

<http://www.femalefirst.co.uk/books/yesno-274951.html>

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What can you tell our readers about your new book Yes/No?

We all have to take decisions all the time, and in my book I describe an easy method to do so. Bring your arms together in front of your body. When saying "yes" before you do this, your arms are equally long; with a "no", their length differs.

In this way, you can talk to your body. Just that you don't really talk to your body, as it only serves as an instrument for the answers that come from your subconscious.

Our subconscious is the number one power within us. Our conscious mind doesn't really have a lot to say. Everybody wants to be happy, rich and healthy using mere willpower, their conscious mind. But from our experience, this is not the way to achieve that.

My book "Yes/No" on the arm-length test is a bestseller in Germany, because it's about an easy tool that everybody can use to decide what's best for them, e.g. what to eat, what to wear, or what to do in any given situation.

It's what everybody is looking for.

The book provides background information, describes different testing systems and offers all you need to know about the arm-length test and possible difficulties that could come up. It demonstrates how to use the test in any situation and reveals the most important questions we need to ask. Experiences of over 60 people using the arm-length test in all areas of life prove its practical usability.

When did you become interested in body language?

It is more a question of becoming interested again. As young children, we are all able to feel and listen to body language. But we often lose this ability.

As a medical student, I was looking for an easy method to check where the problem is and what might help to solve it. I didn't want to follow the typical way of trial and error applied in conventional medicine. Healing is something individual and can't be guided by statistical results. Healing is an art and we need to feel, to sense the other person to be able to understand and to help. I learned the arm-length test from an Austrian teacher and integrated it immediately into my medical work. At first, I lost my job as MD in a hospital because of the testing. But in my private practice, this test became the tool to discover on my own how healing *can* work. And then, I began to teach the test to every client to help them become self-responsible.

Who is this book aimed at?

Yes/No is simply for everyone who wants to take responsibility for their own life.

We create everything in our lives ourselves. And we are the only ones who can change it. I like to offer easy tools that can be used by 3-year olds to test and treat themselves, as well as by 85-year old people.

Everybody has an inner voice, but a lot of us don't trust it any more. It is time to change this and this book can help you with that.

What is innerwise?

It is the evolution of healing. It is the first energy healing product which is certified as a medical device in the European Economic Area. It is my life path and as such, also the love of my life. It is easy and simple. It is a system to heal humans, animals, living and work spaces, systems, teams, companies...everything that is alive. innerwise is used worldwide and it's very successful.

The word innerwise came to me in a dream: healing by reconnecting to your inner wisdom.

But innerwise is also an entity with a soul and its own intelligence. It is a gateway to the soul of remedies. It is a self-adjusting energy healing system. It is an energetic network without server but offering instant connection and information exchange.

It is a chance to heal which is not limited by time and space.

It is also a connection of wonderful people.

And if you like to know more and become a part of it, check out: www.innerwise.eu

Tell us about your development of this theory.

The essence of my theory applied by thousands of therapists worldwide is: change the energy, and reality follows.

It is like being on a dance floor: the easiest way to dance differently is to change the music.

The optimal energy is a harmonious energy of our soul. This means to be in the flow, in tune with ourselves, to feel complete. Most people are blocked, disharmonious, fractured in time and fields, irritated and filled with loads of unsolved stuff from the past.

With innerwise, you compose an energetic healing symphony intuitively, supported by a testing system; and in this way you make changes in your live possible.

The small innerwise card deck published by House (Innerwise – The Complete Healing System) is the result of 16 years of research as an MD in my daily practical work.

You have studied many different disciplines, so can you run us through each of these and tell us what they involve?

There have been a lot of them. I'll try to give you a short version:

- **Traditional Chinese medicine:** Understanding the patterns and energy flow of an individual
- **Conventional Western medicine:** Scientific work and searching for new solutions; but to me, this medical approach doesn't improve health overall, because they treat symptoms and not the roots of the problem on all layers of existence.
- **Traditional European medicine:** The way Paracelsus treated his patients 500 years ago: Paracelsus was the last medical doctor who applied holistic medical healing: conventional medicine, homeopathy, psychology, spirituality and prayer.
- **European healing methods from the 18th century:** Detoxification and cleansing.

- **Homeopathy:** Implies that vibration alone can heal, if you find the matching resonance.
- **Craniosacral therapy:** The rhythms within us.
- **Holistic biological medicine or bio-regulatory medicine:** The importance of our ability to freely regulate our system.
- **Yoga:** meditation, identification, the flow of movement.
- **Kinesiology:** Involves ways to test and identify issues on all layers: structural, biochemical, rhythmic, mental, emotional, energetic, spiritual. Composing healing symphonies.
- **Sacred geometry:** How the universe is made up and how geometry can be the instrument and gateway for energies.
- **Geopathology and electrosmog:** How an unhealthy environment affects us, and how we can find good places to live and sleep.
- **Environmental medicine:** Also being a detective in our work as healers; otherwise we are not able to identify the roots and connections.
- **Energy medicine:** Change the sound of a system, and reality follows.
- **Egyptian initiations:** Searching for the truth and the Holy Grail.
- **Every client I was ever blessed to work with:** Life itself.

The concept is a little unusual, so how easy is it to follow?

Innerwise is nothing new, it's just about remembering our inner abilities. That's why it's so easy to learn and apply innerwise. Learn to trust your intuition, the female side in all of us, and satisfy our male side by checking the results with the arm-length test.

Even 3-year old kids can apply it without training. It is simple and effective – a wonderful combination!

On YouTube under *innerwise TV*, you will find English video clips on the arm-length test, the sensing and energetic diagnosis, and how to treat yourself or others with innerwise.

What is next for you?

My 8th child was just born. Celebrating this and spending time with the baby and my beautiful wife will be what matters most to me next month.

On the other side, I am working on the Innerwise App, that is the healing system as an App, and an online learning system with video courses to be able to reduce the amount of travelling in the future.

More books are also under way. One will be “The course in sensing”. It helps you learn how to diagnose people by scanning their energy field.

Other books that are already very successful but currently available in German only, will need to be translated into English soon, so that the innerwise system can also be used in the English-speaking part of the world.

It never gets boring.

Tell us about a normal day in your world

There is no normal day. Thank God, I only need 4 to 6 hours of sleep.

The kids go to bed at 8 pm, then my night shift of creative and office work starts, and ends at 3 am. I have a home office with a wonderful big romantic garden that gives me the opportunity to combine gardening with treatments, office work, Skype conferences and writing during the day. Energy work needs to be balanced with something grounding.

I also travel a lot around the world and hold workshops in New Zealand, Singapore, the US, Canada, Austria and so on. I love to travel and to meet so many amazing people and encounter such different ways to enjoy life. If I didn't leave Germany from time to time where I still live, the high pressure and heaviness here would drive me crazy.

Female First Lucy Walton