

Balancing Emotional Needs: A New Relationship With Food



Nils Klippstein

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A New Relationship
With Food



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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www.sensual-energetic-healing.com
www.healer-and-creator.de/en
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*Thank you, Goddess Gaia,
from you we borrow these
beautiful physical and astral bodies.
You provide everything we need to nourish them.
It is our responsibility to learn how to do this
without being addicted to substances
that we ourselves have isolated from
their natural environment.*



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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!

My Journey of Food and Cravings

Changing and reducing our daily habitual food intake leads to the development of our consciousness. Dealing with our cravings and shadow parts brings true spiritual growth.

Until recently, I had never fasted for a single day, not even fruit fasting was possible for me. For decades, my blood sugar levels would not allow it, as I was heavily addicted to sugar and carbohydrates in all forms. When I tried, I felt physically sick and exhausted. Sometimes I would even vomit.

I have abused food and certain substances to mask my deep-seated emotional needs for more love, comfort and closeness, never really feeling comfortable living in a world that does not freely provide and severely restricts these basic human needs. (*)

However, through ongoing inner shadow work, several multi-day retreats in complete darkness,

and with the guidance of shamanic plant medicine, I was able to work through many of my cravings for coffee, alcohol, and sugar.

Over many years, my diet gradually improved, with green smoothies in the morning, vegetables and quinoa for lunch, and a fermented oat meal for dinner. The consistency of these healthy habits helped me see food in a different light and kept me on track.

When I learned about the Breatharian lifestyle, my astral body tingled strongly. I asked inwardly and received the answer from my spirit guides, "Yes, Nils, you will have to go through this process eventually ... Take your time and prepare, you will be guided." It felt daunting, but I also sensed the deep truth that this would be an important part of my path.

I tried fruit fasting a few times and proudly managed to do it for 24 hours, from one evening to the next. It felt good! I had more energy, felt more connected to the astral worlds and the subtle energy flows. But I was also very hungry and could not even imagine doing a full fast!

Then, another retreat in complete darkness called me. There, for the first time in my life, my stomach felt full and bloated after the first few bites of any food. I was confused, but intuitively followed my body's signs and slowly reduced my food intake over the first three days.

Fortunately, my hosting friend was available to extend the retreat to nine days and came twice a day to stabilise me emotionally and energetically. With knowledge and care, she helped me through some heavy detox days, with exhaustion and painful flu symptoms in my muscles and bones.

The inner images and many dreams revolved around cravings for the most unhealthy foods, often fried and heavy. Only after a few days was I feeling better, although the exhaustion continued. But when I came back into the light of day, I felt reborn.

Feeling a whole new level of awareness, alertness and connection to my subtle inner energies, I continued my fasting experience over the next few weeks. As I found my personal balance, I ate one meal a week and allowed myself a little coconut oil in my tea or pure cocoa drink and occasionally small taste bites.

Furthermore, I learned to feed myself more and more from the astral worlds, as I was intuitively shown during my retreat. I felt free and had more energy than I had in many years.

Most of my food cravings were gone, and I discovered a new lifestyle of not needing much sleep any more, having more time for my creative work, and feeling ever more intuitively connected to my spirit guides and Gaia (Mother Earth).

Then I had the strangest revelation: Funnily enough, after many years of living almost sugar-free, the fasting periods had stirred some strong inner cravings. So, for the following week, I decided to do the opposite of fasting and have a pizza with extra vegetables and goat cheese for lunch, and only sweets for the rest of the day. Reading food labels, I calculated two kilos of pure sugar in the chocolate bars and biscuits I had bought for this unique 'diet' experience.

I wrote about my trials and tribulations, and had a fictional character in the magical lands of Sanuela (*) go through similar experiences, including the many tiresome lows that ordinary eaters might go through every day. Eventually, all the sweets were eaten and I found myself naturally getting back to eating more healthily.

Once again, my astral energy levels and awareness increased many times over, I returned to a more balanced state, and decided to write this second book about food and emotions, offering more practical step-by-step guidance than a fantasy novel could give. Then, I found the real intentions and needs behind my cravings for food and sweets. In the end, it is only LOVE that we seek.

...

(*) See: *Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela*.

(*2) See: *Liberator of Temptational Bonds*.

A Book of Memes

In a world full of noise and distraction, short, clear messages offer an oasis of clarity. This book is like a picture book of memes for adults, designed to cut through the chatter. The benefit? Each meme delivers a quick dose of insight or inspiration, with the added magic of a supporting image to make it memorable.

Feel free to copy, share, and even use these memes commercially. If you decide to make your own screenshots for sharing, please include the book title at the top. If possible, consider adding a link to the book's PDF file:

www.nils-klippstein.de/emotionalneeds.pdf

Before You Fast: Read This

Fasting is generally a healthy and safe experience and has been practised by humans for thousands of years.

However, it may not be suitable for everyone, especially children and adolescents.

Also, if you have any serious health problems, eating disorders or are on any regular medication, please consult a medical advisor, nutritionist or professional health coach before starting a fast.

The Relationship Between Food and Emotions

Understanding the deep connection between food and emotions is the first step to creating a healthier relationship with both. Through mindfulness, self-awareness, and small steps, you can break the cycle of emotional eating and make choices that serve your well-being.



Food isn't just fuel for your body – it's tied to your emotions. When you're happy, you might celebrate with a special meal. When you're sad, you might reach for comfort food. Recognising this connection is the first step to changing your relationship with food.



Emotional eating is like putting a plaster on a deep wound. It provides quick relief, but doesn't solve the underlying problem. The next time you reach for a snack, ask yourself: "Am I really hungry, or am I trying to fill an emotional void?"

LOVE YOURSELF

Food can change your mood, for better or worse. Sugary treats may lift your spirits temporarily, but they often lead to increased fatigue and dullness. Choose uplifting foods that provide a steady source of energy and well-being, such as fruit, vegetables, quinoa, or oats, to maintain your emotional balance.





Your body sends you hunger signals for a reason. But when emotions come into play, it's easy to misinterpret these signals. Stop and listen to your body before you eat. This will help you to become more in tune with your true needs.



Stress, anxiety, or loneliness can make you want to eat more, even when you're not hungry. Simple techniques such as deep breathing, meditation, hugging someone for a minute or longer, or going for a quick walk can divert your mind and reduce the urge to snack impulsively.



Emotional attachments to certain foods often begin in childhood. Remembering grandma's cookies may bring comfort, but it's important to find new, healthier ways of dealing with emotions. Break the cycle today and create new traditions that serve your well-being.

LOVE YOURSELF

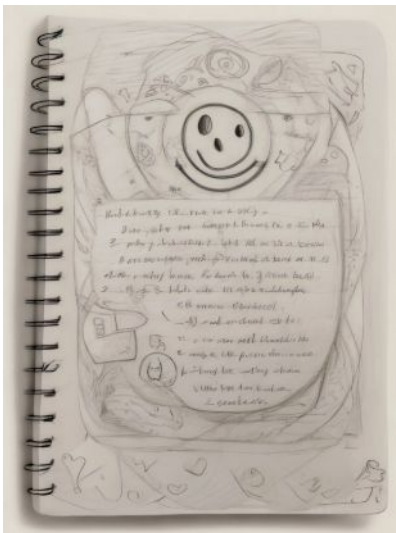
When emotions run high, you may reach for foods that are high in sugar and fat. This is your body's ancient way of preparing for stress. Being aware of this can help you make smarter food choices during emotional times.



Mindful eating isn't just a trendy phrase – it can actually help you understand your emotional triggers. Take the time to savour each bite, and you'll find it easier to recognise when you're eating for emotional reasons rather than hunger.



LOVE YOURSELF



Journaling can be a powerful tool for understanding your food choices. Write down what you eat and how you feel before and after. Over time, patterns may emerge that can help you identify emotional triggers that lead to unhealthy eating.



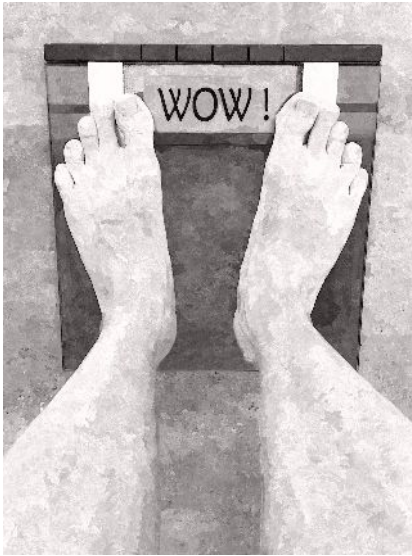
Long periods of overeating can silently damage your health. They often occur in response to prolonged stress or emotional problems. If you're feeling sluggish, low, or out of sync, it's time for a change. Trust your intuition and take action.

The Real Path to Transformation

True transformation goes far beyond quick fixes like fad diets or mere weight loss. A deeper understanding of the emotional ties to food and a holistic approach to change are key. Small, consistent actions and mindful eating are the building blocks for a balanced life, better energy, and less need for sleep.



Beware of fad diets that promise a quick fix. They may offer short-term gains, but often lead to long-term disappointments such as the yo-yo effect and even stronger cravings. Real change is gradual and continuous.



Focusing only on weight loss misses the emotional connection we have with food. Exploring the why behind your cravings can help you live a more balanced life. You may shed a few pounds, but the real reward is living in harmony with your body, heart and soul.

LOVE YOURSELF

Avoiding certain foods or substances without understanding why you crave them is like using a piece of chewing gum to fix a leaky roof. The real problems often lie deeper, in your emotions and shadow parts.

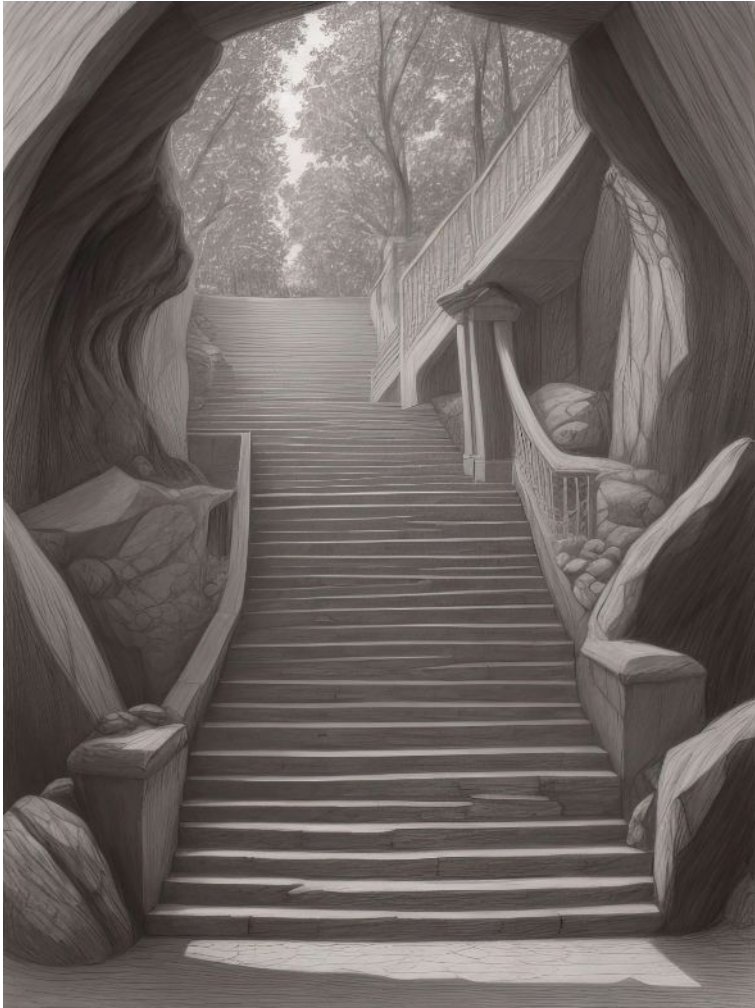




Many think that changing food habits is about restriction, but it's more about freedom. When you make food choices that align with your inner self, you free yourself from the emotional traps that have been holding you back. You may find that this freedom feels really good!



The energetic and spiritual journey you are embarking on is not a spiritual wellness weekend that distracts from real transformation. It's a deep dive into emotional shadow work that may be challenging, but the rewards are limitless.



Choosing an alternative lifestyle with food isn't always a walk in the park. Old habits die hard, and ingrained patterns of thinking can be hard to break. But with patience and small steps, it's doable.

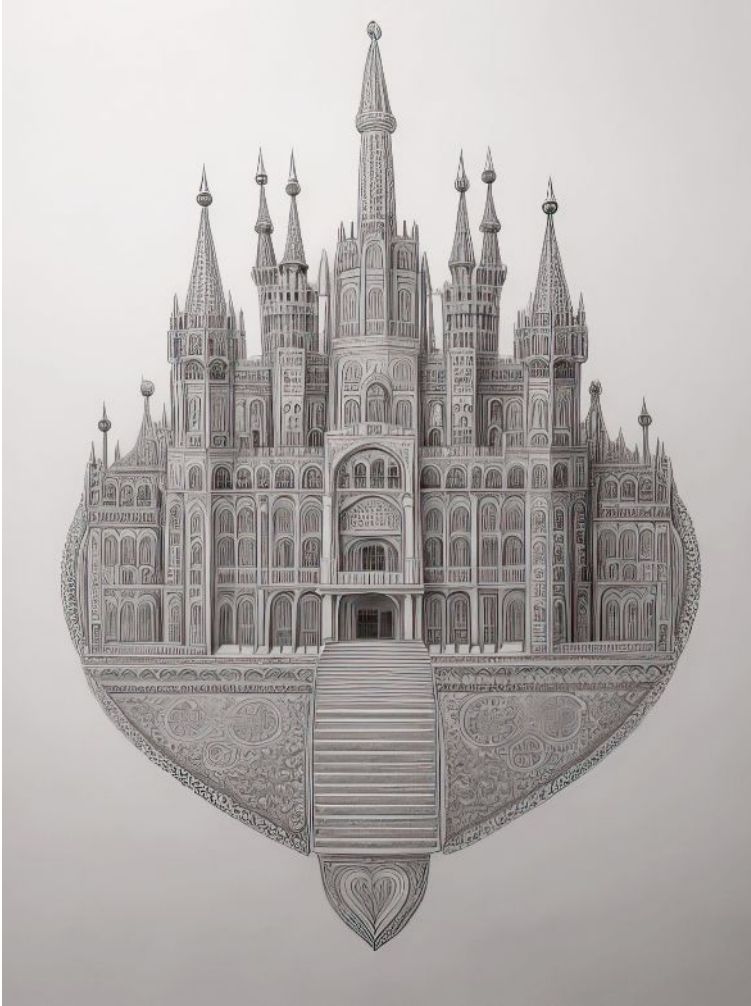


Eating less but mindfully can lift your energy levels. When you're not weighed down by the heavy workload of digestion, your body and spirit soar. Experience it and feel the difference.



Eating less food means less time to digest, which translates into needing less sleep. Imagine right now what you could do with those extra hours of wakefulness!

Balancing Emotional Needs: A New Relationship With Food



Trying to rush your transformation can backfire. The power of small, consistent actions is immense. Over time, they'll add up to create a profound change in your life.

Emotional Questions

Here are some powerful questions that invite you for your most honest self-reflection. Please dedicate a day or two to ponder each one and write down your thoughts in your journal.

As you answer, think about how much you use food or other substances to suppress, compensate, or fill gaps in your life.

Take your time – this can be a rewarding part of your journey as you engage with this book.

Perhaps these questions will stir emotions, even tears. Find a private space where you can safely let these feelings flow rather than hold them back. Feel yourself. Breathe through your heart space. Tune in to what you are truly yearning for, and allow yourself to feel that longing. Become the love you are looking for.

Are you ready?

Balancing Emotional Needs: A New Relationship With Food

1. Do you feel you are giving and receiving enough love in your life?



2. what's the biggest regret you carry around?

3. what do you miss most in your life?





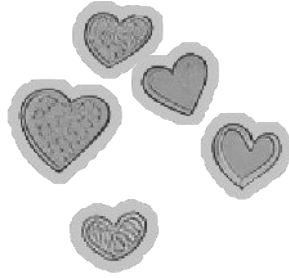
4. Do you feel you truly deserve love and appreciation? If not, why?

5. What steps could you take to cultivate a stronger sense of self-appreciation, regardless of external validation?



6. When you feel lonely, what are you seeking from others that you feel you can't provide for yourself?

7. When did you last feel truly happy and at ease?



8. Is there a part of yourself you are ashamed to show others?

9. Is there something stopping you from living the life you dream of?



Navigating Loneliness

Navigating loneliness means learning to be happy with yourself, understanding the role of food and substances, encouraging more mindful choices and taking important steps towards self-love and emotional balance.



Loneliness can sneak up on us at certain times, especially when we are away from loved ones. Instead of turning to comfort food, try to connect with people who truly matter, even if it's just a phone call or video chat.

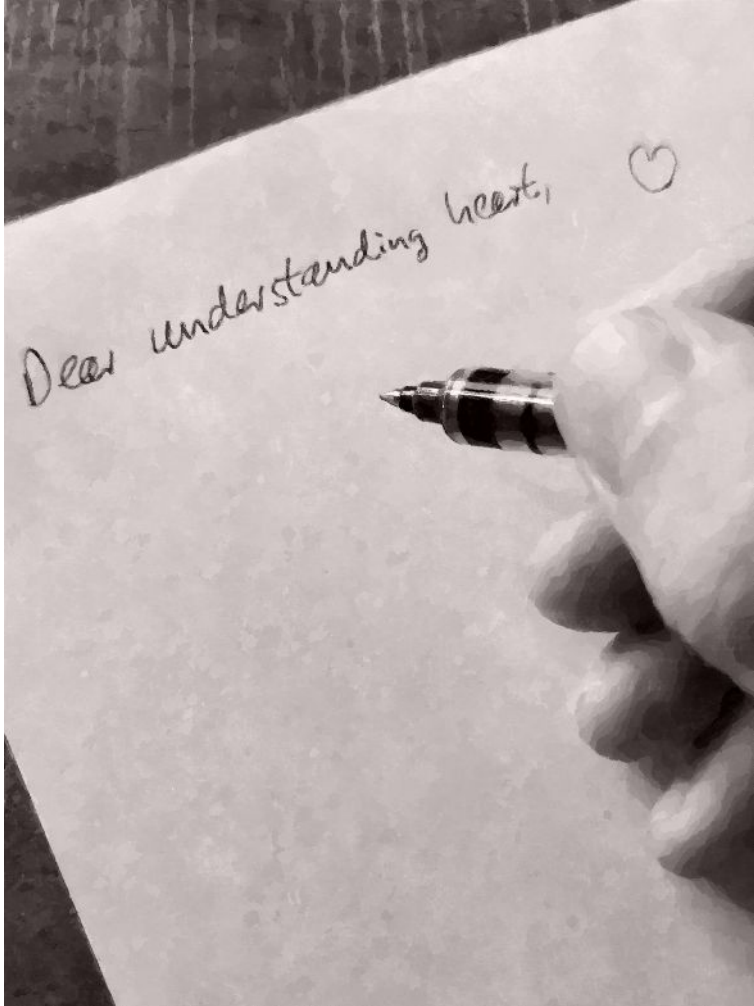


Feeling lonely is natural, but it's how you respond that matters. Find activities that lift your spirits and give you a sense of inner connection, whether it's a hobby, exercise, meditation, or a heart-felt conversation with a friend.

LOVE YOURSELF

Your time alone is precious and special. Breathe through your heart space, feel yourself, and engage in what you love most. Being content with just yourself is a wonderful gift.

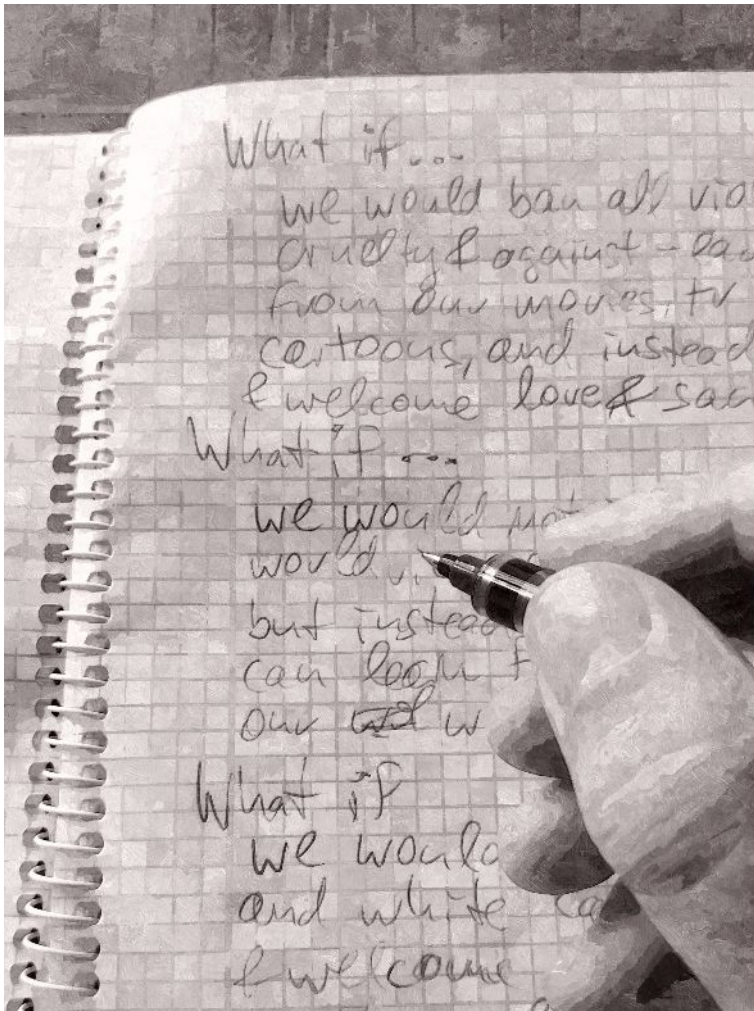




When loneliness strikes, it's easy to distract yourself with food or substances. Yet, these won't satisfy your deeper need for connection. If you can't have a meaningful conversation with someone, try writing a heartfelt love letter to yourself.



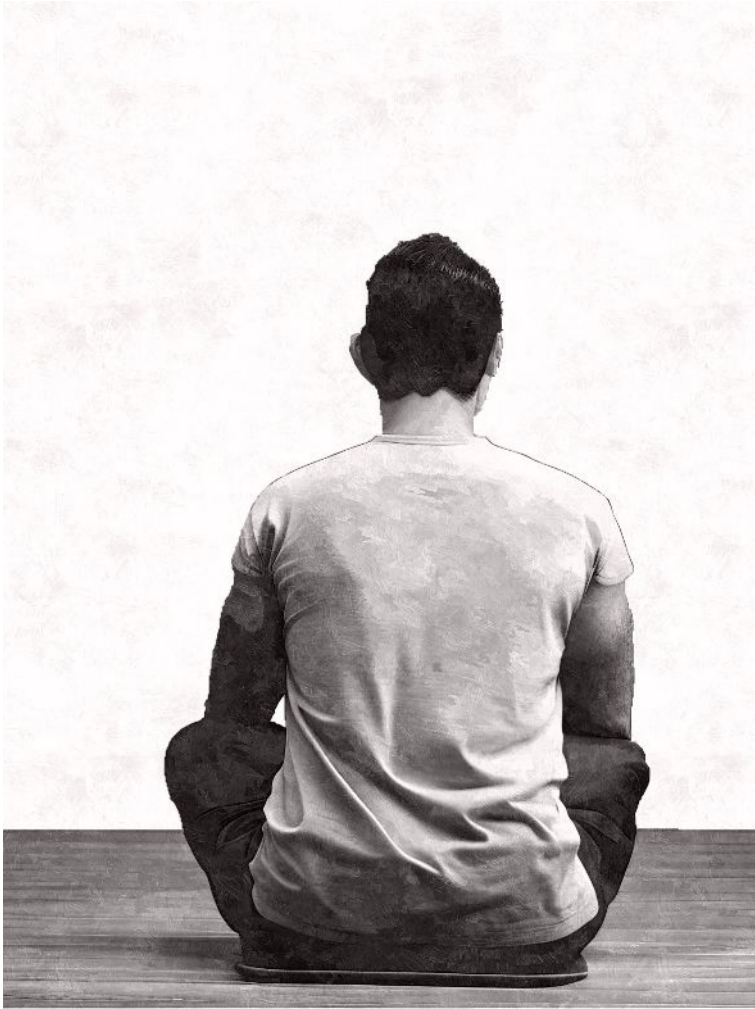
Solitude can bring clarity. Use this alone time to reconsider your choices around food and other substances. Ask yourself, "Is this really nourishing for me?"



Loneliness can bring up challenging emotions. Instead of reaching for comfort food, try journaling your feelings. See what comes up and how you can deal with it.



Being alone doesn't mean you're not loved. It's an opportunity to recharge and reflect. Instead of consuming empty calories, fill this time with activities that nourish your soul.



Embrace solitude as a way to deepen your connection with yourself. Use this quiet time for self-love activities such as meditation, exercise, or learning how to feed yourself in a more balanced and healthy way.



Feeling emotional? Grant yourself the freedom to weep. Tears can be healing. Watching a touching movie can help you connect with those hidden emotions.

Awareness Questions

Take your time as you explore the questions in this chapter. It's not a race; the aim is to deepen your understanding and awareness around food and substances.

Writing your thoughts in a journal can be a powerful way of turning your fluid ideas and feelings into clear, actionable insights. The act of writing often crystallises what's going on inside you, serving as the first step towards meaningful change.

So, grab a journal, find a quiet space, and let's begin this part of your journey.

1. When do you most often find yourself reaching for comfort foods or substances?

3. Are there specific triggers or situations that make you overeat or use substances?

5. Do you
feel guilty
after indulging?
what thoughts
go through
your mind?



6. Do you hide your eating or substance
use habits from people close to you?



7. Have you
ever tried to
quit a bad
eating habit
or substance,
and what
made you go
back?

8. Do you feel in control when you are eating or using substances?

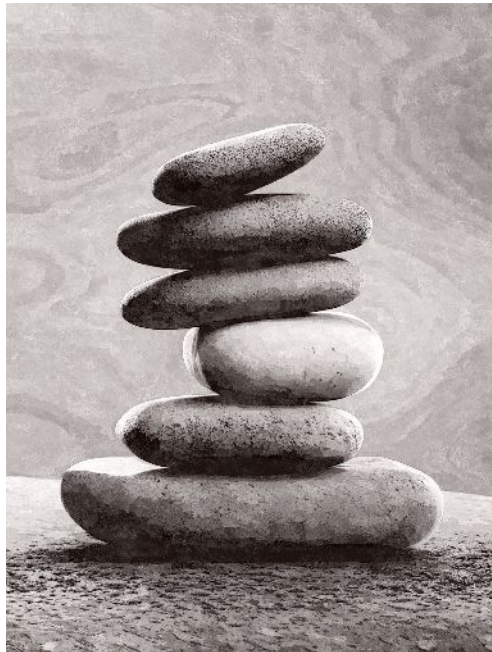


9. What healthier alternatives have you tried to cope with your emotions?

Rebalancing Without Caffeine

Moving away from caffeine can bring about many good changes. This journey helps you find new balance, improve your health, and discover enjoyable alternatives to caffeinated drinks.

Caffeine can
wreak havoc on
your blood sugar



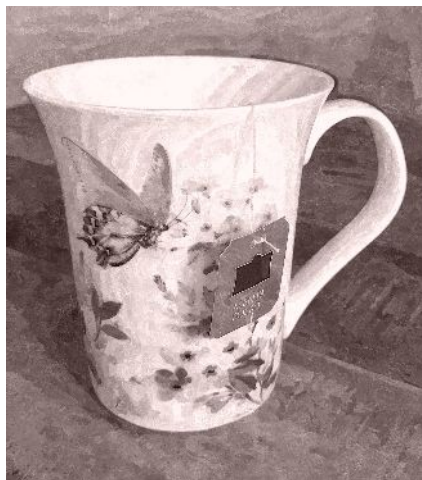
levels, causing big swings that can affect your mood and energy. Learning to control this can pave the way to a more balanced life.



Regular coffee consumption can lead to a number of health problems, including insomnia, digestive problems, and even an increased risk of certain heart conditions.

LOVE YOURSELF

As your body becomes more sensitive to caffeine, even a single cup of coffee can make your blood feel like it's 'boiling'.



This discomfort is a sign that it may be time to consider other options.



Quitting caffeine all at once can cause withdrawal symptoms such as headaches, irritability, and tiredness. Taking it slow is usually the best approach,

starting with less intense forms like organic green tea.



Once you've transitioned from coffee to green tea, you can switch to organic Pu-Erh tea. This fermented green tea has even less caffeine, making the journey towards a caffeine-free lifestyle smoother.



If you miss the taste of coffee, try smelling freshly ground coffee beans. This can be more enjoyable and much healthier than actually drinking it.



Looking for something to aid digestion after a heavy meal? Natural lemon juice with water and ginger root could be the answer. You can also add small pieces of ginger to any tea blend and even eat them afterwards.

LOVE YOURSELF

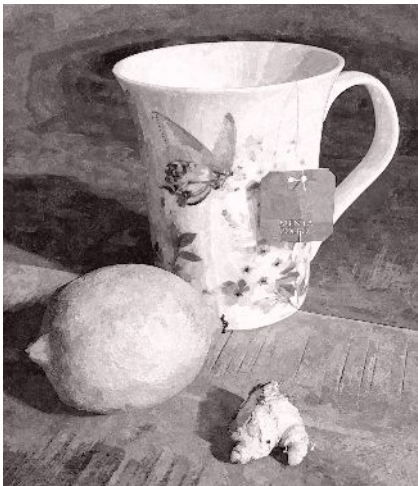
As you get used to organic Pu-Erh tea, you may find that this milder source of caffeine is so enjoyable that it becomes easier to give it up completely.



If you're still looking for a little energy boost after quitting coffee, try pure cacao powder or 100% cacao chocolate. These have a subtle caffeine effect without the usual drawbacks of coffee.



LOVE YOURSELF



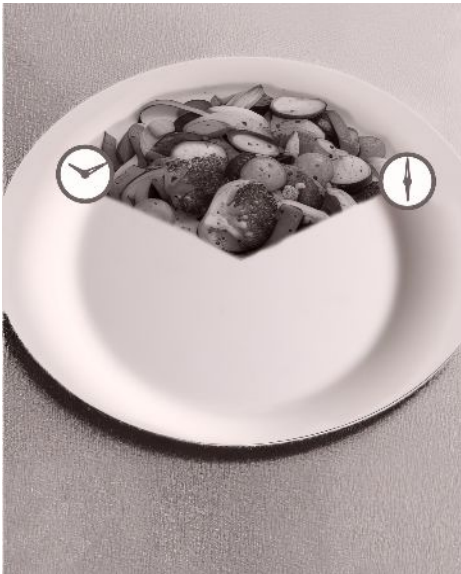
Many think they need caffeine to start the day, but often it's the ritual that matters. Replacing coffee with herbal tea, a bit of ginger, a spoonful of coconut oil, and fresh lemon can provide a similar feeling of alertness.



As you move away from caffeine, you may notice a natural increase in your energy levels, better sleep, more stable moods, less anxiety, lower blood pressure, more balanced hormone levels, and you even absorb nutrients more efficiently.

Intermittent Fasting

Intermittent fasting is a versatile and adaptable way to improve your physical and mental wellbeing. It's not just about timing your meals; it's a lifestyle that can improve your concentration, enhance your immune system, and give you greater body awareness. It's easy to adapt to individual needs, and once you've started, it fits naturally into your daily routine.



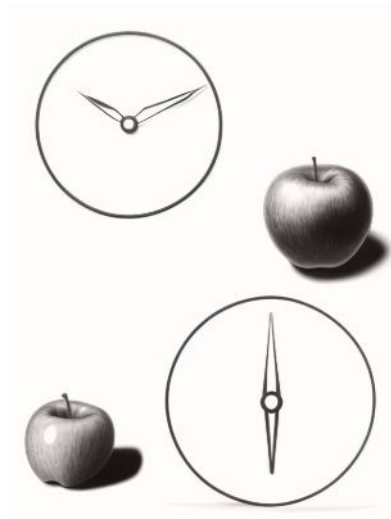
Intermittent fasting is a way of cycling between periods of eating and not eating. It doesn't tell you what to eat, just when to eat.

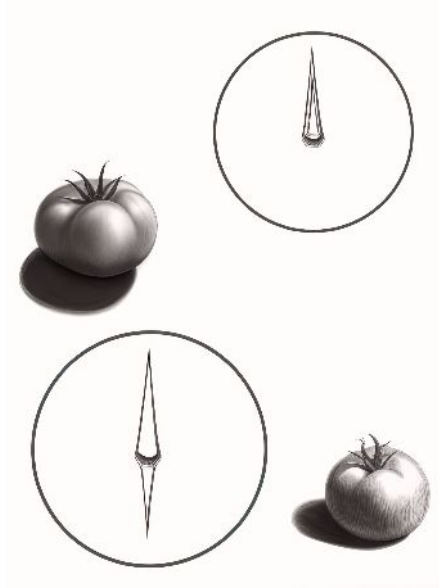


Because your body isn't busy digesting when you're fasting, it can focus on reducing inflammation, fighting off infections and repairing cells, giving your immune system and overall physical health a powerful boost.

LOVE YOURSELF

The most popular intermittent fasting method is to fast for 16 hours and eat during an 8-hour window. For example, have breakfast at 10:00 and stop eating at 18:00.



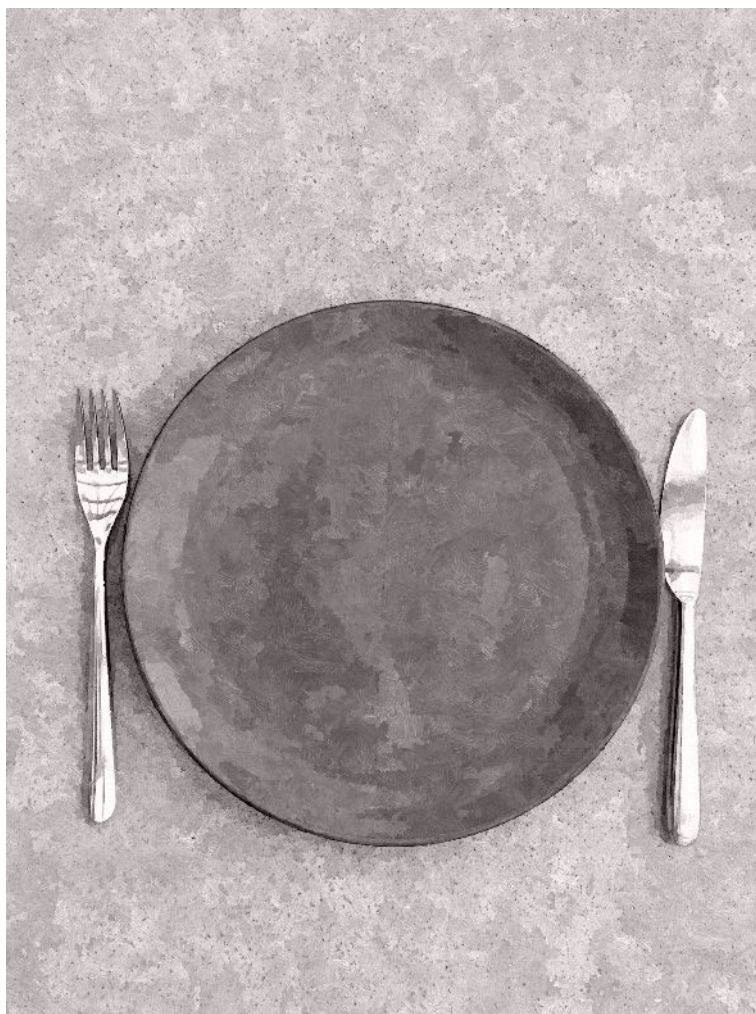


To make intermittent fasting more challenging, you could try fasting for 18 hours and eating during a 6-hour window. For example, have breakfast at 12:00 and stop eating at 18:00.

LOVE YOURSELF

This intermittent fasting rhythm is similar to a Breatharian lifestyle with only one meal a day: You fast for 20 hours and have a 4-hour window for eating.





Although intermittent fasting brings many benefits, don't let it comfort you into believing that you shouldn't explore full or fruit fasting. In fact, the term "eating pause" might be more fitting, as intermittent fasting is not really fasting.



Many people find that intermittent fasting improves mental clarity and concentration. This could be because your body is not using energy for digestion, leaving more resources for the brain.



Intermittent fasting is flexible and can be adapted to suit your lifestyle. You can keep the same rhythm on most days and have one or two days a week when you do it differently, perhaps for social reasons.



Intermittent fasting can be a great way to introduce you to listening to your feelings of hunger and learning how to look beyond them, telling your stomach: "Yes, my dear, you will have something to eat. Tomorrow after ten!"



Intermittent fasting doesn't need to be only about when you eat, but also about what you eat. Focus on nutritious, whole foods during your eating window to maximise the benefits.



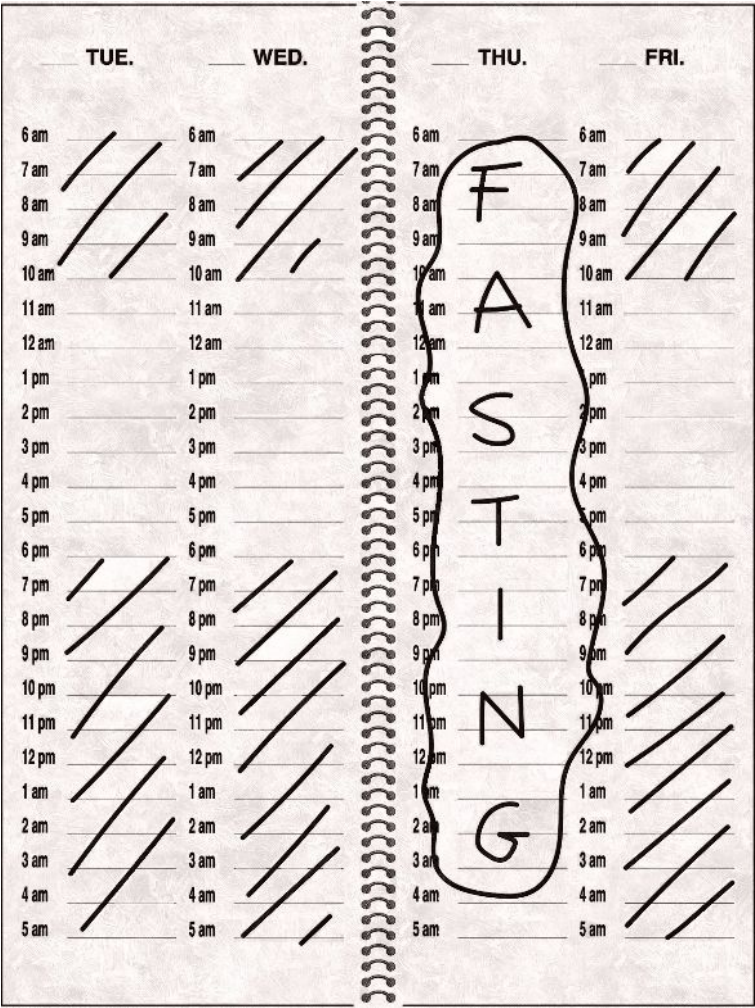
Many people worry that intermittent fasting will reduce their energy levels. In reality, most find that they feel more energetic and focused once they get used to the routine.

LOVE YOURSELF

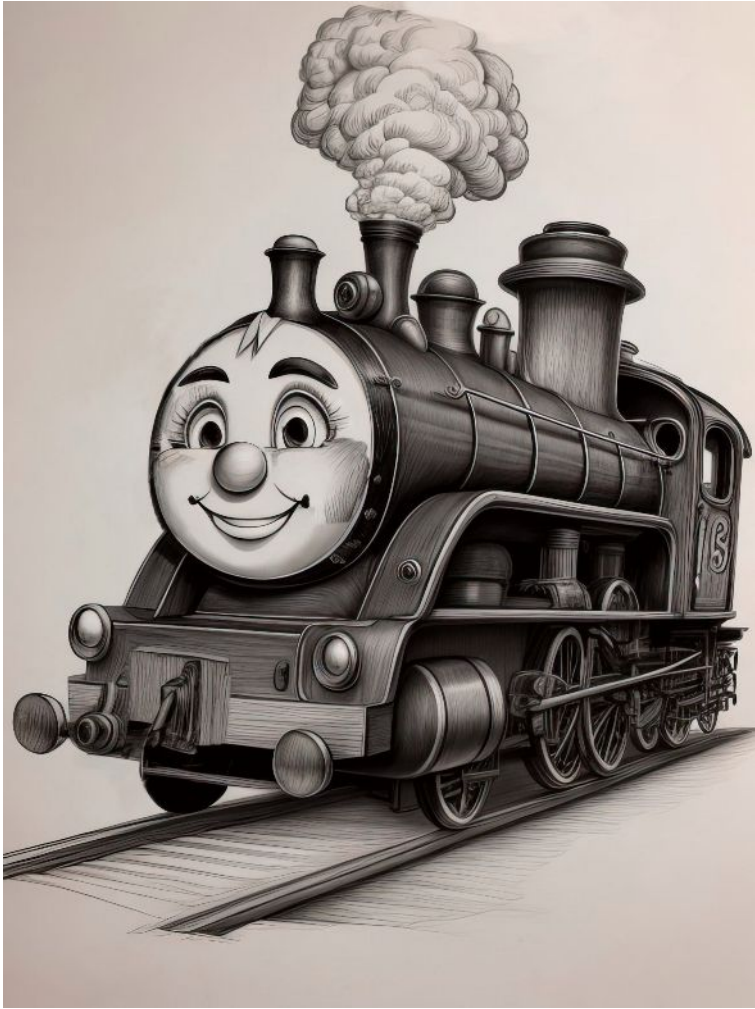
Intermittent fasting is not a one-size-fits-all approach. Feel free to experiment with different fasting and feeding windows to find what works best for your body and lifestyle.



Balancing Emotional Needs: A New Relationship With Food



Some choose to combine intermittent fasting with other forms of fasting for added benefits. For example, you could do a 16-hour fast every day and also include a full 24-hour fast once a week.



Starting intermittent fasting is like setting a train in motion. At first, it may take a bit of willpower to get the wheels turning. But once you're on track, it becomes a natural and effortless part of your daily rhythm.

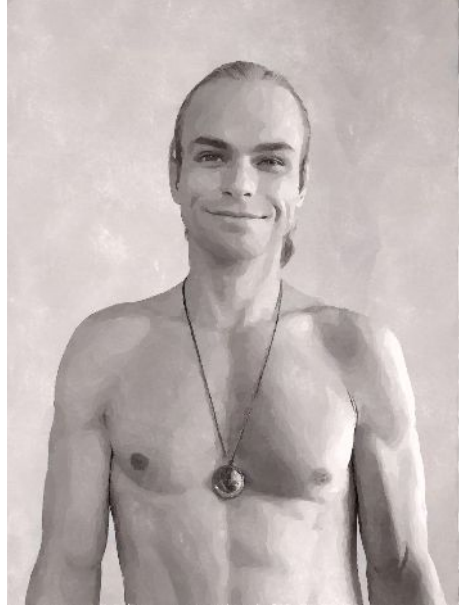
Common Worries or Misconceptions About Fasting

Fasting is often misunderstood, surrounded by myths like it's only for weight loss or unhealthy for certain groups. The reality is more nuanced: many people, regardless of gender or lifestyle, can fast safely and for various benefits, without the risk of overeating afterwards.

Is fasting similar to starving? Fasting is controlled and deliberate, and can be stopped at any time. Starvation is involuntary and harmful, and lacks the positive benefits that come with fasting.



Does fasting cause muscle loss? This is a common fear. However, the body prefers to use fat stores for energy. Fasting also stimulates the production of human growth hormone (HGH), which helps to maintain muscles.



LOVE YOURSELF



Some think that fasting slows down your metabolism, making it easier to gain weight later on. Studies show that it can actually increase your metabolism. This is because fasting helps your body switch from using carbs to using fats as fuel.



Many worry that fasting will leave them tired or without energy. On the contrary, once the body has adapted to the new lifestyle of extended fasting, energy levels often increase. The body redirects the energy it would use for digestion to other bodily functions, making you feel more active.

Does fasting cause nutritional deficiencies? While it's important to eat a balanced diet, fasting does not usually cause nutrient deficiencies. Many people have been observed to go without food for prolonged periods, suggesting that the body has mechanisms beyond mere nutrient storage to sustain itself.



LOVE YOURSELF



The belief that fasting can be harmful to people with severe pre-existing conditions is incorrect. Although it's important to consult with a healthcare professional, many people with chronic conditions benefit from fasting under supervision.

The misconception that fasting is not suitable for women is unfounded. While some hormonal fluctuations may occur, many women find fasting very beneficial.



LOVE YOURSELF



Does fasting lead to overeating later? While some may feel tempted to overeat after a fast, it's more likely that you'll become more mindful and appreciative of food, which will improve your eating habits.



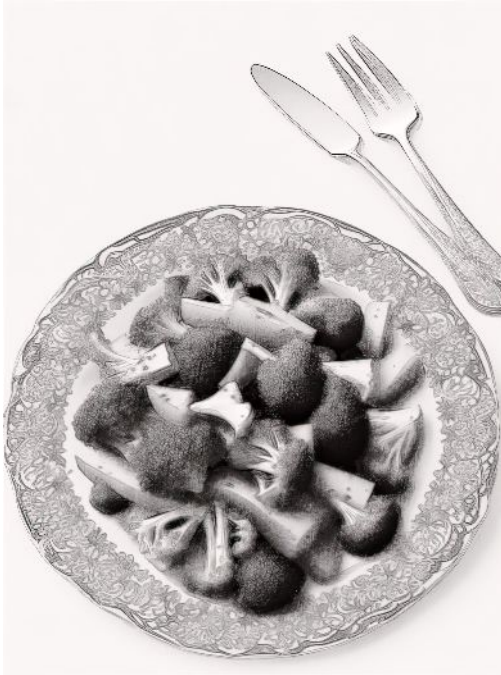
While many people fast for the health benefits, fasting also has spiritual and emotional dimensions. It can be a time for self-reflection, deepening your spiritual connection, and improving your emotional well-being.



Some people think that if you're physically active or work out a lot, you can't fast. This isn't true. Exercise and fasting can go hand in hand, although you may need to adjust the intensity. Always listen to your body.

Your First Fasting Journey

Explore the health and spiritual benefits of fasting, learn how to ease into the practice with fruit fasting, and find support through fasting buddies. Tips on gradually reducing food intake and timing your fast are also provided.



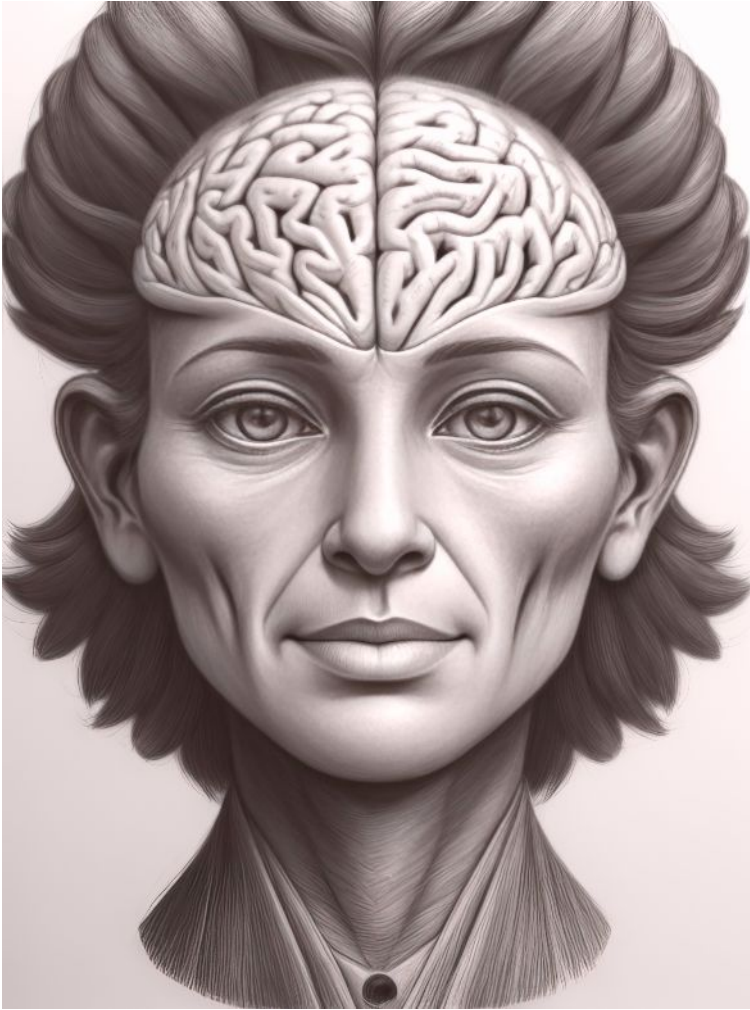
Fasting teaches you to value your meals and life's other joys. If you're always eating, you seldom feel hungry, making it hard to truly appreciate food. By fasting, you can become more grateful for the simple things.



Fasting has been practised for thousands of years for various reasons, including spiritual growth and numerous health benefits. It promotes cellular repair, boosts your immune system, improves blood sugar control, supports heart health, enhances brain function, and helps to prevent cancer.



On a spiritual level, fasting or fruit fasting can deepen your connection with your astral body. You may notice an enhanced flow of subtle energies, feel more alert, and find that you need less sleep than usual.



Many regular fasters report improved cognitive function. They have a clearer mind and better insights. However, it can take a few days to achieve this clarity as the body learns to make sugar for the brain without external carbs or sugars.



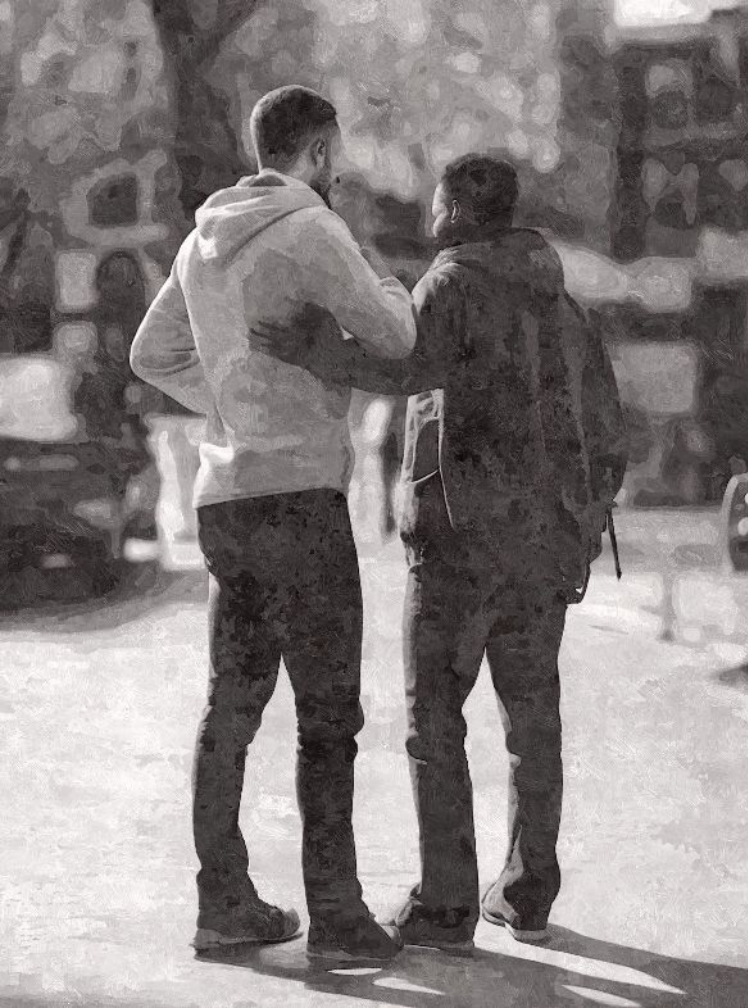
Fasting helps you to remember that our bodies are spiritually connected to a higher power, whether you call it Mother Earth, Goddess Gaia, God, or 'the universe'. During fasting, you may find it easier to connect and commune with this higher presence.



Fasting helps you to control your physical cravings, offering an exercise in self-discipline. If you can manage your hunger, it becomes easier to handle other emotions like anger, jealousy, pride, or self-criticism.

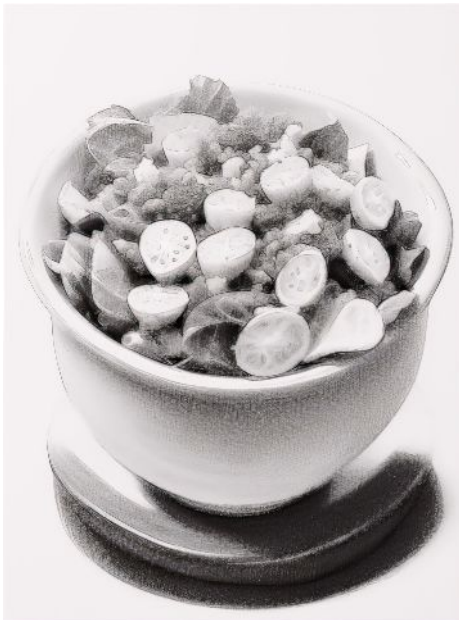
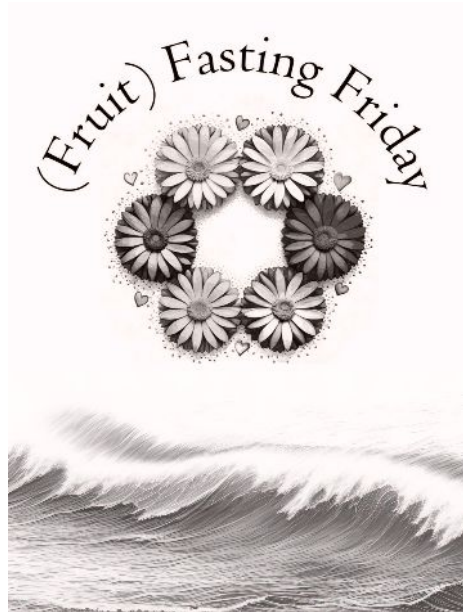


If the idea of full fasting seems overwhelming, consider starting with a fruit fast. This gentler approach allows you to eat only fruit for a set period of time. It can help you connect more deeply with your body's needs and is less intimidating than going without food altogether.



Fasting can be a challenging task if you're doing it alone. Having a fasting buddy can make the journey easier and more enjoyable. A supportive friend or family member can provide motivation, share experiences, and help you stay committed to your fasting goals.

Fasting one day a week can change the way you look at food and have many health benefits. Join our Telegram group (*) for mutual support and shared experiences. If a full fast seems too hard, try fruit fasting. We mainly fast on Fridays, but you're welcome any day. You are not alone!



Before you dive into an all-out fast, it's wise to gradually reduce your food intake. This helps your body adapt and makes the fasting experience more manageable. Reducing portion sizes and focusing on lighter foods can be a helpful transition.

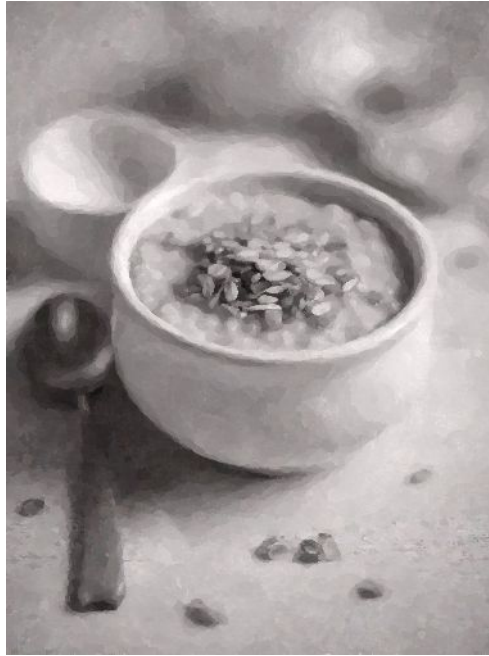


Begin your fast in the evening, a few hours before going to bed. Continue until the following evening for a 24-hour fast. You can either break it with a small, healthy meal or extend it to the next morning for a 36-hour fast.



Fasting for more than 36 hours can trigger a detoxification process in your body. The first time can be physically and emotionally challenging as the body frees itself from deep-rooted toxins. It's good to have someone to support you.

Always end your fast gently, even if you are really craving food. Have a small portion, wait for 30 minutes, then have a little more. Listen to your body, know when you're full, and stop.



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(*) If you are looking for ongoing support and motivation, join the Telegram group "Fruit Fasting Friday": <http://t.me/fruitfastingfriday>

More information about this initiative:

www.nils-klippstein.de/en/fruit-fasting-friday/

Easing the Detox Process

We explore various ways to tackle the challenges that come with detoxing. By understanding common symptoms and adopting proactive strategies, you can make your detox journey far more manageable and fulfilling.

When you start fasting the first time, your body may begin to cleanse itself of deeply stored toxins,



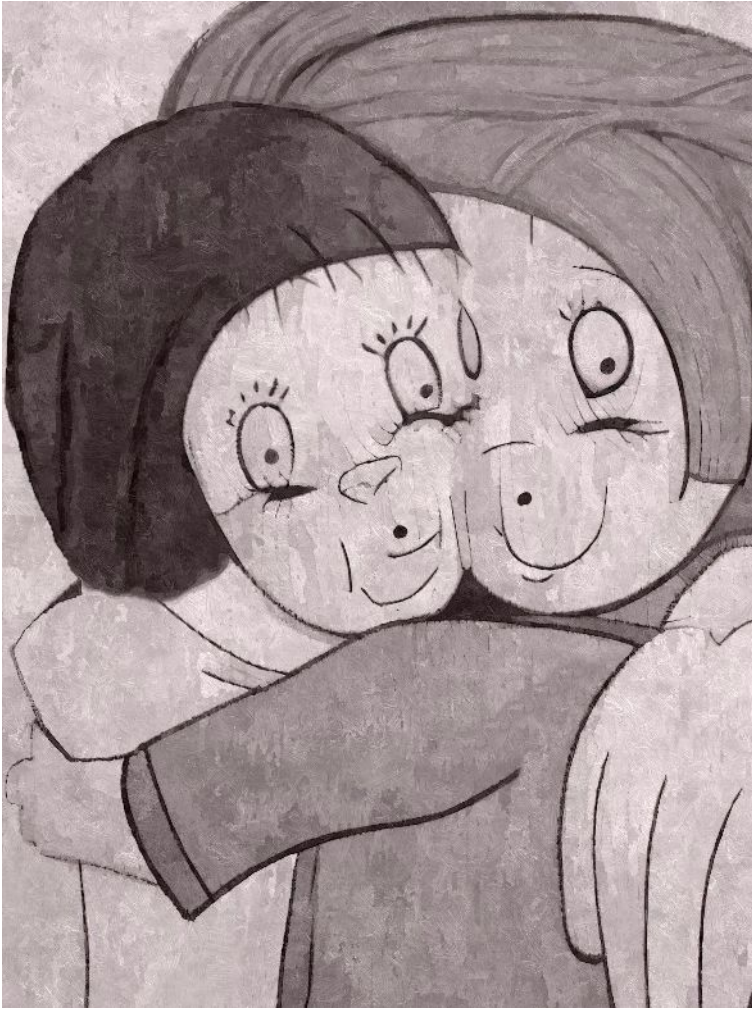
sometimes leading to various symptoms. These can include headaches, fatigue, hunger pangs, body aches, nausea, brain fog, and irritability. Your skin might also react as it's an important pathway for toxins to leave your body.



Cutting out the highly addictive substances of sugar and caffeine can cause withdrawal symptoms such as cravings, mood swings, and even anxiety. To make the transition easier, consider reducing sugar and caffeine gradually before you start fasting. This can be easier on your system than quitting all at once.



Staying committed through the detox process is truly worth it. Remember the end goal – a body free of toxins, a clearer mind, and better overall health. The challenges you face now are temporary, but the benefits can last a lifetime.



By closely hugging someone while standing or sitting, we can feel unconditionally loved and reflect that feeling back. The healing experience can be intensified and fully embodied if one of the emotional healing partners is without clothes and fully accepting.



Staying hydrated is key during a detox. Drink plenty of water, or mix it up with herbal teas (such as nettle tea with a few pieces of fresh ginger) and fresh, natural lemon juice. This can help flush out toxins.



For dealing with constipation, consider taking 400 mg of magnesium citrate daily. If you're struggling with sleep, headaches, or need a mood lift, magnesium glycinate may be a better choice.

LOVE YOURSELF

If you experience muscle aches or tension during your detox process, using a warm compress or hot water bottle can provide temporary relief.





Getting enough sleep is crucial when detoxing. Your body does most of its repairing when you are resting. If possible, also find other ways to relax, such as meditating, taking a warm bath, or trying some Tai Chi movements.



Several herbs can support the body's detoxification process. Milk thistle, dandelion root and burdock root can support liver function, aid digestion, or help detoxify the blood or skin. These herbs can be taken as capsules or teas.



Breathing fresh air can make a big difference during detox. Even a few deep breaths or a short walk outside can clear your mind and improve your mood. If you like, incorporate some light exercise in nature.



Sweating helps your body get rid of toxins, so consider using a sauna or taking a hot bath while fasting. If you like, add dry brushing to your routine. This can stimulate your lymphatic system, helping to move toxins through your body more efficiently.



Keeping a journal can help you mentally and emotionally during detox. Write down what you're going through, or even write a letter to your "understanding heart". It can be a good way to release stress or worry.



Practicing deep or rapid breathing exercises during your fast can help you relax and may also aid in the detoxification process. Just a few minutes a day can make a big difference.

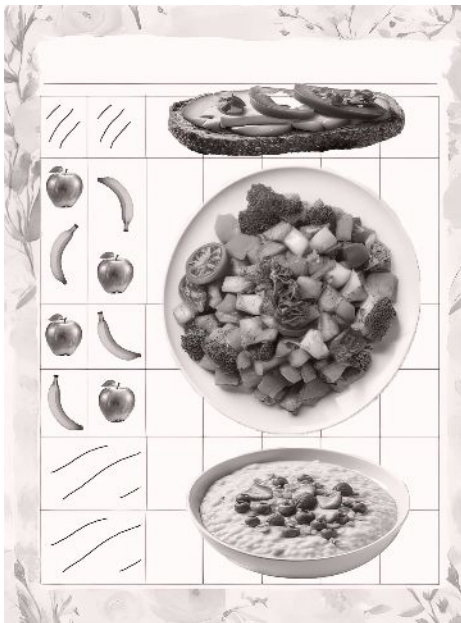
LOVE YOURSELF

If you feel very unwell, it's okay to stop fasting. Listen to your body and perhaps resume after a week or when you feel ready.



Fasting Rhythms and Breatharian Lifestyle

Some fast once a year and miss the many benefits of a more regular practice. Try what works best for you!



The 5:2 rhythm is a good way to ease into longer fasting periods, as it helps your body get used to less food. In this pattern, you eat as you normally would for five days a week. For the remaining two

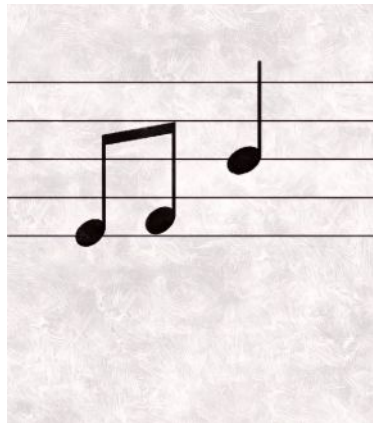
days, you could severely limit your calories or eat only fruit.



The alternate-day rhythm is great for losing weight. You fast every second day until you reach your desired figure. After that, you can switch to another rhythm and maintain a good balance.

LOVE YOURSELF

On multi-day fasts, the second day is often the most difficult, but it usually gets easier from there. Pushing through



to day three can make your fasting experience conclude on a high note.



Three-day fasts are convenient because they fit easily into a regular schedule. You may wish to do this type of fast more often if you feel it works well for you.



Consider fasting for four to seven or even 14 days. You may be surprised by the benefits. However, it is a good idea to consult a healthcare advisor if you plan to fast for more than five days, especially if you have serious health problems or an eating disorder.

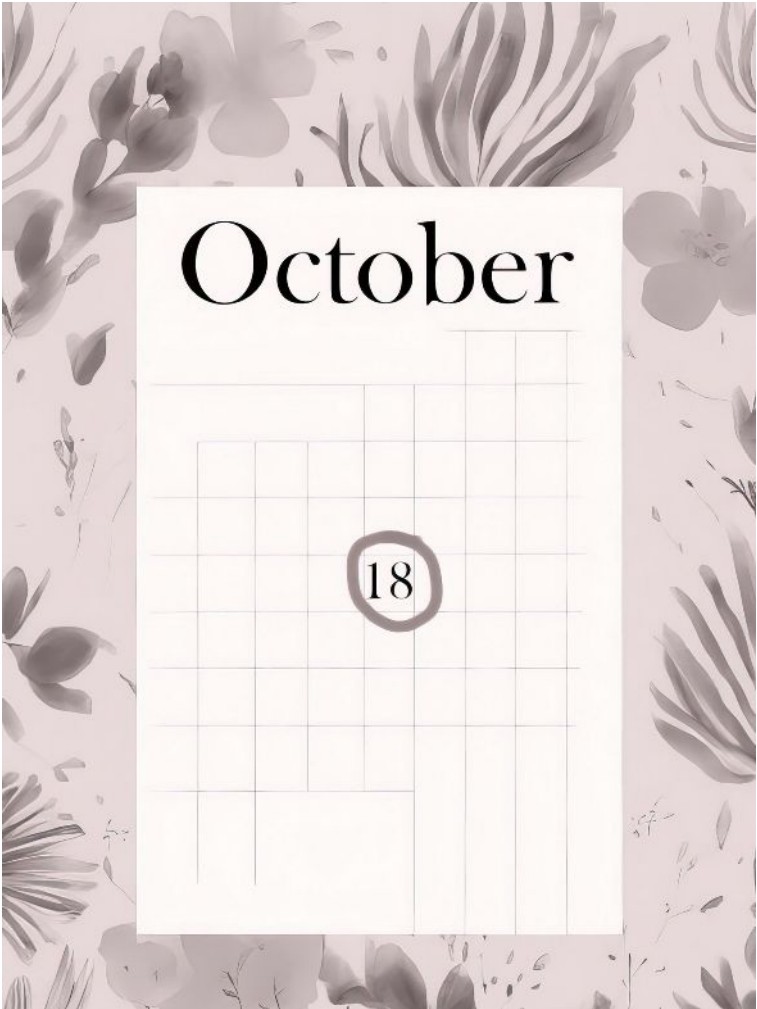
LOVE YOURSELF

Some Breatharians eat one meal a day, others only once a week. They report feeling healthy and well for years. Though not yet scientifically explained, their bodies learn to produce all the energy and biological building blocks they need directly from the astral worlds.





Adding a little organic coconut oil to your tea or pure cacao with hot water can give your body enough energy to focus better on your work or activities. Some call this cheating, others find it just common sense.



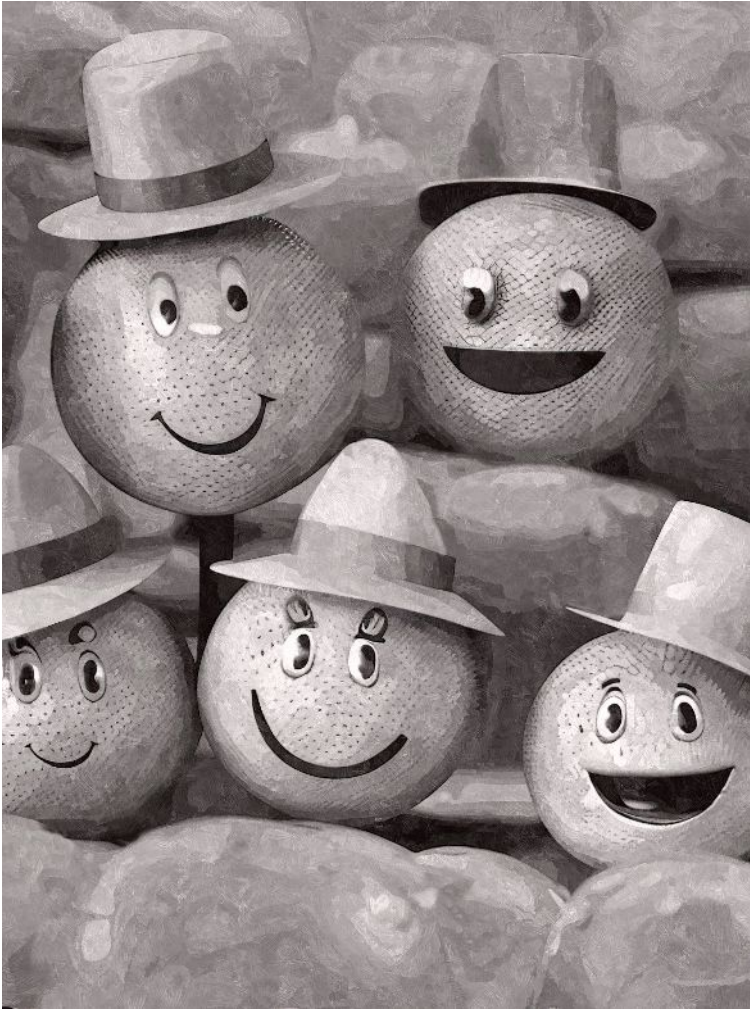
A few Breatharians take this lifestyle to an even more extreme level, eating as rarely as once a month or less. Like any other extreme fasting rhythm, this should only be attempted under sound intuitive or external professional guidance and with proper preparation.

Strategies, Emotions, and Support

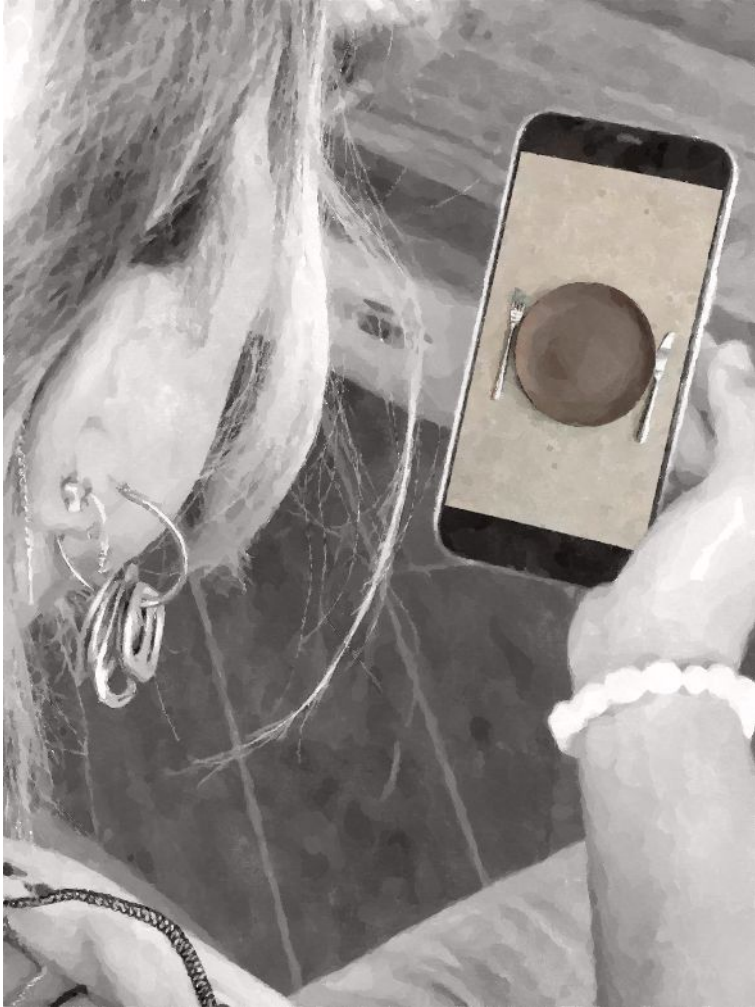
With strategies and a strong support network, you can navigate the emotional ups and downs as you change your eating habits. It's not just about what you do; it's about feeling empowered and balanced as you do it.



Family and friends can influence your eating habits, often without you realising it. Being aware of this can help you maintain control over your food choices. Open conversations with loved ones about your goals can lead to better emotional and nutritional balance.



Meeting people who have healthy eating habits can provide inspiration and new perspectives. Surround yourself with those who share your ideas and don't be afraid to ask questions. Their insights may help you make smarter food choices.



Watching videos of people with healthy eating habits can be inspiring. Visual examples and tips can give you practical ideas on how to improve your own eating habits.



Seek professional guidance if needed. Sometimes, emotional eating can be difficult to manage on your own. A dietitian or therapist can offer tailored advice and coping strategies.



Rather than focusing on a fixed goal, set a flag that points you in the right direction. Move towards it one step at a time, and don't hesitate to adjust your flag when needed. The important thing is to keep moving forward.



Limit your exposure to unhealthy food advertising. Marketing subtly influences our choices. Being aware of this can help you make more conscious decisions when you're surrounded by unhealthy food options.



Experiment with mindfulness techniques. Taking a few moments to centre yourself before eating can lead to more intentional choices. It's not just about what you eat, but also how and why you eat it.



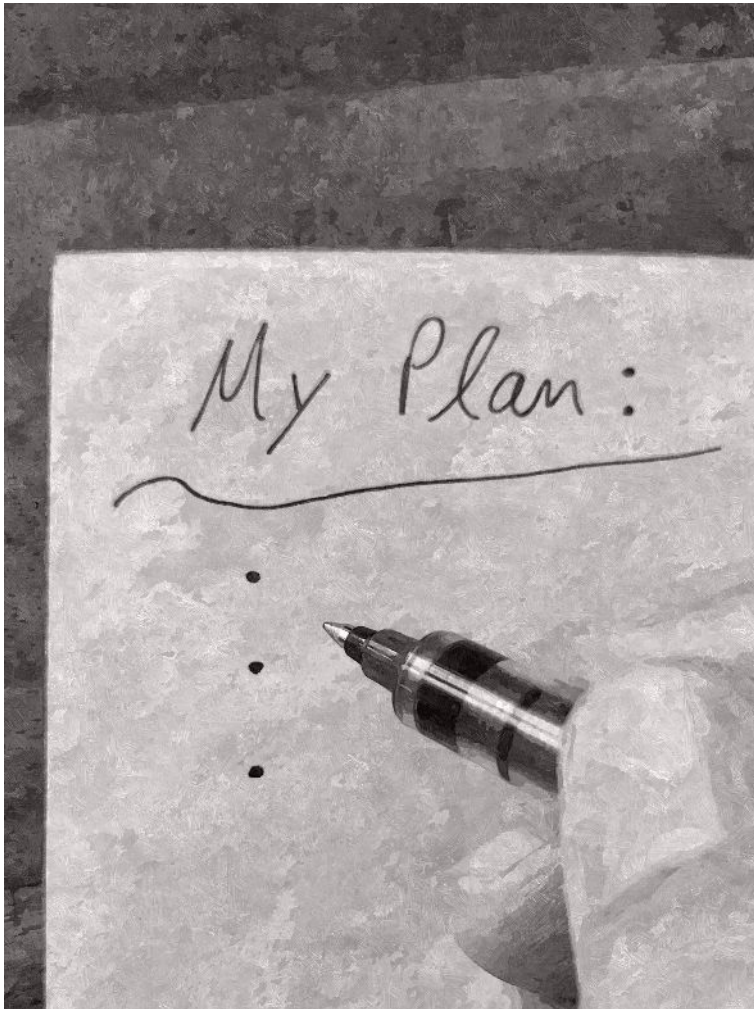
Practice saying no. It's easy to say yes to extra food, especially when you're in a social setting. Learning to politely decline can help maintain your emotional and nutritional balance.



Set achievable goals and celebrate small wins. Progress may be slow, but it's still progress. Rewarding yourself in healthy ways can motivate you to continue on your path.



Discover new recipes and foods. Broadening your culinary horizons can make the process of change more enjoyable. Try new fruit, vegetables, and whole grains to keep your meals interesting and balanced.



Having a clear meal plan may help you avoid impulse choices that don't align with your nutritional goals. It may be easier to resist temptation and stay committed.



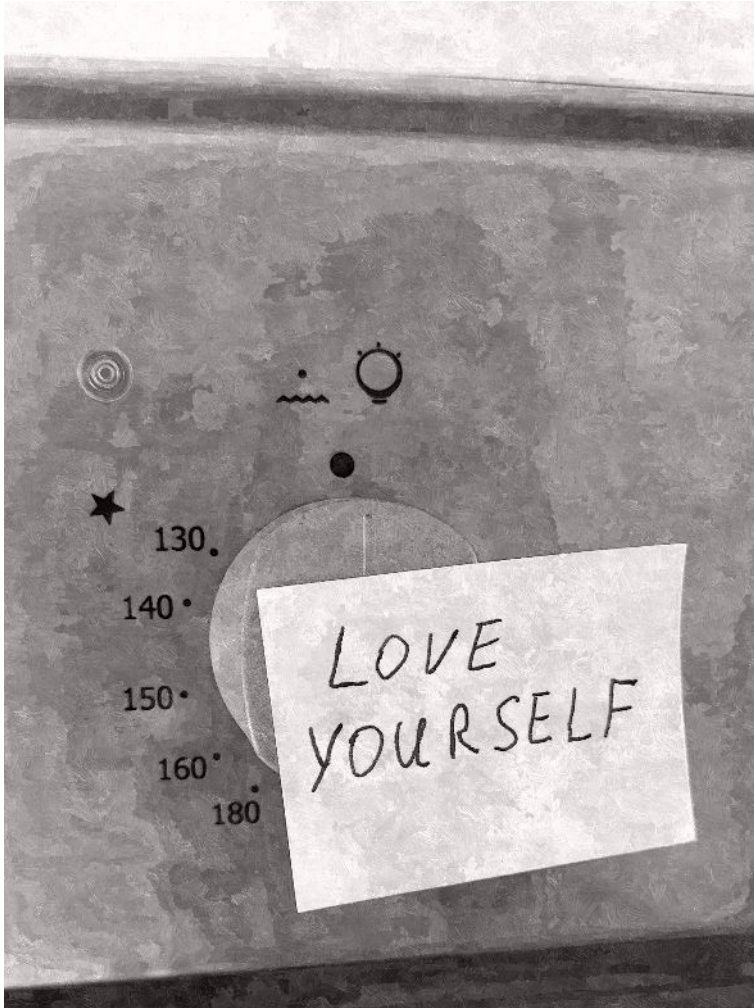
Placing a hand on your abdomen can help you tune into your body's needs. Take a moment to listen and feel what your stomach is telling you. This can be a valuable guide when making food choices.



Your journey is your own, and comparing it to someone else's can cause unnecessary stress. Focus on your own progress and trust that you're moving in the right direction.



Find a mentor or coach. Someone who has been through a similar journey can offer support, strategies, and an understanding ear.



Place motivational quotes or photos in places where you'll see them every day. These reminders can serve as little nudges to keep you on track, especially in challenging moments.

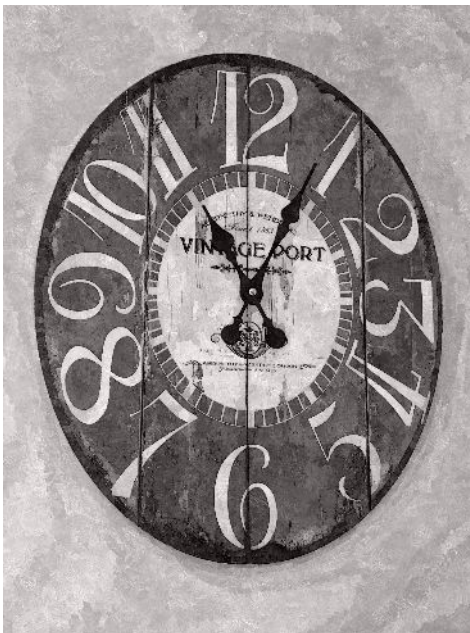
Balancing Emotional Needs: A New Relationship With Food



What you don't pick up in the shop, you can't eat at home. Consider rewarding yourself with a piece of healthy fruit after successfully navigating the tempting supermarket aisles.

Hunger and Cravings

Understanding that hunger can be fleeting and cravings often mask deeper needs allows you to navigate these challenges with greater ease. With techniques like journaling, mindfulness, and smart distractions, you can turn these moments into opportunities for personal growth and stay committed to your fasting routine.



Hunger is often fleeting, like an emotion. If you observe and wait for a few minutes, you may find that the feeling goes away on its own. It's not uncommon to even forget that you were hungry in the first place.



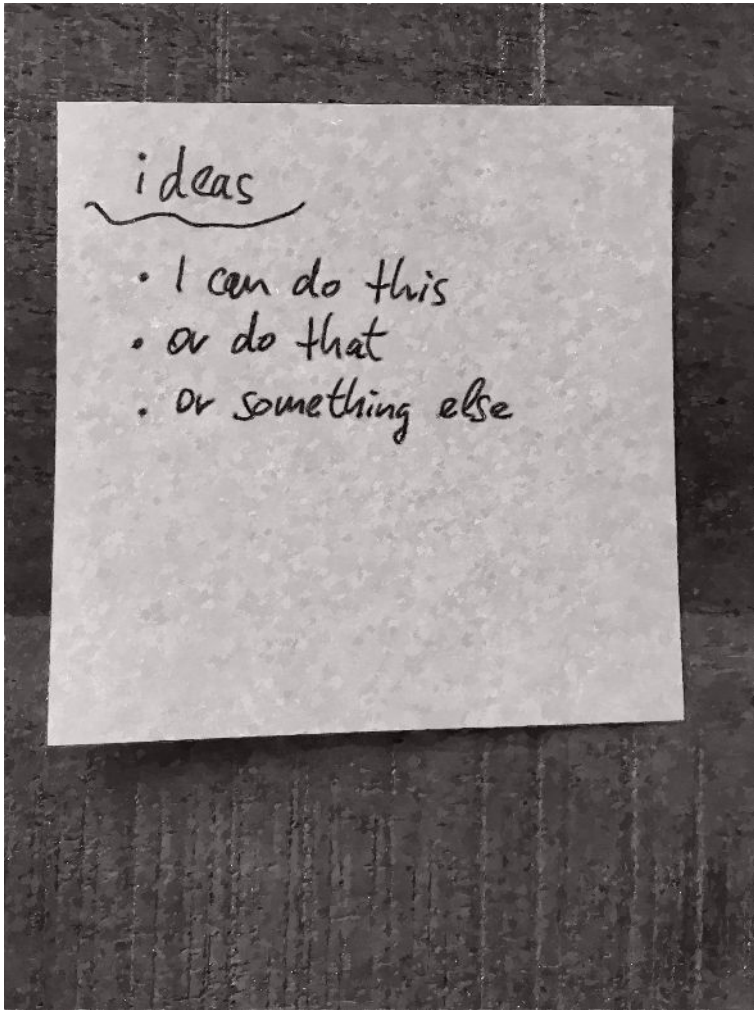
Cravings can be powerful, but they don't have to control you. You can write them down in your journal and make a promise to yourself, or directly to your stomach, to indulge in the craved food on your next scheduled eating day. You are not denying yourself; you are simply delaying gratification.



Before giving in to a craving, take a moment to look inside yourself. Could something else satisfy your craving even better? Food is often the worst substitute for a deeper inner longing.



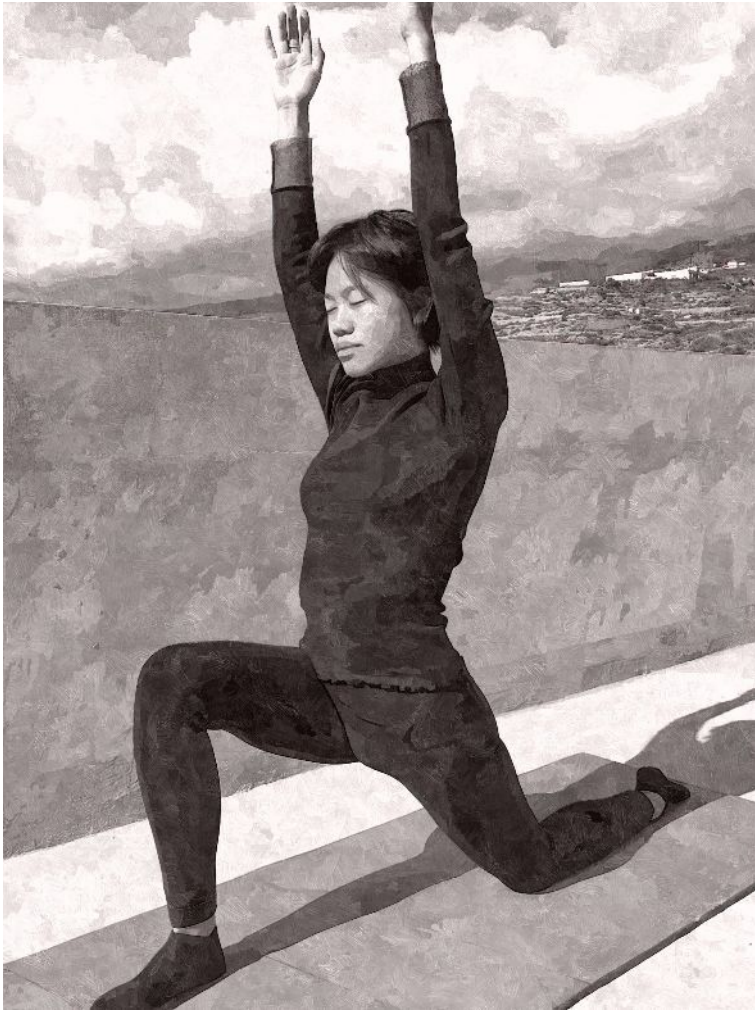
Sometimes, diverting your attention is a good strategy for dealing with hunger or cravings. Reading a book, going for a walk, talking to a friend, or diving into a hobby can be effective distractions that take your mind off food.



Making a list of activities or tasks that can distract you from hunger can be useful. Whenever you feel the urge to eat outside of your fasting period, you can consult this list and choose an alternative to keep you busy.



When hunger or cravings strike, it's a good opportunity to evaluate your emotional state. Are you really hungry, or is it boredom, stress, or sadness that is making you want to eat? Recognising the emotional triggers can help you better manage your cravings.



Exercise can also be a great distraction from hunger and cravings. Whether it's a quick jog, some light stretching, or even just a few minutes of deep breathing, physical activity releases endorphins that can help you feel better and forget about eating for a while.



Drinking water, herbal tea, or pure cacao with hot water can sometimes trick your stomach into feeling full. This can be a helpful quick fix for small hunger pangs or cravings.

Enjoying Food Anew

Discover ways to truly savour your meals while understanding your body's needs. Learn about intuitive eating, beneficial food swaps, and how to find a healthy balance that revitalises your life.



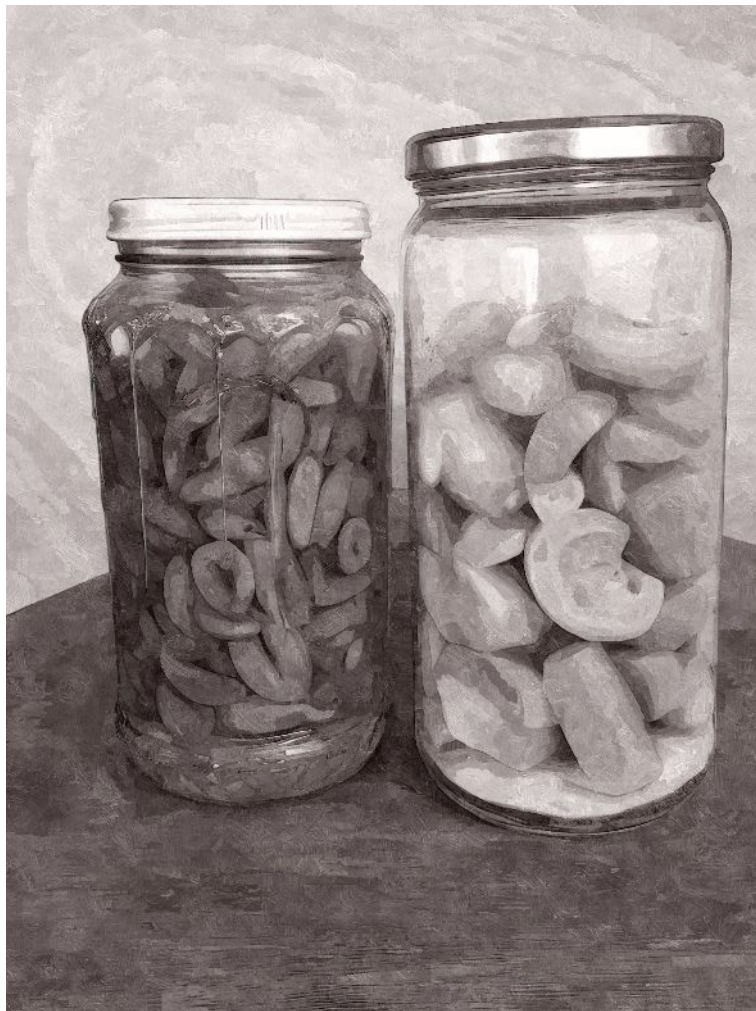
Tune into your body's needs intuitively. This can teach you to eat what you really need rather than what you think you should or could have.



Sometimes eating is for pleasure or to be social. But don't use food to satisfy emotional needs or unresolved shadow issues. You can free yourself by finding better ways to work on them directly, perhaps with the help of a mentor or coach.



Listen to your body and pay attention to your appearance. Find a good balance between fasting and eating to maintain a healthy body.



Fermented foods are good for your gut and easy to make at home. They can boost your digestion, immune system, and general wellbeing.



Sugar, white carbs, and alcohol can make your body acidic. For a one-off indulgence, you can use natural lemon juice to balance your body's PH levels.

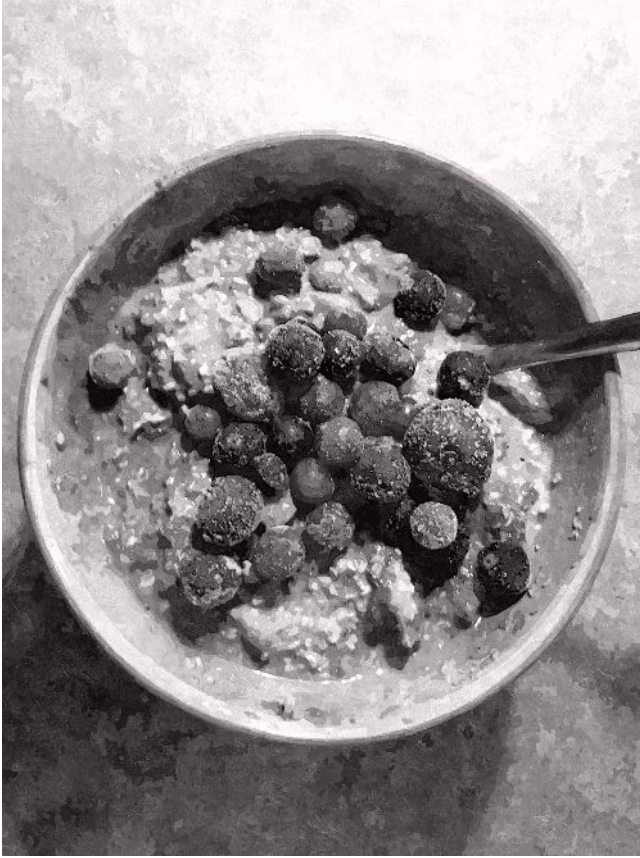


Instead of white carbs and wheat, opt for organic whole grains like oats, spelt, rye, sorghum, millet, farro, or barley. Choose brown rice over white rice, and sweet potatoes over regular potatoes.

LOVE YOURSELF

Stay away from sunflower or corn oil, margarine, or other highly refined processed oils and fats. Opt for organic coconut oil and olive oil. They won't even make you gain weight if you don't eat sugar or carbohydrates with them.



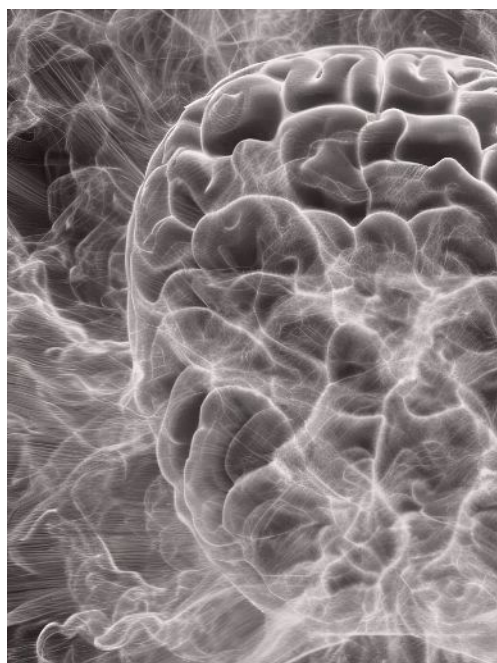


Fermented Oat Porridge Recipe

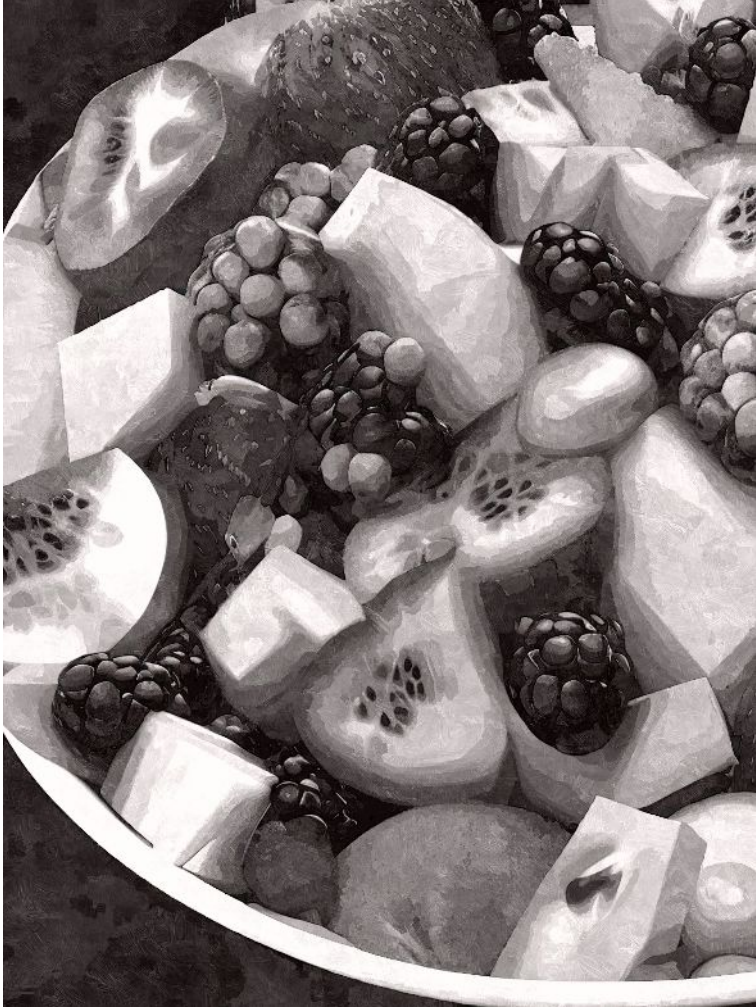
Use organic ingredients: Take a cup of oats and a handful of sunflower seeds and put them in a bowl. Cover with water and put a lid on the bowl. Leave at room temperature for 24 hours. Then, mix in sesame seeds, coconut flakes, pure cacao powder, a banana, and some berries. This porridge can even be eaten before going to bed, as it can help improve the quality of your sleep.

Overcoming Sugar Addiction

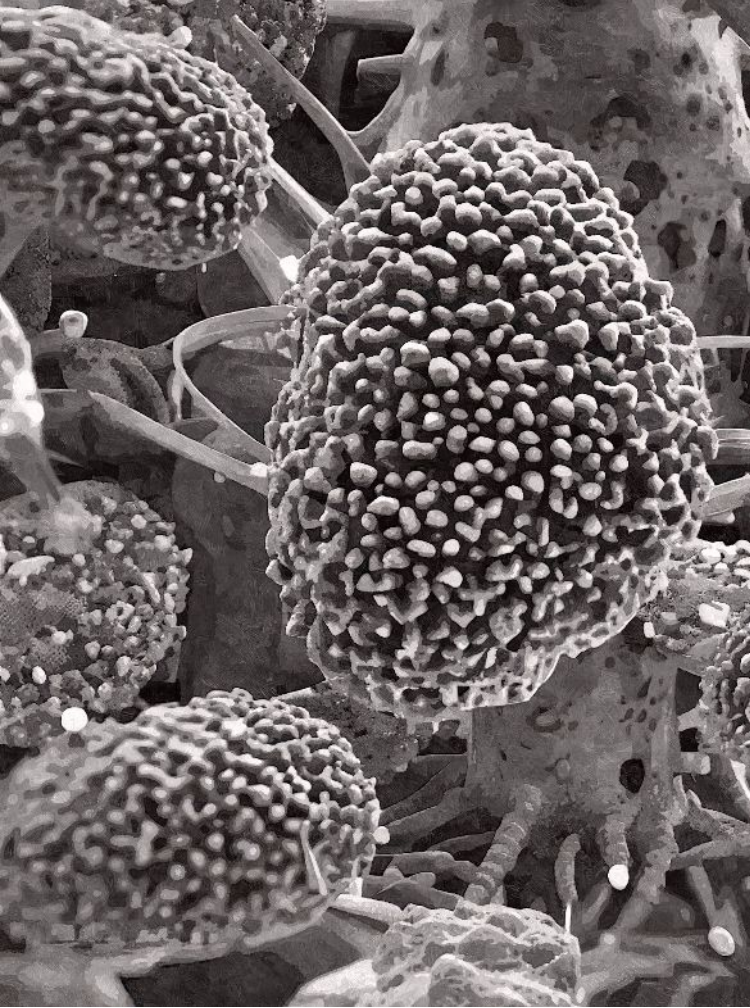
Learn how sugar affects both your physical and spiritual well-being, and discover practical ways to balance your gut bacteria. These changes can help you achieve a more harmonious life, free from cravings and better tuned to your higher senses.



Sugar can act like an intravenous fog machine for consciousness. It may be emotionally grounding up to a point, but it also dulls higher perceptions of astral tingling and intuitive interconnectedness.



One way to change unhealthy sugar habits is to slowly switch from all sweet condensed substances to the enjoyment of whole, pure fruit. They contain a perfectly balanced universe of ingredients to keep you in harmony.

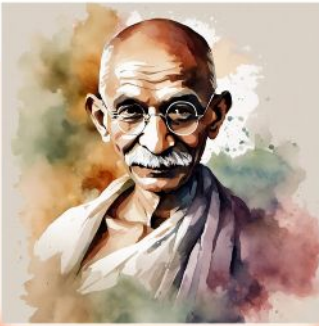


If you are fasting for a longer period, consider using some natural herbs to flush out all the old bacteria in your gut. When you start eating again, stick to fruit and vegetables. The bacteria that once lived on sugar will no longer settle in the gut.



When there are no overpowering 'bully' bacteria colonies in the gut that live on sugar, the voices of craving will disappear. No one is telling your brain that they are about to die and desperately need a quick sugar fix. It is a blissful feeling of freedom.

Fasting Quotes



(Fruit) Fasting Friday


"Fasting is the sincerest form of prayer."

Mahatma Gandhi



(Fruit) Fasting Friday


"You fast for joy and spiritual fulfillment; and joy and fulfillment you shall find."

Kahlil Gibran

Balancing Emotional Needs: A New Relationship With Food



(Fruit) Fasting Friday

"There's something inherently therapeutic [about fasting], and it doesn't require any kind of fancy drugs or techniques."

Dr. Dominic D'Agostino



(Fruit) Fasting Friday

"Fasting (...) is about changing us, so we can change the world."

Lou Engle



(Fruit) Fasting Friday

"I fast for greater physical and mental efficiency."

Plato

Balancing Emotional Needs: A New Relationship With Food



(Fruit) Fasting Friday

*"But to fast is
best for you,
if you only knew."*

Al-Baqarah 2:184



(Fruit) Fasting Friday

*"Fasting is a challenge to your
brain, and your brain responds
to that challenge by adapting
stress response pathways that
help your brain cope with stress
and resist disease."*

Dr. Mark Mattson



(Fruit) Fasting Friday

*"Fasting is the first
principle of medicine;
fast, and see the strength
of the spirit reveal itself."*

Rumi

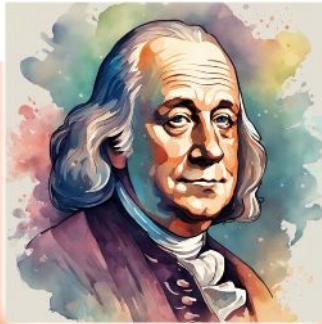
Balancing Emotional Needs: A New Relationship With Food



(Fruit) Fasting Friday

"Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?"

Isaiah 58:6



(Fruit) Fasting Friday

"To lengthen
thy life, lessen
thy meals."

Benjamin Franklin



(Fruit) Fasting Friday

"Fasting gives your brain
a break from the chemical
stress of digesting food."

Dave Asprey

Guided Meditations for Further Help

Coming from *Liberator of Temptational Bonds* (*), these meditations offer a transformative path to holistic wellbeing. They meld proven techniques from hypnotherapy with ancient spiritual practices, providing an alchemic blend of science and soul that addresses your personal root causes of cravings and emotional voids.

Each meditation is tailored to guide you through your unique set of experiences and emotional patterns without making any assumptions. This individualised approach makes it highly effective for introspection and healing.

The inner journeys invite you to face the roots of your cravings and dependencies. They offer a safe space for self-reflection and awakening, powered by love, awareness, and compassion.

The presence of unconditional love during the meditations create a helpful environment for true, long-lasting change. This focus ensures a balanced and harmonious transformation, leading from acknowledging cravings to letting go through forgiveness and gratitude.

Healing Journey to the Roots of Cravings

This meditation helps you explore the emotional triggers and past experiences that are the root causes of your cravings. Through self-exploration and a deeper connection with divine love, you'll learn healthier ways to cope and improve your overall wellbeing.

From Processed to Pure, Whole Fruits

This inner journey guides you through a culinary transformation, shifting your cravings from processed foods to whole fruits. By exploring the depths of sensory experience and intuition, it cultivates a newfound appreciation for the nourishment and vitality that come from natural foods.

Improving Your Relationship With Food

This meditation delves into your emotional and psychological connections to food, encouraging a balanced, mindful approach to eating. By guiding you through inner processes that foster awareness of your various inner parts, it equips you to make choices that align with both physical health and

emotional wellbeing, leading to a more harmonious relationship with your meals.

Embracing the Spiritual Power of Fasting

This guided experience prepares your mind and soul for the transformative potential of a regular weekly fasting practice. Infused with empowering affirmations and energetic alignments, the meditation eases concerns and hesitations, helping you tap into fasting's rejuvenating spiritual and physical benefits.

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(*) As of October 2023, the book is yet to be published. You can receive the meditations as recorded audio files from the author via E-Mail: nils@start2dream.de

Discovery of the Thorns

(Excerpt from: *Liberator of Temptational Bonds*, as of October 2023 yet to be published)

Alistair's eyes were tired, yet restless. The sleepless nights and incessant thoughts about his family's discord had turned him into an insomniac. The rows of books in the Library of Altaris were his only refuge, a place where he could delve into the pages and momentarily escape the tumult of his life. As he aimlessly wandered between shelves, his mind buzzed with the whispers he had heard – murmurs of a hidden chamber within the library, which is said to contain scrolls and tomes of forgotten ancient wisdom. Some say these were just myths; others insist the supposed hidden books had been sealed away for a reason.

He had first dismissed these talks as mere rumours, but something had clicked in him. It was as if the family cacophony had punctured his wall of denial. Alistair was now open to unconventional avenues for understanding the chaos that had entangled inside of him. And so, he found himself digging

deeper into the fabled chamber's existence, spending hours hunched over age-yellowed manuscripts and engaging in hushed conversations with the oldest librarians.

The path to discovery was a challenge of its own. It seemed like magical barriers concealed the details of the chamber's location. The library was immersed in enchantments that allowed only the truly dedicated or desperate to access its deepest secrets. Alistair fell into both categories. Piecing together the clues from various texts, he unravelled a riddle hidden within a verse, a set of lines that held no meaning for the casual reader but opened a world of possibilities for those who looked closer.

Alistair found himself engrossed in the tale of an ancient scholar who had hidden his life's work in a secret room within the labyrinthine library. The scholar had been a researcher of esoteric knowledge, and it was said that he shielded his writings to protect them from sceptics who sought to debunk and destroy them. Alistair felt a strange resonance with the scholar, as if their souls were bound by the same thirst for understanding.

Within the margins of an ancient manuscript, Alistair discovered a cryptic clue – seemingly random coordinates etched in the same ink as the rest of the text, but which he suspected were a hidden map to the chamber. Initial doubts crept into his mind. Could he crack the riddle? Procrastination tried to keep its grip on him, but one evening,

pushed by an intuitive force, he felt a renewed determination to solve it. The very walls of the library seemed to call out to him, as if encouraging him to uncover the scholar's hidden wisdom.

Armed with his sense of curiosity, the old manuscript, and a handful of ancient scrolls with symbols, Alistair ventured into the library late at night when its echoing halls were empty. He navigated through the labyrinthine corridors and towering bookshelves until he arrived at the designated section indicated by the papyrus documents. Here, the books were ancient, their spines robust and inscribed with faded titles in forgotten languages.

Upon closer inspection, Alistair noticed that the thick spines of some of these books had small crystal insets, barely noticeable among the elaborate designs. He felt a wave of excitement. Could these be the key to the hidden chamber? Recalling the specific order of the scroll's symbols, he touched the crystal insets on the spines of some selected books. As he activated the last one, he heard a soft but distinct 'click', echoing as though released after years of suppression.

Taking a deep breath, he grasped the edges of the bookshelf and found that it moved under his touch. With a surge of adrenaline, he gently slid a part of the wall aside. There, tucked behind this brilliant deception, was a small, exquisitely designed door bearing the same scholarly insignia found in the

manuscript. It had been hiding in plain sight, masquerading as just another bookshelf.

Gripping his oil lantern, Alistair carefully stepped inside the chamber. The room was filled with scrolls and tomes that were visibly older than any he had ever seen, their pages yellowed and brittle, their covers embossed with unknown scripts and mystical symbols. The atmosphere was thick with the scent of ancient papyrus and the weight of forgotten knowledge. The walls themselves seemed to hum, almost as if they were alive with magical energy, confirming that he was indeed stepping into a sanctum of ancient wisdom.

His eyes roamed over the shelves, and eventually, they landed on an old scripture, its cover shrouded in a layer of dust. The title "Thorns of Craving" was etched in elegant calligraphy. Given his recent emotional turmoil and unsettling physical cravings, the scripture grabbed his attention like a magnet. Heart pounding, he gingerly picked up the book and blew away the dust, revealing the worn leather beneath.

As he flipped through its pages, he was captivated by what he read. The scripture described astral beings known as thorns, which, it claimed, latched onto humans and influenced their weaknesses and cravings. It was an eerie read, so closely mirroring his own life that he felt a strong astral tingling running up his spine. His intuition had guided him well. It was as if the ancient text were speaking dir-

ectly to him, shedding light on the shadowy recesses of his soul. For the first time, Alistair considered that his struggle might not just be a result of family dysfunction or societal pressure but could involve forces beyond his understanding.

Filled with a sense of urgency and excitement, Alistair knew he couldn't keep this discovery to himself. The implications were too significant, potentially affecting not just him, but others ensnared in similar struggles. The very next day, he approached various scholars and spiritual healers within Altaris, nervously safeguarding copies of some relevant passages from the "Thorns of Craving" manuscript. These were people whose opinions he valued, figures of wisdom who had studied realms both physical and metaphysical.

The reactions he received were a mix of scepticism and intrigue. Many scholars raised their eyebrows at the archaic language and obscure references in the text, questioning its authenticity and relevance at first. Yet, they couldn't entirely dismiss the idea, especially given Alistair's palpable earnestness and the ancient provenance of the scripture. The spiritual healers were particularly intrigued, some recalling mentions of astral entities in their own esoteric studies. While none could confirm the existence of these thorns, they advised him to continue his exploration cautiously, mindful of the spiritual and emotional turmoil such an investigation could bring.

This mixed reception did little to dampen Alistair's enthusiasm. If anything, it ignited a fire within him. The veil had been lifted, revealing a puzzle that was both deeply personal and universally significant. Armed with a mixture of scholarly caution and spiritual curiosity, Alistair knew that this was merely the beginning of a journey. The path ahead was fraught with unknowns, but one thing was certain: he couldn't turn back now.

Appendix

Imagining the New World

(from: *Liberator of Temptational Bonds*)

Imagine a world where most of what graces our tables truly deserves the label "food" because it lacks any artificially concentrated or isolated substances. The outdated principle of separation seems to lead only to disbalance, illness, and addiction. Welcome to the new world that values the integrity and harmony of all its parts over separation!

In this envisioned world, food labels would read differently. When you scan the ingredients, you won't find names of chemicals you can't pronounce or need a degree in biochemistry to understand. Instead, you'd see a list of whole, recognisable foods.

Your cereals, snacks, and even ready-made meals may still offer varying degrees of sweetness, but it

would not come from sugar, syrup or artificial additives but only from whole fruits, their natural sweetness retained, their fibres and other nutrients still fully intact and interconnected.

More than just affecting physical health, this transformation would have ripple effects on our mental and emotional well-being. Imagine children growing up without the constant highs and lows induced by sugar-laden foods. These children could develop a more balanced emotional life, potentially lowering the incidence of mental health issues like anxiety and depression.

And it's not just the individual that stands to gain. A society free from the clutches of food-based addictions would likely see benefits on a much broader scale - decreased healthcare costs, increased productivity, and perhaps even more harmonious relationships at home and in the workplace. After all, when we nourish the body correctly, the mind and soul follow suit. Imagine the collective rise in spiritual and emotional intelligence; the positive impact this could have on societal issues is beyond measure.

Creative Shamanic Ritual for Cleansing

Dear AI, could you describe some "intuitive", creative shamanic rituals for couples, with crystals, stones, little found pieces from nature or things from a typical household, that symbolically and energetically would cleanse the aura of both participants from bad spirits and any cravings?

Certainly! Here are some intuitive and creative shamanic rituals for couples that incorporate crystals, stones, natural objects, and items from a typical household to symbolically and energetically cleanse the aura of both participants from negative energies and cravings:

Setting the Sacred Space:

Begin by finding a quiet and comfortable space where you and your partner can sit facing each other.

Clear the area of any clutter and ensure it feels energetically clean.

Place a small altar or a cloth in the center of the space to hold your ritual items.

Cleansing with Smoke:

Light a bundle of dried herbs, such as sage, cedar, or palo santo, and let it smolder.

Wave the smoke around your bodies and the space, starting from your feet and moving upward, while setting the

Balancing Emotional Needs: A New Relationship With Food

intention to release any negative energies or attachments.

Crystal Grid:

Select several crystals that resonate with you and your partner, such as clear quartz, amethyst, rose quartz, or black tourmaline.

Arrange the crystals in a circular pattern around the altar or cloth, creating a crystal grid.

Place a larger crystal in the center to act as a focal point.

Personal Tokens:

Each participant can gather personal tokens or found objects from nature that hold symbolic meaning for them.

These tokens can represent intentions, desires, or aspects of themselves they wish to release or transform.

Symbolic Offering:

Prepare a small dish or bowl containing a mixture of salt and water, symbolizing purification and cleansing.

Each person can place their personal tokens into the dish, offering them to the elements as a symbolic gesture of release.

Chanting and Mantras:

Sit comfortably with your partner, holding hands or maintaining physical contact.

Close your eyes, take deep breaths, and together, chant a sacred word, [an intuitive humming,] or mantra that resonates with you.

Allow the vibrations and intentions behind the sound to cleanse and purify your energy fields.

Energy Balancing:

Gently massage each other's hands, feet, or backs while visualizing the flow of energy through your bodies.

Use your intuition to focus on areas that feel blocked or imbalanced, intending to release any stagnant energy or cravings.

Gratitude and Closing:

Take a few moments to express gratitude for the experience, each other, and the elements that supported the ritual.

Close the ceremony by extinguishing the smoldering herbs, thanking the spirits and energies that were invoked, and releasing any residual energy.

Remember, these rituals are meant to be personalized and adapted to your specific needs and preferences. Trust your intuition and feel free to modify or add elements that resonate with you and your partner.

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 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 (2024)
- Love Beyond Jealousy (2024)
- Allowing LOVE. Spiritual Poems (2024)
- Allowing LOVE Two. 99 Spiritual Poems (2024)
- Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela (2023)
- 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, Phantasie Reisen & 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.

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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!