



NATHAL® Berlin Mental Training

NATHAL® Berlin
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THE NATHAL® METHOD - INCREASE YOUR MENTAL POWER!

NATHAL® is based on the ability to gain new insights by activating unused capabilities. As scientific measurements with the EEG spectral analysis prove, changes are set in motion that take both intellect and emotions into account extensively.

Gradually, previously unused abilities and talents and the entire spiritual potential of the human being are activated.

The NATHAL® method leads to:

New synaptic connections and new synapses are formed in the brain.

Left and right hemisphere now work synchronously (Fig.)

The state changes from beta to theta and delta waves, plus sine waves.

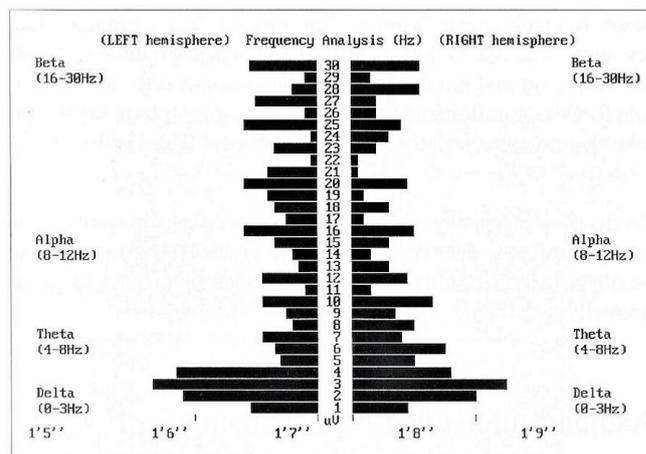


Abbildung 18: Darstellung der Synchronität der Gehirnhemisphären

Brain waves and frequencies, which are normally assigned to different states of consciousness, occur simultaneously.

Limits of the mind are successively crossed.

NATHAL® forms an interdimensional spirit.

AWAKEN SPIRITUAL POTENTIALS

NATHAL[®] is one of the most effective existing mental training methods. The training is intended for all those who want to increase their mental abilities, their emotional and also spiritual intelligence for their private or professional development and helps to develop an interdimensional mind.

The NATHAL[®] method enables the development of hidden creative possibilities through access to higher realms of consciousness. The limits to which the intellect is tied are exceeded.

NATHAL[®] increases: Our cognitive abilities, intuition, creativity and the ability to innovate, inner peace, concentration and motivation, neutrality and tolerance, access to universal sources of knowledge.

The NATHAL[®] method is easy to learn and enables problemsolving of all kinds, leads to new information, performance maximization, and the resolution of blockages and outdated mental models that hinder our development.

The NATHAL[®] method was developed in the early 80s by the psychologist Dr. Gertje Lathan.

Since then, thousands of participants from politics, business, research and development and countless private individuals have successfully learned the NATHAL[®] method.

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LEARNING THE NATHAL® METHOD

The intensive, yet easy to learn NATHAL® training program consists of various building blocks in which new energetic abilities are gradually developed, trained and anchored.

THE NATHAL® method can be learned via:

Group Seminars,
Individual private Sessions or
NATHAL®-Pro (our business program)

The NATHAL® Seminar Program includes
Intensive Training (basic course)
Advanced Seminars (AS1 – AS9)
Special Seminars
Individual Business Seminars (NATHAL®-Pro)

ADVANCED- AND SPECIAL SEMINARS

In our NATHAL® Advanced and Special seminars, interested parties can continuously further expand their mental abilities.

The NATHAL® Advanced Seminars deepen what you have learned in the intensive course, progressively increase your personal expansion of consciousness and gradually lead to increasingly complex inner perceptions.

As training progresses, targeted contact with other levels of information and energy becomes possible, initiating a profound transformation process. The participants learn to cross boundaries to which the intellect has been tied.

In addition to the “regular“ series of advanced seminars, we offer the NATHAL® Special Seminars. These courses deepen certain professional or personal topics such as:

Interpersonal Relations

Burn-Out

Anti-Aging through Cell Renewal

Profession and Vocation Increased Concentration and Retentiveness

Intercultural Exchange

Own Genetic Changes

Detailed information on our seminars and individual coaching sessions can be found on our website nathal-berlin.de

Personal requirements:

The NATHAL® method is religion and politically neutral and is aimed at all people, regardless of cultural background, gender, age or education.

The most important prerequisite is the ability to visualize.

Visualization means to be able to imagine pictures with closed eyes.

Learn with **NATHAL® Berlin** one of the most effective, existing mental training methods to activate your mental potential.

Seminars and individual coaching sessions can be conducted in both German and English.



Since 3/20 in Berlin

Your NATHAL® Coach

Esther Lamers

M.A. / MBA / B.A.

Licensed and certified coach
of the NATHAL® Method

(developed by Dr. Gertje Lathan)



Contact

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