



Every third Monday of the month at 7.00pm

## a monthly event

# to motivate, inspire and transform your life

Get answers to mind-body questions about your health. Remove worry and stress. Learn to understand the nature of the bio-logical programs of your body and mind.

## Bio-Psycho-Social & Spiritual Health

### THERE IS A SPECIFIC REASON WHY YOU'VE BEEN ILL

- Discover how health challenges signal the need to change your life.
- Learn to perceive pain/symptoms as specific warning signals,
- Understand how to change by paying attention to physical, mental and spiritual aspects of your life.

presented for the New Thought Centre by Rolf & Christa Krahnert



### Rolf & Christa Krahnert

Rolf and Christa are both Personal and Health Coaches and Trainers for Mind-Body Medicine and Integral Spirituality. Christa is a German Naturopath.

Together with Rolf, she has conducted seminars for Doctors and Health Professionals in Europe and Australia about Bio-Psycho-Social and Energetic Medicine for several years. Christa is co-author of *Process Oriented Cancer Therapy*.

**3rd Monday of each month  
7.00 pm to 9.00 pm**

Mudgeeraba Music Centre  
Cnr Franklin Rd & Somerset Dr.  
Mudgeeraba

\$20 per evening

[www.newthought.com.au/mondays.html](http://www.newthought.com.au/mondays.html)

**Many of us are aware that there is a specific reason why we get ill.**

Risk factors alone such as poor diet, lack of exercise, high stress levels, toxicity, 'faulty genes' or simply the body making a mistake don't answer our questions.

There is a connection between mind, body, spirit and our environment ... our perceptions and emotions are intrinsically linked to our health issues.

## Disease is not inevitable. Health is not good luck.

**They are parts of an understandable, logical system defined by the bio-logical laws of nature.**

Discover this new health paradigm for yourself and your loved ones. Stop just masking or treating symptoms.

**Learn to find and resolve the root cause of disease,**

- Why symptoms are meaningful
- How a particular life situation can trigger a disease process
- Learn the major stages of a disease process
- Understand bio-logical laws and processes
- Connect your perception, brain, organs and the role of microbes
- Uncover the biological meaning of symptoms
- Set the stage for self-healing
- Practice techniques and ask questions

For more details about Rolf & Christa's work visit:

[www.rolfkrahnert.net](http://www.rolfkrahnert.net)

**BOOK NOW! Info phone Margo Knox 0409 476 803 or Rolf Krahnert 0416 620 118**

**[www.newthought.com.au/mondays.html](http://www.newthought.com.au/mondays.html)**

Every Third Monday of the Month at 7pm