

Detlev Tesch Releases Downloadable Version of Honeymoon Effect Meditation

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The owner and founder of Bonn, Germany based Tesch Consulting, has announced that they have released a downloadable version of their Honeymoon Effect Meditation. This meditation was developed to be used specifically when the brain activity is in the relaxed theta range and it has been designed to help the mind release old beliefs in the subconscious mind that sabotage a person's efforts to achieve the honeymoon effect, which is a state of bliss, high energy, great health, and days that are filled with joy and love. This particular meditation was inspired by Dr. Bruce Lipton's book, "The Honeymoon Effect."

Dr. Bruce Lipton, PhD, is a world-renowned leader of those who seek a connection between science and the spirit. His scientific background is in stem cell biology. He had been a member of the faculty of the School of Medicine of the University of Wisconsin and he later conducted groundbreaking research on stem cells at Stanford University. He has received the 2009 Goi Peace Award and he is the bestselling author of the book, "The Biology of Belief." This book was later followed by another bestseller, "The Honeymoon Effect."

Obviously, the Honeymoon Effect is based on that state of happiness that people feel when they are on a honeymoon or it could be that spectacular love affair where the happiness felt was unparalleled. For people who are in this state, life is so beautiful, full of robust health, exceptional bliss, and abundant energy. It can be said that it is like being in Heaven while on Earth. This Honeymoon Effect does not last long, unfortunately. Dr. Lipton asserts in his book that this effect was not achieved through mere chance or coincidence. Rather, it is a person's own creation. Dr. Lipton points out that neurochemicals and hormones coursing through the blood when a person is in love act like "love potions" that provide that feeling of bliss. This effect is short-lived, unfortunately, because there are negative and limiting programming that have been embedded in a person's subconscious mind.

Inspired by Dr. Lipton's book, international speaker, coach and trainer Detlev Tesch formulated a meditation process to effectively change those negative and limiting programs in the subconscious mind, replacing them

instead with desirable content while the person is in a relaxed state. Dr. Lipton pointed out in the book that it is a person's beliefs that prevent a person from maintaining the honeymoon effect. It is by changing those beliefs that people can finally achieve those elusive, loving relationships just like what Dr. Lipton found with her wife for the past 17 years.

The Honeymoon Effect Meditation program is designed to remove those beliefs in the subconscious that sabotage a person's attempt to make the honeymoon effect last. This has been previously available in CD form but it has now also been made available in a downloadable version.

An obvious and important application of the Honeymoon Effect Meditation is to help married people avoid divorce. Since the honeymoon effect soon wears off because of the beliefs embedded in each person's subconscious, the married couple may soon find out that they are not as compatible after all. And no matter how hard they try to rekindle that magical feeling of being in love, those sabotaging beliefs in the subconscious counteract their efforts and they soon discover that they are no longer in love with each other and perhaps try to find it in someone else until the marriage finally ends up in divorce. With the meditation program, those sabotaging beliefs are replaced by more enabling beliefs so that people will finally be able to rediscover that honeymoon effect. This reprogramming has to be done while the person's mind is in the theta range, which allows access to the subconscious mind.

Detlev Tesch is an international speaker and coach based in Bonn, Germany. He focuses on public speaking, emotional freedom, and presentations. Those who are interested in knowing more about the Honeymoon Effect Meditation program can check out the Tesch Consulting website or contact them through email.

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Tesch Coaching & Training

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