



Are you one of those people who always strive for harmony and don't want to hurt anyone? Is that why you therefore often say YES, although your gut feeling advises you something completely different? Do you not want to stand out but rather adapt yourself, so that you are not excluded?

Maybe some statements from your childhood seem familiar to you. It has always been like that! There is nothing you can do! What do you want to do? What should people think of you? Do you think you are something special?

How did you feel back then? What do you feel today when someone says one of these sentences to you? Do you feel confirmed? Does it help you further? Do you have the impression that this person means well with you?

What does all this do to you? Do you sometimes feel small, worthless and powerless, do you doubt yourself?

Unfortunately, many of us are not very aware of the systematic programming behind all these inculcated „beliefs“. Could it possibly be that they are distracting you from your true strength and your intuition/your gut feeling?

Just say NO, if your internal voice advises you so!

Just say NO, if your heart, your soul feels hurt!

Just say NO, if something is demanded of you, which you do not want.

NO is the most powerful word in the world!
Every **NO** to the outside is a **YES** to yourself!

Your **NO** is the way out of the foreign determination! It conquers your fears and it promotes your self-confidence. Your **NO** protects your soul against boundary transgressions and leads to self-knowledge. It gives you strength, gives you joy and raises your consciousness.
Our common **NO** leads us - as a community - into sovereignty.

WE say: It is time to finally say **NO**!

Join the **NO-movement** and say **NO** when your heart or gut tells you to. Talk to your family, your friends, your neighbors and encourage them to say their own **NO**. Because each of us carries our own individual **NO** in us.

You can start spreading this powerful word all over the world today!

Be creative: whether with chalk on the street, with printed clothing, with stickers or by copying this leaflet. Everyone can join in.

You can find more ideas, free print templates, and contact options on the homepage.

#sayNO



<https://es-reicht-2021.de/no>