

*I do  
feel  
really  
good.*

MENTAL-DETOX-PROGRAMME  
BEAUTIFULLY LIBERATING



European Ayurveda Resort  
**Sonnhof**

# DAS WHEEL OF LIFE

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THE WHEEL OF LIFE IS A VISUAL AID TO HELP YOU RECOGNISE WHERE YOU ARE IN YOUR LIFE RIGHT NOW.

It displays the spheres of life in terms of fulfilment: fulfilled, less fulfilled and require greater focus on your needs.

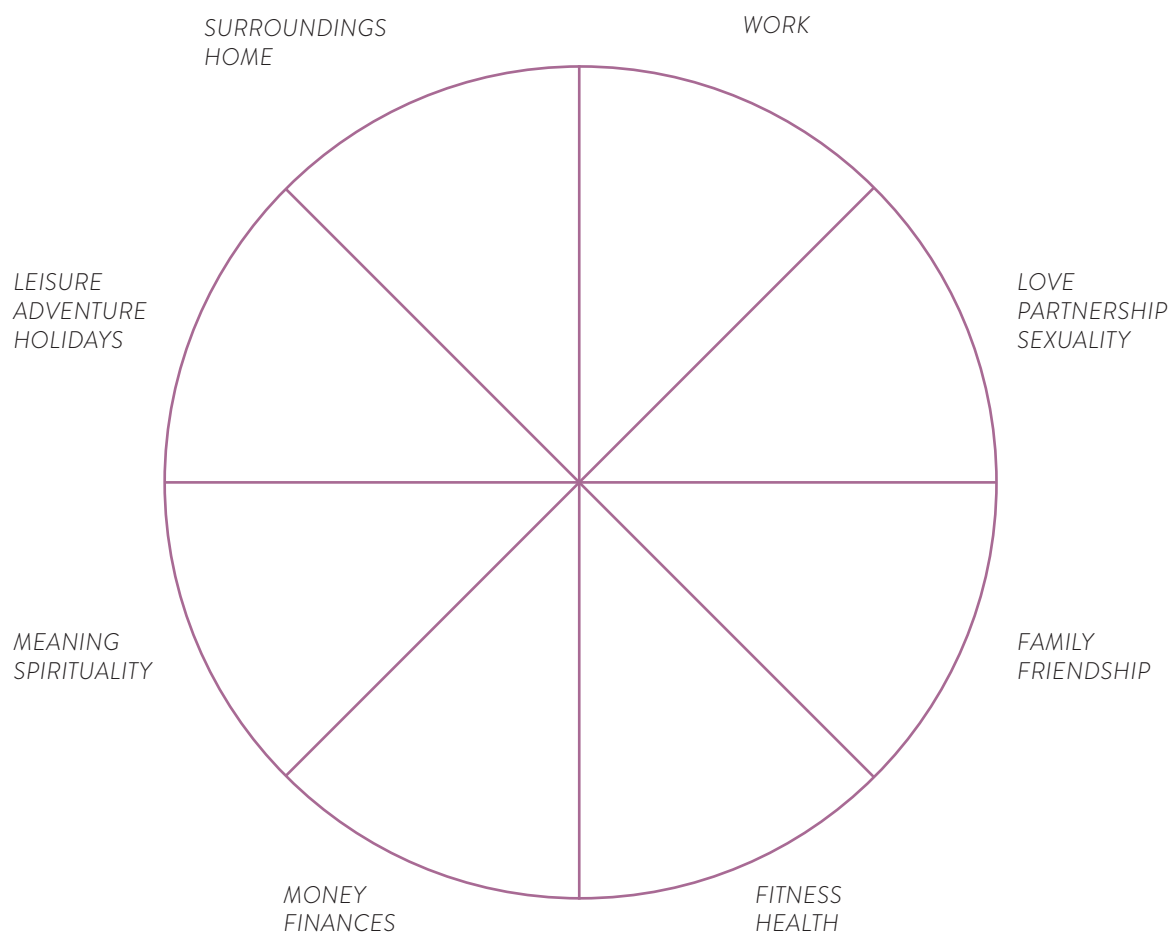
**EXPLANATION:** Each of the wheel's eight segments represents 100%.

**STEP 1:**

Consider each one and jot down your current level of fulfilment in each segment as a percentage.

**STEP 2:**

On a scale of 1 to 10, rate how important each of these spheres is to you.



# MENTAL-DETOX-PROGRAMME

## BEAUTIFULLY LIBERATING

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### STEP 3:

Study your completed wheel of life, and think about the areas in which you feel 90% or 100% fulfilled. Rejoice in these areas, acknowledge your achievements and recognise how much you have accomplished in your life.

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### STEP 4:

Which areas scored less than 90% or 100%? For each such segment, write down what life changes would be required for a 100% score.

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### STEP 5:

Write down three specific, actionable steps that you can take to reach 100% fulfilment in each of these segments.

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### STEP 6:

Are there any areas you have disregarded? Needs that you are not, perhaps, taking seriously enough – such as your finances or your health? List the segments that you have avoided, where you want to make changes but don't know how.

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# LET GO & DETOX

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In order to make headway in our personal development, we need to leave behind the things that weigh us down with negative energy. We all tend to hold onto things that are no longer needed in our lives. Letting go frees up space for fresh fulfilment.

What can you do today to invite greater ease into your life? You could try having a big tidy-up at home, decluttering your wardrobe, creating space between yourself and someone who is causing you stress or finally paying that long-overdue bill. Or perhaps – starting today – you will reserve 10 minutes of each day just for yourself.

What obstacle between you and that 100% fulfilment score could you let go of today?

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What will be the benefit of letting go of/decluttering/saying goodbye to \_\_\_\_\_ ?  
What will this free you up to do?

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What would you like to let go of during your treatment programme?

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## **MANTRA OF THE DAY:**

I am ready to let go, and I sense what I need.

# THE BIG 5 FOR LIFE

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A man was asked why he was always happy despite being burdened by many tasks.

He answered:

*'When I stand, I stand,  
when I walk, I walk,  
when I sit, I sit,  
when I eat, I eat,  
when I love, I love...'*

He was interrupted by a further question:

*'We do that too, so what else do you do?'*

He repeated:

*'When I stand, I stand,  
when I walk, I walk,  
when I...'*

Again, the response:

*'But we do that too!'*

His answer:

*'No, when you sit, you're already standing,  
when you stand, you're already walking,  
when you walk, you're already at your destination.'*

## **1. BUILD MINDFULNESS BREAKS INTO YOUR EVERYDAY ROUTINE**

Throughout the day, take short breaks to focus on your breathing: spend a minute paying attention to the air flowing in and out of your nostrils with each breath. You can close your eyes or leave them open for this.

Practice this exercise anywhere: on the underground, at work or in bed at night.

Your breath allows you to be in the present moment.

## **2. SPEAK WHEN YOU SPEAK. WALK WHEN YOU WALK. LOVE WHEN YOU LOVE.**

Make it a routine to focus on what you are doing and be truly present in the moment.

When you do the washing up, focus on how the water feels on your hands and how it sounds when you put the crockery down.

When you go for a walk, be aware of your environment, the light and the air.

When you eat, use all of your senses and really experience every bite.

When you spend time with people you love, turn your phone off.

# THE BIG 5 FOR LIFE

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## 3. LISTEN

Did you know that the quality of a conversation depends on the listener? Really listening to and giving your conversation partner your full attention creates a much deeper connection.

We are rarely fully present in a normal conversation, and tend to be much more occupied with a conversation inside our own heads than what the other person is saying.

Listening means not only hearing the words, but what the other person is actually saying.

Giving another person your full attention is perhaps the most beautiful expression of love.

## 4. SLOW DOWN

Our pace of life is the fastest it has ever been. Constant availability is a must and no email can ever be left unanswered for more than five minutes.

Take your time. Switch off your phone's push notifications.

Decide for yourself when you want to reply to emails and messages.

Create a morning routine to start the day calm and relaxed.

Make yourself a cup of tea, read a few pages of your favourite book and meditate.

## 5. OBSERVE YOUR THOUGHTS

*'Your mind is an instrument, a tool. It is there to be used for a specific task, and when the task is completed, you lay it down. As it is, I would say about 80 to 90 percent of most people's thinking is not only repetitive and useless, but because of its dysfunctional and often negative nature, much of it is also harmful.'*

*Eckhard Tolle*

A major benefit of mindfulness is that it turns off your autopilot.

Why is this so important? Generally speaking, there would be no objection to autopilot if it didn't create so much rubbish in most people's heads.

We have 60,000 to 70,000 thoughts every day. How many are positive and about yourself?

Mindfulness is a tool that enables you to pause every day and take stock of where your thoughts are and whether that is what you want.

# THE BIG 5 FOR LIFE

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## **PAUSE.**

Where am I with my thoughts right now?

## **FEEL.**

How do I feel as I have these thoughts? Simply direct your attention to them, but do not judge and do not be critical of yourself if you have a negative thought.

## **LET GO.**

Let the thoughts go and return your focus to the present.

HOW CAN A GENTLE SOUL FLOURISH  
IF YOU DON'T GIVE IT TIME?  
GIVE YOUR SOUL TIME TO ABSORB THE BEAUTY  
AND LOVE THAT SURROUNDS YOU.



*Elisabeth Mauracher developed the MENTAL DETOX PROGRAMME.*

## **IN CONCLUSION**

BE AWARE THAT WHAT YOU DO WITH YOUR LIFE IS IN YOUR OWN HANDS.  
HOW YOU SHAPE YOUR LIFE IS YOUR RESPONSIBILITY AND YOUR DECISION.

