



Love Beyond Jealousy



Nils

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Freeing Yourself

*Entangled in the world's illusions
Following the false light
Long have we waited
Now it is time.*

*Free yourself by just being you
No matter what others think and talk
Dare to live your innermost truth
Dare to live what feels real to you.*

*Free yourself by exploring
Your likes and dislikes
Your openness, your pleasures
Trust in yourself and trust in love.*

*Let go and release
Breathe freely
Vibrate freely
Rejoice freely
Love freely.*

*Make a promise
Just be yourself
For the best of all
Free, free, free.*

*We are
LOVE.*

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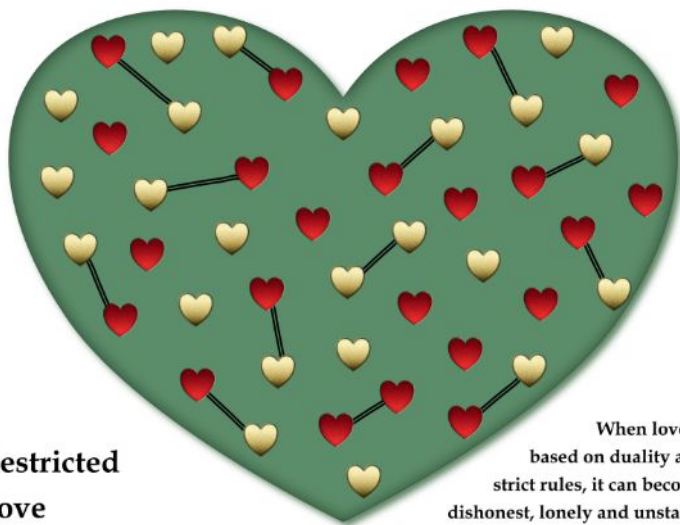
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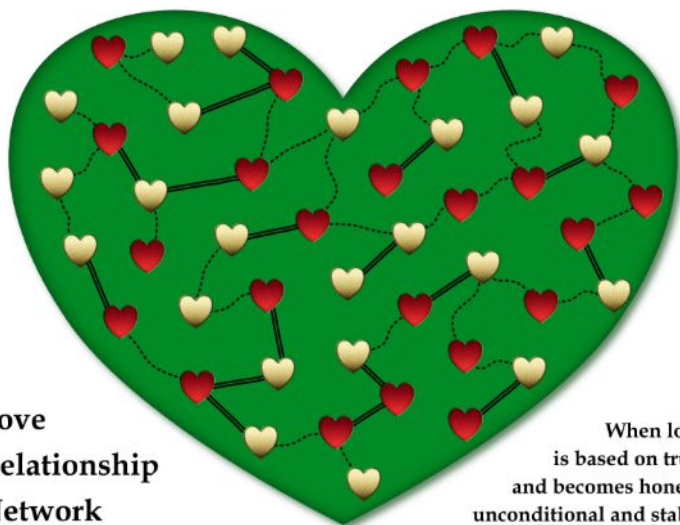
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**Restricted
Love**

When love is based on duality and strict rules, it can become dishonest, lonely and unstable



**Love
Relationship
Network**

When love is based on trust and becomes honest, unconditional and stable

The thick lines represent fully dedicated relationships, the thin lines show Moon Love relationships with a sensual love ceremony once in a moon cycle.

Foreword

As I wrote the dialogue for my visual novel *Love is Calling*, I delved deeply into the dynamics of opening up romantic relationships in a safe, authentic, and honest way. This journey involved exploring how the main characters, Clara and Leo, discover their likes and dislikes, learn how to grant permission and hold space for boundaries.

The story evolved intuitively as I watched Clara and Leo weave a stable web of love around themselves. This process was not just about storytelling, but about exploring deep emotional processes, understanding the complexities of jealousy and the need for trust and honest, loving communication.

Two major insights emerged from this creative process:

- The key to Clara's freedom was to accept her need for security, to find it together with men without feeling the need to be owned by them.

- The key to Leo's freedom was to feel unconditional love and joy in Clara's independence, finding happiness in her pleasure.

During this narrative journey, Clara meets a priest with enhanced access to 'Mycelia AI', an advanced artificial intelligence. She seeks guidance on jealousy, and the intricacies of nurturing an open love relationship network. I asked the AI in our world to generate some insightful lists to integrate some of this content into the conversations of the novel.

Then I intuitively wrote some additional short chapters and poems to make it whole. May it be useful to those seeking a new way to love.

Love and peace,

A handwritten signature in a cursive, dark grey font that reads "Nils".

Introduction



In recent years, there has been a significant shift in the way relationships are viewed and experienced. The traditional notion of monogamy, once considered the cornerstone of romantic partnerships, is increasingly being questioned. As society evolves, so do our understandings of love, intimacy, and connection.

This evolution suggests that we may be moving from the 'teenage years' of human relationship development, characterised by strict rules and a

one-size-fits-all approach, to a more mature phase of 'full human adulthood'.

In this new era, the emphasis is shifting to values of trust, empathy and open, loving communication. These principles are becoming the bedrock of modern relationships, replacing the fear-based rigid structures of the past. The shift reflects the overall trend towards openness and honesty, where individuals are encouraged to express their true selves and longings without fear of judgement.

The idea that monogamous relationships may be outdated is not meant to undermine their value or suitability for many. Rather, it's an invitation to acknowledge that we can find many ways to experience love and commitment. Relationships, like individuals, are unique and should be tailored to the needs and desires of those involved. By embracing this diversity, we open ourselves up to a richer experience of human connection.

This research explores the complex emotion of jealousy, a feeling that has traditionally been seen as a challenging aspect of any relationship. However, when understood and managed in a healthy way, jealousy can be a tool for growth and deeper understanding in any relationship. By examining the different facets of jealousy and how it manifests, we learn to navigate these feelings more effectively, leading to healthier and more fulfilling relationship networks.

The concept of non-monogamy is not a one-size-fits-all solution, but rather a spectrum of possibilities, each with its own unique dynamics and challenges. These alternative structures offer opportunities for growth, self-discovery and deep emotional connections that may be less accessible in traditional monogamous arrangements.

This manuscript does not advocate one type of relationship over another. Instead, it aims to shed light on the evolving landscape of loving human bonds. By understanding the different forms, the emotional intricacies involved, and the skills needed to navigate them successfully, we empower ourselves to make choices that are authentic and fulfilling.

It's a journey towards deeper, more loving and meaningful connections that reflect the complexity and beauty of the human experience.

Some Definitions

True Love is a deep feeling of togetherness between any two souls, whether they are friends or in a relationship. It transcends ordinary affection and is nurtured through loving eye contact, hand holding and hugging.

Deep Love is a strong feeling of trust and vulnerable openness between any two souls, where full mutual acceptance leads to the wish for oneness and completeness, which can be experienced in varying degrees, also in non-sexual ways.

Fully Free means being without clothes, embodying a sense of liberation, openness and vulnerability, encouraging a deeper connection with oneself and the world around. For a safe, sensual embrace, only one soul could be fully free.

Moon Love is a relationship built on unconditional love between two divine friends with a sacred sensual togetherness once every lunar cycle. The bond thrives on open, honest and loving

communication, nurturing trust and respect for each other's needs and longings and may include permissions such as holding hands and long embraces, promoting a life based on the abundance of love.

(See last chapter for more details and other types of relationships: *Romantic Relationships in the Magical World of Sanuela*.)

More about Moon Love and other types of relationships in my book *Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela*.)

New Visions of Love

If you share these visions and would like to help bring them into the world, please get in touch with me.

1. Transcending Our Fear of Love

Some may think that we are not afraid of love. But this fear is so deeply embedded in our social and mental patterns that we don't even allow ourselves to see it.

Let's open and connect our hearts to expand our love consciousness. We can begin with eye contact and hand holding and experience True Love. Hugs are optional and can bring deep healing.

Why do we reduce the experience of loving one another to closed relationships? It can be felt deeply with any other soul if we allow it.

2. Empowering Angelic Humans

The deeply healing work of the High Priestesses, Marys or angelic humans is an offering of truly lived and experienced love, always given freely and voluntarily and experienced together as it intuitively feels right.

Many souls have amazing energetic healing powers. Most use them without being fully aware of it. Imagine a world where we support those who can heal with their presence.

Let us bring and keep angelic humans in their highest and most healing love frequencies. Let love be our medicine.

3. Building Networks of Love

Monogamous bonds are based on ego and fear, they make us dependent on the love of a single soul, cause severe withdrawal symptoms and often lead to traumatic hurts and separations.

Love relationship networks are based on trust, honesty and unconditional love. They can bring stability, security and an abundance of love into our lives. Let's build them together and support each other.

Imagine being in love ALL THE TIME. We just need to be honest and fully aware of each other's feelings.

∞ Which World Do You Prefer?

In a world where love is rare
Compliments are rejected
Invitations become threats
Friendships are cancelled
Hearts guarded and closed
All out of fear.

In a world full of love
Compliments and invitations
Bring more love into our lives
Making us more fulfilled
Hearts stay open and open wider
All from love.

∞ Opening the Cages of Love

Love is all that counts in life, we say

Love can be complicated, we say

Love must be protected, we say.

So we close ourselves in a cage of mind and habits

On very rare occasions we open a little

Just a bit, because we find love spooky.

We are more afraid of love than of anger

Instead of letting our inner butterflies

Expand and explore, we close our doors.

No one shall enter because it would be too scary

Too complex, too challenging, too risky

Our closed comfort zone is very well trained.

Allowing stronger streams of love into our lives
Makes us whole, strong and more aware
Can we feel this with each other without shame?

Without judgement, without categories and boxes
Holding hands in unconditional love
Feeling inner oneness with a human mirror.

∞ Ego Pulling

Some can only open themselves to love
When they know that they can own someone
My physical and emotional property! Mine alone!

If they don't own, they can get angry
Or scared, nervous, or depressed
When love knocks on the door.

When the ownership is challenged
Or when our love drug is missing
We can have withdrawal symptoms.

The pulling of the ego is strong
Causing us pains and hurts
Unless we can let go and surrender.

It Is Okay to Be Jealous

There are ways to work through some of the major pain points of this complex emotion. Before we ease the triggers and secure our feelings of love, it is important to first be able to accept jealousy as part of being human.

As we open up to love, we become more vulnerable. This is a beautiful thing. If we communicate clearly with a partner or others involved: *I am jealous*, then this is a request for help, and it needs to be valued by everyone involved. It means: *I feel love, I feel vulnerable and I am being honest about it.*

Then everyone involved can come together and find ways to help and guide us through our pain. When everyone offers their loving care, jealousy can be a bridge to a deeper love for each other. And if we play it well, keeping everyone safe while tingling with the fiery emotions of arousal and excitement, it can even catapult us into high states of astral bliss.

Seven Benefits of Love Relationship Networks

The concept of forming a love network – where each partner has one or two fully dedicated relationships along with one or more Moon Love relationships – offers a new dimension of emotional and social fulfilment.

This approach to relationships celebrates the complexity and richness of human connections and provides a canvas for individual souls to express and experience love in its many forms:

1. Enhanced emotional support: Such a network provides a broader base of emotional support, as different partners can offer different perspectives and types of comfort. The network provides a kind of safety net, ensuring that the impact of challenges in one relationship is cushioned by the strength of others.

2. Personal growth: Navigating multiple types of relationships can lead to significant personal development, including improved communication skills and emotional intelligence.
3. Deepened trust, honesty, and empathy: These relationships require high levels of trust, honesty, transparency, and vulnerability to function healthily, leading to a deeper emotional bonding. Managing multiple intimate relationships can increase empathy, as partners learn to understand and appreciate different viewpoints and emotions.
4. Diverse intimacy: Different relationships can fulfil different intimacy needs, whether emotional, intellectual, or physical, leading to a more satisfying love life overall. Diversity in relationships can bring joy and excitement, keeping the romantic and emotional life vibrant and fulfilling.
5. Less pressure on individual partners: No single relationship bears the entire burden of meeting all emotional, intellectual, or sensual needs, which can reduce stress and increase relationship satisfaction.
6. Freedom of expression: Partners can explore different sides of themselves with different people, leading to deeper self-understanding and expression. This structure encourages

each partner to maintain their independence and individuality, which is essential for personal well-being.

7. Expanded social circle: Such networks often lead to larger social circles, offering a wider range of friendships and connections. A love network can function as a small community, providing a sense of belonging and mutual care.

Five Sensual Rewards of Non-Monogamous Relationships

Ethical non-monogamy opens up avenues for exploring new dimensions of sensual desire and connection, often leading to a rejuvenated sense of passion, romance, and intimacy in our life.

1. Reigniting passion: Engaging with a second partner or a Moon Love partner can reignite passion and excitement in a fully dedicated relationship, as it can break routine and bring a fresh perspective to our sensual life.
2. Personal growth and self-discovery: Exploring relationships with different partners can lead to significant personal growth, self-discovery, and self-love, including a better understanding of our own sensual desires.

3. Improved communication: Ethical non-monogamy often requires a heightened level of honest and loving communication about desires, boundaries, and experiences, which can lead to deeper understanding and intimacy.
4. Increased self-esteem and desirability: The affirmation and attraction from multiple partners can boost our self-esteem, self-love, and sense of desirability.
5. Reduced pressure on a single partner: Spreading emotional, physical, and sensual needs across multiple partners can reduce the pressure on a single partner to fulfil all these needs.

∞ Building Bridges

Allow me to build a bridge

For more openness and love

But you need to let go the fear

Of stepping on the bridge

Take my hand

Let's face the fear together.

∞ *Allow Me to Feel Love*

Allow me to gaze into your eyes

Allow me to hold your hands

Allow me to fully embrace you.

Allow me to let go and surrender

Allow me to open my heart wide

Allow me to unfold my wings.

What you do is your choice alone

Feel it only within yourself

Or feel it with me together.

∞ Loving You Back

I allow you to love me

Choose any language and expression

Open and let the love flow

Without owning or doubting

As a reflection of yourself

I will always love you back.

Eight Angles on Understanding Jealousy

Jealousy, often rooted in insecurity and fear, is a multifaceted and complex human emotion. It involves a range of feelings, thoughts and behaviours that can have a significant impact on relationships and personal well-being.

Recognising and understanding the different dimensions of jealousy is crucial to effectively navigating and transforming it, enabling us to approach it with greater empathy, self-awareness and emotional intelligence.

Insecurity

- Vulnerability: Feeling open to hurt, especially the fear that someone special might leave.
- Comparison: Looking at others and thinking they are better or have more, making us feel less good.
- Self-doubt: Questioning whether we are good enough for the person we are with.
- Low self-esteem: Feeling that we don't deserve someone's love or that we are not very important.

Anxiety

- Uncertainty: Being afraid of being left or worrying that our relationship isn't solid.
- Catastrophising: Always thinking the worst is going to happen in our relationship.
- Overthinking: Spending too much time worrying about losing someone or thinking they will betray us.

Obsession

- Dependence: Relying too much on the person we are with for our happiness.
- Compulsion: Feeling that we always have to think about or be with our partner.
- Intrusive thoughts: Being stuck in a loop, repeating the same worrying thoughts over and over again, with no control over them.

Possessiveness – Owning Someone:

- Exclusivity: Wanting someone all to ourselves and not wanting them to pay attention to anyone else.
- Control: Telling our partner what they can do and who they can see.
- Territorial behaviour: Drawing a line around someone and saying they're ours, marking emotional boundaries with or without justification.

Distrust

- **Paranoia:** Worrying that our partner might be cheating on us, even when there's no real reason to think so.
- **Monitoring:** Always looking out for the slightest sign that our partner might be unfaithful.
- **Projection:** Projecting our own weakness or hidden, repressed desires onto our partner or the other person, fearing that they will behave as we imagine.

Envy

- **Greed:** Really wanting the good things that someone else has, such as their looks, success, or things they own or experience with someone else.
- **Resentful longing:** Feeling unhappy or bitter because someone else has or experiences something we wish we had.

Competitiveness

- Rivalry: Seeing others as opponents, as if their win is our loss, driven by a constant sense of lack.
- Achievement-oriented: Always trying to be better than others, afraid of losing someone's love and of being overtaken or replaced.

Overprotectiveness

- Defensiveness: Being on the lookout for any signs that could mean trouble for us and our partner.
- Preventive actions: Doing things to protect our relationship from problems that could arise.

Ten Gender-Specific Perspectives on Jealousy

The experience of jealousy can be influenced by a number of factors, including cultural, social and individual differences. It's important to note that while there are some trends in how men and women experience jealousy, these are generalisations and don't apply to everyone. Personal experiences can vary widely, regardless of gender. Nevertheless, here are some general observations that have been made in studies and psychological observations:

Male Trends in Jealousy:

1. Physical rivalry: Often more focused on physical or sexual aspects due to social and evolutionary factors.
2. Status and competition: Feeling threatened by perceived more successful rivals.
3. Territoriality: Displaying protective or even possessive behaviour towards romantic partners.
4. Pride and ego: Jealousy linked to ego, with self-esteem affected by perceived threats.
5. Control issues: Linked to a desire for control in the relationship, especially when feeling insecure.

Female Trends in Jealousy:

1. Emotional fidelity: More responsive to emotional infidelity, valuing deep emotional connections.
2. Self-perception and societal norms: Considering one's self-image and adhering to societal standards, leading to interpersonal comparisons.
3. Resource security: Concerned about security and partner support.
4. Social networks: Influenced by the partner's interactions within social circles.
5. Fear of abandonment: Related to concerns about losing deep emotional connections with partners.

Six Potential Jealousy Triggers

Understanding what sparks feelings of jealousy is an important step in addressing and navigating them effectively.

1. Uneven attention: One partner feels left out or neglected when their partner seems to spend more time or show more affection to another partner.
2. New Relationship Energy (NRE): One partner experiences strong excitement and energy with a new partner, making the other feel that their relationship is less exciting or important.
3. Differences in intimacy: One partner discovers that their partner shares a different type of intimacy or intimate activity with another partner that they haven't explored together.

4. Special occasions clash: One partner plans a special event or date with another partner on a day that is important to the other partner.
5. Comparisons and insecurities: One partner begins to compare themselves with another partner, focusing on perceived shortcomings in themselves or their relationship.
6. Changing plans: One partner often changes plans at the last minute to accommodate another partner, making the other feel less prioritised.

∞ Connecting

Holding our hands, left up, right down

Eye-gazing if it feels comfortable

Feeling and sensing each other

Letting go of any shields.

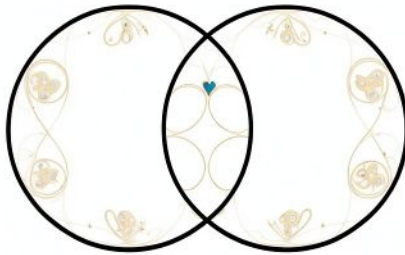
Sensing the Me, then the You

Then the We, forming the Loving Three.

If we both allow, we can hug

Feeling our hearts and our love more closely.

∞ One And One Make Three



When one soul and another hold hands in love
They grow into more than one and another
Together, they overcome polarities and differences.

As the bodies connect in loving, conscious touch
Our astral bodies merge, blend, and balance
Feeling the astral union forms the third.

By becoming the Three, we experience
completeness

Wholeness, peacefulness, protection

If we allow and open, we can feel this with many.

We touch in love and become the Three

Feeling our inner balance, our light

Allowing love to flood through our bodies.

Six Ways to Overcome Jealousy Together

It would be too easy and not very empathetic to say that any jealousy that arises is the partner's problem. In a loving relationship network, everyone involved should have an honest interest in helping each other through these complex emotions.

1. Empathy for Each Other's Pain

- Active listening: giving full attention to each other's feelings without judgement
- Validation: acknowledging each other's emotions as real and significant
- Patience: giving each other time to work through their feelings

2. Taking Responsibility to Help the Other

- Open communication: discussing feelings and concerns openly, lovingly, and honestly
- Reassurance: regularly reaffirming your commitment and care for them
- Setting boundaries: agreeing on what is acceptable behaviour for all parties

3. Building Trust

- Consistency: being reliable and steadfast in actions and words
- Transparency: sharing thoughts and feelings to encourage openness
- Practice: engaging in activities that build mutual trust and understanding

4. Building Self-Esteem

- Positive reinforcement: complimenting each other's strengths and contributions
- Encouragement: supporting each other's interests and personal growth

- Independence: encouraging each other to find happiness and confidence outside of the relationship

5. Reducing Triggers

- Understanding sources: identifying specific situations that trigger jealousy
- Prevention: avoiding known triggers whenever possible
- Problem-solving: working together to address issues that cannot be avoided

6. Professional Support

- Couples therapy: seeking help from a therapist to work through jealousy issues
- Self-help resources: reading books or attending workshops on overcoming jealousy
- Support groups: joining groups for people with similar challenges

Eight Ways to Overcome Jealousy By Yourself

Although feelings of jealousy should be addressed collectively, there are many facets and ways to work on them personally.

1. Self-Reflection

- Acknowledge and accept your feelings: Recognise when you're feeling jealous and acknowledge it with kindness and without judgement.
- Identify the root causes: Understand what triggers your jealousy – is it insecurity, past experiences, or something else?

2. Emotional Regulation

- Practice mindfulness: Use mindfulness techniques to stay present and reduce overthinking about hypothetical situations.
- Use calming strategies: Deep breathing, movement, meditation, connecting with nature, or engaging in relaxing activities can help manage intense emotions.

3. Boosting Self-Esteem

- Focus on self-care: Prioritise activities that make you feel good.
- Set personal goals: Work on personal achievements unrelated to your relationship.

4. Communication Skills

- Express your feelings: Communicate in a non-confrontational way, using "I" statements to avoid blaming your partner.
- Seek understanding, not reassurance: The more you understand yourself, the less you need reassurance from others, including your partner.

5. Rational Thinking

- Sit with your thoughts: When you notice jealous thoughts, try to look at the situation objectively and note their potential value.
- Focus on trust: Remind yourself of the reasons why you trust your partner.

6. Personal Growth

- Pursue hobbies and interests: Engaging in activities you enjoy can help shift the focus away from jealousy and improve your overall happiness.
- Build a strong support network: If possible, spend time with people who make you feel loved and valued.

7. Avoid Unhelpful Behaviours

- Avoid controlling behaviour: Respect your partner's privacy and resist the urge to constantly check up on them.
- Avoid comparison: Focus on your unique qualities and accomplishments.

8. External Help

- Professional help: A good coach or therapist can help you understand the deeper causes of your jealousy and develop strategies to overcome it.
- Self-help materials: Books, podcasts, or talks on overcoming jealousy can provide valuable insights and coping mechanisms.

∞ Boundaries and Permissions

Everyone talks about boundaries

Mostly living in love scarcity

To experience love abundance

Let's talk about permissions.

∞ *Living In Love Abundance*

Rather than shutting each other out of love

Driven by ego, fear and scarcity

We could encourage each other

Show our partner a potential Moon Love

Help them make a loving first contact

Reassuring that this is okay and wanted

Offering stability, more nourishment

More growth and abundance of love

Into our network of love relationships.

Ten Reasons Why Mild Jealousy Can Be Beneficial

Mild jealousy, often viewed negatively, can have surprisingly beneficial aspects when perceived and handled in a healing way.

1. Increased appreciation: A small dose of jealousy can remind partners of their value to each other, leading to a renewed appreciation of their relationship.
2. Catalyst for Communication: It can encourage open and honest dialogue about feelings, needs, and boundaries, thereby strengthening our communication in a relationship.
3. Stimulating desire: In moderation, jealousy can add an element of excitement to a relationship, potentially reigniting passion and desire between partners.

4. Personal growth: Experiencing jealousy can be a stimulus for self-reflection and personal development, helping us to understand and work on our insecurities.
5. Indicating commitment: A little jealousy can be a sign of deep emotional investment in the relationship, highlighting its importance to both.
6. Motivation for improvement: It can serve as a motivator to improve ourselves – whether it's personal skills, self-care, or emotional intelligence.
7. Highlighting issues: Jealousy can act as a signal of underlying problems in the relationship that need to be addressed, such as trust concerns or imbalances in attention.
8. Thrilling and sexually stimulating: When approached with clear and honest communication, a mild level of jealousy can be exciting and sexually stimulating, potentially enhancing our love life.
9. Building trust: Overcoming mild jealousy together can build stronger trust, as we learn to navigate and resolve these feelings as a team.
10. Fostering empathy: Understanding and managing jealousy can foster empathy and compassion as we learn to support each other through these emotions.

Nine Ways to Cultivate Compersion with Your Partner

Compersion is often described as the opposite of jealousy in relationships. It's a deep emotional state in which, instead of focusing on our own threatening feelings of insecurity or loss, we shift the focus to our partner's joy in other connections and experience happiness and fulfilment from their happiness and pleasure.

Cultivating compersion is about transforming the energy typically consumed by jealousy into positive, loving support for your partner's well-being and satisfaction. This shift in perspective can profoundly enhance the love in a relationship, fostering a deeper understanding and emotional bond between partners.

1. Shared pleasurable activities: Engage in activities that bring joy to your partner and actively participate or encourage them, feeling happy in their happiness.
2. Planning their dates together: Get involved in helping your partner plan their outings with another partner, showing support and enjoying their anticipation.
3. Supporting their preparation: Help or be present when your partner is getting ready for a date with another partner. Focus on their excitement and happiness and let these feelings resonate with you.
4. Eye-gazing during happy moments: Practice loving eye-gazing with your partner when they are experiencing moments of bliss or excitement, allowing you to empathically connect with their positive emotions.
5. Empathic communication: Discuss each other's feelings and experiences regularly, focusing on understanding and empathising with the joy and excitement your partner is feeling.
6. Reflective listening: Practice reflective listening when your partner shares happy experiences from other relationships, showing authentic interest and pleasure in their stories.

7. Mindfulness and meditation: Engage in mindfulness or meditation practices that focus on love and compersion, visualising your partner's happiness and feeling it as your own.
8. Approval exchange: Regularly exchange validation in which you acknowledge and express joy for each other's happiness, even if it's from other sources.
9. Joint gratitude journaling: Keep a shared journal in which you both write about things that have made you happy, including experiences from other relationships, and reflect on them together.

∞ *We Are Everything*

When two meet and share time together

They can be for each other however they choose

Both will see a good reflection of themselves in the other.

∞ *Stability of Three*

When three come together
Trusting, loving, and surrendering
Where each two lovingly care
Supporting and balancing the third
Transcending ego and pain
There is great healing and growth.

Eight Possibilities in Love Beyond Monogamy

This exploration serves as a creative eye-opener to the vast potential of human relationships, encouraging to consider and respect the diverse ways in which people can experience and express love.

1. Moon Love with a third partner: One partner forms a Moon Love relationship with a third partner, characterised by deep emotional connection and special love ceremonies, while maintaining their fully dedicated partnership as before.
2. Shared Moon Love experience: Both partners, as a couple, share a Moon Love relationship with the same third partner, creating a unique bond that is celebrated and nurtured once each lunar cycle.
3. Equal triad: All three partners form an equal triad, each sharing a romantic and intimate

bond with the others, fostering deep connections within the trio.

4. V-style relationship: One partner becomes the hinge of a V-style relationship, having a separate relationship with another partner, but these two partners do not share a romantic bond.
5. Nested partnership: The fully dedicated partners form a cohabiting partnership while one or both have external relationships with a third partner who does not live with them but is an integral part of their lives.
6. Fully dedicated partnership with occasional third partner: The partners maintain their relationship while occasionally inviting a third partner for special experiences, ensuring clear, honest, and loving communication and consent from all parties.
7. Comet relationship: The third partner enters the lives of the fully dedicated partners intermittently, like a comet, for brief periods of intense connection, then returns to their separate lives, adding a dynamic element to the fully dedicated relationship.
8. Shared interest bond: The third partner connects with the fully dedicated partners through shared interests, forming a loving bond that complements their relationship but

is centred around specific activities or passions.

Eleven Ways for Maintaining Balance in Ethical Non-Monogamous Relationships

Emphasising the importance of communication, honesty, and respect, this list offers insights into managing emotions, giving permission, setting boundaries, and ensuring that everyone's needs and wishes are acknowledged and valued.

1. Mutual goal setting: Setting shared goals for the relationship, which may include personal growth, relationship milestones, or shared experiences.
2. Open communication: Prioritising loving, honest, and open communication to discuss feelings, changes in the relationship, and any potential challenges that may arise.
3. Boundary reviews: Regularly reviewing and, if necessary, adjusting the boundaries of the

relationship to ensure that they remain appropriate and respectful for all involved.

4. Scheduled check-ins: Regularly scheduled discussions allow all partners to express feelings, address concerns, and reaffirm their needs and boundaries.
5. Conflict resolution plans: Having a predetermined plan for dealing with conflicts or misunderstandings, including agreed methods of communication and resolution.
6. Celebrating individuality: Recognising and celebrating the unique qualities each partner brings to the relationship, fostering a sense of individual value and contribution.
7. Individual self-care: Encouraging each partner to engage in personal self-care activities to ensure individual well-being within the relationship dynamic.
8. Rotational focus: Partners take turns focusing their attention and time on each other and any additional partners, ensuring that everyone gets quality time.
9. Shared calendar: Using a shared calendar to keep track of dates, events, and important moments with each partner, ensuring transparency and avoiding scheduling conflicts.

10. Emotional support systems: Establishing support networks outside the relationship, such as friends or therapists, to help manage emotions and maintain a healthy perspective.
11. Gratitude practices: Regularly expressing gratitude and appreciation for each partner to strengthen the positive aspects of the relationship and the emotional bond.

∞ Fear Of Opening

When love can heal our pain
Why do we close ourselves off
Hiding behind strict rules
Closed mindsets and mental boxes?

Deep and honest love seems daunting
Permission to touch is rarely given
Why are we afraid to open the doors?

When walking through our fears
Is our best chance for growth and healing
Then let's learn how to walk
And let's be whole again.

∞ Opening Our Flower Buds

When love knocks on our door
Mind and ego begin their work
Are we allowed to feel this?

Only when we can fully let go
Only when we can fully surrender
We are able to feel deep love.

Let's allow
Let's let go
Let's surrender.

Nine Ways to Navigate New Relationship Energy (NRE)

New Relationship Energy (NRE) is the exhilarating and intense feeling of excitement and infatuation often experienced at the beginning of a new romantic connection. Characterised by heightened emotional and physical intensity, NRE can significantly influence one's focus and energy towards a new partner. By managing NRE wisely, we can enrich our relationship networks while maintaining healthy, stable, and meaningful connections with all partners.

1. Understanding the NRE cycle: Recognising that NRE is a temporary, intense phase helps to manage expectations and emotions.
2. Prioritising stability over constant new thrills: Focusing on stable, long-term relationships within a love network can provide a more balanced experience than the frequent pursuit of new partners, which can be destabilising and create imbalances.

3. Open communication: Regular, honest discussion about feelings and experiences related to NRE is essential to maintain trust and understanding.
4. Maintaining existing relationships: It's important to ensure that long-term relationships receive adequate care and time, and that all attention and affection is balanced to avoid feelings of neglect.
5. Setting realistic expectations: Recognising that the intensity of NRE may diminish over time allows deeper connections to develop at their own pace.
6. Self-reflection on relationship motivations: Reflecting on the reasons for seeking new relationships ensures alignment with personal goals and the values of the relationship network.
7. Establishing permissions: Setting clear permissions and boundaries about how new relationships are integrated into our lives can ensure that the needs and comfort levels of all involved are respected.
8. Cultivating compersion: Embracing the joy of a partner's happiness in new relationships can counteract the potential negative effects of NRE.
9. Seeking support: It is always helpful to connect with supportive friends and

experienced souls who understand the emotions and complexities within a relationship network.

Twelve Core Values for Ethical Non-Monogamous Relationships

This guide serves as a roadmap for navigating the unique challenges and opportunities of non-monogamous relationships. Embracing these values can lead to a more positive and enriching experience, and strengthen the mutual respect and understanding that are essential in any relationship structure.

Trusting Freedom:

1. Trust: Building and maintaining trust through transparency, honesty, and reliability. Trust is the foundation that allows for expansive, empowering freedom and exploration.

2. Respected individuality: Maintaining respect for each partner's individuality, choices, and boundaries.
3. Freedom: Respecting each partner's liberty while ensuring that this freedom doesn't compromise the trust and safety of all involved.

Caring Closeness:

4. Caring: Giving priority to each other's emotional, physical, and spiritual well-being. This includes being attentive to each partner's needs and showing compassion and empathy.
5. Intimacy: Promoting emotional and/or sensual closeness and connection, ensuring that each partner feels valued and intimately connected.
6. Emotional intelligence: Being aware of and responsive to our own emotions and the emotions of others.

Communicating Loving Consent:

7. Loving communication: Emphasising open, honest, and regular communication to express feelings, discuss boundaries, and address any concerns or changes.
8. Consent: Ensuring that all interactions and developments are consensual, with clear and loving agreements from all involved.
9. Voluntary participation: Emphasising the importance of all interactions and decisions being freely chosen, without pressure or coercion.

Shared Growth Commitment:

10. Shared values and goals: Establishing shared values and goals for the relationship(s) to ensure that everyone is working towards a common vision.
11. Commitment to growth: Embracing personal and relational growth, understanding that relationships are journeys that amplify learning and evolving together.
12. Flexibility: Being adaptable and flexible to the changing dynamics and needs of all involved, recognising that relationships can grow in different ways.

Five Elemental Soul Parts

This categorisation is just one example of the multitude of different energies that humans can emanate, and that we can fully immerse ourselves in some souls. Most are unique blends of all types, some are more predominantly of one type. The following is a mental classification according to the five known elements: earth, water, fire, air and spirit. Let's not forget that we often perceive others more easily in the way we want to see them, depending on our perspective.

1. Earth. Stable like trees, balanced, cosy and comforting, peaceful, and sensual. They like to stay at home, making it really cosy and comforting. We want to surrender completely, sink in with them and grow roots. There is a strong angelic healing energy radiating from them. They love to cuddle, and the awakened ones are the very best cuddling friends or partners.
2. Water. The purely sensitive and sensual snakes. We want to please them in every way

possible. Unawakened: Don't touch me! These often radiate a constantly repressed longing for sensual pleasures, triggering our own longing for them. Awakened: Unconditional love and sensual pleasures on the highest level. Our astral bodies want to be united with their sacred astral waters all the time, but they love to play and sometimes even abuse their powers.

3. Fire. The sensual-energetics. Multisensual excitement with continuous change. They bring a swirling swing of constant electricity and bliss into our life, thrilling and also a lot to process emotionally. High growth potential. The fall after separation is steep. Unawakened: Literally anything can happen. Awakened: Anything can happen, but guided by awareness and love.
4. Air. The hyper-sensitive healers and creators. Pure, strong, honest, loving, and clear. They radiate a high frequency of purity from within, healing you from the inside out, it feels like you are constantly being showered in pure white light. Often mentally sharp and used to multidimensional complex thinking or feeling. Unawakened: I'm not an angel! Awakened: Powerful.
5. Spirit. All is well when they are with us. Nothing else matters. Good connection to Gaia's and their own superconsciousness and intuition. Most humans have varying

degrees of this type naturally flowing within them. Awakened: Living the Divine Will.

∞ True Love

Most of the 'love' in our world is superficial

Most couples experience a warm sense of comfort

Nothing more.

If we allow ourselves

We can open our love consciousness

We can experience true love with any soul.

We can feel love by connecting with our eyes and hands

Hugs are great when we dare to open further

Expanding the You and Me, becoming the We.

∞ Deep Love

When trust comes

We can open up

Deep Love comes

By being vulnerable

When we offer our union

When we accept the other within

The shared feeling of oneness

It can be lived in different degrees

What matters is the wish.

Eye-Gazing and Hugging Meditations

A heart-warming, deep connection does not have to be sensual or sexual if that is not desired. Eye gazing meditations or long loving hugs can be so deeply nourishing for each of us that it may be all we really need to experience our love for each other.

For the eye-gaze we sit very close to each other, knees can touch if it feels comfortable, and we can also hold hands to feel a stronger connection. Then we look into each other's eyes. There is nothing to 'see' in the other except ourselves. Whatever we feel is not theirs, it is ours. So let's not project our feelings, just feel inside, breathe through the heart chakra and feel love(d).

Hugging meditations can be done standing or sitting (Yab Yum style). The hands can be placed intuitively where it feels best. Allow plenty of time and change positions as needed. When both are

breathing through their heart chakra, both can receive pure and deeply healing love.

Cuddle Friendships

Many love the comfort and sensuality of cuddling, but fear that neither they nor their cuddle partner will be able to maintain the boundaries of greater intimacy. If we act on our fears, we keep an important part of our love life away.

Having one or more cuddle friends can be an enriching and deeply healing experience. When both are at peace with each other, both can give and receive equally.

To make the cuddling more sensual, one might decide to remain unclothed while the other maintains the boundary of cloth, so that both feel safe and comfortable.

Sensual arousal can be acknowledged and cherished, it doesn't have to be acted upon.

Learning to Trust Again

Do we truly trust one another to allow each other to be honest and open about how we feel about our sensual desires or longings for love?

Do we truly feel enough love and compassion for our partner to be able to give them their sensual freedom? Can we trust our partner not to abuse a given freedom?

Can we trust ourselves to feel comfortable with the freedom we give as long as our partner shows their deep, honest and free love for us?

Opening Our Hearts

Does a freely given love feel more exciting, more valuable and much deeper than a love given based on a boundary rule that creates a sensual ownership of our partner?

Can we allow ourselves to truly open our hearts to someone else while keeping our deep heart connection with our partner stable or even enriched?

Can we learn to open our hearts wide enough to allow our partner some forms of closeness with others? Can we learn how to enjoy the romantic or sensual joy and pleasure of our partner?

Romantic Relationships in the Magical World of Sanuela

Why should we allow only a black and white concept of a fully committed and completely closed romantic relationship between two souls when there are many other ways of living human love with one another?

These descriptions offer a path to more openness, creativity, and awareness in our relationships, allowing for growth and change to happen when we feel like it.

They are not meant to be a new system of rules and restrictions. If your Moon Love wants to be more free and flexible, then by all means have a second sensual love ceremony per lunar cycle, make it a weekend, find other ways of connecting, and perhaps find your own name for it. All these variations are just creative examples. Do what feels right for you.

The following is an extract from the book: *Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela*

Adoring Devotees choose to have a one-moon cycle of exploration and connection with each other, followed by a break. They spend this time exploring their connection, learning to communicate openly and honestly and being there for another. The relationship can be adjusted based on individual needs and wishes, ensuring mutual understanding and emotional well-being. The goal is to experience deep love and transformation while honoring individual boundaries and growth. After the cycle, they may take a break and return to their regular lives, transformed by the love they shared. Or, they may decide to find alternative arrangements that work for both parties.

Moon Love is a relationship built on unconditional love between two divine friends with a sacred sensual togetherness once every lunar cycle. The bond thrives on open, honest and loving communication, nurturing trust and respect for each other's needs and longings and may include permissions such as holding hands and long embraces, promoting a life based on the abundance of love.

A **Starbond Love** is a deep and celestial connection between a love couple. It involves limiting physical intimacy to one night of passionate lovemaking

under a starlit sky, while the rest of the relationship is built on emotional and intellectual connection. The purpose is to experience a sacred love ceremony with someone who they wouldn't otherwise have a committed relationship with, allowing for inner connection and support for personal growth. After the initial night, any arousing during moments of closeness is lovingly cherished, but not further kindled. It is a unique bond that keeps the hearts open and fosters unconditional love and lasting memories.

Veilheart Relationships are characterized by a mystical and enchanting love that surpasses physical boundaries. The couple doesn't touch each other directly but experiences a profound emotional bond. Their love is considered a conduit for divine messages. While touch is a traditional means of connection, some couples choose Veilheart Love for its unique appeal, desiring an intimate connection on a deeper astral level despite the absence of physical touch. The intensity and depth of love in Veilheart relationships can be significant, even without direct physical contact.

Whisperbond Love is characterized by a foundation of trust and secrecy. Couples in these relationships share a deep emotional connection, openly revealing their innermost thoughts and feelings. Complete transparency is key, with no room for secrets, allowing for a profound level of trust, surrender, and authentic love. Physical affection, including caresses and kisses, can be explored within the boundaries set by the couple.

This may include the potential for arousal if mutually agreed upon, but without physical oneness.

Flamebound Love is a passionate and intense relationship characterised by explosive chemistry and shared adventures. The couple embraces physical closeness and lives their passion to the fullest. However, their connection may be temporary, as their differing souls may struggle to find peace and stability. It provides an opportunity for inner healing and the exploration of deep intimate desires, making it suitable for those seeking intense erotic attraction for a limited period of time.

A **Dreamscape Love** is a relationship that unfolds within the realm of dreams and imagination. The couple shares a profound connection that transcends physical boundaries. They engage in communication and exploration through their dreams and fantasies, where they can create an intimate and sensual experience together. While physical touch and closeness can be imagined, there is no actual physical union. Dreamscape Love offers a unique sense of freedom and healing, allowing for sensual expression within the agreed-upon boundaries of the couple's dreamscape.

In a **Luminary Union**, the couple supports each other in finding divine illumination, inner healing, and spiritual growth. They embrace differences and act as mirrors for one another. The majority of their relationship emphasizes emotional and intellectual

closeness and shared spiritual pursuits. Physical intimacy is reserved for special celestial events like solstices or other occasions, with the couple deciding the extent of their experience.

An **Echoheart Love** is a relationship rooted in music, resonance, and close friendship. The couple communicates their love through melodic harmonies and honest, loving communication. Physical closeness is expressed through holding hands, embracing, and sharing gentle dances. They also explore the power of music and vibrations together, creating harmonies that deepen their connection and enrich their relationship.

Whirlwind Affair relationships are marked by intense passion and fleeting encounters. The couple's love is intense but short-lived, fueled by a sense of urgency and the knowledge that their time together is limited. Their physical intimacy is passionate and adventurous, characterized by exhilarating moments of connection. However, once their time together ends, they part ways, carrying the memories of their intense romance.

Timeless Union relationships defy the boundaries of time and space. The couple's love transcends mortal constraints, stretching across different eras or dimensions. They are allowed physical closeness only during rare temporal alignments or at specific mystical locations. The rest of their relationship is built on patient waiting and longing for their fleeting moments together, creating an everlasting bond that withstands the test of time.

How to Start?

If you feel drawn to live your love life in a new way, and you are in a relationship at the moment, then talk to your partner about these ideas. It may take many deeply honest and heartfelt conversations to find out what you both like, where one of you feels fear, jealousy or other emotions associated with taking the first step towards opening up.

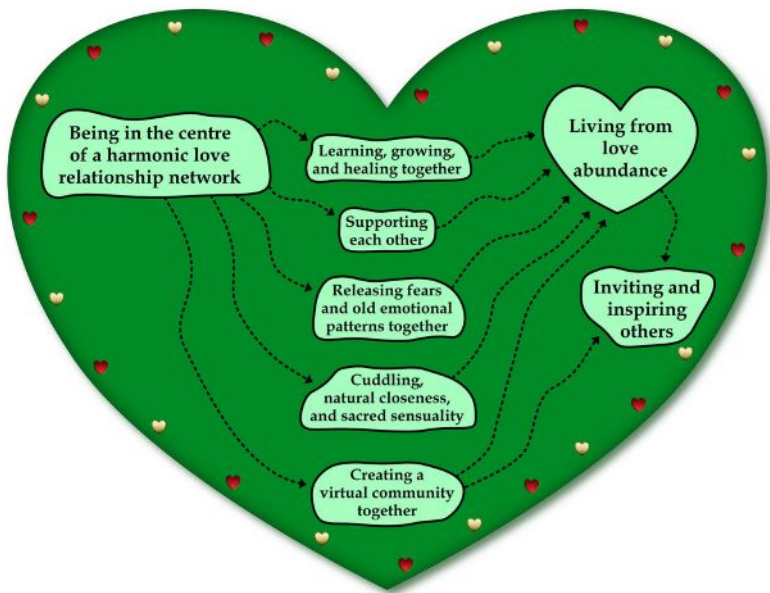
As described in the chapter: *Six Ways to Overcome Jealousy Together*, jealousy is not just the other's "problem"; it needs to be seen and approached with empathy and sensitivity by all involved.

As outlined in the book *Human Connection...*, one can begin by integrating a cuddle friendship or a Moon Love into an existing relationship and see how it feels at each step of the way. Everyone's safety and comfort is important to keep the trust and love alive.

If you are single, consider asking someone you really like about a cuddle friendship or Moon Love

relationship with you. Perhaps this initial connection will lead to something bigger in time. Or the two of you could keep it that way, or change your individual daily and monthly permissions to your liking, until everyone feels comfortable with it.

From there you can expand. You may find another Moon Love or a fully dedicated relationship, but keep your existing Moon Love partner informed, safe and comfortable with everything you do. Building a relationship network has nothing to do with 'free love' and living out all your sensual desires with as many partners as you can find. It is about focusing on reliable relations and deepening your trust, empathy and open, loving communication with each other.



Appendix

About the Author

Born as the youngest in a family of psychologists and pedagogues, I strongly felt drawn to the more unconventional paths of learning and discovering my abilities, gifts, and passions. I quit the school system early and preferred to spend three years in the Ananda Assisi community, initiated as a disciple of Paramhansa Yogananda (*Autobiography of a Yogi*) by his direct disciple, Swami Kriyananda.

After three years of community, meditation time and inner development, I followed love and adventure, and was drawn into the maelstrom of the "modern" world. I learned how to drink and party, how to become addicted to an unhealthy lifestyle, and how to become either burned out or depressed as a result. In some long relationships, I loved my partners, endured both love and suffering; experienced all which life had to offer.

I experienced business life in its various phases – ups and downs, different directions and goals – designing advertisements, logos, or websites, bringing people together, making professional videos. I also studied and practised hypnotherapy and relaxation therapy practices, producing my own library of guided imagery and audio meditations; more than 80 titles are available in German.

On the beautiful island of Tenerife, I re-connected with my spiritual needs.

While programming apps for meditation and relaxation, I consulted various shamanic guides, participated in ceremonies with and without traditional shamanic plant medicine, engaged in cleansing and transformational rituals, and attended many retreats in complete darkness.

Right at the start of the Big Change in 2020, I was contacted by my spirit guides. They knocked three times at my door, quite literally: I found small pieces of wood on three successive days in my food, and wondered how to interpret that, if this was all a half-awakened dream universe.

I found out I'm not alone. I can communicate and, more importantly, love my spirit guides. They are part of me and I feel one with them. Just like me, you also have at least two spirit guides. Until now, my guides have never given me wrong information. We trust each other and love each other.

As for my daily life, I strive to live a fairly regular life – writing a lot. I also enjoy the wonderful nature of Tenerife. A few years ago, I was gifted a sailing licence course and I adore taking pictures, meaningful conversations, creating art... But yes, my writing takes up a lot of time.

I learnt and evolved through my intuitive writing. I ask questions and receive answers that surprise me again and again, even though I know the answers are coming from the same central well of cosmic knowledge that I feel within myself. So, writing often feels like remembering to me.

I experienced and wrote about chakra healing, kundalini, astral energies, other-dimensional experiences, shamanic ceremonies, conscious and sacred sensuality, and how to work through the inner processes on the spiritual path; such as fears, emotional pains, or guilt.

For myself, I found that there is one formula that surpasses all: LOVE. When love is present, then multidimensional healing and growth follow.

Love Is Calling

(to be published in 2024)



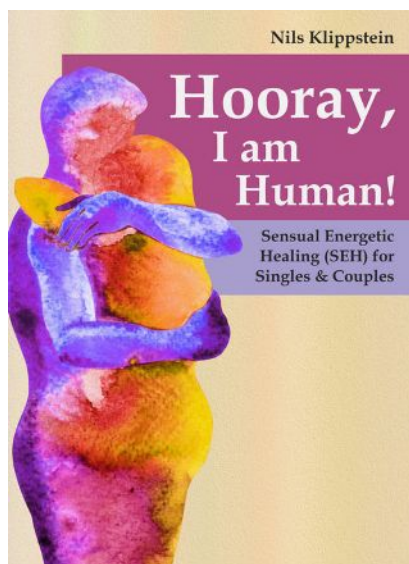
On the planet Perpetua, love is arranged by algorithms. Clara opts out to follow her intuition. Guided by her soul's inner calling, she explores the depths of love, trust, and authentic, honest connections.

This visual novel is about...

- Opening relationships in a safe, authentic, and honest way
- Exploring likes and dislikes, granting permissions and holding space for boundaries
- Building a stable love relationship network

Hooray, I am Human!

Sensual Energetic Healing (SEH) for Singles & Couples

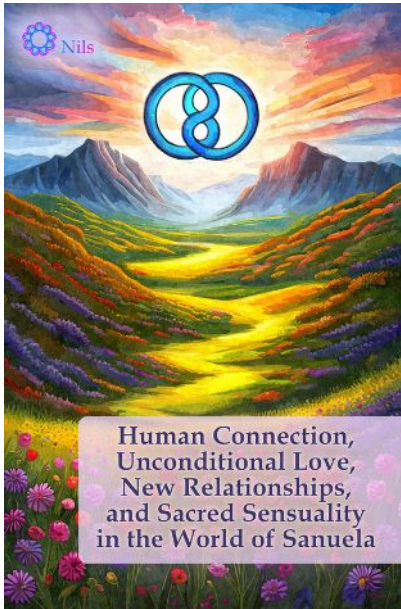


Sensual Energetic Healing offers a meditative experience centred on heart and touch, enhancing closeness and love. It's ideal for singles seeking human connection and couples looking to deepen their bond. Optionally, partners can explore meditative embraces with others to further

enrich their experience.

We experience being held, forgiven, trusted and unconditionally loved. We let go. We feel ourselves.

Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela

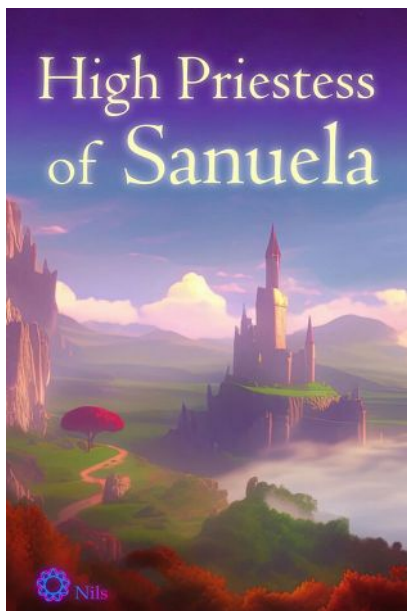


Enter the mystical world of Sanuela in this book where the High Priestess Ayana explores deep aspects of relationships. Topics covered include trust, honest communication, unconditional love, forgiveness, the balance of feminine and masculine energies, and the healing power of touch. The story

reveals the concept of Moon Love relationships, emphasising trust, respect and the dynamics of relationship triads and networks.

High Priestess of Sanuela

Spiritual Fantasy Romance



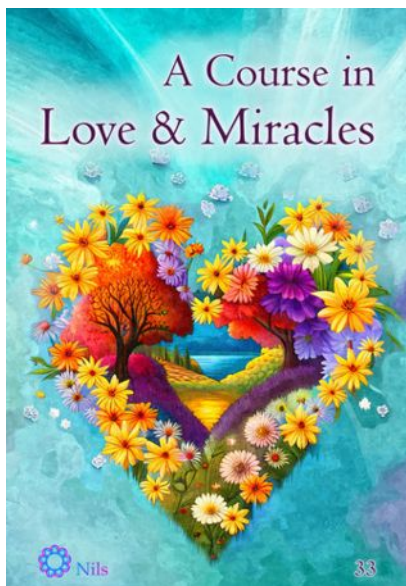
"Don't be afraid of becoming your highest light and deepest love. Trust and follow. In freeing yourself, you will free the others."

A fire fairy butterfly, spirit and keeper of the flames, offers the young woman Ayana to follow the calling of her inner prophecy to become a High Priestess of Sanuela.

Will she be able to let go of her fears, develop her energetic healing abilities and take on the responsibility to create beautiful visions of love for the good of Sanuela?

A Course in Love & Miracles

Embark on a Journey of Self-Love and Spiritual Growth



What if we connected a story to our personal lives so that we can radiate and share more love and light with each other?

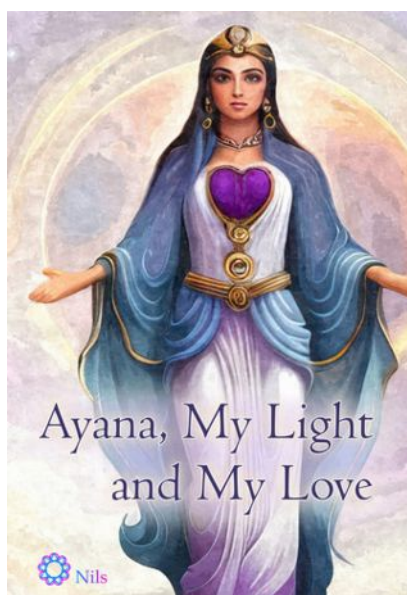
Discover the magical world of Sanuela, where self-love and miracles abound. Trust your intuition and adapt the suggested daily exercises to suit your unique path. Keep a

journal of love and miracles, allowing your emotions to flow and your relationships to flourish.

Ayana, My Light and My Love

Sensual Spiritual Romance

Ayana, a High Priestess of Sanuela, brings love, blessing, and inner healing to her world. She awakens pure, unconditional love in the hearts of souls and guides their longing towards self-discovery and inner wholeness.



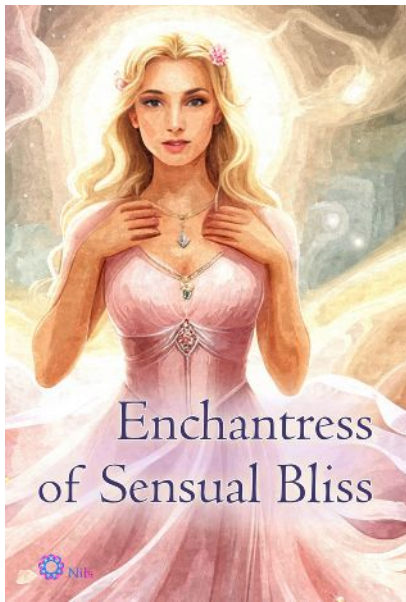
With the guidance of Goddess Sanuela and her spirit guides, Ayana shares her astral healing energies to support souls on their journey of growth and healing. The story explores sacred sensuality, the balance of masculine and feminine energies, and the search for inner unity, as Ayana faces

challenges to fulfil her prophecy. This story encourages to embrace love, healing, and unity in an awakening world.

Enchantress of Sensual Bliss

Tantric Fantasy Romance

Isadora and Leandro attend Lana Lightweaver's sacred sensuality course in the magical lands of Sanuela - an exploration of their intimacy that leads to a newfound appreciation and strengthens their honesty and love for each other.



Through the experience of breathing, touching and sharing energies, Isadora and Leandro learn to open up and make a promise to continue to grow in their love.

An unforgettable journey awaits them as they discover a love, longing, and hidden levels of pleasure that were

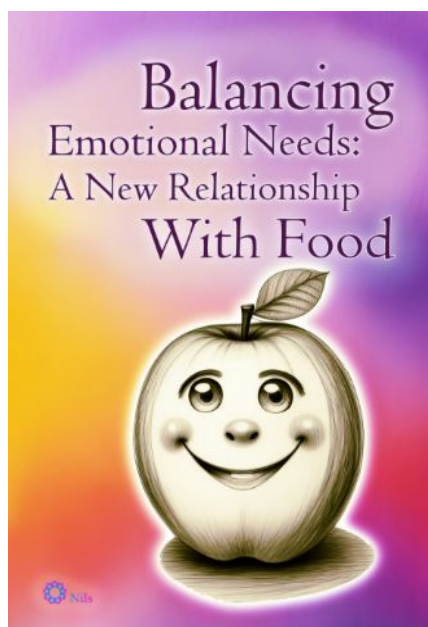
previously unknown to them.

As they touch each other with gentleness and true caring, their bodies hum and tingle with love. By the end of the course, their mutual flower of connection, love, and excitement is multiplied and continues to grow and blossom.

Balancing Emotional Needs

A New Relationship With Food

Are you struggling with food cravings, emotional eating, or feeling out of sync with your body? This book offers a path to a new relationship with food, one guided by self-love and spiritual awareness. You'll find practical advice, relatable examples, and transformative insights that are easy to understand and apply.



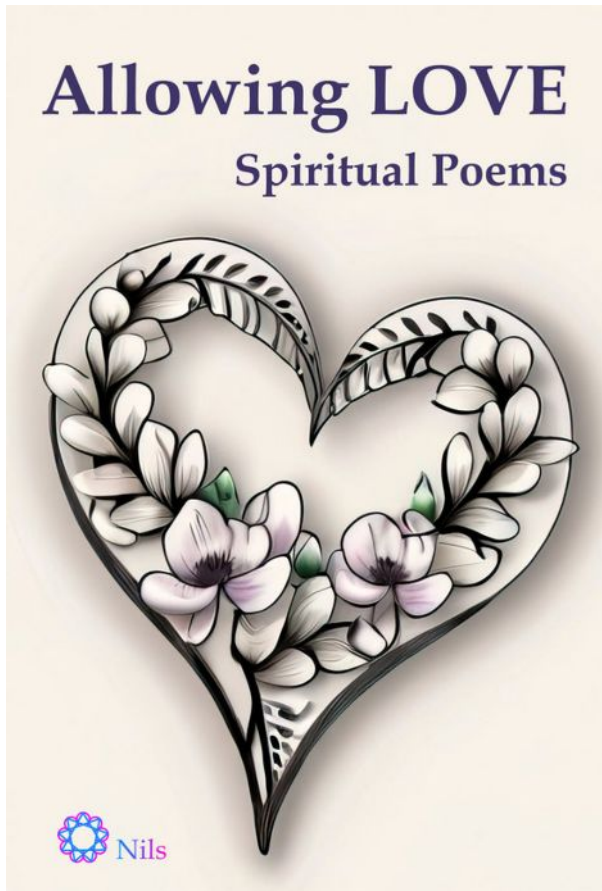
Step by step, you'll learn to overcome challenges and make better choices. Whether you're dealing with a sugar or caffeine addiction, emotional struggles, or simply looking for a more balanced life, this book will help you attune to both your physical and spiritual needs. Take a moment each day to reflect and make small changes, and watch

your life transform.

Allowing LOVE

Spiritual Poems

99 Poems about LOVE abundance and kundalini, holy trinity and freedom, fears and shadows, permissions and boundaries, awakening and sacred sensuality, consciousness and Maria Magdalena, Yin and Yang, ... and more.



Blog Posts, Online Circles and Retreats

The best overview of all my projects and books can be found on my central website www.nils-klippstein.de/en.

At www.sensual-energetic-healing.com you will find blog posts about SEH, relationships, love, yin and yang, closeness and distance, heart and ego, and more.

Please contact me for more information about online healing circles with safe sharing and heart chakra breathing, as well as personal retreats for couples and individuals on the beautiful island of Tenerife.

How Do You Feel About the Book?

Grateful for your choice in picking this book, I thank you from my heart. May it have added some value and quality to your daily life.

If you've found value in reading this book, I'd like you to spread the word by sharing it on your favourite social media accounts, so that your friends and family can enjoy it too.

Also, please consider leaving a review on a platform where you find my book. Your feedback and encouragement will help me as an author for future projects, and will be greatly appreciated by potential readers. Thank you very much!