health® flowjoy© lifestyle

First is Life, then the way of life and finally
the creating of a lifestyle.



- 01 What is flowjoy©?
- 02 What is the flowjoy© concept?
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flowjoy[©] and 4-Dimensional Health[®]

01 What is flowjoy[©]?

Flow means flow and joy means joy, i.e. flowing joy.

Saying YES to flowjoy[©] brings about the flowing energy of joy, i.e. flowjoy[©].

Everyone knows in their innermost being that they are free to choose the way they see and act. These influence their inner, private and public life as well as all their living conditions in all 6 fields of life (individual, relationship, group, world, universe and source).

Every person has the potential to experience a creative, flowing, joyful and fulfilling life every day, 365 days a year. Today, however, we know that flowjoy[©] is experienced far too rarely by people, on average only once a month and only for an extremely short time. However, when people experience this inner state regularly, they feel happy, healthy, well, blissful and sometimes even ecstatic.

02 What is the flowjoy[©] concept?

The flowjoy[©] concept is both a holistic principle and a strategy to fulfil all the most important 4 dimensional basic human health needs. The main focus is on the mental dimension, as this has the ability to align all other dimensions with flowjoy[©]. Flowjoy[©] enables everyone to develop their own personal, holistic understanding of their own health, their inner nature and their unique quality of life. However, flowjoy[©] is also a paradox - it is simple and highly complex at the same time. In order to create flowjoy[©] in your 24-hour everyday life, you need to consciously cultivate and combine individual elements and factors into a harmonious whole. If a person does this, they are satisfied with themselves and experience inner bliss. He experiences himself authentically and his thinking, feeling, acting and communicating are holistic, are one. The inner flowjoy[©] development in humans ultimately leads to a sustainable refinement of the individual essence.

03 How to put yourself in a flowjoy[©] state?

How can people learn to put themselves in a flowjoy[©] state more often in their 24-hour everyday lives? Scientists of matter and spirit have discovered the same thing today, namely that people have forgotten their true nature, their true self, their ultimate purpose and their connection to the creative field, nature and the universe, their inner inexhaustible source of energy. If a person is able to consciously re-establish these connections, then the basic deficiency that arises from this lack of connection and is deeply felt is remedied and we are on the way to flowjoy[©] - the ultimate state of health for body, soul and spirit.

The flowjoy[©] health strategy supports the natural primal need of the heart, soul and spirit to return to the true, authentic self and to connect with the higher core of the human being, the higher self. Flowjoy[©] also addresses health killer no. 1 - fear - and health promoter no. 1 - love. Why? We now know that stress is the number one health killer. Fear gives rise to negative thoughts, all further negative emotions and the poisoning of our body as well as many psychological problems. Love, on the other hand, brings flow, joy and health to life. That is why a proverb also says "Only walk with heart".

04 How does the flowjoy[©] strategy relate to 4-Dimensional Health[®]?

The four dimensions of human nature - **spirit**, **intellect**, **emotions** and **body** - have very different and specific needs, all of which need to be met on a daily basis. However, it is precisely this that continues to be overlooked by many theorists, experts, companies and organizations. Few people realize how important it is to satisfy the needs of all four dimensions on a DAILY basis! This fact is as fundamental as the fact that one must fulfill the need to breathe in order to live. If the "4-dimensional being whole" is consciously trained and integrated into everyday life and work, flowing joy becomes the most natural state in the world. Then the seemingly impossible becomes tangible and therefore possible.

When people consciously centre themselves and connect with their inner source, they feel safe and wisely guided. In harmony with themselves, they gain the certainty that free choice is the key to transforming from a fragmented human being to a holistic human being. The ego is integrated and the spirit rises to the throne.

Holistic health quality management therefore first includes a comprehensive commitment to the **flowjoy[©] health lifestyle strategy**, as we now know that holistic people with the **flowjoy[©] strategy** easily create a flowing, joyful and loving life.

The **flowjoy[©]** keys:

- 4-D being a healthy person
- 4-D energy self-management
- 4-D 24h self-organisation
- 4-D Truth
- 4-D Self-Coaching

You too can experience flowjoy[©] in your 24-hour everyday life!