



**Focus: Getting to know the system laws**

# Recognising the 10 system laws

This month, the aim is for you to focus on getting to know the **10 system laws**.

**Task**

By observing examples of each law that you find in your environment, you can understand the meaning of the 10 system laws and their appropriate use. For each law, find an example in your environment where the law was complied by someone and where it was not. The examples are observed by you and do not have to be directly related to you and your life. If it is easier for you to find examples that you yourself experience in your everyday life, rather use those. Either way, make sure to write everything down.

What do you think of the suggestion to practise recognising the 10 system laws in road traffic first?

**The end of the month:**

- Did you find it easier to discover the 10 system laws in those around you or in yourself?
- Which laws were easy for you to recognise and which laws were difficult for you to recognise?
- Were you able to find examples of all 10 system laws?

**LifeHouse and its LifeSpaces**

Take all the time you need to have a look at your LifeHouse and its LifeSpaces.

- Is there a LifeSpace that you have forgotten?
- Is there a LifeSpace in which you have spent a lot of time during this task?
- If so, is it a LifeSpace that you spend a lot of time in or that takes up a large part of your life?

**EmptyRoom**

Visit your EmptyRoom, your exhibition and take a good look at your exhibits.

- Are all the exhibits that are important to you there?
- Are there any exhibits that you would like to change?
- How does your EmptyRoom feel to you?
- Does your EmptyRoom feel complete?

**Feel free to make notes**

Please date them and put them aside.



Any questions about the system laws?  
Just ring the bell: [concierge@freistil-impulse.de](mailto:concierge@freistil-impulse.de)