



Connect and Activate Yourself™

The Manual

The New, Simple Path for Everyone

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The End of Unconscious Self-Limitation

*

***Using the Awareness You Already Have
Through Connection and Activation***

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Everything You Need for a Truly Fulfilling Life



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Here is a big step forward for a fulfilling life

Out of frustration and meaninglessness, very easily and joyfully into your life, in which you use your abilities, discover talents and optimize everything for yourself and your environment, without having to attend seminars or do many hours of exercises and meditations. And – best of all – it works for everyone, even in a life full of obligations and little time for yourself.

This is a fundamentally different, new approach, and in this guide we want to focus on practical application for the best benefit. A book on the background, history and comparison with other approaches from philosophy, psychology and spirituality will be published by a publisher. The website www.ConnectAndActivate.info gives up-to-date information and the short videos there show a lot more.

How this came about over decades, how tests in 3 continents improved it increasingly, thousands of consultations finally brought the decisive insights and new technologies made it possible to implement it, all this is history - we now want the benefits!

What are the benefits ?

1. Instead of solving many kinds of problems, we focus on the only seven causes of the problems. This also hinders the automatic, unconscious emergence of ever new problems.
2. Instead of foreign guidelines for your behavior and their adoption through daily self-discipline and drill, you get direct, own access to your own inner wisdom and inspiration.
3. The illusion that you need repair like a machine and are inadequate disappears. You don't need a guru or influencer – you have your own inner wisdom on board and can finally use it to the fullest.
4. Instead of admiring and copying other people's paths, you will find what works for you. This makes the realization of living in everyday life natural, and it fits.
5. The impulses and inspirations imprinted in the salts bring about something that is otherwise only achieved with special meditations: the integration of their higher awareness and inner wisdom, which is unencumbered by your life till now. Your consciousness will become more complete, more inspiring, and give you the new perspective.

6. This is not medicine. The application is simple and the salts do not contain any chemical additives. The effect is individually what you need. The quantities required are so small that even people who should reduce their salt consumption have no problem with it. No chemicals, no side effects, it can be taken anywhere and shipped. All this is simple and practically thought out.

In this manual you will first find some tips on how to use the salts and how they work. The main part is the description of the seven *Connect and Activate* salts, followed by tables from which you can find inspiration for the selection of salts for yourself and for people you want to help. A great gift, too!
This is followed by the most frequently asked questions from users and the answers to them.

A note for therapists of all kinds and individual self-development

The causes of physical and psychological problems are often complex and interwoven. The unconscious has a lot of influence, also on the body. There are experiences of therapists who combined the salts with their proven therapy, gave the clients salt mixtures as “homework”, so to speak, and as a result observed an accelerated effect of their own therapy. The *Connect and Activate* salts have been combined with a wide variety of therapies and self-help, from psychology, family constellations according to Hellinger to massage.

For the understanding of the words of this handbook, I ask you to consider:

From the well-intentioned caring for consumer protection, many legal restrictions have been created, that prohibit me from making statements about effectiveness, i.e. force me to conceal my positive experiences.

In addition, I am only allowed to refer very carefully to the experiences of customers, because I am not a doctor or licensed healer. The effect of the *Connect and Activate* salts is created by integrating one's own awareness, not by a chemical reaction as with medication. Chemically analyzed, it is pure pink Himalayan salt that can be bought everywhere as table salt.

The imprinted information that produces the effect cannot be measured with today's technology. There is no chemical active substance as required by the Medicines Act.

With devices that are not accepted by today's medicine, which measure the electrical resistance of the skin at the acupuncture points and calculate a picture of the energy flow in the body, a very fast and at the same time absolutely individual reaction to the use of salts can be shown. This purely individual reaction is further proof that this is about one's own consciousness and not about a chemical reaction.

A medication to lower blood pressure does exactly that and also has side effects. *Connect and Activate* salts works on and through awareness of the individual.

The physical and psychological effect, which can be measured, for example, with the Biopulsar™ device from Auramed GmbH, Germany, is completely individual. The use of the same salt can show a reaction in the heart area, i.e. in the emotions, in another user there is a reaction in the kidney-bladder meridian as an indication of unconscious fears and in another a reaction in the lungs, an indication of reduced will to live and too much restraint. These are not medical diagnoses; they are indications of bottlenecks in one's own development and awareness.

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1. Overview

All Connect and Activate salts contain the impulse for the connection to pure, unprogrammed awareness. In addition, they each focus on one of the seven formative aspects of life.

Experience shows that it makes sense to start where the strongest bottleneck in one's own joie de vivre is perceived.

- 1. Connect and Activate salt number 1:**
Personal freedom. Free yourself from foreign and old influences.
- 2. Connect and Activate salt number 2:**
Find and acknowledge yourself and what is important to you.
- 3. Connect and Activate salt number 3:**
Overcome your resignation. Create your better reality.
Activity and self-responsibility.
- 4. Connect and Activate salt number 4:**
Find your balance. Get out of stress.
Activate your self-healing through consciousness.
- 5. Connect and Activate salt number 5:**
Heal your emotional wounds: Accept yourself. Overcome your uncertainty.
Forgive yourself and others.
- 6. Connect and Activate salt number 6:**
Extra power for clarity & power
- 7. Connect and Activate salt number 7:**
You see your entire picture of life and find the meaning of your life.
Natural joy comes from a fulfilled life.

These salts can be used as a basic cure and individually if necessary.

Many customers refer to the 7-piece set as their small, slightly different medicine cabinet.

All salts are available individually and as a set.

2. Composition and specificity of the 7 Connect and Activate salts

The carrier substance of all seven *Connect & Activate* products is Himalayan Pink Salt. This is very old and not polluted with microplastics like today's sea salt.

Through special techniques, impulses and inspirations for the integration of the higher consciousness are imprinted into the prepared salt.

The salts are sealed several times so that no electromagnetic oscillations (telephone, WiFi, 5G) can impair the effect of the salts. In addition, the metal packaging protects.

The crystalline structure of the salts allows for a higher information breadth, information density and stability.

These salts are foodstuffs, are sterile by nature and can be carried or shipped anywhere in the world without restriction.

3. Mode of action of the seven Connect and Activate salts

By taking a few grains of salt, your subconscious mind is prompted to connect with your "Pure You". This higher consciousness is undisturbed, free from the programming, influences and habits of the "I" of thoughts and the body. The automatic ways of thinking and behaving and their ideas about yourself and the world are stored in the subconscious, as well as consequences of your interpretation of the past.

The subconscious mind and your "pure self" can communicate well with each other. From the level of the "Pure I", direct, effective support of the desired transformation process is possible. All information is available.

You activate exactly what you need by your task and choice of Connect and Activate salt.

The old way of many esoteric products with angels, masters, Elohim, flowers, planets and others is analogous to asking saints or God "up there" for help for a problem. Personality and thought patterns then continue to stand in the way, because the processing takes place in the reduced consciousness without the activation of one's own higher consciousness. This strengthens self-reduction and the victim illusion. In the self-image, the user remains the poor, incompetent sinner.

With the *Connect and Activate* salts, you first integrate your own higher, pure consciousness, understand at this level and download it down into your subconscious, which fortunately understands the higher consciousness directly. This happens automatically when the salts are used.

Through the undisturbed and broader perspective of your higher consciousness, new ways of evaluating, thinking and behaving open up.

The subconscious becomes conscious and disturbing automatisms are overcome. Over time, this becomes normal for you, you have integrated your Higher Consciousness, you have become more complete and this changes your life.

The new mode of action in 2 steps:

Step 1= Connect:

The establishment of a connection between your subconscious mind and your "pure self", your higher consciousness. You are now connected to your individual, higher inspiration.

In the beginning, this may be like a visit, but over time the connection becomes more stable and can become permanent. This step is the same for all salts.

Step 2 = Activate:

Having arrived in the "Pure I" of higher consciousness, one's own individual special abilities are recognized and activated. They can now be downloaded into the body consciousness via the connection created in step 1.

Each salt has a different focus.

The subconscious and higher consciousness speak the same language, a language that the mind, fixed in thinking, does not understand.

The subconscious mind is directly connected to the body.

This results in a measurable physical reaction within seconds, which can be measured with devices such as the Biopulsar® from Auramed GmbH via the acupuncture points.

This initial reaction gives an indication of the individual bottleneck.

The mind-mind cannot block it.

It is a completely individual reaction, not a standard reaction, as would be expected with medication, for example.

4. Application of the seven Connect and Activate salts

The application of the 7 Connect and Activate salts is easy. The individual salts can be taken individually or combined. It is inconspicuous in public if you put a few grains of salt under the tongue. You can do this on the train, bus, office, restaurant, etc. without attracting attention. Thanks to the practical keychain bottle, you always have your salt at hand.

The application steps in detail are:

(See also video on the website ConnectAndActivate.info)

Step 1:

Open the golden box. Remove both containers. Fill some salt from the golden container into the silver one with key ring.

This helps you to have the salt always with you.



Step 2:

Wet one finger. Place the moistened finger over the opening of the container. Shake the container, and about 0.01 g of salt will stick to your finger.



10 to 20 grains of salt per application are sufficient.

Step 3:

Place the salt grains under the tongue and let them dissolve there.

Do not rinse your mouth, leave it there for as long as possible.



Since we work on habits and habits are persistent, frequent impulses are needed through the use of salt. Since it is not a chemical medicine, more quantity does not bring more effect.

Frequency counts!

Please use the salt in the morning and evening as well as three times during the day, which means five pulses per day.

This is the only way to get reliable results and not lose time.

Important note:

When the salt dissolves, the selected inspiration is released.

Please do not make tinctures from the salt, because water can only store part of the inspiration and thus the effect is lost.

Take the salt directly as grains.

That's what the inconspicuous silver container with key ring is for.
So that you always have the salt with you, just like your keys.

5. Targeted use of the 7 Connect and Activate salts *-What they give you-*

5.1 Connect and Activate Salt Number 1

-Personal freedom. Free yourself from foreign and old influences-

If you have the feeling that you are controlled by others or are clinging to old, obsolete behavior patterns, then *Connect and Activate salt* number 1 is the right and best choice.

Inner liberation from foreign and old influences is difficult because we are all shaped by the environment in which we live and over time evaluate it as normal and as ourselves, even define and defend it as our personality.

Any change, especially of the ideas in the personality, is repelled by the mind and uncertainty, a fear of losing oneself arises.

The mind loves definitions because they give it a sense of security.

There are many methods, also in psychology, that work on the level of the mind and want to reprogram. It is working on the same level and often tedious.

All *Connect and Activate salts* work from the user's individual higher awareness, which makes it much easier to overcome habits and blockages.

It's a kind of "Working from Above" , using one's own higher consciousness.

How can I benefit from salt number 1:

- **Connection to one's own higher wisdom:** Unconscious influences of your personality on your evaluation, thinking and acting become conscious. Possible alternative ways of thinking and behaving are recognized.
- **Opening the door for change:**
Your subconscious communicates directly with your higher wisdom.
The blocking mind is left out. Changeability arises.
- **Protection against influence:**
Attempts at manipulation are detected and fended off.
- **Identification of wrong decisions:** Detachment from other people's expectations and influences enables them to recognize their own and give meaning.

This causes:

🔗 *Connection to one's own higher wisdom:*

Enables one's own evaluations, uninfluenced by previous programming from outside and one's own automatic thought patterns. The unobstructed view of one's life situation and one's own values is created.

🔗 *Opening the door for change:*

By reducing automatic ways of thinking and behaving, space is created for reflected and situationally optimized behavior.

🔗 *Becoming aware of your programming:*

The question "Why do I behave this way when I don't really want to?" is answered and freedom arises.

🔗 *Identification of wrong decisions:*

Decisions that are not suitable for you are now reduced and previous wrong decisions are detected. It becomes clear that at that time one could only act from the best consciousness of the time. You learned something. No self-condemnation.

🗨 *User experiences:*

"I have gained a completely different view of my life and feel freer"

"I was able to let go of my lousy self-confidence. I wasn't myself."

"The constant self-control, the comparison with others and the constant feeling of being harassed have become significantly less. I feel liberated."

"Finally, I have the feeling of being me."

🧴 *Application:*

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with intensive use, there is enough salt in the package. Each application is an impulse/inspiration to release deep-rooted blockages and free your energy flow.

🧴 *Combinability of the Connect and Activate salts:*

Connect and Activate Salt Number 1 can be combined with any other *Connect and Activate* salt.

💡 Tip: The number 1 Connect and Activate salt

is almost always the ideal start, because we are not aware of our programming, have defined it as ourselves and automatically evaluate, think, decide and act.

Even if you choose a different salt, it is usually helpful to use salt 1 as well.

Salt number 1 is a "lubricant" for any change work.

📖 Combination with other therapies:

The intake of a few grains of the inspirational Connect and Activate salt is safe and can be combined with all other therapies. It is food salt from the Himalayas, which has been imprinted with inspirations. Like the salt for your breakfast egg, only refined with imprinted inspirations. The amount used is small and no problem with medically recommended reduced salt consumption.

One massage therapist said that by passing on the Number 1 *Connect and Activate* salt to his clients, their harmful posture and movement patterns were overcome more quickly. He gave his clients the salt as "homework" between treatments, so that they did not unconsciously fall into the old habits at home, after the massage, but recognized them.

💡 Tip: The number 1 Connect and Activate salt

helps to shield oneself from a destructive environment, because unconscious, automatic adaptive behavior becomes conscious. It acts like a protection.

Especially helpful for very sensitive people, who often follow the will of others without their request, because they perceive it without words. This imprint is often found in people who grew up in an environment in which they could not trust the words and therefore built up a special sensitivity. This can be a plague. If you are affected by this, set for yourself the goal of learning how to turn your increased sensitivity off and on. The author had to learn that too and you have his full understanding.

5.2 Connect and Activate Salt Number 2

-Find and acknowledge yourself-

With the help of *Connect and Activate Salt 1* peel away what you are not, then the way is clear to find and acknowledge yourself. *Connect and Activate Salt Number 2* builds on the awareness and insights gained with the help of *Connect and Activate Salt 1* and helps you to recognize and overcome self-imposed limitations.

Your true self comes to the fore and adds more depth and meaning to your life.

See yourself from a distance, like from an eagle's eye wider view.

Your life is centered around you. You don't center yourself around your life.

This has nothing to do with selfishness.

This is the only way you can make a clear assessment of your situation and your possibilities.

Tip:

Some customers have tried to get started with *Connect and Activate Salt 2* right away because they are looking for the meaning of their lives.

It was difficult because of so much that was foreign, so much unconscious, that was assumed to be self-defined, stood in the way.

That's why I recommend almost always *starting with salt 1 or combining Connect and Activate salts 1 and 2*.

What results the application of Connect and Activate salt number 2 provides:

- **Connection to higher inspiration:**

Helps you discover your true desires and live authentically, away from self-reproach and external influences.

- **Throwing off illusions:**

Encourages people to shed false beliefs and see themselves positively. Focusing on your happiness and fulfillment is crucial to positively inspiring others.

- **Improvement of concentration:**

Helps to avoid distractions and to recognize the individual essentials.

- **Life Change Support:**

Useful during significant life changes or if you are looking for a new direction.

Examples include overcoming isolation and finding a sense of belonging.

Realignment after separation and the beginning of a new phase of life. Positive feedback comes from adolescents in puberty and even more from their parents.

Connection to higher inspiration:

When you ask others, you get into their ideas.

Who is the best advisor? You are the best advisor to yourself, but not from your thought-mind, but from your higher, undisturbed consciousness. This is where you connect to with all the *Connect and Activate* salts. On your Higher Self, you can ask: What is important for me to be satisfied with my life?

Or variations of it like: What talents do I have and what should I live more practically? The question "Who am I?" goes particularly deep when no answer from the mind-mind is accepted. (*Advaita, Ramana Maharshi*)

Tip: Write down your ideas.

Don't check the spontaneously written down ideas right away. The mind tends to reject "new" as absurd. This means that the spontaneous idea is lost.

Throw off illusions:

Please exercise patience with yourself. Especially if you haven't been connected to your own higher awareness and intuition often, it takes integration, something like building trust in yourself. The answers sometimes come as a spontaneous idea, but often they develop because you see and evaluate your everyday life differently. It is crucial to have the courage to let go of illusions.

 **Tip:** If the answers seem confusing or contradictory, there is a simple test: Imagine you are living a new idea of yourself in practice. Does it make you happy?

It's not about being perfect. It's about being you and giving you relevance so that your talents can unfold. This is an essential aspect of being an adult.

Too many people define themselves only by their functionality, which is appreciated by others, by what they do and deliver. They feel empty and meaningless.

This is where salt 2 helps to find meaning. Often, salt 1 and salt 5 are also necessary.

Improving concentration:

It is a wonderful journey to find and live your fulfillment. But it can also be exhausting. Especially through the large number of "travel offers".

Connect and Activate Salt 2 also sharpens your ability to recognize other people's manipulative ideas, simply because you're more connected to your own wisdom. The *Connect and Activate* salt number 2 helps you on your way not to stay in secondary theaters of war or even give up because of the old thoughts. Based on your wishes and investments, you will work focused on your goal of living the life that makes sense to you.

Supporting life changes:

One user, a widow, realized after taking *Connect and Activate* salt 1 that she was isolating herself by clinging to the past. *Connect and Activate* salt number 2 helped her to look for new connections and inspiration. She still appreciates her past, but no longer defines herself by it.

A teenager hung out with different groups of friends for a long time, even though he never felt he belonged. He didn't want to be isolated. *Connect and Activate* salts number 1 and number 2 have driven him to find himself, his preferences, talents and desires. Open and honest conversations with his parents turned into a deep search that questioned everything and everyone and together generated new answers on both sides. He said it saved his life.

User experiences:

"I didn't even know what talents I had."

"Finally I know what profession I want to take."

"Once I knew where I wanted to go, I found the right partner."

"You achieve and own what you can imagine for yourself."

"Finally, I get an idea of meaning in my life"

Application:

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with this intensive use, there is enough salt in the package. Each application is an impulse/inspiration to release deep-rooted blockages.

 **Tip:** Allow yourself a moment of rest while the salt dissolves under your tongue and ask yourself what is important to you for being fulfilled and happy. You will find new answers.

🧂 *Combinability of the Connect and Activate salts:*

Connect and Activate salt number 2 can be combined with any other Connect and Activate salt, especially if one's self-esteem is low.

There was a lot of positive feedback from people who had lost themselves. After the cure with Connect And Activate salts 1 and 2 came the statement "For the first time I feel myself".

In the case of depression and a deep crisis of meaning, professional help should be sought.

Positive experiences came from the combination of salt 2 with salts 1 and 5.

Profound changes, e.g. the departure of children or the loss of a partner, require a redefinition of everyday life, which is much easier to achieve with the combination of salts 1 and 2.

🧂 *Combination with other therapies:*

The intake of a few grains of the inspirational *Connect and Activate* salt can be safely combined with all other therapies you are already pursuing. It is food salt from the Himalayas, which was imprinted with inspirations. It's chemically like the salt for your breakfast egg, but refined by this imprinted inspirations.

The amount to be used is also permissible for people with reduced salt consumption.

5.3 Connect and Activate Salt Number 3

-Overcome your resignation.

Create your better reality. -

The *Connect and Activate salt* number 1 helped you realize how you were limited and how you limited yourself. The *Connect and Activate salt* number 2 helped you focus on what you really want to live. *Connect and Activate salt* number 3 now helps you give your insights the priority and drive they need to make them your reality.

All great intentions are useless thoughts until your action makes these ideas your grand reality.

💡 **Tip:** The *Connect and Activate salt* number 3 should only be used if you have clear ideas and a desire for what you want to bring into your life. If you are not yet clear about this, please use the *Connect and Activate* salts number 1 and 2 first.

🔗 **What salt number 3 motivates you to do:**

- **Detection and overcoming limitations:**
Understand how past experiences and fears, such as the fear of failure and judgment, limit your actions today. Overcome the lamentation. Take advantage of opportunities.
- **Focus on plot:**
Turn intentions into reality through persistent action. Successful people often learn from initial failures and move on.
- **Personal responsibility:**
Take control of your life and your decisions. Rely on your understanding and higher consciousness to guide your actions.
- **Avoidance of dependencies:**
Strive for independence and avoid falling into a comfort-driven dependency. Clever thinking does not replace goal-oriented action. Overcoming timidity and concerns freed from dependencies.

🔗 Recognizing and overcoming limitations:

Why do people hesitate even though they realize they should do something? Most of the time, it's the fears of making a mistake and being the fool that others laugh at. These fears, some of which are unconscious, are difficult to overcome.

The fear of failure is often rooted in childhood experiences. Surely everyone has experienced older children as a child who could do what they could not do themselves, a feeling of inferiority arose from this.

The standards of parenting have changed, but now the fear of being accused and bullied online can have the same effect as beatings used to.

Too often, the reason for reluctance and procrastination is the fear of how others will think and react about me. Our actions are determined by what our environment expects of us and not what we would like to see. This is putting the cart before the horse: You must decide how you want to live, then the right environment will come.

💡 **Tip:** Often, a general reluctance to live an intense life is accompanied by the avoidance of clear decisions. What is your real risk? Is it really worth agreeing to a life full of false compromises and never letting your skills blossom? If this is the case, I often suggest a combination of salt number 3 with *Connect and Activate* salt number 7. The combination helps to focus on intensity, opening the doors for your natural energy flow and breakthroughs.

🔗 Focus on action:

In interviews, successful people often talk about their initial failure, how they get back up and move on with what they have learned from their mistakes. This attitude has made her successful. Watch children learn to walk: they fall, get up again, and don't give up until they can.

There may be drama and tears in between, but they don't give up.

🔗 Personal responsibility/avoidance of dependencies:

The less you take your life into your own hands, the more dependent you will be. Why don't you make your decisions yourself, but wait until those around you make the decision for you? Why do you get yourself into dependencies? It may be a trend of the time. You yourself should take care of yourself and the implementation of your life plan. No government or institution will do that for you.

Be truly an adult and self-responsible. That's a good thing! As a child you always wanted to be adult, now you are it.

With *Connect and Activate salt* number 2, you have taken the helm of your life into your own hands by connecting with your higher levels of consciousness and activating your understanding. You now know what and how you want to live, and with the help of the *Connect and Activate salt* number 3, you can now define which additions and changes you plan for in your everyday life in the future. Now it's time to get out of the usual consumer-comfort-needs-thinking.

You yourself are the architect of your own fortune. And, *the Connect and Activate salts* 1 to 7 are always available and at your side. Simply fill it into the practical key fob bottle, hang it on the key ring, take it with you and always have it at hand.

💡 **Tip:** Write down your timetable in as much detail as possible, follow your realization of the timetable at least 1 time a week. If your life situation changes, adjust your timetable by using the *Connect and Activate salts* number 1 and 2 again. The timetable must be accessible to you. Utopian goals bring frustration and in the end you give up.
Work with small steps.

💬 **User experiences:**

"It's fun to take my life into my own hands again. I'm alive!"

"I didn't realize how much I let myself go."

"There is always a way if you know where you want to go."

"Interesting to deal with new perspectives that feel good."

🗄️ **Application:**

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with intensive use, there is enough salt in the package.

Each application is an impulse/inspiration to release deep-rooted blockages.

💡 **Tip:** To get into fruitful action, be persistent and use the inspirational salt number 3 five times a day. Use only a few grains each time, but do this five times a day until it runs out, which will take about two months of intensive use.

In the beginning, you may only see your self-made limitations. Don't judge yourself for not seeing it sooner or ignoring the signs. Instead, continue the journey to more awareness now and focus on practical aspects instead of judging. Move on to action, do what you have recognized as relevant for you. You have to be persistent. Patterns of thought and action, especially if they have been lived for many years, are very solid and tend to hide in the unconscious.

By connecting with your own higher consciousness with the help of the inspirational *Connect and Activate salts*, you give an impulse to reveal and change every time. Unlike drugs, this is not a chemical process; it is a connection and activation of your possibilities by the unconscious. Each application gives an impulse, hence the 5 applications per day. You may have noticed how difficult it is to make changes

through your conscious mind. It may sound strange, but your higher levels of consciousness are directly connected to your unconscious, and this is very efficient. They somehow speak the same language. With the *Connect and Activate* salts you work from above, not on the level of the habits of thinking and acting, which makes it so easy and efficient.

💡 **Tip:** To achieve the best effect, be aware of what you want to achieve with each application. Taking notes on your insights helps efficiency. Different people get inspiration in different ways. Some get them as dreams, some suddenly have new ideas, and some change without even realizing it. Changes often come in small steps and are often overlooked because they feel natural.

📖 **Combinability of the *Connect and Activate* salts:**

Connect and Activate salt number 3 can be combined with any other *Connect and Activate salt*, especially for hesitant and anxious people.

📖 **Combination with other therapies:**

The intake of a few grains of the inspirational *Connect and Activate salt* is safe and can be combined with all other therapies. It is food salt from the Himalayas, which was coined with inspirations. Like the salt for your breakfast egg, only refined with imprinted inspirations.

5.4 Connect and Activate Salt Number 4

-Find your balance. Activate your self-healing through consciousness-

Sometimes everything is just too much – the head full, the body under tension, the heart restless. *Connect and Activate salt* number 4 brings you back to your center.

You reconnect with yourself, reduce stress and activate your body's natural self-healing powers - very gently, like a deep meditation.

The main goal of the *Connect and Activate* project is to connect you to your own higher levels of consciousness, which can be referred to as Soul, Spirit, Higher Self, or similar in different cultures. This is a relevant and valuable part of you. Integration through connection and then activation and use enriches your life and opens doors to new fulfilling possibilities. Strengthened in a new certainty, you fall into a new balance, you heal, you sleep and relax. You have the power to finally let go of outdated patterns for you and consolidate new insights.

What is supported with salt number 4:

- Recognizing old patterns – and lovingly letting go
- Consolidate knowledge and understanding – especially if you have already worked with salts number 1, 2 and 3
- Relieve stress – and clear your head again
- Finding inner balance – harmony for body, mind and emotions
- Sleep better & relax – more peace and quiet in everyday life

 **Recognizing old patterns and consolidating insights:** Imbalances in body, mind, and emotions can be difficult to detect because they feel normal over time. Long-term imbalances can lead to physical problems, so it's best to address them early. Always consult a doctor for diagnoses if there is concern about being sick. *Connect and Activate salt* number 4, like all *Connect and Activate* salts, is not a remedy in the sense of the law.

After using the *Connect and Activate* salts 1 to 3, salt number 4 helps to integrate these insights and create a stable foundation for the new daily life.

Stability comes into the newly established situation. It feels like a break, but it's a relevant stage for grounding and setting the groundwork for the next steps.

Relieve stress:

Salt number 4 works like meditation. It supports the harmony, balance, recharging and self-healing of the body and can therefore be very helpful in stressful situations. Distance and mindfulness arise.

Find inner balance Sleep better and relax:

Let's take a deeper look at healing. The English terms "holy" for holy and "wholy" for complete are very similar. Healing is something all-encompassing. Wholeness and healing are connected. Holistic health means health of body + mind + emotions + soul, encompassing your whole being. The combination of Connect and Activate salts 4 and 7 helps enormously for this.

User experiences:

"I'm finally sleeping through the night again."

"I notice how I detach myself from toxic contacts."

"I like to go out into nature again."

"I just feel clearer and lighter."

"I perceive what my body needs now and take better care of myself"

Application:

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with intensive use, there is enough salt in the package.

Each application is an impulse/inspiration to release deep-rooted blockages and free your energy flow.

 **Tip:** To achieve the best effect, be aware of what you want to achieve with each application. Taking notes on your insights helps efficiency. Different people get inspiration in different ways. Some get them as dreams, some suddenly have new ideas, and some change without even realizing it. Changes often come in small steps and are often overlooked because they feel natural.

🧂 *Combinability of the Connect and Activate salts:*

The Connect and Activate salt number 4 can be combined with any other Connect and Activate salt. It can be particularly helpful for people who are physically unstable and need self-healing.

It does not replace medical diagnosis and treatment and is not medicine.

It works in the mental support of physical situations. In combination with salt number 5, it helps to find physical and emotional balance. In combination with salt number 6, salt 4 promotes physical stability and the will to live more quickly. The combination of salt 4 with salt 2 promotes processes of **mindfulness** and anchoring awareness in the body, something that Yoga supports, for example.

💡 **Tip:** If you are very stressed, you can start directly with salt number 4 - and add salt number 1 later. Many feel more calmness, clarity and balance after a short time. The combination of *Connect and Activate* Salts 4 and 5 before falling asleep has already helped many to sleep more deeply.

🧂 *Combination with other therapies:*

Taking a few grains of the inspirational *Connect and Activate salt* is safe to combine with any other therapies you are pursuing. It is food salt from the Himalayas, which was coined with inspirations. Like the salt for your breakfast egg, only refined with imprinted inspirations.

People who have been using other techniques such as psychology, massage, yoga, and meditation for years have found that *Connect and Activate salt* number 4 goes well with their practices and enhances their effects. Therapists have seen faster and clearer results when they combine it with their work. I recommend continuing what you've been doing well for years and adding the *Connect and Activate salts* as a supplement.

5.5 Connect and Activate Salt Number 5

*-Heal emotional wounds, build self-acceptance,
overcome uncertainty, forgive naturally-*

Love is the strongest healing power there is. It expands your heart, your self-image, and connection with others. It resolves old emotional wounds, gives you more confidence in life and connects you to your higher consciousness.

There's that other level of love that isn't cheesy, sugary, and pink. It's called unconditional love.

When we experience them, we feel good for no particular reason.

It's more like a background presence.

"Your job is not to look for love, but merely to seek and find all the barriers within yourself that you have built up against it."

– Rumi

What salt number 5 can do for you:

- Release more blockages and holding back – especially those caused by the feeling of never really having been loved
- **Overcoming fears** – often in combination with *Connect and Activate Salt Number 3* very effective
- **Strengthen self-acceptance** – see and treat yourself and others more lovingly
- **Naturally forgiveness** – without coercion or self-condemnation
- **Find inner peace** – and let old emotional wounds heal gently

Release more blockages/overcome fears:

The addiction to perfection is often associated with fear of failure. Salt number 5 is often used in combination with salt number 3 because it helps overcome anxiety. Fears shrink and freeze; Love expands and gives you flexibility.

🔗 Strengthen self-acceptance/forgive naturally:

Especially with the combination of salts 4 and 5, I have observed unexpected change and self-healing. Self-destructive behaviors and addictive behaviors disappeared without it being addressed in the counseling sessions.

Suddenly they were completely different people, positive and open to life.

🔗 Find inner peace:

Like all *Connect and Activate salts*, salt number 5 expands and completes you.

Expansion means that a certain curiosity comes with it.

An openness to see, re-evaluate and experience life differently arises. A feeling of more rootedness and security in oneself crystallizes, which in turn relaxes and opens. All of this happens through the connection and then activation of what you already have in your higher, pure levels of consciousness.

You become complete through the involvement and use of your complete awareness. A better life experience becomes recognizable and possible.

🗨 User experiences:

"I can finally accept myself."

"I feel more love for life."

"Forgiveness is easier for me. I feel lighter"

"I have become more curious and open."

Users report increased self-acceptance, love of life, and natural forgiveness.

Also helps to forgive yourself for stupid decisions and mistakes.

Changes occur gradually and feel natural, although the beginning can be emotionally intense.

🗂 Application:

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with intensive use, there is enough salt in the package.

Each application is an impulse/inspiration to release deep-rooted blockages and free your energy flow.

Focus on practical actions, avoid comparisons and judgments.

Persistence is key, as ingrained habits take time to change.

💡 **Tip:** To achieve the best effect, be aware of what you want to achieve with each application. Taking notes on your insights helps efficiency. Different people get inspiration in different ways. Some get them as dreams, some suddenly have new ideas, and some change without even realizing it. Changes often come in small steps and are often overlooked because they feel natural.

🧂 ***Combinability of the Connect and Activate salts:***

Connect and Activate Salt Number 5 can be combined with any other *Connect and Activate* salt. Especially if there are clear accusations from traumatic experiences, it is very helpful in combination with salt 1. Especially if someone made bad mistakes, this combination is recommended, because the most difficult thing is to forgive yourself.

🧂 ***Combination with other therapies:***

Taking a few grains of the inspirational *Connect and Activate* salt is safe to combine with any other therapies you are pursuing. It is food salt from the Himalayas, which was coined with inspirations. Like the salt for your breakfast egg, only refined with imprinted inspirations.

Connect and Activate Salt Number 5 is often used as an accompaniment to other therapies, especially if the reason for the blockages is because they have never really been loved or think so. It dissolves rigidity and seclusion.

Changes were achieved that even experienced consultants described as miracles.

5.6 ⚡ **Connect and Activate Salt Number 6** ⚡ *-Extra power for clarity and strength-*

Release your natural power and clarity – they have always been within you!

There are more energy and verve in you than you think.

Old habits, inner blockages or limiting beliefs often slow you down. Salt number 6 helps you release those invisible brakes – so that your natural strength, mental clarity and will to live can flow freely again. You have access to your natural authority and power from silence again.

What Connect and Activate salt number 6 can do for you:

- **More energy in everyday life**
without caffeine or energy drinks and their side effects
- **Think more clearly** – get out of the carousel of thoughts
- **Overcoming feelings of weakness or helplessness**
- **Rediscover joie de vivre** – see life as an adventure again
- **Accelerate recovery** – especially after illness, stress, difficult times or exhaustion

More Energy/Clear Thinking:

Connect and Activate Salt Number 6 - "Extra Power" - helps you release your natural energy and mental clarity. It doesn't add anything external, but removes internal blockages such as unconscious habits, limiting beliefs, and unconscious roles thanks to connecting into your own higher awareness.

It is not a medicine and does not contain any active ingredient that increases the heart-pulse or triggers hormones.

The *Connect and Activate* salt number 6 makes you more present, prevents drifting away in thoughts and feelings. This presence is also noticeable to others. Natural authority and willingness to perform is the charisma and a customer said that salt number 6 brought her the promise of a management position.

Connect and Activate salt number 6 initiates a renewed and increased sense of one's own performance. While salt number 3 calls for action, salt number 6 is for calm presence and self-confidence.

The combination of the two salts can help you overcome resignation and self-doubt and vigorously pursue your goals. You will only ever be challenged as much as is right for you at the moment.

The recommendation is: Go for the highest best for everyone involved. Don't worry, salt number 6 will make you awake and strong, but not selfish.

Overcoming feelings of weakness or helplessness.

Rediscover joie de vivre:

Connect and Activate salt number 6 helps you overcome feelings of weakness and being at the mercy of others/victimhood. It strengthens your will to live and finds new paths. It turns life into an adventure instead of a fight.

 **Tip:** You can always combine salt number 6 as a turbo with other salts, especially if you tend to be timid and evasive.

Speed up recovery:

Connect and Activate salt number 6 is useful in various situations, especially when combined with other inspirations. It helps those who have given up, supports intense living, and is useful whenever vigilance and dedication are needed.

Using salt number 6 after salt number 4 is great after illness, stress, or other strains because it speeds up natural recovery.

The author always has *Connect and Activate Salz 6* in the car because he often must drive long distances. He thinks it helps to stay focused. Since he often meditates and meditation makes you tired in a relaxed way, he likes to use *Connect and Activate Salt 6* in his meditations, especially when they are associated with special processes, to stay focused.

User experiences:

"I have energy and focus again - without artificial stimulants."

"After a long illness, my zest for life came back."

"I feel more alert, clearer and stronger inside."

"I am noticed and accepted. I'm surprised by it myself"

🗄 Application:

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with intensive use, there is enough salt in the package.

Each application is an impulse of inspiration to release deep-rooted blockages and free your energy flow.

💡 **Tip:** To achieve the best effect, be aware of what you want to achieve with each application. Taking notes on your insights helps efficiency. Different people get inspiration in different ways. Some get them as dreams, some suddenly have new ideas, and some change without even realizing it. Changes often come in small steps and are often overlooked because they feel natural.

🗄 Combinability of the Connect and Activate salts:

Connect and Activate Salt Number 6 can be combined with any other *Connect and Activate* salt.

It is the "turbo" of clarity, strength and the will to live.

🗄 Combination with other therapies:

Taking a few grains of the inspirational Connect and Activate salt is safe to combine with any other therapies you are pursuing. Feedback from therapists led to calling it the turbocharger for changes.

5.7 Connect and Activate Salt Number 7

- *Natural joy comes from a fulfilled life* -

Joy without reason is called bliss. It is simply there and can become the ever-present background of your life. You live what you set out to do. You are satisfied with yourself and your living environment.

You are looking forward to the day and to the many projects that you still want to tackle.

The projects are easy to implement. It fits!

The achievement of your life plan fulfills you.

The individual components of your life come together to form a harmonious overall picture. It makes sense what you have done and will do.

What salt number 7 can do for you:

- **Releasing old self-blocks** – such as constant worrying, hesitation or mistrust
- **Develop serenity** – even if life is not perfect
- **Discovering your true self** – beyond the expectations of others
- **Feel joy again for no reason** – independent of perfection
- **More fulfillment** – by living your true intentions and abilities.

Releasing old self-blockages/developing serenity:

Some people have a tendency that nothing is easy for them.

They see problems everywhere. They feel very comfortable in the role of "problem seer" and "problem solver". Of course, many problems are needed to live this role. Accordingly, problem seers and problem solvers are often sick, frustrated, lacking energy and in a bad mood. A stressed mind tortures the body.

Of course, they cannot perceive joy and fulfillment.

A similar situation happens for people who are perfectionists.

Other people generally do not trust "life". They do not get involved in life, and therefore lead a superficial life without much devotion, drive and energy.

Those affected by this should go through the complete *Connect and Activate* salt cure, i.e. from salt 1 to salt 7, because this is a deep program and often nearly completely unconscious. The salts can be combined as needed, taken one after the other or in any order. It is recommended to perform the cure several times. From time

to time you get deeper until all your self-blocks are dismantled. Then use the appropriate **Connect and Activate** salt, depending on the inspiration you want.

🌀 Discovering your true self:

Some of us feel comfortable and fulfilled in nature, others need the city, the hustle and bustle and the opportunity to meet many people. To find out which type you are, salt number 2 in combination with salt number 7 from *Connect and Activate* helps.

I have met very successful businessmen who earned a lot of money, have a good family life and healthy children – but are still not fulfilled.

On closer inspection, I realized that they live a too narrow definition of themselves.

One was brought up with the aim of taking over his father's company, he felt reduced to this life program.

Another grew up in a poor family and all he could think of as a goal was to get out of this limited life experience.

These are examples of adopting a limited definition of oneself.

These are typical situations in which I suggest looking for fulfillment with the help of *Connect and Activate* salt number 7 together with *Connect and Activate* salt number 2. This helps to find a more complete idea of oneself without ignoring relevant aspects.

🌀 Feeling joy again for no reason:

Joy does not need perfection. Joy is associated with fulfillment.

But what is a fulfilled life?

It is the life that you (unconsciously) intended and should live. The common problem is that we are not aware of our intention, have forgotten it because we have been programmed by our environment and its ideas.

Each of us has special skills and special challenges. The combination of number 2 and number 7 brings back a serene smile.

If you are a talented musician or artist, you should live exactly that. If you also need another job to survive, don't forget to live the special skills.

🌀 More fulfillment:

We are always more than we perceive and realize, and this is a service that the *Connect and Activate* salt number 7 does for you: To get the bigger picture of yourself. Living this is what fulfillment is all about. Ideas alone are not enough, experience is needed. Play with possibilities, explore yourself.

One's own experience is the only solid truth, never thoughts only will bring fulfillment.

Most people enjoy it when they leave their narrow definitions. Worries and fears can make this difficult. Then use salt number 3 together with salt number 7.

User experiences:

"I have energy and focus again - without artificial stimulants."

"After a long illness, my zest for life came back."

"I feel more alert, clearer and stronger inside."

"I'm amazed at what difficult times have brought me. They were useful pieces of the puzzle of my life"

A very experienced teacher for using flower essences in Japan suddenly discovered her talent as a painter through *Connect and Activate Salt 7* after a previous cleansing phase with salts 1 and 2. Today, her paintings hang in galleries in New York. This only took 8 months!

Application:

Take a few grains of the inspirational salt under your tongue five times a day and let it dissolve there. For about two months with intensive use, there is enough salt in the package.

Each application is an impulse/inspiration to release deep-rooted blockages and free your insights and energy flow.

 **Tip:** To achieve the best effect, be aware of what you want to achieve with each application. Taking notes on your insights helps efficiency. Different people get inspiration in different ways. Some get them as dreams, some suddenly have new ideas, and some change without even realizing it. Changes often come in small steps and can be overlooked because they feel natural.

Combinability of the Connect and Activate salts:

Connect and Activate salt number 7 can be combined with any other *Connect and Activate salt*. Even more than the other salts, it is focused on the connection and living the experience of one's own higher wisdom. It strengthens intuition. It strengthens being complete and living that in everyday life.

Combination with other therapies:

Taking a few grains of the inspirational *Connect and Activate Salt Number 7* can be safely combined with all other therapies you are pursuing. It is food salt from the Himalayas, which was imprinted with inspirations.

🗄 Quintessence:

The Connect and Activate salt number 7 is the end of the seven-part *Connect and Activate* salt cure and at the same time it supports the leap to another, higher level of conscious life.

There is no end to self-development.

Even enlightenment is not the end, only a very useful, formative experience and great opportunity, if one does not build up a new self-illusion, a new personality and identify with it.

The essential effects come from the experience of being complete, i.e. not living reduced to only the body with its thoughts and feelings, social position and property.

Complete awareness due to the connection and integration of one's own higher consciousness changes the human being, because awareness determines our thoughts and actions.

This comes so naturally and often unnoticed, just like when you get well.

6. Inspiration for the selection

In the form of tables, this is an inspiration for when which *Connect and Activate salts* are useful individually or in which combinations.

As often mentioned according to the legal situation, these are inspirations that result from the thousands of consultations. It is not a medical diagnosis or treatment, nor can it replace one.

In general, I recommend everyone to clean up the influences of the imprints from the past. This programming controls the perception, evaluation, thinking, decisions and actions of everyone. The tricky thing is that they become invisible because they become an unconscious habit.

With the *Connect and Activate Salz 1*, this has become much easier and it can be done without apportioning blame. I myself had previously participated in seminars to clean up the old influences from the subconscious, learned and used NLP techniques in my earlier consultations and can therefore compare well how much easier it has become with the *Connect and Activate Salt 1*. That's why I recommend a phase with salt 1 to almost everyone.

The *Connect and Activate salts* are a heartfelt gift to someone whose problems can be seen in the tables. They are a gift that is well received because of the beautiful packaging and because it is easy and inconspicuous to use, it does not lie somewhere and gather dust.

From the many consultations, I have realized that families are often learning communities because everyone has the same problems. Take a closer look at what the causative disorder is.

Unwanted repetitions in life are often an indication of the underlying cause of the recurring problems.

Take a look at the lists. Let yourself be inspired.

Some customers said that the lists made them more aware of the causes of their problems and allowed them to be more targeted.

One star stands for the lead application and a plus shows possibly useful additions.

	1	2	3	4	5	6	7
Liberation of your unobstructed inner wisdom	★						
Door-opener for all transformations	★						
Protection from external influence	★						
Identifying incorrect decisions	★						
“Lubricant” for deep transformations	★				+		
Calm, clarity, grounding, stress reduction	★			+			
Feeling who I am beyond today’s definitions		★					
Letting go of illusions	★	+					
Focusing on what truly matters	★		+				
	1	2	3	4	5	6	7
Support during life changes, New orientation		★					
Appreciation for yourself and for life		★			+		
Striving for self-responsibility	+	★	+				
Adjusting the life plan after transformations	+	★					
Overcoming depression and crises of meaning	+	★			+		
Recognizing and overcoming self-restriction	★			+			
Focus on action and realization of ideas			★				
Avoiding dependencies			★			+	
Overcoming unconscious fears			★		+		

	1	2	3	4	5	6	7
Emotional healing					★		
Recognizing and overcoming old patterns	+			★			
Consolidating insights and acting accordingly	+		+	★			
Releasing stress-based behavior				★			
Finding inner balance				★			
Sleeping and relaxing better				★	+		
Physical and emotional balance				★			
Increasing mindfulness and anchoring awareness in the body		+		★			
	1	2	3	4	5	6	7
Releasing more blockages			+		★		
Overcoming deep fears			+		★		
Caring for yourself, stronger self-acceptance				+	★		
Letting go, forgiveness for yourself and others					★		+
Finding inner peace and serenity					★		
Dissolving blame and accusation	+				★		
Releasing rigidity and emotional closure	+				★		
Dissolving the feeling of never truly being loved	+				★		
Allowing your own energy to flow more freely						★	

	1	2	3	4	5	6	7
Building natural authority, becoming visible						★	
Thinking more clearly						★	
Overcoming feelings of weakness and helplessness						★	+
Rediscovering joy in life						★	+
Accelerated recovery and healing				+		★	
Turbo of clarity, strength, and will to live	+		+			★	
Releasing old blockages	+						★
Letting go of self-destructive tendencies	+				★		
Appreciating and enjoying life							★
	1	2	3	4	5	6	7
Developing tolerance and serenity	+						★
Discovering your true self	+	+					★
Feeling joy without reason					+		★
Gratitude when reflecting on life experiences					+		★
Letting go of limiting self-definitions	★						+
Self-responsibility is self-liberation	+		+			★	
Overcoming frustration, lethargy, and wasted time			★		+		
Breaking free from self-imposed isolation					★	+	
Seeing life as a positive adventure						+	★

7. Frequently asked questions by users

This book has been written as a practical guide for your personal work with *Connect and Activate salts* number 1 to number 7.

The aim is to enable you to achieve the maximum effect through the correct and confident use of the *Connect and Activate salts*.

It is a new and, for many, unusual approach to bring about positive changes in one's own life.

This of course raises questions.

The most important underlying understanding is that our many problems ultimately arise from the non-use of our own higher consciousness. The vast majority practically lives as not completely conscious people. This is culturally determined and can be changed. It is a severe unconscious self-reduction which causes many practical problems, frustration and the lack of meaning and dedication in life.

Nothing new must be created, only the existing must be connected and activated. Hence the name *Connect and Activate*.

The following questions were frequently asked by users of *Connect and Activate Salts*

Question 1:

The Connect and Activate salts are not a medicine and do not have any chemical agents. How is all this to be classified legally?

The legal situation in many countries is as follows:

Diagnoses and cures are reserved for doctors and possibly certified alternative healers. Sometimes priests are also allowed to heal.

The founder of the project does not claim to offer healing in any way. He offers inspired salts to help you integrate your full consciousness.

The Law on Medicines in Germany, a very heavily regulated country, states in § 1 that everything that can change the state of body, mind and soul is a medicine and must be certified.

A glass of water when you are thirsty would be a medicine according to this definition. The second paragraph therefore states restrictively that an effective substance is required, which supports the idea of a chemical process for healing.

The salt used in the Connect and Activate project is as pure as it comes out of the salt mine, and no chemical substances have been added.

What is imprinted is an image of the impulses and inspirations, something that is not physical, and currently there are no devices that can measure, analyze or prove it. This does not make it a medicine.

Salt, it is legally a food product. This also makes it freely tradable.

The manufacturer can only say what he does, but there is no way to prove it or prove certain effects that would be individual anyway and other than through chemical reactions of standardized chemical drugs.

This is a really difficult and limiting legal situation.

It's up to you to try. The manufacturer cannot and must not guarantee a specific effect.

Evidence of a physical reaction via the Biopulsar® device is an indication, but not something that is currently scientifically accepted as proof.

Question 2:

Why is salt used instead of water, alcohol, fragrances and oils as usual?

Salt has many advantages:

It is classified as a food product and can be easily shipped and imported worldwide. Unlike tinctures, it contains no alcohol, dyes, chemicals, or fragrances that some people might be allergic to.

It lasts forever and does not attract germs on its own. In fact, it is used as a food preservative.

It can be stored forever without any health risks.

The Pink Himalayan salt used was formed millions of years ago and is therefore not contaminated by plastic or other modern waste, which can now be a problem with sea salt.

The most important advantage here is that due to its crystalline structure, it stores the inspirations from higher levels of consciousness and the impulses to build the connection very completely, broadband, pure and strong.

In addition, these imprinted inspirations are energetically sealed multiple times, and the special packaging provides additional protection.

This strength makes it possible to use very small amounts of the salt per application, only about 0.01 grams. This amount sticks to a wet finger, as shown in the previous

chapter "4. Application of the Connect and Activate Salts". 10 to 20 grains of salt are sufficient per application, depending on body weight. In terms of medical recommendations, the quantities required here are negligible, even for people who have to keep an eye on their salt consumption.

Question 3: Why no salt tinctures?

Salt can be dissolved in water – but I strongly recommend not to make salt tinctures:

The author has experimented with salt tinctures in various concentrations and special application techniques for many years.

In some aspects, they were superior to oils or alcohol-water tinctures – but they cannot keep the stored inspiration as pure and complete as crystalline salt.

If the salt dissolves under the tongue as recommended, the information it contains – the inspiration and impulses – is completely released.

It resonates directly with the body's own information field.

However, if the salt crystal is dissolved in a tincture, a significant part of the information is lost.

Water or oil cannot fully store this information.

In addition, the effect of the energetic sealing is also lost when it is dissolved. In order to experience the full effect of the *Connect and Activate* salts, they should therefore always be placed directly under the tongue and slowly dissolved there.

Note: This place is also used in homeopathy for the intake of globules.

Question 4: I would like to have a practical example

The author has been using the Biopulsar® device for many years, which shows the energy flow in the organs on the computer by measuring at the acupuncture points of the hand. The author has experience from over 3000 consultations on three continents.

Because the higher consciousness is directly connected to the subconscious and the subconscious has a direct influence on the state of the body, an individual change can be noticed shortly after the application.

Example: The measurement before the application shows little energy flow in the spine. In general, too little energy regarding the age and additional stress in the head. There are no dangerous symptoms that make a medical examination seem recommended.

The measurement after the application of *Connect and Activate Salt* Number 1 first shows activity in the kidney-bladder meridian and then a stronger energy flow also

occurs in the spine. The head becomes free and the parts of the brain synchronize. It takes about 8 minutes!

Conclusion: This person has many unconscious fears that bring him into exaggerated restraint.

Recommendation: Connect and Activate salt 3 because of the fears, combined with Connect and Activate salt 1 because the causes are old and unconscious.

Later, a phase of using salts 4 and 6 could be advisable so that the body's own energy system optimizes itself again.

Important: The reactions are individual and not predictable and triggered by active ingredients, as is the case with medicine. Someone else could have responded to salt 1, for example, with a reaction in the lungs or liver.

Question 5: How are the salts made?

Unlike Schuessler-Salts, the Connect and Activate salts are chemically an unchanged pink Himalayan salt that can be bought as table salt in many places. The effect comes from the imprinted information. Due to their crystalline structure, salt grains store information better than liquids or glass. Better means more comprehensive, more broadband, firmer and more solid, but a completely different technology is needed to use these possibilities.

The manufacturer lives by the motto: Look normal, act normal, but be exceptional in your performance. He has invested many years in spiritual development with several masters in different countries and can go to any spiritual level, even beyond the creator of this universe (also called Sat). He is unknown because he does not attach importance to the classic guru role, does not wear a turban and beard and has few appearances on social media. He does not fit into the classic image of a guru.

He has dealt intensively with the bodily energy and information system and learned and practiced acupuncture. In addition, he has many years of experience in imprinting information into liquids, glass crystals and synthetic zirconia. As an engineer, he always is looking for improved possibilities. Many years of experimentation with salt tinctures and finally pure salt have resulted in the special technique for fixing the necessary information impulses to the salt-crystals. The business partner insisted on retaining the old techniques from 1993, blocked the takeover of the new technology and blocked his online consultations, whereupon he in 2024 left the company he founded in 1993. The technology used for the Connect and Activate products needs as a basis the spiritual level of development and the experience of many years of work with the imprinting of information in matter. A verbal detailed description of this

would not help here and is therefore omitted. Besides, you can't do this work everywhere. An industrial area or a city would be unsuitable. The critical manufacturing process is carried out in the mountains of Colorado, USA, in an especially built room at an altitude of 2000m. It involves several stages and takes time.

Question 6: Why so much special packaging?

Nowadays we are constantly in fields of technical radiation from telephone and data transmission.

Parcels are X-rayed at distribution stations.

In addition to the energetic sealing of the imprinted inspiration and impulses, the double packaging (aluminum bottles + golden metal can) protects against this radiation. Unlike just energetic sealing, it also protects against 5 G and stronger.

Of course, this double metal packaging is more expensive than a plain cardboard box, but it's worth the extra effort to ensure that the product arrives at your door as good as made and that the quality is maintained for many years, no matter where it is.

Tip: The metal box is great for storing memory cards from your mobile phone and camera. The keychain bottle can perhaps be filled with your favorite spice or medication you need to take on the go. Due to the rubber ring, it is waterproof, and the aluminum used is food-safe and corrosion-resistant.

The insert of the can is made of PET, like many drinking bottles.

Question 7: What does the logo mean?

The logo is not a letter from a specific language.

Rather, it is made up of the letters T, A and P, because originally it stood for "The And Project".

Connect and Activate salts are also created as an "And" to existing therapies.

Why "And" ?

Because this project is also meant to add something – not just to replace it. Nowadays, when many methods and teachers claim to be the only true solution, experience shows otherwise:

Each method has its strengths – and also its limitations.

Something that expands the scope of other approaches without disturbing them is therefore particularly valuable. It is not always about competition – but often also about supplementing proven methods, e.g. Bernd Helliger's family constellations, alternative healing, methods for psychosomatic healing, bodywork, Yoga and also psychology.

The double arrows in the logo stand for mutual connection in all directions – openness, integration and growth.

Question 8: Why are there only 7 products here, which can be obtained either individually or as a complete set?

Other providers have hundreds of different products in their portfolio.

Over decades, the founder of this project has conducted thousands of individual consultations in Europe, Japan and the USA. He found that the many individual problems are only symptoms of seven causes.

As an engineer, he was looking for the most efficient way to help. Why make hundreds of products to treat the symptoms instead of curing the few roots of all problems?

Only from an economic point of view, it makes more sense to sell hundreds of different products and let customers jump from one to the next, but he sees his main mission as helping as many people as possible worldwide to become complete, and to do so at an affordable cost in a normal life.

When *Connect and Activate* becomes more widespread, he will be able to lower the price further, because then his purchase prices for packaging will drop.

Question 9: What are the advantages of the therapist set?

This set is not only intended for registered and certified therapists.

It contains all seven inspirations and about 26 times the amount of *Connect and Activate salt* compared to a single packet, as well as 20 empty vials. In addition, a dosing spoon is included, which helps to make individual mixtures of the salts. A filled scoop contains 0.5 grams, which is enough for 10 days or 50 uses!

The 20 vials can be given to customers with their individual mixtures.

This is also intended to support the supportive accompaniment of any other therapy, the origin of the AND project.

Everything comes in a sturdy and practical golden box.

Of course, some people have bought it for their family and friends and are running their own applications. Stores keep it so that their customers can try it out and gain experience.

Our suggestion is to apply all *Connect and Activate salts* from one to seven over and over again. It's a cure and every time it gets more intense. In general, disorders are more stable if they have already been lived for a long time and they have become habitual.

Question 10: Are there any other offers in addition to the 7 Connect and Activate individual products and the complete set of all 7 Connect and Activate salts?

These seven individual products and the set can be bought by anyone, and they are by far sufficient for individual development.

For those who want to gain the same skills as the founder of this project and explore themselves directly, there are special trainings.

Please refer to the website **www.ProHumanEvolution.com**.

The descriptions of the content there are deliberately kept short, because the possibilities go far beyond the usual thinking.

It is independent of the Connect and Activate products and for anyone who is serious about enlightenment and beyond.

Anyone who feels called to do so should contact the author.

7. Join Us: Pro Human Evolution

We observe enormous technical progress, but humanity is not making any progress in its consciousness and therefore not in behavior.

All religions, great wisdom teachers and philosophies have achieved too little.

If you follow the news, you will see war, violence, greed and behavior that corresponds to cavemen with modern technology.

The rulers send fear and feelings of guilt – this has been the means to maintain their own power over people for thousands of years.

Confucius already said that and today it is easier thanks to the Internet and the media.

Pro Human Evolution is my heart project, which wants to further develop the consciousness of humanity and thus also achieve a better coexistence from the evaluated, thinking and behavior changed by more awareness.

With my online meditations, consultations and the training offered, which goes far beyond enlightenment, I was only able to reach a few people. Of course, I follow the trend of the time and show more information on social media. This will help, but it is not enough.

For real progress, you need more people who are complete because they use more of their consciousness.

I have been enjoying this state for many years and see the positive effects in my life.

I would like to share this joy with others.

This requires a globally readily available and highly effective product, the *Connect and Activate Salts*, which simply and effectively integrate one's own higher consciousness.

When we heal the roots of ongoing problems, we can take the focus of our lives away from struggling with problems.

We create space for fulfillment and to live what we really are and want.

It's not about lying lazily in a hammock.

This is only a first wish of those who otherwise cannot afford it.

Nor is it about withdrawing from ordinary life.



The goal of the Pro Human Evolution project is for everyone to recognize their individuality and their special gifts and goals and to contribute them for the best of the greater good.

The connection and gradual integration of one's higher consciousness is the key to this.

It is the way out of the limited self-image and the resulting self-reduction to greed and power, caused by one's own fears.

My door is open and I look forward to meaningful contacts and cooperation. Each of us is different and brings different special skills with him.

Let's add them up.

Contact: Either on the **ProHumanEvolution.com** website or in **ConnectandActivate.info** use the form there or send an e-mail to **BeComplete@Mailbox.org**.

Where to Buy Connect and Activate Salts in Europe:

General Importer for Europe:

<https://www.handelshuisbouwman.nl/>

Use the search window to order, enter Connect or use the QR code,

Phone: +31(0)6-50227512

Email: info@handelshuisbouwman.nl

Very friendly and helpful people. They speak Dutch, German and English.

Directly to the order page:



Switzerland:

Buchhandlung Sphinx, Andreasplatz 12, **4051 Basel**

Phone: +41(0)61 261 92 92 , E-Mail: sphinx@sphinx-book.ch

Chrüter Drogerie Egger, Unterstadt 28, **8200 Schaffhausen**

Phone: +41(0)52 621 5030, E-Mail: egger@chrueter-drogerie.ch

International availability is being expanded. Dedicated groups and distributors are welcome.

Distribution in the American Continent will be grown in 2026.

Connect to the manufacturer if you want to participate in the project.

The Biopulsar measuring device mentioned in the text is manufactured by the company **Auramed GmbH** in Germany:

Phone: +49 (0)7621 798260

E-mail: info@auramed.de

The author,

Mr. Karl Gerhard Pieroth, is also the manufacturer of the 7 Connect and Activate salts.

They are the result of a lifetime of work with information technologies, energies and awareness.

Mr. Pieroth studied industrial engineering and microelectronics at the Technical University of Darmstadt with a scholarship for gifted students.

He then worked as a project manager for artificial intelligence at IBM.

In this function, he regularly gave lectures at German universities.

Parallel to the digital technical transmission of information, Mr. Pieroth researched the transmission of information and energies in the human information system, learned and practiced acupuncture and other healing methods.

Parallel to his work as a management consultant and coach, he became in 1993 a co-founder of what would later become LichtWesen AG in 1999.

In 2024, Mr. Pieroth sold his company shares and launched his "New Standard", the minted *Connect and Activate* salts, which he sees as support for the future of self-optimization.

After a burnout, he learned meditation and found joy in it, studied and practiced with various spiritual masters and combined these teachings with his own insights.

He always focuses on practical applicability for many people.

Because Mr. Pieroth often travels internationally, please use his e-mail for communication: **BeComplete@Mailbox.org**.

Mr. Pieroth lives in the mountains of Colorado/USA.

He doesn't have his own company in Europe, but he likes to come for lectures.

He speaks English and German.

Legal notice:

It has been repeatedly pointed out that the Connect and Activate products are not medicine in the sense of the law and that the author and his products do not promise medical diagnosis and cure.

At present, no measuring instrument has been invented for the impulses and information imprinted on the salt, which is why they cannot be proven. The observed reactions are completely individual, because it is about the development of one's own consciousness, something non-medical and completely individual.