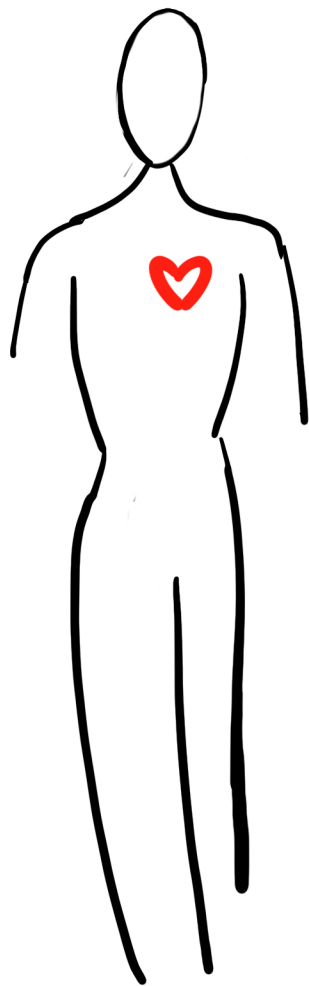
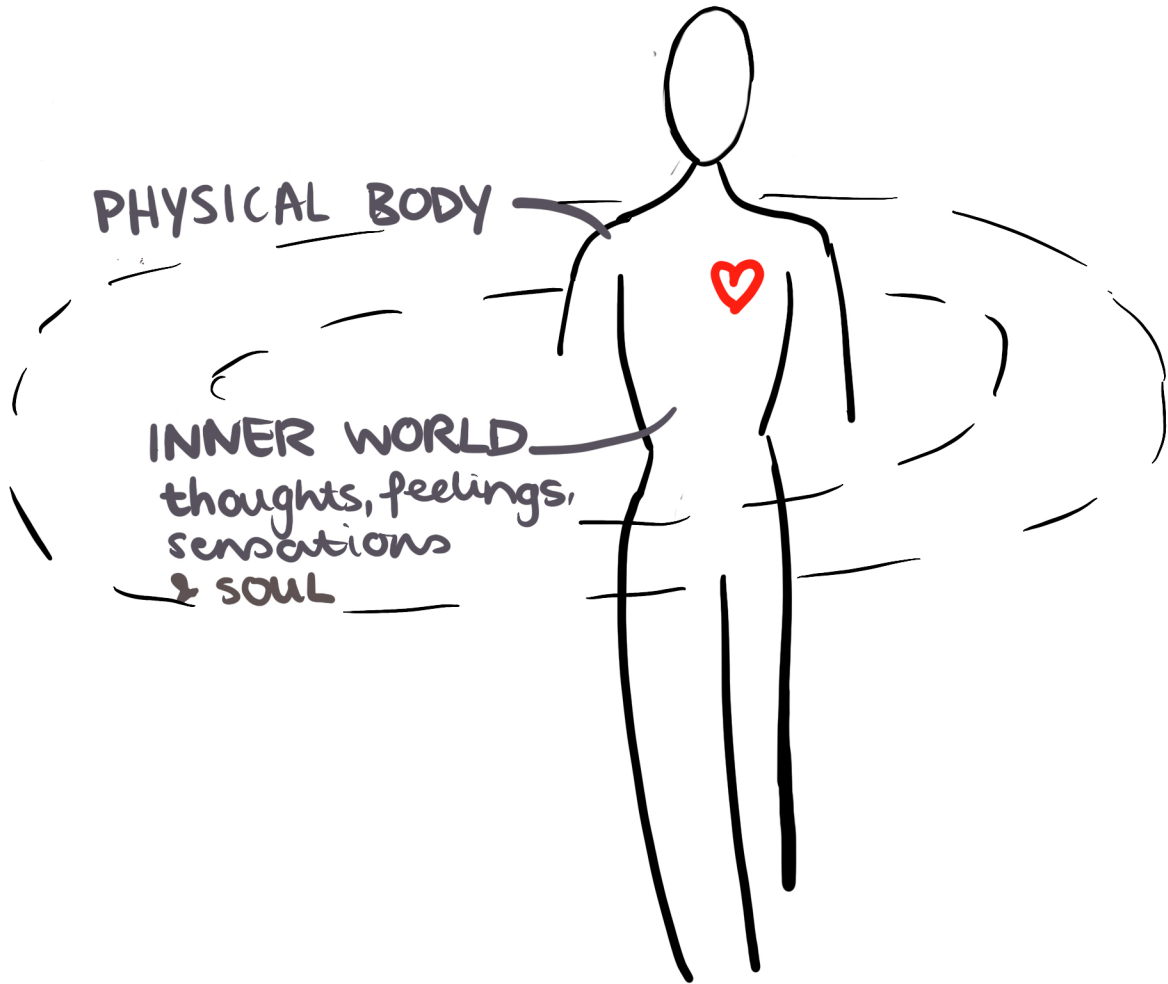


Hi, this is  
a human

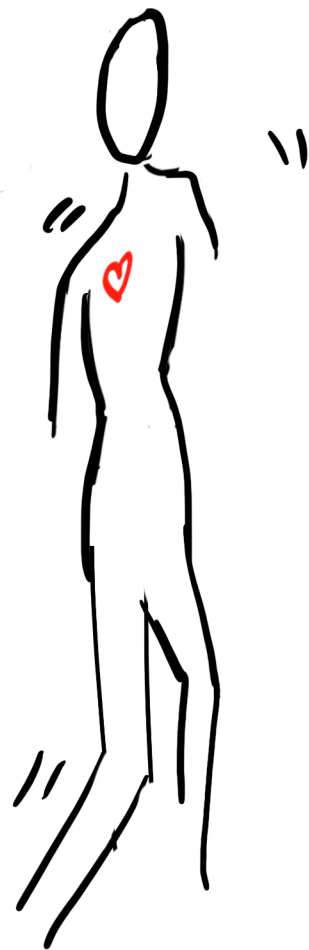


Human  
is build with:

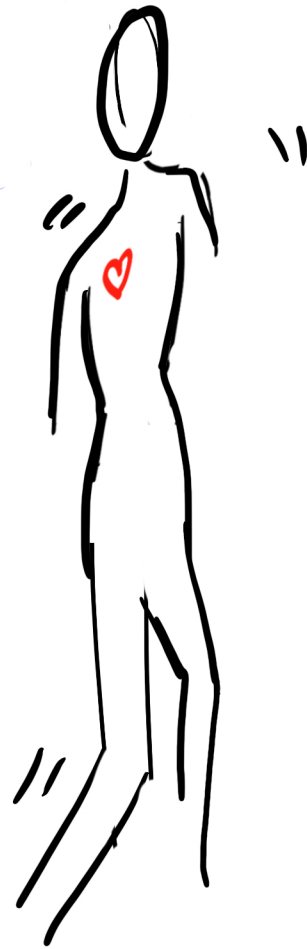





Now, Human  
is walking  
through life



Now, Human  
is walking  
through life



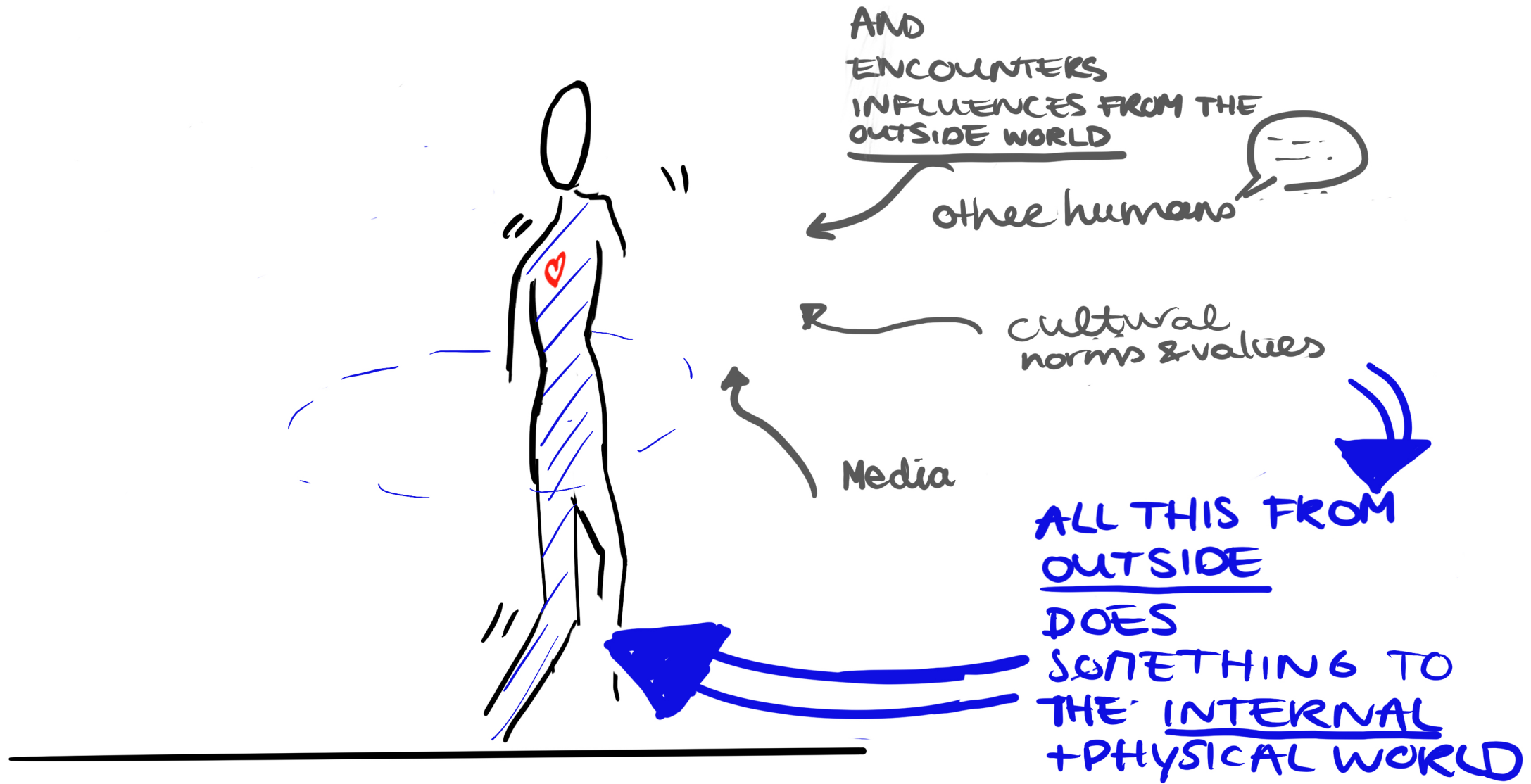
AND  
ENCOUNTERS  
INFLUENCES FROM THE  
OUTSIDE WORLD

← other humans 

← cultural  
norms/values

← Media





SO NOW IN  
OUR INSIDE  
WORLD,  
thoughts,  
feelings,  
memories  
may come up,  
positive or  
negative



AND  
ENCOUNTERS  
INFLUENCES FROM THE  
OUTSIDE WORLD

other humans

cultural  
norms & values

Media

ALL THIS FROM  
OUTSIDE  
DOES  
SOMETHING TO  
THE INTERNAL  
+ PHYSICAL WORLD

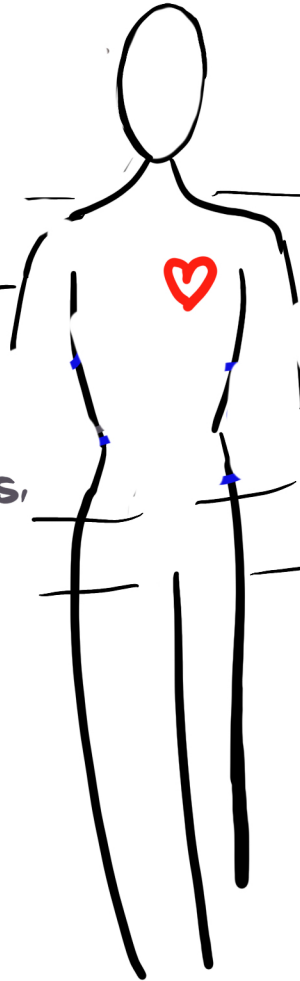
# ALL THESE INFLUENCES

INFLUENCE



PHYSICAL BODY

INNER WORLD  
thoughts, feelings,  
sensations  
& SOUL



# ALL THESE INFLUENCES

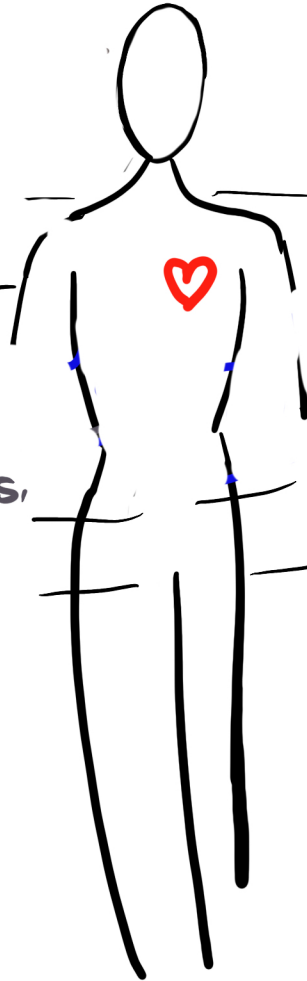
VISIBLE OR INVISIBLE, FROM  
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# ALL THESE INFLUENCES

VISIBLE OR INVISIBLE, FROM  
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MOVE US INTERNALLY

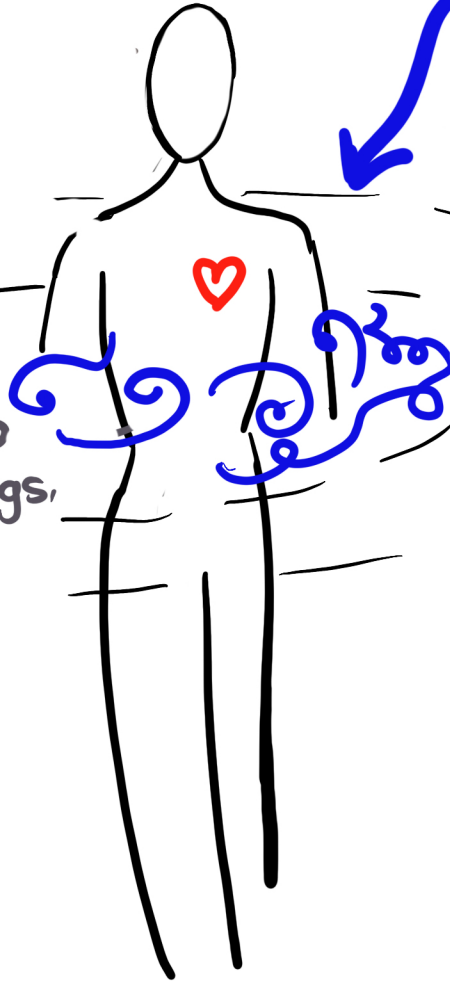
SET IN MOTION THE  
PHYSICAL + INTERNAL WORLD.

INFLUENCE



PHYSICAL BODY

INNER WORLD  
thoughts, feelings,  
sensations  
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MOVE US INTERNALLY

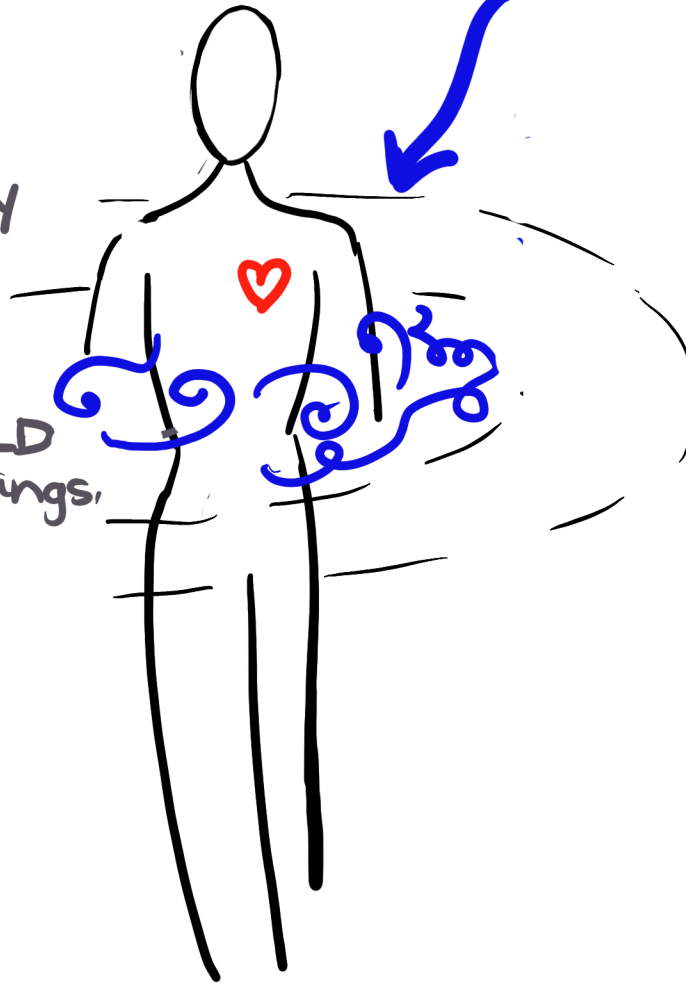
SET IN MOTION THE  
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INFLUENCE



PHYSICAL BODY

INNER WORLD  
thoughts, feelings,  
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whether it is fear, or  
shame, anger, frustration  
thoughts, judgments etc.  
or maybe we don't know  
WHAT IT DOES INTERNALLY.

MAYBE IT MAKES US THINK THINGS  
MAYBE WE FEEL A CERTAIN WAY



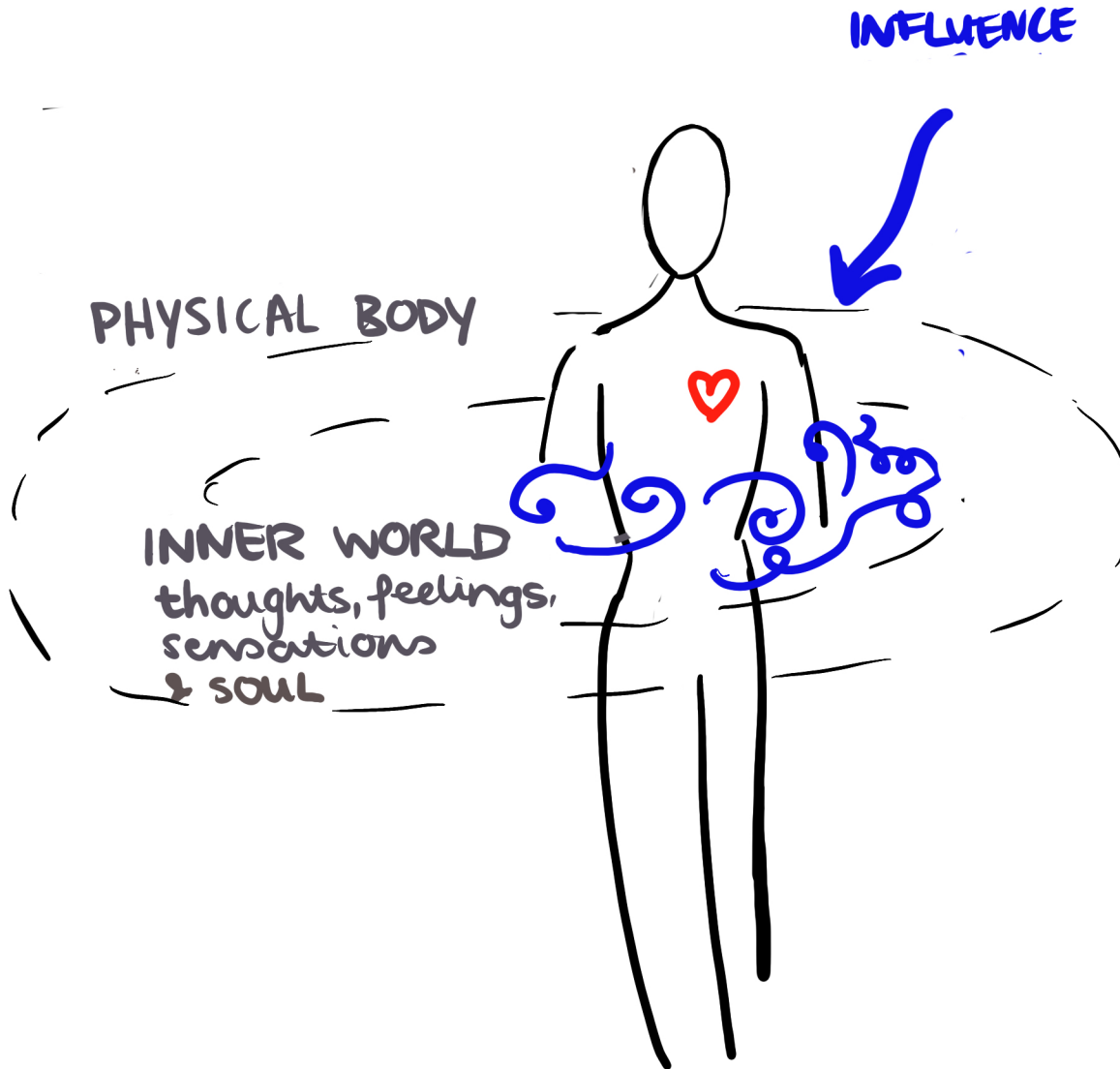
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**ACTION = REACTION**

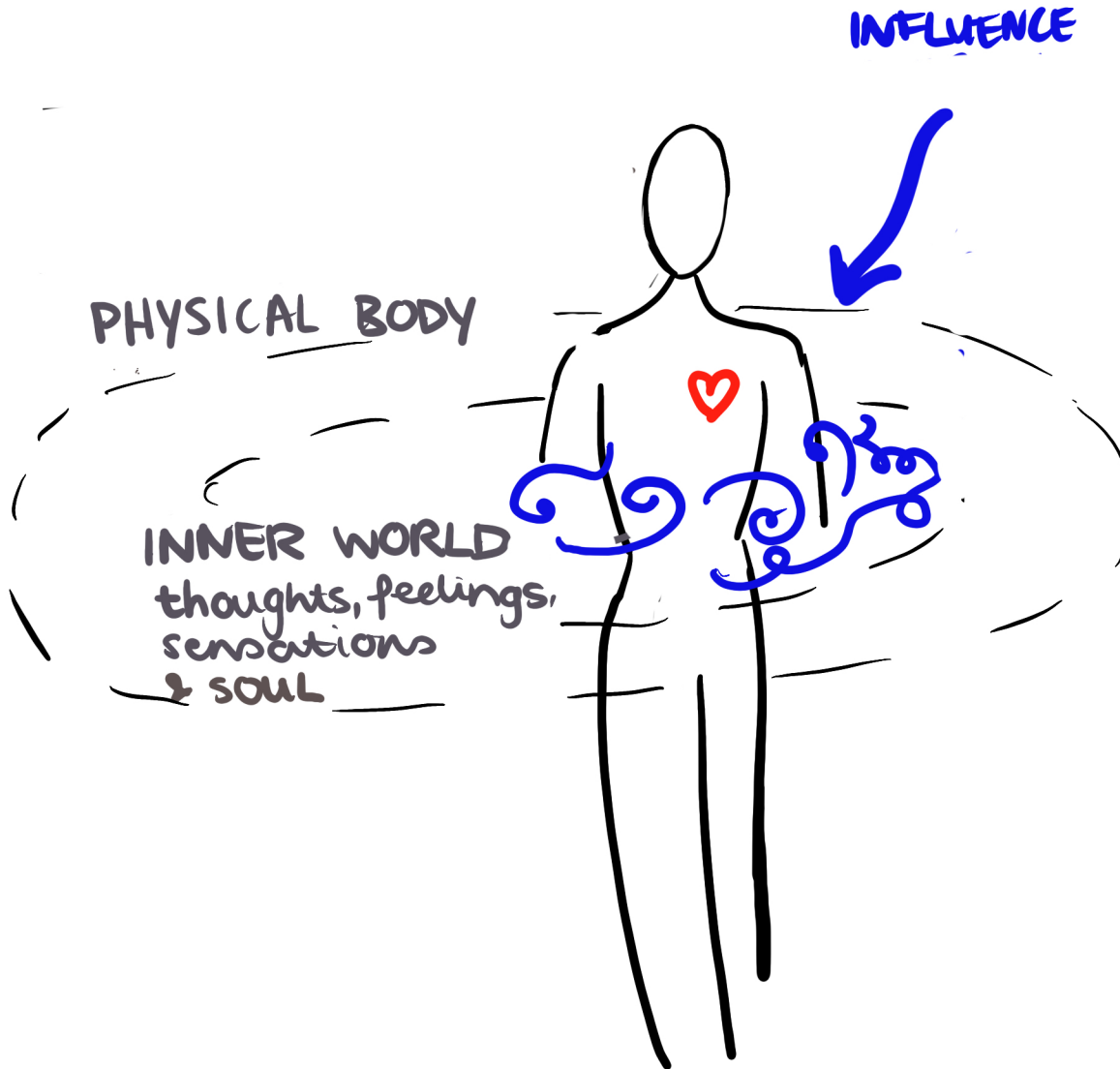
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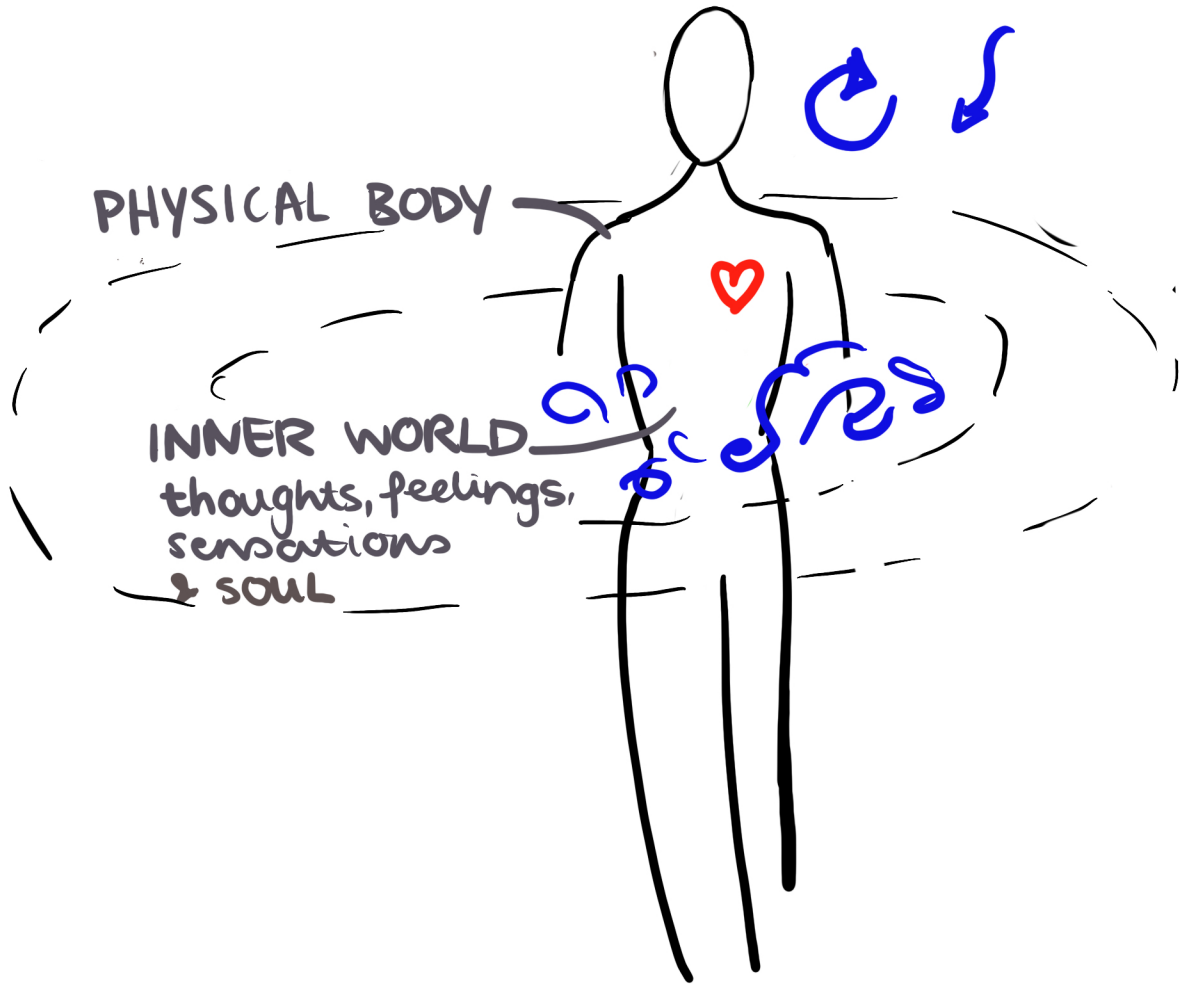
MAYBE IT MAKES US THINK THINGS  
MAYBE WE FEEL A CERTAIN WAY

**ACTION = REACTION**

That is OUR NATURE

It is the way we  
are build.

But what do we do  
with this nature?

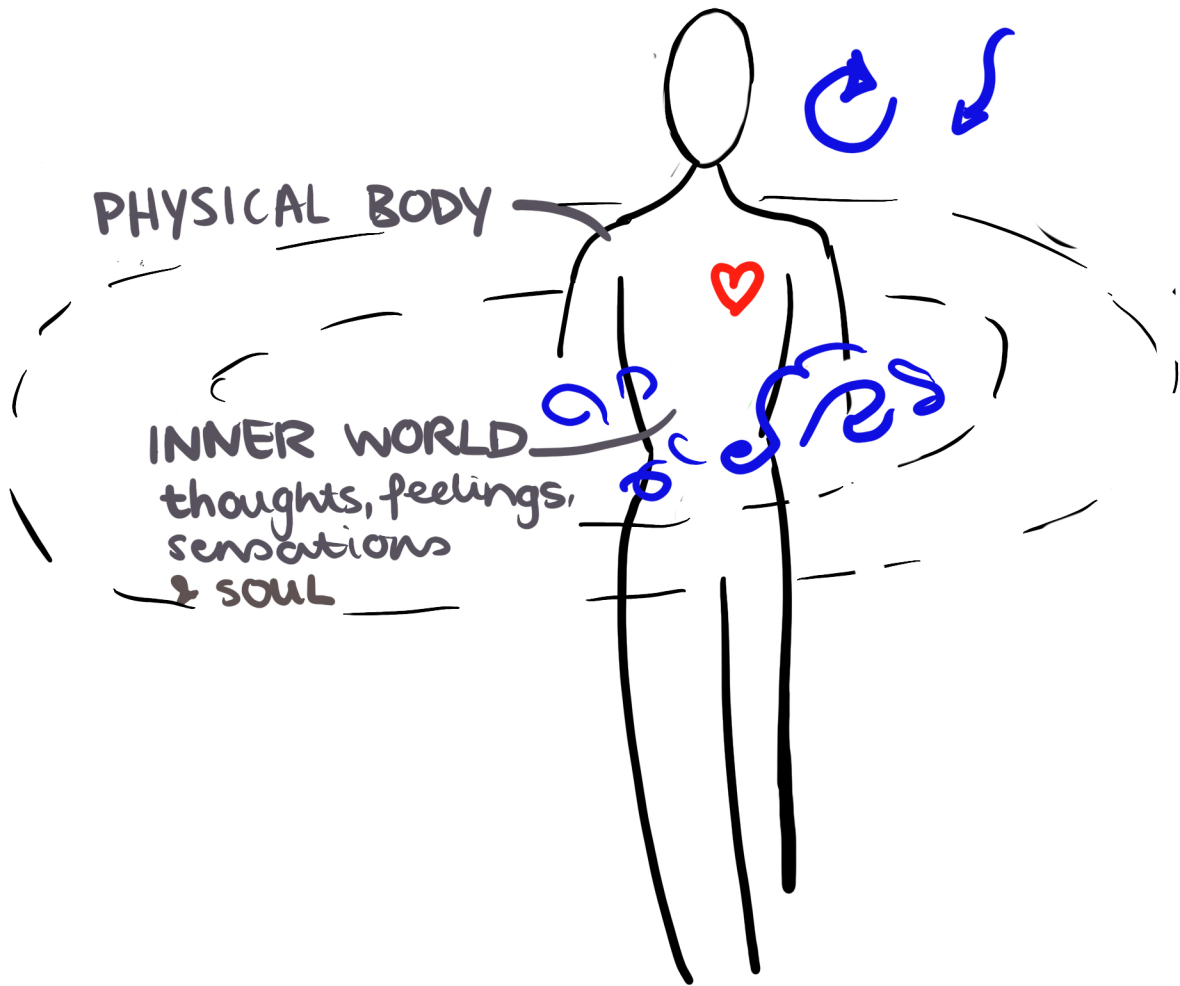


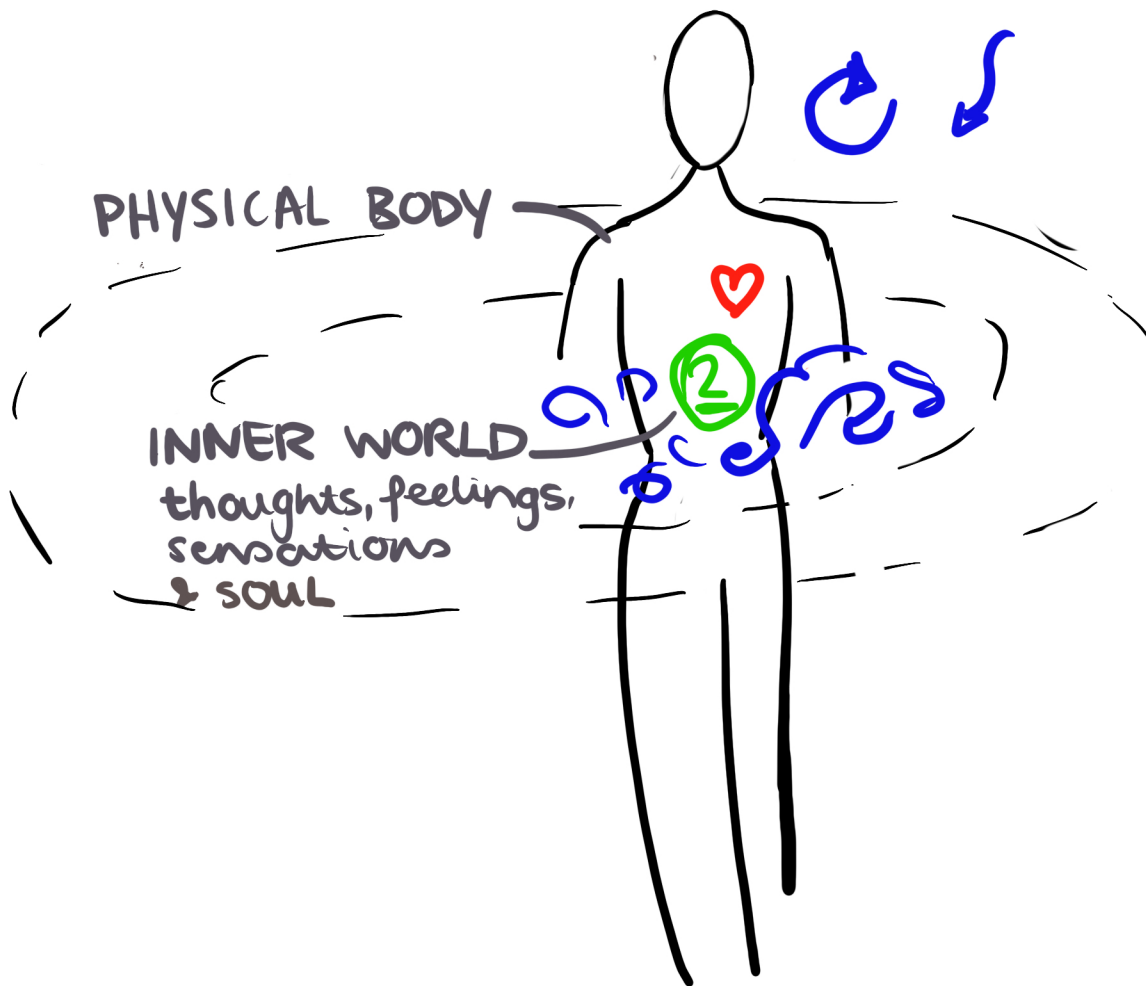
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with this nature?

ARE WE **AWARE**

OF WHAT IS HAPPENING

IN OUR INTERNAL + EXTERNAL WORLD?

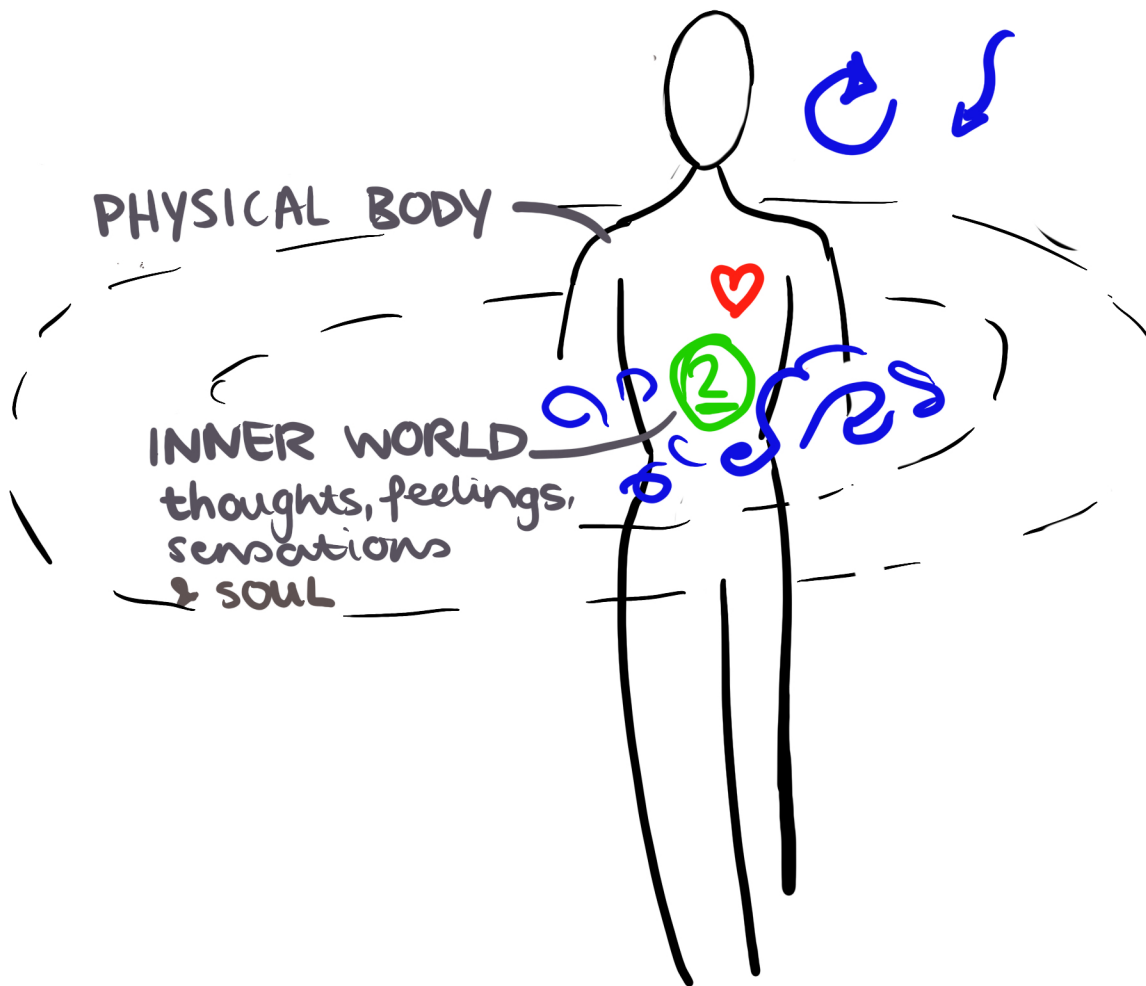




ARE WE **AWARE**

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BEING AWARE IS TO OBSERVE. &  
**OBSERVATION GIVES INFORMATION**  
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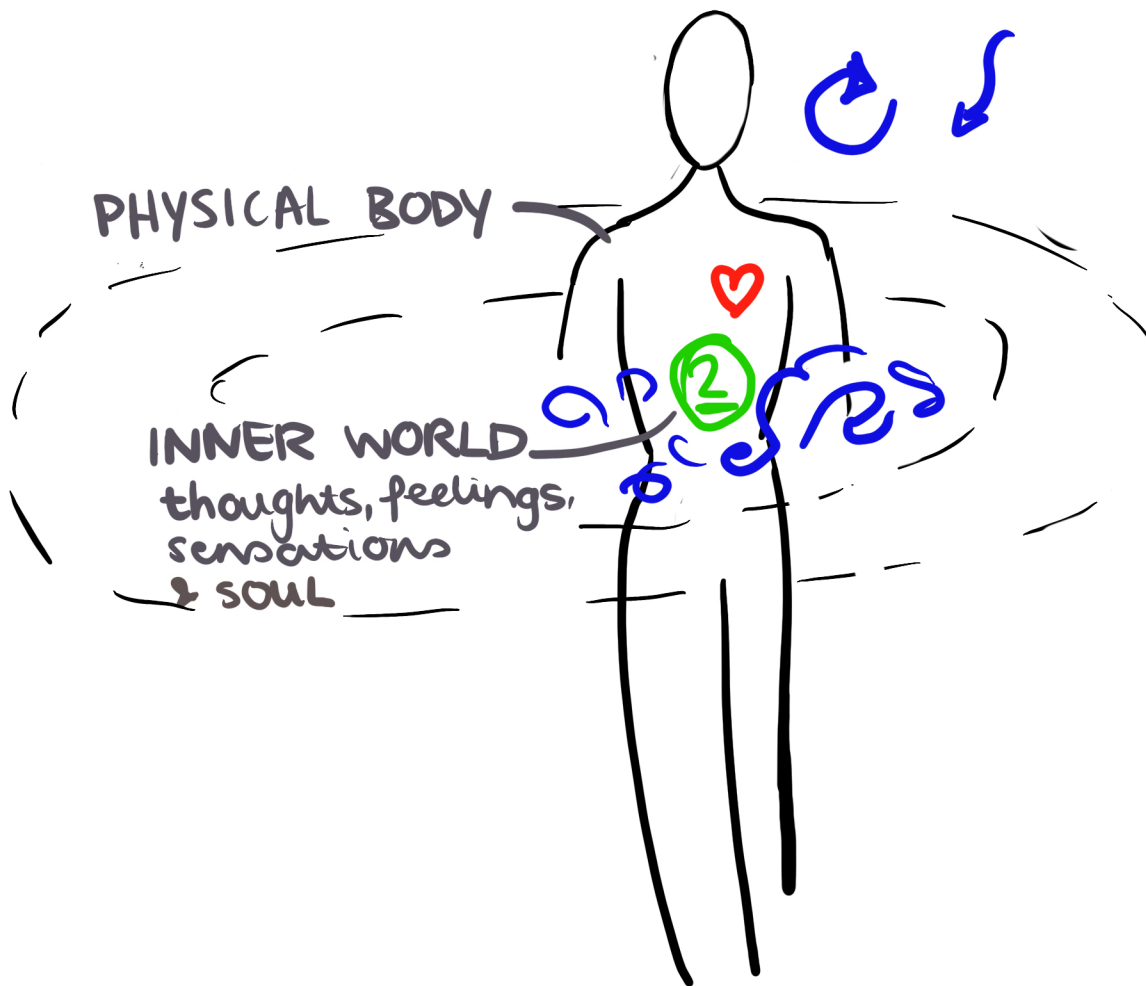


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(UNCONSCIOUSLY) INFLUENCE  
OUR NEXT ACTION.



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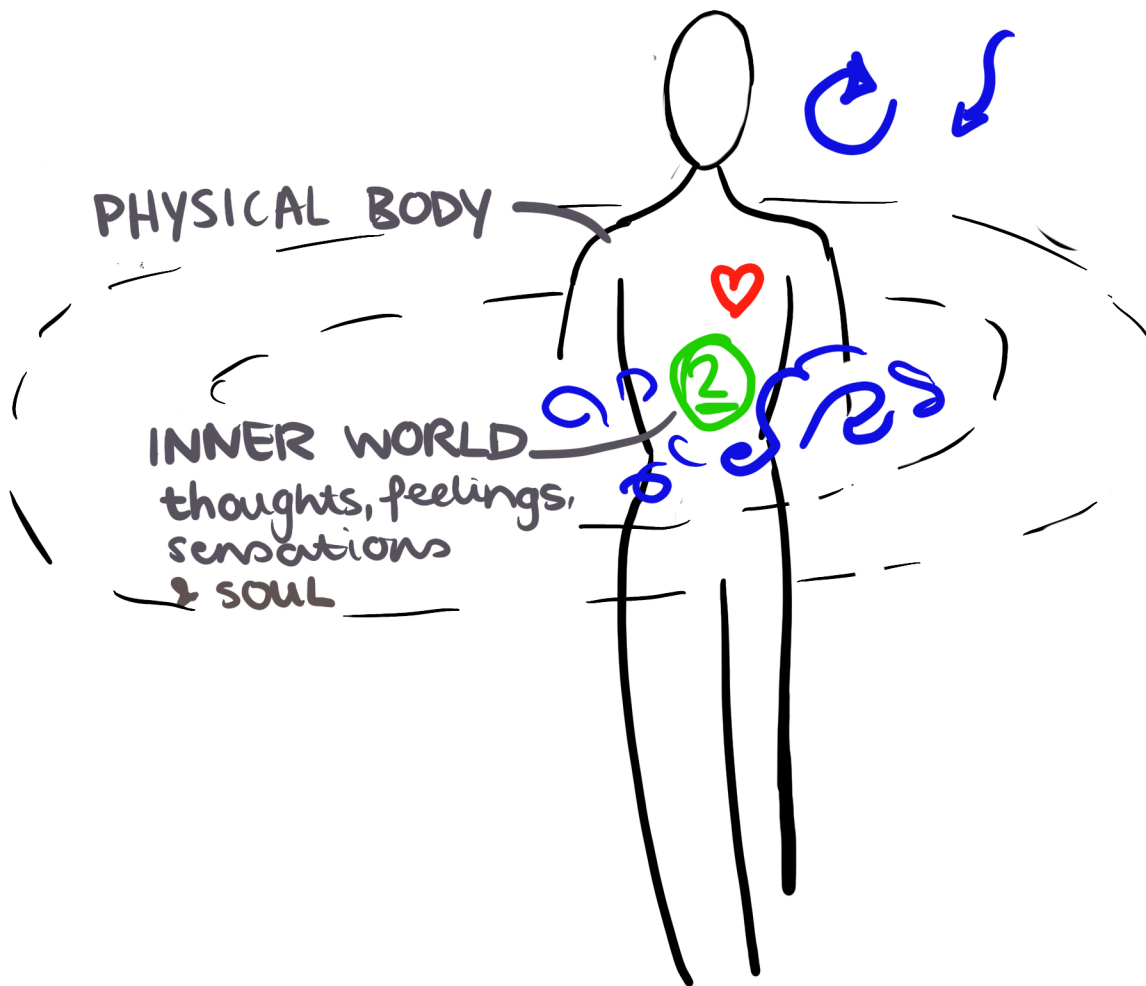
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and that might have  
an **EFFECT** that is  
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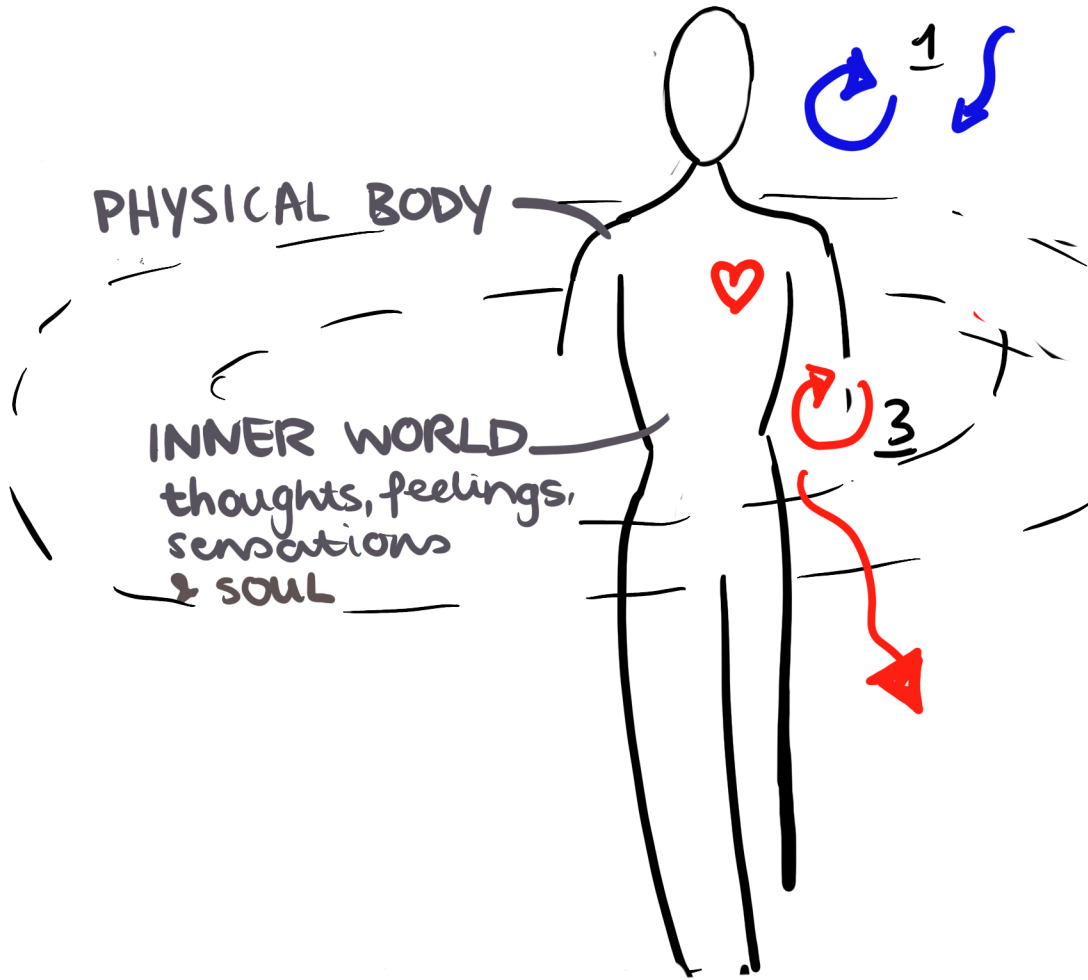
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Here is why →



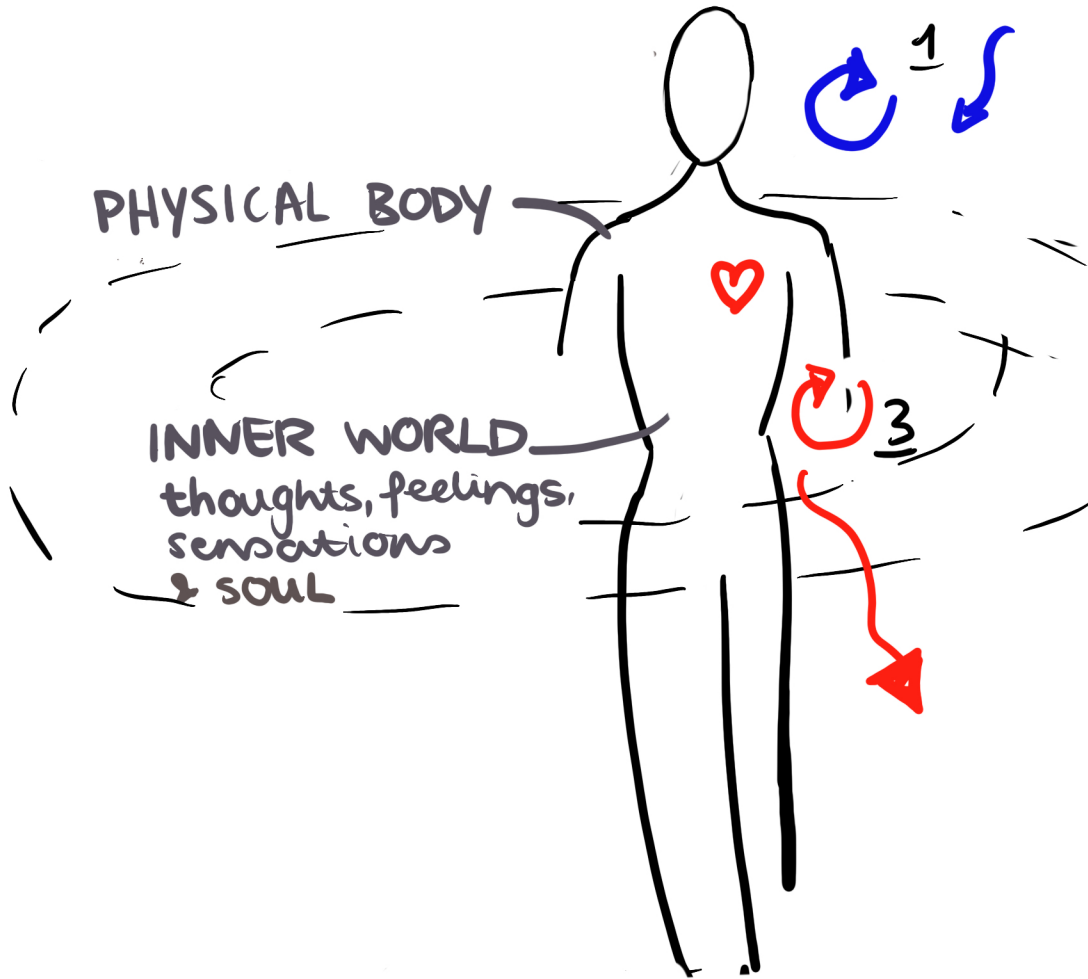
WITHOUT AWARENESS: WE RESPOND  
BASED ON WHAT WE  
SEE, FEEL, THINK, PERCEIVE



WITHOUT AWARENESS: WE RESPOND  
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— IN OTHER WORDS: —

WE RESPOND BASED ON  
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TRUE



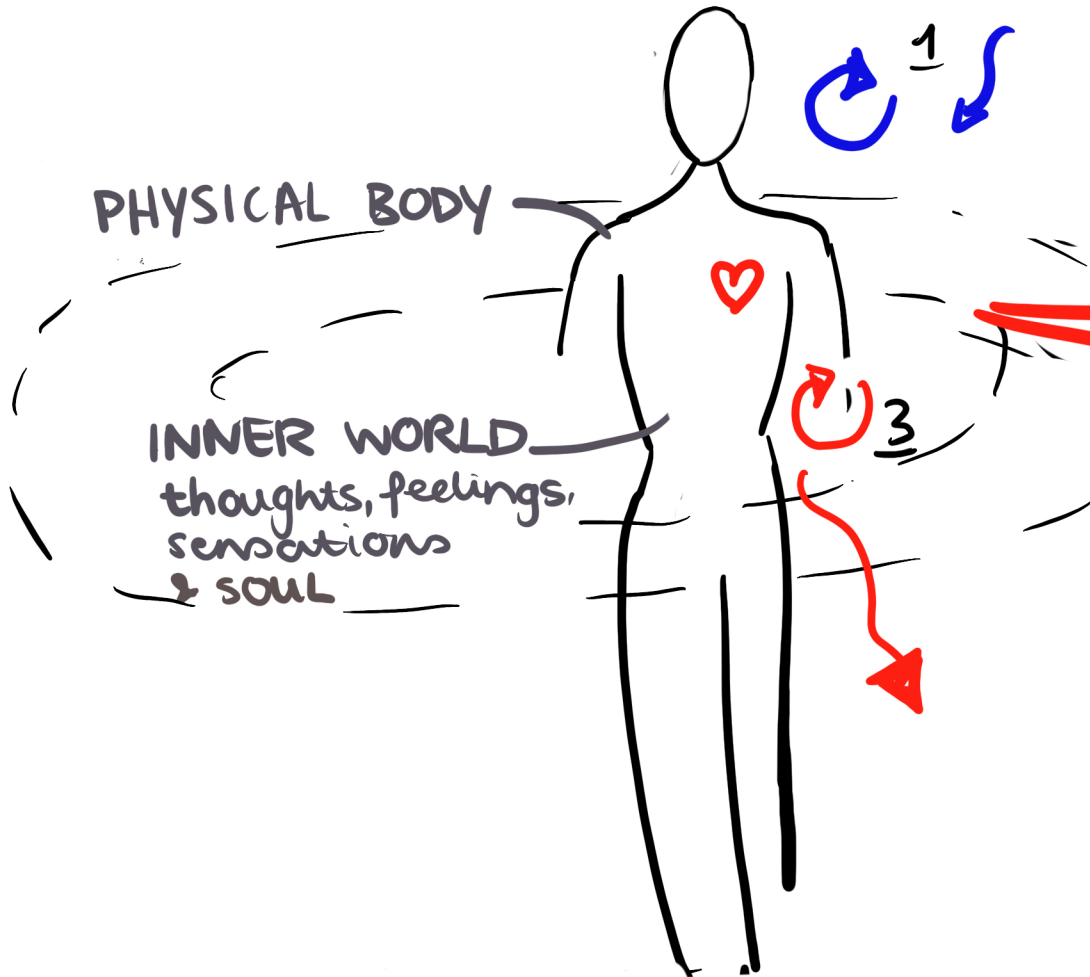
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i.e.

"he/she does not  
know this,"  
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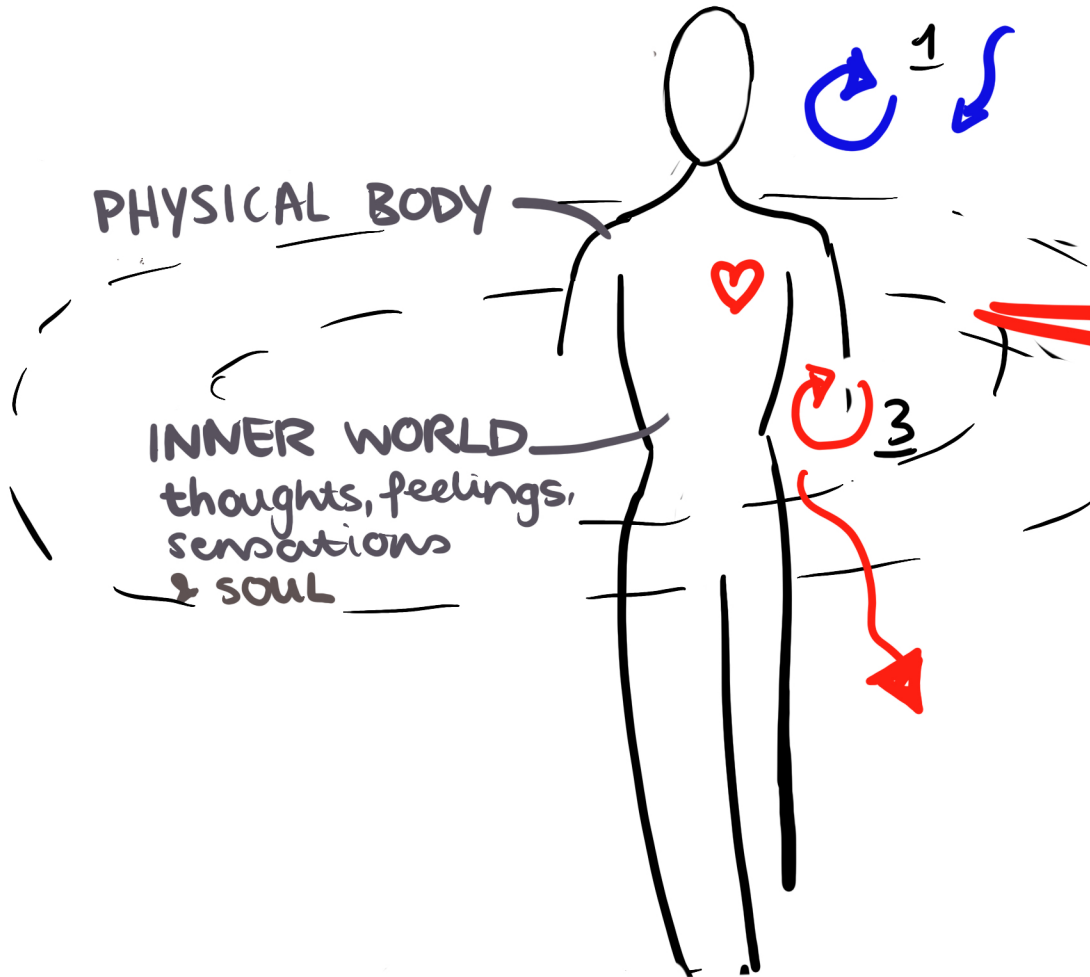
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THEN WE RESPOND  
BASED ON OUR OWN  
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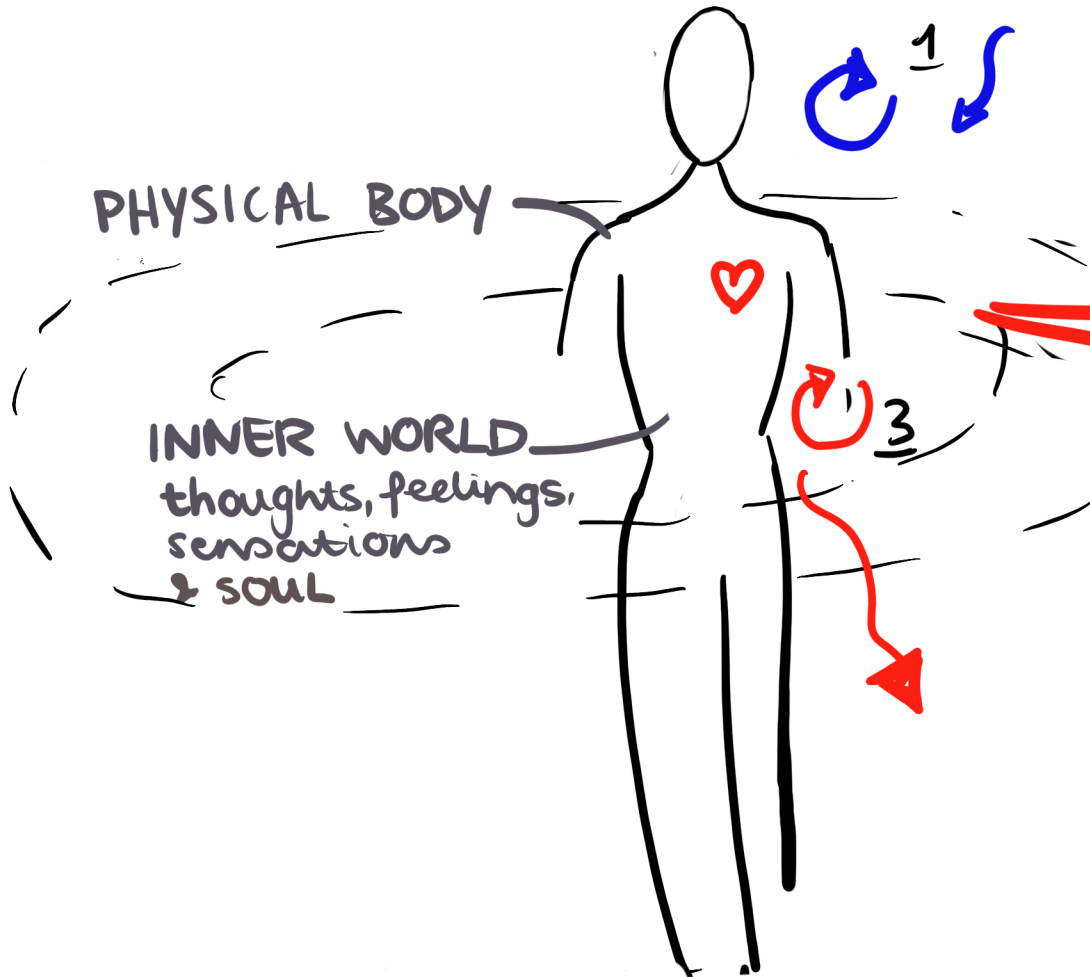
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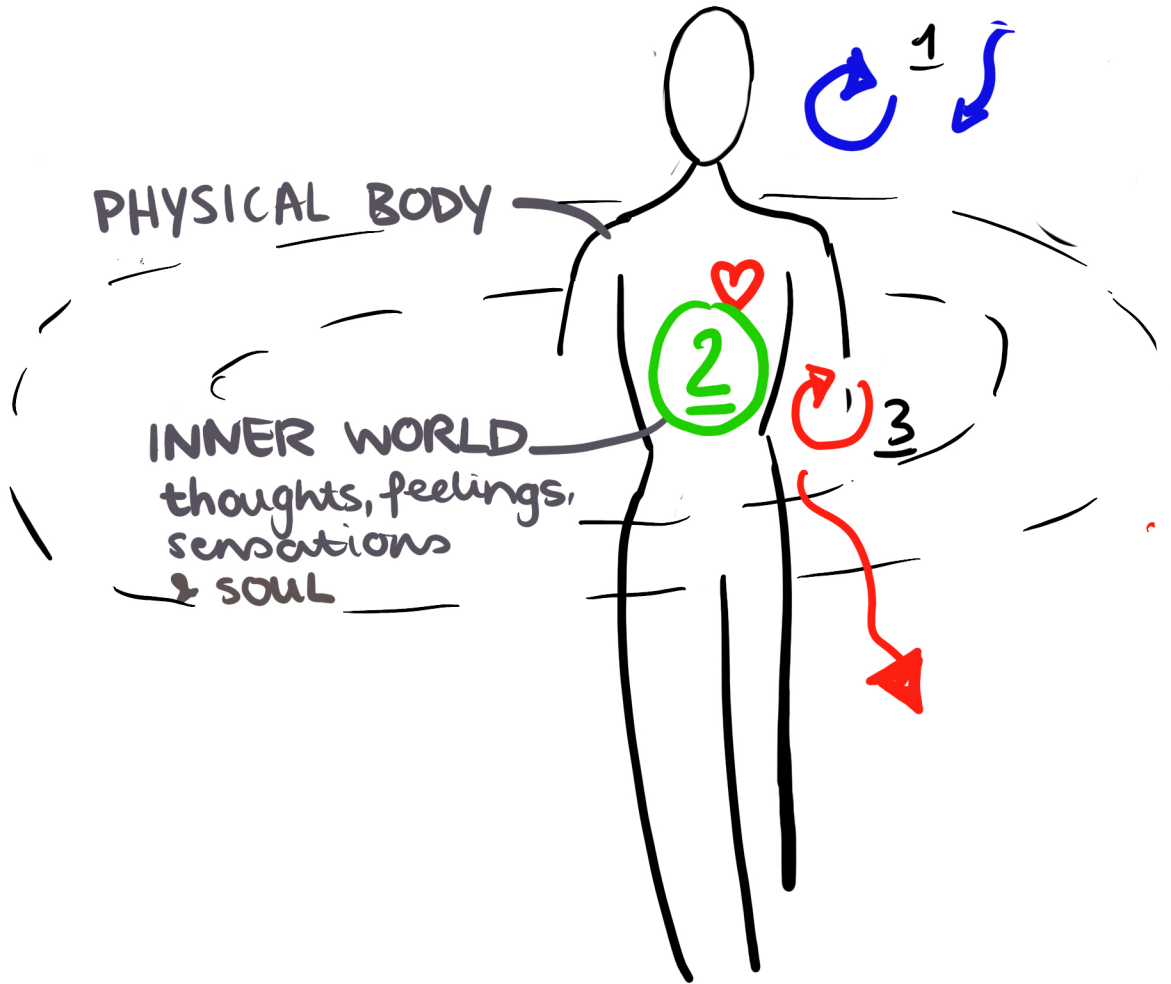
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THEN WE RESPOND  
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AND  
THESE THINGS !  
MIGHT NOT BE TRUE.

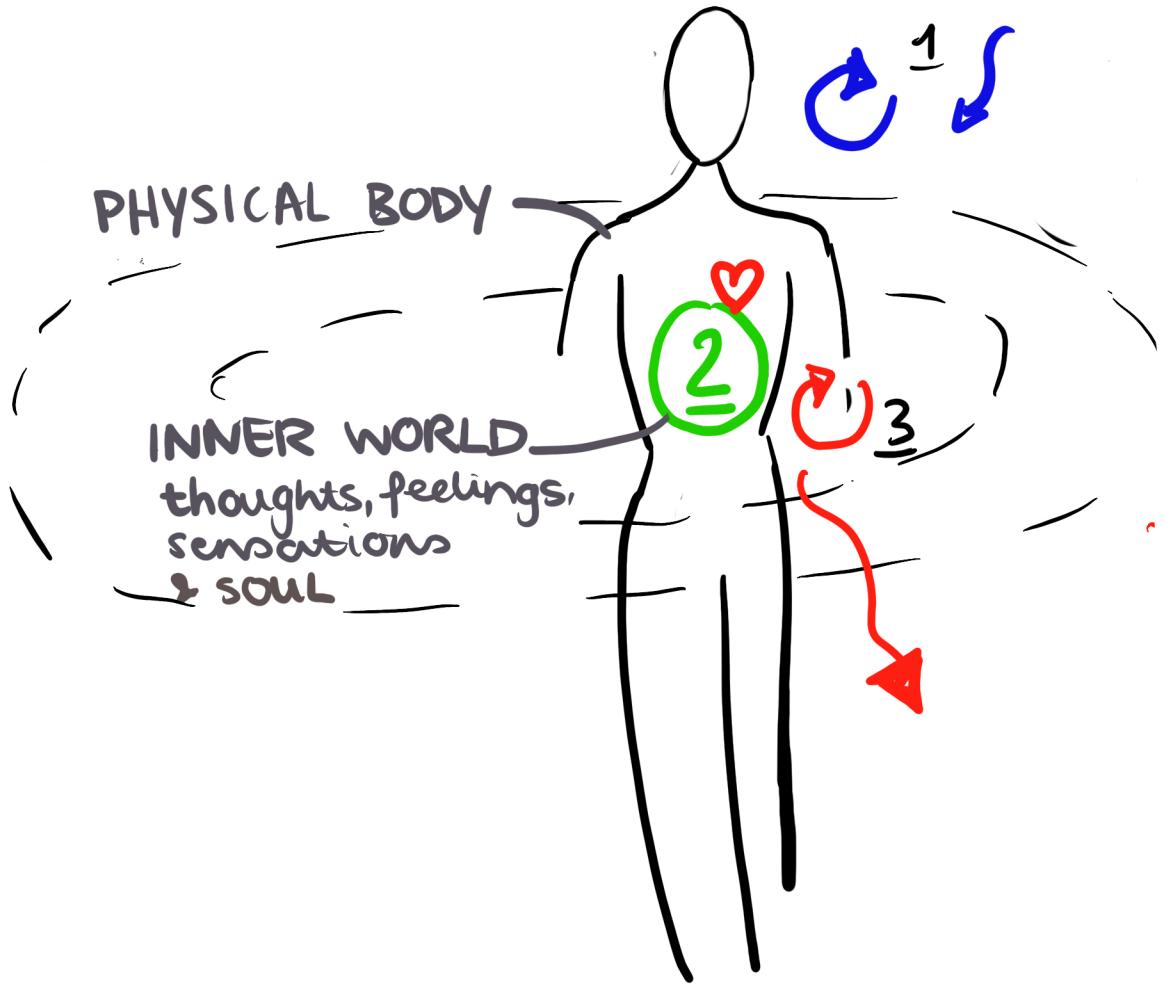


SO IF WE ACT  
WITHOUT AWARENESS  
THEN  
THE DRIVER OF ACTION IS  
THE INTERNAL WORLD.



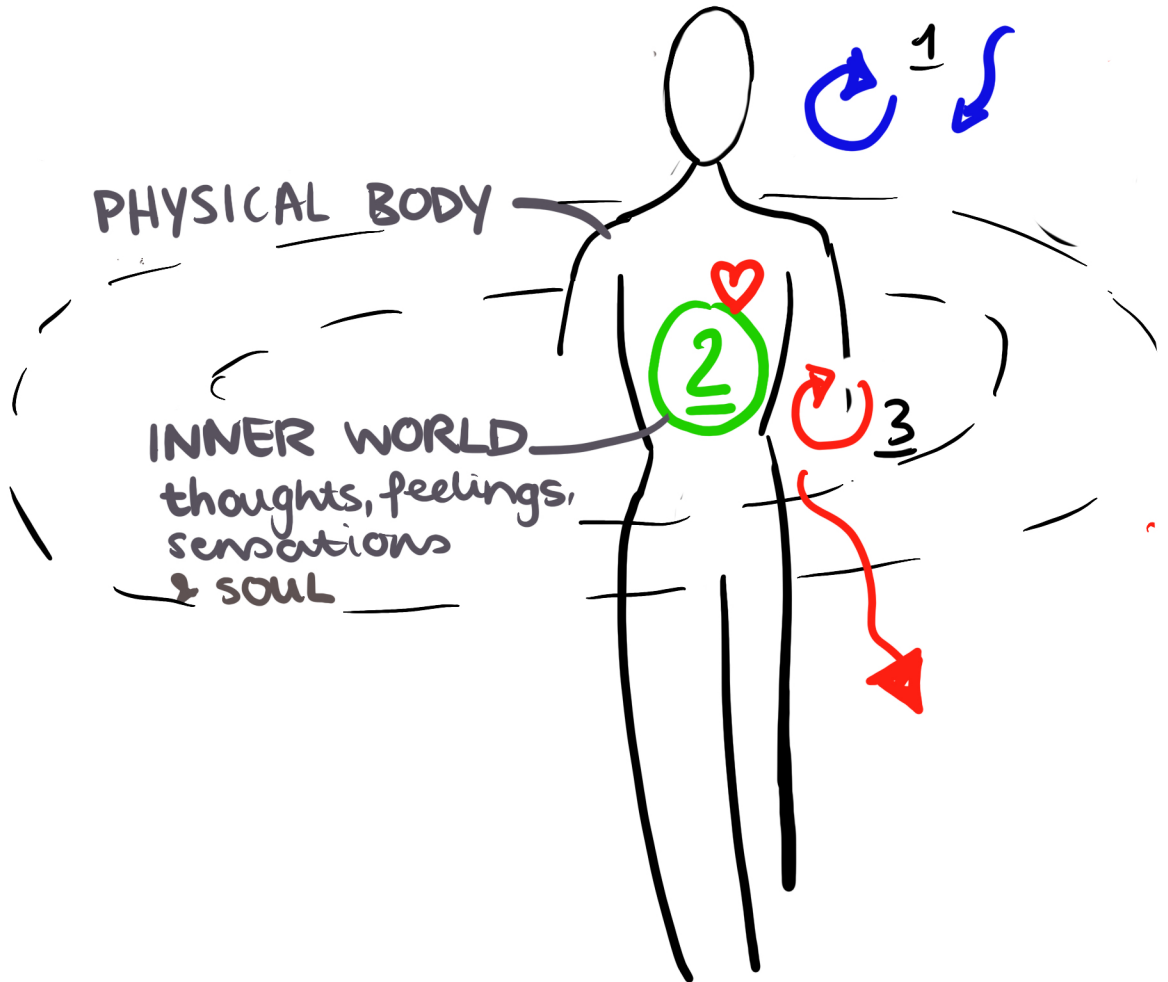
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WITH AWARENESS  
THERE IS  
A POSSIBILITY



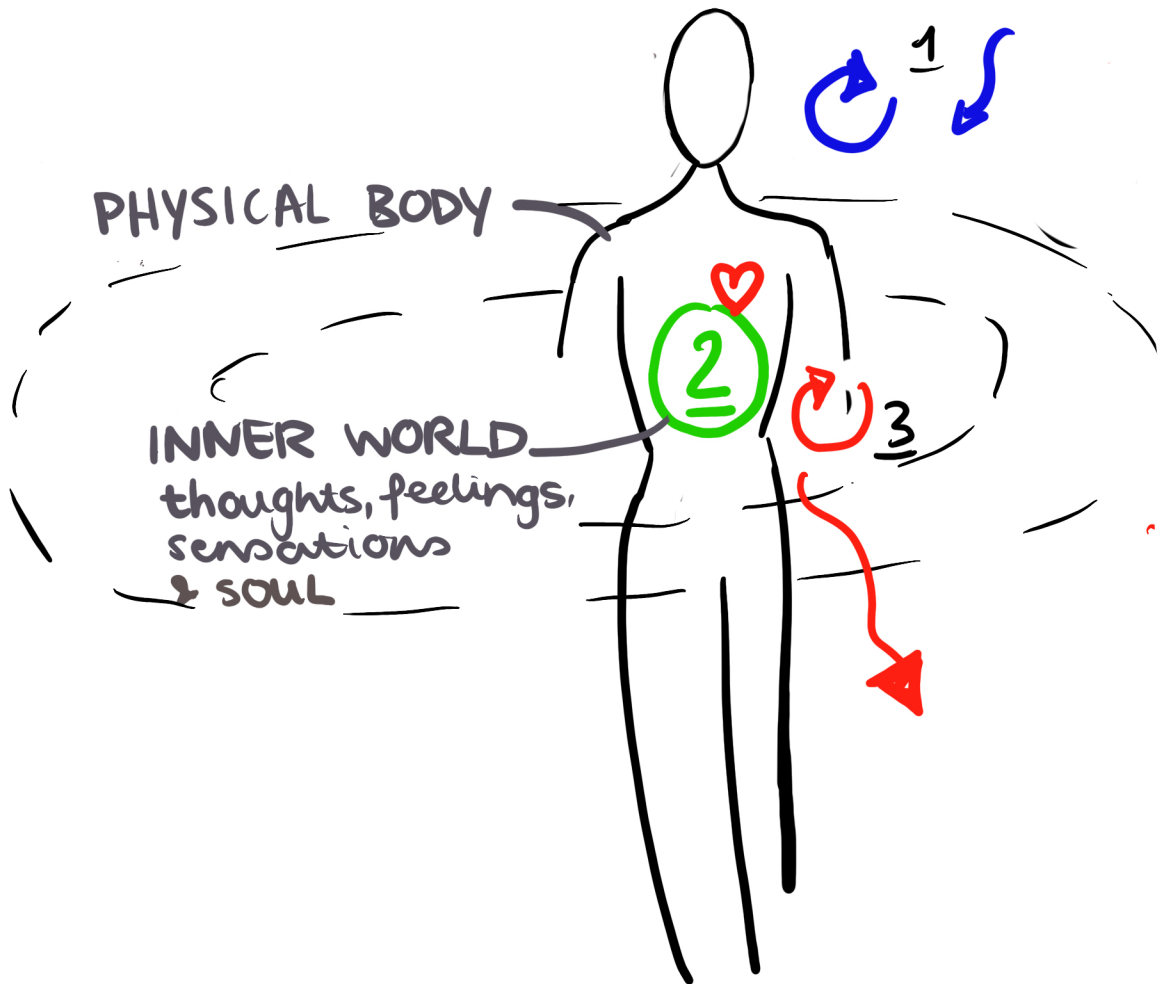


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WITH AWARENESS  
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A POSSIBILITY

- ↳ A momentum, time
- ↳ An opportunity



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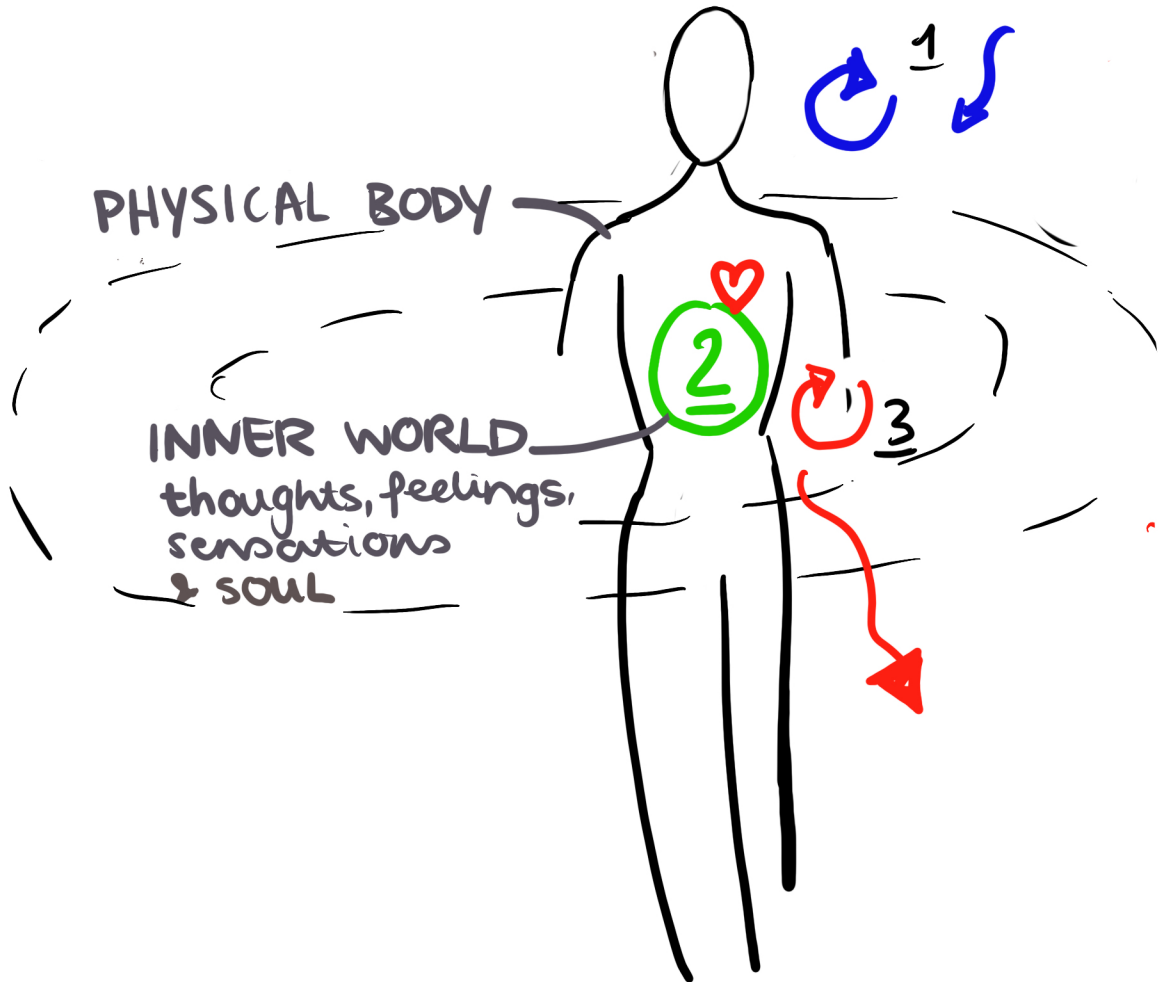
WITH AWARENESS

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TO CHOOSE



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WITH AWARENESS

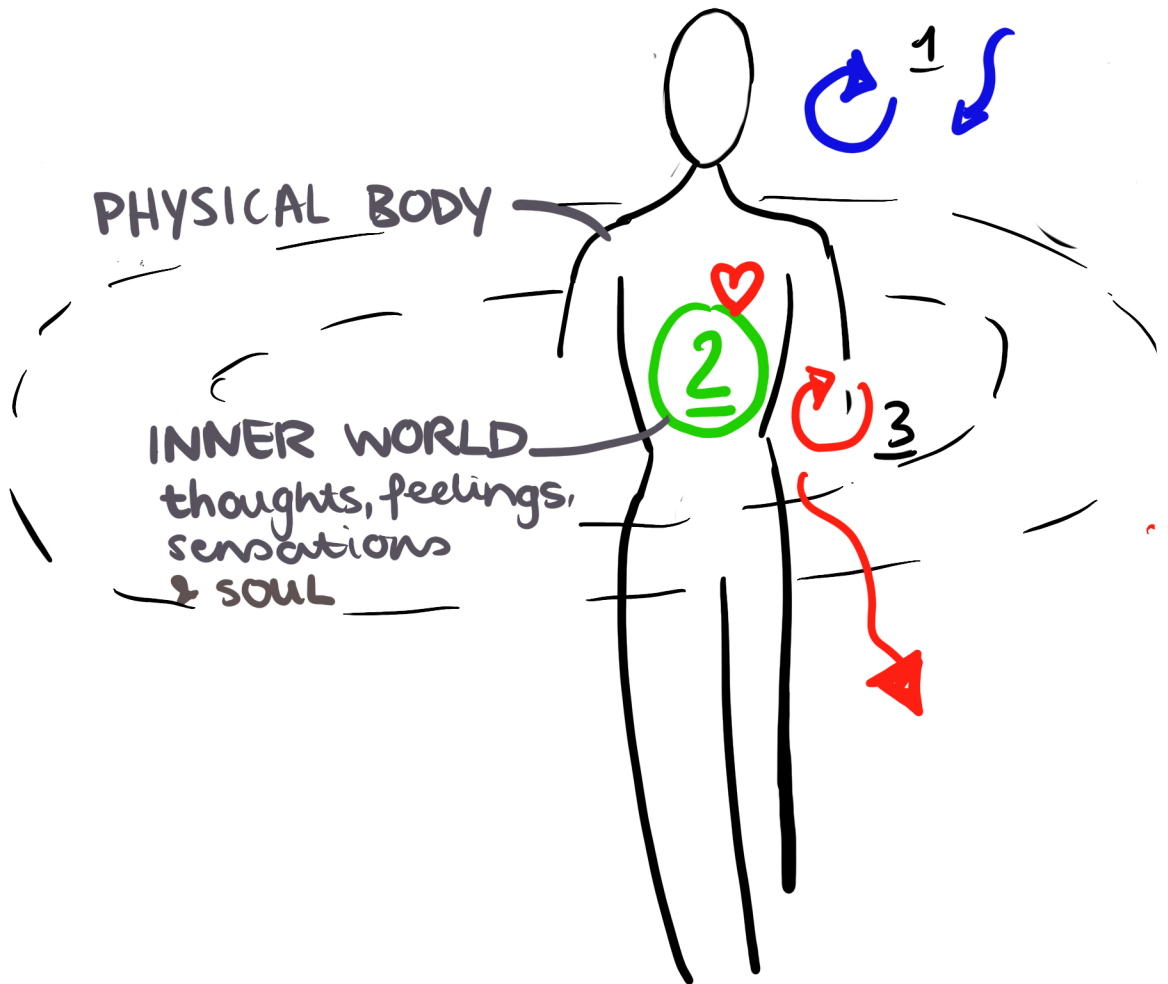
THERE IS

A POSSIBILITY

- ↳ A momentum, time
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TO CHOOSE

- ↳ take leadership  
instead of autopilot



SO IF WE ACT  
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WITH AWARENESS

THERE IS

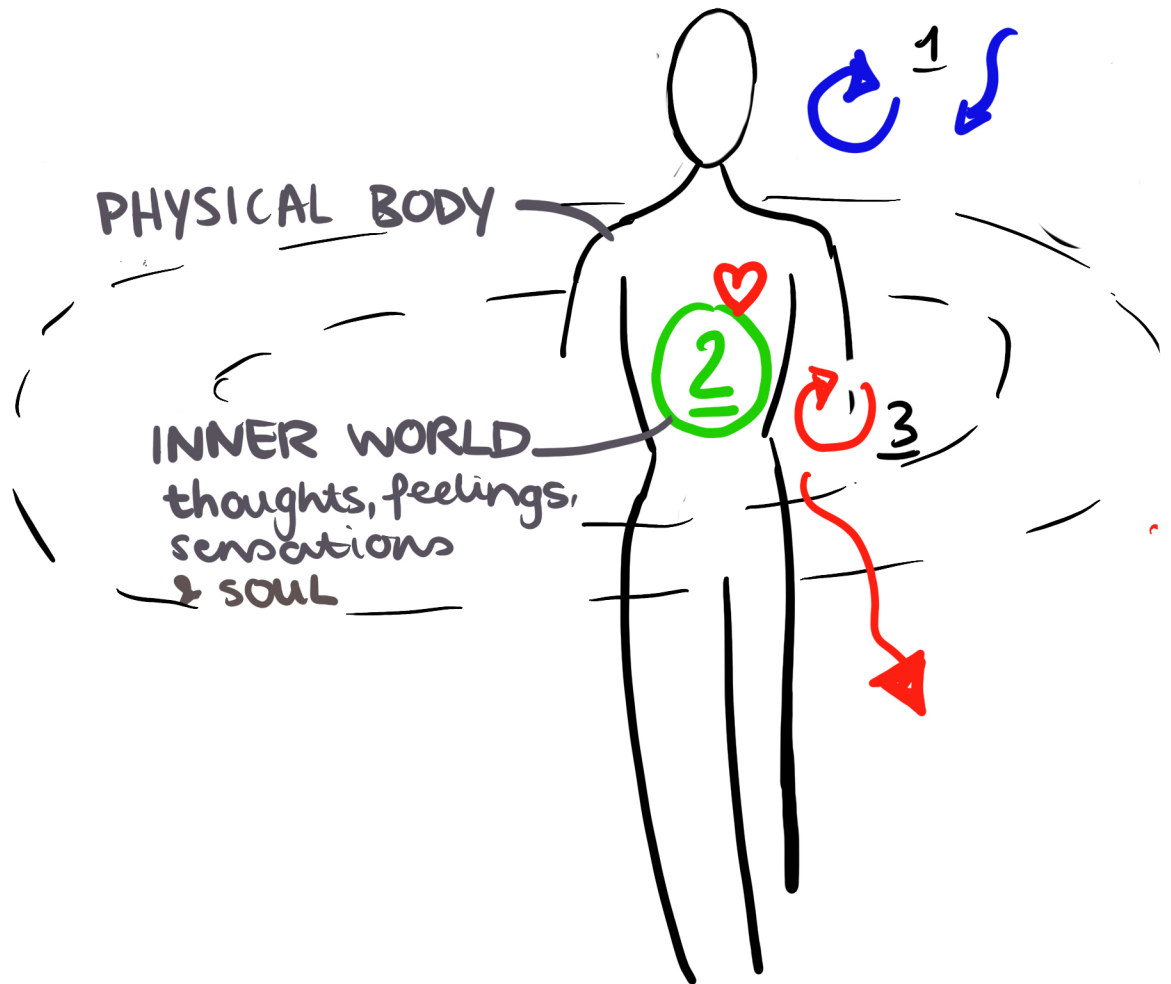
A POSSIBILITY

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TO CHOOSE

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HOW TO ACT



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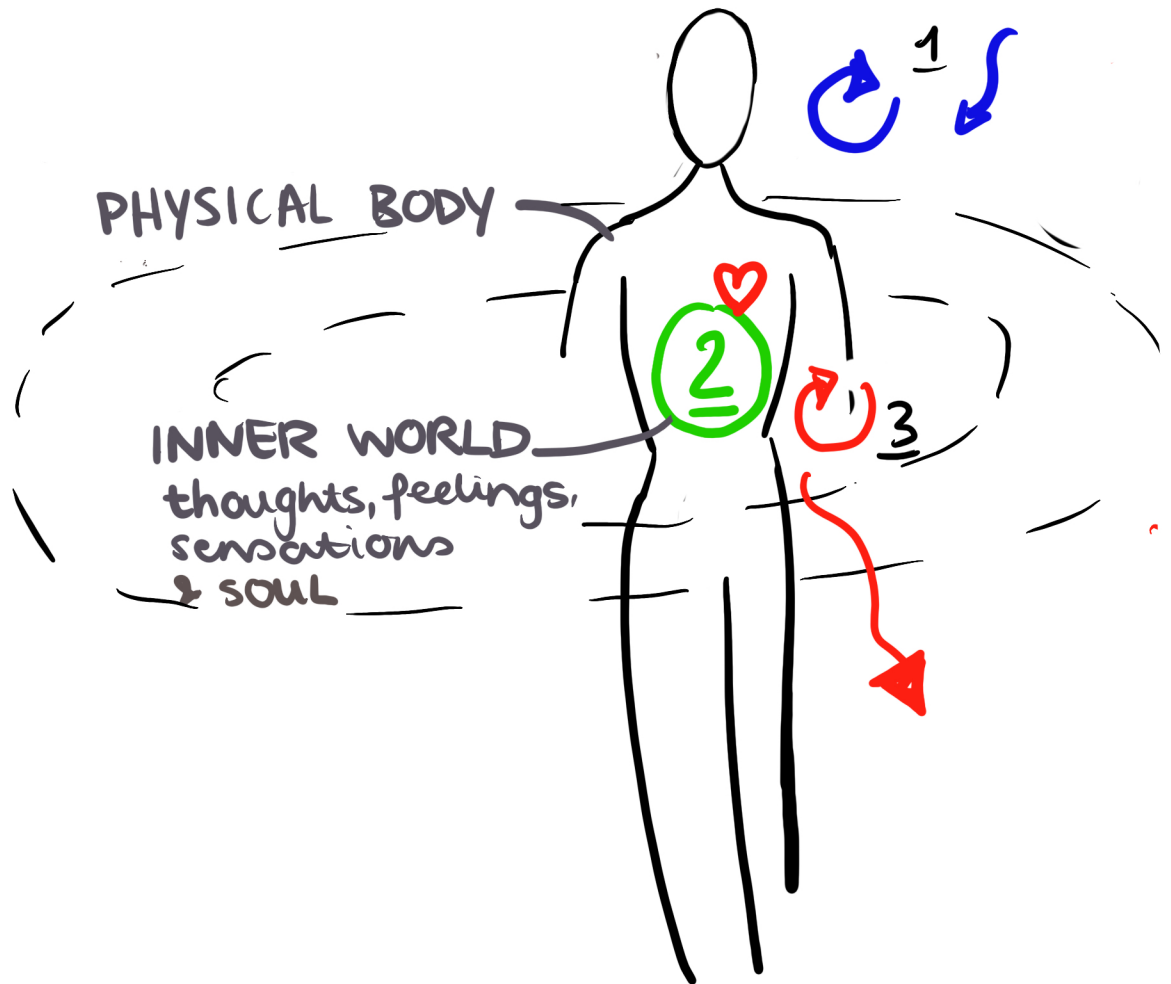
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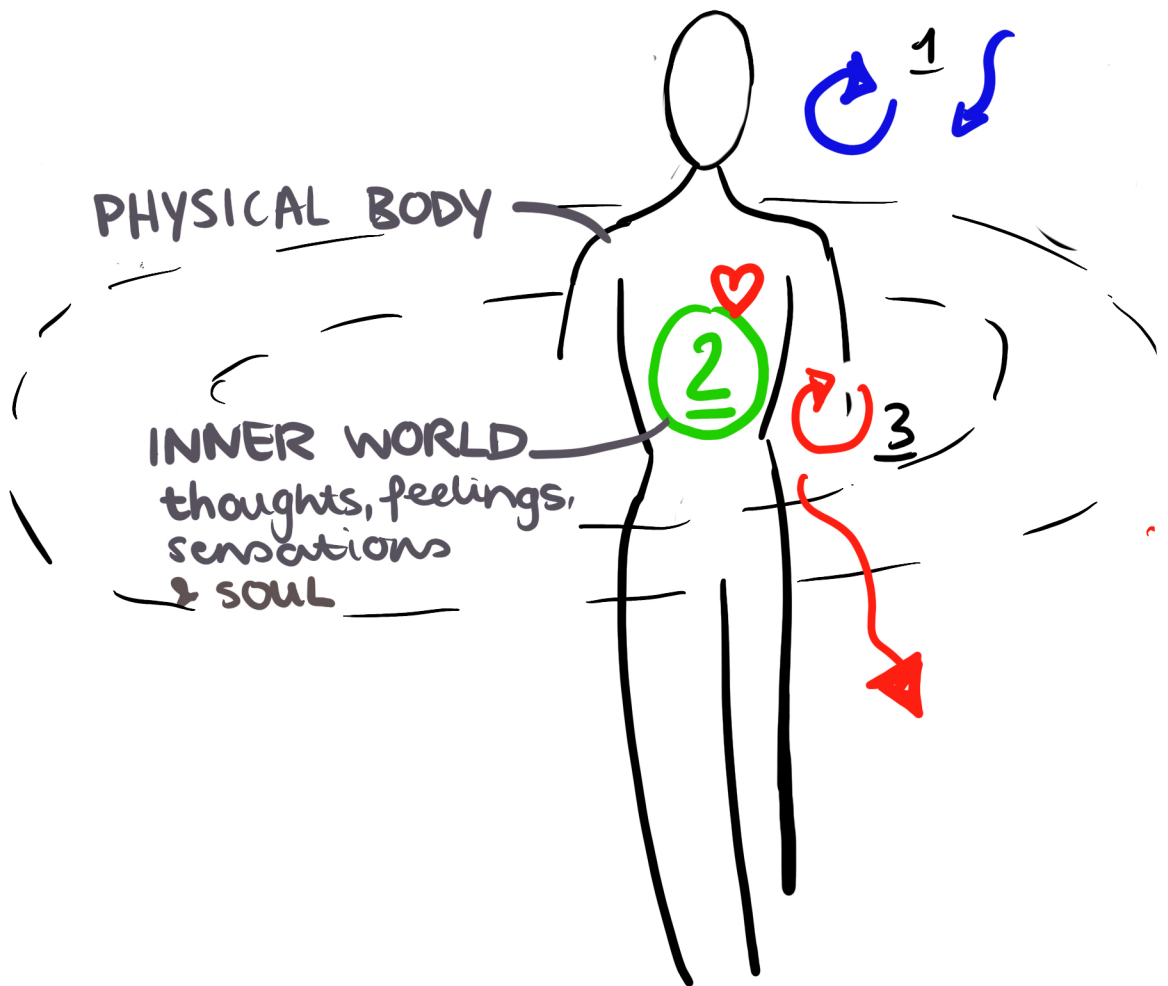
TO CHOOSE

- ↳ take leadership  
instead of autopilot

HOW TO ACT

- ↳ MAKE A  
CONSCIOUS CHOICE  
WITH OBSERVATIONS MADE





resulting in  
keeping  
each other  
unharmed,  
respected,  
loved,  
etc.



The question is:

BASED ON WHAT DO WE NOW CHOOSE  
HOW TO (RE)ACT?

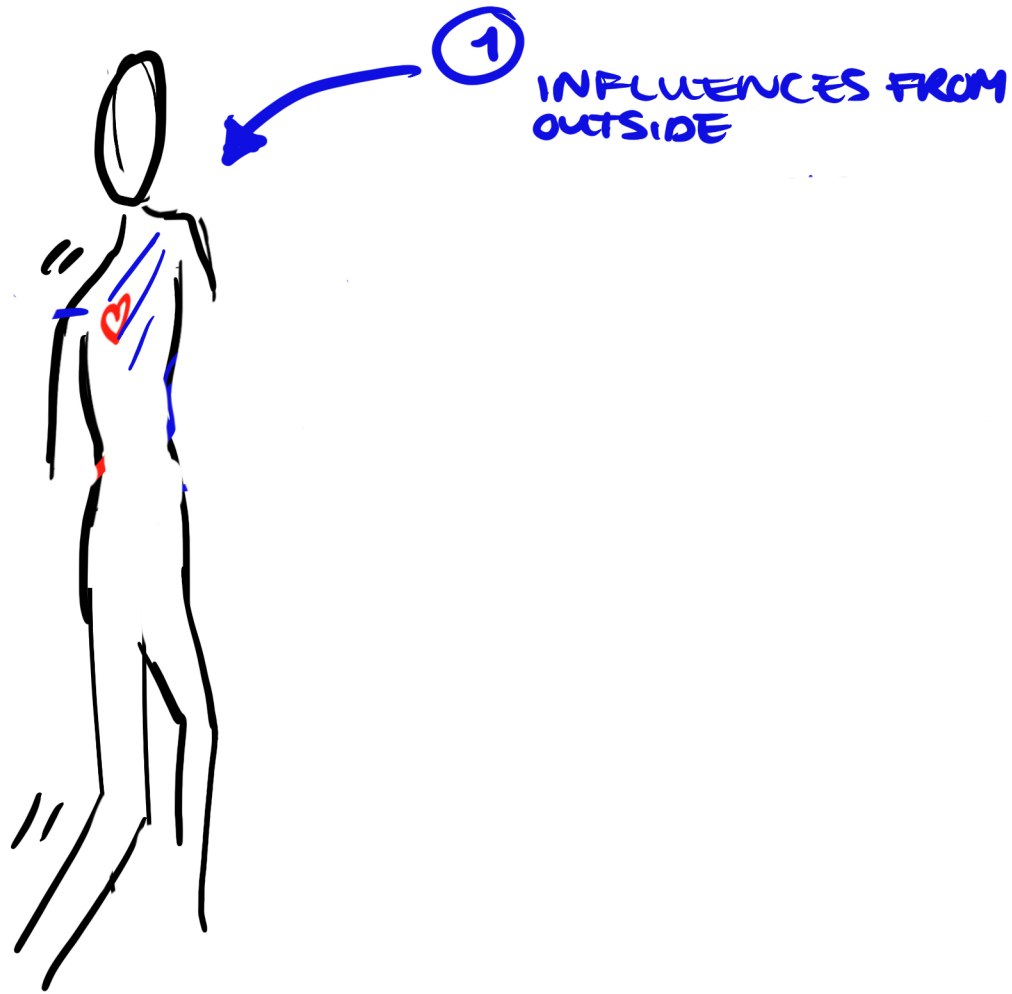
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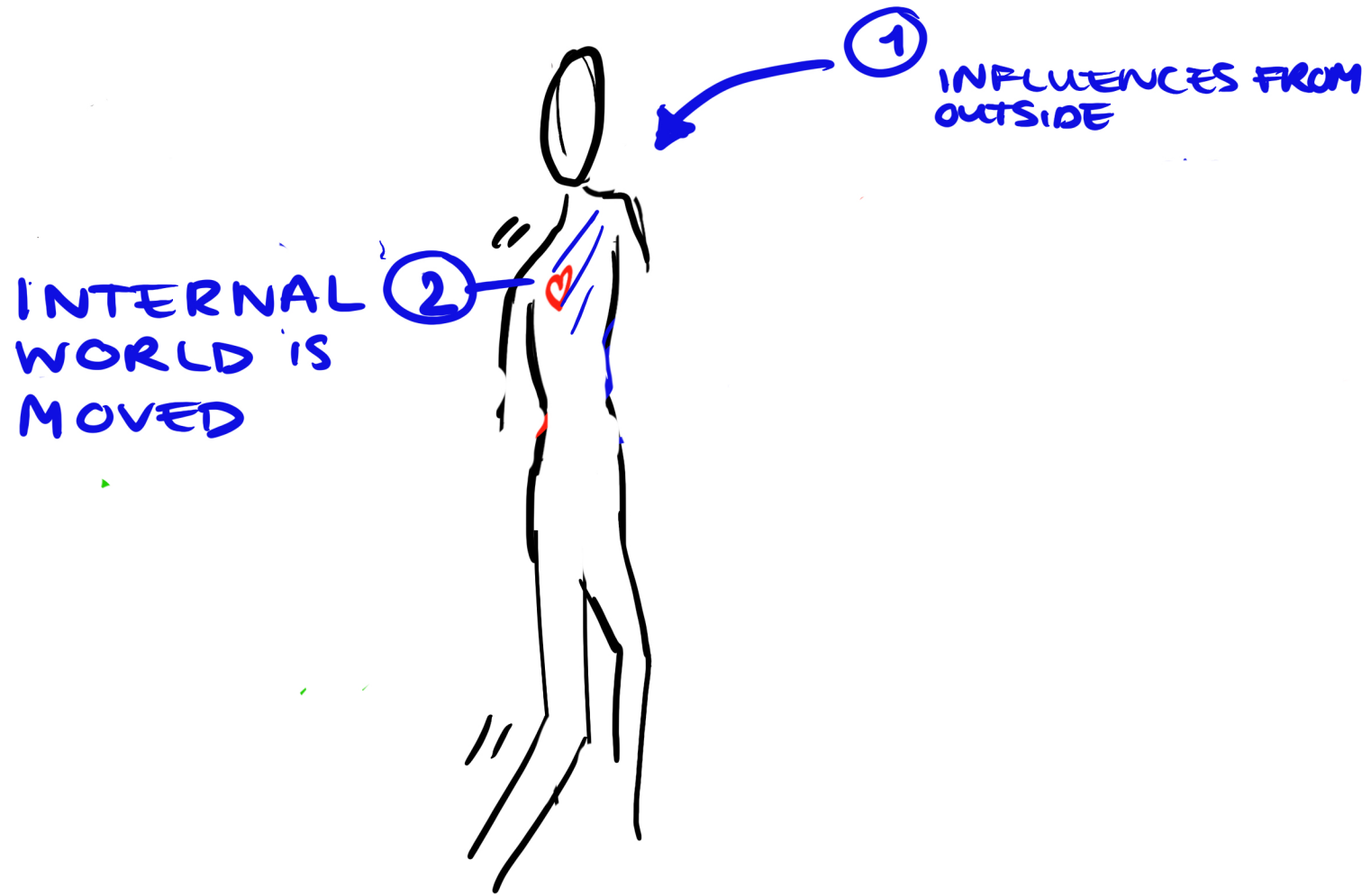
BASED ON WHAT DO WE NOW CHOOSE  
HOW TO (RE)ACT?

HOW DO WE RESPOND NOW

IF OUR ACTION ISN'T BASED ON OUR OWN PERCEPTIONS?

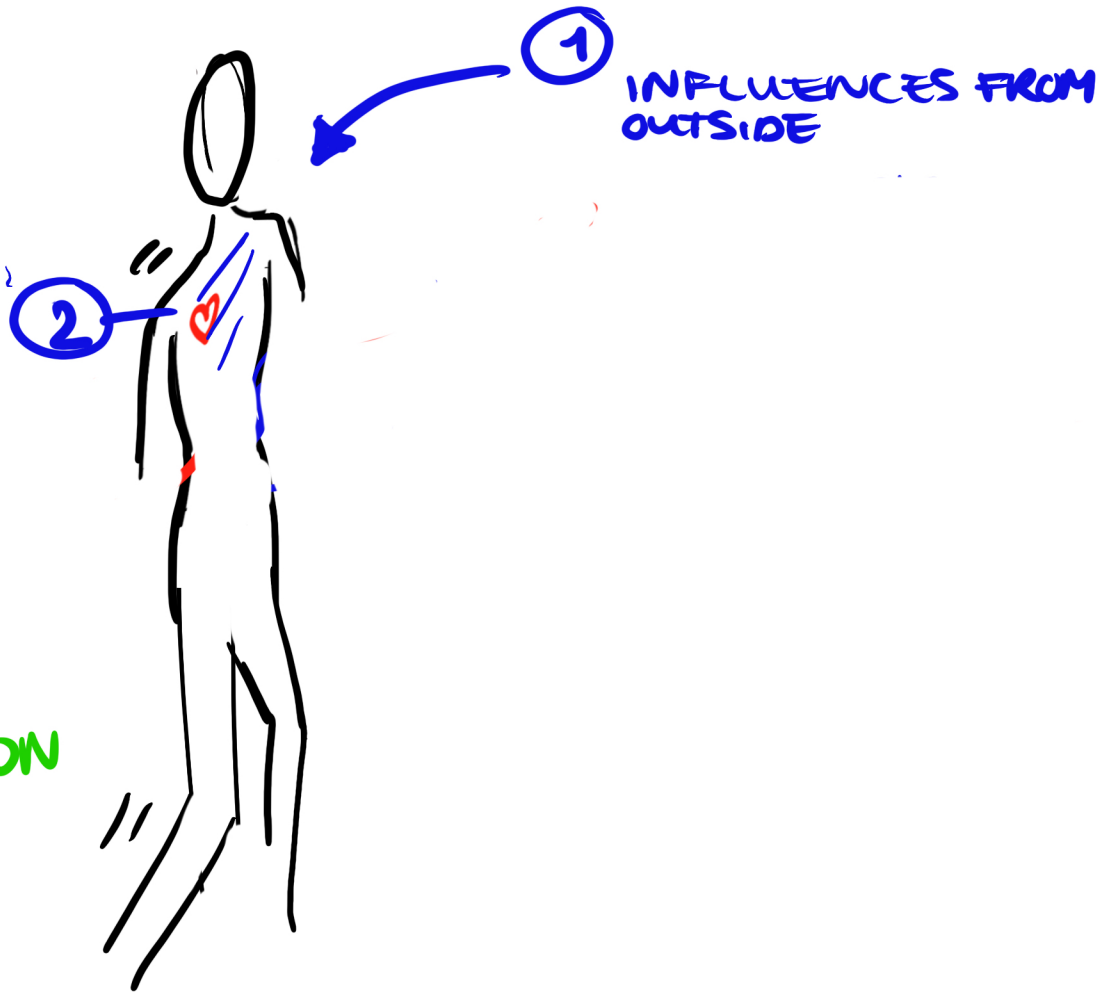






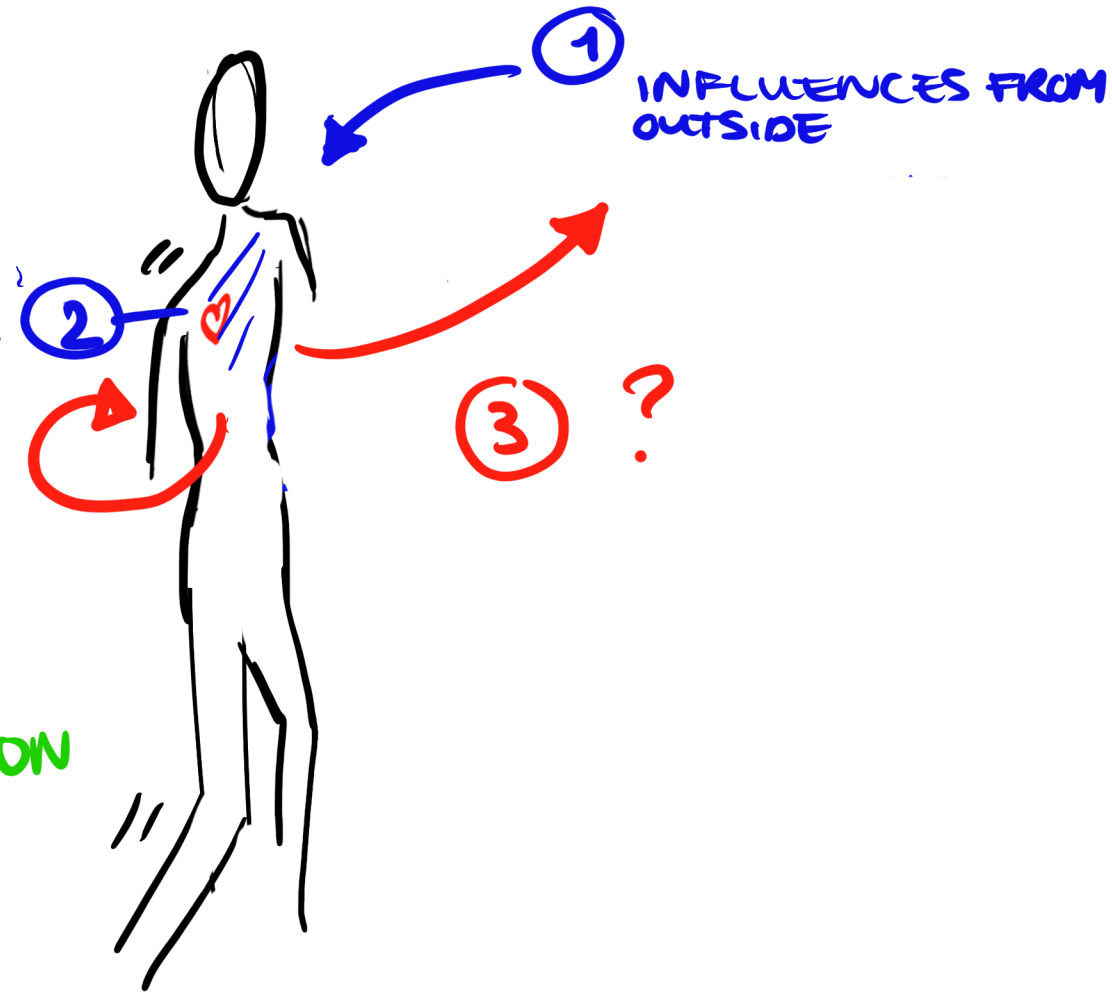
INTERNAL  
WORLD IS  
MOVED

2B) WE  
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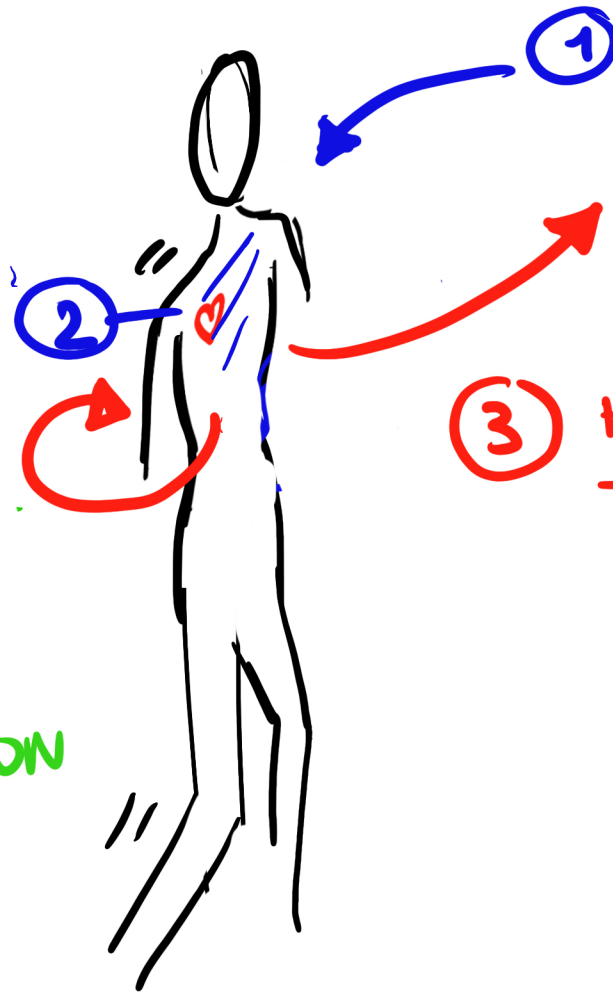
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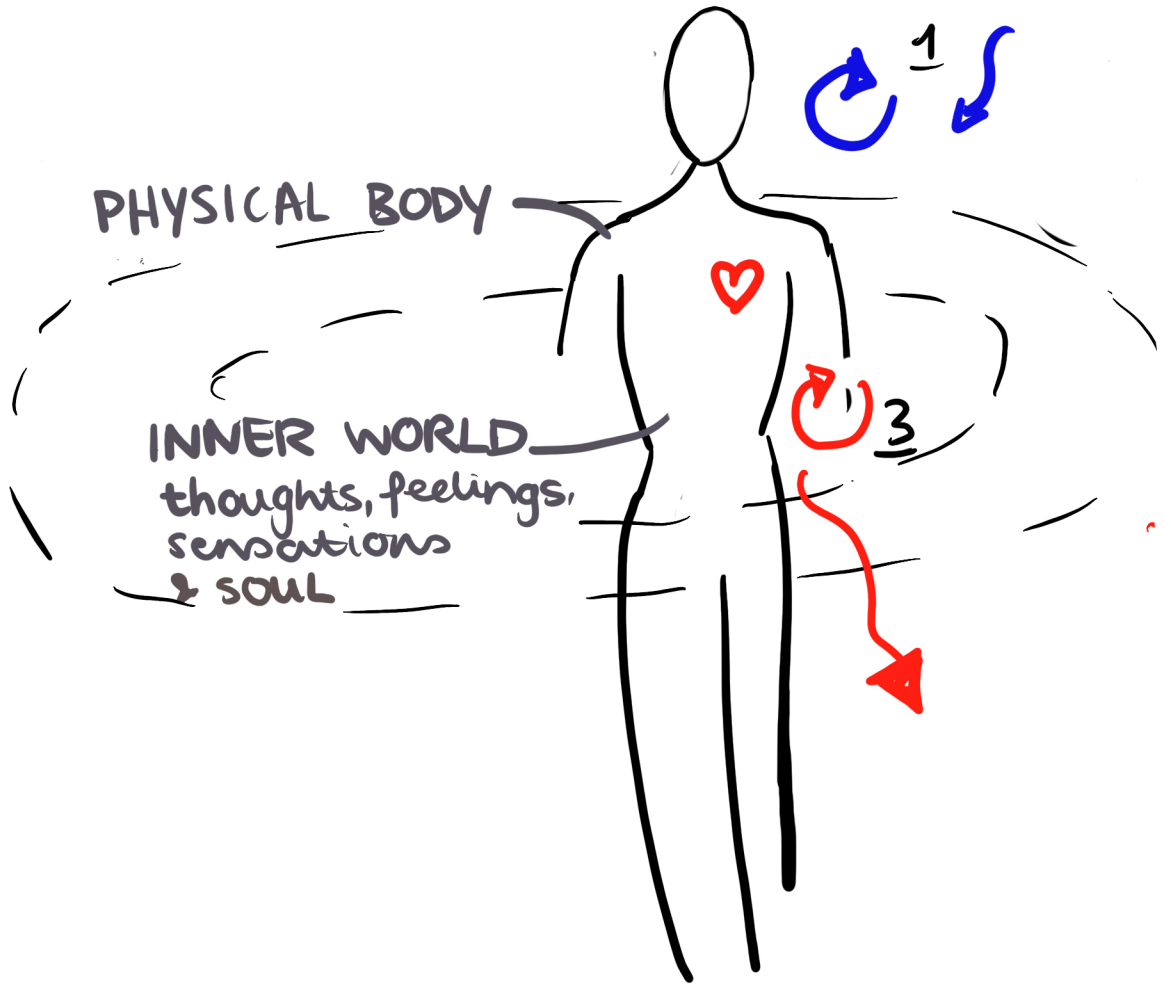
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① INFLUENCES FROM  
OUTSIDE

③ HOW DO WE REACT  
TO OUR INTERNAL  
AND EXTERNAL WORLD?

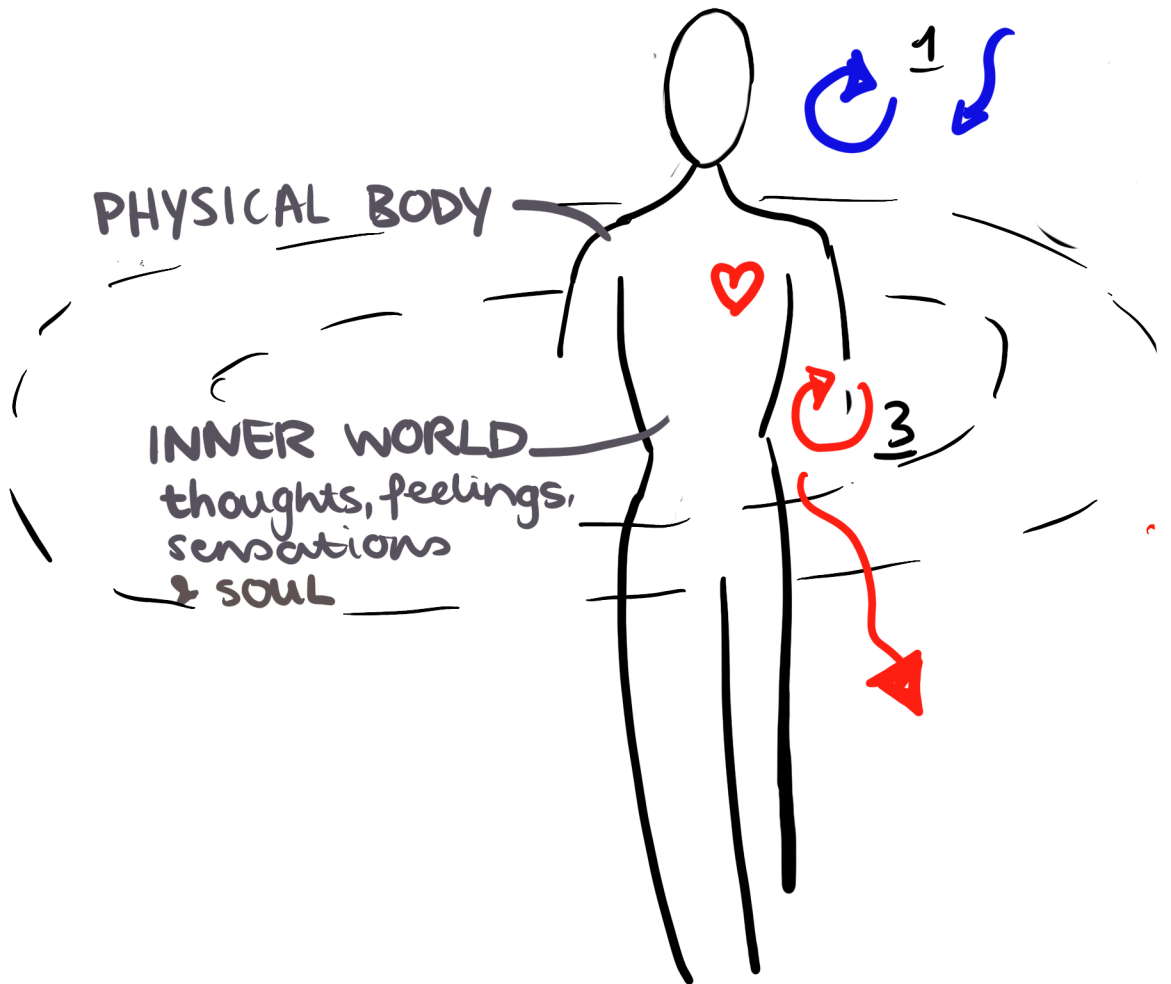
WE (CHOOSE TO) ACT  
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IMPORTANT



WE (CHOOSE TO) ACT  
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**MAKE A CHOICE  
BASED ON YOUR  
CORE VALUES**

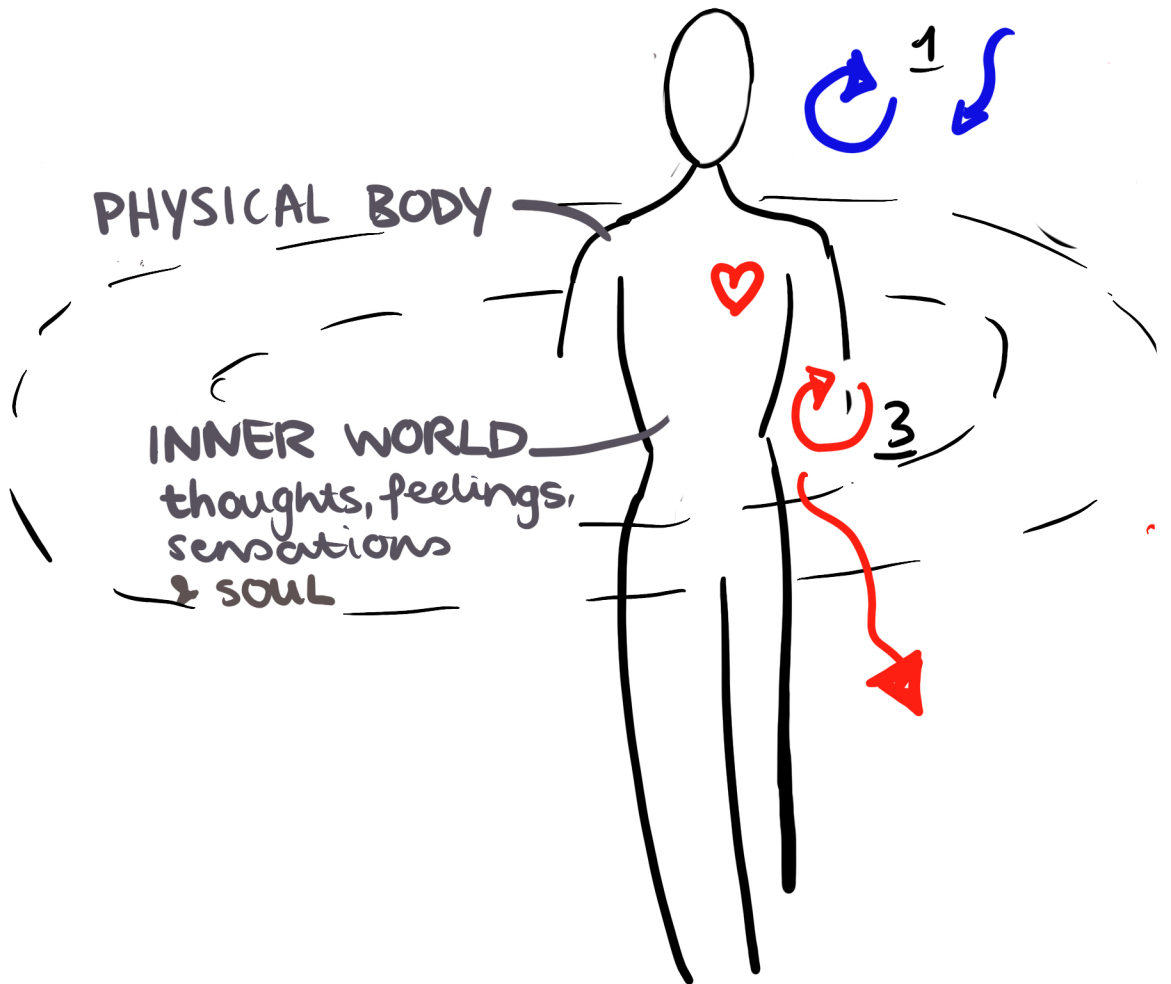


WE (CHOOSE TO) ACT  
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IMPORTANT



MAKE A CHOICE  
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CORE VALUES

i.e.  
love, compassion  
respect, etc.





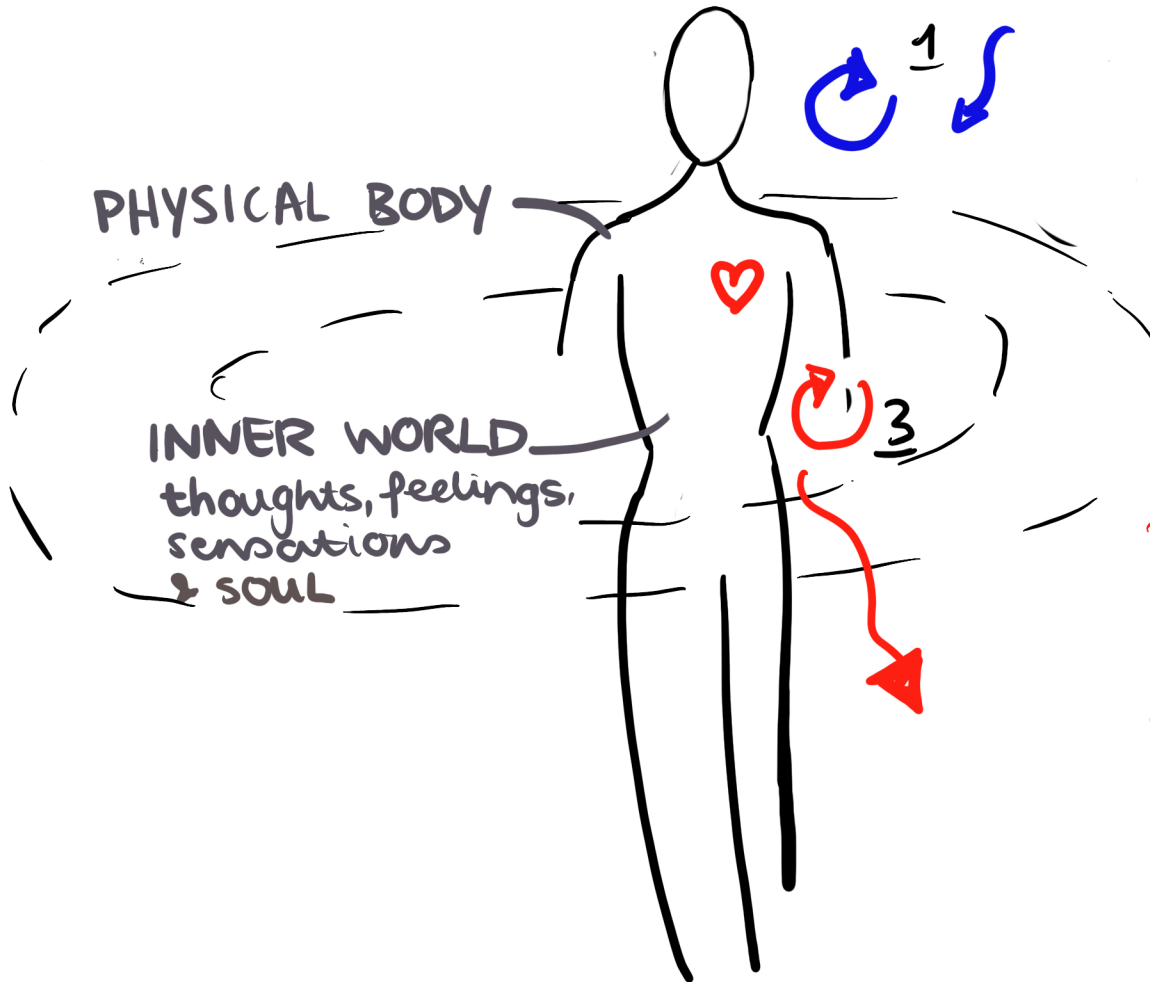
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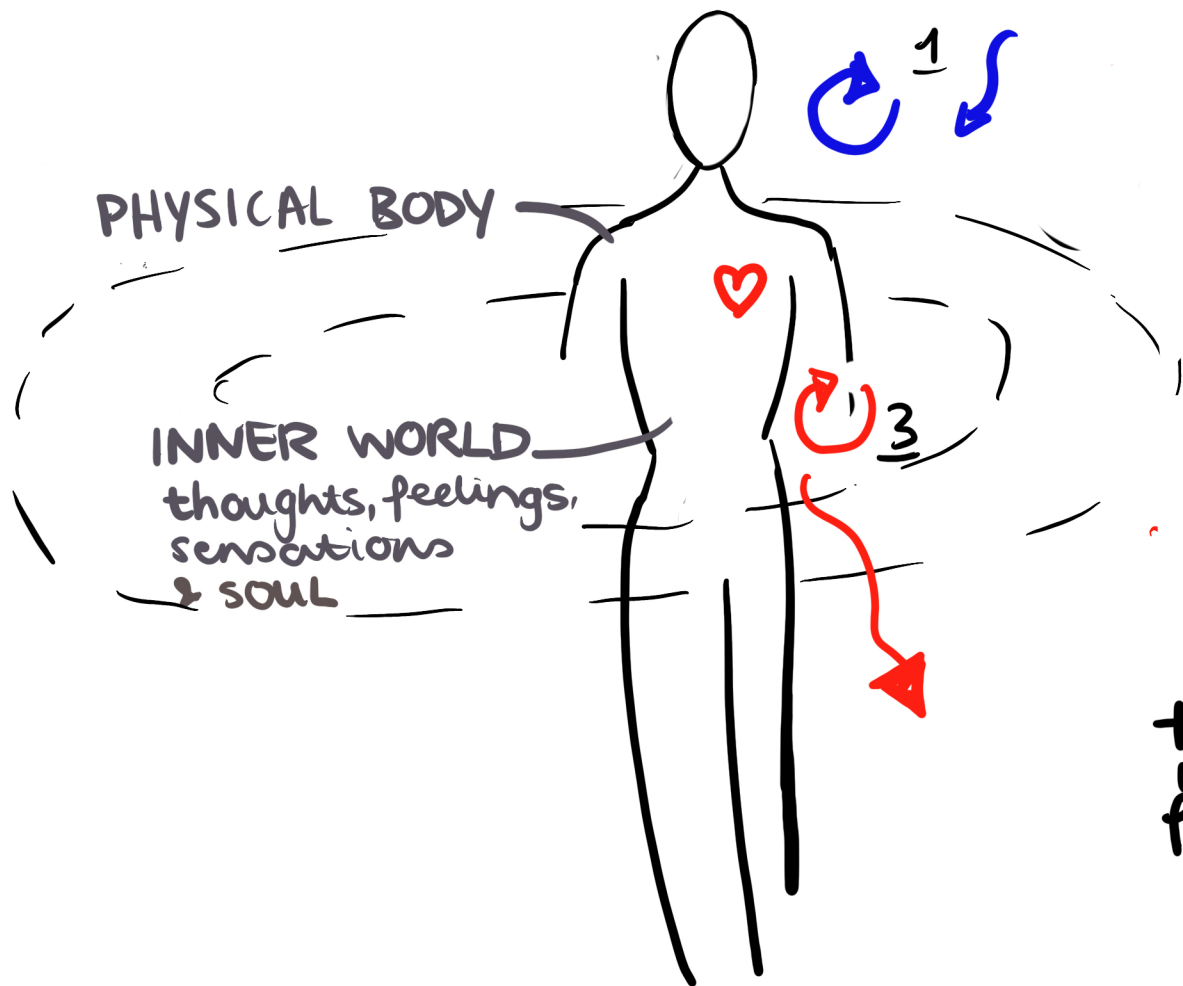
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this  
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video



WE (CHOOSE TO) ACT  
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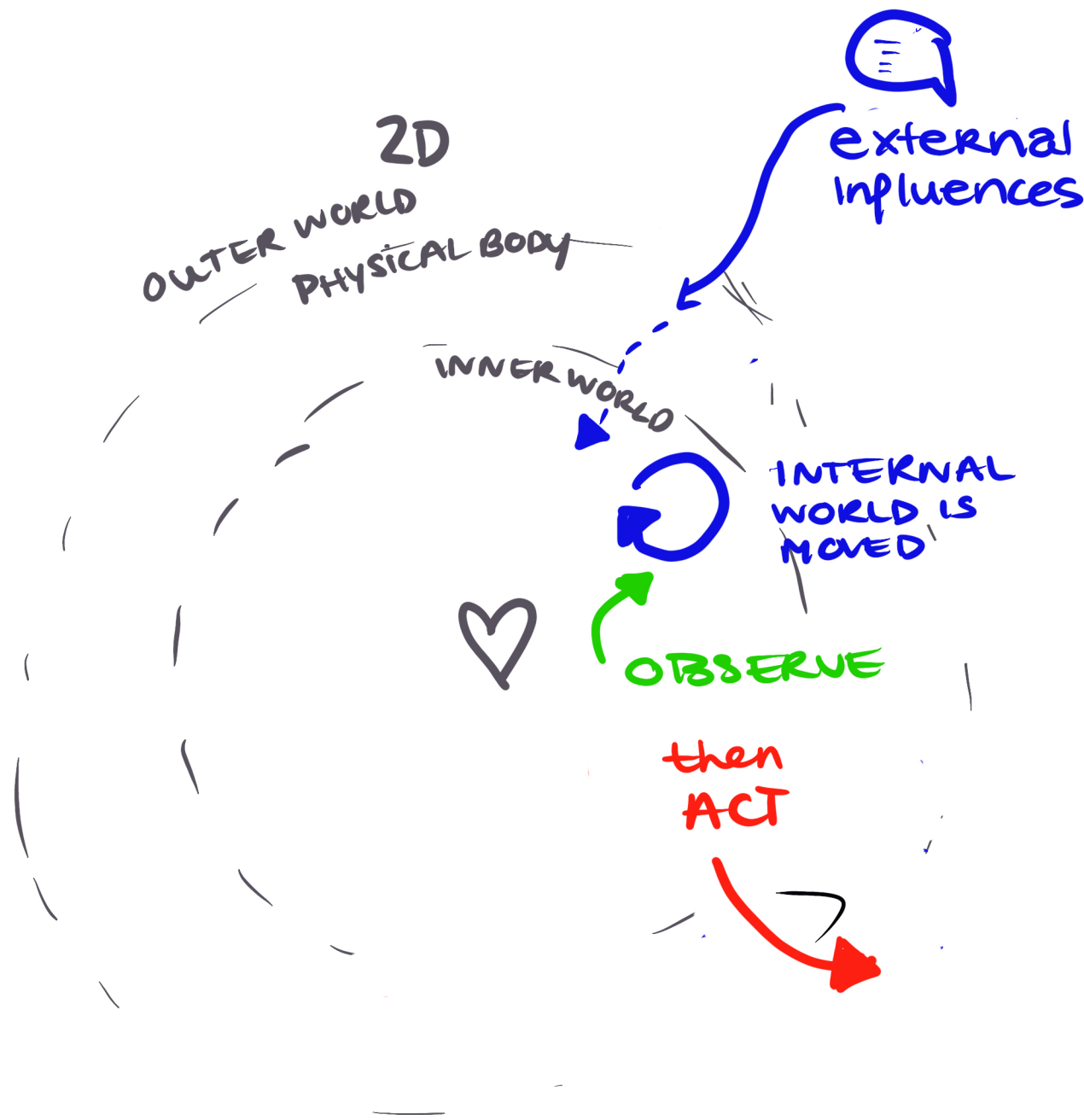


MAKE A CHOICE  
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this  
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for a  
next  
video

that also will  
include how to  
change belief systems.



SO, INDIVIDUALLY:

ALL INFLUENCES CAUSE A REACTION IN THE INTERNAL WORLD

ALSO PHYSICALLY. THIS IS NORMAL THIS IS OUR NATURE

BUT how do we react?

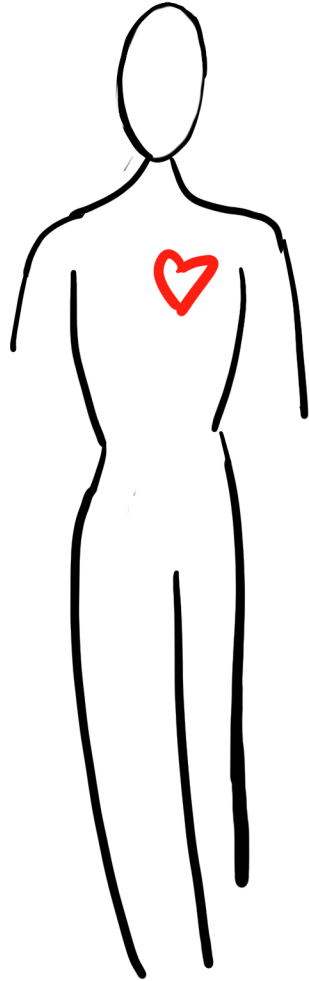
OBSERVATION GIVES INFORMATION

BECOME AWARE OF INTERNAL & EXTERNAL

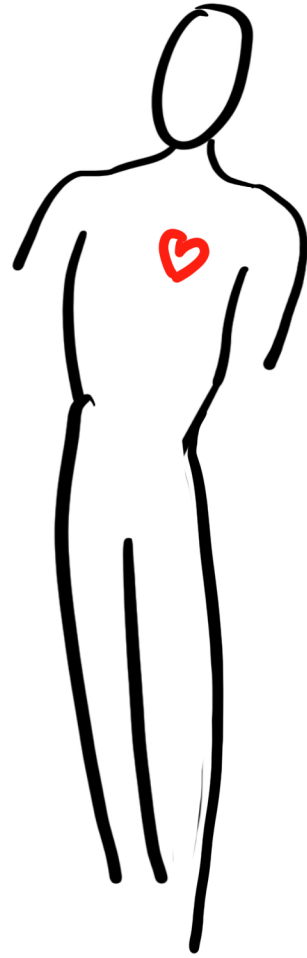
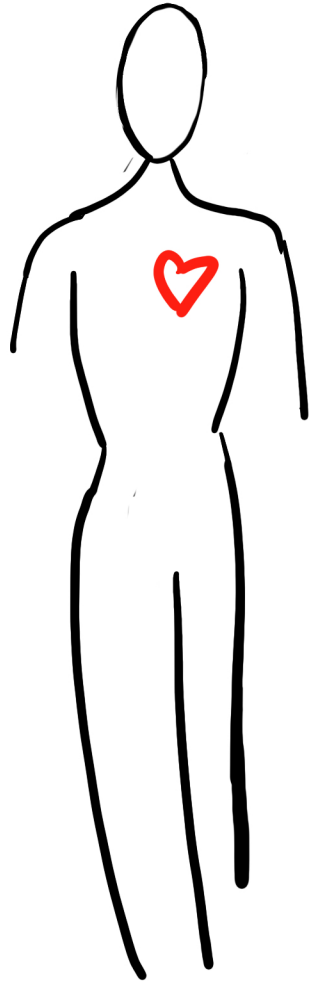
DISCOVER THE POWER OF CHOICE

ACT on love, ACT BASED ON YOUR CORE VALUES

BUT,

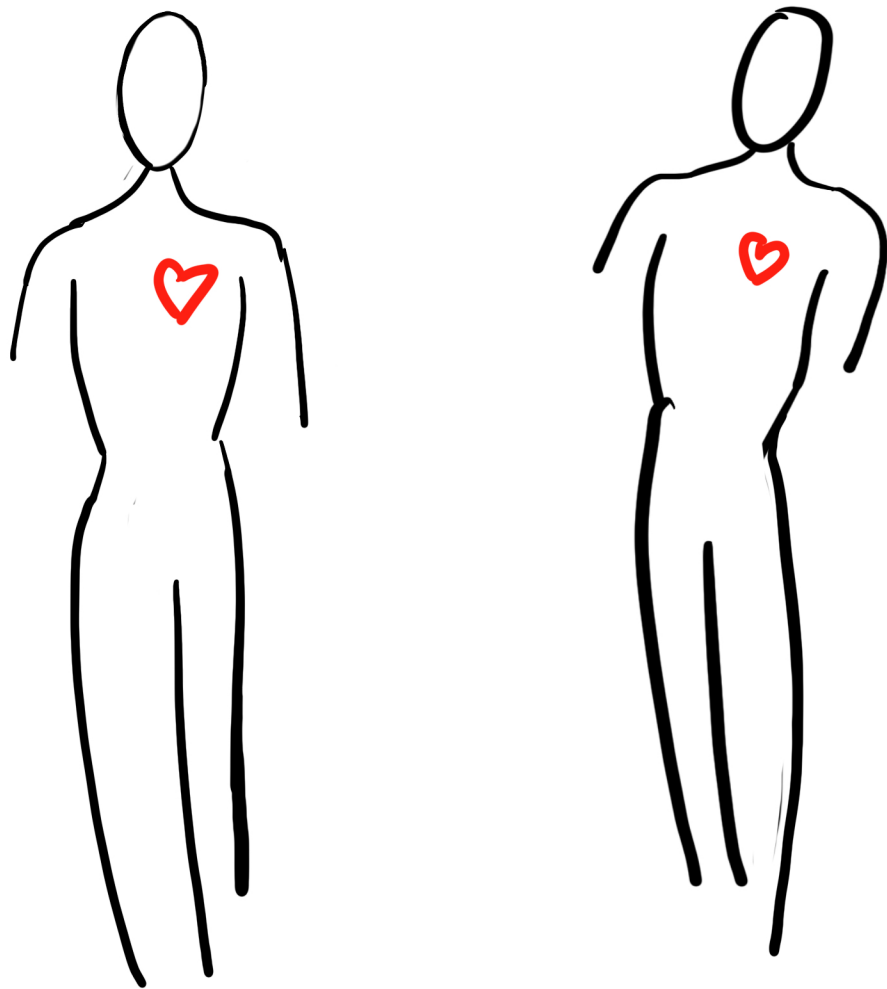


BUT, LIFE HAPPENS WITH OTHER BEINGS



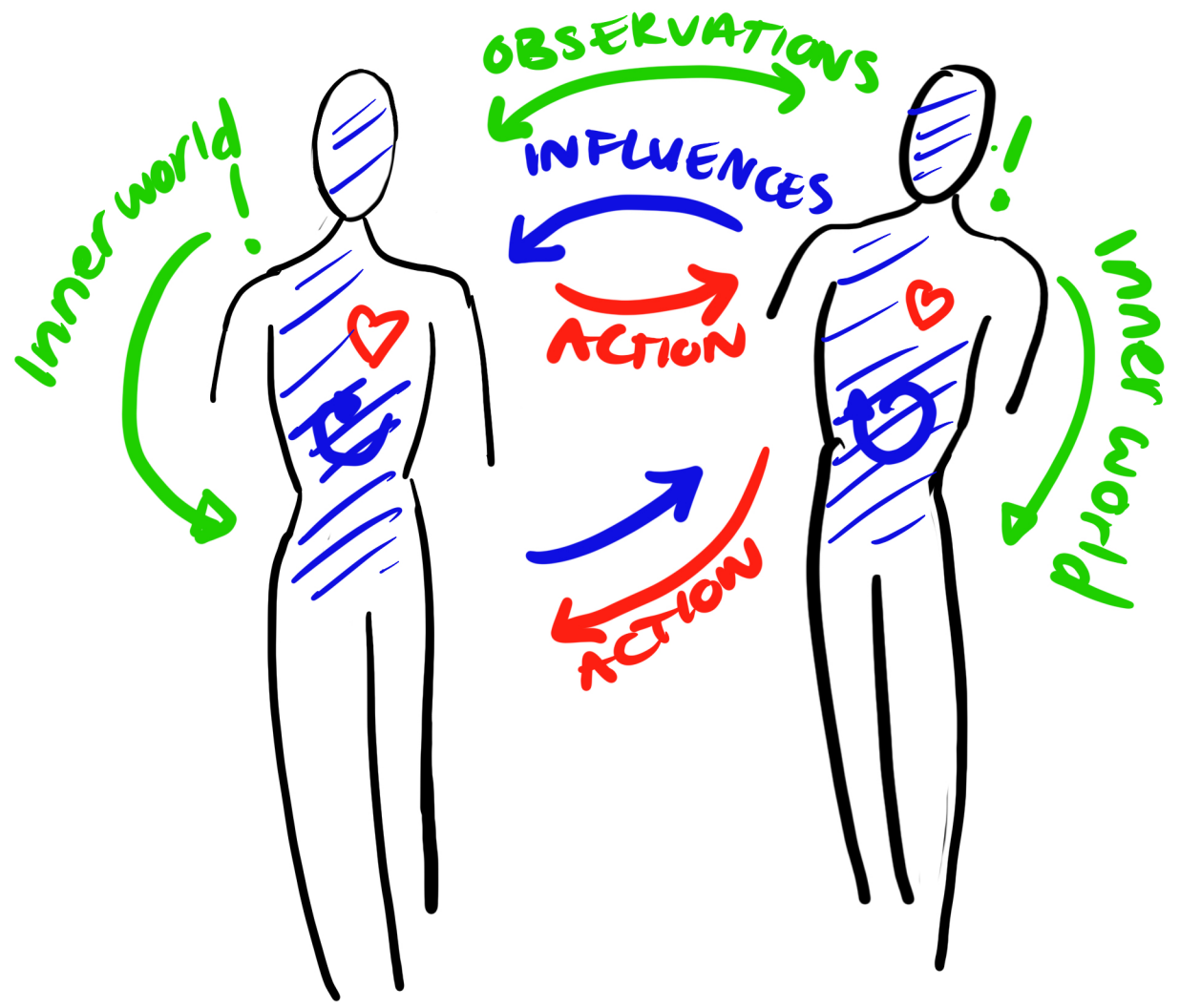
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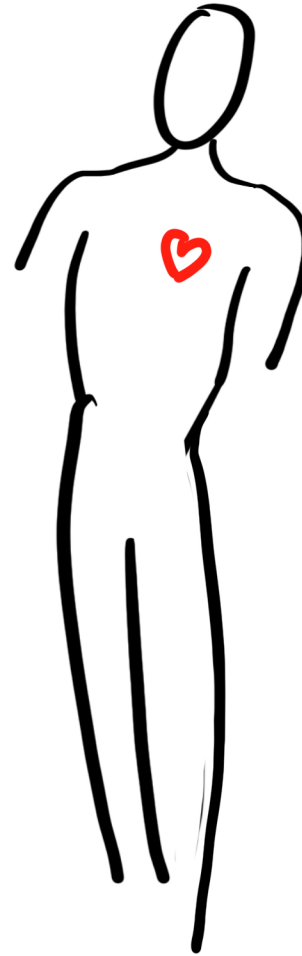
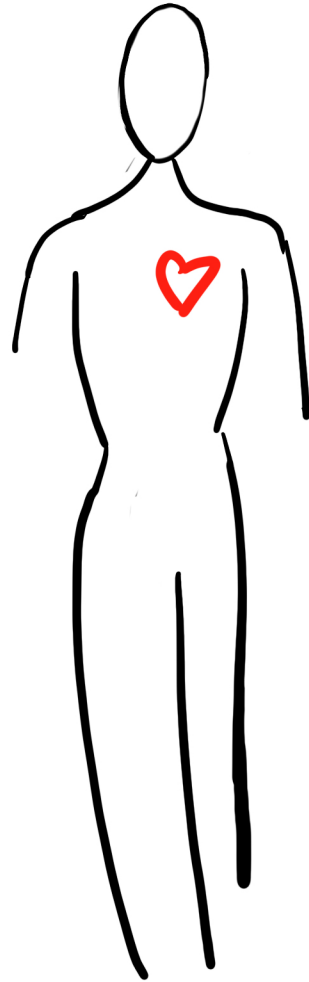
SO YOU NOW CAN IMAGINE HOW  
THESE THINGS AFFECT OUR RELATIONS.



# LIFE HAPPENS WITH OTHER BEINGS

SO YOU NOW CAN IMAGINE HOW THESE THINGS AFFECT OUR RELATIONS.



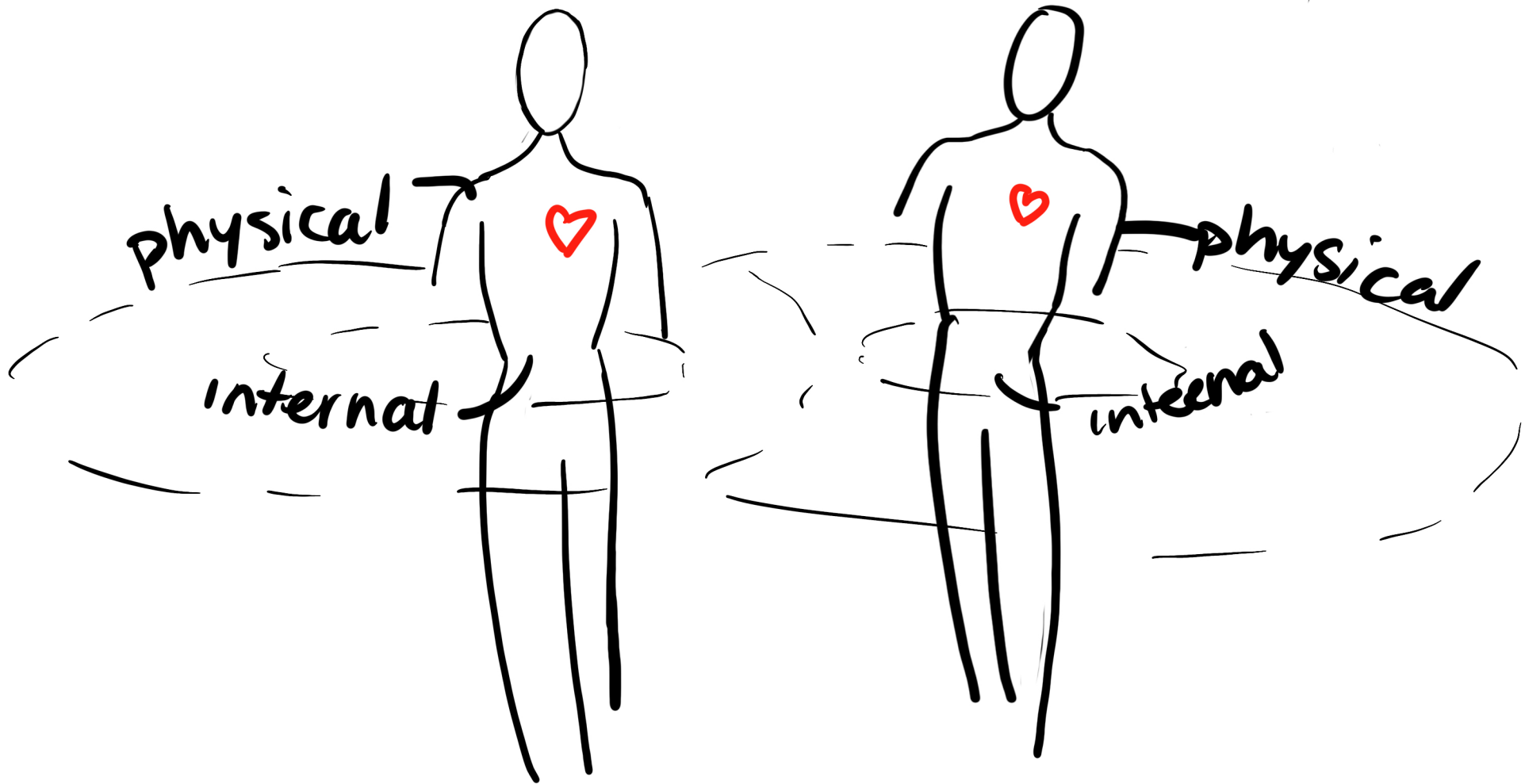


LUCKILY,  
WE HAVE  
MOVING BODIES :)

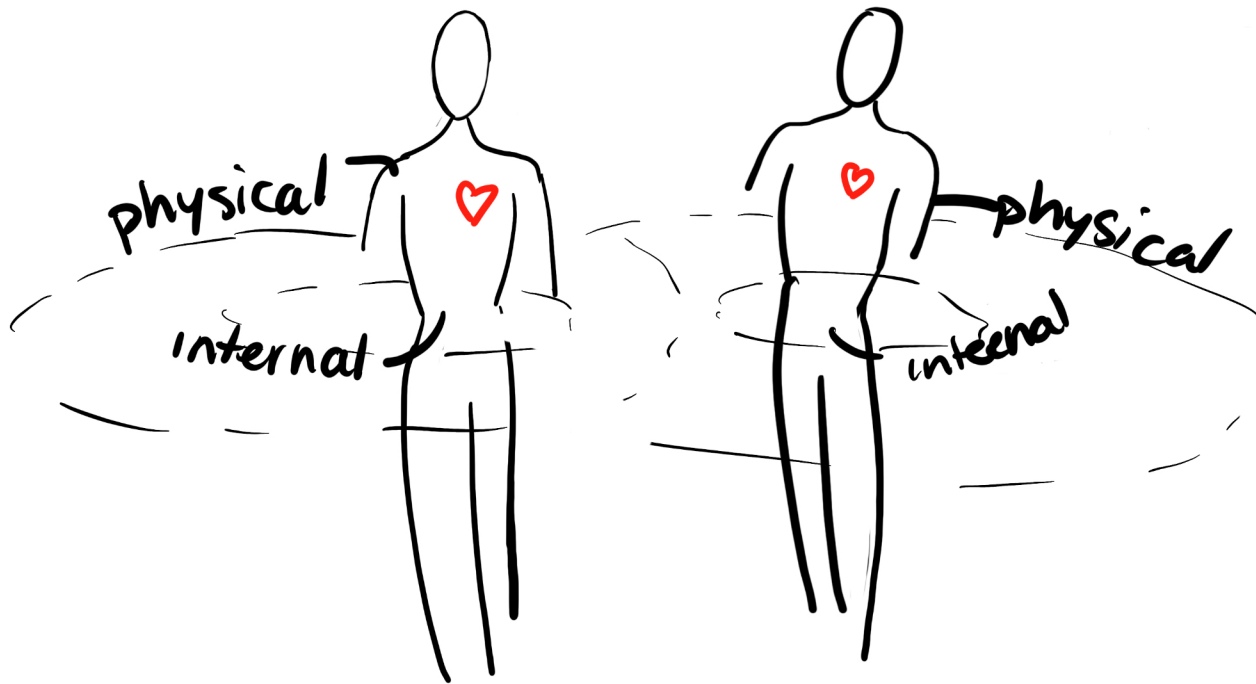
BECAUSE WITH  
DANSCOACHING  
THESE  
INTERACTIONS  
BECOME  
SIMPLE.



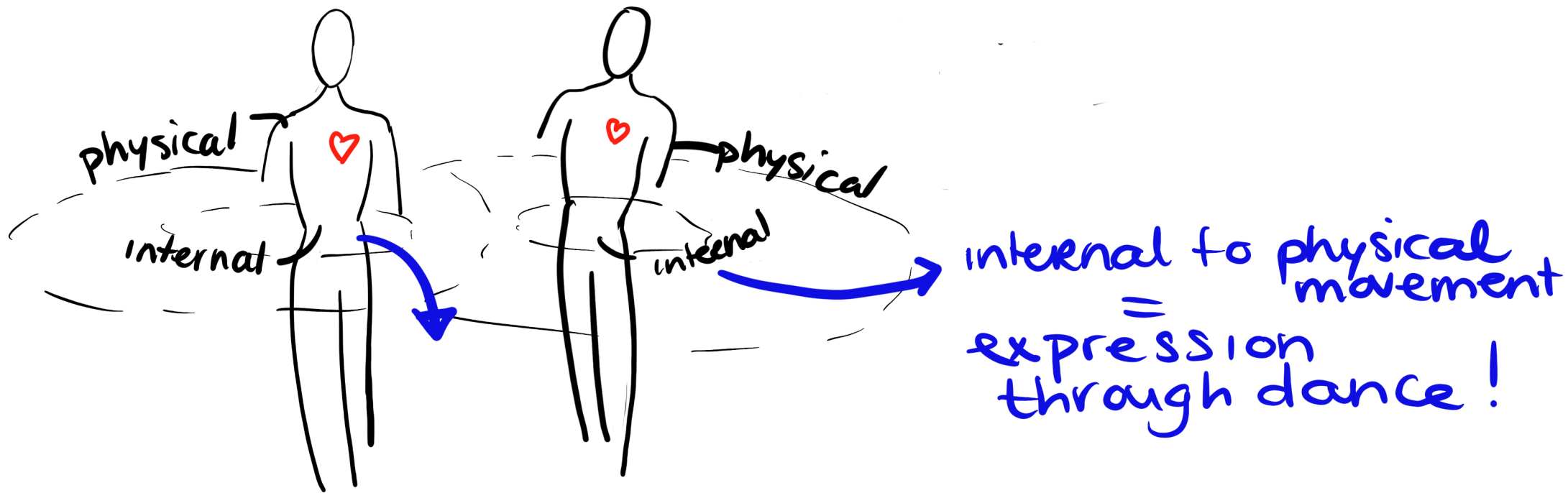
Remember the  
physical body vs. internal world?



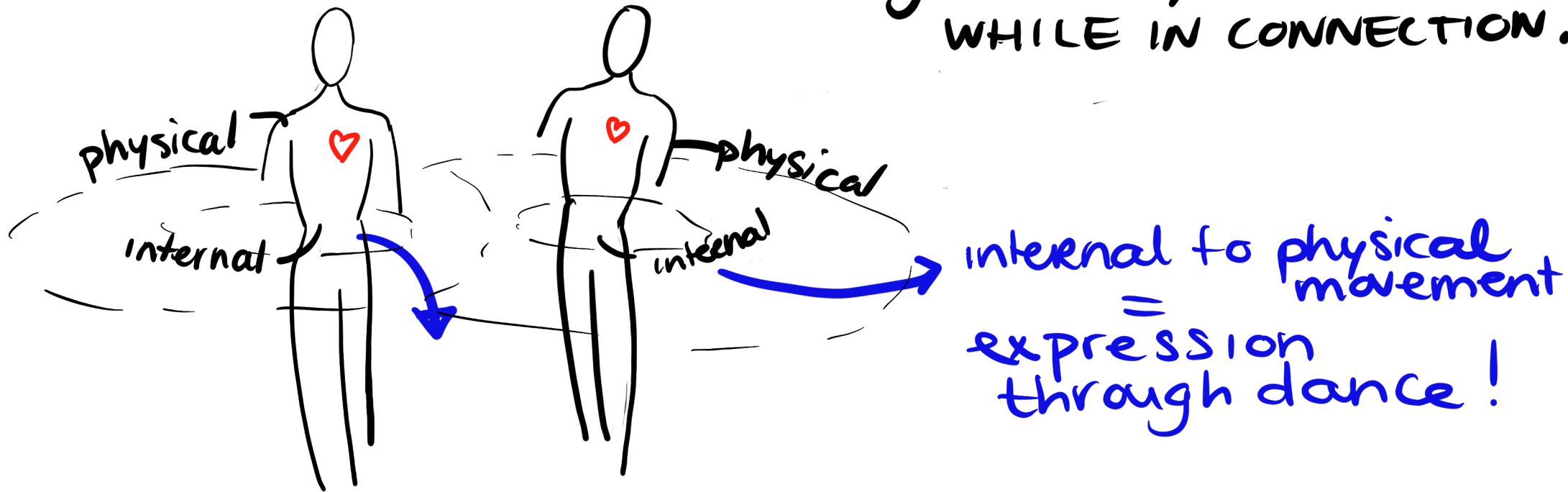
WITH DANSCOACHING YOU  
TRANSLATE YOUR INNER WORLD  
DIRECTLY IN A PHYSICAL MOVEMENT,

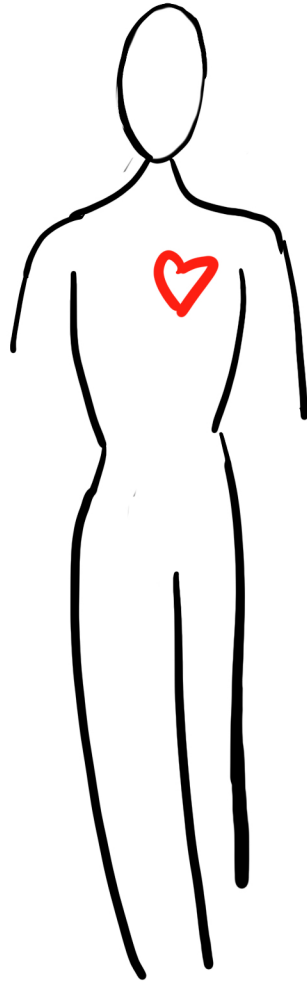


WITH DANSCOACHING YOU  
TRANSLATE YOUR INNER WORLD  
DIRECTLY IN A PHYSICAL MOVEMENT,

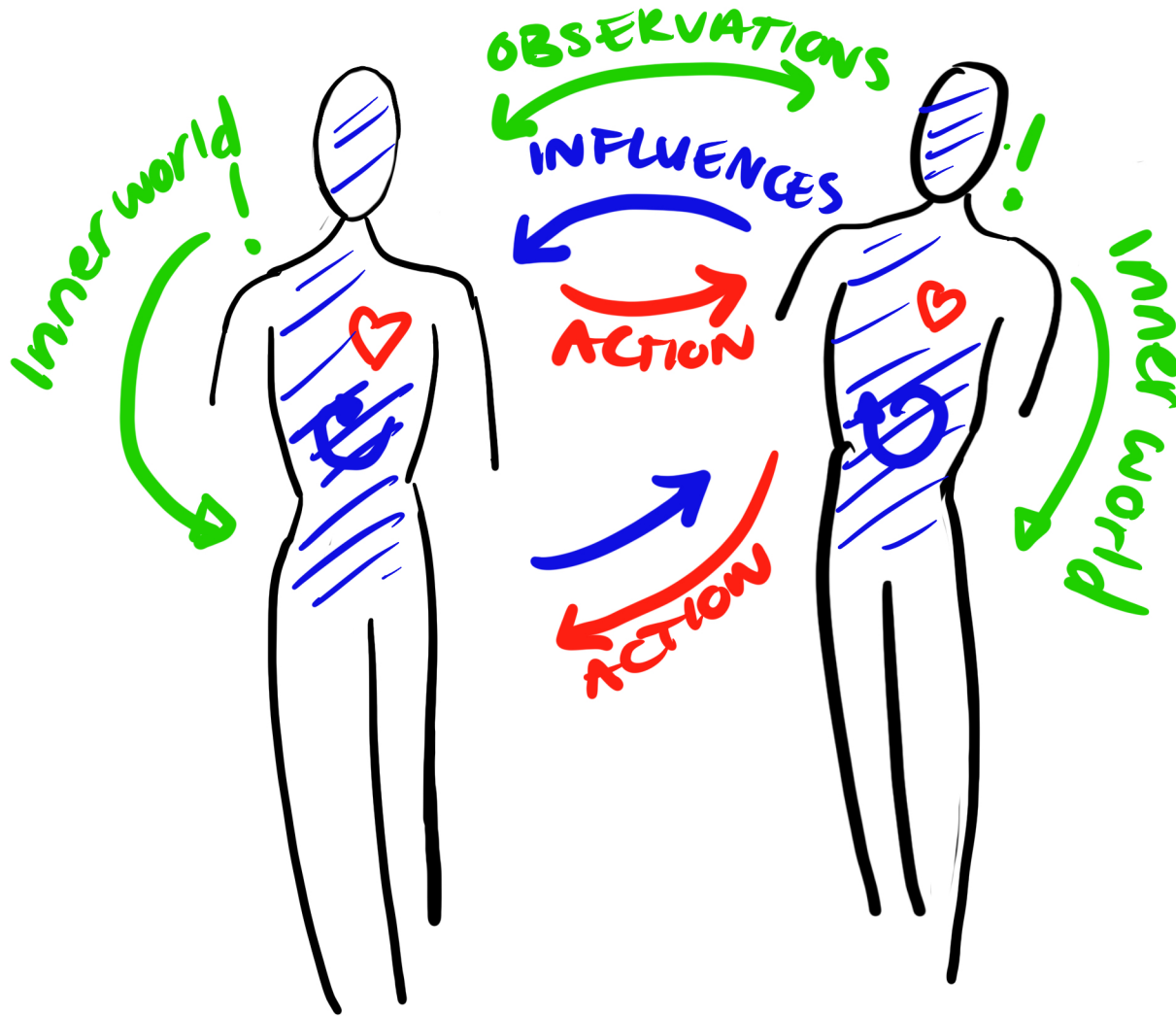


WITH DANCE COACHING YOU  
TRANSLATE YOUR INNER WORLD  
DIRECTLY IN A PHYSICAL MOVEMENT,  
SO YOU LET YOUR BODY SPEAK,  
THE OTHER PERSON DOES TOO,  
AND TOGETHER YOU EXPLORE  
WHAT IS HAPPENING WITHIN YOURSELF  
WHILE IN CONNECTION.





SO WITH  
DANSLOACHING  
WE CAN  
PRACTICE  
OBSERVING  
INNER, OUTER  
IN LOVING &  
HONEST  
CONNECTION  
WITH EACH  
OTHER.



Ready to  
practice  
connecting with  
yourself  
in connection  
with others?

Join me  
and book your  
workshop now.



Thanks for  
watching!

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