



What is your gut feeling? Premium Course

Mission Statement

Have you tried all available diets to ease your digestion problems? Your blood sugar level and cholesterol do not move despite your efforts, fatigue is a daily companion, and you are losing pleasure on the process?

Your mission – if you choose to accept it – is to learn about the multiple effects on the digestive system, change your connection to food and develop a whole-hearted approach to eating while your health improves and the pleasure remains accessible within 6 weeks or less.

Module 1 - Macrocosmic connection

Lecture 1

Written Exercises

Lecture 2

Soul and the physical body

Lecture 3

Being born

Lecture 4

Embracing the Light

Lecture 5

The decision making

Lecture 6

Religious influences

Lecture 7

The 2 poles

Lecture 8

Embracing the physical body

Lecture 9

The path of the Light Bearer

Lecture 10

Importance of the Light

Lecture 11

Mind, as the decision making place

Lecture 12

The energy

Lecture 13

The data

Module 2 - The digestive system

Lecture 1

Written exercises

Lecture 2

The foundation

Lecture 3

Mouth, Pharynx and Oesophagus

Lecture 4

Stomach

Lecture 5

Liver

Lecture 6

Gall bladder

Lecture 7

Pancreas

Lecture 8

Small intestine

Lecture 9

Colon

Rectum

Lecture 10

Thyroid gland

Module 3 - Thought Forms

Lecture 1

Written exercises

Lecture 2

The structure of thought forms

Lecture 3

The path of a thought form

Lecture 4

Thought forms in practice

Module 4 - Food the largest Conscious energy intake

Lecture 1

Written exercises

Lecture 2

Taking in energies

Lecture 3

Planetary influences

Lecture 4

Maintenance of the physical body

Lecture 5

Weight and the physical body

Lecture 6

Water and the physical body

Lecture 7

Eating and the physical body

Lecture 8

Vegetarian or not

Module 5 - The interrelations with the 4 elements

Lecture 1

Written exercises

Lecture 2

Introduction

Lecture 3

Earth

Lecture 4

Water

Lecture 5

Air

Lecture 6

Fire

Lecture 7

The result