



# Iris Alheidt-Pehrishch - Welcome to life

## Beyond Coaching

### Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

### Recommendation of the week:

Local Tip: A Visit to Café Obsthof Puurten-Quast in Hamburg

In addition to delicious cakes in a charming atmosphere, you can also gain fascinating insights into its history, supported by books and pictures.

A documentary about the café was recently filmed by Sat.1.



### Imprint

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### What Books Reveal to Us

Did you know that books can convey information to us in a variety of ways? Often, we discover messages that are not directly written in the text but are hidden between the lines. Today, I want to briefly explain how this works and what I mean by it:

#### 1) Choosing the Right Book

The first step is to clearly formulate your question. Once I have this question in mind, I start browsing through a bookstore. Following the law of attraction, I trust that I will find a book containing the right answer to my question. I rely on my intuition for this. It could be an appealing cover, an eye-catching title, or simply stumbling upon a book lying around.

#### 2) Finding Answers

The same method can also work when you need quick answers. By asking a clear question, I intuitively open a book to a random page and read the answer or important information that the book holds for me. A possible question might be, "What is important for me today or this week?" I'm sure you'll be surprised by the answer and amazed at how much it relates to you and your life.

#### 3) Gathering Inspiration

Books not only provide us with answers but also enrich us with valuable insights. Have you ever considered how you read a book? Do you read it from beginning to end to gather information? Or do you give the book the freedom to offer you a spontaneous inspiration? Often, just a glance at a random page or reading a specific chapter is enough to discover what the book wants to tell you. These brief glimpses can open new perspectives, help you progress, and encourage reflection. Have you ever tried opening a book with the specific question, "What inspiration is important for me right now?"

What experiences have you had? From my own experience, I can tell you that it's possible to develop an inner connection to attract the right information from books using the law of attraction. This connection can be learned.