

UWE ALBRECHT

Reading Sample



# THE HEALTHLING

H E A L Y O U R S E L F

inner  
wise®

## STEP BY STEP

Maybe I was being too poetic before. How about a step-by-step explanation?



**1.** Decide which topic or person you want to use me on.



**2.** Look at my front side (the one with the color wheel) and imagine that the topic you're thinking about is located in the yellow center.

Detox in progress



**3.** Now intuitively choose the main issue that needs your attention for this topic by selecting one of the eight core issue color fields.

**These represent:**  
joy of life, integrity, love, detox, presence, freedom, peace, gratitude.

I detoxify my life



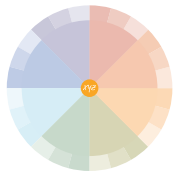
**4.** Now intuitively choose one of the three sub-issues from the outer edge of the field you chose in step 3. This shows you specifically what the real issue is.



**5.** Use your intuition to select a number from the golden ring around the wheel. The number represents the healing agent that will help you overcome the issue. Choose as many as you feel you need.



**6.** Refer to this book to learn about the healing agent behind each number you choose and let the words work in you.



**7.** Now look again at the main issue to see if it still needs attention. If your intuition tells you that it does, repeat steps 3, 4, 5, 6 and 7.

**8.** All the healing agents you chose will automatically resound from the hologram on my back as your own personal healing symphony. You don't have to do anything else.

**9.** Look at the hologram once or more times throughout each day to let your healing symphony take effect. You can hang me on the fridge with my back showing, put me on your desk, or even put me under your pillow when you sleep.

You can also use an *innerwise* amulet. Place it on the hologram for a few seconds to allow the information to resound through the amulet. Then wear the amulet around your neck.

To watch a video that walks you through these steps, go to:

[gesundling.de](http://gesundling.de)



### 38 I CHING *ZHEN, THE THUNDER*

The hero in me has the powers of decision-making, determination and enthusiasm, and the courage, accuracy, strength and flexibility. The hero in me can make quick, decisive and courageous moves in the face of change.



### 39 FLOWER ESSENCE *MONGA WARATAH*

If I really want to, I can break free from dependencies on people, behaviors and substances and finally regain my own strength and freedom. Inability and neediness were only excuses for my cowardice.



### 40 SCHÜSSLER SALT *CALCIUM FLUORATUM*

The search for security has led to clinging and rigidity. I am releasing the tensions and finding my way back to myself.



## 41 NATURAL COLOR *BLUE*

I am expansive, silent and deep. I take time to reflect, to look inward and to listen to my intuition.



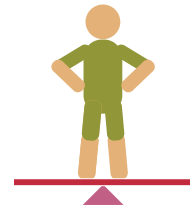
## 42 POWER ANIMAL *ELK*

Because I love myself and can celebrate my wisdom and abilities, I can see and support that in every other person, so we can live in togetherness as equals.



## 43 SCHÜSSLER SALT *POTASSIUM BROMATUM*

I am finding a new balance within myself. I now have the power to heal myself and to dissolve energetic and emotional blockages.



## 44 INDIVIDUALISM *MY HAPPINESS*

*"No one's happiness but my own is in my power to achieve or to destroy." — Ayn Rand*



Sick, sad, angry, hurt, desperate, unhappy, frustrated, unsuccessful, lonely, hopeless ...  
we've all been there at times in life.

These are the experiences that enable us to appreciate abundance, health, beauty, happiness,  
success, perfection, connectedness, energy, love and more... and to learn what we can do ourselves  
to maintain, preserve or regain them.

This is how our love of life can be reborn time and time again and rise like the phoenix.

**The Healthling** includes a map that lets you intuitively select and test for issues and choose  
the necessary healing agents. Those agents are connected through quantum physics with the information  
fields of healing remedies themselves.

Through the graphical gateways, you can access **the healing** agents and store them  
in the hologram that is included.

All **the healing** agents are powerfully described and illustrated in the book.

**The true causes of illness, disruptions and blockages are almost always  
found in the unconscious. And to heal the unconscious, you don't need pills  
or droplets—you need energies and information**

Or as Einstein said:

*"Future medicine will be the medicine of frequencies."*

**THE FUTURE IS NOW.**

**The Healthling:**  
innerwise at its best.



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wise®  
www.innerwise.com

ISBN 978-3-947458-40-0

