NULLRAUSCHEN 7

A retreat by DailyInspire

PROGRAMME · WEEK 3

Tuesday 18 January to Monday 24 January 2028

Hotel Moresco

Via Sant'Elmo 21–25 · 18013 Diano Marina · Liguria, Italy

7 days 6 nights in a single room	**21** HMF sessions of about 30 minutes	**6** massages, one a day	**0** screens

"Silence is golden. Strength lies in simplicity."

The course and the Planner are in German. This English version is for your orientation.

As of 12 November 2026

Your week at a glance

Seven days without phone or computer. Every day brings three HMF sessions of about 30 minutes, each with an explanation, an example and a task in the Planner. In between you walk, write and rest. Participants do not speak to each other.

DAY	DATE	THEME	MASSAGE
1	Tue 18 Jan	**Arrive and switch off**	✓
2	Wed 19 Jan	**Take an honest inventory**	✓
3	Thu 20 Jan	H **Give your body a rhythm**	✓
4	Fri 21 Jan	M **From reason to action**	✓
5	Sat 22 Jan	F **Set a direction**	✓
6	Sun 23 Jan	**Build the plan for everyday life**	✓
7	Mon 24 Jan	**Leave with your first step**	–

At the end your plan is on paper: one focus for 90 days, one habit you have practised and your first week back home. Putting it into practice is up to you.

The rhythm of a course day

Days 2 to 6 follow the same pattern. The three sessions at 09:00, 14:30 and 17:30 are fixed.

07:00	Wake up
07:30	Movement and meditation
08:00	Breakfast
09:00	**HMF session 1**
10:30	Walk, massage
12:30	Lunch
14:30	**HMF session 2**
15:00	Wellness, massage
16:45	Walking meditation
17:30	**HMF session 3**
19:00	Dinner
20:00	Score in the Planner
21:30	Lights out

The HMF method

You are player and referee at once: you set the rules, you play and you keep an honest score. In German the method is called GMF. Every session has the same shape: explanation, example, task in the Planner.

H

Health

Movement, sleep, breaks, food and attention, turned into one concrete task in the Planner.

M

Motivation

Your reason to act. You break a task down until the first step is small enough.

F

Foundation

Money, relationships and values. You review your commitments and derive tasks for everyday life.

The rules of the game

1. **Choose a direction.** You pick one focus that fits your stage of life.
2. **Write down your next move.** Five tasks a day, each assigned to one area: H, M or F.
3. **Start small.** The 1 % rule: today = yesterday × 1.01. An image, not a promise.
4. **Keep the score.** You tick off what is done. Whatever stays open goes on the Red Card.
5. **Catch up on review day.** You work through the Red Card and plan the next week.

Pages you fill in the Planner

- one decision on one page
- one focus for the next 90 days
- four rules for your everyday life
- your first week with appointments and a review
- a list of things you drop

The DailyInspire Planner exists in German only. It is yours to keep.

Silence and screens

- Silence begins after dinner on arrival day and ends on departure day at 09:45 after the last session.
- Participants do not speak to each other: at meals, on walks, in the sauna and in free time.
- In HMF sessions and meditations you listen and write. Anything personal stays on your paper.
- Phone, laptop, tablet and smartwatch stay switched off, in your room too. Paper, books and your Planner are welcome.
- If you need anything, speak to Kacper or the team at any time. Help always comes first.

DAY

1

TUESDAY, 18 JANUARY 2028

Arrive and switch off

You arrive, settle into your room and learn the rules of the game. Silence begins after dinner.

from 15:00	**Check-in** · You move into your single room. At check-in you receive your Planner and your massage times for the week on paper.
15:30	**Arriving** · Your first massage as scheduled, a walk to the sea or rest in your room. Let your family know you have arrived.
17:00	**Welcome** · Kacper and the team explain the week, the silence agreement and how to reach the team. Then you switch off phone, laptop, tablet and smartwatch.

17:30 – 18:00 HMF SESSION 1

Understanding HMF

The three areas Health, Motivation and Foundation, and the five rules of the game. You learn why you are player and referee at once.

18:15 – 18:45 HMF SESSION 2

Getting to know the Planner

Day page, score and Red Card. You leaf through the pages you will fill this week.

19:00	**Dinner** · The first meal together. Silence begins afterwards.

20:15 – 20:45 HMF SESSION 3

Your first intention

What should be different after these seven days? You write it down in one sentence and read it again on departure day.

21:30	**Lights out**

YOUR ENTRY

One personal intention for these seven days.

MASSAGE

Massage 1 of 6, at your scheduled time between 15:00 and 19:00.

OUTDOORS

If you arrive early, walk to the sea. The Diano Marina seafront is within walking distance.

GOOD TO KNOW

Plan your journey so that you are here by 17:00. If you will be later, note it in the questionnaire.

DAY

2

WEDNESDAY, 19 JANUARY 2028

Take an honest inventory

Your first full day in silence. You record where you stand, what drains your energy and which direction comes first.

07:00	**Wake up** · Water or tea. The morning starts without news.
07:30	**Movement and meditation** · Gentle movement and a short guided meditation.
08:00	**Breakfast** · In silence.
09:00 09:30	HMF SESSION 1 **Your starting point** On one page you note where you stand in Health, Motivation and Foundation. No judgement, just the current state.
09:30	**Quiet work time** · You work on the task from the session in your Planner.
10:30	**Walk** · Walk outdoors, read or rest. Massage as scheduled.
12:30	**Lunch**
13:30	**Rest** · In your own room, reading or sleeping.
14:30 15:00	HMF SESSION 2 **What drains your energy** You list your commitments and check which ones are truly yours and which ones you have taken on.
15:00	**Wellness** · Sauna, banya, cold-water bathing in daylight or massage as scheduled. All optional.
16:45	**Walking meditation** · Slow walking outdoors, sunset around 17:00.
17:30 18:00	HMF SESSION 3 **Choose a direction** You pick one focus that fits your stage of life. It stays with you all week.
18:00	**Free time** · Write, read, rest. Massage as scheduled.
19:00	**Dinner**
20:00	**Score** · In the Planner: tick off what is done, move what is open to the Red Card, prepare the next day.
21:30	**Lights out**

YOUR ENTRY

Your starting point and one focus that comes first.

MASSAGE

Massage 2 of 6, at the time on your check-in schedule.

OUTDOORS

Silent walk along the seafront, about 45 minutes. The morning questions come along.

GOOD TO KNOW

From today, every reach for the phone that is not there earns a tally mark in your Planner.

DAY

3

THURSDAY, 20 JANUARY 2028

H Give your body a rhythm

Regular meals, movement, breaks and an evening without screens shape the day. Today you turn that into tasks for home.

07:00	**Wake up** · Water or tea. The morning starts without news.
07:30	**Movement and meditation** · Gentle movement and a short guided meditation.
08:00	**Breakfast** · In silence.
09:00 09:30	HMF SESSION 1 **Health in everyday life** Movement, sleep, breaks, food and attention. You pick one area and write a task you can check tomorrow morning.
09:30	**Quiet work time** · You work on the task from the session in your Planner.
10:30	**Walk** · Walk outdoors, read or rest. Massage as scheduled.
12:30	**Lunch**
13:30	**Rest** · In your own room, reading or sleeping.
14:30 15:00	HMF SESSION 2 **Start small: the 1 % rule** You choose a countable unit and an honest starting amount. Today = yesterday × 1.01. The sum is an image, not a promise.
15:00	**Wellness** · Sauna, banya, cold-water bathing in daylight or massage as scheduled. All optional.
16:45	**Walking meditation** · Slow walking outdoors, sunset around 17:00.
17:30 18:00	HMF SESSION 3 **Spotting distractions** You count yesterday's tally marks and name your three most frequent distractions. For each one you set a clear limit.
18:00	**Free time** · Write, read, rest. Massage as scheduled.
19:00	**Dinner**
20:00	**Score** · In the Planner: tick off what is done, move what is open to the Red Card, prepare the next day.
21:30	**Lights out**

YOUR ENTRY

Two small routines that fit your everyday life, and three limits for your distractions.

MASSAGE

Massage 3 of 6, at the time on your check-in schedule.

OUTDOORS

Walking meditation by the sea: walk slowly, count your steps, come back to your breath.

GOOD TO KNOW

Sauna, banya and cold-water bathing are optional. Resting counts just as much.

DAY

4

FRIDAY, 21 JANUARY 2028

M From reason to action

Motivation is not a feeling you wait for. Today you clarify your reason and make the first step so small that it works.

07:00	**Wake up** · Water or tea. The morning starts without news.
07:30	**Movement and meditation** · Gentle movement and a short guided meditation.
08:00	**Breakfast** · In silence.

09:00 – 09:30 HMF SESSION 1

Your reason to act

Why do you really want this? You write the reason in one sentence that will still make sense to you in three months.

09:30	**Quiet work time** · You work on the task from the session in your Planner.
10:30	**Walk** · Walk outdoors, read or rest. Massage as scheduled.
12:30	**Lunch**
13:30	**Rest** · In your own room, reading or sleeping.

14:30 – 15:00 HMF SESSION 2

Breaking it down

You break a big task into micro-tasks until the first step takes ten minutes.

15:00	**Wellness** · Sauna, banya, cold-water bathing in daylight or massage as scheduled. All optional.
16:45	**Walking meditation** · Slow walking outdoors, sunset around 17:00.

17:30 – 18:00 HMF SESSION 3

The day page

Five tasks, each assigned to H, M or F, each worded so that in the evening you know whether it is done.

18:00	**Free time** · Write, read, rest. Massage as scheduled.
19:00	**Dinner**
20:00	**Score** · In the Planner: tick off what is done, move what is open to the Red Card, prepare the next day.
21:30	**Lights out**

YOUR ENTRY

A completed day page with doable tasks.

MASSAGE

Massage 4 of 6, at the time on your check-in schedule.

OUTDOORS

Silent walk on the cycle and footpath by the sea, which runs along the old railway line, about 60 minutes.

GOOD TO KNOW

Tonight you keep the full score for the first time: tick off what is done, move what is open to the Red Card.

DAY

5

SATURDAY, 22 JANUARY 2028

F Set a direction

Money, relationships and values carry everything else. Today you take on a decision you have been putting off.

07:00	**Wake up** · Water or tea. The morning starts without news.
07:30	**Movement and meditation** · Gentle movement and a short guided meditation.
08:00	**Breakfast** · In silence.
09:00 09:30	HMF SESSION 1 **Checking your foundation** Money, relationships and values: you check what has priority and what is just habit.
09:30	**Quiet work time** · You work on the task from the session in your Planner.
10:30	**Walk** · Walk outdoors, read or rest. Massage as scheduled.
12:30	**Lunch**
13:30	**Rest** · In your own room, reading or sleeping.
14:30 15:00	HMF SESSION 2 **One decision on one page** Options, consequences and open questions. It need not be a major life decision. A clear next step towards clarity is also a result.
15:00	**Wellness** · Sauna, banya, cold-water bathing in daylight or massage as scheduled. All optional.
16:45	**Walking meditation** · Slow walking outdoors, sunset around 17:00.
17:30 18:00	HMF SESSION 3 **Planning a habit** Trigger, action and the smallest version for difficult days. Tomorrow morning you try it for the first time.
18:00	**Free time** · Write, read, rest. Massage as scheduled.
19:00	**Dinner**
20:00	**Score** · In the Planner: tick off what is done, move what is open to the Red Card, prepare the next day.
21:30	**Lights out**

YOUR ENTRY

One decision or a next step towards clarity, with a date, and your habit plan.

MASSAGE

Massage 5 of 6, at the time on your check-in schedule.

OUTDOORS

The long walk: in silence on the path by the sea towards Cervo, about two hours there and back. Optional. If your massage is in the morning, take the short walk.

GOOD TO KNOW

The long walk takes place in dry weather only. Otherwise you take the short walk by the sea.

DAY

6

SUNDAY, 23 JANUARY 2028

Build the plan for everyday life

Your notes become a plan that survives an ordinary Monday: work, family, appointments, little time.

07:00	**Wake up** · Water or tea. The morning starts without news.
07:30	**Movement and meditation** · Gentle movement and a short guided meditation.
08:00	**Breakfast** · In silence.

09:00 – 09:30 HMF SESSION 1

90 days, one focus

You translate your focus into a goal for the first month and the first steps. The 90 days are your practice time after the course.

09:30	**Quiet work time** · You work on the task from the session in your Planner.
10:30	**Walk** · Walk outdoors, read or rest. Massage as scheduled.
12:30	**Lunch**
13:30	**Rest** · In your own room, reading or sleeping.

14:30 – 15:00 HMF SESSION 2

Your first week at home

You enter the week with appointments, write four rules for availability, screen time, breaks and sleep, and a list of things you drop.

15:00	**Wellness** · Sauna, banya, cold-water bathing in daylight or massage as scheduled. All optional.
16:45	**Walking meditation** · Slow walking outdoors, sunset around 17:00.

17:30 – 18:00 HMF SESSION 3

Review day

You practise the weekly review: work through the Red Card, plan the next week. And you decide what to do when a day falls through.

18:00	**Free time** · Write, read, rest. Massage as scheduled.
19:00	**Dinner**
20:00	**Score** · In the Planner: tick off what is done, move what is open to the Red Card, prepare the next day.
21:30	**Lights out**

YOUR ENTRY

Your 90-day focus, your first week and the date of your first review day.

MASSAGE

Massage 6 of 6, at the time on your check-in schedule.

OUTDOORS

Last walking meditation by the sea. You decide where you will walk at home.

GOOD TO KNOW

Pack your suitcase this evening. Departure day starts early.

DAY

7

MONDAY, 24 JANUARY 2028

Leave with your first step

Three short sessions in the morning, then silence ends. The Planner travels home with you.

06:45	**Wake up** · Water or tea.
07:00	**Breakfast** · In silence.

07:45 – 08:15 HMF SESSION 1

The day page on your own

You fill in the day page for your first day back home without help.

08:30 – 09:00 HMF SESSION 2

The method in your words

You explain HMF and the rules of the game to yourself on one page, without a template.

09:15 – 09:45 HMF SESSION 3

Looking back

You read your intention from arrival day, note what you will carry on with and write down your first action after you return.

09:45	**End of silence** · You switch your phone back on. Time for a first conversation.
by 10:30	**Departure** · Clear your room and check out.

YOUR ENTRY

Your first action after you return, with a date.

MASSAGE

No massage today.

OUTDOORS

Take something to read on paper for the journey home. The phone can wait a little longer.

GOOD TO KNOW

Plan your journey home from 10:30.

“Silence is golden. Strength lies in simplicity.”

Massages, wellness and cold-water bathing

Massages

Six massages, one a day from arrival day to day 6, given by a professional team. There is no massage on departure day. You receive your times for the whole week on paper at check-in. Massages take place between sessions, never during an HMF session. The team knows how much pressure you like and, with your consent, the notes from your questionnaire. You may speak to the team if anything is uncomfortable.

Sauna and wellness

Looked after by the professional team, during the afternoon wellness slot and in your free time. Optional. Resting, walking and writing are just as valuable.

Banya

Guided by the team in small groups, with time to rest afterwards. Optional.

Cold-water bathing

In the seawater pool, which is open in winter. Optional and at your own risk. Before the first time you sign a declaration on site. You only go in during daylight and never alone. Cold-water bathing is not supervised. Keep your head and neck above water and do not hold your breath. If you are unsure whether cold water suits you, check with your doctor before you travel.

Meditation

Short guided sessions in the morning and while walking. You choose your posture and breaks. No previous experience needed.

Food

Full board

From dinner on arrival day to breakfast on departure day: 6 breakfasts, 5 lunches and 6 dinners. Water, tea and coffee are included. The menu is put together by the kitchen of Hotel Moresco.

Times

Breakfast at 08:00, on departure day at 07:00. Lunch at 12:30. Dinner at 19:00.

In silence

From dinner on arrival day you eat in silence. You take your time and taste what is on your plate.

Diet

The kitchen knows the choice you made when booking: no preference, vegetarian or vegan. Vegan full board is possible. The kitchen only knows about allergies if you entered them in the questionnaire with your consent.

Arrival and departure

Arrival

Tuesday, 18 January 2028, check-in from 15:00. The welcome starts at 17:00.

Departure

Monday, 24 January 2028, check-out by 10:30. The last session ends at 09:45.

Train and plane

Diano Marina is on the Genoa–Ventimiglia railway line. The nearest airports are Nice and Genoa, with onward travel by train. You organise your own journey.

When to book

Only book your journey once we have confirmed that Week 3 will take place. The confirmation arrives by email by 19 December 2027 at the latest.

What to bring

- passport or identity card for check-in
- warm layers, a rain jacket and sturdy shoes for the walks
- swimwear and pool shoes for the pool and sauna
- a simple alarm clock or an unconnected wristwatch, as your phone stays off
- your favourite pen and, if you like, books on paper
- personal medication. You may keep medically necessary devices.

CONTACT

Questions before you travel: info@nullrauschen.ch. On site, Kacper and the team are there all week.

Times may shift slightly on site, for example because of the weather. The team announces each day's schedule.

"Silence is golden. Strength lies in simplicity."

NULLRAUSCHEN is an educational and reflective programme and does not replace medical or psychotherapeutic treatment. Kacper is neither a doctor nor a therapist. What becomes of your plan is up to you.

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