

about Ingrid Ortmann

I grew up in an environment full of interest in the newest information and to realize goals (for others). Since childhood my intellectual abilities were encouraged. About my **sensitivity**, I noticed feelings and unspoken information and tried early to grasp the bigger picture. My earliest imprints led to an extreme **knowledge and performance orientation** combined with a strong **intuition and sensitivity**, but also a lack of joy, confidence and more.

In only six semesters I completed my studies and graduated as **Engineer of Automation technology**. At the age of 27, I took over – on grounds of my **sense of responsibility**, my focus on the essentials and my inner knowing - the **responsible project management of a € 8 million development project**, which I led successfully from concept to 2 shift production. **Further professional responsibilities and accomplishments** - as head of department in a medical group, interim manager and project manager in various industries - followed. I have acquired **extensive knowledge and experience** – among other things in **development, psychology, management, processes, organization, technology and logistics** – which are of great **value**.

I consider this time looking back, I have **been extremely successful lived some areas in my life** and other areas totally neglected. This **disregard** of other important areas of life led me to **dissatisfaction** and to **inner conflicts**. Only through this deep dissatisfaction and the clear inner voice „this does not go any further“, I was willing to go on a **profound journey to myself** and (finally) also **to take responsibility for myself and my happiness**.

I allowed myself now, my **own conscious and unconscious development- and healing journey** to accomplish: Consciously I "**updated**" my foundations by **new knowledge, values and choices**. I integrated knowledge among other things from **consciousness research, neuroscience, body and healing intelligence and quantum physics**. Furthermore, I took **conscious orientations** (mentally, materially, energetic, spiritually), **activations, stem cell methods, energy healing, transformation and integration** (of my being and action-aspects). Through practice, integrations and continuous update of the newest knowledge, I get continuously to new horizons and create continuously bigger and more coherent "**version of my BEING and expression me**" and also **wisdom about meta-connections**.

I'm still on this **adventure trip**, which never stops for me. Looking back, more and more ways which I have gone, make from higher perspectives, a real sense. **Wisdom revealed themselves to me** (sometimes only) in certain areas, processes and experiences. Some qualities - such as **inner knowledge, create great order, use of spiritual healing abilities, conversion strength**, recognize complex connections and explain them simply - **are easy for me**. Other roads were a huge **challenge** for me and brought me in my development process finally **to cross my old limits**. Also the painful experiences **I can accept them more and more in love and integrate them**, because of the love - which is integrated into the experience - **is revealed to me, when I'm ready for it**.

Through my own intense journey, I am **qualified to coach, to develop, to support and to educate clients practically oriented, full of inner knowledge and holistic**. I like to support you - **also internationally** - in your **consciousness / transformation / healing and development processes**. I work with my international clients via new media like "Skype" etc.

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