

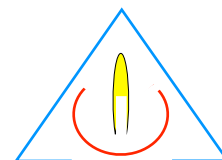
# the spiritual ABC

for

the seeking spirit

in a warm soul

in a free body



## **Favorite numbers, words, names out of dreams e.g. contain messages ...**

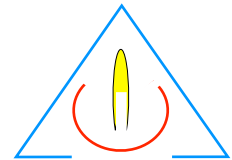
You know that - suddenly you have a number in your head, dreamed a name, heard in silence a word without knowing what it means. These phenomena are not lotto numbers to set on, but messages that can be decoded with the abc-code. In 1980, I started looking for answers to my personal and professional questions. The abc-code, in which the numbers 1 to 9, the letters, as well as the colors each got a meaning. These assignments are also an issue in millennia-old Kabbalah and numerology. However, a number there is examined only for their individual digits and for their checksum, but not for other mathematical possibilities. Decoding a word with the abc-code is easy. Normally, a number will be usually checked if it is the result of a simple calculation. But with precise questions, this calculation, whether addition, multiplication, or even power, can be reversed, as it were, and naturally leads - again, of course - to this "dreamed" result. So similar to the subject line of an email that does not say much about the content of the email.

For example, if two people dream the number 17, each dreamer will receive his own individual mathematical term. If you dream the next night again the 17, then another calculation will be created, and with other contents brought to consciousness. I once had the number 4 over several days, which gave me completely different insights on very different topics each time. This first step is called the logical step, and the computational decoding is surely interesting to anyone who loves numbers and simple math. Of course, a number can also mean the duration in a period of time, or the number of things, or the number of corners of a geometric figure, or the age of a person, or something else. Do not let yourself go to the fence, but ask! Questioning until you find the right answer is the right solution. Working with the pendulum is helpful, because only you know the right answers.

The second step is to assign the meanings to the individual components of the term and - which people are in it. Here, intuition and imagination are both necessary to put a meaningful text next to the logical sequence of the interpreted numbers. The two steps show that yin and yang can not be separated. Clever solutions are thus found only with both forms of energy.

Numerology has been sufficient as a relatively rigid and static system for centuries to give people answers to their questions. Today in the fast and individualized world everyone wants their exact answer to their individual problem and no general advice. This is mainly due to the fact that the abc-code does not provide any specific answers without your own conscious questions. So the system requires self-thinking and questioning people. Only because of your individual questionings the abc-code becomes an applicable instrument. In other words, the abc-code is an instrument on which you can play your own music. But without players no music - so play!

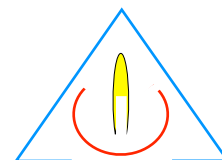
Internet and e-mail make it possible to spread the abc-code around the world and around the clock. This was not the case before the millennium. Most fun is decoding your dreams, numbers, words, names together. The conversation opens the mind and includes a third force, which we so often neglect: the divine spirit - which in the abc-code occupies letter "F" or number "7". It makes sense, too, that the divine spirit is invited to have a say, specially if you are on the move towards your own soul with logic and intuition ;-)



	1	O	soul
	2	I	spirit
	3	A	body
	4	U	future
	5	Y	hand of God
	6	S	meaning of life
	7	F	spirit of God
	8	R	mankind
	9	Ω	cosmos

**You want to decrypt a figure?**

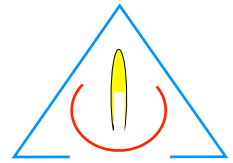
At school, calculations were given and you had to find the result. The abc-code is the other way around: The number you might have dreamed corresponds to the result and the calculation shall be reconstructed. With the yes/no method - and commuting is allowed - you ask until the right term is found: Is the number an addition or a subtraction, a multiplication or a division, a potency or a root ... ? Keep asking until the whole calculation is found. You come to a meaningful interpretation by noting the so found calculation vertically down so that on the left side remains some room for the basic meaning of the numbers. Ask to whom the message relates to and intuitively try to formulate a text that contains all the basic meanings and additions in turn. You will receive a - perhaps cryptic - text that makes sense to you personally.



<b>A</b> body	<b>J</b> higher self	<b>S</b> meaning of life
<b>B</b> baptism	<b>K</b> Christ	<b>T</b> birth/restart
<b>C</b> mercy	<b>L</b> spiritual journey	<b>U</b> future
<b>D</b> spiritual nutrition	<b>M</b> humility	<b>V</b> caress
<b>E</b> wisdom	<b>N</b> praise of God	<b>W</b> calmness
<b>F</b> spirit of God	<b>O</b> soul	<b>X</b> archangel
<b>G</b> God's advice	<b>P</b> group	<b>Y</b> hand of God
<b>H</b> world/society	<b>Q</b> suffering	
<b>I</b> spirit of man	<b>R</b> mankind	<b>Z</b> pause break rest

### You want to decipher a word or a name?

Then write this name in uppercase or lowercase letters on a piece of paper or on top of a new page in your personal diary. Ask with the yes/no method - commuting is allowed: how many letters does the word have? How many of these and which remain capital letters, which are lowercase letters? Place a dot under the newly determined capital letters. How many and which ones are greek? Place a dot over the newly determined greek letters. Then write the word on a new line, the small letters blue, capitals red, greek ones with dot. You arrive at a meaningful interpretation by writing the word/sentence vertically down so that there is room on the left for the main meaning (nouns/verbs). Ask to whom the message refers, and intuitively try to formulate a text containing the meanings and complements in turn. You will get a - possibly cryptic - text that makes sense to you.



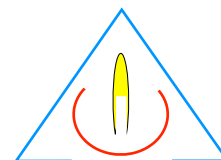
a	to live	j	to laud	S	to see
b	to pray	k	to suffer	t	to do
C	to donate	l	to think	U	to give
d	to nourish	m	to accept	V	to ask for
e	to call	n	to thank	W	to wait
f	to integrate	O	to be	X	to bless/to value
g	to love	p	to transcend	y	to effect
h	to centre	q	to recognize		
i	to develop	r	to talk	Z	to ripen/to mature

**You come to the meaningful interpretation text,**

by noting the found term respectively the found word vertically so that there remains some space on the left side for the basic meanings of the individual letters. Then you ask to whom or to what the message relates to, and then try intuitively to formulate a text that contains all the basic meanings and additions in turn. You will receive a text - perhaps a bit cryptic - but it will make sense to you personally.

**Note: Note: If a U is greek, then it is written as OY and means "decision".**

# greek „ALPHABET“



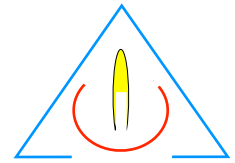
www.abc-code.com

<b>A</b> <sub>Alpha</sub> earth	<b>I</b> <sub>Iota</sub> prayer	<b>P</b> <sub>Rho</sub> word of God
<b>B</b> <sub>Beta</sub> heaven/sky	<b>K</b> <sub>Kappa</sub> motive	<b>Σ</b> <sub>Sigma</sub> fulfillment
<b>Γ</b> <sub>Gamma</sub> light	<b>Λ</b> <sub>Lambda</sub> Will	<b>T</b> <sub>Tau</sub> task
<b>Δ</b> <sub>Delta</sub> spiritual air	<b>M</b> <sub>My</sub> life	<b>Υ</b> <sub>Ypsilon</sub> action
<b>E</b> <sub>Epsilon</sub> inspiration	<b>N</b> <sub>Ny</sub> love	<b>Φ</b> <sub>Phi</sub> core
<b>Z</b> <sub>Zita</sub> organ	<b>Ξ</b> <sub>Ksi</sub> guidance	<b>X</b> <sub>Chi</sub> success
<b>H</b> <sub>Ita</sub> initiative	<b>O</b> <sub>Omikron</sub> initiation	<b>Ψ</b> <sub>Psi</sub> prosperity
<b>Θ</b> <sub>Theta</sub> love act	<b>Π</b> <sub>Pi</sub> Grail	<b>Ω</b> <sub>Omega</sub> cosmos
<hr/>		
<b>A-Θ</b> encounter apprentice	<b>I-Π</b> education journeyman	<b>P-Ω</b> vocation master

## You want to decipher a word or a name?

Then write this name in uppercase or lowercase letters on a piece of paper or on top of a new page in your personal diary. Ask with the yes/no method - commuting is allowed: how many letters does the word have? How many of these and which remain capital letters, which are lowercase letters? Place a dot under the newly determined capital letters. How many and which ones are greek? Place a dot over the newly determined greek letters. Then write the word on a new line, the small letters blue, capitals red, greek ones with dot.

# greek „alphabet“



www.abc-code.com

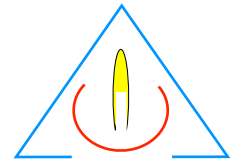
Α <sub>Alpha</sub> to plant	Ι <sub>Iota</sub> to believe	Ρ <sub>Rho</sub> to speak
Β <sub>Beta</sub> to shine	Κ <sub>Kappa</sub> to move	Σ <sub>Sigma</sub> to hear
Γ <sub>Gamma</sub> to radiate	Λ <sub>Lambda</sub> to will	Τ <sub>Tau</sub> to realize
Δ <sub>Delta</sub> to breathe	Μ <sub>My</sub> to be glad	Υ <sub>Ypsilon</sub> to act
Ε <sub>Epsilon</sub> to receive	Ν <sub>Ny</sub> to testify	Φ <sub>Phi</sub> to germinate
Ζ <sub>Zita</sub> to organize	Ξ <sub>Ksi</sub> to guide	Χ <sub>Chi</sub> to result
Η <sub>Ita</sub> to start	Ο <sub>Omikron</sub> to trust	Ψ <sub>Psi</sub> to thrive
Θ <sub>Theta</sub> to penetrate	Π <sub>Pi</sub> to send	Ω <sub>Omega</sub> to sound
<hr/>		
α-θ to encounter apprentice	ι-π to educate journeyman	ρ-ω to vocate master

## You come to the meaningful interpretation text,

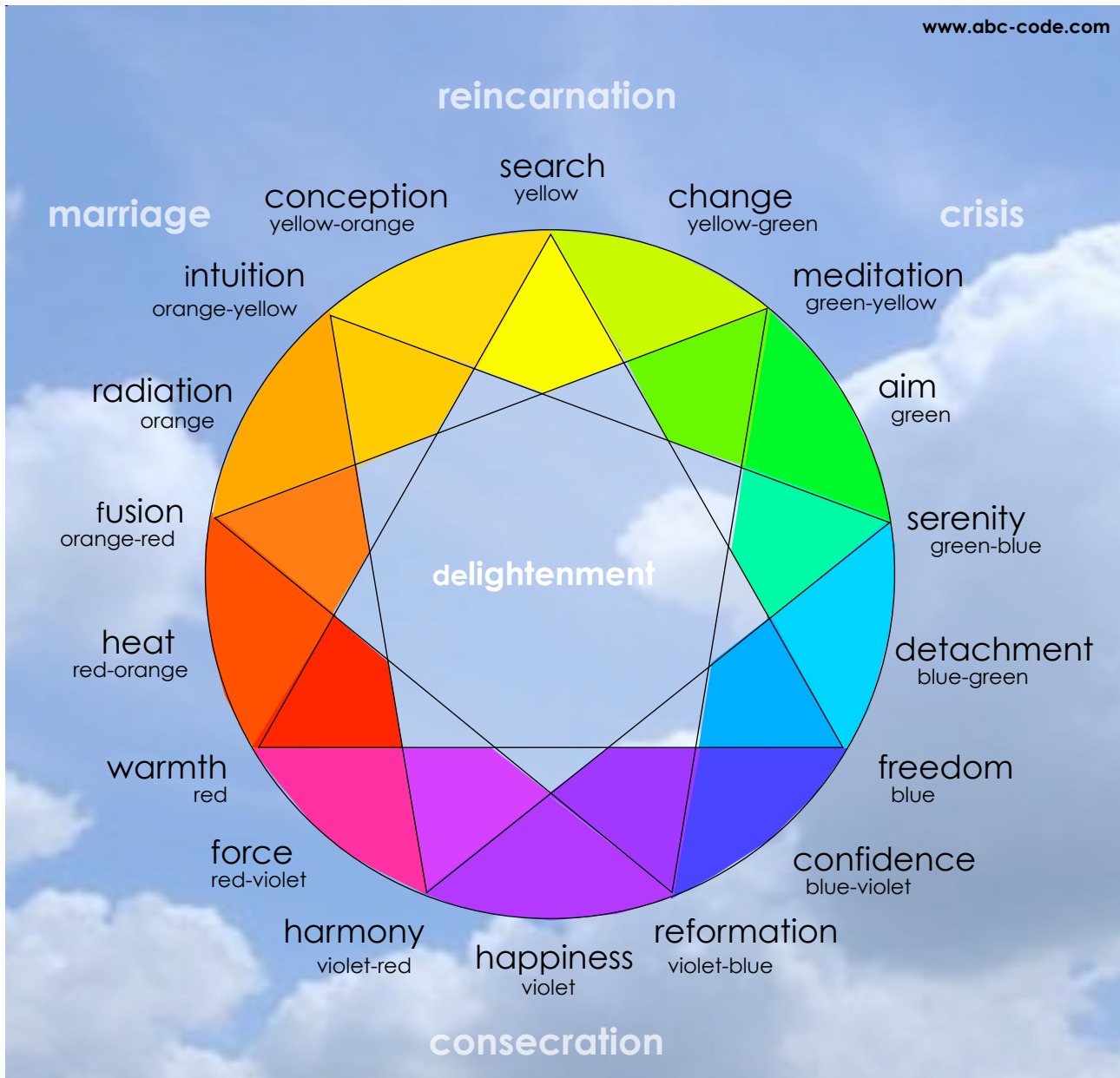
by noting the found term respectively the found word vertically so that there remains some space on the left side for the basic meanings of the individual letters. Then you ask to whom or to what the message relates to, and then try intuitively to formulate a text that contains all the basic meanings and additions in turn. You will receive a text - perhaps a bit cryptic - but it will make sense to you personally.

**Note: Note: If a U is greek, then it is written as OY and means "decision".**

# color wheel



www.abc-code.com

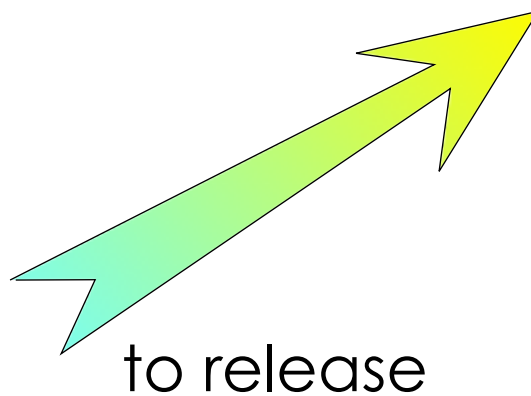
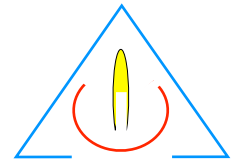


## You encounter a color?

If it is not the basic meaning of the color, write down the name of the color. Each letter of this name can be written in four ways: How many letters does the name of this color have? How many of these and which are capital letters? Put a dot under the letters. How many and which are Greek? Place a dot over the letter. Now write the whole term on a new line, the small letters blue, the capitals red, the Greek ones with dot.

**You come to the meaningful interpretation text,**  
if you read the previous plates ... how to do.



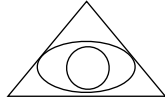
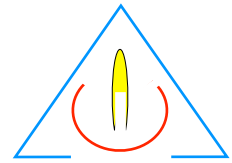


## **Does a letter or a number simply have more energy than others?**

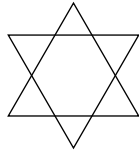
Then put a vector underneath. The energy means that there is a force behind that pushes to a near solution. You can also call this power Christ Power or Buddha Power. The vector corresponds to the word "redeem" and is displayed when old entanglements come to loose, resp. you decide to step on new ground.

## **Even "redeeming" itself can be a message**

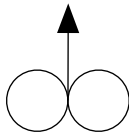
and how you can solve the puzzle has always been described previously ...



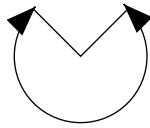
Prime Creator



Christ / the androgynous man



the tantric couple



the reunification



your own way

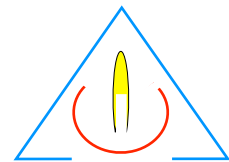
etc.

**You want to use a symbol or unlock one?**

A symbol gives you the opportunity to add more complex relationships in a simple way as a sign. Above some icons are shown. Create your own, invent new ones - and never forget that the symbol word can also contain a meaning.

**You come to the meaningful interpretation text,**

by noting the found term respectively the found word vertically so that there remains some space on the left side for the basic meanings of the individual letters. Then you ask to whom or to what the message relates to, and then try intuitively to formulate a text that contains all the basic meanings and additions in turn. You will receive a text - perhaps a bit cryptic - but it will make sense to you personally.



☉ Sun  
the essence

☿ Mercury  
the knowledge

♀ Venus  
the desire

☾ Moon  
the mirror

♂ Mars  
the decision

♃ Jupiter  
the wise

♄ Saturn  
the mind

♅ Uranus  
the intelligence

♆ Neptune  
the compassion

♇ Pluto  
the forgiveness

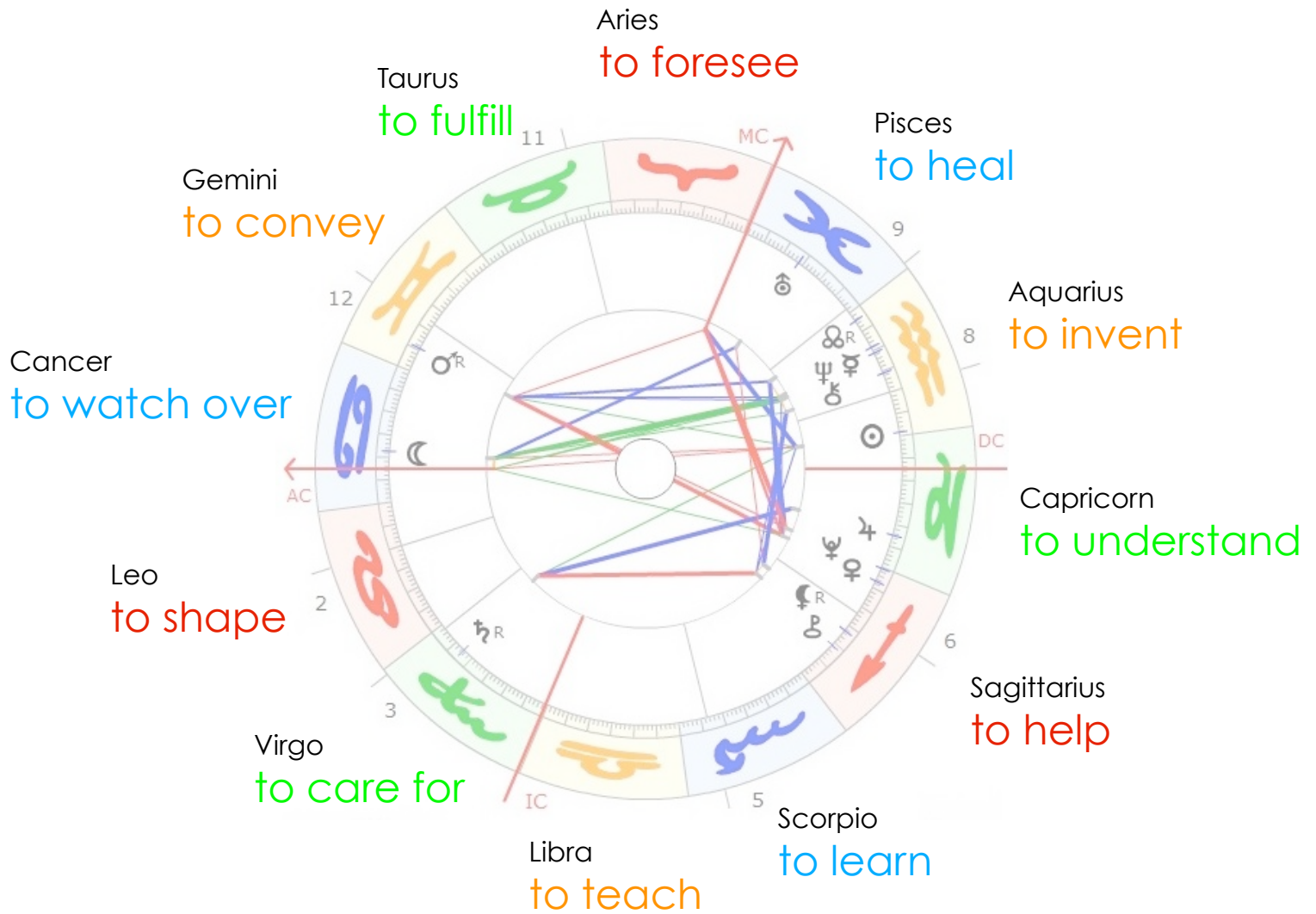
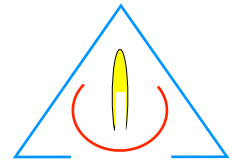
♁ Chiron  
the comfort

♌ ascending moon node  
the unfolding

♍ descending moon node  
the experience

### You want to decode the name of a planet?

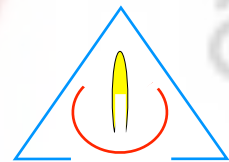
Then write the name in small or capital letters on a piece of paper or on top of a new page in your personal diary. How to go on you will find in the previous chapters ...



**You want to decode the name of a zodiac sign?**

Then write the name in small or capital letters on a piece of paper or on top of a new page in your personal diary. How to go on you will find in the previous chapters ...

# aspects



www.abc-code.com

0° conjunct  
the mating

30° semisextile  
the promoting

60° sextile  
the carrying

90° square  
the exchanging

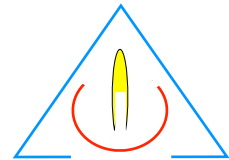
150° quincunx  
the yearning

120° trine  
the dancing

180° opposite  
the connecting

**You want to decode the name of an astrological aspect?**

Then write the name in small or capital letters on a piece of paper or on top of a new page in your personal diary. How to go on you will find in the previous chapters ...



10. house of Capricorn  
the talent/the  
mandate

9. house of Sagittarius  
the conversation/the  
dialogue

11. house of Aquarius  
the project/the vision

8. house of Scorpio  
the origin/the  
cause

the Ideal  
MC

12. house of Pisces  
the exchange/the  
compassion

7. house of Libra  
the script/the  
script

the Appearance AC

DC the Devotion

1. house of Aries  
the concept/the  
breakthrough

6. house of Virgo  
the program/the  
order

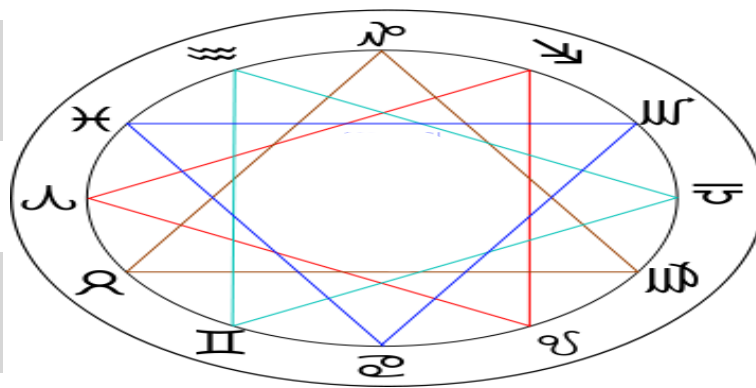
2. house of Taurus  
the area/the  
surrounding

IC  
the Provenance

5. house of Leo  
the role/the stage

3. house of Gemini  
the game/the  
desire

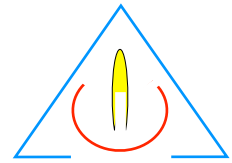
4. house of Cancer  
the prosperity/the  
home



### You want to decode the name of an astrological house?

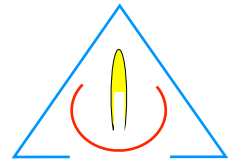
Then write the name in small or capital letters on a piece of paper or on top of a new page in your personal diary. How to go on you will find in the previous chapters ...

# The Alphaprayer



[www.abc-code.com](http://www.abc-code.com)

a	=	live human being
b	=	and pray to the cosmos
c	=	that he may give you gifts
d	=	and nourish -
e	=	he calls you
f	=	for you are integrated
g	=	to love
h	=	and to center you
i	=	for what you are developing -
j	=	praise the good in it
k	=	and suffer with what hurts -
l	=	think about it -
m	=	accept it
n	=	and thank you for the insight
o	=	for you are here
p	=	to transcend
q	=	and to recognize
r	=	and to speak of that
s	=	what you see
t	=	and to do the following:
u	=	put in what is yours and
v	=	ask for salvation
w	=	wait in certainty
x	=	and praise the cosmos
y	=	so that everything works
z	=	and matures



CUBUS  
CUBUS

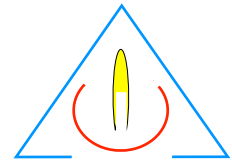
to offer C = what human beings offer each other  
to give U = will be given to you  
sky B = from the sky -  
to give U = but it can be given to you  
to hear O = only if you can hear me.

### CUBUS

what human beings **offer** to each other  
will be **given** to you  
from the **HEAVEN** -  
but it can be **given** to you  
only if you can **hear** me



example „NO EGGS AT ALL“



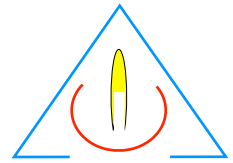
www.abc-code.com

NO EGGS AT ALL  
NO EGGs at aLL

to thank	h =	you thanks you
to be	o =	that you are who you are -
to receive	e =	receive
to love	g =	that he loves you -
to radiate	r =	please radiate this
Sense of life	s =	with your <b>Sense of life</b> -
to plant	p =	plant
to do	t =	what has to be done
to live	a =	and live
Journey	l =	your <b>Journey</b>
to will	x =	as you will.

### NO EGGS AT ALL

God **thanks** you  
that you **are** who you **are** -  
**receive**  
that he **loves** you -  
please **radiate** this  
with your **SENSE OF LIFE** -  
**plant**  
what has to be **done**  
and **live**  
your **JOURNEY**  
as you **will**



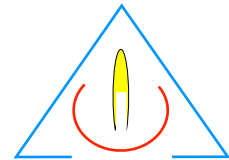
# NUCLEUS

## V O U C L E U S

to testify    V = to testify means  
to decide    O U = what you are going to decide  
to offer    C = to offer  
Journey    L = on your spiritual journey  
to call    E = and if you call God  
to give    U = he will give you  
Sense of live    S = your sense of live

### NUCLEUS

to **testify** means  
what you **decide**  
to **offer**  
on your **SPIRITUAL JOURNEY** -  
and if you **call** God  
he will **give** you  
your personal **SENSE OF LIVE**

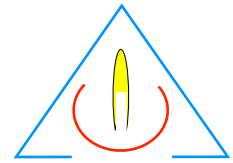


... 42  
 FORTYTWO  
 fo'PT'Ytwo

to grade	f=	you are graded in
to be	o=	to be
Word of god	p=	in the Word of god
task	t=	within your task
god's hand	y=	within god's hand
to do	t=	to do
to want	w=	what you are waiting
to be	o=	to be in

42

you are **integrated** in  
 to **be**  
 in the **WORD OF GOD**  
 within your **TASK**  
 within **GOD'S HAND**  
 to **do**  
 what you are **waiting**  
 to **be** in

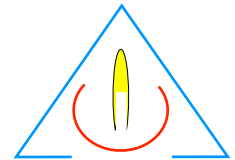


ICOLA FACTORY  
ico l a fact o r y

develop	i =	if you develop
offer	l =	what has been offered to you
be	o =	you are there where you
will	w =	always wanted to be
body	A =	and your <b>BODY</b>
grade	f =	is graded
live	a =	to live here
offer	o =	and to offer to others
do	t =	what you do.
trust	O =	to trust in the
word of god	P =	<b>WORD OF GOD</b>
act	v =	and then act.

**ICOLA FACTORY**

if you **develop**  
 what has been **offered** to you  
 you **are** there where  
 you **wanted** to be  
 and your **BODY**  
 is **graded**  
 to **live** here  
 and to **offer** to others  
 what you **do** -  
 so **trust** in  
**GOD's WORD**  
 ... and then **act**.



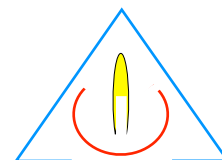
# KEY CHAIN

kei chain

to suffer k = if you suffer  
to call ↑ e = call God first  
to act v = and then act  
grace C = in GRACE  
to centre h = centering yourself  
to live a = while living here  
to develop i = developing what is yours  
love N = in LOVE!

## KEY CHAIN

if you **suffer**  
**call** God first  
and then **act**  
in **GRACE**  
**centering** yourself  
while **living** here  
**developing** what is yours  
in **LOVE**



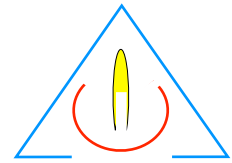
## **Do you want to discover the abc-code,**

then get a journal first and take a pendulum - a larger washer or a semi-precious stone donut will be enough to fasten a piece of twine - and ask for your personal sign for yes and no. For example, my circle is clockwise for yes, and back and forth is commute, like shaking your head, for no. Do not be afraid of the pendulum. It's nothing occult. It's also not the pendulum that gives the answer. As a human you are receptive to vibrations - like an instrument. The pendulum, however, makes the vibration visible, just as the pointer on a clock shows the time, or the screen on the computer what you are doing. Your inner interlocutor helps: You ask yourself, you yourself postulate answers and check them with the pendulum or with the inner ear for their correctness. I myself need the pendulum if the facts are complex and, accordingly, are far apart. But - let's start:

If you now want to decode a number and interpret it, then you should boost your mathematical sense. With puzzle, tinkering, intuitive grasping you get to the goal. You remember - calculations were made at school. You had to calculate the result. The abc-code is the other way round. Here the number (you possibly dreamed) corresponds to the result. The task now is to reconstruct the corresponding calculation that led to this result. Of course, there are endless possibilities. So how do I find out which of these options is the right one now and today? - You ask until you have found the right term via the yes / no technic. This is actually very fast and is like riding a bicycle - at some point you can do it. But now to the order: Ask as follows: · Is the number the result of an calculation? If so, is it an addition or a subtraction? · A multiplication or a division? · A potency or a root? Now ask further, if the found parts of the calculation can be further dismantled, as far as the whole calculation stands in its individual limbs. So - write this down in your new book, which you got for your personal ABC messages. As an example (and each number is different!) let's take the number 5, an addition, here for example  $2 + 3$ , this sum is further divided:  $2 + 4 - 1$ . At most there is a third, fourth, fifth step, here:  $2 + 2 \times 2 - 1$ . When you are ready, you replace these single-digit numbers by the letters or their word meanings from the chapter "numbers 1 - 9". Are there still multi-digit numbers, ask if this means years, dates, ages or a number of parts of ... what do you hear? ... of something bigger. After this mathematical / logical part it now goes on to the decoding of name and word.

## Decode a word and interpret it?

Maybe in the dream you had an encounter with a person named ... or you want to decode your own name or the name of someone you know. Maybe a word such as "teapot", "slotted ear", "nail file" or "what-the-hell" sticks in your head and does not want to get out. Write down this word or name - preferably in lowercase or all in capital letters. Since each letter has four ways of being written, you proceed as follows and ask: · How many letters does the word have? · How many of these are capital letters? · Which? Put a dot under the letters. · How many are Greek? · Which? Place a dot over the letter. · Write the small letters blue, the big ones red, the Greek ones with dots on top.



### Back to the decoded number:

Since you have replaced the individual numbers of the calculation with letters, you proceed as described above and ask in which of the four possible versions the letter is to be written. Now you ask if between the individual letters more letters - usually small and usually very few - are to be set. Write this down. Our example now has the form:

$2 + 2 \times 2 - 1$  or replaced with letters from the first chapter:

I + I x I - ONE (the "1" - wanted to be written in english)

the check for capital letters resp. Greek gives the following:

, I + I x, I - O'N'E

Now let's write that down again:

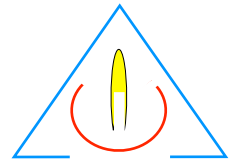
I + i x I - o'N'E Attention - many of the Greek capital letters are written the same. The point above is important. Now there are two more small letters added:

I + ix I - o'N'E u, p

Again, many lowercase Greek letters are spelled the same as in the German alphabet. The dot or apostrophe above is so important. Now the mathematical / logical phase has been played through and we come to the intuitive / interpretive phase:

### How do you come to a meaningful interpretation text?

by writing the found term from the first phase vertically to each other so that there is - on the left side - room left for the basic meanings of the individual letters. Our example looks like this: mind I = give + u develop i = x mind I = send - 'p be o = love' N = inspiration 'E = Now you ask, to whom - mostly there are people, families, projects - refer to the basic meanings. At most you have to adjust the basic meaning of something. For example, the big T means BIRTH - but it can also be called start, new beginning, departure. The same applies to the other basic meanings. Make small marginal notes on who it is, e.g. the partner, a parent, the work colleague, the supervisor, a neighbor. Do not forget God, or if you don't like this term call him original creator of this cosmos. This usually turns on when you work with the abc-code. Give him a chance too. If you now intuitively try to formulate a text that contains all the basic meanings and additions in turn, you will receive a somewhat cryptic text that makes sense to you personally. Do not forget that you can not push yourself forward without asking yourself ... and that you yourself give the answers and explanations. The abc-code is like a vehicle whose operation I just have explained. But where you go ... ultimately, you decide yourself.



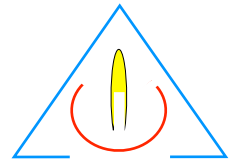
## My current example has meanwhile received the following meaning text:

spirit	I =		the <b>SPIRIT</b> of the abc-code
give	+	U	<b>give</b> those,
develop	i =		who <b>develop</b> themselves,
	x		
spirit	I =		because their <b>SPIRIT</b>
send	-	,π	is <b>sending</b> for
be	o =		<b>being</b>
love	'N =		in <b>LOVE</b>
inspiration	'E =		and <b>INSPIRATION</b>

## And what about a general message?

So if you want to receive a - I call it ABC message - then grab your book or a piece of paper, colored pens and ask: How many digits does the message have? Mostly three, four or five, sometimes more. Then you ask each place, whether it contains a letter, a number, a color, a symbol or a component from another system, such as sequence or zodiac, for example. But most of the time it does not go that far. Ask each letter for capital or lowercase, and if they are in Greek. Recording numbers, you ask if there are results of calculations and derive them accordingly. Furthermore, intermediate links are still possible between the individual positions, usually small letters which serve as verbs for the connection of the individual nouns.





## Support

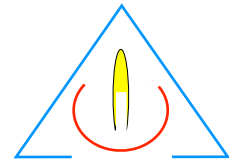
The abc-code as a dynamic system differs from conventional numerology. Current and personal questions will seldom find a precise answer there. The abc-code gives you an individual insight to your personal questions. Due to the infinite number of possibilities that result from the methodology in the abc-code, alien influence and doctrine are almost impossible. So there is an exciting new territory to enter! I wish every new user a lot of fun with the abc-code, deep insight and high fulfillment. Practice makes the master, as it is with everything. The abc-code is like a musical instrument. It takes a while until it sounds, and another while until the sound also pleases. So stay tuned!

## Decoding together

That makes sense, because often one can fill the gap by listening to the other. And if help or support is needed - below are the contact details.

Juerg Spoerri  
[www.abc-code.com](http://www.abc-code.com)  
phone: +41 76 377 10 97  
mail: [support@abc-code.com](mailto:support@abc-code.com)

# anti stress list



[www.abc-code.com](http://www.abc-code.com)

## The anti stress list

Stress arises if you want to do two things at the same time that are incompatible with each other. Most people confuse the anti-stress list with a list of priorities where the most important item should be on top of the list. The most important thing, however, is not always what comes first. If you're looking for a job while being hungry but your fridge is empty, what do you do first? Reading the newspaper, writing applications or shopping? You see, an anti stress list will help you bringing order into your daily and weekly schedule by putting all your big and small to do's in a chronological order. Ask yourself and the cosmos on which point each single task comes, write it there and when finished you start with the first thing do to. Pretty simply, isn't it. This might look like this: Bringing shoes to repair (listen and write it to the number that you hear inside) let's say point 5. Then e.g. clarify mortgage with the bank (important!) - but it is only on 18th place. Call your best friend (right now!) ... no it is only on 4th place (because he is not there today). Going with your toddler to the doctor is on place 8. Making new proposals for the house rules (for years a perennial burner) remains on place 20. If the list is ready then you start on top with doing what is necessary - and the cosmos will help you. After a while, you'll make a new list with maybe 15 or even 25 points. It's your list, not mine. I do my own directly on the block or in my booklet, which is for everything else anyway with me. So I can sit comfortably in the cafe because I know which point is to do ... Let's do it and have fun!

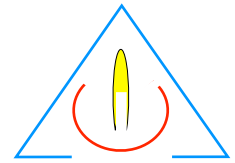
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

### Tip:

if one point remains empty ... do not panic. Either it will be filled up with content tomorrow or you write a "S" into it. This "S" stands for surprise and you will see what then happens ;-)

With your anti-stress list, you give the cosmos a chance to work actively and creatively into your daily routine. Nothing more beautiful than that!

# What is your word?



www.abc-code.com

write your word in here:

15 grey boxes for writing a word horizontally.

which are capital letters: put a point below - which are Greek letters: put a dot over it

your word now looks like this - you can write the capitals in red and the greek ones with dot above

15 grey boxes for writing a word horizontally, intended for marking capitals and Greek letters.

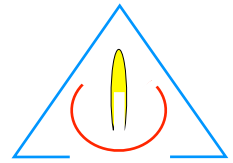
and hier the same written down vertically:

Vertical writing area with 15 grey boxes in a column and horizontal lines for writing.

here you put in the basic meanings

and here comes your text that contains the basic meanings in a meaningful context. Important: you give the topics, because only you know what's it all about ...

support



---

[www.abc-code.com](http://www.abc-code.com)

may I help you?



Juerg Spoerri  
+41 76 377 10 97  
[support@abc-code.com](mailto:support@abc-code.com)