

Deep regeneration / BreathBomb primary process

It's great fun. It's really super cool.

This is pure freedom in practice. Without any restrictions.

And incidentally changes your life from the inside out in the direction of 'unrestricted, totally vital, juicy, loving'. A little bit more every time.

This process loosens, relaxes and frees your innermost structure. Releases the unheard-of power that lies within you. Releases your power. Releases all your feelings. Releases your energy. Liberates your independence, together with your connectedness. Free your love. Free your desire.

It frees and activates your defences!

Sick? Excuse me? I haven't been ill for over ten years.

It opens your contact. Intense contact with yourself. Contact with your fellow human beings. Contact with life in general. Comprehensive contact with the infinite space around you.

It makes you able to act. Able to look at yourself. Able to regulate yourself perfectly in every respect. Able to engage in arguments in which everyone always wins. Able to love with every fibre. Able to perceive penetratingly. Able to think and act intelligently. Able to always make the right decisions.

This process makes you magnanimous. It makes you generous. It makes you calm in dealing with material things and relationships.

Do you have dreams, aspirations about who you are, what you can do, what you have? TR will unleash forces within you that will decisively help you to set your priorities right and realign your habits so that you can realise your true dreams.

Of course, you will also be challenged in some respects. After all, you're dealing with yourself 😊

In short: Deep Regeneration, practised with the Breath Bomb in conjunction with the Primary Process, makes you thoroughly alive and incredibly strong. You will gradually become a super human being. Just as you should be. The way you deserve to be. The way we deserve you. 😊