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Kraus & König  
Gesundheits- und Erfolgsmanagement  
Hans-Schrembs-Str. 2

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city, october 2007

Hallo,

Many thanks for the effective support.

I would like to describe below my impressions of the Munich Marathon.

Last week Mrs. Brigitte Kraus called me to say that a presentation was to be given on Quantec, and ask me if I might like to attend? Since I had time, I agreed immediately, and went along to the event the next day full of anticipation. It was very interesting, and the talk also turned to the field of competitive sport. I listened more and more intently, since I was planning to run a Marathon the next weekend. During a break, I told Mrs. Kraus about this. Hardly had I told her, and she responded immediately: Right, so let's do something with Quantec straight away, so that things go well for you on Sunday. I was delighted, and thought I was now certain to reach the finishing line.

We therefore worked out a HealingSheet\* taking into account important criteria for a good sporting performance.

Saturday arrived, and my husband and I drove to Munich. We obtained the entry papers and visited the runners' exhibition. I then went to bed very early that evening, and was surprised that I was able to fall asleep immediately. During the night I had a very beautiful and relaxing dream: I still remember it quite distinctly: I dreamt of running, and that halfway through the course, I still had plenty of energy to run faster and overtake many of those in front of me.

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\* The QUANTEC® HealingSheet is a therapy program that contains all affirmations and remedies that are broadcasted to the client or the target. The HealingSheet is the result of an automated scan performed by QUANTEC®.

When I woke up the next morning, I was not at all agitated (unusual for me), and thought, well if this dream contains a grain of truth, everything will be alright. At breakfast, I noticed that my husband was nervous, and refused a 2<sup>nd</sup> cup of coffee, and I ..... would normally have said: we have no time for more coffee, but I ..... said “Have another egg, we have enough time for that.”

On the starting line there was a convivial meeting of runners and supporters until the race started. Then I thought briefly, so now I have to run for about 5 hours. But that was then it for negative thoughts – I was already passing the 2 km mark. Where were they? Suddenly, there was my husband in front of me, I hadn't expected to see him. I was overjoyed! Soon after, we were already at the 8 km mark, where my girlfriend wanted to join us and accompany me through the English Garden. She was already calling to me. Soon we were at the 13 km mark, and she took her leave of me after providing me with drinks. I noticed that I still had plenty of energy and joy in myself, and wanted to run faster.

I looked at my pulse monitor, which was really too high for me, and for the run still ahead of me. But I felt better than ever before. And then something happened inside me, I can't explain it, my legs seemed to be running by themselves, and I experienced a feeling of pure joy and rapture, simply beautiful. I was able to overtake again and again, and noticed that while other runners in my class were becoming tired, I was still gaining in energy. This continued to the finishing line. At 32 km I had a problem for a brief 2 seconds, which soon went away with a little nourishment. I had never though, even in my wildest dreams, that I could reach the finishing line with so much energy, strength and joy of life. These feelings and emotions continued with me into the Olympic Stadium (finishing line), where I gave free rein to my tears of joy. I cannot remember when this last happened to me.

I had run 10 minutes faster than in the last Marathon, and had made up all this time in the 2<sup>nd</sup> half, where I normally have to make a great effort to keep my place.

I feel great gratitude

I hereby agree to publication of the consultation!