



COLIBRI
Lights®

• ENERGY MEDICINE •

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Aho and welcome!

I am delighted that you have found your way to me. My name is Nicole Wolf and I will guide you back to your strength and inner lightness. If you wish, I can tell you how to activate your self-healing powers and free yourself from blockages and emotional wounds.

In my company presentation, I will give you an insight into this and how I can accompany you on your path to self-knowledge.

I am already looking forward to getting to know you.

Nicole



ENERGY MEDICINE

How does it work, and how does it help me gain my strength?

Do neuroscience and energy medicine belong together in today's world? Can they be separated, or are they deeply interconnected when it comes to maintaining our health?

Neuroscience provides insight into the chemical and neurological processes that underlie energy medicine, offering a scientific foundation for practices that have supported healing for centuries. It focuses on the structure and function of the nervous system, the development of the brain and spinal cord, as well as emotions and Motor learning in both humans and animals.

Energy medicine, too, works with the brain and nervous system, identifying and releasing blockages within the body's energy system. By doing so, it promotes greater well-being, inner peace, and overall health. This suggests that rather than being separate, these two fields may complement each other in powerful ways.

The earliest shamans began exploring the art of healing thousands of years ago. Over time, they gathered deep knowledge of the world and medicine – wisdom that remains valuable even in modern times.

Shamans understood that our energy centres store deep-seated beliefs, which can influence our well-being. By releasing these beliefs, they helped restore balance and promote greater health. Today, we are exposed to environmental toxins that never existed in the past. If these toxins accumulate in our bodies without proper elimination,

they can lead to illness and disease. A blocked energy system prevents the body from detoxifying effectively. However, shamans knew how to activate the body's natural self healing mechanisms to remove toxins. We are eager to share this powerful method with you.

In energy medicine, various tools allow us to activate these systems and clear blockages. This is one reason it is seen as a healing method of the future. With antibiotics losing their effectiveness, new medications have been developed – yet many no longer work against resistant bacteria, preventing the healing process we seek.

Energy Medicine Pricing

A 90-minute individual energy medicine session is available for:

140,- Euro



Feel free to contact me!

During a personalised session, you will receive important information about your health and discover how energy medicine can positively impact your well-being. Upon request, we will explore:



The impact of emotions and visualisation on health – how anger, sadness, and fear can deplete your energy.



The importance of clearing energy blockages before they manifest as illness.



How the body can renew itself – scientifically, cells regenerate every seven years, offering the potential for transformation.



Ways to activate longevity at a cellular level to slow down premature ageing.



The vital role of our connection with nature in maintaining health and how to integrate it into daily life.



MUNAY KI

Power that comes from the heart

Munay Ki consists of a series of nine rites, as described by Dr. Alberto Villoldo. These rites originate from the ancient energy healing traditions of the Andean region in Peru. Traditionally, they are passed down through generations as part of an extensive training process, preserving their deep spiritual and healing significance.

Munay comes from the Quechua language and translates to “heart” or “love.” However, this love is not the spontaneous, romantic feeling that arises without effort. Instead, the Q’eros believe that Munay is something we can consciously cultivate and develop within ourselves through intention and will.

Ki is a Japanese word that, like chi in Chinese, refers to “life energy” – the vital force that flows through all living beings.

Loosely translated, Munay Ki means: “Power that comes from the heart.”

Munay Ki Pricing

A single ritual costs €50.

A complete set of all 9 Munay Ki rites is available for of:

390,- Euro



The Positive Effects of Munay Ki on Your Health:



Your body's self-healing abilities are activated, leaving you feeling healthier, more energised, and in perfect balance.



Mental and physical blockages can be effectively released and overcome for lasting well-being.



We reclaim our inner strength, moving through the world with greater confidence and a deep sense of security.

DESPACHO

Healing Mandala Made from Natural Materials

A despacho is a type of mandala that harnesses its healing power through the intentional and loving arrangement of natural materials. It serves as a tool to elevate energy levels and initiate healing processes in all aspects of life. A despacho can be created for personal use, as well as for families, friends, or even businesses, helping to promote a positive and harmonious flow of energy.

Creating a despacho is a deeply meaningful process. Natural materials are carefully arranged in a symmetrical mandala shape, with each element carrying a special intention or wish to be sent into the energy field. This practice releases positive energy, shifting energetic patterns and fostering healing on multiple levels.

Despacho Pricing

Guided support in creating your despacho is available for:

75,- Euro



The Positive Effects of a Despacho on Your Health



Creates a mindful, creative pause, making you more receptive to positive energies.



Sets energy in motion, initiating healing processes.



Elevates your personal energy while also benefiting family, friends, and even businesses.

KUNDALINI AWAKENING

Awaken the Energy Within Your Body

In a spiritual context, Kundalini is described as a potential energy that resides at the base of the spine, within the Root Chakra (Muladhara). It is often symbolised as a coiled, sleeping serpent resting at the spine's lower end. The Kundalini awakening refers to the process of activating this energy, allowing it to rise through the spine and flow through the various chakras, ultimately reaching the Crown Chakra (Sahasrara). As the Kundalini energy ascends, it moves through the body's main energy centres, known as chakras, facilitating a profound awakening of consciousness.

This process can bring about a deep sense of oneness and inner clarity. Depending on which chakras the energy flows through, it can produce varied physical, emotional, and mental effects, influencing an individual's well-being on multiple levels.

Kundalini Awakening Pricing

A one-hour Kundalini Awakening session is available for an energy exchange of:

50,- Euro



Positive Effects of Kundalini Awakening



Physical Renewal: The body is infused with fresh energy, supporting regeneration and vitality.



Emotional Transformation: Deep-seated energies can surface, bringing hidden emotions to light and allowing them to be released.



Expanded Consciousness: The experience may lead to a sense of enlightenment or transcendence.



Clarity and Insight: Kundalini awakening is often accompanied by sudden realisations about one's life and a deeper understanding of the universe.



A Practice for Your Well-Being

THE BREATH OF FIRE EXERCISE

1. Find a quiet place and sit comfortably in a cross-legged position.
2. Press your palms together, interlace your fingers, and extend both index fingers straight upward.
3. Now, place your clasped hands behind your back.
4. Imagine drawing energy from the Earth into your body as you inhale.
5. Breathe in and out rapidly through your nose – repeating this process 150 times.
6. Then, take three deep breaths, inhaling fully and exhaling slowly.
7. On your next deep breath, hold it for three seconds and engage your pelvic floor by contracting and releasing it. Repeat this process three times, feeling the flow of Earth's energy through your body.
8. Raise your clasped hands above your head and repeat the 150 rapid nasal breaths once more.
9. Finally, take a moment to thank Mother Earth and the Sky for cleansing and restoring your energy flow.

This exercise helps activate your inner energy, balance your body and mind, and promote a deeper connection with the universal flow of energy.



Boost Your Energy
with This Technique!

FAQ

Frequently Asked Questions

How much does an energy medicine session cost?

A single session costs €140 for 90 minutes of consultation. The price remains the same for both in-person and online sessions. You will receive instructions on how to prepare for your session beforehand.

How effective is an online session?

Since energy medicine works within the energy field, online sessions are just as effective as in-person meetings. I tune into your energy field and help you activate your self-healing abilities through your own inner strength.

How can I book an appointment?

Feel free to call or email me, and I will get back to you as soon as possible.

Is this treatment the same as therapy?

Energy medicine is a personalised service tailored to your individual needs. The type of treatment depends on existing blockages and the severity of emotional wounds. However, it is not a replacement for psychotherapy or medical intervention. A consent form will be sent electronically for signature before the session.

How does energy medicine differ from conventional medicine?

I am not a general practitioner and do not offer medical treatment in the traditional sense. Energy medicine follows the principles of traditional Chinese medicine, focusing on clearing the body's energy field to activate its natural self-healing mechanisms.



Can energy medicine sessions be covered by health insurance?

Currently, energy medicine sessions are not yet covered by health insurance.

Who is this service for?

My offerings are available for both women and children.

What happens during a session?

Each session is unique, as I tune into your individual energy and provide the necessary practices and tools to help you activate your self-healing abilities and regain your strength. Together, we walk the path of your personal development, addressing any uncertainties and resolving them in a sustainable way.

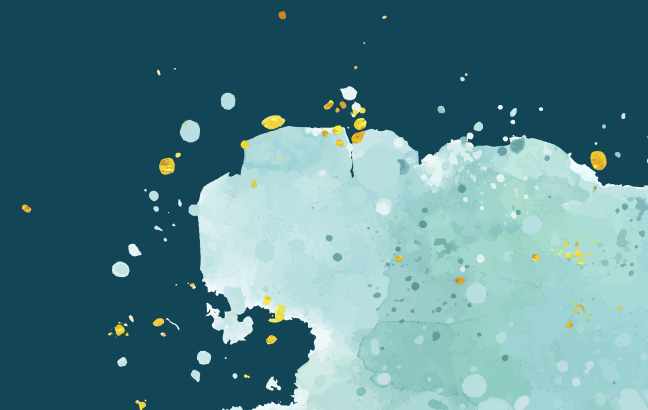
Is energy medicine the right choice for me?

If you're unsure and would like more information, I offer a free 15-minute initial consultation to discuss your needs and answer any questions. Feel free to reach out, and we can explore your concerns together.

Still questions?

Please contact me. We will get to the bottom of your questions in a 15-minute consultation.

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MEET NICOLE

Founder of Colibri Lights

Hello, I'm Nicole, a passionate energy medicine practitioner dedicated to sharing healing, guidance, and wisdom through deep connections with nature. My journey began at the age of 24 as a teacher – a role I deeply valued, especially working with children. With a background in chemistry and Spanish, I initially followed a traditional path in science and education. However, I felt drawn to explore something deeper, which ultimately led me to the transformative world of energy medicine.

Energy medicine works with the body's natural energy fields, nurturing what I call the „sunshine within your heart.“ It is a practice that bridges the physical and spiritual realms, helping individuals find clarity, balance, and self-discovery. I received my qualifications from the Four Winds Society in Florida and am a Munay-Ki practitioner. This training allows me to integrate ancient traditions and spiritual insights into my work.

Through Munay-Ki, I guide clients on a journey of reconnecting with their true selves, fostering self-awareness, inner peace, and a deeper understanding of their purpose and potential. Beyond energy medicine, I am also a certified children's yoga teacher, incorporating mindfulness and movement to help young individuals connect with their inner strength and joy.

Although I live with my family in northern Germany, my practice is based in Berlin and continues to grow. My goal is to work with clients worldwide, sharing love, light, and healing with those seeking balance and transformation.

You can find more information about me, my passion, and my projects on my web. Feel free to reach out to me!



*Scan the
QR-code
now!*

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The vital role of our connection with nature in maintaining health and how to integrate it into daily life.





NICOLE'S CV

Abitur (Economics Gymnasium)

- Subjects: English, Business Administration, Accounting, Spanish

University of Bremen & Universidad UMA de Málaga

- Studied Chemistry (Diploma) with a focus on Biochemistry

Prof. Hess Children's Clinic

- Practical laboratory work in blood analysis for children with cancer
- Bayer Leverkusen (Chemical & Pharmaceutical Company)
- Presentation on practical research work in the field of chemistry
- Teacher Training for Secondary School (Sek I & Sek II)
- Subjects: Pedagogy, Spanish, and Chemistry
- State Examination for teaching at Gymnasiums

Publications

- Collaborated with Prof. Dr. rer. nat. habil. Ingo Eilks (University of Bremen, now at University of Berlin), with research networks extending to the USA, Indonesia, Austria and Finland

Raabits Publishing

- Developed a teaching unit on polycyclic synthetic musk compounds and their harmful environmental effects



The Journalism Method

- Developed a teaching unit for Gymnasiums, evaluating musk compounds in consumer products and their environmental impact

Grin Verlag

- Published research on Suggestopedia in Spanish language teaching
- Roman Analysis – Pasiones Romanas by Maria de la Pau Janer
In-depth study under Prof. Dr. Axel Schönberger

Lexis Language School (Málaga) & Instituto Cervantes

- Completed Spanish language courses

Gymnasium Wildeshausen & Gymnasium Eversten Oldenburg

- Teaching Experience in Spanish & Chemistry Teacher

Private School Gut-Spascher Sand Campus Wildeshausen

- Head of Natural Sciences Department
- Class & Team Leader
- Developed the Natural Sciences & Spanish curriculum

Political & Community Engagement

- Deputy Parliamentary Group Leader in a local government committee
- Representative for the County Youth Welfare Committee
- Chair of the Parent Council at Gymnasium Bruchhausen-Vilsen

Shamanic Energy Medicine & Coaching

- Practitioner of Shamanic Energy Medicine – Certified Energy Medicine
- Practitioner & Health Coach with the Four Winds Society, USA (Miami),
under Dr. Alberto Villoldo
- Four Winds Society Masterclass (2026) Advanced Shamanic Energy
Medicine Practitioner
- Member of Shaman 21 Community
- Children's Coaching in Berlin, including Human Design Readings
- Chakra & Energy Centre Trainer

Private Practice

- Martfeld (near Hamburg)
- Berlin

OUR COLIBRIS

Partners & loyal companions



Corinna Stremme & Daniela Schmitten

Childhood Akademie für Neurodiversität GbR

Bahnhofstr. 42 +49 6597 9249274
54587 Lissendorf info@childhood-akademie.com

Corinna and I met during our training to become children's coaches. Together, we organise joint retreats in Gran Canaria for both the Childhood Academy and Colibri Lights. You can find out more about these on the 'Projects' page of the website.

Daniela Aschenbrenner & Anne Cornelius

Kinderfeelcoaching Daniela: daniela.aschenbrenner@gmail.com

Akazienallee 34 Anne: +49 177 3692393
14050 Berlin annecornelius@web.de

Both Daniela and Anne completed their training as children's coaches with me and their work with children and adults is wonderful. We feel very connected through our joint energy work.

Design & Branding

Mitolda • Design • Concept & Creative Chaos

Marie Dahl marie@mitolda.de
+49 172 5151122 www.mitolda.de

Marie and I also met during our children's coaching training. As a media designer, she developed the entire Colibri Lights brand—from supporting the naming process to designing the website and creating the visual identity from the ground up.

Georg Bartsch-Gerstner

Colibri Souls

Viernheimer Weg 7 +49 171 4180040
14163 Berlin www.colibri-souls.com

Georg Bartsch-Gerstner is an Energy Medicine Practitioner, Munay-Ki Practitioner and Kundalini Awakening Facilitator. We exchange ideas and energy to bring this work further into the world. Occasionally, he also participates in select, exclusive events.



Sarah Perry

Primary Path Education

www.primarypatheducation.com
primarypatheducation@gmail.com

Sarah is a language tutor who supports me with communication and translations when I collaborate with companies abroad. She often joins calls to assist with international conversations and ensure everything runs smoothly.



Stefanie Schulz-Petersen

Horse Human United

Klosterstrasse 22 +49 176 10598104 www.horse-human-united.com
48455 Bad Bentheim StSchulzp@gmx.de

I previously worked with Stefanie at the Gut Spascher Sand therapeutic campus. We're now collaborating again to create meaningful retreats with horses in natural settings – bringing together my energy work with Stefanie's deep connection and communication with horses. You can find more about this on the "Projects" page of my website.

Zach Bassett

Elevate outdoors

On the River in Norwegen, 004792577136
Marokko und Indien elevateoutdoors@htomail.com

I met Zach in Norway, where his incredibly positive energy made a lasting impression. He now leads retreats in Norway, Morocco, and India. Together, we've begun developing joint retreats in Morocco – and our journey is just beginning. These retreats offer both children and adults the chance to reconnect with their inner strength. Through this work, a powerful sense of energy and connection emerges – something we hope to share with others and bring into the world for the benefit of people and the planet.

Would you like to be a Colibri too?

Then feel free to get in touch! I'd love to talk to you about new ideas and warm-hearted cooperation which we can then carry into the world.

Nicole Wolf

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Kurfürstendamm 194 coline@colibri-lights.com
10707 Berlin www.colibri-lights.com

PROJECTS

Spiritual Journeys to Reconnect with Your Inner Power

I have created these heartfelt projects to help people from all walks of life reconnect with themselves and regain their inner strength. Whether in nature, the mountains, by the sea, or through a heart-centered connection with horses, these transformative spiritual journeys offer a space for self-reflection and renewal. Through these experiences, we gain deeper insight into ourselves, allowing us to return to a state of balance, clarity, and empowerment.



MOROCCO

In collaboration with Elevate Outdoors Adventure Tours and Zach Bassett, we regularly embark on an extraordinary journey to Morocco, exploring the Atlas Mountains through rafting and nature experiences. In this breathtaking setting, I also offer energy medicine sessions, providing participants with opportunities for deep healing and transformation. The retreat welcomes up to 20 travellers, who can choose to stay in nature lodges, apartments, or a luxurious 5-star hotel. This retreat is a perfect fusion of spiritual healing, adventure, and reconnection with nature.

HORSE RETREAT

Another heartfelt project is my collaboration with Horse Human United and Stefanie Schulz-Petersen. Stefanie and I were colleagues during our time at Gut-Spascher-Sand Campus, and together, we are planning a transformative retreat with horses. Horses have a unique ability to mirror the needs of your soul, allowing you to uncover what lies beneath the surface. Through their presence, you can gain deep self awareness, healing, and emotional clarity. The dates are still being finalised, but the retreat is in active development. Stay tuned for more details on this powerful journey of self-discovery and connection with horses.



More Projects Coming Soon

Additional projects are currently in development and will be published on my website soon. Stay tuned and check back regularly for updates!

GRAN CANARIA

Gran Canaria Retreat – In Collaboration with Childhood Akademie In partnership with Childhood Akademie and Corinna Stremme & Daniela Schmitt, we regularly host retreats in Gran Canaria, set in the tranquil surroundings of Maspalomas at Finca Las Orillas (Ctra, Palmitos Park). This beautiful finca accommodates up to 25 guests, offering the perfect space for relaxation, healing, and personal growth.

Look forward to your trip to Gran Canaria:



Coaching by the Sea:

Release old patterns & blockages – Restore your balance and find inner peace



Daily morning meditation:

Start your day relaxed and refreshed under the sun



Sand painting:

Visualise your emotions and enhance self-reflection



Despachos:

Elevate your energy and cultivate peace



Evening ceremonies:

Strengthen your self-healing powers



Rites of Munay Ki:

Reconnect with your inner strength



Energy massages:

Help you let go and relax



Nature excursions:

Experience volcanic energy for deeper inner connection



Aqua Healing:


Available for booking at the finca



Hypnosis & trauma release through EMDR

A powerful method for deep healing





Miracles HAPPEN
WHENEVER YOUR *energy* FLOWS
INTO YOUR *dreams* ♥



LIGHT AS A FEATHER FOR LIGHTNESS

In addition to Colibri Lights, I have been running my heart-centered practice, Glücksfeder, since February 2024 in the beautiful town of Martfeld. My work is primarily dedicated to children's souls and parents, guiding them on how to trust their intuition and connect with their deepest desires and inner impulses. Through children's yoga, young minds learn meditative techniques that enhance mental focus, while physical exercises improve strength, flexibility, and concentration.

Your practice for holistic health

Nicole Wolf
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27327 Martfeld



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Mobil: +49 173 2753598
Mail: leicht@deine-gluecksfeder.de
Web: www.deine-gluecksfeder.de



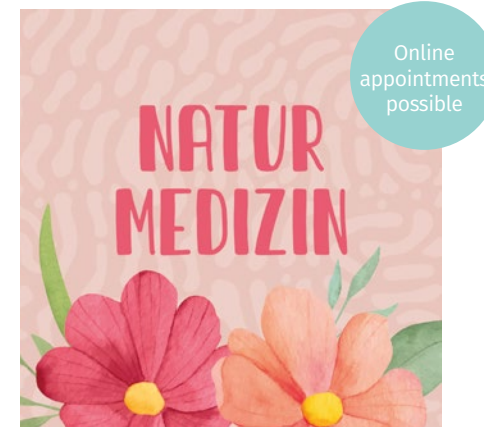
We learn to trust our intuition, release blockages, and step into our radiance.



We strengthen our focus and learn to regulate our emotions independently.



Sometimes, a small shift in direction is all it takes to release blockages.



Harness the gift of nature for lasting healing and enhanced well-being.

Lucky Feather • Your practice for more lightness, happiness and harmony in your life.


COLIBRI LIGHTS ONLINE

Visit us online now! Here you will find all the important information about Colibri Lights as well as our projects, dates and spiritual journeys. We look forward to seeing you!



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Concept & Layout

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DESIGN | KONZEPT & KOPFSALAT
www.mitolda.de

LITTLE MANTRA

Colibri Energy



My heart will guide me on the right path. I trust my intuition and rely on my abilities.

I spread my wings and leave all negativity behind.

If I trust, the hummingbird will lead me to a joyful and fulfilling life.



WWW.COLIBRI-LIGHTS.COM