

Dr. Dinesh Chauhan



Holistic healing with the Right Brain Method

**Reconnect with a part of you
that has always been healthy**

In a world where stress and illness are omnipresent, it is more important than ever to find ways to find our inner balance and unleash our creativity. In an inspiring conversation between Mathias Berner and Dinesh Chauhan, the transformative "Right Brain Method" is presented, which not only helps you overcome health challenges, but also develop your full potential.

The essence of the Right Brain Method

The Right Brain Method is based on the idea that each of us has both an "inner child" aspect and an "adult, logical" part. These two aspects must work together harmoniously to lead a fulfilling and healthy life. Dinesh Chauhan explains that it is important to discover the spontaneous, creative child within us while also using the logical part to make sense of life.

Holistic approaches to health and creativity

The method promotes a holistic understanding of healing. Here are some key concepts and exercises to help you find your inner balance:



The Holistic Car Metaphor: Imagine your life is a car in which the inner child and the logical adult are the passengers. Who is behind the wheel? Often it is the logical part that slows us down. It is about letting the inner child back behind the wheel - that brings back freedom and creativity.

The Tailor-Made Diary: During the course, you will receive a personalized diary to help you record your thoughts and feelings. This diary becomes a central tool for reflecting on your inner state and connecting with your inner child.

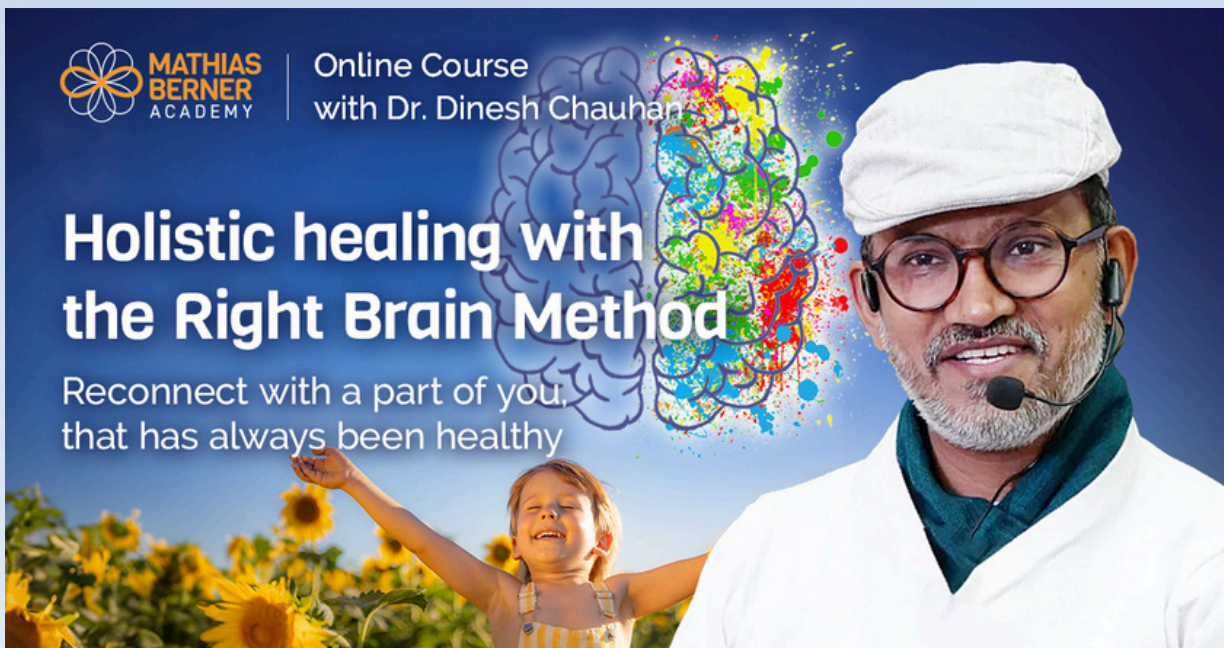
Creative expressions: Dinesh recommends using artistic methods to release emotional blocks. This includes drawing emotions or writing letters to your inner child. These methods help you to establish a deeper connection with yourself.


Mindfulness exercises: A simple exercise is to take a 30-minute walk and focus on one sense in particular. What do you see, hear or feel? This mindfulness opens doors to new insights and helps to reduce the stress of everyday life.

Child-centered interviews: In the course, you will learn how to communicate with yourself and others in a playful, child-centered approach. This promotes a deeper understanding of your own needs and fears.

A path to yourself

The Right Brain Method is more than just a course - it is a journey to yourself. You will learn how to resolve your creative blocks and promote your health holistically. The combination of theoretical knowledge and practical exercises ensures that you can apply the methods directly in your everyday life.



 **MATHIAS
BERNER**
ACADEMY

Online Course
with Dr. Dinesh Chauhan

Holistic healing with the Right Brain Method

Reconnect with a part of you,
that has always been healthy

If you are ready to activate your inner resources and live a more fulfilling life, then this course is for you. Let Dinesh Chauhan and Mathias Berner take you on a transformative journey that will open up new perspectives for you.

The Right Brain Method offers you tools to find your inner balance, activate creative processes and overcome health challenges.

Take the opportunity to learn in this course how you can actively shape your life and develop your full potential. Register today and start your journey to inner healing!

**Stay curious about everything that comes –
your body already contains all the answers.**

[Book directly HERE](#)

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