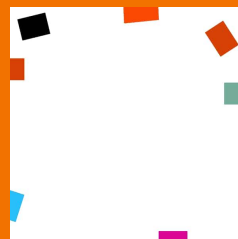
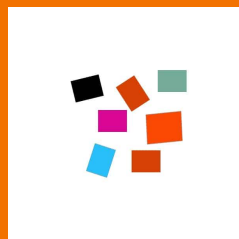


Johannes Faupel
mindrooms.net

Mind Rooms



Why we first have to
EXCENTRATE
in order to
CONCENTRATE

Please note

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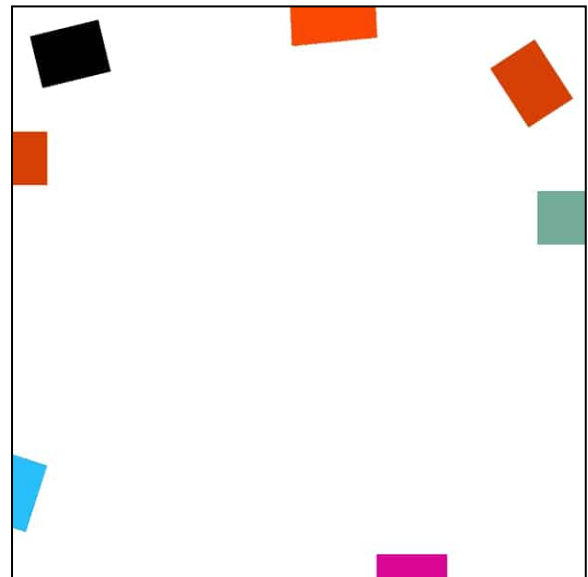
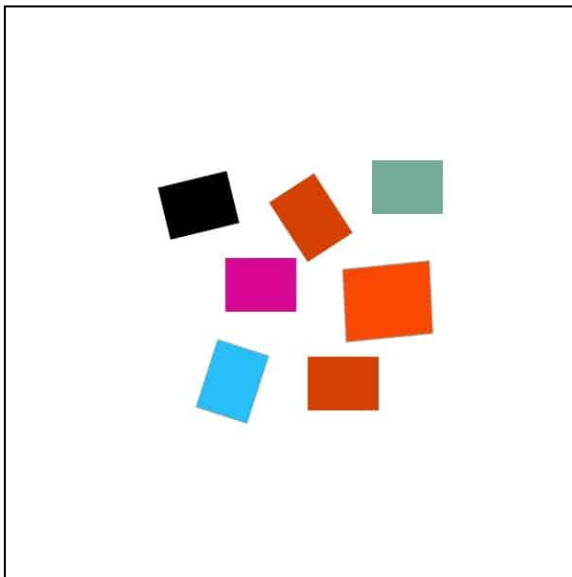
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Mind Rooms

Why we first have to EXCENTRATE in order to CONCENTRATE.

A picture book for the daily life.

Johannes Faupel



Dedicated to my beloved family.
Thank you for your patience.

As you read these lines, a lot can happen, on its own.

There can be the thought of hunger coming up and at the same time the thought of a postponed task, plus the thought of another book you've wanted to read for a long time and also, for example, thoughts of circumstances you'd like to change, the question why the neighbor is mowing his lawn right now or the dog is barking.

Such accumulations of thoughts are normal.

And not very often useful.

Because a cluttered attention space can cause you to stumble over thoughts, get stuck on them, get tangled up, lose the thread.

Who can keep track of everything when everyone is talking at once?

And now what?

Are you supposed to clean up your inner self? In an inside - or let's say: Head, in which there are so many thoughts, that nobody could ever count them (again a new thought)?

Thoughts arise, disappear, come back, open ways, also hinder thinking.

Some thoughts also stand in the middle of the way. You literally can't get past them when they stand around like boxes or unpacked shopping bags. Again and again you stumble over them, can't get over them.

Therefore: yes, tidy up.

In the head or in the consciousness it can look like in an apartment where there is no furniture, not even rooms.

But can one touch thoughts at all?

Are you supposed to pick up a thought with your hands and carry it down to the basement like a cardboard box?

Not with the hands. But the idea of carrying is true. In thoughts one can bring thoughts to places where they are well kept until the moment when there is time for them.

So then it only takes places or rooms in your mind?

In fact, it is no more. Already the imagination of a mind room, which you set up or rather let your intuition set up, is the first step to a serene handling of your thoughts - within yourself.

I wish you surprises in setting up your Mind Rooms, in the first tour and in the changes you may soon notice.

When I present the model of Mind Rooms in a therapy session, it is usually already present in the clients while I am telling about it. I have already been asked at the very beginning whether it is allowed to set up this or that room.

Therefore, it may well be that your Mind Rooms will also appear before your inner eye by itself now or after a few more pages.

You do not need to do anything for it..

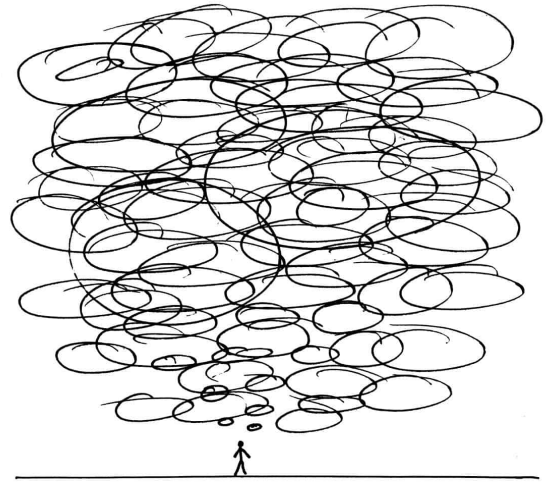
**Time to say goodbye to circling
thoughts and inner speeches that
block you**



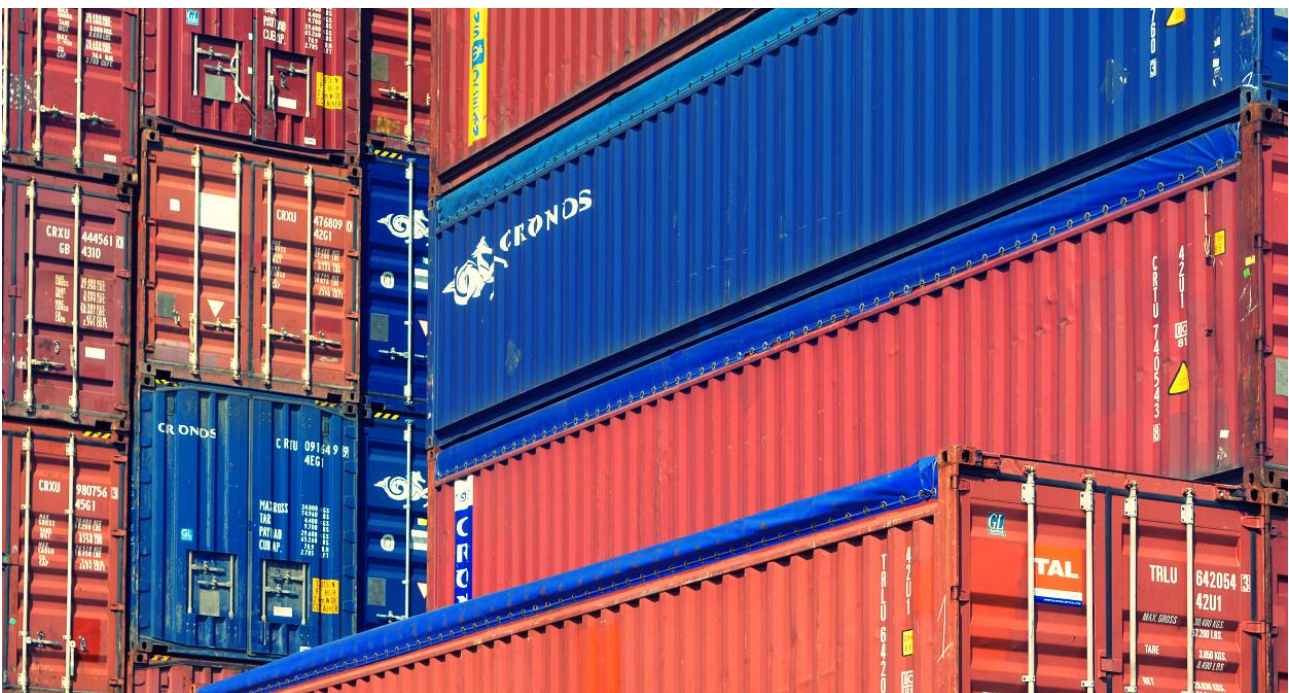
Do you know this?

Do you sometimes have too much in your head at once?

Are you often at your wits' end - and new tasks keep popping up?

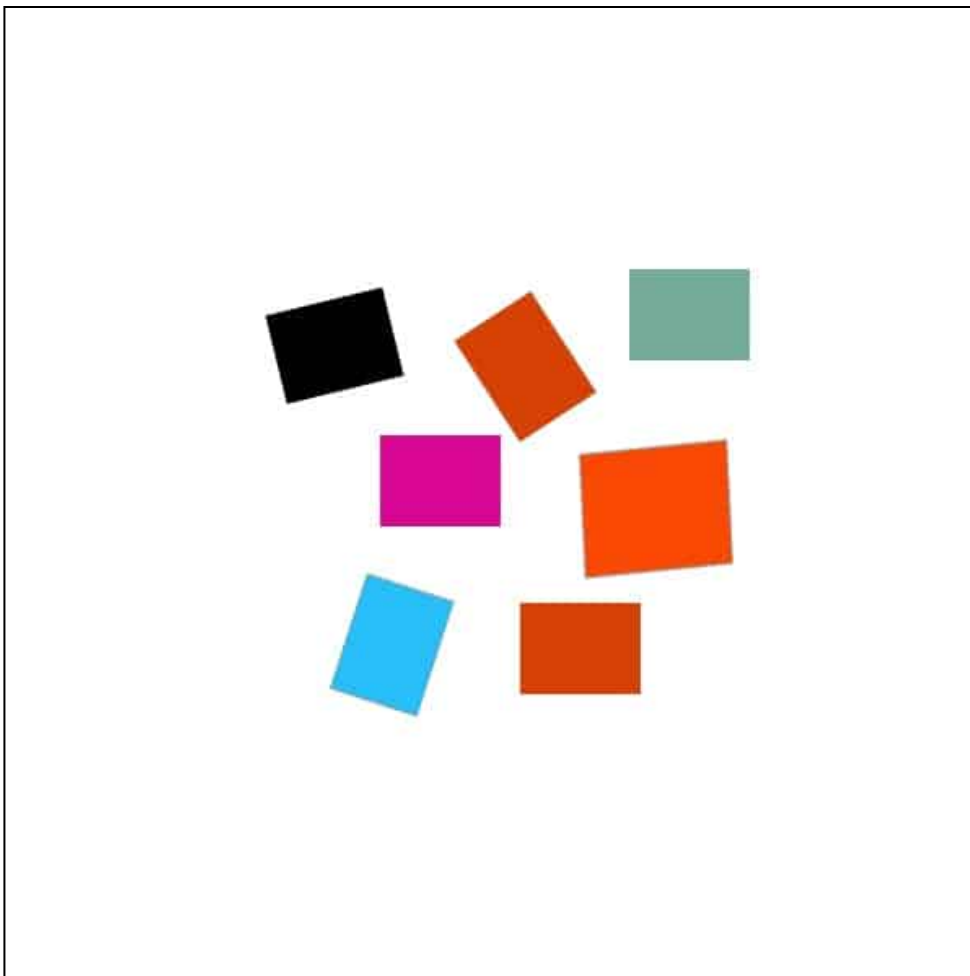
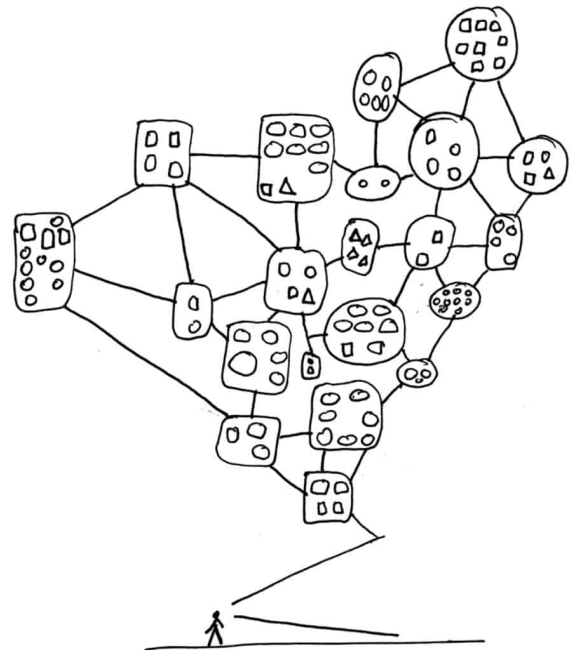


Do you sometimes have the impression that your head should be as big as an overseas container to fit everything you are thinking about?



You should use this here:

Mind Rooms is a thinking model with which you can bring order to your thoughts and find your way into a relaxed daily thinking routine ...



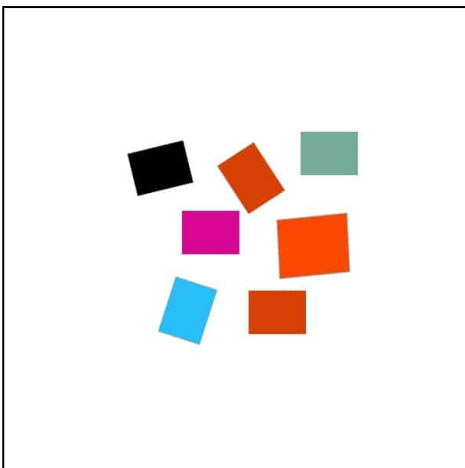
What happened before the concept of mind rooms emerged?

Let me describe the scene in my head like this:

An estimated thirty-seven thoughts crowded into my inner space of attention, all of which urgently wanted something from me.

There was talk of

- things to be done,
- old bills,
- reproaches,
- long-past opportunities,
- tasks that would only become concrete in a month's time
- very specific and also general risks
- the dangers of the future
- of projects that had not been completed
- of past times in which I perhaps had to fear many things.



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