

Udo Brückmann

The Brueckmann-Method

Tangible ways
in fantasy worlds

Coaching

BOOKS ON DEMAND

*When you change the way you look at things, the things
you look at change.*

*Max Planck (1858-1947)
Founder of quantum physics, Nobel Prize 1918*

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Foreword

The Brueckmann-Method, which bears my name and is presented to the public for the first time, has a potential to sustainably enrich the coaching business.

In order to develop the method and write these lines, it took 35 years for me to deal with a wide variety of spiritual topics. Quantum physics and quantum healing have become more and more the focus of fascination.

Basically, however, it all started with a near-death experience a long time ago that literally kicked my life out of the orbit after an infection had been taken away. During this special situation between life and death, as a young person, I have not only been outside of my physical body for a certain time, I have also been able to observe this body very clearly from outside. And I cannot be what I have observed - according to the knowledge - because the observer is obviously something completely different from the physical body with which he is connected. If the connection had dissolved, so that I would have died, only my physical body would have died, my "experiential instrument". So our life, according to the reflection at that time, must involve much more complex matters than just the three dimensions of our material existence. Since then, I have dealt with the all-encompassing theme of human consciousness. This also includes the influential, yet incomprehensible subconscious as part of every personality.

One day I wondered, how it can be possible to use one's own dreams in such a way that, after waking up, one can remember exactly all the details in order to understand the messages from the dream world and thus from the subconscious, and to gain the corresponding insights from

them. The answer is: Not at all. Each of us will always be just the dreamer, who does not remember his dreams or only remembers them a little. Everything melts away in fragments between your fingers and is simply gone again. Likewise, it makes no sense to reprogram or reorient the subconscious in an elaborate manner, if the results remain unsatisfactory. Even lucid dreaming or "clear dreams" - you dream and are aware that you dream - are insufficient for me, because the desired results are just random.

My coaching method, on the other hand, shows the user the possibility of bringing the mostly inaccessible dream world of our free fantasy, which largely affects the subconscious in sleep, into conscious reality in order to make it interactively experienceable there. Even more: The method is about getting into a higher consciousness and thus into a reality that is far superior to our three-dimensional existence.

So that this state of knowledge can be reliably achieved, elements from quantum healing are used, combined with a special way of "light breathing", with which you create your double, your "light twin". This process is an important process of my method which takes place in your imagination.

The requirement for this is that you should be a visual person, because the intensity of imagination does a large part of the success in working with the method. By the way it is of course possible to practice visualizations with appropriate exercises.

It is important to mention that the coaching sessions have nothing to do with role-playing games, where you assume a different identity to escape from your problems and worries. No. If this were the case, you would act merely as your ego, as your low-dimensional personality with its limiting rational mind and again with its subconscious, who wants to take control as usual.

By identifying with the figure you embody during the coaching session within a "fantasy world" you choose, you become this character yourself. For the duration of the coaching you are this individual figure, that has never existed before in the fantasy world.

You are "traveling" together with your "light twin", so that your subconscious is tricked and set aside. The method shows you, that you can open yourself to the awareness of higher dimensions, because you, like every other living being, are naturally an energy body in different stages of energetic compression. Otherwise, the effects of quantum healing would not be explained. So you are no longer identified with your ego or your I, but with your I AM. You learn to take spiritual responsibility for yourself, because for everything that happens to you in life, you alone bear the responsibility. And no one else on this planet.

The Brueckmann-Method wants to help you to discover your creative nature, comprehend it holistically and use it positively. Not in theory, but in practice - for a better life according to your very personal needs and standards.

I would like to explain larger contexts and put them in relation to one another.

After each chapter, you will find a short summary on an extra page to facilitate the practical work with this book.

As a coach and consultant, it is a great pleasure and an honor for me to support an active part of mental life and mental health.

Please also note that English is not my "mother tongue" or first language. So the translation from German wasn't that easy. May the method serve the light and well-being of all people who understand the beauty of life.

Udo Brückmann, March 2021