

Description	4-D Status in all 6 Life Time Task Fields and its challenges
Theory	What are the 6 Life Time Task Fields
	FROM PERSONALITY TO UNIQUE
Individual	The development of personality, as well as the development towards uniqueness, requires a synergy, which only arises if the needs of all 4 dimensions (body, mind, emotions, spirit) and the 3 main centers (belly, heart, head) are in harmony with those here mentioned 6 Life Task Fields. As a result, an actively flowing, health-promoting energy flows through us. We feel happy and experience being ONE.
	FROM DIVISION TO HEART ESSENCE
Relationship	Relationship fields arise wherever people and living beings meet. This field is arguably the most adventurous, challenging and most enlightening field. It is the greatest learning field for true joy, truth and love. If we consciously live the essential relationship principles and understand the interaction of belly, heart and head, then we can transform the energy of tension, misunderstanding and conflict into cooperative communication, mutual trust / support and true joy.
	FROM CONFLICT TO FLOWJOY OF SYNERGY
Group	A team is a unit with a specific task that no individual can handle alone. This insight, as well as being part of something emotionally that is much bigger than the individual self, are important experiences in the development of a trusting team spirit.
	FROM CONFLICT TO GLOBAL AWARENESS
World	Our global atmosphere, which is overloaded with emotional tension, manifests itself in aggression, racist tendencies or in the neglect of those who differ from us. The processing and recycling of our negatively charged planetary atmosphere results in solutions that neutralize aggression and conflicts and thus create more relationships and a sense of community.
	FROM MICROCOSM TO MACROCOSM
Universe	Connecting the energy sources of the outer universe with our inner universe releases new positive forces in us. For masterful performance it is crucial that we carefully sharpen our senses for spiritual principles, universal laws and polarities (e.g. negative / positive, wrong / right, bad / good, pain / pleasure, etc.) and clearly recognize their impact on our quality of life by developing a natural force within us.
	FROM DARKNESS TO LIGHT
Source	The highest goal of spiritual health science is to experience yourself on the way to 4-dimensional health as a co-creator and co-responsible being and to make an active contribution to the conscious health evolution of humanity through your own 4-dimensional health in all 6 areas of life. The term SOURCE stands as a symbol of the primordial force of light, force and sound which points the way to a passionate life, masterful achievements and inner peace, as well as the ability to experience with love and in flow and joy that indeed: ALL IS ONE.