



## TIPS ON HOW TO PROCEED

### How can you perceive and test Pneumatit® yourself?

Pneumatit® works, but it leaves the building material completely unchanged. The effects of Pneumatit® are often described as "soft" or "warm", for example, and are supported by medical and statistical data. However, these are effects that we do not perceive directly, with our physical senses - just as little as a magnetic field, for example, which, however, comes from a completely different range of forces than Pneumatit®.

The effects and the conscious impressions of Pneumatit® concrete come from the level of the life or etheric forces. This is present everywhere and always has an effect. (You will find some explanations about this below, after the procedural tips.) For organic and spiritual well-being, this level is decisive, and the Pneumatit® effect has been specifically developed towards it.

Whether one has precise perceptions of this or not depends on one's personal constitution, on the current form of the day, but also on practice. Above all, one should not have fixed images, not even of one's own alleged (in)abilities. There are always surprises. An example of what happened: The stressed accountant comes to the meeting. While he is talking and sitting down, he quickly picks up one concrete ball and then the other - and after only two seconds he knows with certainty which one is with Pneumatit® and which one is without. He checks again briefly, sticks with it - and it's right.

Perhaps the following hints will help you to find a personal direct approach.

### Preparation

Create a neutral, relaxed and stable situation for yourself. You should have some time and be free from everything that claims you from the environment (also noise, mobile phone, other devices). Better not reduce your encounters and perceptions with the two samples with/without Pneumatit® to the question: "Which is which?" What is important is impartiality: "taste" both samples openly, interestedly, attentively. Just as you would taste a tea for the first time, of which you do not know how it will taste.

Let's say you have samples to touch. For walking on floors or rooms, simply adapt the following tips.

### Procedure

The samples are in front of you and are coded on the bottom. Otherwise, they are as identical as possible, so you can always decide for yourself whether you want to carry out your test "blindly" or with knowledge of the sample identity. However, do not forget to consistently re-establish your unbiasedness again and again, as described above. If you succeed in this, you will also be able to test objects or rooms again and again, of which you already know whether they contain Pneumatit® or not.

Now hold one sample with one hand and feel it out. You put it down again and take the other one in the same hand. Repeat the procedure with the other hand. Then take one sample in each hand. Finally,



switch both from one hand to the other. Take 1 to 2 minutes for each step, not too short and not too long.

If you now think you have not felt anything at all, you may be better off taking a break or engaging in other pursuits before repeating the same procedure. To avoid the formation of fixed ideas - which is at the expense of current perception - you should not initially spend more than 4 to 5 minutes at a time on such a test.

And - find your own way! A carpenter who was initially critical of Pneumatit® has developed the following procedure, for example: He first warms the samples a little, in the sun or on a radiator. Then he takes one in each hand and presses both firmly, but without strain. He keeps his eyes closed. With this procedure, which takes hardly more than 10 seconds, he can recognise the samples correctly in almost 100 per cent of the tests, even in front of visitors.



## Possible first results

We don't want to tell you what to experience. That would be a pity. That is why you may read this section only after you have already taken some time to find your own impressions. On the other hand, people often ask what to look for. Here are a few possible introductory experiences, although your own experiment may be quite different. The reports on the efficacy tests on the superphysical level that you can read on our website show what worlds of impressions can open up here over time.

With the Pneumatit® sample, your hand may feel as if it is in a shell of warmth, or warmed through at all, possibly to the point of a pleasant tingling sensation throughout your arm. The conventional concrete, on the other hand, is likely to feel cold and constricting. The inner dynamics of the two samples can also be experienced differently: in the case of the Pneumatit® concrete as a broad, gentle, expansive vibration, while the conventional one seems rigid or nervous. Often, the Pneumatit® sample is also perceived as lighter.

In the area of the subtler forces, effects coming from outside are often initially confused with one's own reaction to them. (For comparison: Physically, one reacts to hypothermia with an increase in warmth, ultimately fever. But one can easily distinguish between the two). So make yourself aware, for example, on a concrete floor: Is the feeling of spaciousness conveyed by the floor itself, or are you compensating for a constricting external effect with a widening from within? This distinction may need some practice.

Tell us about your personal experiences with Pneumatit® concrete! We are also interested in whether these tips were helpful. We are happy to receive any feedback.