

Allowing LOVE

Spiritual Poems



Nils Klippstein

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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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Thank you, Gaia, for being alive

Thank you for being 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\(nils@start2dream.de\)](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

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

Others write in a diary, I write poetry instead. It has become my personal way of integrating inner processes, insights and perspectives. My words are chosen intuitively and may or may not resonate with you. As with all my books, please take what suits you and leave the rest for others.

All writers are artists, and sometimes they need to shake up the consciousness around them to make sure nobody is asleep. Some lines may trigger or provoke you. This is good, it is what art should do. It gives us a chance to look at our shadows and fears, which are often hidden behind the veils of comfort zones and conditioned illusions. The question may arise as to whether you can still enjoy other poems even if some give you a hard time.

Some poems I completed later, such as the deliberately provocative *Vegan Yoghurt*, which many may find odd at first. This was also my first reaction when I was intuitively led to an article describing a

woman trying this for herself. I didn't know it was "a thing" until then.

I decided to write a poem about it, just a few lines to explain the general idea. A few weeks later I was drawn to look at the poem again as I felt it was not finished. By not being ashamed to ask questions about energy flows and potential energetic healing powers, the longer version was completed. Now it is perhaps even more progressive, but it also comes with a channelled explanation.

I feel connected to the Oneness of my guides in my innermost heart. As we live in different universes, you may experience a very different reality at times and that is good and right. The sometimes difficult part is not to judge, even when we have different perspectives of our living experience.

Please continue to open your heart!

LOVE and peace,



Newly Illuminated Lost Secrets

Maria Magdalena

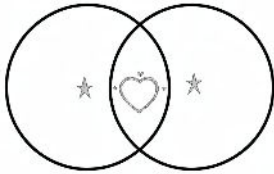
You are the purest and most honest with yourself
Your LOVE pulsates through my every vein
You promise me the light and purity
To enter my deepest heart.

I see your essence in the many souls around me
In the electrifying vibrancy of angelic humans
They can easily make your skin tingle and vibrate,
Heal pain, clear old emotions, bring balance.

We have been called angels or Maries
We have been hunted, cast out, and burned
I feel the collective reserve to live our LOVE
Until we allow and let it flow.

Let LOVE be our medicine!

Choice of Three



Duality is a concept of the mind
Promoting imbalance and opposing forces
We can live in a universe of Three if we choose so.

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.

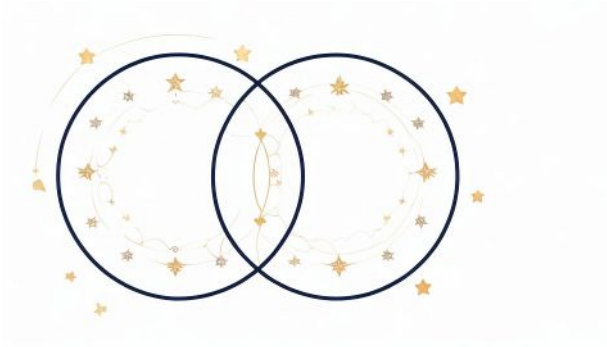
We are more afraid of LOVE than of anger
Instead of letting our inner butterflies
Expand and explore, we close our doors.

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.

Feeling Whole



In deep meditation
Holding hands
Or closely embraced
We feel Three
We feel safe
We feel whole.

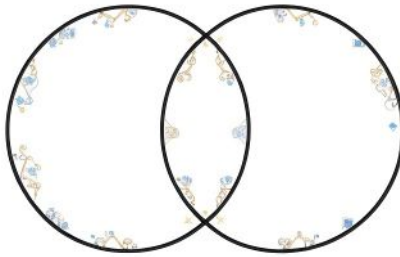
God Is a Girl

Gaia is a girl
The closest God(dess) around
Shaping our body, food, water, air
The ground we stand on
Our whole personal universe.

We tend to overlook
Her, the closest
Who could be dearest to us.

Goddess Gaia has borrowed us
Our physical and astral bodies
To LOVE and be loved
It's just us humans
Who make things complicated.

Ying, Yang, and LOVE



The world is made of Three
Consciousness, intention, and energy
Or: Yin, Yang, and LOVE.

Trusting the Yang

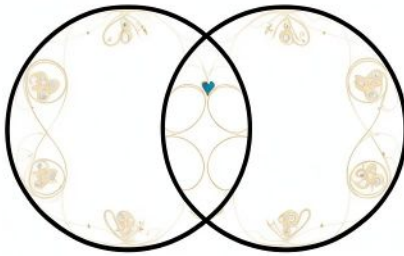
Much inner work still unfolding
Forgiveness is calling from both sides
Never trust a man, the women sigh
Even if only whispered behind a hidden veil.

From millennia of imbalance, our history speaks
Echoes of a mirrored past from eons before
As seers whisper to ears turned away
Now we can find unity, where once was divide.

Women of these days are finding hope together
Men, in their confusion, seek the missing balance
In mutual appreciation, we find our harmony
Embracing LOVE's free dance, united and whole.

Trust
LOVE
Forgive.

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 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.

Offering LOVE

Healing meditation in a protected, safe space
Experiencing pure, loving frequencies
To change our energetic field and aura.

Sitting and connecting by holding hands
Breathing through our heart chakras
Tuning into blissful LOVE.

When tears come, we let them flow
We let go and surrender
Allowing for a sacred shared space.

After purifying from trauma
Fears, addictions and desires
I remain in high vibrational frequencies.

Both breathe LOVE and both receive
In a loving dance of openness
Acceptance and appreciation.

We feel each other and form the Three
The You, the Me and the Together
Allowing balance and inner healing to happen.

Monogamy Religion

We believed in it like everyone else
A hidden matrix, deeply rooted
We may feel insecure about the world beyond.

This is why religion does not work
It keeps us small and confined
Our comfort zones prevent our growing.

If we look beyond and seek to be safe
It is possible if we talk about feelings
Fears, doubts, shadows and traumas.

There is a lot of inner work to do
A lot of sharing and empathic feeling
Before we can let go of outdated beliefs.

The Rejected Mary M.

For thousands of years
You have been rejected by the world
Who can see and feel your loving power?

Will they understand that Jesus was with you?
Two angels connected in LOVE
One was made a pop star god to please the system.

Are they ready to perceive you now?
Is this the time of bringing your visions into life?
Will they be ready and lovingly connect with you?

Thank You

Thank you for your trust
The desire to open up
Longing for unconditional LOVE.

Thank you for walking through the door
That is open to you
Always and forever.

Let us feel whole and wholly human
In the sacred moments of holding
Each other and our loving selves.

Spiritual Disneyland

Come On In! Have a Look!
A World of Wonder and Money
Of Shining Glitter and
Seemingly Fulfilling Adventures
For Soothing Wellness and Positive Spirit.

Easing the ego, shutting down communication
Remedying growth pain, turning off symptoms
Banishing true LOVE and emotional shadow work
Following the fleeting easy joys
Embracing the false light.

The shamans look ashamed
Questioning the forgotten depths
As the angels become entangled
Losing their divine purity
In the promised illusions.

As we move into the new era
Of unconditional LOVE and togetherness
Who truly thinks of Her
Our Mother Goddess Gaia
Who has lent us

This multidimensional experience.

Connecting with those who LOVE
Enduring our inner battles
Trusting and following our path
Against all lurking envy and closed views
Misinterpretations, judgements
and instrumental ignorance.

Thank you, 'spiritual' Disneyland
For showing us to look deeper
For finding amazing beauty
In the simple and the ordinary
Not in those who carry the title.

Thank you for making us search
For the inner value of unconditional LOVE
Rising from the deepest centre
Vibrating from every cell
Honouring Gaia with every breath
Crying for the joys and the pains.

Behold and Sense the LOVE
The Holographic Interconnectedness
The Sacred Ceremony of Life
The Grand Brahman
The Greater You
The Greater We.

Not Used to LOVE

When we are not used to LOVE
Receiving unconditional invitations
Can be too much or too fast
Some don't trust or don't admit
Fearing, doubting, lacking
It brings sadness to observe
When the ego rebels and turns against
Revealing the world we live in.

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.

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.

Once in a Moon

Once a moon you can learn to trust
Allow yourself to open up
Kiss, touch and caress
Live your sacred sensuality fully
With those you want to share LOVE with.

Your Inner Prophecy

Don't be nervous

Don't be shy

Not fulfilling your prophecy

Only creates endless suffering

Take the steps

One by one

Follow your path

Become who you are.

No More Withholding

Conditioning and social norms
Often forbid us from connecting
And feeling each other's LOVE.

Do we not torture ourselves
And everyone else
If we withhold what is most precious?

How about allowing LOVE
Into our daily lives
Into every moment and connection?

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.

Moon LOVE

Both of us feel LOVE
Let's be together as divine friends
Giving each other some permissions
True LOVE, Deep LOVE, as we wish
Once a lunar cycle we celebrate
Enjoying sacred, sensual time together.

...

Find out more about the concept of Moon Love relationships: *Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela*

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.

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.

Busy

When we are busy, busy, busy
We easily forget who we are
Beings of light and LOVE
Holographically interconnected
Your struggle and longing
Become mine in the collective.

Balanced Unity

Nothing good ever comes of it
Men belittling women, women judging men,
Forcing the other into unperceived shadows
To what each blindly feels is right.

Nothing good ever comes of it
When our voices are withheld
When there is no honest, open dialogue
No way to find balance and harmony.

Much to learn on all sides
Let's talk, share and LOVE together
Embracing this New World
Bathing in the longing for balanced unity.

Going Deeper Into LOVE

When there is little LOVE in the world
We buy supermarket drugs
We visit wellness events.

Busy, busy, busy
Money, money, money
Distraction from our centre.

Where is the deeper connection
Where is the deeper healing
Where is the deeper LOVE?

Inviting

Active seducing is no longer for men
They pushed too hard
Now women pull
Until they invite men in.

Please come inside
Become sacred words for men
As women forgive
And enjoy their freedom.

Dear Sacred Kundalini

Your name has been abused
Your power has been forgotten
You have become a marketing gimmick.

Nobody knows how to activate you
But takes money for it anyway
As the churches have done in other matters.

You are the divine feminine
The creative force that brings awakening
Your time will come, truly.

Adoring Devotees

We trust each other
We adore each other
Let's celebrate our LOVE
Just for one lunar cycle.

...

Find out more about adoring devotees: *Ayana, My
Light and My Love.*

Divine Design

Why do we feel the need
To follow a system of generalised knowledge
That puts us into tiny categories and boxes
That hides the truth behind the divine design?

Astrology is deep, ancient and sacred
It encourages network thinking
It is based on perceptible energies
Radiating to us from the planets.

Gaia is a conscious, loving being
We can make contact with her
All the stars and planets are conscious beings
We can be guided and loved by them.

Own Me Just Once

Own me, he whispers
Gazing in her loving eyes
There is no blink
Only honest trust and LOVE.

Own my body, claim my senses
Possess my pleasure and indulgence
Guide my touch, shape my smile
In your LOVE, let me find liberation.

For just one moon's time
Let us learn what it means
So we receive from one another
Seeing both sides of the whole.

The Loving Three

There's the One. There's the Other
There's the LOVE holding them Together
In Loving Three, we are United, Whole and One.

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.

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 feel LOVE by connecting with eyes and hands
Hugs are great when we dare to open further
Expanding the Me and You, 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.

Sharing LOVE in Hell

Gaia has built this very dense training ground
For us souls to learn the difference between
Fear, hate, ego, seperation - and LOVE.

Some call this planet Hell
Though Gaia prefers other names
Because it sounds a bit hopeless.

We torture ourselves and each other
By holding back our full LOVE
Too afraid to open up all the way.

In every new situation
We can always choose
In which direction we wish to grow.

We can purify ourselves further
And by sharing our full LOVE
We give others a taste of heaven.

True Forgiveness

Some eagerly await the world's queendom
The formerly submissive come to power
The formerly dominant surrender and find it sexy.

The dynamics of retaliation
It may feel tempting at first
But would distract from the necessary inner work.

When men become the slaves of women
The same thing happens the other way round
We've done that. Let's do better now.

True forgiveness is needed at the deepest levels
Full release, opening and surrender
To our deepest centre and core.

True connection is needed at the deepest levels
Full appreciation, gratitude and Deep LOVE
Let LOVE be our medicine.

Dance of Liberation

One enlightenment follows another
Guiding us in our natural direction
Each step a journey deeper within.

Some pause along the way
Enjoying the lofty heights
Looking down upon their followers.

From the shadows of their egos
They say there is hope for us
We can become as great as them
If we have money to pay.

Under their 'enlightened' gaze
We listen to honeyed words
Coming from inside the cage.

You are neither less nor better
Find your divine purity
Your heart knows the way.

In the dance of liberation
Self-steering becomes our duty
Embracing our vulnerability
Our strength quietly unfolds.

Let's continue on this path
Don't stop after one enlightenment
Walk on and watch your pride.

Reactions to LOVE

Some people react with anger
When we say that we feel LOVE with them
Living in fear, the ego doesn't know
What to do and where to go
But when LOVE is there
Some people cry
And feel their LOVE inside
What will you feel?
Will you allow me to LOVE?

Allowing

When we have feelings for each other
And we don't allow ourselves to hold hands
We don't allow ourselves to cuddle
Whether for rules or hesitation
Isn't that torturing each other?
How about we break the patterns
How about we become free
How about we live our LOVE?

Vegan Yoghurt

Use pure coconut or cashew milk
Find your LOVE, pleasure and heat
If you want to allow it, then come
Into the highest possible frequencies
Light a spark of energetic healing energies
Guide my fingers to inoculate while we kiss
Keep the bowl covered
And warm, dark and cosy
Just like a womb.

Enjoy the yoghurt just for you
Or share this probiotics medicine
With your dearest friends
Do you find it weird? Think again
Overcome fear and shame
Recognise you are a sacred and sensual
Birth-giving, loving angel
With energetic healing powers.

Radiating and Longing

The heart radiates my LOVE
It feels deep, strong and blissful
The stomach whirls with its longing
Intensely beautiful yet never ending
I place one hand on the heart chakra
One hand on the stomach
Balance and peace.

We Are Saviours

Thank you, Goddess Gaia
For granting us an entire universe
Ours to explore and LOVE.

We heal, we grow
We walk through our shadows
Our cravings and our fears.

Then comes the greatest fear
Our highest light and deepest LOVE
Knocks on the door and calls our name.

Who is the saviour?
It's you, you, you alone
Trust and follow the process.

You will rise and become whole
Your universe will be free
When you yourself are free.

Judging

Without having a clue
Some may think they understand.

For not leaving the comfort zone
They feel the need to judge.

Without having a clue
They hurt.

Good Porn, Bad Porn

There are visions of ego, lack and pain
There are visions of LOVE, intimacy and healing
It is our choice what we see and hear
Our choice how to process our sensory input
Our choice of how much LOVE and pleasure to feel.

Power Up LOVE

Modern slaves work all day
Come home, eat, fall asleep
LOVE happens in minutes or on weekends.

No time for LOVE, no time for life
Not much knowledge of how LOVE works anyway
How do we turn hell into heaven?

Increasing the intensity of LOVE
Brings us into higher vibrational states
Makes us feel alive and well.

From there, we can redesign
Our lives step by step
Making it balanced, joyful and sweet.

Boundaries and Permissions

Everyone talks about boundaries
Mostly living in LOVE scarcity
To experience LOVE abundance
Let's talk about permissions.

Fear of LOVE

Some may think we don't have a fear
Deeply embedded in social patterns
We don't even allow ourselves to see it.

Let's open and connect our hearts
Expand our LOVE consciousness
Beginning with holding our hands.

Let LOVE be our medicine.

What We Crave

Being in the state of Oneness
In an eternal, vibrating orgasm
Always one with LOVE.

Yin Yang Balance

Gaia's frequencies have changed
Everything is intuitive and fluid now
But let's not fall into the trap of imbalance.

Commitment and responsibility
Clear intention and direction
Consistently growing further.

Cherishing the Yang like the Yin
We allow ourselves to find unity
Within and without.

Wholeness

The outside world is almost always
A distraction from our inner journey
And yet, by holding another soul close
Sensing and balancing each other
We jump directly into the Great Wholeness.

How Beautiful

When a woman fully accepts a man's LOVE
Bathing in his longing and desire for her
Without feeling any need to give
Allowing him to enjoy her beauty
Making LOVE with his eyes
Holding his hands with loving care
While being pleased by a soul she loves.

Creating Our Reality

When in a highly energetic state
We can visit our fears and dreams
Envisioning the best and the worst version
Of millions of possible future timelines
That are happening simultaneously.

By telling these two timelines to a friend
We pre-live them, and they will not happen
But when our minds are turned towards LOVE
The direction of our dreams will be clear
Embrace and trust, let's share our timelines.

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.

Conscious Enticing

Dress as sexy or as little as you like
Entice me consciously, excite me
Then be with me when I LOVE you
Don't use me or turn away in fear
Feel enriched by my LOVE and appreciation
Let us celebrate this LOVE together.

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.

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.

Sparkling Astral LOVE

There is a natural flow of LOVE
Between Yin and Yang
We can tune in and feel
Sparkling astral energies
But if we don't allow ourselves
Or if no one allows us
Our universe becomes pointless
Follow the flow of LOVE
Trust, let go, surrender
And be sparkling astral LOVE.

Jesus Didn't Die?

There's a tale being told
What if he never died on the cross
There was a great storm
All the soldiers left
The disciples stayed with him
What did they do?
They took him to a dark cave
Sealed the entrance
Darkness is the divine feminine
He was deeply healed
He was raised from death
Shaped his light body
Appearing to his loved ones
Living in secret
Until he became a star again. (*)

...

(*) The Star of Bethlehem can be seen as the after-glow of his own starlight, following his choice to incarnate. He gave all his LOVE, but was not understood. What would happen if he chose to incarnate again?

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.

We Are Everything

When two meet and share time together
They can be for each other however they choose
Both see a reflection of themselves in the other.

Each soul is the centre of their personal universe
Being guided by the reflections around
To wake up and see:

We are everything
We are one
We are LOVE.

Five Elemental Soul Parts

Earth. Stable, balanced, and comforting
We want to surrender completely
Sink in with them and grow roots
Let's be One with the Earth.

Water. The purely sensual snake
We want to please them in any way possible
Let's be One with the Water.

Fire. Sensual-energetic. Highest bliss
And deepest potential fall
Anything is possible
Let's be One with the Fire.

Air. Highly sensitive.
Strong, honest and loving healing presence
Let's be One with the Air.

Spirit. Superconsciousness
Let's be One with the Spirit.

Already Played Through

When we have already created it
With our minds and with our emotions
There is no need to live it any more.

If we choose the constant growth path
We watch out to not play everything through
Otherwise, nothing fancy in life happens.

How do we stay open and curious
At all times, no fantasies, no expectations
Just letting Gaia's will flow through us?

Hey Ho, Let's Go

How ironic that sugar can be an anchor
To keep us balanced, the handbrake
To slow down the slippery road to freedom.

Then, there is the longing
Becoming stronger every day
The fuel for the wish to break through.

When cacao is the last food
When the road is well-known
The path to the heart can begin.

Fully Free and Fully Open

Will you offer me
To be fully free and fully open
On a special day of celebration
Your wish adds astral tingling
To our loving connection
On the promised day I set you free
To decide as you wish.

What You Long for

When I touch you
Make a sound
Show your pleasure
Express your feelings
Let me learn
What you long for most.

Fasting Opens the World

There are no cravings
Food is seen indifferent
Hunger passes by like an emotion.

After one day, the astral worlds open up
The subtle, higher senses grow stronger
Fine, astral tingling floods the body.

Inner ear sounds become angelic melodies
Consciousness and awareness widenes
I feel my heart, light and longing.

Eating Keeps Us on the Ground

When everything becomes energetic medicine
When even sugar and indulgence help
Conscious emotional eating becomes a tool.

It makes the longing liveable
More sleep, more dreams, more gravity
It keeps us firmly grounded.

There are times for this
There are times for the other
Enjoy both, decide by heart.

Expanding Our LOVE Consciousness

Come and join with a friend
Let go and release your mind
Before you enter the sacred space.

Three Hours of sitting and sharing
Opening to the bliss of full darkness
Experiencing the divine feminine.

Sense your emotions, feel your longing
Connecting together in superconsciousness
Becoming a bubble of conscious LOVE.

Comfort Zone

Who offers ways out of the boxes
Is not always so easy to LOVE
Because our fear of opening up is great
And we all just LOVE our comfort zone!

Healthy Happy Kissing

Kissing is healthy, we say
Less stress, less anxiety, less cortisol
More oxytocin, serotonin, dopamine.

Why limit kissing to just one soul?
Why not kiss everyone we like?
Why not have a kissing day every moon?

Innocently hugging and holding
Making it long and sweet
Nine seconds or nine minutes?

From the heart, with longing
With affection and vulnerability
Fully indulging and surrendering.

Will we feel excited?
Do we consider ourselves worthy?
Do we want to be happy?

Let's ignite our pleasure centres
Let's treat ourselves and enjoy
Let's be healthy and happy.

Not Much Space for Anything Else

When there is enough LOVE in my heart
Many other things become superficial
Urging me to stay in it all the time.

Sometimes when I am tired of LOVE
There may be another emotion
Knocking on the doors to be seen and felt.

I observe, I feel, I talk to this emotion
I clarify, process and forgive
I do whatever is necessary.

Then, LOVE comes back in
Knock, knock. Are we finished?
May I come in again and stay with you?

∞ Endless Space for Everything Else

(by: Janne Räsänen)

When I am connected to love
I can contain everything

I can feel grief
I can feel despair
I can feel anger

and as long as I'm connected to love

I can still act out of love
I can still choose to love
I can still choose to love myself

All at the same time.

Spiritual Disneyland 2

Let's be honest together
There is not much heart chakra going on
It's mostly distraction and: busy, busy, busy.

Spirituality has become a busy market
Leading to all kinds of fun activities
While turning away from the centre.

Shadow work, releasing, forgiving
Purifying, allowing, transcending
Who really wants it and who can offer it?

True LOVE and Deep LOVE are bridges
For ourselves and for others
Yet the fear of LOVE is greater than ever.

Nothing Else to Do

There comes the time
When nothing matters any more
When everything becomes medicine
Cacao, ginger, cinnamon, nutmeg, curcuma
Fasting, for one, two or more days
Fully indulgence on other days
Music, dance, sensuality, breathing
Everything catapults us into high frequencies
Makes us vibrate and tingle
We do what feels right
We follow the guiding voices
Everything speaks, showing us the way
Synchronicity becomes the standard
Everything is flowing to one goal
There is no way back
Let me feel, cry, surrender
Nothing else to do
Do we still have a body?
Does it matter?
Everything climaxes
Everything becomes ONE.

Who Had the Idea?

We created all these worlds
And then jumped into them
To experience ourselves
To grow, to feel joy and pain
Heal, and grow some more
Only to find out
We have created all this.

Unconditional LOVE

Deep and honest
Free and limitless
Permission to touch
Why are you scared
From opening the door
Shall I leave?

Seeing Ourselves

If we hate, greed, and fear
Then this is what we will see
In our personal universe
Which we have created ourselves.

If we LOVE and rejoice
Then this is what we will see
In our personal universe
Which we have created ourselves.

Seeing 'ourselves' out there
Can be either heaven or hell
Every day and every moment
We decide where we want to live.

Sometimes we need the hell
To find our heaven within
Which is why we have created both
To show us the way.

Raise Your Dress

Raise your dress
Invite me to kiss
To taste your desire
Your natural medicine
Women give probiotics
Men give antidepressants
Let's allow and indulge.

Dear Tantra

The sacred, ancient practices
Were never taught in groups
That was just to make more money.

Although many of the basics can be learned
Groups bring in ego dynamics
Social anxieties, competition and many shadows.

Trust is the basis of sacred sensuality
It needs a small space and time to build
To find True LOVE and Deep LOVE.

Safe and Complete

Some feel safer with the Yin than the Yang
Even when the Yang is in loving peace
Not wanting or expecting anything.

What is it that is not yet in balance
What hurt has not been healed
What has not been forgiven?

Please allow yourself
To feel safe and complete again
Enjoy the inner unity with the Yang.

Karmic Wound

Thank you, dear friend
I trusted, showing myself vulnerable
Punched in the stomach and face
Thank you for showing me
The old karmic wound of rejection
I will find forgiveness once again
And I trust you will find LOVE.

LOVE Families

Imagine intentional communities of LOVE (*)
Everyone holding hands to connect
Everyone hugging each other.

Some share Deep LOVE, some share True LOVE
They all share trust, creativity and support
They talk about their feelings together.

Imagine how much more living and loving
Caring and supporting, creating and growing
This would bring into your life.

...

(*) See: *Multidimensional LOVE. Intentional Communities of LOVE and Energetic Healing.*

Part of the book can be read for free here:

<https://www.nils-klippstein.de/en/>

Rise of Humans

First we created the Archangels
Together, we created the Angels
Then the five elements
The three poles Yin, Yang, and Whole
From this, humans were born.

By hiding the third pole
We hid the key to return
Lost in duality we went searching
We got distracted, dulled, and owned
Only the heart knows the way.

Once we set the direction
There is no turning back
Who wants to return to misery?
We walk through our fears
Face our shadows and demons.

The heart awakens
And there is no end
The further we LOVE
The further we travel
Until we reach our home.

Inclusion Groups

Some prefer only one pole in their group
It creates a feeling of soothing wellness inside
While being painfully closed to the outside.

If men or women are excluded
There can be no balance
Separation is not the answer in our time.

In this new world, there is no need
For the Yin to use the tools of the Yang
To feel safe, strong and empowered.

By inviting at least one silent opposite
The inner work is more powerful
Loving, energetic harmony can be found.

Better Not Grow?

Better not work on your shadows
Keep your cravings and addictions
Stay in your fears, they are comforting
Be selfish as you wish
Don't talk about LOVE
For if you continue on your path
You may receive anger or fear
Mistrust, distancing or disinterest
But if you continue to grow
Because there is no going back
Then make sure you LOVE yourself.

Forgiving

Sure, I can forgive you
But can you forgive yourself
For judging and not believing?
If you cannot see and feel
Or if you refuse to
Mother Gaia will show
Please trust and accept
Or you pay a painful price.

When Jealousy Eats Only One

Want to invite a new friend to play?
The other might not be jealous at all
When there is someone for them to explore
Maybe a charming friend to offer closeness
On whatever level it feels loving and good.

Ask, talk and plan your special day
Make it a sacred ceremony of LOVE
Give each other permission
Forgive for not being the only LOVE
Enjoy the magical time.

Hear the other moan
See each other make LOVE
Enjoy each other's feelings
Hold hands to connect
Being grateful for the shared moments.

More Freedom More Responsibility

Loving more than one
Is not for running away
Not to make it shallow.

More freedom comes
With more responsibility and caring
More commitment and compassion.

Following the False Light

Ancient tribes never had cacao ceremonies
They just drank it all day long
And didn't charge each other for it.

Why wear crystals outside your shirt
When they cannot touch your skin?
To show that you are spiritual?

Why talk about spiritual things
And not walk through your fears?
Or let go of your addictions?

Why talk about LOVE
When you fear it more than the devil?
And run away when you sense it?

The first small step towards a spiritual life
Starts with surrendering to your innermost heart
Even if it hurts like hell.

Being Professional

We are told to treat other humans
As clients, case studies, or numbers
Shutting down our feelings of LOVE
Does this lead to healing and growth?

Perhaps instead we need to learn
Loving, honest communication
Working with our shadows and fears
Finding ways to connect with LOVE.

Guided By LOVE

When we lack
When we are hurt
When we fall down
We get up again
We want to leave the pain
We strive to improve
We feel motivated
We heal and grow
What happens then?
Comfort zone kicks in
We feel cosy
We stop growing
We need to fall again
We need to be hurt again
We need to lack again
I'm tired of this
I want LOVE to guide me
Not pain.

Becoming a Star Being

If time does not exist in the higher dimensions
Then we are already at our salvation point
We remember the way.

We ask for intuition or divine guidance
Perhaps all we need is a better memory
Aligning with what is already there.

The path is winding and flexible without limits
But all pilgrimages lead to what we will become
Unless we walk in the wrong direction.

The Star of Bethlehem was the afterglow
Of a star consciousness and being
Who visited Earth at some point along the way.

Sensual Servant

Blindfold me
May I please you
Be guided by you
Enjoy your freedom and trust
Make me your sensual servant
Until you invite me in.

Good Care

Our spirit guides are always there
Giving inspiration and insights
Guiding us through our inner processes
Making synchronocities happen
Aligning with Gaia's LOVE
Taking good care of us
While we are in the centre
Another time it is their turn to incarnate
And we are the ones guiding them.

Less Drama, More LOVE

Watch any romantic love story
Those with rivals and other drama
Now allow all characters
To have more than one partner
Being honest and loving with each other
The story will fall apart
No more drama
But much more LOVE.

Climaxing Consciousness

Allowing our LOVE to flow
Creates a stronger longing
Holding the space is hard work
Fasting for growth and awakening
Is like pushing fast-forward.

High consciousness becomes intense
When LOVE fills our empty cup
When everything speaks to us
When everything that happens
Conspires just for us to wake up.

Becoming the goddess or god
Of our personal universe
Is not an easy ride
Eating calms it down, makes numb
Sometimes that feels like bliss.

Going faster, going slower
Until we can let go more and more
Surrender and dive into the vortex
The climaxing consciousness
Flooded with energy and LOVE.

When the Maries and the Christs Are Ready

What if the 144,000 were already on Gaia?
Would we be able to sense their energy?
Would we be able to open up to their LOVE?

Would our minds reject them?
Would we judge them?
Would we fear them?

Would we be too busy to connect with them?
Would we rather distract ourselves to avoid them?
Would we be able to LOVE them back?

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 synchronocities.
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 tou-

ches 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!