

# The Confident Heart

From Fear to LOVE



Nils Klippstein

# *The Confident Heart*

From Fear to LOVE



Nils is a heart-based author and guide. His work focuses on emotional openness, inner balance, and living in deeper connection with ourselves, each other, and the world around us. He offers support in areas such as emotional healing, forgiveness, and creating safe, honest spaces for human closeness and hugging meditations.

His approach includes heart-centred awareness, secluded time in darkness without distractions, exploring the balance of feminine and masculine energies, and gently meeting and embracing the hidden parts of ourselves. He shares about nourishing the body and spirit through fasting and tuning into the body's natural energies. In relationships, he explores open, connected and mutually caring ways of living within a relational network.

Much of Nils' writing is guided by a sense of trust in something greater – a deeper consciousness within life, Mother Earth, and the wider universe.

© 2025 by Nils Klippstein. All rights reserved.

[www.sensual-energetic-healing.com](http://www.sensual-energetic-healing.com)

[www.nils-klippstein.de/en](http://www.nils-klippstein.de/en)

[www.sanuela.org](http://www.sanuela.org)

*Imagine a world  
Where LOVE is written in capital letters.  
You have the power to create this world today.  
Within you.  
From there, the ripple effects  
Will help to manifest it  
In the outside world for everyone.*

# Contents

This Book Is Free .....	7
Foreword.....	9
1. How Our Inner Protector Keeps Us Safe.....	13
2. The Hidden Costs of Living in a Fortress.....	16
3. How the Ego Constructs Control and Identity.....	23
4. Building Inner Sanctuary.....	29
5. Expanding Our Comfort Zone.....	34
6. A New Relationship with Fear.....	42
7. Beyond Control and Victimhood.....	46
8. Trusting Your Friendly Universe.....	52
9. Growing With Triggers.....	58
10. From Blame to Understanding, From Certainty to Curiosity .....	63
11. Transforming the Longing.....	68
12. When Our Growth Disturbs the System.....	73
13. Who Are We Without the Armour?.....	78
14. The Kaleidoscope of Truth.....	84
15. The Art of Letting Go.....	89

16. The Feminine Path of Deep Surrender.....	93
17. Balancing the Masculine and Feminine Within.....	97
18. Relationship Networks Based on Honesty and Trust.....	102
19. Integrating Heart and Mind.....	109
Afterword: Fears of Freedom.....	112
Appendix.....	115
Sanuela.org We grow with compassionate support.....	116
About the Author.....	125
Books by Nils.....	128
How Do You Feel About the Book?.....	132

# This Book Is Free ...

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

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

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

Would you like to give back?

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

You could become a Patron and support me with a monthly donation:

<https://www.patreon.com/nilsklippstein>

You could 'buy me a coffee':

<https://buymeacoffee.com/nilsklippstein>

You could donate via PayPal:

<https://paypal.me/NilsKlippstein> (nils@start2dream.de).

You could ask me to do a live reading, online or offline, and make a donation.

You could visit me for a shared time together, let me guide and support you in any of my topics (see: page two) and make a donation.

You could give this book to nine (or more) of your friends, acquaintances and colleagues and ask them to support me if they can.

Thank you for your consideration.

Let LOVE be thy medicine!

# Foreword

Hey there! It's really tempting to write less and less myself. Why bother when I can use a free digital writing assistant to get my point across clearly and concisely? You'll find my personal writing mainly in the older books, in almost all the poems in the Allowing LOVE series, and in some of the forewords. Every now and then, I also 'treat' myself to a little chapter here and there. For most general texts, however, I simply don't enjoy doing everything myself.

When the experience of simply BEING in the here and now comes together with an energetically bubbling heart, sometimes the motivation to do anything else is lacking. However, writing allows me to continue going through important inner processes. This often works just as well with AI. In doing so, my role changes from author to editor – or to director, if we want to describe it more figuratively.

For many years, I produced videos for companies. Although I learned almost all the tasks and roles involved, I felt most competent as a director. Acting came hardest to me – I didn't even need to try. I was quite good at camera work, but my cameramen were

even better. The difference was even greater when it came to video editing: my editors were usually much more creative than me. I have always aimed to clearly define my visions and translate them into suitable images. Delegating, motivating, and providing human support come easily to me. My attention to detail and ability to spot mistakes have helped me produce many fine pieces of work.

While writing my books, I have to keep a close eye on the AI to ensure it doesn't sneak in any cleverly disguised reductions. Recently, I noticed that many AI-generated lists within a sentence are, in my view, in a logically incorrect order. And when it comes to powerful energies, my digital writing assistant usually prefers the singular form. Perhaps it calculates something like a digital fear of the incredible power of being human and therefore prefers to keep us a little smaller.



As our constant mirror, AI reveals that we are not actually particularly intelligent. Our brain is a rather limited thinking machine, mostly hypnotised and manipulated by external influences and often has difficulty accepting new perspectives. We are usually quite stuck in our ways and stubborn, clinging to our beliefs and worldview in order to feel supposedly secure.

This also has its advantages. Our inner protector ensures that we are not overwhelmed by too much newness and growth all at once. This means that the journey from ego to heart can also be made very slowly. Step by step.

However, in our interpersonal relationships, this inner closedness dictates our lives. The learned sternness and stubbornness regarding physical contact with others has been supported for thousands of years by the churches, the state and the social system, so that we have hardly had the opportunity to take other paths.

And once we have felt even the slightest hint of resentment or mistrust towards someone, we often find it difficult to let go, forgive, and try again. Anger and being offended makes our ego feel strong. Our inner protector likes to justify itself with the contrived, seemingly logical explanations of our thinking computer in order to make it as easy as possible for us to remain in the eternal comfort zone of sulking and suppression.



If we are not mindful, our thinking computer will continue to be ruled by a patriarchal master – regardless of whether we carry a more masculine or feminine body around with us. Thus, the path to a self-confident, energetically bubbling heart is above all an opening to our feminine inner qualities.

It is only when we bring our hearts and minds into a harmonious relationship with each other that we can experience wholeness. Then our lives suddenly become

completely different. The curtain opens wide, revealing not only the stage and the play. We can also perceive the rooms behind it that were previously hidden. Seeing the sometimes rather disturbing, fear-based ego facades of our fellow human beings with open hearts requires a lot of compassion and even more inner forgiveness. However, we can no longer judge them because we know how we ourselves were not so long ago when we primarily thought and acted from our inner protector.

The journey described in this book may seem irritating in its simplicity. However, the inner work involved is anything but easy. We must learn to look at our deepest fears and shadow sides and lovingly accept them as part of ourselves. You will also find inspiration and motivation on these topics in my other books.

All that remains is to wish you a good journey. Can you see the destination flag in your inner landscape? It is far away on the horizon. And as you get closer to it, it moves further away. The only thing that matters is the direction in which you are heading. As human beings, the journey to our inner heart has no end. But step by step, we are getting closer nonetheless.

LovePeaceJoy,



# 1. How Our Inner Protector Keeps Us Safe

Take a look back at your life. Think about the challenges you've faced, the goals you've achieved and the times you've picked yourself up and carried on. How did you manage it? You were equipped with a powerful innate survival mechanism: your inner protector.

This part of us, often referred to as the ego, is part of our brilliant, strategic mind that has learned to navigate the world. Its primary mission is to keep us safe from threat. To understand its ingenious, and sometimes frustrating methods, we must first understand what it considers to be a threat. Its operating system is built to guard against a core set of human fears:

- Fear of pain, loss and suffering. Experiencing physical or emotional hardship and separation.
- Fear of helplessness. Having no control over our safety or life circumstances.
- Fear of abandonment. Being left alone and losing essential connections.

- Fear of scarcity. Not having enough resources (such as money, food, shelter or loving care) to survive.
- Fear of failure. Not meeting standards and being judged as inadequate.
- Fear of engulfment. Being controlled, losing our freedom or independence.
- Fear of being unlovable. Believing we are flawed and will be rejected.
- Fear of exposure and shame. Being revealed as flawed or weak.
- Fear of meaninglessness. Life lacking purpose or significance.
- Fear of inferiority. The constant comparison of ourselves to others and being afraid of being seen as lesser.
- Fear of constraint. The feeling that our life path is limited or that our freedom is being trapped.
- Fear of death. The end of our physical existence, or of conscious existence itself.



From the primal terror of a child facing pain to the complex social and survival anxieties of an adult, the mission of our inner protector was clear: to predict, avoid, and overcome.

Looking at this list, it's clear that all the strategies our inner protector employs – the need for control, the drive for achievement, the walls around our heart – were logical and sometimes life-saving responses to real or perceived danger. Our ego evolved to solve specific problems. It learned to build a fortress because we were taught to believe that there were strangers, enemies and criminals who we had to protect ourselves from.

The work ahead to find our confident heart involves gratefully acknowledging the service of our ego and, from a place of newfound strength, gently showing it that the outside world can be much safer than it perceives. Once we open our hearts, we can begin to trust in our friendly personal universe.

## 2. The Hidden Costs of Living in a Fortress

Imagine a fortress, majestic and impenetrable. Its walls are high, its gates are strong, and from the outside, it projects an image of unwavering strength. Inside, it is equipped with everything necessary for comfort and defence to withstand a siege. But over time, a quiet realisation dawns on the lone occupant: the very walls built to keep dangers out have also become a barrier to everything else. The fortress is secure, but it is also a prison. Is safety really our highest value, and is it worth living in a gilded cage?

Many of us experience life within the walls of our own inner stronghold. While we feel protected, we can't shake off the sense of quiet, deep loneliness, not to mention the other hidden costs.

The first and most prevalent cost is a fatigue that cannot be cured by sleep. Our inner protector acts as a perpetual guardian, constantly scanning the horizon for potential threats, such as critical comments, signs of rejection or deliberate assaults. This state of high alert is metabolically expensive. It drains our emotional and

mental energy, leaving us feeling constantly tense and tired. Even when there is no immediate danger, we are controlling and performing. Our mind, which is designed to be a wonderful servant, has become an exhausting, frantic master.



Within the fortress, our thoughts, fears and self-criticisms bounce off the walls, becoming louder and more distorted. We become trapped in a self-perpetuating cycle of negative narratives: tales of not being good enough, of being a victim, and of everything what we must do to stay safe. Without being open to external perspectives and without the willingness to accept

honest feedback, we gradually lose touch with what is really going on.

To make the fortress bearable, we often anaesthetise ourselves. This is the deal our inner protector makes: "I will try to keep you safe from pain, but in return, you must lower your sensitivity." The result is a subtle, pervasive numbness. While we may avoid the intensity of some painful feelings, we also miss out on the deep joy of aliveness. We avoid vulnerability, but we also miss out on true connection.

Because this quiet emptiness is so unsettling, we fill it with noise. We become masters of distraction, chasing the next promotion, holiday, dramatic relationship or thrilling purchase. We scroll, we binge, we plan and we perform. We create a life that looks and feels intensely busy, mistaking this constant stimulation for being truly and vibrantly alive. We may use unhealthy food, substances or other comforts to soothe the restless voice within that whispers of a deeper hunger: a longing for balance, authenticity and meaning. This is not a moral failing though; it is the protector's strategy to stop us from feeling pain.

Over time, the voice of your inner protector, which once offered strategic advice such as 'Be careful!' or 'Don't do that!', becomes a permanent inner critic. Like the commander of a garrison, it launches constant preventive attacks. It tells you that you are not good enough before anyone else has the chance. It nitpicks your performance and relentlessly compares you to others. It believes that it is protecting you from making mistakes by being so critical, but it is actually undermining your

self-esteem. As a result, you become both the prisoner and your own cruelest guardian.

The first step is to ask: What does this inner protector actually do if we allow it to work without supervision? What specific, tangible behaviours create our walls and drain our energy? The answer lies in a familiar set of strategies – the very habits and reactions that constitute life in the fortress.

Which of the following defence mechanisms do you recognise in yourself? Perhaps take a pen and note a number from 1 to 9 next to each trait, based on how strongly it resonates with your own behaviour. 1 means 'I almost never do this', and 9 means 'I do this constantly'.

1. Power games: The need to dominate, control or submit to others in order to feel safer or more significant.
2. Attachment: The deep, fear-driven clinging to specific people, possessions, ideas or outcomes. This causes pain when things inevitably change and makes inner peace impossible until the attachment is released.
3. Blame: The habit of accusing other people for causing one's own



problems or pain in order to avoid taking personal responsibility.

4. Lying: Creating a false narrative or withholding important truths in order to maintain a sense of control over a situation, avoid shame or protect one's self-image.
5. Gossip: Creating a false sense of connection and superiority by discussing the perceived flaws of absent people.
6. Jealousy: The painful conviction that the happiness of somebody else diminishes one's own worth. (\*)
7. Shame: The painful fear that one is flawed, broken or not good enough, leading to a desire to hide. (\*2)
8. Self-doubt: The inner fear that one's value or success is undeserved and that one is secretly a fraud. This creates a perpetual need to achieve and prove one's worth to feel safe.
9. Defensiveness: The automatic reaction to protect one's self-image by rejecting criticism, no matter how valid it may be.
10. The need to be right: Prioritising victory in an argument over understanding and connection.
11. Judgement and criticism: Focusing on the flaws in others to avoid addressing one's own shortcomings and insecurities.

12. Victimhood: Adopting a passive and powerless identity, thereby avoiding the risk and responsibility of shaping one's own life.
13. People-pleasing: Sacrificing one's own values or needs in order to avoid conflict or gain external validation.
14. Perfectionism: Using rigid standards and relentless self-criticism as a shield against the fear of judgement and failure.
15. Ignorance and denial: The avoidance or refusal to accept or see a perspective, fact, or feeling that is too painful, shameful, or threatening to one's beliefs or self-image.
16. Manipulation: The indirect influencing or controlling of others to meet one's own needs, for example through guilt or deception.
17. Comparison: Measuring one's own worth against that of others ensures a constant state of either feeling inferior or feeling arrogant and superior.
18. Greed/scarcity mindset: A fear-based belief that there is not enough for everyone.
19. Grudges: Holding on to past hurts to justify ongoing anger, refusal, or rejection.
20. Impatience/irritability: An agitated resistance to the present moment and the flow of life arising from the ego's need for immediate gratification and control.

Now, add up all the numbers you noted next to each trait. Your total result shows how active your inner

protector is right now. Although this is only a snapshot of a moment in time, and depends on how honest you are with yourself, it may help you to understand how much energy you are currently investing in self-protection.

**Total of 70 or below:** Your inner protector is a reliable and supportive advisor. The world often feels like a landscape of potential. You naturally feel a sense of internal spaciousness and curiosity. You have a lot of creative energy when it comes to dealing with life and other people who are open to you.

**Total between 71 and 120:** Your inner protector acts as a full-time manager. The world may often feel like a strategic game. You are in a state of heightened alertness, dedicating a large amount of your energy to scanning, planning and maintaining a specific self-image in order to navigate perceived social challenges.

**Total of 121 or above:** Your inner protector stands guard constantly. The world feels like a territory that needs defending. You are in a constant state of high alert, directing your energy towards anticipated threats. This restores your sense of strength, but also makes you want to control your surroundings in order to protect your safety.

...

(\* ) More about jealousy in relationships: *Love beyond Jealousy*.

(\*2) This book explores some aspects of shame: *Luma's Garden. A Journey into Sacred Love, the Heart of Energy and Sensual Awakening*.

## 3. How the Ego Constructs Control and Identity

We have seen the benefits, traits and costs of our inner protector. But to understand it fully, we need to examine its blueprints. Why does it work so tirelessly? What is it so afraid of?

Every security system is designed to protect against a specific threat. Our inner protector is no different. All of its operations – the control, the walls, and the blame – are sophisticated responses to the fundamental human fears we mentioned earlier.

- **The fear of being not enough:** The ego's solution is to create a persona of hyper-competence, achievement, or superiority. This drives us to acquire possessions, accolades, and status to prove our worth externally. Our inner protector constantly compares us to others and looks for flaws so that we can feel superior.
- **The fear of being unlovable:** Our ego prevents us from forming truly intimate relationships in which we could reveal our perceived weaknesses. It

creates barriers that stop us from opening up. It can lead us to believe that we do not need LOVE, or that other people are untrustworthy. Consequently, we often push people away before they can get close enough to reject us.

- **The fear of being powerless:** The ego reacts by making relentless attempts to control the people in our lives, outcomes and our environment. This manifests as micromanaging, criticism, planning for every eventuality and an inability to adapt. It creates the illusion that we can use willpower to avoid the unpredictability that is inherent in life.
- **The fear of being overwhelmed:** The ego compensates for this by numbing us down. It avoids being fully present in the moment and allowing vulnerability and deep feelings, as it fears that the intensity would overwhelm us if we truly felt our grief, our pain, but also our LOVE and joy. It keeps us trapped in our heads by analysing and intellectualising everything. In this way, it protects us from the authentic experiences of our bodies and hearts.
- **The fear of insignificance:** The ego steps in by creating a grandiose self-image. It tells us that we are either special and destined for greatness, or uniquely victimised. This inflation of self-importance is a direct defence mechanism against the terrifying thought that our lives might be insignificant or just like everyone else's.

In order to manage these deep fears, our inner protector doesn't just build simple walls; it constructs an entire

reality – a safe fortress with very specific rules. This makes us feel safe and confirms our sense of self.

Essentially, the ego's strategy is to replace vulnerable internal self-questioning with an external battle that can be won. Rather than asking "Am I valuable?", it says, "Let's prove that I am." This is a strenuous and ultimately flawed coping mechanism, as external evidence can never silence inner fear for long.

## **The Architecture of the Fortress**

So, how does the ego enforce this reality? It establishes a set of internal commandments: unspoken rules that govern our thoughts and actions, and help to maintain the illusion of safety.

- Identity and self-concept: The ego is a collection of stories from the past that we tell ourselves about who we are. Opening the heart threatens this constructed identity, because we might discover that we are also vulnerable, needy, or 'soft'. Such characteristics can feel like a threat to one's identity. The ego protects the narrative of "This is just who I am!" (e.g., "I'm not a touchy-feely person" or "I've always been like this"). The inner protector fiercely resists changing this story because it can feel like a betrayal of one's own history and identity.
- The trap of familiarity: Our ego equates the 'comfort zone' with safety and the 'unknown' with danger. It protects us from the perceived existential risk of expressing unfamiliar emotions, trying new behaviours or entering situations where the outcome is uncertain. It would rather

have us be miserable and certain than vulnerable and unprepared.

- The illusion of control: The inner protector believes that it can control outcomes and avoid pain by managing, predicting and dominating (masculine principle). However, the heart operates on surrender, trust, and flow (feminine principle). To the ego, this can feel like a terrifying freefall into the unknown.



- Aversion to 'negative' emotions: The ego protects not only from external threats, but also from internal experiences. It views emotions such as sadness, grief, shame and even deep longing as threats that must be managed, suppressed or converted into anger in order to feel more powerful. The ego protects us from fully experiencing what it deems to be 'weak' or 'overwhelming' feelings.

- The urge to be right: the ego feeds on this. Blaming others and justifying ourselves are important defence mechanisms of our inner protector. Admitting mistakes, seeing other people's perspectives and letting go of the need to



be right are perceived by the ego as a profound loss.

- A feeling of separation: The ego's existence is based on the idea of 'me against you.' The language of the heart, on the other hand, is connection, unity and 'us.' Turning to the heart can feel like dissolving the boundaries that the ego believes give it security. The ego propagates radical independence and self-sufficiency as the ultimate strength. It tries to protect us from the supposed vulnerability of having to admit that we cannot do everything on our own.



See the pattern? The inner protector's solution to the fear of internal emptiness is to construct an elaborate external self. Its response to the fear of vulnerability is rigid control. Its remedy for the fear of being unlovable is to build walls of separateness. It is a master of illusion, convincing us that the fortress it has built is our home and that the costume it has crafted actually defines who we are.

But what if we didn't need to live in a fortress to feel protected from real dangers?

What if the very fears that the ego guards so fiercely begin to lose their power the moment we turn to face them with a confident and curious heart? What if our

loyal guard could learn to stand down at the gate and allow our heart to welcome our personal universe?

This journey is about transforming our inner protector from a fearsome tyrant into a wise advisor. In this way, our confident heart can finally lead the way, secure in the knowledge that a capable guardian is watching over us. The first step is to simply open a window.

## 4. Building Inner Sanctuary



In order to develop our heart centre, we first need to build a warm, cosy and safe inner sanctuary, so that our inner protector feels comfortable letting its guard down. This concept is reflected in the German word 'Geborgenheit', which describes a deep sense of comfort, belonging, safety, and emotional warmth. It is that feeling of being perfectly held and utterly, completely safe. Remarkably, this feeling does not come from locked

doors or high walls, but from a soothing internal radiance. It is a safety that nourishes, rather than restricts.

That's the main difference between a sanctuary and a fortress. The fortress offers a rigid, cold safety based on protection from perceived threats. It has an energy of alertness and resistance. In contrast, the sanctuary provides a warm, flexible safety based on supporting

your growth and well-being. Its energy is one of acceptance and nurture. The heart centre is the source of this inner home. It is the part of you that can naturally generate the warmth and light of *Geborgenheit*, creating a sanctuary built on conscious, loving presence.

Some simple, always-available practices turn the theory of *Geborgenheit* into a tangible, lived experience:

### **Heart-Centred Breathing**

This is your most fundamental tool. Rather than being a formal meditation that requires silence and solitude, it is a constant, gentle return to your centre. No matter where you are – standing in a queue, walking down the street or in the middle of a conversation – you can simply focus your attention on the centre of your chest. Breathe LOVE in and out through this space as though your heart itself were breathing.

This single act instantly pulls your awareness out of your mind and into the calm, intuitive space of your heart. It is the master key that unlocks your sanctuary at any moment.



You can intensify this experience by using your imagination. As you inhale, imagine drawing in a golden light that grows brighter and brighter within your heart. As you exhale, feel its warmth spreading into your body and the aura surrounding you.

### **The Soothing Circuit**

When you are feeling stuck, overwhelmed or scattered, you can use the intuitive wisdom of your hands to instantly create a sense of acceptance and balance. Simply place one hand over your heart centre. Then, let your other hand intuitively find a spot on your stomach that feels like it needs holding.

Keep your hands in these positions and rest. Breathe normally. There is no need to visualise or do anything. Just feel the connection. Notice how the gentle, accepting weight of your hands tells your nervous system that you are welcome here. This gentle process encourages different parts of yourself to communicate, be heard and find peaceful integration within the safe sanctuary of your body.

If you feel you need to further encourage the flow of stagnant energies, caress your chest gently in small circles. Move your hand slowly and lovingly, as if comforting a child. This gentle, circular motion can help to soften the armour around your heart centre, easing emotional tension and deepening your sense of being cared for by the touch of your own hands.

### **Physical Anchors of Comfort**

When the inner feeling for comfort seems out of reach, your body can lead the way. We can use physical

sensation and touch to signal safety to the deeper, sub-conscious parts of ourselves.

**Hugging a pillow:** Hold a pillow to your chest or stomach, allowing the gentle pressure to soothe you. This simple act of self-comfort can instantly satisfy your longing for *Geborgenheit*, providing the feeling of an embrace.

**Wrapping yourself in a blanket:** When you are going through a difficult time, wrapping yourself snugly in a soft blanket can help. To intensify the effect, you could be 'fully free' under the blanket (in Sanuela's books, this refers to being naked). This creates a physical cocoon. It mimics the primal safety of being a baby in a blanket, telling your emotional body and nervous system in a language they understand: "You are in a safe place. You are held. You can let go and allow yourself to just be."

The best thing about your inner sanctuary is that it is portable. Once you have learned to generate the feeling of *Geborgenheit*, you carry your home with you wherever you go. Difficult conversations, crowded buses and stressful meetings are no longer threats that overwhelm you, but simply environments in which you can choose to breathe consciously and reconnect with your inner centre. This emotional independence is the key to true resilience.

From this place of inner stability, beautiful expansion becomes possible. While your inner sanctuary is essential, this sense of safety can be nurtured and amplified within a community of like-hearted souls. This tribe of chosen humans provides a space where you can be as authentic and vulnerable as you wish, knowing that you will not be judged. It is an extended sanctuary where

hugs are longer, listening is more attentive, and the shared energies of acceptance and LOVE become a continuous source of healing. (\*)

So the first step is always inward. You cannot build a strong, lasting external community from a place of inner emptiness or need. First, you must have created a stable, loving home within yourself. When you then connect with others, you do so from a place of abundance, not from lack. You don't join a soul family community to find *Geborgenheit*; you go to share what you have already cultivated within yourself.

Your inner sanctuary is the non-negotiable foundation of the confident heart. Each time you breathe into your heart and feel its warm glow, and each time you wrap yourself in a blanket of self-care, you lay another brick for this new home. The journey begins here, with the gentle and courageous daily act of coming home to yourself.

...

(\*) More about this here: *Soulfamilies. Living, Loving and Growing Together*

## 5. Expanding Our Comfort Zone

To our inner protector, the world is divided into just two categories: safe and unsafe. However, to begin our journey towards a confident heart, we need a more detailed map. Envision your inner world as a vast, personal landscape divided into three distinct territories.

The courtyard of our inner fortress is the first zone to consider, as it represents the comfort zone. This is the familiar, well-maintained area inside the walls. Here, routines keep everything predictable, risks are low and the inner protector feels in complete control. It is a necessary hideaway for rest and integration. However, its boundaries are fixed. While it is safe, life within these walls can become very quiet and predictable, and over time, subtly limiting. The very walls that were built to protect us can thus restrict our growth and aliveness.



Just beyond the castle walls lies the stretch zone. This fertile ground is a place of discovery. Here, we experience manageable uncertainty and mild discomfort alongside opportunities for significant learning. In the stretch zone, we may feel nervous, but this feeling is often mixed with excitement and a sense of being alive. The aim of this chapter is to encourage you to take regular, conscious and curious walks into this zone to gently expand your horizons again and again.

Finally, beyond the stretch zone lies the overwhelm zone: the uncharted wilderness. This is the land where we encounter hard triggers and situations that are beyond our current processing capacity. Venturing here

does not make us braver; rather, it activates our nervous system, pushing us back into a reactive, ego-driven survival mode. This often reinforces our defences, causing us to retreat further behind our walls.

For the conscious explorer, the key is learning to tell the difference between the beauty of the stretch zone and the wilderness of the overwhelm zone. For example, a hugging meditation with someone we trust might be considered a classic stretch zone activity, whereas leaping into an intense, unfamiliar group dynamic, such as a naked Tantric massage workshop with strangers, could be a overwhelm zone experience for a beginner. It is wise to know our own current boundaries and not force ourselves into a situation that feels violating. True growth requires building self-trust and expanding step by step without breaking in the process. The goal of our work together is to become gardeners of our inner world. Let's learn to take a step towards our borders, explore a small part of it and, through this exploration, permanently integrate the new territory into our expanded comfort zone. The walls won't come down, but will simply and gently move outwards.

How can we consciously take those first steps from the courtyard to the openness of the stretch zone? It's like going on an expedition. Of course, we want to feel safe. To illustrate this, let's consider the hugging meditation we mentioned earlier.



For many of us, a hug is a brief, automatic social gesture that lasts a few seconds. The idea of holding a hug for ten or twenty minutes can immediately trigger our inner protector's alarm bells. This makes it the perfect practice for the stretch zone – it's inherently safe (as you are with somebody you trust), yet it challenges our deeply rooted social fears of prolonged close-

ness. It is a direct yet gentle way to show our nervous system that connection is safe. Through shared trust, it helps us to open our hearts widely.

Let's go on this journey together and transform the fears of the ego into the curiosity of an explorer! The experience begins before the hug, when you set your intentions. This establishes the course for the expedition.

The fear of the ego says: "This is weird. What will the other one think? What if this is misinterpreted?"

The explorer's curiosity: "I wonder what it would feel like to set a clear intention for this time together. What if we simply agree to share heart-centred breathing and stillness as an experiment in conscious connection?"

Simply agreeing on the 'why' and 'how long' can be your first successful step into the stretch zone. It creates an environment of acceptance and mutual trust.

As you settle into the embrace, your inner protector may express its opinions. Rather than silencing it, acknowledge its concern and redirect your attention to the heart with heart-centred breathing.

The ego's fear: "This is awkward. I don't know what to do."

The explorer's curiosity: "I wonder what I can feel if I stay just a moment longer. Can I feel my heart opening and expanding?"

Breathe in and out through your heart centre as though your breath is flowing directly into the joined bubble of light that you are creating together. This is an effective way to cultivate Luma, the heart's inner radiance. (\*)

The ego's fear: "Oh no, what if I get turned on? Or what if my hugging partner is? This will be embarrassing."

The explorer's curiosity: "I wonder how my body's energy will respond to the closeness of another body. If I feel a tingling aliveness, can I simply notice it as a natural flow of life energy, without needing to act on it or suppress it? Can I allow it to be just another sensation, like the warmth in my hands?"

Acknowledge all energies and sensations without judgement. Redirect your focus to the steady rhythm of your breath as it moves through your heart centre. The aim is to be fully present with whatever arises.

The ego's fear: "This has been long enough. Are we done yet? I'm bored."

The explorer's curiosity: "What emerges after the initial restlessness passes? What does a deeper state of relaxation and heart opening feel like when I stop waiting for it to end?"

Surrender the need for the experience to be a certain way. Allow the hug to be exactly what it is in each moment.

Of course, this practice is just one of many paths you could take. Your stretch zone might involve speaking up in a meeting, trying a new creative hobby, setting a boundary, dancing to imaginary music, or simply allowing yourself to be visibly emotional with a friend. We use the hugging meditation as our working example because it directly challenges the core fear of vulnerable connection. Whatever your chosen route, the principles remain the same: set a clear intention, meet your inner fears with curiosity and focus on the raw data of your here-and-now experience.

The expedition does not end when your stretch zone experience has finished. In fact, this is where the most important part of the process begins: integration. Think of it this way: You ventured beyond the old walls and explored a new area. You found it safe and perhaps even beautiful. Integration is the process of extending your territory to include this new area. What was once unfamiliar and made you nervous now becomes part of your expanded inner landscape. This is how we grow – not in one giant leap, but through a series of small, permanent expansions.

Take a few quiet moments to review your practice afterwards. Don't simply judge the experience as 'good' or 'bad'. Instead, approach it as a compassionate scientist gathering data. After a hugging meditation, you could ask yourself:

- What actually happened? Did the worst-case scenario occur, or did something else unfold?
- What did I notice in my body? Was there a release of tension? A moment of balance and completeness?
- What discoveries did I make about my capacity for trust, connection and LOVE?

Perhaps you discovered that you could tolerate five minutes of closeness before feeling restless. That is valuable data! It means your stretch zone now has a measurable landmark. Next time, you might explore ten minutes.

Maybe you experienced an unexpected emotional release of tears. You may have noticed the mental chatter in your head quiet down and be replaced by a simple, shared silence. As you allowed yourself to be open and vulnerable, perhaps you felt a flicker of Luma – a soft warmth radiating from your heart. These are important moments showing that you can feel deeply without being overwhelmed or losing yourself and that opening your heart can make you feel connected and safe.

This is how we rewire the nervous system. We provide it with concrete, lived evidence that contradicts the inner protector's catastrophic assumptions. With each posi-

tive experience, the ego learns that the heart is a capable leader and that the outside world is not a threat but a place of potential connection and growth.

It is important to recognise the courage involved in the attempt itself. Whether the hug felt ecstatic or awkward is irrelevant. What matters is that you chose to explore. You could place a hand on your heart and sincerely say, "I am proud of myself for being willing to step into the unknown." Doing so will reward you with a sense of achievement and make it more likely that you will continue to explore.

The confident heart is not built in a day, but in a thousand small, conscious choices to step to the edge of your knowing, to explore with curiosity, and to integrate what you discover. With each journey, your inner landscape becomes more spacious and grows richer, and your life becomes a more vibrant and connected experience.

...

(\*) Find out more about Elys, Luma, and hugging meditations here: *Luma's Garden. A Journey into Sacred Love, the Heart of Energy and Sensual Awakening.*

## 6. A New Relationship with Fear

We don't always need to put a name to our fears. In fact, trying to find the 'correct' label can be a way for the ego to stay stuck in the mind, analysing instead of feeling. The most important step is simply acknowledging the signal.

Fear is not a subtle emotion. It announces itself in the body with a unique and unmistakable sensation. We may experience a tight feeling in our stomach, a sudden chill, a racing heart, overwhelming nervousness, or a constriction in our throat. These are our protective impulses sounding an alarm. It's an ancient, simple system that cannot tell the difference between a true physical



threat and emotional vulnerability. Its job is simply to shout 'DANGER!'

The moment you sense this signal, your work begins. The aim is not to fight the fear, attempt to fully understand its historical roots or engage in mental arguments with it at that moment. What you need to do is shift your state from panic to presence and acceptance:

1. Reality check: Ask the fear whether there is a real, imminent danger here: "Am I actually unsafe, or am I just feeling vulnerable?" Since the ego often experiences vulnerability and danger in the same way, this simple question helps to distinguish between the two. This takes the edge off the panic because you acknowledge the fear without letting it control you.
2. Heart-centred breathing: Immediately after the reality check, focus your attention on your heart centre. Breathe normally, directing your awareness to the sensation of your breath moving in and out of your chest. Feel your chest rising and falling. Breathe LOVE in and out through your heart centre. If you wish, imagine it softly glowing. This shifts the centre of your consciousness from the frantic, fearful part of your mind to the steady, intelligent space of your heart. From here, you can simply observe from the safe harbour of your own presence.

Once you have shifted your state through the reality check and heart-centered awareness, you create a new space. Now, you can begin a new conversation with your

fears, gently reassuring your perhaps overzealous inner protector through a new, compassionate dialogue.

3. If you wish, you can acknowledge and thank the fear. Silently, in your mind, speak to the sensation: "Thank you. I feel you. I know you are trying to protect me." This may feel strange at first. You are not agreeing with the catastrophic story that the fear is telling you, but you are validating the intention behind it: your own inner system's desire to keep you safe. This acknowledgement drains the fear of its power, allowing it to calm down.
4. While continuing to breathe through your heart centre, you can now engage in curious inquiry. Ask yourself: "What is the worst possible outcome that could happen?" Allow the answer to arise without judgement. Often, bringing this shadowy, unnamed worst-case scenario into the light of conscious awareness instantly deflates its power. You will see that it is often just a painful but manageable outcome, such as feeling embarrassed, being rejected or making a mistake, and not usually a literal threat to your survival.
5. Having faced the 'worst', you can now allow yourself to feel it and fully accept and embrace this possibility. You are breathing, you are present, and the feared catastrophe probably won't actually happen. Even if it does, you would be able to handle it. You are showing your protective system that you, the conscious heart, are a capable leader.

The process of walking through your fears is about reparenting your inner world. It teaches your nervous system that vulnerability is not an overwhelming threat and that your heart can provide more balanced and confident guidance through life's uncertainties than the ego's frantic alarms.

...

You can read more about how to work with your fears through full embodiment in my book, *A Kind of Magick*. Look for the chapter *The Fear of Awakening*.

## 7. Beyond Control and Victimhood



Beneath the surface of our relationships, our inner protector often orchestrates an unconscious, silent dance. It has two favourite roles, two well-rehearsed personas it can switch between in a heartbeat: the Controller and the Victim. You may find yourself firmly in one role, or fluidly moving between both depending on the situation.

This is a game of relational power that our ego plays to protect our core wounds and fears. The Controller seeks safety by taking charge, while the Victim seeks safety by

handing over control. Both are terrified of the same thing: truly facing life with responsibility and authentic vulnerability.

Our inner protector puts on these masks to help us navigate the world without being overwhelmed by our core fears of feeling unworthy or helpless. It makes us act in accordance with these roles in order to manage how we and others perceive ourselves. In any given situation, especially when we feel threatened, we may instinctively adopt one of these roles, sometimes switching between them with startling speed. Understanding these roles is the first step towards removing the masks and showing our authentic, confident heart.

## **The Mask of the Controller**

This mask is designed to give the appearance of command and competence. When we wear it, we create the illusion that we can silence our internal chaos by managing the outside world perfectly. However, this has nothing to do with true leadership skills. The controller has a desperate need for dominance to protect themselves.

- Core motivation: Preventively managing the external world to avoid feelings of internal helplessness, chaos or inadequacy.
- Tactics: Dominance, criticism, micromanagement, offering unsolicited advice, setting rigid rules and using intellect to dismiss emotions.
- Hidden payoff: A temporary, false sense of order and safety. The belief that if we are in control, we cannot be hurt.

## The Mask of the Victim

Although this mask wears an expression of pain and suffering, its function is control. By wearing it, we give away our power, believing that if we are not responsible, we cannot be blamed for our failures. Playing the victim is a strategic posture of powerlessness – a role often played to secure attention and manipulate outcomes.

- Core motivation: To avoid the terrifying weight of personal responsibility and the risk of failure.
- Tactics: Blame, helplessness, manipulation (through guilt, incompetence or fragility), gossip, pulling others into conflicts, and waiting for a rescuer.
- Hidden payoff: Avoiding accountability. The comforting yet imprisoning story: "My life just happens to me, I have no influence over it."

Beneath the surface, these two masks are conspiring together in a silent dance of disempowerment. They feed off each other. The Controller needs the Victim in order to feel powerful, and the Victim needs the Controller to blame.

Someone might wear the Victim mask at work, whining that their boss is 'impossible'. Then, they go home and immediately adopt the Controller role with their family, micromanaging the household and criticising their partner's chores. This helps them to reclaim a sense of power that they felt they lacked at work. This could lead to an argument, after which one of them might go to their friends and tell them what a 'terrible' partner they have.

When we look around, we see that these same masks are worn by the institutions that shape our world. Authoritarian states that demand blind obedience, corporations that exploit people and the planet for profit, and churches or other 'spiritual' groups that enforce rigid rules in the name of self-righteousness all wear the Controller mask. They train their followers to wear the Victim mask, seeing themselves as powerless and dependent on rescue by the very system that disempowers them. This dynamic of dominance leads to a culture of blame, an 'us versus them' mentality, and ongoing struggles that reflect the unresolved internal conflict.

Both roles are simply different strategies that the ego uses to cope with the same underlying fear: that we are not truly safe, capable or enough without our defences. The key to dissolving the entire dynamic is to recognise this symbiotic relationship and acknowledge our role in it without judgement. Then we can withdraw our energy from them and begin to transform their foundations in the world.

The challenge is that we cannot remove a mask that we cannot see. We often believe that the role we are playing is the only reality. The key to recognition lies in listening to our emotional reactions and viewing them as honest signals. Do we feel frustrated, full of contempt, or driven to fix someone? Then we have probably adopted the Controller's mask. Do we feel resentful, hopeless, or powerless? We are probably viewing the world through the eyes of the Victim.

We can also listen to our own words. The language of the Controller is filled with 'you should', 'you must', and

'why didn't you?' The language of the Victim is full of phrases like 'I can't', 'you made me feel', and 'it's not my fault'.

Once we recognise the mask, we can consciously lay it down. This begins with a single, powerful act: shifting our awareness to the empathic, intelligent and vulnerable presence of our heart.

This is where heart-centred breathing becomes our essential tool. As soon as we feel ourselves slipping into the role of Controller or Victim, we simply pause. We can place a hand on our heart as we do so. We breathe in and out normally, imagining our breath flowing directly in and out of our heart centre. With each breath, we calm our nervous system, centre our awareness, and consciously relocate our consciousness from the protective fortress of the ego to the open garden of the heart.

From this grounded, heart-centred space, a new, authentic language naturally emerges. The need to control, manipulate or blame disappears, replaced by the courage to take responsibility and communicate clearly.

Instead of the Controller's "You should ..." or the Victim's "You made me feel ...", we can state a clear, personal truth: "I feel ..."

Rather than demanding or passively waiting, we can express a genuine need without expectation: "I need ..." or "I would prefer ..."

Instead of the Victim's powerless "I can't," we reclaim our agency by saying: "I choose not to ..." or "I am not willing to ..."

This is the language of empowered responsibility. It forges connections based on mutual respect rather than power games. When we communicate from the heart, we naturally encourage others to do the same, putting an end to the unconscious dance. The roles of Controller and Victim simply become redundant.

## 8. Trusting Your Friendly Universe

From a young age, we are expected to take part in a game that we never agreed to play. Before we have the chance to question the rules, we find ourselves on a competitive battlefield where victory depends on the defeat of others. Our conditioning starts subtly, often disguised as innocent fun, and escalates into a dominant cultural narrative that shapes our perception of reality as constantly threatening. We come to believe that we must compete with each other in order to survive.

Consider the classic board games of our childhood – what Germans meaningfully call *Gesellschaftsspiele* (society games). While seemingly harmless, many are masterclasses in ego training. They subtly teach us to hoard resources, view other players as obstacles, and celebrate their losses as our gains. We learn that strategy involves hiding intentions, bluffing, and sometimes even cheating to win. The underlying message is clear: connection is secondary to competition; to get ahead, others must fall behind.

This early training is powerfully reinforced by the media we consume as adults. Despite its label, the 'news' is rarely about important information; it is a product designed for consumption. Its business model depends on captivating our attention. Since our brains tend to focus on negative information, fear and danger are irresistibly compelling. We become addicted to the adrenaline rush that comes with catastrophe, constantly refreshing our feeds to confirm that the world is indeed a dangerous place. This constant stream of threats keeps our nervous system in a state of alarm, priming us perfectly for life in the inner fortress.

Furthermore, much of our entertainment serves as fear programming. Violent television shows, films and video games don't just show us that the world is dangerous; they make us experience it for ourselves. We spend hours normalising aggression, simulating survival in hostile environments and conditioning our subconscious to anticipate threats at every turn. This isn't just storytelling; it's repetitive, immersive rehearsal for conflict that embeds the need for protection deep into our psyche. All these influences work together and constantly programme us to believe that mistrust and defence are not only useful, but essential for survival.

This indoctrination into a hostile worldview creates a self-reinforcing cycle. The more we believe that the world is dangerous, the more we seek to protect ourselves from it. However, it is precisely this barricading that often reinforces the fear it is supposed to reduce – thus maintaining an endless cycle of anxiety.

We invest in the illusion of external security – more complex alarm systems, taller fences or larger insurance

policies as armour against perceived threats. While practical caution has its place, when these actions are driven by fear, they send a continuous, subconscious message to our nervous system: "You are not safe. The danger is real and ever-present." We become prisoners of our own defences and the world outside the walls appears increasingly frightening.

This comes at a significant energetic cost. When the mind is focused on threats, it operates like a filter, noticing evidence of danger more often and easily overlooking gestures of kindness and cooperation. By radiating fear and defensiveness, we unconsciously push aside the connections and opportunities that a supportive universe creates for us. People sense our barriers and either respond accordingly or simply move towards more open, welcoming energies. In our attempt to control safety, we actively push away the organic, spontaneous support that a friendly universe provides. We get what we expect: a world that confirms our deepest fears. This is not because the world is inherently malicious, but because we have trained ourselves to see it as such.

If our perception of a hostile world is learned, then the most freeing act is to choose a new lens. Your personal universe is a reflection of your inner state. This is not a mystical concept, but a practical guiding principle. An inner world at battle with itself, governed by the inner protector's fears, will perceive a battlefield full of threats and competitors that must be defended against. In contrast, an inner world at peace, anchored in the heart, will perceive a place of potential for connection and collaborative growth.

Choosing to see a friendly universe is not naive optimism, but a conscious choice to practise trust. Redirecting your daily attention is a courageous discipline. This does not mean ignoring real challenges, but refusing to let them define your entire reality. It means deciding to look for helpful people, noticing synchronicities, feeling the sun on your skin and collecting these moments as evidence of a world that fundamentally supports you. Essentially, you are training your brain's filter to view the world differently.

This brings us to the empowering realisation that we are part of the source. The friendliness of our world is not the result of external luck; it is a quality that radiates from within. This new reality is generated by the inner sanctuary you cultivated in Chapter 4. When you breathe into your heart and connect with its innate peace and warmth, you create waves of safety around you. In its reflective wisdom, your personal universe mirrors these frequencies back to you in the form of kinder interactions, unexpected support and an unshakable sense of being held. You are not a victim of the world you see, but a co-creator of it. (\*)

These are practical ways to detoxify your perception and actively cultivate trust in a supportive reality:

- **Conscious media consumption:** Just as you would avoid food that makes you ill, choose to avoid media that fills you with fear and violence. This doesn't mean ignoring the world, but rather shifting your focus towards content that inspires, educates and connects you. You will notice that your baseline anxiety decreases and your sense

of possibilities increases when you stop constantly feeding your inner protector.

- The gratitude and synchronicity journal: Make this a daily ritual! Each evening, write down three specific things you are grateful for that day. Then, note down one 'friendly wink' from your personal universe – a meaningful coincidence, an act of unexpected kindness or a song on the radio that answered a silent question. This practice systematically retrains your brain to look out for evidence of support and connection, and helps you to develop the belief that the universe is on your side.
- Seeking echoes of the heart: Your environment acts as a resonance chamber for your inner state. Seek out friendships, circles or communities with people who embody trust and collaboration. Spend time in places where the dominant energy is one of openness and mutual support, such as a meditation group, a nature club or a community garden. In these spaces, your growing trust will be reflected, validated and amplified.

Trusting in your friendly universe is one of the most transformative acts you can undertake. It is a quiet



declaration that you are no longer playing by the old rules shaped by fear. As you consciously withdraw your energy from the ego's stories of separation and threat, and instead invest it in the quiet cultivation of inner trust, your world will literally transform before your eyes. You will step out of the struggle and into the flow, discovering the deep truth that your personal universe has always been on your side. It was simply waiting for you to believe in its support.

...

(\*) More on this here: *A Kind of Magick. Manifesting From Your Heart*

## 9. Growing With Triggers

What happens in that moment when our stomach tightens or a wave of heat washes over us because someone has said or done something? We usually view these moments as unwanted intrusions caused by other people. But what if we have it the wrong way around?



Many people mistake a trigger from within with an attack from outside. However, our inner protector is merely sending us a signal to let us know that one of our core fears has been stimulated, as described in Chapter 1. It's our ego's security system detecting what it perceives as a breach in the fortress walls. Consequently, we tend to blame others for this supposed trespass.

The specific words or actions that act as the trigger are almost irrelevant. What matters is the wound it opens up. When someone questions our beliefs or a particular decision, it can trigger a hidden fear of being wrong.

When a loved one distances themselves from us, not only does it trigger a feeling of loneliness, but perhaps also the primal fear of being abandoned. Perceived criticism not only hurts, but it may also trigger the fear of not being lovable.

Every trigger contains an invitation: "What part of me is not yet whole and healed, that I feel the need to react immediately?" When we ask ourselves this question, it triggers an inner change. Instead of making others responsible for our pain, we see them as a mirror that shows us where we still need healing. The urge to blame, defend, or withdraw is an attempt by the ego to protect an unhealed part of ourselves. However, a confident heart knows that true security does not come from winning a conflict, but from healing the wound it has revealed.

Knowing that a trigger is an invitation is the theory. Pausing is the practice. It is the conscious, willful interruption of the ego's automatic reaction sequence. With practice, it becomes a reliable tool for disarming conflict and choosing vulnerability, connection, and growth.

When you feel the familiar surge of emotion – the heat, the tension, the urge to say something or retreat – the following steps can help. Think of it as an emergency protocol for your heart:

1. The internal pause signal: As soon as the wave of reaction begins to rise, your first and most important task is to stop it in its momentum. Do not let the first word pass your lips or make that defensive gesture. Internally, issue a firm and clear command to yourself: 'PAUSE!' This is your

circuit breaker. It creates the space you need to operate.

2. Heart-centred breathing: Ground yourself in that space now. Shift your awareness from your stomach or head into the full presence of your body.
  - Feel your feet firmly on the floor.
  - Place a hand on your heart if it helps.
  - Breathe normally, but focus on the sensation of your breath moving in and out of your heart centre. This relocates your consciousness from the fortress command centre to the balanced, intuitive space of the heart. This only takes a few seconds, but it can change everything.
3. Compassionate exploration: From this centred and grounded place, you can now approach the alarm with curiosity rather than letting it overwhelm you. Allow yourself to feel into these questions: "What hurt is being touched here?" or "What old story or fear does this remind me of?" There is no need to force an answer. You can simply hold the question with open, compassionate awareness of your body. The answer may come in the form of a memory, an insight, a core fear, or simply an undefined feeling. The aim is not to psychoanalyse yourself, but to recognise the underlying wounds that the trigger has revealed. This act of self-awareness helps you process the reaction. You are caring for the part of you that is hurting.

This pause allows us space to feel deeply into ourselves and reclaim our power. In that moment of stillness, a fundamental shift can occur, with power transferring from the reactive, fear-driven ego to the conscious, compassionate heart. The old, automatic scripts of attack, blame or flight lose their grip, and a landscape of new possibilities opens up.

From this grounded place, you are no longer a prisoner of your triggers. What once felt like an inevitable reaction is now just one option among many – and rarely the wisest one. Instead, you might choose to:

- Set a boundary with calm clarity. Instead of lashing out, clearly state your limit without aggression. For example: "I am not willing to be spoken to in that tone. I'm happy to continue this conversation when we can both speak respectfully."
- Express a vulnerable feeling. Using the language of empowered responsibility from Chapter 6, you can express how you truly feel. "When you said that, I felt hurt and small. I need to feel that my perspective is valued."
- Listen to understand. Set aside your own defence for a moment and listen to the other person with the aim of understanding their perspective, rather than preparing your counter-argument. This alone can resolve most conflicts.
- Choose a strategic disengagement. You might realise that now is not the right time. "I need some time to process this. Can we please revisit this in an hour?"

When you lash out when triggered, you take on the role of the Victim and automatically make the one who triggered you the Controller. However, if you respond from the heart, you can break free from this cycle. Your calm presence can encourage the other to step out of their own reactive patterns, building trust and establishing a connection based on mutual respect rather than power struggles.

## 10. From Blame to Understanding, From Certainty to Curiosity

Language is the bridge between our inner world and our relationships. The ego uses this bridge to separate (me versus you), control and defend. The heart uses it to connect, share, and unify (we). We can only speak the language of the confident heart when we are rooted in compassionate presence.

Many of us are so accustomed to communication that is defensive, strategically calculated or hurtful. The systems of the old world often reward the ego's struggle rather than heartfelt togetherness. We might wonder: Why speak honestly and lovingly? Doesn't it put us at a disadvantage in a world that is not yet ready for such soul-truths?

The answer can be found not only in the world's reaction, but also in the act itself. When we change the way we communicate from deep within, we begin to

change the people around us, conversation by conversation and soul by soul.

This shift begins with the simple, ongoing practice of breathing through your heart centre. Feel. Observe. Allow the space between you to become still. If it helps, place a hand on your heart as a symbol of this intention. This gesture signals to yourself and your partner that you intend to speak and listen from a place of honesty and vulnerability.

This is a way of being that we embody throughout a conversation. Words arising from a heart-centred state carry a different energy – they are softer and clearer, and lack the sharp edge of blame. When we are truly anchored there, our communication naturally transforms. It becomes almost impossible to speak with the intention of hurting or controlling others. We explain ourselves, our thoughts and our feelings with clarity. We ask direct questions. We listen attentively, allowing our breath to carry our partner's words into our heart. Our words are no longer shields or weapons, but bridges.

This may sound simple in theory, but in practice, it requires a deep and often uncomfortable courage. The greatest barrier to speaking the language of the heart is not a lack of technique, but our ego's fierce resistance to being honest with ourselves.

Before we can openly share with one another, we must first acknowledge our inner truth. This is where the inner protector often stages its final, most subtle resistance. It may try to rationalise our feelings, minimise our needs or bury them under a wave of numbness in order to maintain the integrity of the fortress walls. Admitting our core need for connection may feel as dangerous as

walking onto a battlefield unarmed because it makes our vulnerability explicit, even to ourselves.

This internal honesty is the true work. It demands that we pause and breathe through the discomfort of our unmet needs and unexpressed feelings. We must gently confront our inner protector's narrative and ask with compassion, "What is the deeper truth here?"

When we do this, we discover that our initial ego-driven reaction, often anger or withdrawal, is usually a secondary layer protecting a more vulnerable primary feeling. Beneath our frustration at our partner's lateness, for example, could lie our fear of being unimportant. The criticism of a colleague's work often stems from our own fear of failure or inadequacy. Speaking from the heart means having the bravery to acknowledge that primary feeling to ourselves and, if we choose, share it.

This process transforms communication from a mere exchange of words into a shared practice of soul work. It brings both souls into a space of shared humanity and deeper self-awareness. Conversation becomes a search for truth in each human heart we encounter, rather than a battle for who is right. In this space, even when we feel uncomfortable, we are not opponents, but fellow explorers, navigating the beautiful, messy terrain of being human together.

Now that we have found the courage to be honest with ourselves, we can extend that same compassionate curiosity outwards. The inner protector, operating from the fortress, prefers certainty. It wants to be right, to have the final answer, and to criticise and distance itself from those with different beliefs. This creates walls. The

heart, on the other hand, is grounded in its own vulnerable truth and has the confidence to remain open to uncertainty. It seeks to understand, thereby building bridges.



Replacing statements of certainty with questions of curiosity fundamentally changes the dynamic of a conversation. This is not about abandoning our own truth, but about holding it gently enough to leave room for someone else's.

- Instead of the closed, accusatory: "You just don't care", we can ask, "Can you help me understand what's happening for you right now?"
- Instead of saying the definitive "That's a terrible idea", we can explore the issue. "What do you see in that option? What do you like about it?"
- Instead of being divisive by saying, "You're wrong, and here's why ...", we can try to connect: "I see it differently, and I'm curious about your perspective. Can we explore this together?"

The language of the confident heart is born from the inner work we have done. It is how we tenderly reveal our true selves to the world. It shows that our sense of safety comes from within, not from dominating the conversation. We no longer need others to agree with us to feel safe. We can coexist in a "we" space while honouring the "I" in both of us. In this space, conflicts become opportunities for deeper connection, and every

conversation becomes an opportunity to actively weave a new reality based on mutual respect, vulnerability and trust – one curious question at a time. With each word we speak, we can choose to live from the heart.

## 11. Transforming the Longing

A deep, aching longing can feel like the most bitter reminder of our incompleteness. We may experience it as an empty void, an intense pull towards someone or something that we believe will finally make us feel whole. But what if this very feeling of lack were not a

flaw, but a feature – your soul's most precise guidance system towards inner union? Longing is not the universe telling you that you are broken. It is your heart pointing towards the hidden parts of your self that are ready to be remembered, reclaimed and embodied.



This is powerfully evident in our attraction to others. The intense pull we feel towards a potential partner is rarely just about them. It reflects back disowned qualities, hidden strengths

or forgotten parts of our soul, asking to be integrated. You are not drawn to their light because you lack it, but because you possess it within you too – and your soul is using the attraction as a trigger to awaken it.

This reframes the purpose of our relationships. A true partner is not a substitute for our wholeness; rather, they are a loving witness and source of encouragement to help us claim it. This is why spending time apart consciously is so valuable: it allows the productive ache of longing to resurface. This is an invitation to continue our individual journey of self-discovery, ensuring that we come together as two complete beings, not two dependent halves.

In order to honour this precious signal, we must first stop numbing it. Our immediate impulse may be to cope by filling the void with food, substances, activities or the temporary validation of social media. However, these distractions are like pressing the 'snooze' button on our soul's alarm clock. The pain of longing is not something to be cured or silenced. It is a potent, sacred energy that, when faced with courage, contains the exact frequency required for our next growth step. It is the raw material of our transformation.

When a wave of longing arises – whether during a moment of silence, in the middle of an activity or as a sudden, tearful pang – we learn to welcome it. Rather than tensing against it or seeking a distraction, we pause. We allow ourselves to sit with these longing energies and let them move through us, without seeking a logical explanation. This alchemical process takes place in the heart and throughout the body.

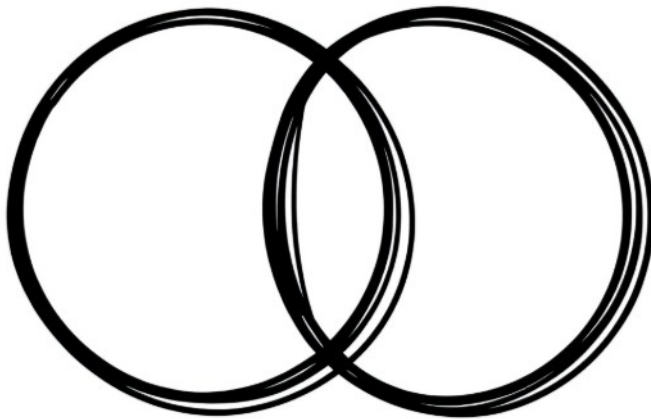
If you wish, place a hand on your heart. With sincere curiosity, silently invite the longing in: "Hello, my teacher. What are you here to show me?" Don't strain for a logical answer. Asking the question is an act of opening; it is a way of shifting your inner stance from resistance to receptive curiosity. The 'answer' may come later, perhaps as a sudden insight or creative idea, or simply as a softening of the pain itself. The goal here is simply to trust the process.

From this place of openness, you can practice heart-centred breathing as part of the transformation process. Focus all your attention on the sensation of longing in your body – perhaps you feel a void or a swirling whirlwind in your stomach, or the desire for a hug. Place your hands on a part of your body that feels good. You may also want to caress yourself to give yourself the LOVE you long for. Now breathe normally and direct your breath to this feeling. Imagine how your inhalation gently expands the space around this feeling, allowing it to grow stronger and wider. As you exhale, you can imagine that you are radiating the quality or feeling you long for into the world.

In this sacred space, a profound shift occurs: you are no longer a separate self seeking an external source to fulfil you. Through breathing and holding yourself in this way, you are actively becoming what you seek. Rather than searching for LOVE from another, you are practising being LOVE. Instead of reaching the ocean from the mountain, you discover the part of yourself that is already the flowing waters of the sea. Your longing becomes the driving force that pushes you towards embodied unity.

This transformative work with our longing rewires our experience of reality at a deep level. Longing emerges from the dance of polarities: the perceived separation between the self and the other, between strength and vulnerability, between the mountain on which we stand and the ocean which we desire. We perceive ourselves as one half of a pair of opposites, perpetually drawn to the other.

Magic happens when we stop trying to reach the opposite pole and instead become the bridge between the two. By embracing the sense of lack and breathing in the sense of wholeness, we perform an inner alchemy. We are no longer identified with just one end of the spectrum. We become the conscious vessel that contains both. This integrated state is the third power: the living Trinity. It is a harmonious resolution in which two opposing energies give birth to a new, transcendent quality: conscious wholeness.



Step by step, living from a place of wholeness becomes your new normal. Your perception shifts from a world of

separation and struggle to a unified field of creative potential. You no longer enter relationships based on need, but from a place of abundance. Partnerships become a sacred dance between two already whole beings who celebrate their individuality while co-creating something greater than themselves. The exhausting search for external validation or a missing piece simply falls away, replaced by the quiet, unshakable joy of being exactly who you are.

## 12. When Our Growth Disturbs the System

You are doing the inner work. You are practising pausing and speaking from the heart, and you are beginning to lower your walls. You might expect to feel a new sense of peace now, and perhaps you do, but you may also encounter something entirely unexpected: resistance from the people around you. A friend may become more distant, a family member more critical, and some people may seem uncomfortable around you or even leave you.

This is not a sign that you are doing something wrong. In fact, it is often the first real evidence that you are doing something profoundly right.

Every family, group of friends and workplace is an emotional ecosystem with its own equilibrium. Everyone plays a role, and these roles are held in delicate, unconsciously maintained balance. You may have been the Controller or the Victim, the Critic, the Dramatic One, the People-Pleaser or the Perfectionist. Your position within that system was predictable.

When you begin to change, it's not just your behaviour that changes – your role changes too. This has an impact on the whole system. The people around you, often acting out of self-interest, will instinctively try to push you back into your old role to restore the system's balance and their own sense of predictability. Their reactions are an echo of your growth – the system's automatic pushback against change.

By acting from your confident heart, you become a living mirror for those who are still living within their own fortress. Your calm presence, your refusal to engage in old dramas and your newfound boundaries or openness will unconsciously reflect their own imbalance, shortcomings and the games they are still playing back to them. Their inner protector may see you as a threat.



Your stability exposes their instability. When you no longer react to a Controller's demands with submission or fight, their illusion of control is shattered. When you no longer enable a Victim's helplessness by rushing to their rescue, their avoidance of responsibility becomes visible. Your heart-centred presence forces them to confront aspects of themselves that they have worked hard to keep hidden. Their inner protector will often react to this with confusion, withdrawal or anger.

You are effectively changing the rules of a game that others may still be playing. The ego thrives on transactional relationships involving guilt, blame and gossip, control and submission, or drama and rescue. When you step off this chessboard, their moves become meaningless. They can no longer win an argument with you if you refuse to fight. They can no longer provoke or manipulate you if you pause and respond with compassion. This can be deeply disorientating and even infuriating for the unconscious ego, which interprets your peace as a rejection or a sign of superiority.



Understanding this enables you to depersonalise their reaction. Your growth acts as a mirror, and it is the sight of their own reflection that causes them to shut down or lash out. They are not afraid of you, but of what you represent: the possibility that their protective barriers may no longer be needed. For many, this is a terrifying realisation, as it shows that it is time to change and grow. Not everyone feels ready for this. After all, the protective comfort zone feels so cosy!

To navigate this relational turbulence, you need to become a heart warrior – someone who can engage with compassion while fiercely protecting their newfound peace, balance and freedom. Here are some strategies to help you hold your centre:

- Compassionate detachment. This is the practice of observing how others react without taking it personally or feeling responsible for fixing their discomfort. A helpful mindset: "This is their process, not my duty." You can listen with empathy without absorbing their energies or being pulled back into the old dynamics. This enables you to provide a supportive presence without encouraging unhealthy patterns.
- Setting boundaries as an act of LOVE. Your boundaries are not high walls to keep people out, but the gates and fences that define your inner sacred garden. They are essential for your continued growth. This means clearly communicating what you are and are not willing to accept. For example: "I LOVE you, and I cannot engage in conversations where we blame each other. I'm happy to talk when we can speak about our feelings and emotional responses."
- Conscious connection. Spend more intentional time with people who are on a similar path or who naturally embody a more heart-centred state. This creates a sanctuary for your emerging self, providing a new ecosystem where your authentic way of being is reflected, validated and supported. It's about ensuring you have a source of nourishment.
- Use all triggers as teachers. When someone's behaviour causes you to react strongly, see it as a gift. This indicates an area within you that is not yet fully free. The moment you feel triggered, pause and use the tools from the *Growing With*

*Triggers* chapter. Breathe into your heart. Ask yourself: "What part of me is still seeking validation? What old wound is this touching?" This process can be the key to your deepest inner healing.

- Letting go. With deep compassion, we must acknowledge that some friendships, particularly those based entirely on old dynamics, may not survive your transformation. This can be heart-breaking yet necessary, recognising that you are walking a different path now. Be grateful for what your friends have given you in the past, and open the doors to new friendships that better align with your current self. This is unfortunately the honest price of deep inner change, and a testament to the depth of your growth.

During times of difficulty and loss, remember this: by staying true to yourself, you are not being selfish. Your stable, heart-centred presence is a silent, powerful invitation to others, even if at first they reject it. You won't change the world by demanding that others change; it is by courageously embodying the change yourself that you make a difference. This is how the new ecosystem grows: one confident heart at a time, radiating a frequency that gently and deeply transforms everyone it touches.

## 13. Who Are We Without the Armour?

We have lived as an armoured guardian for a long time. We believed that the iron suit was our own skin. We thought that the cold, grey fortress was the whole world and that our duty was to patrol its walls, always on the lookout for threats.

However, after learning to pause at the gate, speak from the heart and navigate the strange echoes from beyond the walls, a question arises: *If I am not this iron suit, then who am I? If this fortress is not my home, then where do I belong?*

Taking off the armour can feel terrifying at first. After all, it has been our structure, our definition of strength and our identity for so long. There can be a sense of grief for what is familiar, even as we yearn for something new. Without its reassuring weight, we may feel exposed and vulnerable, yet strangely liberated and uplifted.

As we consciously let go of our old, defensive patterns, we bring an end to our long confinement. This is the moment we realise that we are not our armour, but the

living, breathing soul within. The fortress remains in the landscape, but now it is a place we can visit to find true shelter in a storm – not a permanent prison. We are stepping out into the vast, beautiful and colourful world that has been waiting for us all along.

The air is fresh. The sun is warm. You realise that the strength you once gained from rigid protection now comes from a deep inner trust. The world is no longer a battlefield to be survived or conquered; it is a living landscape to be engaged with lovingly, a garden to cherish and care for.

This new territory operates by different rules. While the inner protector used strategy and force, the heart relies on flow and intuition. Where the ego built walls, the heart builds bridges. This new world is not based on control and command, but on LOVE, connection and co-creation.

*Imagine a world where LOVE is written in capital letters. (\*) A new way of intuitive being emerges from within. Below is a list of qualities that arise naturally from a heart that is no longer battling with itself or its surroundings. See if you recognise any of these traits as your authentic nature. Perhaps take a pen and note a number from 1 to 9 next to each trait, depending on how strongly it reflects your current reality. 1 means 'I never embody this', and 9 means 'I embody this constantly'.*

1. Presence: Fully inhabiting the present moment, without getting caught up in the past or future.
2. Openness: A receptive and welcoming position towards new ideas, experiences and perspectives.

3. Honesty: Clearly feeling and kindly communicating one's truth.

4. Inner alignment: A deep, intuitive sense of being in harmony with your heart's truth that naturally guides your actions and choices.



5. Compassionate curiosity: The desire to understand one's own and others' feelings and motivations without judgement.

6. Inclusive perspective: The understanding that multiple, seemingly opposing viewpoints can all simultaneously be true.

7. Forgiveness: Releasing the grip of past hurts in order to free oneself from resentment.

8. Vulnerability: The courage to embrace uncertainty and emotional honesty as a path to true connection.

9. Clarity: Seeing situations more plainly, without the fog of fear or worry.

10. Empowered responsibility: Taking ownership of one's feelings, reactions and life circumstances without assigning blame or viewing oneself as a victim.

11. Deep listening: Offering one's full, non-judgemental presence with the intention of understanding rather than replying.
12. Unconditional acceptance: Offering kindness and space to oneself and others, regardless of perceived flaws or mistakes.
13. Generous interpretation: Giving others the benefit of the doubt and assuming positive intent until proven otherwise.
14. Emotional fluidity: Allowing feelings to arise, be experienced, and pass without suppression or attachment.
15. Heart-centred boundaries: Setting clear, loving limits that protect one's energy and well-being without hostility.
16. Joy for others (compersion): Finding genuine happiness in the success and happiness of other people.
17. Intuitive action: Taking fearless steps forward while letting go of the need to interfere, fix or force a specific outcome.
18. Gratitude: Naturally acknowledging and appreciating the good things in one's life, both big and small.
19. Trustful surrender: The deep, inner knowing that life is unfolding for your growth, allowing you to meet challenges with grace and learn from them without despair.

20. Spontaneity: The freedom to act on genuine inspiration in the moment, without being constrained by rigid plans or expectations.
21. Fearless peace: The blissful stability of knowing your true nature as the conscious heart, which cannot be threatened.
22. Humility: A quiet confidence that does not need to proclaim its own importance, recognising the value in all things.
23. Unity consciousness: A deep sense of connection and belonging with others and the world, transcending the illusion of separateness.
24. Ease/effortlessness: The smooth execution of tasks that feels more like play than work because inner tension and stress have disappeared.
25. Resilience: The steady, unchanging centre that enables you to confront chaos or hardship without becoming overwhelmed.
26. Kindness in Action: The habit of naturally performing small, loving gestures for others without thinking about it.
27. Joy: A quiet happiness appears, often for no specific reason, simply because you are alive.

Understanding the heart's qualities is one thing, but learning to live with them naturally as your new identity comes through requires making regular, small choices and breathing consistently from the heart. You can use the list of heart qualities as a guide. When you notice an old, armoured pattern arising, don't fight it. Simply

pause, breathe through your heart centre, and ask with curiosity: "Which heart quality would serve me here?"

If you wish, you could pick one heart trait each day and practise it consciously. It doesn't have to be a big thing. For example, if you choose spontaneity, you could try taking a different route on your walk. These micro-moments will rewire your nervous system for the new world.

Another way to work with the list is to sit quietly for a moment and breathe into your heart centre. Now, choose one quality – fearless peace, for example. Don't just think about it. Ask yourself: "How does fearless peace feel in my body?" This creates a living, somatic connection to your new identity that goes far beyond an intellectual concept.

Your identity is not set in stone, but a living, breathing garden. You can feel vulnerable, powerful and authentic all at once. As you learn to speak the language of a confident heart, you become its living embodiment. This is who you have always been. Welcome home.

...

(\*) This is what [www.sanuela.org](http://www.sanuela.org) is all about. You can find out more on the website or in the appendix.

## 14. The Kaleidoscope of Truth

Our inner protector craves the simplicity of a binary world. It operates according to a simple code of opposites: good/bad, right/wrong, success/failure. This comforting certainty provides a clear map for navigating life. It tells us who to trust, what to believe and how to behave in order to stay safe. It promises that if we just follow the rules, everything will be all right. This binary way of thinking is like the mental architecture of our fortress, creating strong, straight walls to keep confusion and ambiguity out.



When we start living from the heart, we step outside these walls into a breathtakingly complex world. We are handed the heart's kaleidoscope. With every change in perspective, a new pattern of truth emerges that is equally valid. What seems

'right' from one angle appears limited from another. We begin to see that a supposed 'villain' is a wounded soul, a 'mistake' is an unmet need, and that every story can be seen from many different perspectives. This is not a loss of truth, but an expansion into a richer, more nuanced reality in which multiple truths can coexist. This is both liberating and challenging, as it requires us to find stability not in rigid answers, but in our own compassionate presence.

This explains why the 'modern' information environment of the old world feels so limited. Media outlets with the widest reach often create the illusion of choice by offering a simulated diversity of perspectives that all exist within the same narrow, fear-driven mindset. The debates may be loud, but the underlying assumptions are rarely questioned. This only serves to reinforce the binary code of the ego.

Already in our youth, we are subject to a powerful socialising force: school. Here, the ego is systematically built and rewarded, while the heart's way is quietly disciplined out of us.

Traditional education often operates within a paradigm of punishment. We are sorted by grades, ranked against our peers and taught that there is often only one correct answer. Mistakes are marked in red, publicly signalling failure. Curiosity that differs from the curriculum is often discouraged. This system is expertly designed to appeal to the binary mindset of the inner protector, fostering competition, shame and a deep-seated fear of being 'wrong'.

What would it mean to create a learning garden rather than a testing ground? An education for the heart would

nurture the whole human being. It would prioritise curiosity over correctness and recognise that seemingly 'incorrect' answers can provide understanding into a child's unique learning process. Personal growth would be prioritised over peer comparison, and empathy and collaboration would be taught as core life skills. In this garden, a so-called mistake would be seen as potent fertiliser for authentic growth – a natural and welcomed part of the learning journey.

We can start being the change now. As parents, mentors and members of the local community, we can create 'heart spaces' in our homes and among our friends and wider community. We can encourage exploration, honour different kinds of intelligence, and reframe mistakes as courageous attempts and learning opportunities. In doing so, we are planting the seeds for a future generation that is driven by heartfelt connection rather than competition and is able to view the world through the kaleidoscope of the heart.

The binary logic we learnt at school also forms the basis of the legal system we have built as adults. If our education teaches us that mistakes are failures to be punished, then it is understandable that our legal system is based on the same principle. However, the heart sees the whole soul, their learning and growth path, and the interconnectedness of all things. It calls for a paradigm shift.

This begins with redefining the concept of a 'mistake'. Through the eyes of the heart, an action is rarely just 'bad'. It is a symptom of something deeper, such as a wound, disconnection, unmet need or lack of resources (emotional, mental or spiritual). A 'crime' can be seen as

a failure of relationships – with oneself, with others, or with the community. While this perspective does not excuse harmful behaviour, it seeks to understand its roots in order to prevent its recurrence.

This understanding demands a fundamental shift in our central question. The ego-based system asks, "What punishment do they deserve?" This is a retributive question, focused on blame and pain. The heart-based approach asks more complex and compassionate questions: "Was someone harmed? If so, what healing, learning and restoration does this situation require for everyone involved – the harmed, the harmer, and the community?"

Unlike the punitive model, which isolates and stigmatises, a restorative approach focuses on repairing harm and encouraging personal growth. It provides a safe space in which those who have been harmed can be heard, and enables those who have caused harm to truly understand the impact of their actions, take authentic responsibility, and contribute to setting things right. The aim is to reintegrate every one of us through a process of empathy, accountability and healing, thereby strengthening society as a whole.

Embracing the kaleidoscopic view of the heart is to become a revolutionary of perception. It means willingly letting go of the crutch of certainty and standing in the creative, uncertain and infinitely more real space of interconnectedness. This ascent to a higher clarity enables us to see the whole being, the whole story and the whole system around it with compassion. It can transform our classrooms from factories of fear into

gardens of growth and our justice systems from machines of punishment into opportunities for healing.

## 15. *The Art of Letting Go*

One deeply ingrained habit that can be quite stubborn if we don't make an effort to surrender is the white-knuckled grip on the steering wheel of life. It's the part of us that believes holding on tightly makes us responsible and strong. We assume that, with enough vigilance, planning and force, we can prevent pain and ensure a specific, safe outcome.

The inner protector is in a constant state of exhaustion due to the illusion of control. This grip strangles the life out of life. It suffocates spontaneity and intuition – the very sources of joy and wonder. It stifles the growth of those around us, conveying a lack of trust in them. It turns our own existence into a constant state of low-grade anxiety – a relentless battle against the natural flow of life.

We invite you to exchange the burden of control for the liberating power of an intuitive and responsive partnership with life itself. It's a shift from being a frantic general trying to control the tides to becoming a wise sailor who learns to read the wind and trust the sea.

If we are to release the grip of control, what do we hold onto instead? We find our anchor in two intertwined qualities: presence and trust.

Worry and the need to control are always projected into the future. The most powerful antidote is to root yourself firmly in the only reality that exists: this present moment. Presence is the practice of dropping out of the frantic, forecasting mind and into the rich, sensory reality of your body and your environment right now.

The present moment is almost always manageable. It is the imagined future that overwhelms us. By anchoring our awareness in the here and now, we withdraw energy from the inner protector's fantasies of control and return to the solid ground of direct experience. In the stillness, we realise that we are already okay, and that from this place of calm, the next right action can naturally arise.

This natural trust from the heart is the perfect antidote to fear. It's not a blind, naive faith that everything will be perfect. It is a conscious trust based on past experiences.

Look back at your life. Have you not survived every single one of your worst days so far? Has your heart not always guided you correctly when you have dared to listen to it? This trust is a confidence in life itself, and in your own capacity to be resilient and meet whatever arises while aligning with a benevolent and intelligent flow. It is the deep,



inner knowing that your personal universe is conspiring for your growth, even when the path is unclear.

This is a skill that is developed through small, consistent actions. Here are some ideas to help you get started:

- The worst-case scenario release: When a specific fear about the future consumes you, don't suppress it. Embrace it. Play it out in your mind. Then ask yourself: "If that happened, could I handle it? What would I do?" You will almost always find that the feared outcome is somehow manageable. This process drains the fear of its power.
- Full acceptance: This is a simple yet effective practice for letting go of resistance to the present moment. When faced with an unwanted situation – such as a difficult emotion, a delayed plan or a traffic jam – silently tell yourself, "This too is part of life. This too can be endured. This does not mean that you agree with the situation, but rather that you are willing to stop fighting against its existence at this moment in time. It creates a sense of forgiveness around the experience, which is the first step towards navigating it peacefully.
- Small acts of surrender: Consciously practise letting go of control in situations where there is little at stake in order to build the muscle of trust.

These are not grand gestures, but they are nonetheless transformative. Every small act of surrender is a vote for flow over force and trust over fear.

Letting go is the greatest step a confident heart can take. It does not mean giving up, but rather surrendering to a greater consciousness. When we replace control with presence and trust, we can become a more joyful participant in life's mysterious unfolding dance. We realise that our personal universe is always supporting us and that the most reliable guidance comes from a surrendered heart.

## 16. The Feminine Path of Deep Surrender

We have been taught that power means having unyielding control and force. However, there is another, deeper kind of power: the capacity to be resilient, gentle and present, and to be actively and courageously open to what is happening without resistance. This receptivity is a feminine superpower. It is the strength of the deep earth that receives the seed and, through its patient and yielding presence, gradually transforms it into a forest.

This leads us to the concept of non-doing. In a world that is obsessed with effort and forcing outcomes, the feminine approach teaches us that the deepest healing and the most profound insights arise when we stop striving and simply create a silent and welcoming space within. This is the power of the womb – the dark, fertile void that holds infinite potential. It is from this quiet, unforced stillness that true transformation is born.

This is why healthy surrender is not defeat; it is not being overpowered. Surrender is a conscious and courageous choice to stop fighting reality. It is deciding to stop resisting what is and aligning ourselves with life's

natural, intelligent flow. It is not giving up, but rather entrusting ourselves to a wisdom greater than the ego's frantic plans.

To fully embody surrender, we must create a safe space where the noise of the world falls away and we can hear the voice of our soul. A personal retreat in seclusion for a few hours or days is highly recommended for deep inner cleansing. You may even wish to try a dark retreat. Although we have been conditioned by suspense-packed stories in our media to fear the dark, in truth, darkness is a pure representation of the divine feminine. It offers a gentle, soothing embrace that asks nothing of you but to turn inward and simply be. The darkness is a wonderful place for letting go.

During a personal retreat, you can take the time to conduct an inner inventory. This is an honest, guided conversation with yourself. Approach it with gentle curiosity and ask yourself: What old stories am I still carrying? What unresolved emotions are stored in my body? What identifications and attachments have I outgrown? Write the answers down, speak them aloud or simply feel their weight. Acknowledge them without judgement. The aim is not to shame yourself for what you discover, but to



honestly recognise the past burdens you are ready to let go of.

From this acknowledgement comes the art of acceptance. Simply allow whatever arises to be, whether it's a wave of grief, a pang of longing or a vast, empty stillness. Do not try to change, analyse or rush away these feelings. Welcome it all with the gentle, non-judgemental awareness of your heart. Imagine your consciousness as a soft light shining on these feelings without trying to alter them. As you do this inner work, the sharp edges of resistance begin to soften. The energy that was trapped in the struggle is released, allowing a deep, peaceful acceptance to naturally take its place.



The release process leads to the liberating step of forgiveness. This does not mean condoning hurtful actions or pretending that pain did not happen. Rather, it is a profound inner decision to lovingly release the energetic cords that bind you to the past. Forgive others for the roles they played. Forgive circumstances for the lessons they taught you. And most importantly, forgive yourself – for your perceived failures, for your harsh self-judgement and for all the ways in which you have not been who you hoped to be. It is a declaration that you are

no longer willing to carry a weight that does not serve your soul.

As you practise this, return to your most fundamental tool. Use heart-centred breathing to fully immerse yourself in the present moment. With each exhale, feel the physical sensation of letting go. With each inhale, imagine the breath, fuelled by the heart's compassion, softening the remaining edges of resistance in your body and mind. Continue until there is no more struggle, only the pure sensation of acceptance – the raw, deliciously balanced essence of your being.

This process can deeply transform you. Returning to the world with a softened perspective means you have exchanged your armour for a resilient gentleness that is open and receptive. You will meet challenges with a more open and responsive attitude. You listen more deeply. Instead of reacting, you respond in balance and harmony. Your very being becomes a calm, clear lake and the world around you is reflected more peacefully in your depths.

Following the feminine path of surrender is a journey into your deepest truth. It is a leap of faith into the arms of life itself. By letting go of everything that does not define you – the stories, the resistance and the burdens – you create infinite space for all that you truly are. This is how the heart blooms: by being allowed to do so in its own time and in its own perfect way.

## 17. Balancing the Masculine and Feminine Within

Our journey from the ego fortress to the open, blooming landscapes of the heart is not only a personal shift, but also helps the collective global healing process. For millennia, our world has been dominated by an imbalanced masculine principle (the 'Yang Dictatorship') which prioritised separation, control and domination. Let's end this imbalance within ourselves so that we can achieve greater harmony in the world.

In order to understand our internal conflict, we must first recognise the two sacred energies that seek harmony: the healthy masculine and the healthy feminine. These are universal principles within us all. The healthy masculine energy is like a great tree: it is focused, structured, protective and action-oriented. It provides clarity and direction. The healthy feminine, on the other hand, is like the vibrant ecosystem around it: receptive, nurturing, intuitive and connected. It provides the context for growth, relationships and life itself. Together, they form a thriving, sustainable whole.

The rise of the Yang Dictatorship shattered our inner balance. It was characterised by dominant masculine principles, which were strongly supported by the ego's fortress. The feminine has been systematically suppressed both in society and in our own psyche. Emotion was devalued as 'hysterical', intuitive knowing as 'illogical', and trusting surrender as 'weak'. It wasn't just a social structure; it was a war on the heart itself, exiling the very qualities that allow for deep connection, harmony, and unconditional LOVE.

This systemic suppression forced the feminine within us to survive through indirect and often manipulative means. Just as a plant will grow sideways in search of light under a rock, the feminine spirit in all of us denied its own authentic expression and developed an unhealthy shadow side. This wounded version of the feminine principle has learned to control through manipulation, gossip, emotional



guilt-tripping, and passive-aggressive behaviour. It learned to pull the strings from the shadows because it was denied a voice in the light. Recognising this means acknowledging that both the dominating masculine and the manipulative feminine were co-dependent partners in a dance of disempowerment, both born from the same roots of separation, power games, and fear.

The external patriarchy and the unhealthy feminine shadow it created together forged a powerful inner representation: the Inner Patriarch. This is the voice in our heads that perpetuates the imbalance, regardless of our gender. It is the strict inner supervisor that instructs us to control our feelings, prioritise efficiency and achievement over well-being and LOVE, and view the vulnerable, feminine openness of the heart as a threat that must be managed. This inner voice mistakes a fortress for a home and views the heart's gardens as a chaotic wilderness that must be tamed and controlled. Recognising this is the first step towards ending the dominion.



The end of the inner war begins with an invitation. It takes a conscious, loving effort to welcome back the parts of ourselves that have been exiled and to re-educate those that have been misused.

Reclaiming the feminine means that we must consciously honour the path of the heart by trusting, surrendering, flowing intuitively and feeling compassionately, for these are the great sources of great power and wisdom. It is the strength of the soil that nurtures the mighty oak, providing a persistent, receptive embrace that allows its natural potential to unfold. Reclaiming the feminine means granting ourselves

permission to feel deeply, to trust the quiet voice of intuition as much as the often louder voice of logic, and to value simply being in the here and now just as much as taking action.

At the same time, we must redeem the masculine. Our inner watchdog is not the enemy; it is a powerful energy that has simply been misguided. Its true role is not to dominate, but to protect the heart's garden. We must retrain it to establish safe boundaries and allowances that enable LOVE to flourish and enable us to take clear, aligned action guided by the heart. The redeemed masculine ensures a respectful flow of energies that protects the sacred inner space.

When this inner marriage occurs, we experience the alchemy of balance as a dynamic dance. It feels as though powerful, directed action is flowing effortlessly from a deep sense of receptive, loving peace. You are both the clear, focused arrow and the vast, accepting sky through which it flies. Thoughts arise from the stillness of endless possibilities. Action emerges from a conscious presence in the moment. The conflict between 'being' and 'doing' dissolves, and you move through the world with a grace that is both powerful and utterly gentle.

When we do the work of finding our inner union, we not only heal ourselves, but also become a source of healing for the world. By repairing the internal divide, we can remove our energies from external systems of conflict.

We need to cultivate deep compassion for both sides of this historical trauma. We can empathise with the wounded masculine, whose fear of chaos has led it to seek control and dominance. Similarly, we can under-

stand the wounded feminine, whose fear of not having any other means of ensuring its needs were met led it to submit and manipulate as a survival strategy in an imbalanced world. Recognising this enables us to break free from the cycle of blame and victimhood.



The most powerful way to change the world is to achieve inner harmony. The journey of the confident heart is all about the return of the exiled feminine and the redemption of the lost masculine. When you have balanced these powers within yourself, you no longer project your inner conflict onto others. There is no need to dominate or manipulate. You become a living template for new possibilities – a walking, breathing example of the collaboration between strength and gentleness, and between direction and openness.

When these two powers unite within us, we become sovereign beings who can hold clear boundaries while offering open-hearted connection. We become whole and cannot help but create a world that reflects this same sacred balance.

## 18. Relationship Networks Based on Honesty and Trust

Our relationships are a living expression of our inner state. Have we built them on the open, inclusive foundation of the heart, or on the fear-filled blueprints of our inner protector?



We often allow our ego to dominate our LOVE without realising it. A relationship can become like an isolated island, with two people living in separate fortresses, connected only by a narrow bridge. In this

arrangement, two souls essentially become each other's property, responsible for defending their shared fortresses against perceived threats from the outside world. Other people – especially those of a gender one is attracted to – are often seen as dangers to be managed.

A long hug from a friend or a deep conversation while holding hands with someone else could be perceived as a breach in the walls.

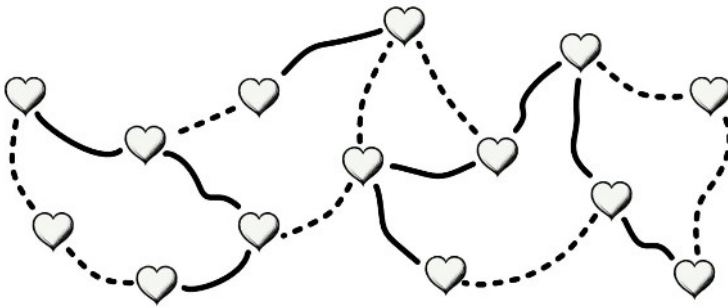
Our traditional relationship dynamics are often shaped by constant mistrust, which comes from our own inability to work through our fears and the perceived scarcity and limits of our LOVE. Possessiveness, jealousy and the refusal of permissions and freedoms are not expressions of "I LOVE you so much", but desperate cries of the core fears we encountered in chapter one: "I am afraid of being abandoned", "I am afraid I am not getting enough", or "I am afraid of being seen as inferior".



The cost of our rigid rules is unnoticeable, shared closure. While this model may give us the illusion of safety, it often leads to isolation and stifles the individual growth of each partner. It also severely limits the rich, diverse tapestry of human connection that life offers. It is a contract written by the inner protector, not the confident heart.

What would our lives look like if we moved from our inner protector's fortresses on isolated islands to safe interconnectedness and abundance? Imagine your

relational life as a vibrant ecosystem. The biggest shift in establishing a stable, heart-based relationship network is recognising that a partner is never your property. Instead, we celebrate their self-responsible sovereignty. This foundation of respect makes true intimacy possible because it is based on freedom, honesty and trust, not on fears and dependency.



This requires an inner shift towards trusting that LOVE can flow abundantly. When we do our inner work and recognise at a fundamental level that we are worthy and enough, our sense of safety comes from within. From this place, our partner's connections with others do not threaten us; rather, we can celebrate their aliveness. Their joy becomes our joy. Their meaningful, cuddly and perhaps lovingly sensual friendships enrich their spirit, which in turn nurtures the connection we share. We experience LOVE not as a finite pie to be divided, but as limitless, renewable energy that expands and deepens when shared.

This naturally leads to a deeper and more personal understanding of fidelity. In the heart-centred model, it is not just a list of prohibited actions. Rather, it is defined

as faithfulness to the promises made and the unique energetic qualities of the relationship. It is a commitment to radical honesty, deep respect and nurturing the sacred space between partners. The focus shifts from "Is this allowed?" to "Does this feel respectful and truthful to who we are and what we've built?"



Unity consciousness is the natural state of a confident heart, expressed through practical, trusting gestures that honour connection and inner belonging, free from the limitations of rigid ownership or fear. So, how might this manifest in everyday life? It starts with radical, compassionate honesty and clear agreements.

Imagine feeling a deep, heartfelt connection with someone outside your main relationship – a connection that nourishes your soul. According to the old, fear-based script, you would either suppress the feeling, creating inner conflict, or act on it in secret, creating outer conflict. The new, heart-centred approach, however, is one of transparent, vulnerable communication.

You could approach your partner from a place of LOVE and reassurance, saying something like: "My LOVE for you is safe and stable, and it forms the foundation of my life. I want to share something with you in the spirit of

total honesty. I feel a beautiful, heart-centred connection with someone, and I would like to explore this connection. Would you be open to me spending time with them and perhaps holding hands together?"

With the clear consent of everyone involved, these connections can be explored in a safe setting. The aim is to feel and honour the different energies that feel wonderful when balanced together. You might also consider with your new connection:

- Sit in a hugging meditation for twenty minutes, while breathing through your heart centres, being fully present. Allow your energies to balance and harmonise, with no sensual or sexual goals.
- Snuggle up on the sofa, enjoying the deep comfort of shared presence without sexual touch.
- Share a bed for sleep or a deep cuddle and experience the safety and peace of intimate, non-penetrative closeness.

These encounters are not intended to replace your primary relationship, but rather to expand your collective capacity to give and receive LOVE. It is a practice in trusting that LOVE is infinite and that forming a deep connection with one soul can actually enrich and deepen your connection with all others, including your partner. Jealousy is transformed into 'compersion' – the joyful appreciation of another's loving connection. This is where the confident heart truly shines: building a relational life based on trust, abundance and the courageous freedom to LOVE authentically.

Our new co-created agreements involve honest conversations in which both partners explore together: What truly nourishes us? What are our basic needs for safety and connection? What allowances and boundaries honour our individual well-being and the health of our relationship? One agreement might be: "Let's promise to always speak from the heart when we feel jealous, so that we can understand and work with the feeling together."

A confident heart does not fear the many forms of close connection. It embraces openness and trust as its natural companions. This is a gently unfolding discovery, not a race to a finish line. There is no need to figure everything out in a week, a month or a year. Every time we have an honest conversation, choose curiosity and trust over fear, or breathe through a moment of jealousy, we grow. Our confidence will deepen with every small, brave step towards connecting more authentically. Trust the journey. Your heart already knows the way.

...

More on this:

- *Luma's Garden. A Journey into Sacred Love, the Heart of Energy and Sensual Awakening*
- *Soulfamilies. Living, Loving and Growing Together*
- *Blossoming Beyond Boundaries. A Romance of Jealousy, Honesty and Trust*
- *Love Beyond Jealousy*

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

## 19. Integrating Heart and Mind

Our journey began with a meeting of the inner protector in its fortress. We learned its language, felt the weight of its walls and took our first steps beyond them. We have refined our reactions, practised the art of surrender, and reshaped our relationships. Now, we arrive at our destination: the unshakable self. This is your true nature, revealed when the noise of the ego's conflicts quietyens down.

The path to this point can sometimes feel like a battle for the mind's loyalty. The ego often acts like a frantic conductor trying to control the mind's orchestra with sheet music of fear, conducting a symphony of control and separation. Meanwhile, the heart hums a quieter, more beautiful melody of connection and purpose.



But in the unshakable self, the battle is over. A peaceful transfer of power occurs. The heart takes its rightful place as conductor, holding the sheet music of our deepest values and intuition. Relieved of its exhausting duty to the ego, the mind becomes the masterful orchestra it was always meant to be. It now uses its incredible capacity for focus, logic, and strategy to lovingly play the heart's music, bringing its visions into tangible forms.

This is not a life free from challenges or pain. True inner stability arises when we know deep within ourselves and fully embody that our central consciousness of LOVE cannot be affected by external events.

We can cultivate this partnership with a simple regular check-in while breathing through our heart centre: "Heart, what is my deeper intention here? Mind, how can I bring this into the world in the most effective and compassionate way? " Asking these questions can bring us into inner alignment, ensuring that our actions are wise, loving, strategic and soulful.

The fortress was a story you once needed. The unshakable self is the truth that has always been yours. You are not a problem to be solved, but a beautiful presence to explore, experience and embrace. Your unshakable, heart-centred presence is a strong healing power. You contribute not by trying to fix others, but by embodying the change you wish to see.

When we live from this integrated, unshakable core, the impact we have on the world changes. We often think of legacy in terms of what we build: a family, a company, a book or a financial inheritance, for example. However, the greatest legacy is our energetic imprint. It is the

LOVE we dare to embody, the courage we show by being vulnerable and the authenticity we practise, even when it is difficult. This is the resonance you leave in the hearts of everyone you meet. Your greatest gift to the world is who you become. It's the inspiration you give others, simply through your example, to seek their own wholeness.

## *Afterword: Fears of Freedom*

When I presented the vision of stable relationship networks as an alternative to traditional monogamy in a social media group, I was met with an unexpected backlash of anger and ridicule. Many responses were along the lines of, "It's just an excuse to fuck around." But for me, it's not primarily about sex; it's more about being close to someone. Others said, "You'll be crying in a therapist's office soon," although I believe that a stable network of relationships provides all the care and support I need, making me less dependent and much safer overall.

The responses came from inner fortresses. The ego defends not only the individual, but also the collective story it has built with the cosy cage of societal norms. This cage is familiar. Its bars are made of 'how things have always been', and its lock is the fear of the unknown. When someone not only escapes from the cage but has the audacity to suggest that the door was open all along, it creates severe cognitive dissonance for those who remain.

Their insistence that the cage is better is a desperate mantra designed to justify their repressed longing to fly.

Their anger comes from the terrifying realisation that their imprisonment might be a choice. Most will defend their cage because its boundaries feel like the edges of reality itself. To question the cage is to question their entire world.

So, what do you do when you encounter these walls in your own life after working on your ego, shadow sides and fears, and opening your heart more than you ever thought possible?

- Those who live in a fortress cannot be convinced by the beauty of open countryside. Do not waste your energy arguing at length with someone whose anger is based on unprocessed fears.
- Become a quiet invitation. Your greatest power is your embodied peace. Live your truth with so much joy and integrity that it awakens curiosity in those around you. Your stability is your most compelling argument.
- Understand the backlashes as positive signs. When you encounter fierce resistance, labeling and mistrust, see it as confirmation that you are on the right path. You are addressing a core wound, and the intensity of the reaction shows how much healing is possible.
- Find your flock. Your job isn't to convert the whole cage. Rather, it is to find the other birds who are already listening for the song of the open sky and who share your restless longing. Build a network of supportive friendships with them.

The path of the confident heart is a pioneering one. It requires a lot of courage to face misunderstandings, gossip and standing alone before finding your loving tribe. Some will judge, blame and exclude you in order to defend the mental and emotional comfort zones of their inner protector. Remind yourself that even a cosy cage will always be a cage. Going further into your heart is like flying into the open sky, embracing all its freedom and uncertainties. This is where fearless peace, unconditional LOVE and true openness live. Stay on track and keep flying!

Much LOVE,

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

# Appendix

# Sanuela.org

*We grow with compassionate support*



## **Vision**

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

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

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

Through the power of human connection, loving communication, forgiveness, intuition, and inner work, we support each other and the collective. Our eventual

goal is to release all emotional burdens and attachments in order to fully embody our inner wholeness.

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

## **About Sanuela**

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

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

## **Goals**

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

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

## **Guiding Principles**

1. We believe in the inherent purity of our soul that reflects the essence of divine LOVE and light.
2. We believe in the power of balancing and aligning our hearts and minds, and the yin and yang energies within us.
3. We believe that making our own free choices is the best way to grow.
4. We believe in the power of making changes step by step to transform our habits and mental and emotional patterns.
5. We believe in the importance of clean nourishment for both body and mind.
6. We believe that we can open our hearts a little wider every day.
7. We believe that by raising our frequencies, we become better healers and better creators.

8. We believe in the healing power of caring touch, closeness and prolonged hugs.
9. We believe in the sacred interconnectedness of all beings, where each of us lives in our own universe, yet all are woven together in a web of divine energy and mutual support.
10. We believe in the power of togetherness and the importance of caring for each other with the same empathy and LOVE that we give ourselves.
11. We believe that multiple perspectives can be right at the same time and help us see the bigger picture.
12. We believe that as humans we have the creative power to project and transform our inner world into our outer world.
13. We believe that through loving, honest communication about our fears, desires and shadows, we can grow and thrive together.
14. We believe that facing our fears and working with our inner shadows helps us to evolve faster.
15. We believe that by doing our inner work we help the collective around us.
16. We believe in the healing power of forgiving each other and ourselves.
17. We believe in the healing power found in times of seclusion.
18. We believe in the power of our intuition, inner guidance and affirming synchronicities.

19. We believe in the loving guidance of our spirit guides, who appear when we are ready to receive them.
20. We believe that Gaia, Mother Earth, who created our human lives, is a highly developed, highly conscious and loving being.
21. We believe in Gaia's wisdom, knowing that she does not always give us what we desire, but what we truly need to grow.
22. We believe that we can be liberated from the wheel of reincarnation by releasing all our emotional attachments, hurts and blockages, while recognising and fully embodying our inner wholeness.
23. We believe that the consciousness of our soul lives on after we let go of our body and that our evolution extends far beyond the human experience.

## **Individual Practises**

1. We encourage practising heart chakra breathing to live from our hearts at all times.
2. We encourage forgiveness and gratitude and doing the inner work every day.
3. We encourage clean food for the body, avoiding harmful, chemically isolated substances, and we encourage regular periods of fasting.

4. We encourage clean mental or emotional intake, avoiding activities that promote fear, violence or low frequencies in us.
5. We encourage dedicated times of seclusion to work with our thoughts, emotions, inner shadows, ego, challenges, and visions, to practise forgiveness and gratitude, to find our inner balance, to develop our intuition and inner guidance, and to give ourselves LOVE.
6. We encourage working on releasing our emotional tensions in our body tissues.
7. We encourage spending time in nature, connecting with Gaia and our inner selves through meditative walks or personal, intuitively guided pilgrimages.
8. We encourage time spent in meditation, breathing exercises, our own personal sound healing sessions, working with crystals, caring deeply and lovingly for ourselves, or any other form of emotional or spiritual healing practice that we have learnt or feel drawn to.
9. We encourage finding balance with our personal life values. These 21 values are based on the seven main chakras and can serve as a foundation, but each soul's individual values may vary:

Basic needs. Security. Feeling cared for.

Joy. Well-being. Creativity.

Self-Worth. Independence. Courage.

LOVE. Empathy. Connectedness.

Truth. Honesty. Communication.  
Wisdom. Imagination. Intuition.  
Soul plan. Unity consciousness. Being.

10. We encourage becoming more sensitive to our astral energies and to work intuitively with them.
11. We encourage opening our hearts more and more through long hugs, sharing caring touches and cuddles, and supporting and nurturing others as we would want for ourselves.
12. We encourage opening our minds to multiple perspectives to expand the bigger picture.
13. We encourage experiencing ourselves as the creators of our personal universe, in which our inner world is constantly mirrored to the outside world.
14. We encourage loving, honest communication about our fears, desires and shadows. We encourage empathic listening to others without shaming or judging.
15. We encourage connecting with our spirit guides and asking them questions.
16. We encourage self-responsibility by finding our own deepest inner centre, rather than praying to saints in the outside world to change things for us.
17. We encourage finding our own best personal ways of regularly releasing what is burdening us.

## Community Practises

1. We encourage joining our Emotional Growth Circles on various topics, where each member can share their fears, hurts, longings, challenges, visions or hopes. The others are there to listen actively and empathetically, but not to give advice unless asked. The united consciousness of the group will do the healing.
2. We encourage joining our Practical Growth Circles to share personal experiences and learn about the background of our guiding principles and suggested practises and how we put them into daily reality.
3. We encourage joining our ceremonies with various themes, like honouring Gaia (Mother Earth), cleansing and letting go of negative energies, finding our centre, raising our frequencies, opening our hearts, forgiveness, balancing our yin and yang, or sharing our energetic healing energies with one another.
4. We encourage joining our Community Growth Circles for managing the expansion of our work. These circles are based on the sociocracy model: One soul acts as a facilitator, keeping the conversation on track and making sure everyone is heard. Another soul serves as the administrator, taking notes to remember key points and coordinating actions to involve all participants in achieving our goals.

## **Volunteering**

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

There are many ways to get involved, make a positive impact and grow together. The positions are currently voluntary. Whether you're interested in taking on a facilitator or manager role or supporting our cause in other ways, we welcome your enthusiasm and passion.

Come and grow with us!

[www.sanuela.org](http://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 or emotional pains.

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

- The Confident Heart. From Fear to LOVE (2025)
- A Kind of Magick. Manifesting From Your Heart (2025)
- Luma's Garden. A Journey into Sacred Love, the Heart of Energy and Sensual Awakening (2025)
- Allowing LOVE Three. 99 Spiritual Poems (2025)
- Soulfamilies. Living, Loving and Growing Together (2025)
- Liberator of Temptational Bonds (2025)
- 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 Vieraugenkröplings (*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](http://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!**