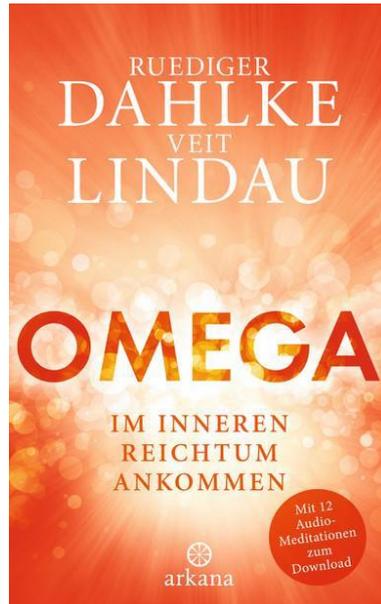


# Abundance consciousness training for a truly joyful life



Dr. Ruediger Dahlke, Veit Lindau  
**OMEGA**  
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Arriving at inner richness

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**Ruediger Dahlke** has worked for 37 years as a medical doctor, author, and seminar leader. Through his books he describes holistic psychosomatic conditions that extend into the mythical and spiritual dimensions.

**Veit Lindau**, born in 1969, is a teacher, lecturer, and author. He is co-founder of the Life Trust Akademie and is a professional member of the German Speakers Association. Lindau sees himself as a loving business-punk and modern mystic. His articles and books are precise, uncompromising, and humorous wake-up calls. In presentations and seminars, he encourages, inspires, and challenges his audiences.

Ruediger Dahlke and Veit Lindau, two of the best-known spiritual teachers in Germany, have written on an important and highly topical issue: deficiency consciousness. This mindset is such a severe burden to our lives and one with such powerful negativity that it can make us poor and needy both inwardly and outwardly, destroy relationships, and even make us physically ill.

The authors show the way to abundance consciousness, a transformative process that begins in the heart and has the power to deeply transform life and make it into a place of love and generosity. This is OMEGA: a revolution in our thinking and feeling, in our consciousness, and in our actions. A shift from deficiency towards a fullness of being. From fear to trust. From greed to generosity. From separation towards connection.

- The first collaborative book from these top authors
- Overcoming deficiency consciousness, and letting go of illness, fear, and self-denial

## Press

"An endlessly important book and a highly relevant topic: the deficiency-consciousness that makes us unhappy and in effect inwardly and outwardly impoverished." *Auszeit*

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