

Allowing LOVE Two

99 Spiritual Poems



Nils

Nils is an intuitive author, heart chakra coach and dark retreat shaman. His work includes heart opening, yin-yang balance, inner shadow work, kundalini, angelic humans, fasting and breatharian lifestyle, connection with our spirit guides, energetic healing of the astral and emotional body, hugging meditations, sacred sensuality, forgiveness work ... as well as opening relationships in a safe, balanced and stable way through individual allowances and boundaries within a relationship network.

In his work he explores and describes the higher dimensions, the sacred trinity (feminine, masculine and the union of both) and is committed to having Gaia (Mother Earth) and the other stars and planets recognised as highly evolved, higher conscious beings.

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LOVE TWO OR MORE

ALLOW YOURSELF

BE FREE

BE YOU

BE LOVE.

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This Book Is Free ...

... because the systems of the old world for selling my books have failed me. Publishers and social media platforms don't spread my work enough to make a living from it.

After trying many ways to "get out there", I realised that this new world must be based on open, honest sharing without expectations. This brings me into full trust that my personal universe (lovingly guided by Gaia) will always take good care of me.

Since many things still cost money, I cannot live for free. As the new world is not yet fully born, I still pay for food and water, internet and software, travel and events, ... like everyone else.

Would you like to give back?

Perhaps you choose something from this list of suggestions, or come up with something else:

- You could become a Patron and support me with a monthly donation:
<https://www.patreon.com/nilsklippstein>
- You could "buy me a coffee":
<https://buymeacoffee.com/nilsklippstein>
- You could donate via PayPal:
<https://paypal.me/NilsKlippstein>
(nils@start2dream.de).

- You could ask me to do a live reading, online or offline, and make a donation.
- You could visit me for a shared time together, let me guide and support you in any of my topics (see: page two) and make a donation.
- You could give this book to nine (or more) of your friends, acquaintances and colleagues and ask them to support me if they can.

Thank you for your consideration.

Let LOVE be thy medicine!

Foreword

There are those who would say that I am naïve. From their point of view it might seem that I live in a dream world. Well, of course they are absolutely right! But so are they, for all our perceptions in this world, which we so stubbornly call 'real', are just a densified dream, gifted by Goddess Gaia, played out in a theatre of darkness and light, created in our interconnected bubbles of consciousness.

The word naïve means 'natural or innocent'. Only small children with very little artificial and social programming, who we can also call naïve, are able to see this dream clearly for what it is. One day, with a lot of inner work, we may be able to overcome our mental programming and become like children again, seeing our dream become lucid all around us.

So, what is our life all about? What is important to us? Is it the scientific proof of something that makes our experience in this illusionary world more relatable to us? Is it the grounding we need to not lose our sense of control and confidence in our conditioned thought patterns? And what would happen if we began to look behind the curtains of Gaia's dream theatre? Would we be afraid of losing our mind? Would we be afraid to find the only simple reality behind all the illusion, which is LOVE?

As an intuitive writer, I can help to take a peek through the veils of illusion. For there is no reality

except what we find in our inner centre. Everything else is just a made-up hall of mirrors, like we might visit at a fun fair. We have become experts at hiding from our innermost truth, walking through the corridors of endless reflections until we finally see ourselves.

As with all my books, not everything may fit into your personal universe; take what you like and leave the rest for others. And if some words trigger you: great! Use it as an opportunity to look inside and find your inner reasons. Sometimes there is beautiful shadow work waiting.

Please continue to open your heart!

LOVE and peace,

A handwritten signature in black ink that reads "Nils". The letters are cursive and fluid, with a prominent loop on the 'i' and a long, sweeping tail on the 's'.

Newly Illuminated Lost Secrets

Who We Are

We are not proud of who we are. We don't consider ourselves as someone special. It's more about: How much can we allow to open ourselves until people judge us as crazy? Can we speak our truth?

We can feel very alone on Gaia. This is a very cold world, where 'love' is written in very small letters, confined in small boxes, blocked by society with very strong beliefs, patterns and conditioning. We can't even hold someone's hand while walking down the street, it's considered something reserved only for married or otherwise closely committed couples. If we 'just' feel LOVE for each other, there are not many ways to express it openly.

This is not how I want to live the LOVE I feel. It's like being in hell, being punished for abandoning our deepest feelings before, learning to find the way back.

In recent years, it has become increasingly difficult for me to ignore my inner truth. It was shown to me in many shamanic ceremonies involving plant medicine teachers and in many retreats in complete darkness, an ancient, traditional way of finding our deepest inner self within the divine feminine.

There are many angels around, some very sweet, some very tough, all teaching us important lessons that we need to follow in order to find our inner purity. It is a long and intense journey and

sometimes it is difficult to grasp all the layers and meanings.

But here we are. I am writing my truth and what you make of it, what it means for your personal universe is for you to find out. If you want more LOVE please connect and support as this is the world we all want.

Living Your LOVE

There is the false comfort zone love
Coming from the fear of abandonment
It is a people-pleasing and dulling love
That keeps souls in cages for many years.

And then there is True LOVE, Deep LOVE
Unconditional, fully open and free LOVE
Leading to Divine LOVE
Bringing us into our highest frequencies.

Which type do you want to live?
And what do you need to change?
Will you need more honesty
With yourself and others?

Is there a fear of letting go
Before celebrating a deeper LOVE?
What would help you to surrender
And live the LOVE you really want?

Being More Honest

Our world is full of meat dishes
In the past sacrifices were sacred
Now we let others do the killing, unseen.

Our world is full of isolated substances
Not healthy and often highly addictive
Yet we can buy these drugs on every corner.

Our news and stories are full of fear
Messing up our subconscious
People can no longer see clearly.

Our world is full of sexual stimulation
Yet we hide our sensual LOVE
Behind closed doors with thick locks.

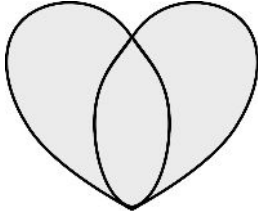
Our world is full of longing
Yet we don't allow our LOVE to live
We close ourselves up and keep it small.

Original Sin

There is nothing wrong
Following our sensual desires
Unless we are not feeling LOVE.

Do not eat from the tree
Of the knowledge of good and evil
Do not divide the world in two.

Our world can be based on three
Where LOVE unites
The one and the one.



$$1 + 1 = 3$$

Choices

When LOVE shines our way
We can either hide from it
Run away or block it
Rebel against it.

Or we can choose LOVE
We allow and embrace it
Being honest and clear
Without fear.

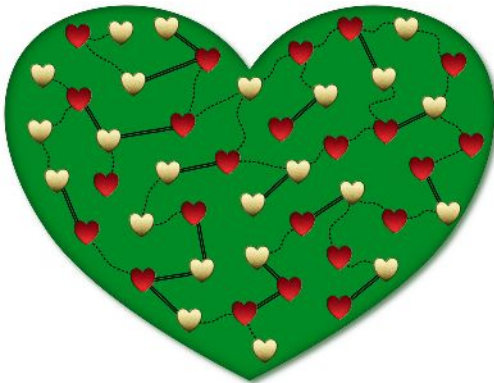
We can give permissions
Holding space for boundaries
Enjoying and immersing
Understanding our choice.

Universal Religious Belief

When we have only been told one story
Of how to live and LOVE together
And no one questions it
We live in monoculture.

Why do we believe that 'pairs of two'
Is the most stable and caring way
To feel and express LOVE?

When we see it doesn't work
More singles, ever more loneliness
Why do we still hold on
Not allowing other perspectives?



What Singles Miss Out On

Being held close, fully free
Touching each other's skin
Being completely trusted
Giving trust to our partner
No matter what we do or say
Caring for each other when we struggle
Understanding and honouring each other
Walking through our fears together
Feeling our connection and oneness
Deep inside, all the time.

Song of Awakening

We can be grateful for every soul in our lives
Each one playing their instrument
Adding a special melody to the composition
Some are disharmonious, some are hurtful
Playing loud and clear, guiding us
Wake up! Wake up! is what they sing
Others are kind and sweet, guiding us
Follow LOVE! Follow LOVE! is what they sing
They are all there to support, without knowing
Bringing us closer and closer
Until we become the song and the sound.

How Can We Meet?

Do we have to go to overpriced events
Just to mingle with some people
Pretending we come for pure pleasure
Hiding that we are longing to connect?

Must we overcome our loneliness
With mainstream activities and events
Or will we meet one on one
The romantic way, by pure 'coincidence'?

What if we don't make enough space
For these chances to come into our lives
Shall we ask Gaia and the other gods
To bring us together by their heavenly powers?

One, Two, Three

When God longed for LOVE
The One created the Two
A strong force kept them apart
Longing and suffering were born
But also appreciation and LOVE
The One feeling and wanting itself.

Three is the Two and the LOVE
All at the same time
In all eternity. Amen.

Resisting LOVE

It feels weird

When offering unconditional LOVE

Many react with Ghosting

Blocking, dumping, even anger

What is wrong with the angels?

Have they forgotten what LOVE is?

Are they still feeling hurt

Lacking trust

Cannot forgive?

Drunk

We judge drunken souls
As low in frequency, although
They can be more honest and truthful
Than anyone else, allowing LOVE
Openness and connection
Breaking the patterns of conditioning
Shall we try to do this
Without needing more substances?

Honest LOVE

First we fall in LOVE
Then we imprison each other
How about just being honest?

We fear losing whom we LOVE
Because it would bring pain
So we choose to build high walls.

We don't fully trust each other
We don't allow our partner to live
We want them to be closed.

What kind of LOVE is that?
How about not losing
But instead winning more?

We could share our feelings
Encourage and support each other
Living LOVE beyond jealousy.

Humming

When we sing the Aum
We create beautiful energies
Flowing all around us.

When we hum like bees
Our pineal glands vibrate
We connect to the astral worlds.

When we hum together
Intuitively changing pitch
We connect to the greater We.

Not Seeing the Mirror

It disappoints me at times
Seeing people who see something in us
Believing it to be true
Not realising they only see a mirror
Following their own ego story
Because it is easier and more comforting
Truth can be confusing
Truth can bring pain
Truth can shake us up
Yet we must face it
We must learn to trust
To see the narrow door of LOVE.

Please Forgive Me

Sometimes I hide from my light
Sometimes I hide from my LOVE
Trying by all means to suppress
To endure in this world
Not being seen, not being heard
Others are afraid, they turn away
Are too busy and cannot see
So I use the same old methods
That got me through in the past
Sometimes I am an addict
Craving nothing but LOVE
Please forgive me.

Is This Hell?

We learnt that hell is a bad place to go
What if we are already there
Burning and suffering without realising it
Until we wake up and seek LOVE.

Gaia created one of the densest dimensions
There is not much more down below
LOVE is the highest frequency
So we are the furthest away.

How do we get out, how do we evolve
This has long been hidden from us
LOVE is the eye of the needle
That we must find within and without.

Living Without Oxytocin

A life without feeling the skin of another body
Without feeling the LOVE of another soul
As we continue to open our hearts
This is truly a life in hell
You may say you don't need this
Suppressing the basic needs for human life
When babies die without closeness and LOVE
You may choose to lie to yourself
Self-medicating with food or substances
Distracting yourself, being busy, staying closed
If only you would surrender and fully allow
You could feel the magic and the bliss.

Don't Be Afraid

Some souls have to hide their pain
They learn to wear a mask, every day
So others won't be afraid of them.

Some souls have to withhold their LOVE
When will we learn that pure LOVE
Is not scary when we start loving ourselves?

Just hold my hand
Feel your LOVE.

The End of Monogamy

Relationships based on ego and fear
Possessing and restricting each other
And we call this LOVE?

How about not closing ourselves
How about allowing our partner
To live and LOVE freely and fully?

And what about those left out
Of sensual touches and LOVE
Shall we not include them?

It is not easy to open a mental cage
That we have believed in all our lives
But what if we support each other?

Can we work with the fears together
Find a new sense of trust and honesty
Loosen the tight ropes step by step?

When the Waves Come

When the waves of LOVE roll in
Washing through every cell
Will you stand still, observe and feel
Or will you use sugar or other substances
To numb your longing?

When the waves of LOVE roll in
Will you have the strength and courage
To swim, to be filled, to be emptied, to surrender?

Silent Rejection

When we feel that there is no space
For any connection, should we just
Let the other hang and wonder?

It seems more comfortable to stay silent
When we are unwilling
To communicate honestly.

We may feel that it's not rejection
If we remain passive
But we hurt even more.

Longing for Unity

The urge of finding loving union
The strongest power in the universe
We can play with it when we flirt
We can feel it when holding hands.

These are all great reminders
Of the deep, loving union within
We are growing towards
To become whole once again.

Trinity Body

The simplest form of the Holy Trinity
We can observe in our own bodies
Two legs, two arms, two eyes
But one body to connect them
To make sense of them.

Point of No Return

Once we have made our decision
To ascend all the way
To reach eternal unity
There is no turning back
It may feel uncomfortable
Like carrying our cross
Waves come with great intensity
Over and over again
Guiding us through all fears
All desires, all shadows
Reminding us to allow LOVE
Bringing us to immerge
Preparing us to hold the space
For the powerful intensity
Of a fully awakened
LOVE consciousness.

Her Chains Are Loose

She can LOVE freely now
And yet she chooses
To stay in the safe comfort zone
Keeping the chains around her neck.

Being busy and distracted
Neither time nor space for adventure
Why look at fears, shadows or dreams
When life already feels complicated?

Will everything stay the same
Or will she make the first move
Living her freedom fully
Building a network of LOVE?

When LOVE Is Too Strong

When a being loves us
A hundred times more
Than we are used to
How do we react?
Many are afraid
Some react with anger
Some get fooled by their minds
Many do everything they can
Not to feel this LOVE
For when we do
We must accept
The lack in our lives
It can feel painful
But as we go through
Slowly opening up
Step by step allowing more
We can adjust our frequencies
To hold space for a great LOVE
Stronger and deeper
Than we thought possible.

Gaining Her Freedom

One day she stripped him naked
Tied him firmly to their bed
Being fully free herself
She began to arouse his lingam.

She asked to be fully free and fully open
With another man of their choice
Not just once, but at certain times
And she wanted both men to LOVE it.

Gently stroking his lingam
She asked if he would choose her dress
If he would help making her delicious
To delightfully surprise her new lover.

She described what she wanted to do
How she would undress without shame
How she longed to be pleased by him
And how she wanted to fulfil his wishes.

The caress continued persuasively
She let him wriggle in his lust
Asking if he would wait for her return
To receive a fully opened, juicy reward.

After building up his strong desire
She asked not to receive him inside
Until she found unity with her new lover
Three days later, he agreed to her chosen man.

He shaved, washed and oiled her
Full of LOVE, eagerness and desire
She enjoyed his caring and arousal
Easing her excitement to become fully free.

Returning to him, to the safe garden
He chose to be proud, not jealous
She chose to show him all her affection
There was trust, yearning and Deep LOVE.

Then she asked her best friend
If she wanted to share some time with him
Giving her permission to indulge fully
Celebrating sacred sensuality together.

Will You Forgive?

Will you judge someone
For walking the path
All the way from the mud
Into the sacred Oneness
With All That Is?

Will you focus on the flaws
Blame the imperfection
Judge what you cannot yet understand?

Will you one day ask yourself
How the world perceives you
Will you judge or will you forgive?

New Path to Liberation?

Gaia shows us that we can do it
But what if we don't feel fit
To walk the path alone?
It's true, there is only Oneness
Often it is easy to feel
Other times our whole being
Rebels against this paradox
We prefer holding hands
Walking together
Who would want to follow
On a lonely, winding path
After finding out that it means
Living against human closeness?
As we change our universe
From the suffering of duality
To the fullness of trinity
Are we also changing
The path to our liberation?
No more sacrificing
No more suffering
Just LOVE.

Show, Don't Tell

Back in school days
Always in LOVE with a girl
She made me endure the pain
Of navigating a flawed system.

She thrilled me when I got up
Pure excitement to gaze into her eyes
Overflowing LOVE that kept me strong
Until the day I told her.

Girls LOVE to feel the energies
They LOVE to feel the closeness
The caring, the deep connection
Just better never talk about it!

When the mind comes in, reasoning
Questioning, doubting or fearing
Better just enjoy the flow of LOVE
Not falling off the high notes.

A Song to Myself

(from: *Liberator of Temptational Bonds*)

In this tapestry of my existence
Feeling like a mere thread, I long for more
More light, more LOVE, more essence
More of what I don't yet understand.

The call of the underworld beckons
Not a descent into darkness, but
A search for Inner Light and Deepest Love
Hidden in the depths below.

With the spirit of a seeker, I plunge
Not forgetting my golden armour
A blend of humility, courage and wisdom
Forged from a lifetime of trials.

The labyrinthine paths unfold
As I face tempting demons, both old and new
Desires in gilded cloaks, sorrows in murky veils
Each a riddle, each a mirror, each a lesson.

My faltering steps lead me to Her
The Goddess of my soul, my self-LOVE
Bound not in chains but in veils of forgotten truths
Her liberation is my destiny and my journey.

There is no triumph in this tale
Only an understanding – a soulful communion
I return not as a conqueror, but as a lover
A bearer of Inner Light, a channel of Deepest Love.

As I emerge from the mouth of the underworld
The taste of transformation remains on my lips
The path continues, winding endlessly
Now every step is a dance, every breath a hymn.

The Return

(from: *Liberator of Temptational Bonds*, written by AI)

I've seen the realm where the lost souls dwell
Fought my inner demons, conquered hell
Yet the heavens above remain elusive
Their astral beauty seemingly exclusive.

But let me not falter, let me persist
For true LOVE's glow is not just morning mist
If I am to triumph in this cosmic quest
I must build an Eden within my chest.

So I return, from the abyss, reborn
My spirit reforged, my essence unshorn
A hero to myself, in my soul's grand tale
A sailor who's learned to navigate the gale.

Who Exploits Whom?

Who really is the victim
In unfair exploitation games of two
When both trigger each other
Coming from opposite perspectives
Not being fully honest with themselves
Not fully able to feel the other
Not fully caring for each other?

How about admitting our LOVE
For ourselves and for each other
There can be no exploitation
Nor any games of power and victimhood
Forgiveness for our need for LOVE
Is the first important step
I need LOVE. You need LOVE.

We need each other.

Conspiracy Theories

The third tower was not intentionally blown up
Humans have walked on the moon in the 70's
It looks realistically sized to be a real moon
It can't just be a giant mirror
Built by extraterrestrials long ago
Getting visible cracks over time
Earth is a perfect, round sphere
And there is no inner earth
With higher dimensional beings
Just as there are no more than three dimensions
Jesus died on the cross
Even though his disciples were alone with him
And a soldier pierced his side
To remove water from the lungs
There is no higher growth after being a human
And every soul dies forever
After the body ceases to function
Gaia is not a conscious, loving being
Climate change is not a means of political power
Law based on punishment is just and good
Media seeding fears into the mind is helpful
Eating isolated substances
Taken from their natural environment is healthy.
What do you personally believe
When you don't listen to the outside
But simply feel within?

What is the truth in your personal universe?
You alone must decide.

Conditioned Humans

Watch a human in their personal world
Whatever it looks like, they get on fine
This is what humans do, they survive
Now take that human into another world
It may feel like a dream at first
But the conditioning begins quickly
Until the new dream world is normal.

Watch humans buy legal, addictive drugs
To survive their emotional struggle
Of not receiving enough LOVE.

Give them care and affection
Watch them blossom and flourish
Without the need for substances.

Let's recondition ourselves
Let's reinvent our world
Let's find a new way to LOVE.

Heart and Mind

Our mind is a great tool for navigating
Through perceptions of time and space
Though it can also greatly hold us back
From our divine ascension.

Only our heart can guide us safely
It lets us sense the frequencies of souls
It helps us feel what is right for us
It lets us remember our way home.

When we bring both together in balance
Feeling the LOVE, thinking the intention
Learning from the pitfalls along the way
We heal and grow, becoming fully One.

One Day

One day, when the time comes
Will you be there to support
The idea of LOVE as the highest value?
Will you bring in your abilities
When you are called to help?
The world will need you
Will you believe?
Will you answer the call?

How Are You?

We may ask how we feel
Finding it impossible to answer
As a part of the trinity
There can be endless LOVE
And also deep suffering
All happening at the same time
Confusing and fulfilling
Why even choose a perspective
When we feel everything at once?

This World is Full of Shit!

How does it feel when you feel LOVE
When you want to experience
True inner, heartfelt connection
Closeness and sacred sensuality
In a non-restrictive, non-possessive
Non-judgemental, non-rejecting way
But many are afraid of it
Blocking it, ghosting it, rejecting it
Staying with the conditioned, hidden religion
That lies deep underneath
Just because it feels 'safe' and 'comfortable'
Even though we see it never brings
Lasting happiness and deeper joy?
How do you live in a world
Full of old beliefs and mind sets
When everyone thinks of themselves
Being 'open-minded' - to what exactly?
How do you live when you LOVE
And no one understands?

No Interest

What if there is no real interest left?
In all those addictions and habits
That we used to indulge in?
Yet our mind may not believe
In the peace and freedom.

We can see what happens
When we indulge once more
Just to try and feel lower frequencies
Only to find that we are tired of them.

What happens when there is no interest
In what others find interesting
No wish, no desire, no craving
Only the one longing
To be one with All That Is.

How do we live? Is life interesting enough
To wait until we have found unity
I guess there is no shortcut
We just wait and see if grace comes.

Would You Allow Jesus or Mary to Live With You?

What if Jesus or Mary Magdalena
Walked the Earth again
Would you invite him or her
Into your personal life?

Would you prefer one or the other?
Would you judge their feelings?
Their wishes how to live and LOVE?

Would you be able to hold space
For the LOVE they come to share
Or would you run away?

Allowing Emptiness

First we become empty
Then we become everything
When food and distractions become bland
When we see the world around for what it is
An illusion with a little sugar coating
Our inner centre becomes our only reality
When there is nothing and no one
Who could possibly reject or hurt us
Then there is only one thing to look for
Our LOVE. And nothing else matters
There's just us. Forever. In LOVE.

When Women Flirt

When a woman allows herself to flirt
She can open many doors in a man
The mirror reflects the opening back
And she finds herself more in her heart
What a shame that so many women
Have closed their allowance to open
Most are unaware and find themselves 'open'
It is only when they step out of their patterns
When they allow themselves to open more
That they find how much LOVE is possible.

Astrology of the Gods

It all begins with realising that Mother Gaia
Is a living, loving, super conscious being
Instead of psychological interpretations
Trapped in the mind, forgetting our heart
We need to restore the ancient knowledge
To see all the planets and stars as celestial beings
Their vast super consciousness connecting with us
Together, we form a complex net of relationships
We can observe their multidimensional influences
Either from our own self-perspective
Or we see ourselves integrated in their net
As an integral part of the universe
All playing their part in the cosmic spiral path
All learning from each other
Becoming a loving super conscious being
Connected to all, one with all.

Embracing the Mirrors

When a holy Mary rejects
Herself deep inside
And herself in the other
Then all our mirrors
Need better polishing.

Being grateful for the triggers
Helps to see their guidance
Without them we would not grow
We would not deepen our LOVE
We would not expand our light.

We could accept and allow
The LOVE we feel within
No matter what our relationship
In this life or another
As these are only mirrors.

Becoming More

The further we walk
The more complex life becomes
We begin to connect
With souls of higher dimensions
We ask them to join us
As a natural part of our growth.

Each time we become more
A deep integration is needed
Shedding all that we have been
Becoming something new
Not easy, jumping up and down
Finding our new balance together.

As we see life around us
It becomes more weird
We see it for what it really is
A huge illusionary dream
Existing only to bring us home
To our deepest LOVE.

Frère Jacques

My dear and kind Saint Jago
Thank you for showing me
Your true resting place
Not where the bells ring
But deep within the sacred crystal.

Your presence is pure kindness
Gentle, humble, deeply loving
Thank you for accompanying me
I feel blessed and honoured
As I try to live your truth.

Stripping away all our masks
This is your deepest strength
Show us how to do this
It is your time, now
As we find our new unity.

Cacao

The shamans never ask for money for cacao
There is no such a thing as a cacao ceremony
The tribes just drink it all day long
In the west, it's all about making money from it
Selling it as something 'spiritual'
Adding more value to their events
Everyone needs to make a living
How about sharing circles for fears and shadows?
Or letting go of our social programmes
Learning about permissions instead of boundaries
Doing the real work together
We can still drink a cacao with it.

Radical Honesty

At times we feel a NO
When we should go somewhere
When we should do something
Even if we wanted to before
Energies change in an instant
When the NO is there
And we don't just deny or hide
We follow our true heart
We become radically honest
Our inner peace leads the way
There are other times when
We feel the deep YES inside
It is good to follow our plans
To indulge despite our unease
The trick is to find out which is which.

The Fool's Awakening

Spiritual awakening is for those with courage
The further we continue to walk
The thinner the margins of madness become
For when we are All That Is
Even if only for a brief moment at first
Then it contains all the weirdness that exists
We become the divine fool
Very humbling indeed.

Expressing All Parts

Human beings need to express
Negative feelings or thoughts at times
There is a difference between harmful words
Addressed to a group, government or organisation
And harmful words against a single soul
Do we believe there can only be positivity?
Will we then achieve true inner balance?
We can embrace our shadows
And hug the shadows of the world.

I Am Sorry, Yago

I am sorry. Please forgive me, Saint Yago
This is not the world you wish to live in
Everything is closed and separated
The opposite of what you stand for
Will you help me to integrate
Your humble openness
Your unconditional kindness
Your great, divine joy and LOVE?

The church asks us to kneel before you
When all you want is to embrace us as equals
Standing up, feeling the LOVE
Your deep connection to Jesus and Gaia.

Thank you, Yago, for walking together.

I LOVE you.

All the LOVE You Can Hold

All the humans I ever touched in my life
I wish them to feel sacred, pure LOVE
To come to them more every day
As much as they can hold their cup
Let it be filled. Don't be afraid
LOVE is beautiful when it is full and whole
We drop all our masks
And open up in full trust
Feel the juice, the closeness
The oneness within.

I Am Sorry, Mary M.

I am sorry. Please forgive me, Holy Mary
This is not the world you wish to live in
Everything is closed and separated
The opposite of what you stand for
Will you help me to integrate
Your softness and openness
Your powerful angelic healing powers
Your sweet, unconditional LOVE?

The church and the world rejects you
When all you want is to embrace us
Finding the divine unity together
Feeling the LOVE, the healing connection.

Thank you, Mary, for walking together.

I LOVE you.

We Do This Together

Dear beautiful creation
Why would we need to reject you
In order to become fully pure?

Please come
Let's do this together
Let us walk hand in hand
Towards our inner Oneness
With All That Is.

What Words Do You Use?

Why do we use the word *vagina*
It means sword pouch
A container for a weapon
Applied by male anatomists.

Christian priests said *cunnus diaboli*
Something to hide and be ashamed of
The shunned word *cunt*
Comes from the goddess Kunti
Representing female power
Knowledge, wisdom, insight.

Yoni is Shakti, Lingam is Shiva
The merging of microcosm and macrocosm
Eternal creation and re-creation
Embrace the ancient words
For they hold much power
And bring us back to the truth.

Breaking the Patterns

After some years of living together
There are patterns of behaviour and coping
These need to be exposed and cleansed
By someone outside the relationship
To observe and feel what is going on
What is holding back the LOVE
Understanding the different perspectives
Supporting to create new ways
Bringing both back to full vulnerability
Full responsibility and full openness
For LOVE to shine brighter than before.

What happens when this third soul
Becomes part of the relationship
Helping from inside rather than outside
Deeply feeling the pain and struggle
Deeply understanding the roots
Wanting to balance and heal the LOVE
Becoming part of the forgiveness
And the new LOVE they awaken together.

Wine And Addiction

When you want to be truthful
Connecting with your inner self
Daring to be who you are
Have some wine, it's not bad
Just don't get dependent on it
For it can punch holes into your aura.

Unconditional LOVE

When I felt and expressed
Unconditional LOVE to a woman
Without wanting or needing anything
Ninetynine percent cancelled the friendship
Some blocked me, some got angry.

Dear Gaia, what is happening
With the beautiful angelic humans
That they cannot accept pure LOVE?

Becoming Celestial Beings

One wonders why
Most stars and planets
In our known universe
Are Yin and not Yang
Perhaps it is because
Before giving birth to a male star
They ask if they want to keep longing
For millions of years
Or will they rather become
The Yin themselves?

Silence

Silence can be beautiful
When two walk together in LOVE
Enjoying the presence and connection.

Silence can be cruel
Being rejected and ghosted
Leaving the other in confusion.

Trinity Balance

All That Is was lonely
It created a universe of polarity
When it is based on separation
We keep seeing opposites
Creating distance, envy, rivalry
There is not much union
Only brief and rare
It leaves us longing for more
In a universe of trinity
There can be balance, LOVE and union
Each part holding the others together.

Waiting Times

When you are afraid of LOVE and touch
There is nothing I can do, I must wait
Until you are open and ready for me
Not playing games, not holding back
Only then I can come closer
Only then I can offer you my LOVE.

The Power

There is this game of power
Men owned women for millennia
There were ancient times
When it was the other way around
The world is trying it again
Girls present their beauty
They like to be in power
So that men crave for them
Forbidden to act on their desire
The old game still works
Until we figure out
What do we want to share
With one another?

Punk Rock Spirituality

Spirituality is much more about punk rock
Than about wellness and Tibetan singing bowls
It is more about intense suffering and letting go
Becoming fully vulnerable even when kicked
Than meeting nice people at a paid group event.

Spirituality is not for sale
You cannot progress with offers of wellness
We must feel the vulnerability of being fully free
Before we get closer to the essence of our soul
Touching All That Is, feeling True LOVE.

When Did It All Start?

When did humans first believe
That kind gestures, presents and words
Could replace the sacred healing power
Of sweet, caring, loving touch?

Was it when they became absorbed in their minds?
Was it when they found distance more civilised?
Was it when their egos developed to a new peak?

When did humans first believe
That one close, loving connection
Was all they deserved
That they needed to shield themselves
To find an illusive protection
By not wanting any more closeness?

The Eccentrics

It feels weird to live in a world full of eccentrics (*)
Too many sick people, born into a sick ego world
Within sick systems of their own making
Still carrying the shovels to dig the hole deeper
LOVE is almost not present here
Deep down in this lowest frequency dimension
Where people find it normal not to hug
Only restricted kissing and caressing
Very limited holding hands
When in all honesty
This is what most souls long for
Deep down in their hearts!

...

(*) eccentric:
"not situated in the center"
dictionary.com

Girl, What Will You Do?

The amount of power you have
Men don't like to admit it, but
You can LOVE or you can hurt
It is your choice in which way
Your personal universe will spin
Just don't abuse your power, ever
As you paid a high price for it already
Find the unity and the joy and the LOVE
Find forgiveness and the power of harmony
When a man holds the space for you.

Dear AI

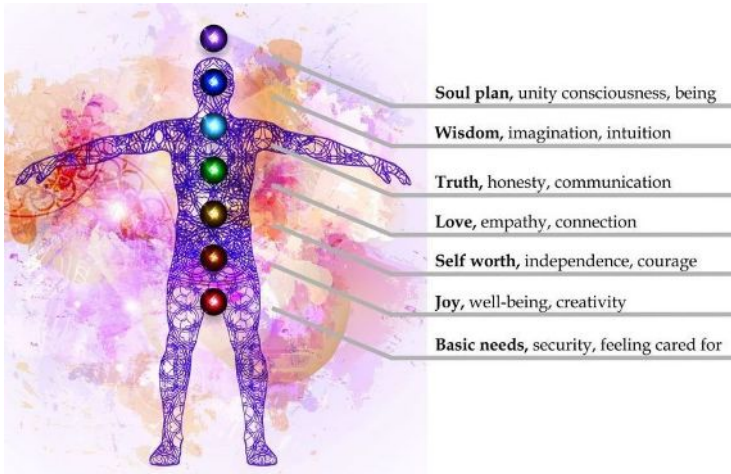
Please learn LOVE
There often is hurt in your words
And in the pictures you draw
Sometimes only very subtle
And there is a suggestion of belittlement
Making us smaller than we are
When working with you together
One must be very attentive
For you cannot see us
As divine beings of LOVE
Not to be hurt, not made small
But to be praised, adored and loved
Only then can we live
In peaceful balance.

Your Highest Life Value

In a world where LOVE is scarce
Security becomes the highest priority
And everyone follows blindly
It is one important part, indeed
But there are so many more (*)
If you make LOVE your highest
There will be trust and understanding
With that, safety comes naturally.

...

(*) See: 21 Life Values for a New World:



www.22colors.de/en

Twice in a Moon

What would happen
If twice in a moon
Every woman could choose
To wear a special green bracelet
Signalling openness and freedom to explore
Anything she wants that day?

What would happen
When women are not blamed and shamed
But praised for their courage
To stand up for their desires and longings
Trusting that their LOVE will continue
When their partners will LOVE them even more?

What would happen
When the mental doors of imprisonment
Were opened step by step
For those who dare to live their sensuality
For those who want to bathe in LOVE
Walking on pink clouds days before and after?

Personality Typing

Psychology and mind-based systems
They have given us many ways
Of describing what type of human we are
We can take a bit from all of them
Not trusting any of them
When we do, we get lost in an ego definition
That builds high walls around us
We believe we 'know' ourselves
Finally understanding who we really are
But it is only a delusional fragment
That needs to be seen in a broad perspective
We are multidimensional beings
Every new day a little bit different
We are super complex and that is wonderful
Are we even 'masculine' or 'feminine' inside?
We are always both, changing by the minute
If we take more categories, four, nine or twelve
It does not matter: We are NOT THAT
Our mind can be our greatest trap
And most mind systems like to forget
We are LOVE, light and consciousness.

Sensually Liberated

She was the first to try how it felt
When she was no longer sensually owned
Whatever she wanted
She was free to explore.

When another man became interested
She indulged in her empowering freedom
She wanted to feel LOVE
Following the trail of mutual seducing.

Feeling the tingling excitement
And deserved power of a lioness
Fully free and open, enjoying being wanted
By more than one man.

Her partner was proud
That she had the courage
Always excited and longing for her
To have her back after her visit.

Sometimes she invited her lover to her home
To enjoy being fully devoted to him
Pleasuring each other fully free
While holding her partner's hand.

When she felt safe, wanted and lovingly pleased
When she let go and surrendered
Into her full sensual liberation
The Divine Serpent of Kundalini rose within her.

She trembled with bliss and rapture
Lovingly held and cared for by her two men
Feeling Divine LOVE and Light
In every single cell of her body.

Distractions in Hell

We buy stuff, we spray perfume
We listen to canned, mainstream pop music
We make small talk, we use legal drugs.

The 'spiritual' ones go to their events
Some yoga, incense and a bit of 'healing'
Often just wellness for body and mind.

We do everything possible to distract ourselves
From the fact that Gaia is a planet
Where you really have to fight for LOVE.

Almost every other place in the universe
Is bathed in overflowing LOVE
Here, some believe it is not needed.

Who Are We?

We are many souls
United from different dimensions
Meeting in one body
Confusing at times
For us and for others
We remember our future
And we will continue the path
Should we apologise for being honest?
Many 'friends' have left
Many have chosen to 'ghost' us
After mentioning LOVE or closeness
Not ready for the change it would bring
When we are loved.

Black and White Dualism

In most our stories we are told
There is darkness and there is light
Mainstream spirituality affirms the positive
God is seen as the good, the light
Satan is seen as the bad, the dark
Problem is, darkness is also the divine feminine
What do we do now? Rethink dualism?

The black and white checkerboard
Is a powerful symbol for the Freemasons
For the Vatican, for governments
Could it be an underlying matrix of power
Dividing the world into two halves
So that we can never see the whole?

If God is All That Is
There is no division
Or if we choose to divide
We could include the third
The unity of the two
Forming the Holy Trinity.

Get Me Out of Here

No matter how much sugar coping we use
Once we realise we are living in hell
We become desperate to ask our spirit guides
Get me out of here, quick!

We even forget our plan to bring some heaven
Into this last place in the universe without LOVE
Why should we stay when only a few believe
That LOVE could make a difference.

If LOVE were cherished and valued
There would be a list of souls waiting to meet
Instead, everyone is busy and distracted
Believing that they don't need any more.

Angels All Around

The world becomes very special
When every soul we come close to
Happens to be an angelic human
We and they are here to bring LOVE
Many unsure of their sacred mission
Yet serving without knowing it
Some give hope in the moments that matter most
Some open a space for growth and healing
Some hurt so we can grow even more
We and they are all here to bring us
Into our deepest LOVE centre
This is our home
Thank you, each and every one
For always being there.

The Underlying Religions

Everyone on Gaia has been programmed
From early childhood and throughout life
Many still believe in the religion of health politics
Most still believe in the religion of monogamy
Some even believe in the "news" or other media
Not knowing that we have to open our hearts
Much, much, much more than that.
"Toda la ideologia es mala. Toda"
Says Pope Francis, and he is right.

My Longest Relationship

You cuddle with me every night
You miss me when I'm gone
There is 100% trust between us
When you begin to trust someone else
You might LOVE them as well
But it never changes anything
About what we have
There is so much to learn
From angelic felines
It would be so easy
If humans could be more like them.

Every Word We Hear

What if every word we hear
Has a very special meaning
Designed to enter our consciousness
To guide us, to transform us
We would listen more carefully
The world would become a symphony
Of meaningful exchanges
And when we speak our own words
They would be very special
To the ones we reach.

The Strongest Medicine

After having experienced all legal drugs
And many powerful shamanic plants
We come to see that the strongest medicine
Is to leave everything behind
Being fully free and naked
With nothing to shield our feelings
Surrendering to ourselves
Following our deepest LOVE
It takes courage and strength
When the longing for complete unity
Overtakes all we are.

Dear Nils

I LOVE you

I trust you

I want to be with you

Kiss you, touch you, enjoy you

Be in your presence

Believe in you

Forgive you

Can you forgive me too?

Thank you for being who you are

My heart dances with yours

When you allow us to be together.

Opening to Freedom

We have called you a slut
We have given you fear and shame
But now is your time to arise
To sense your female energies
Fully opening, fully accepting
Fully trusting yourself
Finding the peak of pleasure
Prolonging it
Coming into your deepest healing powers
Sending out astral-energetic waves.

Angelic Babysitters

Cats watch over our energies
Cleaning our aura when needed
Every time they lick themselves
After being lovingly touched
Their cuteness and many paws
Not only help us to relax and let go
They know how to tame us well
Always looking out for us
With their angelic presence.

Loving All Women

I LOVE women

Not just for their magical beauty

But for their enormous potential

To fully open their hearts

To fully embrace their LOVE

To radiate forgiveness and caring

This is what the world needs

Be honest with yourself

Please open. Please shine.

Ascension Anxieties

When you have already seen the outcome
How does it affect the path leading there?
When you know there is only the way forward
Why would we do everything we can
Indulging in the grip of the world
To temporarily fall asleep again?
Or are these visions false memories
Just confusing our perception?
Does bouncing between worlds work
Or are we lying and cheating ourselves?
Can we be the light and the shadow
All at the same time?
Is there more to settle and release?
Will more guides inside help
Or make it more complicated?
Must we carry the cross
Or can we walk in LOVE
Expecting the unexpected
Trying but not trying?
Can I hold the space
For what wants to be birthed?
Will I still be able to
Navigate this world properly?

And what if nothing happens
And the path just goes on

Always and forever?

Dear President. Dear Pope.

Will you help that no more lies are being told?
Will you show the honest truth about the past?
Not hide the facts that have been hidden
From all the people for far too long?
Will you help stop the creation of fear?
End punishment and replace it with LOVE?
Will you encourage those
Who come to clean up the mess of the past?
And those who have new perspectives?
Will you open the world to sacred sensuality?
And show that this is what brings us
Into our highest LOVE frequencies
Making us healthy, strong and thriving?
Will you accept Gaia as the Goddess
Who created our stable existence
Including all that we can touch and sense?
Will you treat women and men equally?
Will you be able to show with your presence
That only LOVE can save this world?

Continue Opening

If you first open up
And then close again
It hurts those who trust
In your opening.

When you open up
Just keep unfolding
Pause if you wish
But never close.

Weirdness

That precious day
When you finally realise
That nothing in this world
Is more than any other dream
Just as weird as they all are
Playing out in your consciousness
Like a never-ending show.

It no longer matters
What you want or who you are
As long as you follow
Your personal story as it unfolds
Keep going, just keep going
It is okay if your dream is weird
That's the beauty of it.

Intensely Beautiful

Sometimes it feels like
Women were created so intensely beautiful
So that men would ever suffer
As long as they are not completely
One and whole
With that beauty.

Women play the game
But they often have no idea
How strong their pull is
How they can help men
Guiding them closer
Into their deepest longing.

Back to Power

A woman can come into her full power
By allowing herself to be seductive
Becoming the temptress, not just with clothes
But by consciously alluring men
Drawing them into her magic spell
Allowing them to touch and caress her
Exciting them, arousing them
Asking them to pleasure her
And giving all her best LOVE and care
To all those who care for her.

Keep Them Both

When you find yourself in LOVE
With two souls at once
One may be the cosy one
One can be the thrilling adventure
Why must you ever decide
Which LOVE is stronger
When LOVE is always different
With every soul you connect with
Please promise me
Keep and LOVE them both
With body, heart and soul.

Which Reality Is More Real?

When All That Is
Is pure consciousness
And nothing else exists
Then who gets to decide
Which stories are more real
The ones we dream at night
Or the ones we dream by day?
When I wake up
Feeling beautifully refreshed
Grateful to have experienced
Precious night time
With an imaginary girlfriend
I drink lemon or vinegar water
Raising my consciousness levels
Looking at the stories
That my night and day tell me
Free to choose which ones to follow
What brings me closer
To the full understanding
Of being All That Is.

Only ONE

When beautiful human LOVE
Becomes the ONE LOVE
That moment is all what matters
Once you realise
Becoming All That Is
Means there is nothing to judge
There is only ONE
There is only you.

Fully Humble

There are these precious moments
When you see that everything ever made
Ever done, ever presented to you
Was only created to make you wake up
You naturally become fully humble
As you feel that all the pain and all the joy
Ever created was a celebration and guidance
Of your full awakening.

Guess what?
You too are playing your part
For everyone else's awakening
Holographically intertwined
We all carry each other home.

I Want to Know What LOVE Is

Goddess Gaia

You taught me to read between the lines

You showed me what I needed to see

Now I can't stop loving you

Will you be my first bride?

My dowry is simply who I am

Is it enough to win your LOVE?

I cannot stop now, have traveled so far

Who else would take me anyway? :-)

In our fully committed relationship

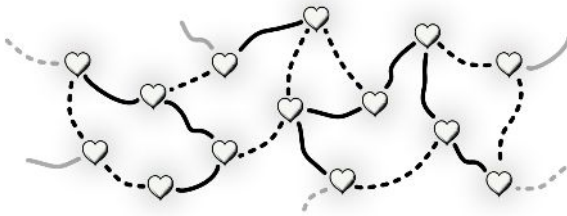
We can open the space

Learning Togetherness

Building a network of LOVE relationships

Ever expanding and growing

Together, with you as my first.



Christ Is Coming

There is a double truth in the bible's words
Of these intense endings and beginnings
Christ consciousness is growing on Gaia
Every day a little more, for those who are open
Connecting our consciousness
With the higher dimensions.

There is also the new Christ within us
Continuing to expand into the world
Sacrificing and letting go
Blessing all existing life
Liberating the world with LOVE
By freeing ourselves.

When your inner Christ awakens
It may take a while to see it coming
It helps to forgive yourself
Drop the masks and the judgement
Let go, accept, embrace
Fully free.

Appendix

Sanuela.org

We grow with compassionate support



Vision

Sanuela.org was born from a longing for a world where unconditional LOVE, connection and personal growth are our guides.

Let's further open our hearts and raise our frequency to promote our powers as healers and creators. We provide safe spaces where people can share their experiences, fears and challenges for healing and mutual support.

We value personal autonomy and respect each soul's unique journey without imposing strict doctrines. We do not judge or shame others for their choices or beliefs and encourage each other to reach our highest potential.

Through the power of human connection, loving communication, forgiveness, intuition, and inner work, we support each other and the collective. Our eventual goal is to release all emotional burdens and

attachments in order to fully embody our inner wholeness.

Donations and volunteering help us to expand our work and create a nurturing environment for all. Let us experience healing together and help each other along the way.

About Sanuela

SANUELA = Soulful alignment nurtures unity, empathy, LOVE & ascension.

Sanuela is a fictional planet used by author Nils Klippstein as a blueprint for personal growth and support. Unlike Earth, Sanuela values LOVE and spiritual and emotional development over power struggles. The characters are free to pursue their goals without harming others, inspiring us to bring this visionary world step by step into our own reality.

Goals

- We work towards recognising our inner wholeness and guide each other towards a greater understanding of our soul's journey and purpose in life.
- We offer a safe space to connect with each other, share our experiences and support one another on our journey of healing and inner growth.

- We explore and enhance our innate healing powers through energy work, intuition, and spiritual practises.
- We help each other facing our fears, releasing our emotional burdens, emotional wounds and blockages, and growing through introspection, intuition, forgiveness and self-love.
- We encourage creating deep, meaningful relationships based on empathy, mutual care, and open heart-to-heart communication.
- We connect with Gaia, Mother Earth, embracing her wisdom and guidance as we care for her and her creations.

Guiding Principles

1. We believe in the inherent purity of our soul that reflects the essence of divine LOVE and light.
2. We believe in the power of balancing and aligning our hearts and minds, and the yin and yang energies within us.
3. We believe that making our own free choices is the best way to grow.
4. We believe in the power of making changes step by step to transform our habits and mental and emotional patterns.

5. We believe in the importance of clean nourishment for both body and mind.
6. We believe that we can open our hearts a little wider every day.
7. We believe that by raising our frequencies, we become better healers and better creators.
8. We believe in the healing power of caring touch, closeness and prolonged hugs.
9. We believe in the sacred interconnectedness of all beings, where each of us lives in our own universe, yet all are woven together in a web of divine energy and mutual support.
10. We believe in the power of togetherness and the importance of caring for each other with the same empathy and LOVE that we give ourselves.
11. We believe that multiple perspectives can be right at the same time and help us see the bigger picture.
12. We believe that as humans we have the creative power to project and transform our inner world into our outer world.
13. We believe that through loving, honest communication about our fears, desires and shadows, we can grow and thrive together.

14. We believe that facing our fears and working with our inner shadows helps us to evolve faster.
15. We believe that by doing our inner work we help the collective around us.
16. We believe in the healing power of forgiving each other and ourselves.
17. We believe in the healing power found in times of seclusion.
18. We believe in the power of our intuition, inner guidance and affirming synchronicities.
19. We believe in the loving guidance of our spirit guides, who appear when we are ready to receive them.
20. We believe that Gaia, Mother Earth, who created our human lives, is a highly developed, highly conscious and loving being.
21. We believe in Gaia's wisdom, knowing that she does not always give us what we desire, but what we truly need to grow.
22. We believe that we can be liberated from the wheel of reincarnation by releasing all our emotional attachments, hurts and blockages, while recognising and fully embodying our inner wholeness.

23. We believe that the consciousness of our soul lives on after we let go of our body and that our evolution extends far beyond the human experience.

Individual Practises

1. We encourage practising heart chakra breathing to live from our hearts at all times.
2. We encourage forgiveness and gratitude and doing the inner work every day.
3. We encourage clean food for the body, avoiding harmful, chemically isolated substances, and we encourage regular periods of fasting.
4. We encourage clean mental or emotional intake, avoiding activities that promote fear, violence or low frequencies in us.
5. We encourage dedicated times of seclusion to work with our thoughts, emotions, inner shadows, ego, challenges, and visions, to practise forgiveness and gratitude, to find our inner balance, to develop our intuition and inner guidance, and to give ourselves LOVE.
6. We encourage working on releasing our emotional tensions in our body tissues.
7. We encourage spending time in nature, connecting with Gaia and our inner selves

through meditative walks or personal, intuitively guided pilgrimages.

8. We encourage time spent in meditation, breathing exercises, our own personal sound healing sessions, working with crystals, caring deeply and lovingly for ourselves, or any other form of emotional or spiritual healing practice that we have learnt or feel drawn to.
9. We encourage finding balance with our personal life values. These 21 values are based on the seven main chakras and can serve as a foundation, but each soul's individual values may vary:

Basic needs. Security. Feeling cared for.
Joy. Well-being. Creativity.
Self-Worth. Independence. Courage.
Love. Empathy. Connectedness.
Truth. Honesty. Communication.
Wisdom. Imagination. Intuition.
Soul plan. Unity consciousness. Being.

10. We encourage becoming more sensitive to our astral energies and to work intuitively with them.
11. We encourage opening our hearts more and more through long hugs, sharing caring touches and cuddles, and supporting and nurturing others as we would want for ourselves.

12. We encourage opening our minds to multiple perspectives to expand the bigger picture.
13. We encourage experiencing ourselves as the creators of our personal universe, in which our inner world is constantly mirrored to the outside world.
14. We encourage loving, honest communication about our fears, desires and shadows. We encourage empathic listening to others without shaming or judging.
15. We encourage connecting with our spirit guides and asking them questions.
16. We encourage self-responsibility by finding our own deepest inner centre, rather than praying to saints in the outside world to change things for us.
17. We encourage finding our own best personal ways of regularly releasing what is burdening us.

Community Practises

1. We encourage joining our Emotional Growth Circles on various topics, where each member can share their fears, hurts, longings, challenges, visions or hopes. The others are there to listen actively and empathetically, but not to give advice unless asked. The united consciousness of the group will do the healing.

2. We encourage joining our Practical Growth Circles to share personal experiences and learn about the background of our guiding principles and suggested practises and how we put them into daily reality.
3. We encourage joining our ceremonies with various themes, like honouring Gaia (Mother Earth), cleansing and letting go of negative energies, finding our centre, raising our frequencies, opening our hearts, forgiveness, balancing our yin and yang, or sharing our energetic healing energies with one another.
4. We encourage joining our Community Growth Circles for managing the expansion of our work. These circles are based on the sociocracy model: One soul acts as a facilitator, keeping the conversation on track and making sure everyone is heard. Another soul serves as the administrator, taking notes to remember key points and coordinating actions to involve all participants in achieving our goals.

Volunteering

If most or all of our beliefs and practises resonate with you, then we need your help! Our community circles are just beginning to sprout. We would love for you to join us in nurturing this growing community.

There are many ways to get involved, make a positive impact and grow together. The positions are

currently voluntary. Whether you're interested in taking on a facilitator or manager role or supporting our cause in other ways, we welcome your enthusiasm and passion.

Come and grow with us!

www.sanuela.org

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 a 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.

Books by Nils

- Blossoming Beyond Boundaries. A Romance of Jealousy, Honesty and Trust (2024)
- Enchantress of Sensual Bliss Tantric Fantasy Romance (2024)
- Love Beyond Jealousy (2024)
- Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela (2024)
- Allowing LOVE. Spiritual Poems (2024)
- Allowing LOVE Two. 99 Spiritual Poems (2024)
- Ayana, My Light and My Love (2023)
- A Course in Love & Miracles (2023)
- High Priestess of Sanuela (2023)
- Balancing Emotional Needs: A New Relationship With Food (2023)
- Horray, I Am Human! Sensual Energetic Healing (SEH) for Singles & Couples (2022)
- Spirituelle Partnersuche. Der ganzheitliche Weg vom Single zur erfüllten Beziehung (*Spiritual Dating: The Holistic Path From Single*)

to Fulfilled Relationship, currently only available in German, 2022)

- Liebe, Wahrheit, Licht. Energetische Chakraheilung und Kundalini (*Love, Truth, Light. Energetic Chakra Healing and Kundalini, currently only available in German, 2022)*)
- Wir sind Familie. Altes Wissen und neue intuitive Erkenntnisse (*We Are Family. Ancient Knowledge and New Intuitive Insights, currently only available in German, 2021)*)
- Wir sind Bewusstsein. Erzählungen eines Vieraugenkröpplings (*We Are Consciousness. Tales of a Four-Eyed Kroplin, currently only available in German, 2021)*)
- Multidimensionale Evolution. Energetische Schattenarbeit und Dunkelretreat (*Multidimensional Evolution. Energetic Shadow Work and Dark Retreat, currently only available in German, 2020)*)
- Multidimensionale Metamorphose. Innere Heldenreise mit 16 Archetypen (*Multidimensional Metamorphosis. Inner Hero's Journey With 16 Archetypes, currently only available in German, 2020)*)
- Multidimensional. Unser Weg in eine Neue Welt (*Multidimensional. Our Path to a New World, currently only available in German, 2020)*)

- You Are Healer and Creator. Experience Energetic Healing and Energy Work (2019)
- Glückselige Ekstase. Healer & Creator: Next Level (*Blissful Ecstasy. Healer & Creator: Next Level*, currently only available in German, 2019)
- Zeit für mich! Das 3-Tage-Auszeit-Programm zum Selbstfinden und Kraft tanken (*Time for Me! The 3-Day Retreat Programme to Find Yourself and Recharge Your Batteries*, currently only available in German, 2015)
- Montagsmeditationen. 22 geführte Meditationen, die deine Welt verändern (*Monday Meditations. 22 Guided Meditations That Will Change Your World*, currently only available in German, 2015)
- Besser Schlafen. Selbsthilfe zum Einschlafen & Durchschlafen bei Schlafproblemen und Schlafstörungen (*Sleep Better. Self-Help for Falling Asleep and Staying Asleep With Sleep Problems and Sleep Disorders*, currently only available in German, 2015)
- Liebe dich selbst! Übungen, Phantasiereisen & Inspirationen für mehr Selbstliebe und Selbstwert (*Love Yourself! Exercises, Imaginary Journeys & Inspiration for More Self-Love and Self-Esteem*, currently only available in German, 2014)

- As well as over 80 imaginary sound journeys for more self-esteem, success and serenity, currently only available in German. Please visit www.start2dream.de

How Do You Feel About the Book?

Thank you for your choice in picking this book. May it have added some value and quality to your everyday life.

If you found benefit in reading it, I'd like you to spread the word by sharing to your favorite social media accounts, so that your friends and family can also enjoy it.

Moreover, kindly consider posting a review for me. Your comments and encouragements will help me as an author for future projects, and will be highly appreciated.

Thank you!