

Nils Klippstein

Hooray, I am Human!

Sensual Energetic
Healing (SEH) for
Singles & Couples



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

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

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*Stillness comes
when we hug and hold
each other.*

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This Book Is Free ...

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

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

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

Would you like to give back?

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

- You could become a Patron and support me with a monthly donation:
<https://www.patreon.com/nilsklippstein>

- You could "buy me a coffee":
<https://buymeacoffee.com/nilsklippstein>
- You could donate via PayPal:
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(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

How can two souls have energetically healing and balancing experiences, harmonize their chakras and Yin-Yang balance, and strengthen their relationship, emotional intimacy and unconditional love?

This was the question I asked my Spirit Guides, even though I didn't formulate it so beautifully and clearly at first. But I felt inside what I was looking for and began to draw a new book from this source. When I write, I receive intuitive answers. It is still myself who writes, who finds the right words, but I sense the images, feelings and visions that my Spirit Guides show me from the higher dimensions. I feel them as my inner truth and translate them into words.

In this emotional process of birth, I am first and foremost a messenger. Each soul sees for itself what suits it and what does not. Therefore, please take only those tips and inspirations for yourself that resonate with your innermost being. The others may be meant for other people, and that's okay.

Sensual Energetic Healing is created in a sacred field of safety and shared trust: When we experience SEH with each other, there is nothing else, no desires and no expectations. Then we are allowed to BE. The excitement between Yin and Yang is always there and that is good, we generate inner astral flow, we feel our astral tingle.

In these moments we bring ourselves to inner balance with each other. Our Yin and Yang parts harmonize through loving closeness. In order for us to maintain this high vibrational state, SEH should always be experienced together with Heart Chakra Breathing, which is why I describe this simplest spiritual exercise in the world already in the first chapter. When we are in our heart, we learn our connection with each other and our unconditional love for each other. We are one. Let's feel it!

As I write these words, I am listening to inspirational music. At the same time, I am playing the steady and gentle sound of a woman's breathing. I have adjusted the two volumes individually, the breathing a bit louder, so that it makes a harmonious, beautiful mixture. I love this even breathing, it symbolizes closeness.

Hooray, I am human! Recently I have only really "allowed" myself this being human in a virtual light circle meditation together with some dear friends. I forgave myself for being a human being and not a bio-robot that only looks like one. I could forgive myself for having *feelings*, and needs, especially for love and closeness.

Robots don't need such things. They are frugal. Give them a little food (e.g., electricity), a quiet, comfortable corner, and they're happy. They work and they do what they are told. They hardly complain, at most when overheated. They think a lot, run through their programmed algorithms and matrix patterns, but they do not feel. This makes them simple, obedient helpers.

Hooray, I am Human! is an honest, loving and adult homage to being human. Closeness-loving souls will feel especially addressed, the others we give a little more time, maybe they want to read the book twice before they can also forgive themselves for being human.

We have artificially suppressed being human in ourselves, through our self-built systems, our grandiose but cold technology, our "modern" thinking and judging. Can we forgive ourselves for being human? Deep down inside of ourselves? Can we listen to what our soul desires and why it wanted to incarnate on this planet?

We wanted to experience LOVE. If we do not experience affection and closeness after birth, our physical body dies and we look for a new one in another family. Many die off internally in the course of their lives. For their self-protection they repress the desire for closeness and love, they program themselves not to need anything of the kind. It works! With such a belief set a survival in an emotionally cold world can be ensured. Only, being human, that remains for us then in this

incarnation an eternal mirage. We think then, we would be human beings, but we do not experience it, because we withdraw just like the other cautious and withdrawn bio robots in human form into our emotional snail shell and make ourselves as small as possible in it, in order not to *feel* too much!

With SEH, closeness between Yin and Yang can be experienced without having to interpret it sexually. During Sensual Energetic Healing we just hold each other, feel closeness and harmonize our higher dimensional energies with each other. The chakras in our kundalini column exchange, communicate and together find a new balance that feels healing and good. We support each other to promote inner healing.

When we embrace each other, we become very still. With heart chakras connected, SEH is a shared meditation experience, an energetic-spiritual ritual to come into our inner balance. We are held and we hold. We can experience gratitude, we can forgive others, and forgive ourselves. We can perceive ourselves as human beings, a wonderful experience that feels deeply healing and fulfilling.

Heart Chakra Breathing

In most of my books and also in my podcast you will find one or even more instructions for the "simplest spiritual exercise in the world", as I like to call it: Heart Chakra Breathing. It's as simple as it is effective: imagine breathing in and out through your heart chakra. Imagine how with each inhale through your heart chakra, astral love and light enters and completely fills your subtle astral body. When you embrace another soul, with each exhalation you can give this love and light through your heart chakra to your energetic healing partner so that their astral body is filled.

With the joint Heart Chakra Breathing we come into our inner trust, we feel our connection with each other, we balance each other energetically. When the largest part of our consciousness is in our subtle heart center and we can open ourselves to the new, balanced yin experience, then old ideas fall away, there is then no goal, only holding space and feeling into this is important. Everything else does not exist in these moments. There, in this loving field of experienced astral closeness, we

bring our energetic bodies into a new balanced harmony.

Heart Chakra Breathing takes us from an ego perspective to a we perspective in seconds, because by focusing on the heart chakra, our consciousness simultaneously shifts to a higher vibrational level. Here in the heart, 3D (ego) meets 5D. We come into a bird's eye view and no longer see things in just black and white, but in infinite colors, shades and blends. We realize there is nothing that doesn't exist and not everything needs our personal ego evaluation. We let go and trust.

I help you and you help me... nothing else is a deep loving embrace when we focus on energetic awareness. We come into better balance with ourselves and with the other soul, that is, each separately and, as a third benefit, both together.

This feels good! We can feel grateful. We can dwell in the heart chakra and breathe there. The longer we can stay in this vibrational level, the longer the balancing effect of an inner harmonious balance will resonate afterwards. If we take our *This Feels Good!* and feel it in our heart chakra, breathing in and breathing out, we will radiate in the high frequencies of our Inner Light.

Some energetic healing couples may even get into the habit of automatically practicing Heart Chakra Breathing every time they touch the other body. At first it takes remembering, when we make it a habit it happens automatically. In my energetic healing

groups and couples or singles coaching sessions, Heart Chakra Breathing is always in the center. During our time together we practice staying steadily in the heart with our breathing.

Loving, honest communication

Many are so used to being hurtful or selfishly calculating in their communication, after all, the entire economic and life construct of humanity up to the time of my writing is based on ego struggle and not togetherness. Communicating lovingly and honestly, why should we do that? Doesn't it only bring us disadvantages because the world is not at all ready for our personal soul truths, our honesty and our love?

Let's try it anyway. If we change ourselves from within, then we also change our self-created ego systems step by step. Let us breathe through our heart chakra. If we continue to practice every day and talk to each other more and more often in a loving and honest way, if we look deeply into each other's eyes and *feel* the other soul, then we literally change our world.

Whenever this loving and honest communication between Yin and Yang takes place, we can feel and

use the natural, balancing astral current, for example for common projects or goals. The stronger the higher dimensional current flows and the more loving and honest we can be with each other, the more impact and luminosity our high energy aura has as an energetic healing couple.

When we look into the eyes of another human being, especially of the other polarity, for a longer period of time, we can connect with that soul in a profound way. Let us sit or stand in such a way that we can look at each other comfortably and at the same eye level for several minutes. While doing this, let's breathe through the heart chakra. Let us feel. Observe. Let us speak, lovingly and honestly, from our heart.

If we wish, we can symbolically place a hand on our heart chakra in the beginning to get used to this new way of communicating. The hand shows us and our conversational partner that we intend to speak from our heart and also listen to our partner's words from there.

Let's explain ourselves, our thoughts, feelings and actions, let's ask clearly and directly, let's listen attentively and mindfully, let's reflect on our words and those of our partner, and let's do all this honestly and always from the heart. Our breath carries our words and our breath integrates the words of our partner.

SEH: Sensual Energetic Healing

SEH is the silent communication between two heart chakras while Yin and Yang embrace each other. There is no destination, only a sensing and feeling and holding.

Basically, we are already practicing SEH when two people hug each other long and intensely. So not these newfangled quick-quick hugs, but the very long ones. At least for one minute, better for five minutes, then ten, then thirty minutes or even for a whole night. Our common experience becomes an energetic healing meditation. Our Yin and Yang find a new, powerful balance.

For our interpersonal embraces, we have learned to spread our lower bodies far apart. Sensuality is supposed to stay outside, that's how we've been taught, and that's what we follow. Not all people do. Others hug with their whole body, allowing their chest, stomach and even their genitals to touch lightly. We are human beings, not machines! We

feel something. It feels good. We can feel safe, secure, held, we feel closeness to another soul.

Such intimate contact may also be uncomfortable or even experienced as painful for some, for example in the case of unresolved sexual trauma in the region of the lower three chakras, either their own or inherited from others. Some are also concerned that the boundaries between a friendship and a relationship will become more ambiguous and therefore avoid too close contact with each other. Others are not used to being so close together and feel more comfortable demarcated in their own space.

So let's always leave it to each soul itself how much it wants to engage in a full embrace with a straight spine and touching and feeling each other. Especially in family contacts, there is also the question of whether a possible involuntary and not always personally interpretable erection in the man is compatible with our ideas of custom, law and embarrassment, and we prefer to keep a little more distance "down below" to prevent it.

Do we become aware of how and in which direction we move our pelvis, close to the other body or rather with a little more distance? We can have courage for our own decision, but keep respect and find understanding for the decision of the other soul. Maybe it's okay to meet in the middle, maybe not.

The pressure of our arms and hands, the closeness and openness of our own bodies also determine whether an embrace feels particularly good and beneficial for both souls. We should first communicate boldly and honestly with our energetic healing partner through our body language, but also verbally under certain circumstances, especially if we feel the hug is too pressured or if something else is bothering or distracting us. Our first line of communication is our own holding of our hands, are we loose and gentle, are we clinging to the other soul, or are we maintaining a good balance?

Do we also feel what signals the partner sends to us with his hands and his body? Can we and do we want to adapt to it more and more? Or do we prefer to hold a different frequency and hugging firmness because it feels better for us? If during our hugging meditation the personal and shared sensation does not settle within a few seconds in a way that is pleasurable for both partners, then it needs to be clearly communicated verbally and then clarified first before it can lead to a harmonious experience for both.

If we both breathe through the heart chakra while hugging, then we also feel gratitude, empathy and love. If we match our breathing rhythm so that we inhale and exhale together, the experience is intensified. Alternate breathing is also possible, when one soul breathes in, the other breathes out and vice versa. We can also experience this intuitively and spontaneously together for a few

moments before both follow their own rhythm again, otherwise SEH could become an overly strict technique.

While exhaling through our own heart chakra, we visualize how our subtle energies are absorbed by the heart chakra of the other soul and fill the entire body of this soul. Breathing in, we correspondingly absorb the astral energies of the other soul through our heart chakra and fill our body with them until we can feel love and light in every single cell of our body.

It is an intense experience together. It can be that tears come or also completely different reactions. Let us give them the space, let us allow what wants to happen. Let's just stay very still with each other, without any further movements or a change of body position. Let's accept, let's feel the energies.

SEH can be experienced standing, sitting or lying, in the latter case for example also one after the other like the popular "spoons". After a few minutes, the direction can be changed in order to exchange and balance the energetic polarities on both sides.

Once our hands and thus our hand chakras are in the selected places, in the best case one hand on the back in the region of the heart chakra and the second in the region of another chakra, then it is better not to move them afterwards, except to find a new hand position in between. Let's try to feel where our hands intuitively feel right and good.

In classical SEH, the full concentration is on the almost motionless embrace, feeling the other body, imagining breathing through the heart chakra and feeling the breath of the partner. This is already a lot to experience and process, which is why I don't recommend stroking movements of the palms at first. If you like, try *microstroking*, which is minimal shifting of the fingertips or lightly and very gently changing pressure. This allows us to energetically transmit gentle heart melodies or beautiful prose to our healing partner without having to say a word. Whether consciously or unconsciously, the intentions and energies reach the other soul when they truly come from the heart.

If the body weight allows it, SEH can also be tried lying on top of each other, for example both souls with their backs down. It is a very intense experience to feel another body completely on top of your own while both are breathing together through their heart chakras.

In each position, SEH is a different experience. Sitting one behind the other, we give support, strengthen our backs, give security or accept it. Sitting facing frontally, we experience Yab-Yum, a traditional practice from Tantric Buddhism, but with full clothing.

We always both breathe through our heart chakras so that our astral bodies exchange and harmonize with each other. They know how to do this if we just keep breathing in and out consciously through

our heart chakra. There is nothing more to do. We can just let go and perceive and feel good.

With SEH we can experience unconditional love at the highest level. If the two practitioners are not lovers, they can enjoy the perceived love to the fullest even without a bond, as long as both dwell with their feeling in their own heart chakra. The energetic healing partner is then only the positive trigger to be able to experience deep love within ourselves. Only through the projection onto the respective other soul would a crush or the wish for a relationship develop. If this is not desired, because it does not fit, or because it could lead to emotional chaos and problems, then the focus should always remain in one's own heart chakra.

What can happen energetically during a thirty-minute, fully clothed meditative embrace between Yin and Yang, sitting, standing, or in yab yum style? When both are imaginatively breathing through the heart chakra while hugging, our emotional and energetic imbalances connect and exchange. We energetically flush them through the heart chakra washing machine, harmonizing our aura and astral body.

When our chakras are close to each other while embracing, they play Yin-Yang ping-pong with each other. They exchange, communicate with each other in an energetic way. Sometimes the astral energies intensify, especially when we find the same breathing rhythm with each other. We may

well feel liberated and empowered and loved afterwards.

SEH in the relationship

With SEH, couples can spend their "quality time" together in a different way. What is probably better for the relationship, watching ten more minutes on TV or a ten-minute long meditative embrace? Even in the midst of a relationship crisis, both can invest at least five to ten minutes a day in their loving connection with each other, as long as they have hope for their relationship together and want to align themselves for love. Sometimes it can even work wonders then, please try it!

But there is good reason to experience SEH with each other once or twice a day even in a harmonious relationship. In the here and now of conscious closeness we connect with each other like never before. We both breathe through our heart chakras, we know and trust each other, our subtle bodies "dock" with each other. The harmonization and revitalization of our chakras, astral bodies and auras can be beneficial, liberating and inwardly healing.

If we miss the daily embracing meditation once, we best experience it all the longer the next day. The continuity gives us strength and an ever stronger bond with each other. We feel and experience ourselves as a cohesive unit. We feel love for each other. We love and we feel loved.

Relationships can be, above all, a good opportunity for spiritually oriented people to grow faster together. Not only can our love develop steadily, but through the close connection with another soul, we can also discover and transform our own inner shadow sides better with a life partner, provided sufficient self-honesty and our own heart connection. However, this inner work only works if our relationship is not "perfect".

Let us imagine such a perfect relationship: Both partners fulfill each other's every personal need in sufficient quantity, they forgive and instantly agree on every different perspective. Maybe it sounds tempting for one or the other if we can only enjoy every day. But would we have enough possibilities for further development in such a relationship, and could we see enough mirror surface in the partner to dissolve our personal shadow themes step by step?

For this reason, many people unconsciously even often seek out particularly difficult relationships. They repeat their problem areas and mental patterns with new partners again and again until certain lessons have been learned, fully processed and transformed. I write this also in retrospect of

my own relationship experience, in which I had never made it past the famous seven-year itch.

Astrologically we assign this rhythm to Saturn, which reaches a quarter of its total orbital period about every seven years and then triggers us energetically accordingly. We are then asked: On what basis does our relationship to each other exist? What feelings and problem issues were important at the moment we first got together?

Saturn brings out these topics again punctually after the sixth year of the relationship and asks about them. He triggers, puts difficult life situations in our way, sometimes bringing us down to our knees so that we can grow. Do we recognize the symbols and backgrounds of our problems and do we manage to overcome them now or at least actively work on them? Then we have a chance for another seven relationship years that can become deeper, more fulfilling and more growth-affirming than the time before.

For this reason, I think it is a good idea to propose a new relationship or marriage again (maybe alternately) after every seven years with each other. Those who want to marry again can get rid of the typical expected material expenditure of the first wedding and celebrate with each other exclusively spiritually (and/or sensually). Whether we call it second, third, fourth... wedding or anniversary ceremony is up to us. We can experience it intimately as a couple or we can invite a friend or two to join us. We can create a joint memory or

vision board, talk about our dreams, feelings, and wishes for each other, and we can also experience SEH together.

Before we talk to our partner about extending and renewing the relationship, we should ask ourselves: do we want to live in a relationship where an unspoken *no* hangs in the air? And what would we do if our partner took the opportunity to give us a no? Are we willing to take the risk and accept the challenge? Would we perhaps take this as an opportunity to start a joint couples therapy or relationship coaching?

If the mutual problems are used to grow, heal and learn, if both also see positive progress and become closer again step by step despite all difficulties, then the question of an extension and renewal of the love relationship can have a positive long-term effect that will propel us with full force through the next seven mutual years of learning, living and loving.

Love couples and energetic healing couples

To experience SEH as a healing meditation, we need an energetic healing partner. This can be our own life partner, or another soul of the other polarity (Yin or Yang). It should be a soul that we perceive as sympathetic and loving, to whom we may even feel a little affection. SEH is not about a physical union, but about the union of the two

astral bodies and our auras. This is exactly what happens during an embrace, when both breathe through their heart chakra. This takes trust, in ourselves and in the energetic healing partner.

If you would like to experience the exercises in this book together with another soul and you do not have an interested partner, then communicate this lovingly and honestly and find a suitable energetic healing partner. For the time of the joint SEH experience, the two souls will become an energetic healing couple.

Each soul connection finds different boundaries with each other and also a different form of heart and love feeling. Maybe that is why we want to exchange our energetic healing partners regularly, especially since each astral body has a very different balancing effect on us.

What is the difference between a love couple and an energetic healing couple in the moment of SEH experience? If we can be completely in the here and now, then there is none. While being together, we only feel our being with each other, we breathe love and light. We feel love. That is all that is important in these moments.

Maybe the energetic healing couple imposes different boundaries and taboos on themselves than a loving couple does with years of trust built up. Or maybe they don't, because the old boundaries feel too rigid. Loving and honest communication with all involved is the most important basis for

harmonious and energetic healing experiences. Every loving couple still remains a loving couple, nothing changes in this bond, because it is about an unfolding, not about a switch or about new boundaries. If the newly experienced feelings of an opened heart chakra are perceived as *expanding* and not limiting, the new experience will make itself felt in a positive way, also in our already existing relationships.

If a previously completely monogamous couple relationship is not ready for such an expansion at the moment, it needs a lot of loving, honest communication and a lot of clarity with each other. It is not the right way for all couples to open up. It is possible that new bonds and new forms of joint relationships may emerge, and not everyone wants that. Therefore, let us always be aware of our decisions and steps, and let us not hurt anyone willfully.

You can find an energetic healing partner to practice with, for example, in a cuddle group that you visit or initiate yourself. People with a naturally strong need for closeness are ideal practice partners because you will love to hold each other in your arms for thirty minutes or longer. Another way of getting together can be in the Heart Chakra Breathing Groups, which I describe in a separate chapter. Or ask in your yoga, meditation or friends group.

We live in exciting times! If you seek an energetic healing partner and visualize it actively (but as

non-concrete as possible) on a daily basis, Gaia* (or a higher spirit, God, the Universe, Creation) will eventually provide you with a suitable soul. Pay attention to the signs and synchronicities and follow them, they are the breadcrumbs on your path.

"Am I not enough for you anymore?"

This is the question many readers will hear when they bring the idea of SEH to their life partner, suggesting that they each look for another energetic healing partner. The feeling of not being enough is deeply rooted in all of us, and no one should say: *Oh, that's just the ego!* Not being sufficient can be experienced as very painful. Each human being perceives their own pain in a different way and with different intensity, therefore we cannot allow ourselves to judge the feeling of another.

Can both partners honestly name which of their personal needs are being met well, moderately well, or not so well in their relationship? Perhaps we feel sufficiently loved, but we cannot *give* enough love because the partner does not like the chosen form of communication. Perhaps we feel loved, but still lack physical closeness with a soul because the partner does not seek closeness or even has a strong desire for distance and aloneness. In such cases SEH can make a balancing and harmonizing contribution to the relationship, provided that all parties involved communicate

honestly and lovingly with each other and no set boundaries and no-gos are crossed.

Perhaps completely different inner topics, wishes or ideas arise. It is often worthwhile to write them down, because it brings additional clarity and commitment to our thinking and feeling. It also helps us remember which relationship issues we can continue to work on together.

There are many relationships where the partner is actually not enough. Maybe it even works out okay in bed, but one of them doesn't like cooking together. Or caressing. Or tickling. Or blowing in the ear. Or SEH. Or conscious sensuality. We are then content with each other because the partner has so many other wonderful qualities. If this can be experienced with a full heart, there is nothing to be said against it.

In some partners, however, there is then an unfulfilled emptiness of growth in certain areas; in these cases, being content and settling for this can also represent a suppression of the fullest potential. We give up a part of ourselves, and then this usually moves into our inner shadow part world. The pressure that builds up eventually gives birth to concealment, lying and cheating. So, why not deal with our own shadow issues in an "adult" way and communicate them lovingly and honestly in our relationship?

But what to do when the pain of not being enough stings and torments us because our ego is afraid of

losing our partner? It wants to protect us and save us from the pain of loss. We can be grateful to it for that. Gratitude automatically brings us to our heart chakra. Let us imagine how we breathe through the heart chakra. Let's think and feel with our heart. How does it feel then? Can we still feel fear when the power of love is safely carrying and guiding us? Yes. But perhaps it has now become bearable and manageable in the greater light of our love.

The risk of losing one's love or life partner to another soul exists at all times. There is no functioning protection, even if we try to do so with wedding rings and promises. We try to keep cheating or even flirting away from our lives with all kinds of rules, but even with that we only push our fear of loss into our inner shadow corner and try to fight against it in order not to have to experience it. When the cheating happens because of unfulfilled desires, we doubt ourselves and the sincerity of our partner, we blame and punish each other, although we wanted to love each other.

Sometimes we give so much focus and energy to our fears and shadow feelings that they are fulfilled all by themselves, because Gaia* (or a higher spirit, God, the Universe, Creation) fulfills our desires without evaluating them: What we feed into the common field of consciousness, we will receive. We constantly project our own waking dream world to ourselves, depending on the feelings and thoughts we carry within us.

And what if, after getting to know an energetic healing partner, the partner actually wants to leave the existing relationship because it has become unbearable for him or her? For some it would be the famous worst case scenario, the worst possible experience. For others, after a certain period of adjustment, it would be a liberation and reorientation. Everyone evaluates it differently, and perhaps both partners can feel and sense a bit of both perspectives within themselves. And then we embrace and forgive each other. Hold each other. Love each other. Adore each other. Maybe this is how we start a process of inner clearing and forgiving, for example with the help of a couples therapist or coach? Isn't that a very good basis for maybe staying together after all, or for getting together again in a whole new way?

If we walk towards love with each other, if we communicate honestly and lovingly, hugging or holding hands in the process, then we can decide anew whether and how we want to continue to limit our love in order to want to protect the relationship. For some couples, it is better to stay with established boundaries. Others find a new common ground on how to experience SEH with other energetic partners as well, thus strengthening and harmonizing the love relationship.

Perhaps the participants also decide to share the experience with one or two other people, or two couples meet and experience themselves anew together and exchange experiences with each other. The focus is not on controlling rules and

boundaries, but on the shared experience with each other, the shared joy of meditative and loving sensing and being.

The shared experience builds trust and understanding for all involved, we are empathically much more connected when we see or are seen with our partner in a loving embrace. If we wish, we can put ourselves in the place of one of the involved souls as an observer and empathize. Our mirror neurons can allow us to feel some intense empathy. Each couple and each partner finds the best solution for themselves, for each other and with each other.

Jealousy, an emotion monster

If we are firmly trapped in our thinking clamp of the closed couple relationship, then even a tiny breach of trust is enough to awaken the emotional monster of jealousy. Especially in today's fast-paced times, drama is practically pre-programmed sooner or later. Someone is always cheating on our way through the relationship maze from one life stage companion to the next. It then seems logical and is very convenient to blame the partner because he or she has not kept to the game rules of the closed couple relationship.

Once we have felt jealousy in a traumatic life situation, it often remains active within us for years, constantly on the lookout for a new chance to

painfully reopen the old unhealed emotional wounds. All it takes is a suitable memory, a trigger in an otherwise perhaps perfectly harmless life situation, and we are back in the midst of the emotional rush of helplessness, fear of loss, and diminished self-esteem. These are very ugly feelings, they are the price of our strict relationship rules, and it is very hard to escape them.

Jealousy needs a lot of love to heal completely. It needs clarity and honesty in everything we do and in our communication with each other. We should all know exactly what we want to experience with each other and what we don't, see also the chapter *Trust, Connection and Intimacy*.

If we use a gentle jealousy as a tingling drive motor, it can also spur us on to want to feel our love relationship more intensely and lovingly again. If we have observed the emotional monster of jealousy within us for a while, we may be able to tune into a new, expanded frequency of life and love together, as long as no one is emotionally hurt in the process.

Or we may keep the emotion monster as a spiritual pet in our aura for the rest of our lives and let it rule over us. Many also don't want to get out of their usual comfort zone and prefer to stick with the concept of a completely closed couple relationship, following the strict rules of Yang. It certainly saves us a lot of turmoil. Yin relationships are more open, more balanced, but also much more

complex. They want to be well cared for and need a lot of loving, honest communication.

We are adult human beings. Let's decide how we want to live with each other and what we want to experience together, and let's personally make sure that we don't deliberately hurt anyone.

Is falling in love a problem?

Short answer: Only if we let it become a problem.

For a steady relationship, falling in love with an energetic healing partner outside of a closed relationship can become a problem especially if not all involved can be completely honest, transparent and loving with each other. If only one of the souls involved is either dishonest, not transparent or not loving enough for ego reasons or human immaturity, for example, problems and crises are pre-programmed. The trust in a closed couple relationship can collapse like a house of cards if one soul consciously lies or conceals something. Whether it happens out of fear, shame or personal desires is important at most for the later processing of the relationship crisis.

This also means that if we cannot be loving and honest with each other, the basis of a relationship may not be strong enough to cope well with a partner falling in love with another soul. Perhaps it is then good if the energetic healing partners

separate lovingly and on their own responsibility and, if appropriate, look for other energetic healing partners. This can make sense if one of the relationship partners would suffer too much emotionally from an additional loving connection. Or if two energetic healing partners find out that the "love of their life" cannot, must not or should not result in a permanent relationship due to external circumstances and this is emotionally unbearable for one of the souls.

Plato called love a mental illness. Paracelsus as the best medicine. A health insurance company writes: "Love increases one's well-being, reduces stress and strengthens the immune system." (DAK). One thing we feel for sure: falling in love stimulates our astral energies in a very intense way: We usually need less sleep, eat less and still brim with an unusual amount of energy, are more creative, more joyful, feel younger and usually look more attractive. We get a special glow, our aura is bathed in light and love.

If we feel so much better in love, why don't we allow ourselves to feel this way much more often? Falling in love outside the closed couple relationship is considered forbidden by us, due to our ideas of how a perfect relationship or marriage should work. Some conscious light beings may decide, after in-depth, honest conversations with each other, to expand the old boundaries on a trial basis to see if the positive effects outweigh the fears and problems.

A relationship that was previously strictly monogamous becomes partly an open relationship through the allowed falling in love with other people - how far the experimentation may go, that is better always decided by all parties together. If we can use the positive effects of being in love without stress, we feel more energetic, more alert and aware, more loving and caring, more balanced, more self-confident and more satisfied in everyday life. This can also have a miraculously healing effect on long-term relationships, if all involved can welcome and enjoy the experience.

Consistently thought out further, the partners of an existing relationship can lovingly and honestly discuss whether they would like to permanently stick to the strict system of the closed couple relationship, or whether other combinations such as triads or quadruple relationships would also be conceivable with each other. Triads can be lived and experienced as a triangle or V-combination with separate single relationships. If all partners are in a triad relationship with two individual partners, a complex network of relationships results.

Experiencing relationships with so many connections is certainly not simpler. Life in open relationships is complex and multi-layered. For some it is a challenge with important learning areas, for others it appears as a bottomless abyss with supposedly less security. Some experience for themselves that a multidimensional form of relationship can even be more stable in the end than strictly separated closed couple relationships.

In the end, it is best for everyone to decide in the way that best suits their particular stage of life and learning.

A short-lived falling in love can fade away just as quickly as it began, especially if we don't mentally "feed" it further after being together and encourage it to grow. When there is no relationship opportunity or there is not supposed to be one, we often automatically turn our feelings and thoughts to other souls or pursuits. Then the inner tingling will only return when we spend time together again.

Good feeling jugglers can use short-term falling in love to increase the intensity of the felt astral tingling and know very well how to distinguish it from relationship love. The closeness experienced between energetic healing partners can still be experienced with similar intensity if both can fully engage in the shared experience.

Every love is different. We love one soul as it shines in its own personal colors, and we love another soul completely differently. To which human do we give our love? Who does us good, who loves us, and whom do we want to love back? The answers to these questions lead us to intensely lived self-love.

I feel how the New World conveys to us that the old strict boundaries of the classic closed couple relationships are becoming thinner and more translucent. In more and more relationships they

are gradually dissolving. A new form of sincere and honest fidelity is emerging; it comes from deep within the higher dimensional heart chakra and is no longer merely imposed based on verbal or written contracts. It is a loyalty that is not restrictive (Yang) but inclusive (Yin).

With one love we experience SEH, with another SEH and conscious sensuality, with yet another soul we have great classic yang sex and with others we just have a loving friendship. And then there are those humans with whom we experience all this together. Let's love multidimensionally if we can take responsibility and don't want to hurt.

Holding the relationship

Many couples live in patterns that have been practiced for years, it feels comfortable, cozy and good, there is a certain satisfaction. Can the relationship stand up to this when the partner experiences beneficial and high-energy experiences with an energetic healing partner outside of the relationship, as described in this book?

If one's sweetheart is touched physically and emotionally by a soul of the other polarity, where will it end? Will it work? And if we ourselves experience the same with another soul outside of our own relationship, what is it like? Can we incorporate this balancing freedom into our

relationship or do we find it too risky, preferring to maintain the status quo?

Is the love in the relationship strong enough to open us up to more love in our lives? Can we share this experience with our life and love partner? Can we keep strengthening our relationship in this way as we both become more full of life, more fulfilled and more open-hearted?

Or does it ruin our relationship and we wish for nothing more afterwards than not to have read *this foolish book*? After all, any experimentation with set and well-rehearsed rules can act like a kindling if the people involved are not completely ready for it inside. If only one soul is dishonest, the otherwise energetically healing experience collapses for all sides.

Do we manage to restrain ourselves sexually even during a sensual-energetic contact with another soul, if we have agreed on this with the partner beforehand? And does the partner also manage it? What would happen if not? How would we deal with it? These are questions we usually ask ourselves in general in our relationships, even if someone is just looking for a badminton partner or theater friend outside the relationship.

How bad is cheating, what does it do, how many times have we or our partners experienced it, how many years do many suffer from it afterwards? Can we prevent an unwanted affair, perhaps precisely *because* we are experiencing an energetic healing

exchange with another loving soul and this experience is fulfilling enough, even for the men who often biologically strive for more sexual closeness?

It is usually more balanced if both partners can have the same experiences in parallel and when later sharing them with each other either remain particularly honest and open or remain silent as previously agreed, because the partner may prefer not to learn any details.

If both relationship partners want to take time for this, they can regularly experience together all the exercises and experiences that the partner has experienced "outside". If we think we can't invest this time, then we should sell our TV at the latest now, cancel our blah-blah magazine subscriptions and stop playing time-consuming cell phone or computer games, unless they help us in our personal growth. Let's rather treat ourselves to a few hours of sensual-energetic exchange with each other on a regular basis, as a new form of loving experience and feeling as a couple.

In a romantic relationship we do not need to focus predominantly on our own heart chakra with our love felt during the SEH experience, but we can consciously and lovingly give our partner all that we feel in our heart for him. Let's actively live our love with each other in this way, let's not repress it. Let's let go of our old baggage. Let us forgive each other together, and let us feel gratitude for each other.

A relationship lived in this way can withstand extended feelings of love from outside if all involved are honest and loving with each other. Let us always communicate and share our desires, ideas and experiences honestly and lovingly. When a problem arises, let's talk about it together, just as we would with any other problem in our lives. If we do not do this together, a problem can become a drama. Therefore, please decide for yourself if your own relationship is strong and "adult" enough for external energetic experiences with other people.

There are also relationships in which only one soul wants to experience SEH. The other one may not be interested or may lack time or possibilities. Let's deal with this situation as with all disagreements or divergent wishes and ideas: Let's find a solution that works well for both the partner and us. This too can only be discussed with loving, honest communication from the heart. Let us use this book as we wish, but above all to strengthen and harmonize our relationships!

If there are still problems in the relationship, then both must seriously discuss with each other whether SEH can and may be a part of their lives or whether both can not (yet) bear it together. Maybe there is a compromise, only some things are allowed and others are not? Maybe only one particular energetic healing partner is unsuitable or "threatening" for the common relationship and others are not? Maybe the relationship partner wants to choose the energetic healing partners for us and we the other way around for him?

Let's experiment only if we dare to do so, because courage for self-responsibility is definitely part of the step-by-step change of the rules of an already existing relationship. Self-responsibility is the price and the other side of the coin of freedom. Self-responsibility means: It can go well or it can not go well. So it is with the contents in this book. Experience with them what you want, but please also take full responsibility for your actions. Taking self-responsibility for a broken marriage is a hard task and takes a long time to fully clear and heal. It usually feels easier to blame the outside world or your partner for what happened, even though we were in the middle of the human drama as the main actor.

If you are experiencing acute difficulties in your love relationship, for whatever reason, it is better to seek a personal guide, coach or therapist as early as possible, who can clarify and perhaps also energetically assist and bring you back on a good course. Together you decide what is right and good for you. Inner growth and healing is the great adventure, the challenge and the great opportunity in our relationships.

Preparation and attunement

Being comfortable smelling each other

When choosing a suitable energetic healing partner of the other polarity, the most important and perhaps the only rule is that both can accept each others smell. The biologists talk here about pheromones and species preservation, but it is also and above all about the subtle sensing whether the aura of a soul does us good, complements us and has a balancing effect - or not. If we embrace a soul and our feelings (and therefore also our chakras) do not expand, but instead they contract, then we should look for another energetic healing partner to experience SEH.

With an energetically matching healing partner, we feel completely at ease. We then do not *need* anything in that moment when we are immersed in the aura of the other. If we are attentive, we feel this soothing and harmonizing subtle balancing current of astral energies within us. It feels beautiful. We

could call it love, if only the term were not used in such a one-sided way in common parlance. What form of love, that is another question.

Feeling good in the aura between Yin and Yang is a sexual feeling in energetic terms, but not necessarily experienced as physically sexual. Many energetic healing partners embrace the other polarity without being aroused. Sometimes cultural norms or good manners keep us from developing a sexual feeling, and if these are important to us, there is nothing wrong with that.

Let's focus on this feeling of well-being in the sensual and energetic exchange between Yin and Yang. Let's feel the subtle harmonizing energy mist that gently envelops us in the proximity of the other polarity and makes us feel completely still. Let us breathe through our heart chakra whenever we are in the presence and aura of another soul, making special use of the natural attraction between Yin and Yang to be able to open our subtle heart center even further. Let us feel this fine tingling within us when we are close to the other polarity. Let's enjoy these moments, savor them, feel into them, let the natural, harmonizing flow of energy flow freely. For this we only need to open ourselves.

Purity, ethics and boundaries

The basic form of Sensual Energetic Healing experience Yin and Yang fully clothed. Especially with energetic healing partners without a closer desire for a relationship, this simple and conscious limitation gives us inner security and a growing basic trust with each other. Many yin partners can breathe a sigh of relief. Many yang partners no longer need to attempt, they can also let go. So both can concentrate completely on the energetic and loving experience with each other. There is only feeling and holding and being.

What wonderful moments of well-being we can experience in such a field of unconditional love, interwoven with our own breathing through our subtle heart center! Let us celebrate these moments in spiritual purity, loving honesty and togetherness.

If after several long, intense and fully clothed SEH meditations the desire to feel more with each other awakens in two souls, this can happen step by step. In my follow-up book I describe a possible and safe sensual-energetic path, which is far away from the old yang sex. Every energetic healing couple decides for themselves where to set their own boundaries with each other, in their own togetherness and within the allowed freedoms granted to each other.

In many cases it helps to write down the common boundaries in order to have clarity and

commitment with each other. We do not need to formulate a contract for this, a small piece of paper with a few key words and both names is sufficient. The common ritual of writing down on a piece of paper gives support to all involved, and it supports the inner self-responsibility that we should always feel and live from our heart.

To ensure that experiencing SEH together always remains a safe and conscious experience for us, it should not be misunderstood as a potential invitation or expectation to have sex. This is sometimes easier said than practiced, because with a biologically matching mixture of pheromones, even smelling another soul's skin can awaken primal deep instincts. So it can happen that for a short time our so-called reptilian brain takes over the control of our consciousness and the desire for "more" becomes overwhelming. What to do?

A physically perceptible arousal is not necessarily a bad thing, it promises us a strong subtle energy potential, as long as we do not discharge the tension between Yin and Yang by an orgasmic short circuit. SEH is about the active use of the natural, energetic tension resources, for our inner healing, our creativity, our love and heart energy and our inner growth.

First, let's remind each other about Heart Chakra Breathing. It helps us to get out of the limited and egoistically oriented greed of the first three chakras and to center our consciousness in the heart. Here we can actively bring our loving energies into our

experience by opening our heart wider and wider, perceiving the subtle energies and allowing them to flow and stream. Additionally, we can focus on our third eye and imagine breathing through it at the same time.

In the shared WE consciousness of the heart chakra, we already feel completely united when we embrace each other, even without penetration and physical merging: let us love each other by experiencing SEH. Let's stay with our set boundaries. We can revise them together if necessary, if we want to experience it differently in the future.

Finding trust

One of the great difficulties and challenges of our trained ego-opposition is our trust in each other, often broken into a thousand shards. We see it in many long-standing relationships, in friendships, acquaintances, when getting to know new people, and of course in our media: almost everywhere there is collective mistrust, caution and defensiveness. With this background, it is difficult to experience deep inner healing with each other.

When we meet a new soul and are unsure whether we should become energetic SEH healing partners, these questions help:

- Are we ready to open ourselves to this soul with all our heart, wide enough so that our astral energies can flow and bubble free of energetic blockages? If not, what is holding us back?
- Have we spent enough time together to be able to assess whether we can take the risk of the gift of trust with a clear conscience? Was there a reason or a subtle feeling why we should continue to be cautious and wait and see?
- Can and do we trust our inner feelings about this soul? How high do we estimate the risk of our own ego desire, a shadow side of us that has only disguised itself as an inner voice?

SEH can be a great help to find new trust with each other. By limiting a sensual-energetic contact to embracing, breathing and being, there is nothing more to do than to let go inside. We dive into the All-that-is. We can learn to trust this feeling. Let's open our hearts, it is the only way to long term growth.

Cacao ceremony

The first cacao together is the moment when both open up.

Ceremonial cacao paste in organic quality and without sugar, with a little hot (not boiling) water, is not only very healthy, but also awakens our heart chakra. Since ancient times, people have used the original cacao to warm and awaken their hearts internally, only "modern" man has replaced the ceremonial cacao with sickening cheap products and prefers to follow the bland glow of the quick sugar kick. And who seriously wants to live without chocolate...?

Ceremonial cacao paste contains many valuable ingredients that are missing in the much cheaper standard cacao powder, because this has usually been artificially deprived of the valuable cacao butter. This is highly valued by the cosmetics industry, where it can generate more profit. If more people want ceremonial cacao instead of cheap powder, then perhaps one day we will be able to buy it in the supermarket around the corner.

An alternative is to use largely untreated cacao nibs, which are crushed in a mortar, electric blender or coffee grinder and brewed with hot water. Experts ensure that the water temperature does not exceed 70 degrees, which can be achieved by mixing about one-third cold and two-thirds boiling water. If small pieces remain in the cup, they can be chewed or kept in the cup for the next infusion.

In the meantime, some organic food stores and supermarkets also sell chocolate with 99 or 100 percent cacao, including the valuable cacao butter, which is missing in the powder. About 40 grams in

small pieces can be brewed with hot water and then dissolve well when stirred.

If you have neither ceremonial cacao, nor chocolate with 100% cacao, nor cacao nibs in the house, you can at least make a mostly symbolic cacao ritual as follows: 100% organic cacao powder, some good organic coconut oil or for non-vegans: organic butter, and hot water fill the atmosphere with a warm, heartfelt keynote for getting to know each other (anew?).

Sugar tends to spoil the high vibrations. As with everything, the taste buds adapt with habit. What used to be bitter suddenly tastes sweet when we largely avoid sugar even in everyday life. If you can't get roasted full-bodied cacao down without sweetness, you can chop up a date and add it to the drink. This way the cacao gets more healthy ingredients and not just chemically isolated sugar. Honey, agave syrup and all the other sweeteners aren't much better than sugar, by the way.

When we drink cacao together as an energetic healing couple or as lovers, breathing through our heart chakra and communicating lovingly and honestly, our ritual becomes a very special time together. Perhaps we feel the longing to get closer to each other in a natural way. Do we want to feel each other, maybe hold a hand or two, maybe hug and experience SEH? Or do we need a little more time? Cacao is a patient, loving companion to our time together.

Feeling gratitude

Feeling gratitude for what is beautiful now or what we once experienced is probably the easiest way to open the heart chakra. When two new energetic healing partners get to know each other, gratitude is therefore a better conversation topic than news or small talk.

Let's talk to each other, openly, lovingly and honestly, about what we are grateful for right now in this moment. Let's reflect the gratitude back to each other, let's open up by actively and empathically feeling into the issues we have found together. Let us gradually fill every cell of our body with energetic gratitude, a power directly from the center of our heart.

Also when experiencing SEH, we can feel and experience our gratitude together. Let's hold each other, sense each other, and just notice how it feels. Can we be grateful for this sensation? Then we smile inwardly and outwardly, feel and enjoy this gratitude, which feels wholesome and good and can work wonders.

Our hand chakras communicate

When we hold hands, we connect. Our astral bodies exchange, we communicate energetically, we share our Yin and Yang, our light and our love.

Holding hands is not "sweet", it is energetically healing, connecting and balancing.

Let's hold our hands and palms together when we stand, sit or lie next to, in front of or behind each other. Let the natural subtle astral current flow freely between Yin and Yang, opening us to harmonize our subtle and emotional energies. It does good.

In groups of any kind, holding hands in a circle is a symbol of inner connection with each other. Whether as a loving couple or an energetic healing couple, a group begins with two souls and so we can also hold hands for at least five minutes of yin meditation together. We sit or stand opposite or behind each other for this, as it feels good and right. Let's decide together how much body touch we want.

Our hands hold each other, forming an energetic circle between us. Our astral energies circulate not only in our own body, but also in our compound of two bodies, like the infinity symbol of eight.

Let us hold ourselves, let us perceive ourselves. Let's breathe through our heart chakra. Let us then circulate our energies with each other as we breathe. Let's experiment with how we can best perceive and direct the subtle energies, through ourselves and our energetic healing partner.

Eye Gazing

Eye gazing, simply looking into the eyes, not judging, not wanting, simply perceiving and feeling, is a popular technique that is often shown at introductory Tantra seminars.

It is actually an exercise we can do constantly and regularly with each other, at least with the souls we perceive as loving, respectful and beneficial to us. If we can also be physically close to each other in the process, parts of our subtle astral bodies merge with each other, we receive even better, we balance each other out, we accept one another, we harmonise ourselves inwardly.

We can practise eye gazing, for instance, in our conversations with each other, we can learn again to maintain eye contact, to rest our eyes in the eyes of the soul we are talking to. When we breathe through our heart chakra, we strengthen the connection to our counterpart. Our communication with ourselves and with our counterpart becomes more loving and honest.

It is even better if we do not need to talk at all. When our energetic frequencies are compatible, it brings us into a wonderful relaxation. It leads us deeper and more intimately to ourselves. It is a wonderful experience when we can take time for each other, when we don't have to do anything, just look into each other's eyes.

I now offer you to experience this eye gazing together with me. Of course, it would be even better and more intense if we were sitting face to face, but if that is not possible, then at least for you as a viewer it works very well with this video:

<https://www.youtube.com/watch?v=wbNFTZWqg30>

If you want to open yourself to it, you can see, feel and perceive me. You can't send me any energies because I can't see you, which is why communication unfortunately remains an energetic one-way street. But I can feel the love of your heart centre a little bit, if you can also feel it. Love connects, even across time and space.

Energetic heart chakra bubbling

In order to be able to connect as an energetic healing couple in the 5D heart dimension, both of us need a heart chakra that is as open and as pure as possible. If we dare and trust, it is very easy to awaken and harmonize each other's heart chakras: Both partners breathe through their heart chakra, as described at the beginning of this book. One energetic healing partner is the receiver, the other is the giving pole and holds both hands and hand chakras at the level of the heart chakra on either side of the receiving body. When the receiving soul is seated, the hand chakras can be brought together

from both sides, touching the body very lightly and gently, completing an energetic circuit.

Just holding and feeling and accepting. It is pure being and flowing when we imagine breathing through our heart chakra. We don't need to direct anything when we are in the heart. We can just let the energies flow and bubble as they come and show themselves and as they want to connect. Our astral energetic experience is not separable, even if we are in two different physical bodies. We flow and bubble together when we connect in the heart. It is a beautiful experience that both partners can take turns experiencing on a regular basis for a few minutes.

After a few minutes of heart chakra bubbling with the touching hands on both sides of the heart chakra, the giving soul can also release the hands and hold them at a distance that intuitively feels good. Some feel a kind of energetic air cushion there, and perhaps we perceive the subtle energies even more strongly in this way.

If the partner would like to receive the energetic heart energies of the other lying down, the giver can accordingly place one hand on the chest and the other on the abdominal region. Again, both continue to breathe through their heart chakra. An astral circuit closes, the resting hands give balance and harmony, which can usually be felt by the receiving soul as extremely pleasant and inwardly healing.

As another exercise or experience, both energetic healing partners can each place their left palm (Yin) on their own heart chakra and their right hand (Yang) on their partner's hand, which is already on her or his heart chakra. Both breathe through their heart center and feel the connection. A perfect cycle is created between Yin and Yang and our hearts. We balance our inner parts with the heart, come into harmony with ourselves and with each other.

Our left and right hands symbolize our Yin and Yang, but for most exercises we don't need to think so much about which side we share with our partner or exactly where we hold them. Rather, let's intuitively feel where our hand chakras are most needed at that moment, learn to trust our inner feeling and not our logical mind: left, right, Yin, Yang, if we feel into it and it feels good and right, then we will find the inner balance no matter how and where our hands are placed.

For example, if during our experience of the last described energetic exercise we should feel inspired to place one of our hands not on her or his hand and heart chakra, but on the third eye or on the crown chakra, and it does not make the partner uncomfortable, we can do this. The second hand then stays with the heart chakra. Do we feel if it is good and right? Then we stay like this for a while, continuing to breathe evenly and calmly through our heart center.

Instead of always following the written and hard-wired instructions as was common in earlier times,

we rather find the inner guru within us who can safely guide and lead us as long as we remain inwardly in the heart. Let's find our own energetic rituals and moments of experience. If we involve a particular crystal because we just feel it would be right and good, let's allow ourselves this intuitive experimentation and do it! As long as we don't hurt anyone physically, mentally or emotionally, or cross mutually discussed or expected boundaries with it, any intuitively sensed touch can lead us to more connection and balance.

If we wish, we can experience the described exercises together with the energetic healing partner in any order, as it feels right and good. These exercises have found a place in this book because they work well for everyone. We can do them for five minutes at a time, or for ten, or as long as it feels good and right. If you want to plan well in advance for an energetic SEH, experimentation and meditation evening together, you could set aside $(5 + 5 + 5) * 2 + 5 = 35$ minutes of heart chakra bubbling time. Or even twice as much time if we want to experience each exercise for 10 minutes each.

Especially for the first few times, a "Pomodoro" app could be of help, announcing the start of the next exercise with a digital gong. And if you want to keep your mind free from thinking about which exercise is next, make a few notes beforehand and keep them handy.

Finally, we can take some time for purely intuitive hand chakra touch. People who are particularly sensitive to touch can also agree to let their palms hover over one area of the other's body with a little distance between them. Let's always hold our hand chakras where it intuitively feels good and right, while continuing to breathe through our heart chakra as before. A while here, a minute or two there, we let ourselves be guided inwardly where the other soul can especially use a lot of energetic love and light. Let us honor and bless our energetic healing partner with our hands, let us give love, let it bubble!

Yin and Yang find each other, harmonize, unite in an energetic way, in harmony with each other. It is okay if we feel love then. Let's decide if we want to experience this love in a personal way with our energetic healing partner or if we just relate our feelings to ourselves and stay in our center and our own feeling without projecting it onto the other soul. Those who do not want to fall in love with another soul or cannot allow themselves to do so, fall in love with themselves, and that is a beautiful experience. When we do not want to have a love relationship with each other, we experience loving friendship in this way.

It is truly living self-love when we allow our heart chakra to bubble and tingle and flow energetically and enjoy this higher-sensual pleasure in our lives. We feel pure love for ourselves. This can be a beautiful experience for many. We fall in love and enjoy our light and love.

Experience SEH together

Three times nine minutes

In order to perceive SEH as particularly beneficial and powerful, we need some time. If we see our energetic healing partner only once a week or less, it is a good idea if we first exchange with each other a bit. Then, we can tune into each other, for example with a few minutes of eye gazing, and then experience the embracing meditation for about thirty minutes. This way, we can go sufficiently into the energetic depth.

For some, time flies by, for others it is halted and seems to go on forever. In both cases, it can be helpful for focus if we divide our time into three phases of equal length, for example using my free meditation timer app, which you can find in the Google Play Store under "Light Circle Meditations." When you start the timer, a gong will sound after every ten minutes to divide the total time of 30 minutes into three phases.

We can use this division for example in a very practical way for changing our body positions. SEH can be experienced frontally to each other or also behind each other, either sitting, standing or lying. When sitting behind each other, one of the partners automatically takes on a more giving role and the other a more receiving role, although every giving also involves a receiving and vice versa.

As described for the light circle meditations (instructions in the app or in my book: *We are Family*) we could focus on mutual forgiveness in the first phase, gratitude for each other in the second phase, and giving and receiving love and light together in the third. Or we let go of concepts and ideas and simply perceive. Let's experience SEH as it fits best to the respective moment and for us together.

If a structure or a certain theme helps us to focus, then we create it. If we would rather just be in the moment and savor it deeply and intensely, then we experience it that way. Let's do it the way it feels right and good for us.

„We feel love“

Provided that our energetic healing partner is not our life partner and a permanent relationship is not intended, we can create a connecting, loving atmosphere with a simple rephrasing of the "I love you" formula. Instead of projecting our love

outward, we just describe the feeling in our inner heart center.

When we are ready and can feel it, we simply say: *I feel love!* Some perceive this feeling already after a short time, and others need longer until they can open up enough. Let's give ourselves the time we need, and whenever we are ready, let's breathe through our heart chakra and say it honestly and authentically: *I feel love!*

It can also be spoken by both together: *We feel love!* Since we do not project our feeling onto the energetic healing partner, it is an unconditional love without possessiveness and without bartering. The other soul triggers only our feelings in our own heart.

Being held

Being held is an essential energetic primal healing technique that "modern" people have forgotten and unlearned in the hustle and bustle and chaos of the world. Have you ever been held lovingly and consciously? Whether you remember a specific situation or a general feeling is not so important. I'm sure there is a particularly pleasant notion of being held in your personal imagination or memory.

A soul has held you, be it while you were still in your mother's womb or during your numerous

experiences and adventures with the most diverse people in your life on Gaia. Can you remember and feel this very deep being held within you? SEH can give you exactly this feeling, when one of the two energetic healing partners sits or lies behind the other soul and nestles his arms loosely and lightly around. For both the receiving and the giving soul it may feel loving and cuddly.

The receiving soul can, if it wants to, say things that want to be said, if it helps him or her with the inner processing. The giving soul only holds and protects, it does not comment. He or she holds the space of consciousness and fills it with loving heart chakra breathing.

Being held should be mutually exchanged so that there is no one-sided flow of energy. We give and we take, we let our holding flow and give it to us to harmonize us, to heal us internally.

Can we (still) trust the Yang?

It is not only women who are asking themselves this question in these days of the dissolving millennia-long Yang dictatorship. The long era of the old world is losing more and more space and making room for the new balanced age of Yin. However, our deeply imprinted experiences through many incarnations with the leadership qualities of Yang, which are overrated in many

ways, often tempt us to distrust Yang in general these days.

In social media, a man usually automatically gets fewer likes, comments or interested event attendees than women. This is mainly due to the lower basic trust we have in men and the Yang in general. Not least "to blame" is the thoroughly failed attempt in recent years to steer subjectively interpreted mathematics unilaterally in a propaganda direction that no one could have imagined a few years before the Great Shift.

Can we trust men when some of them send a photo of their lingham to their adored before or after a blind date? It shows us how much men are guided by primal urges that many women judgmentally refer to as "primitive". But if we put aside decency, manners and taste for just a moment, we also realize that we owe a lot to this natural "noisy" sexual drive motor of men. It not only serves our continued existence, but also shows itself in masterpieces of art or in general creative work, especially when men learn how to transform their sexual driving force and use it for high goals.

It always remains, this purposeful power of Yang. And that's a good thing. It is just as natural as the magical-magnetic powers of attraction of Yin. We need each other, we feel this also when experiencing SEH, when lovingly embracing an energetic healing partner of the other polarity. We cannot do without each other. We are opposites, in many ways, and that is exactly why we need one

another. We complement us, and we can only create the whole together.

Let's learn as Yin and Yang to trust each other again, in our partnerships, friendships and also in our energetic healing partner contacts or relationships. Embracing is a sign of letting go, accepting and trusting. Hugging also brings us almost automatically into a state of natural forgiveness and gratitude for each other. Let us learn to appreciate this feeling, for it is sacred and precious, bringing us together.

Let us also trust that neither the Yin nor the Yang may exploit this feeling in a selfish way. The Yang must be allowed to prove itself: Can it stand up to the high security and trust requirements of the Yin, can it hold the space and the charge?

SEH works with exactly these subtle tensions between Yin and Yang, we use them to be able to open our heart even more, so that astral energies can flow through us freely. Can especially the Yang with its purposeful sexual urge learn to distinguish SEH from sex and to see both areas with different inner eyes in the future?

If Yin and Yang manage to maintain the charge and the natural flow between both polarities, a completely different form of love is possible. Then it is no longer about the goal (usually: of the Yang). Then it is only about the eternal moment of now, when we hold and are held, when we feel ourselves

breathing and our heart chakras communicate with each other in an intimate way.

The balance between boundary setting, control and loving awareness

Let's imagine this situation: A man and a woman arrange to meet, perhaps to cook something together, plan something, paint, experience SEH together, or go for a walk. Intimate touching initiated by the man occurs, perhaps a kiss that felt pressured or touching that was clearly too intimate. He has gone one step too far for her. The time together was beautiful and harmonious until then. Should and can the woman forgive the man's attempted hit-on and continue to enjoy the time afterwards, perhaps with a little more caution, clear boundaries, and more awareness of each other?

How much forgiveness and trust do we want to give a soul, how often may something happen that violates our own clear rules? And: What percentage of narcissist is in each head, whether our own or the other, and how many unresolved hurts and fears are there in the aura of a soul? And: At what point does setting boundaries become an addiction to control?

Forgiveness is not a one-sided act, it requires both souls to find a new direction afterwards. It is often agreed that communication with each other must

be a quantum leap more honest, so that the shaky trust can find support for a new foundation. On the other hand, this must not be a reason for constant mistrust. Questioning the other is not always a precautionary, wholesome and positive quality of human beings; it can lead into deep realms of shadow.

For both it is a balancing act that can only be solved with the greatest possible openness, with mutually balanced respect for each other and a lot of love and empathy.

Forgiving with SEH

When we hold and feel each other, then we can best forgive for the small annoyances in everyday life and also for the bigger ones. If we use our hugs regularly and consciously for this purpose, then we discharge the negative emotional energies that might otherwise build up and harm us or our energetic healing partner. In the same way as it has proven to be very effective for many physical ailments, we bring, so to speak, our inner astral PH out of the over-acidified into a healthy balance.

In embracing and forgiving, we heal our astral inflammations, which, just like the physical ones, can do no good for us. They are poison to us, we can only take damage from them and then spread more damage around us in a chain reaction. Some things want and need to be cleared up verbally and

in deeds before we can forgive. But at some point it will be time. Let us forgive ourselves and also other people, they are the cosmic reflections of us in our outer world. Forgiveness brings us into balance with ourselves. Let's do it for ourselves, we have deserved it.

Forgiveness is by no means limited to the energetic healing partner and ourselves. We can also forgive other souls inwardly while lovingly embracing a human being. The healing partner then becomes a proxy and, through his or her existence, balances the out-of-balance energetic connections between two people.

In an internet conversation between two souls who could no longer stand each other after their exchange of arguments, one woman wrote at the end: *I wish you the day you deserve*. This sentence made me laugh. We can interpret it as a nasty curse or a loving blessing, it just depends on our perspective. Do we deserve to forgive and forgive ourselves? Then let's forgive with every SEH embrace. If we can't think of anything specific, then we forgive ourselves and the energetic healing partner for being human, it feels good either way and is guaranteed to bring us into our heart chakra.

Forgiveness ritual

With the following forgiveness ritual, the Yang can forgive the Yin and the Yin can forgive the Yang.

We can practice it alone or in the presence of the energetic healing partner or a representative, for a topic, a soul or the whole collective. This ritual has effects both at the level of relationships and friendships, and at the collective level of consciousness, because our personal emotional energies are holographically connected to the global ones.

Do we want to forgive honestly and completely? Or would we rather hold on to the old things so that we have a reason not to have to open up again? Because opening up is one of the biggest challenges on our growth path after an inner closing. Opening means feeling more. Opening means allowing vulnerability. Opening means being able to feel pain. Opening is not easy.

When we forgive, we open ourselves. Do we want to forgive? Do we want to open up? Or does the dream of the closed feel better?

We can only forgive when we are truly ready. If you're not when you first read this, no matter what the topic, then read the text again tomorrow. And again. Until you are ready to feel it in your deepest being that you really want to forgive. And then sing your song of forgiveness. Maybe tears will flow, maybe you will find a soothing stillness within you, a new empty space that wants to be filled with new awareness.

For the forgiveness of your inner Yang or your inner Yin read and feel this text. If it helps you, you

can imagine various souls, one after the other, who are important to you in your life, whether today or from the past, they can serve you as placeholders for your inner Yin or your inner Yang. Speak to them if that feels right and good for you:

I forgive myself, and I forgive you. You are the inner part or the soul who hurt me in the past or whom I hurt.

We hurt each other because we didn't know any better. Or because we knew, but didn't want to admit it to ourselves.

I forgive myself, and I forgive you. We didn't have the same awareness during our actions as we do now. We are growing and we see our mistakes now, clearly. We feel them within us, and we have learned from them.

I forgive myself, and I forgive you. It is important to us. I can feel my heart, our connection is there, I forgive you and me, I trust you and me. We can make things better from now on. When we forgive each other, we are united in love, there is nothing stopping us.

We forgive each other.

Forgiveness of sexual exploitation, abuse and withholding

A special topic between Yin and Yang is sexual abuse, which unfortunately takes place on many

levels and in very different intensities also in many relationships. It is not limited to one of the partners wanting to "take" more from the other partner due to their biological and astral energetic drive type, because in many relationships there is a perceived "right" to intimacy as long as nothing else is agreed upon.

Since we live in a polar world, abuse also exists in a passive way, there it manifests as sexual disempowerment and withholding of intimacy. This can happen unconsciously, perhaps in retaliation for poor communication, ingrained patterns, or even to bounce off hurts felt by oneself or others.

Women only want money, men only want sex, that's the cliché, from which we can derive the life values of security (root chakra) and well-being (sacral chakra) to better understand and forgive ourselves. Control, invasion, deprivation and exploitation (solar plexus chakra) happen even in the "best families", sometimes also due to lack of money or money and possessions as a means of power and one's own body as payment.

Why don't we converse through our heart chakra and decide and agree based on love, empathy and connection? Safety, well-being, joy and pleasure can be part of love if that is important to us. In my book, *Gaia's Awakening. 21 Life Values in 66 Daily Exercises* (publication is planned), I describe how love becomes our inner lighthouse for a total of 21

life values based on the basic properties of our seven main chakras.

Let's stop the power games with each other! Let's communicate lovingly and honestly with our partner, let's find a solution that works well for both, so that no one needs to feel exploited or disrespected. Let's not compare ourselves or our bodies with power and possessions, but let's connect with love, let's give it to each other in every relationship, let's talk with understanding and empathy for each other about our needs and our faults and shadow sides.

Talking to each other does not mean that the partner must accept everything. But being taken note of and acknowledged is what our fears, worries, dependencies, feelings and needs want. And then we embrace and forgive each other. We can forgive ourselves for being human.

Let us experience SEH with one of any energetic healing partners as a placeholder for a human of the other polarity, and forgive ourselves for our mutual abuse and exploitation. This is what the world needs now to heal. In a holographic universe, every loving embrace, every forgiveness, every letting go has an immediate impact on our collective consciousness. Will you join us in helping and healing?

Trust, connection and intimacy

These three basic pillars result in a healthy basis, not only for every relationship, but also for energetic healing couples. Trust comes first. Without trust it is difficult to feel connected with a human being or even to become intimate with each other. Trust often has to do with letting go: Are we stuck in ego loops or unable to forgive?

Connectedness arises by itself as soon as we breathe together through our heart chakra and embrace and hold and feel each other for a longer time. Just perceiving and accepting is enough for a deep emotional intimacy with each other.

Trust, connection and intimacy: When we experience all three components of a healthy relationship with each other with an energetic healing partner, it is very important that all involved always know exactly where the boundaries are for us. How much closeness, time and intimacy do we want to give each other and does this fit in with our collaborative arrangements with possibly our life partner as well? This is a very important question that only every couple can clarify together and in complete trust with each other.

What is okay with each other and what is not? We are allowed to find the answers to this question together for ourselves, especially if we want to gradually loosen up the old learned thought

patterns of a relationship between two people. So-called "free love" is something other than conscious sensuality. So we find the okay for us in the togetherness, before it comes to the relationship drama due to the lack of mutual agreement or because of bad or non-existent communication and this book would have to serve as a bogeyman.

We always decide together what we want to experience with each other and what we don't. We decide how to define our relationships, what makes them special, and where the boundaries are with other people's experiences. This book can lead to conversations and intimate emotional exchanges with each other. First of all, that is a good thing in any relationship, if we can be loving and honest with each other in the process. What we then make of it is entirely our own responsibility. Let us find our own feeling of love and personal soul truth, communicate it and live it as we would wish with each other.

Need for physical affection

Some people want a lot of physical closeness. Whether this is due to an experienced trauma or due to a natural basic disposition does not play such a big role. Those who seek closeness and find it neither with their partner nor with friends quickly fall into a victim role that is perceived as painful, which makes the already felt imbalance seem even greater.

Those in need of closeness do not want to close themselves off, because it means standstill for them. They want to live and they want to feel other bodies touching them, and this is not necessarily meant in a sexual way. They want to cuddle, seek daily closeness with dear souls, and they cannot understand when other people "tick" quite differently.

For those in need of closeness, a global world cuddle party would be the highest of feelings. For the others, it might be superfluous or annoying. Every soul is different, feels differently, seeks differently. Our desires, needs and occasions in this regard alternate and sometimes change. We have phases when we want to allow and enjoy closeness more, and other times when we prefer to be more alone.

When one partner slips into the I'm-not-needy role and clearly shows that he or she doesn't need anyone, this can automatically put the other partner in a state of greater neediness. This imbalance is difficult to resolve in many relationships.

However, if the not-so-needy partner could show more physical affection and also some degree of *I need you and I want you*, then both can find a better balance. Is there anything else standing in the way of this balance? Are there unspoken issues or emotional stalemates that need to be resolved with each other? After that, can a good balance between closeness and distance be found with each other

that feels loving, harmonious and fulfilling for both partners?

Our own relationship can be our closeness base, with the hugs at friends, cuddle groups or SEH healing partners the personal needs of a closeness seeker can be further harmonized. Each human being is looking for a balance that works well for him or her.

When we feel needy, we quickly get into a vortex of wanting more and more. When is it enough, when we can realign the wish bar for more after each experience? It takes constant pausing and sensing in order not to get caught up in the endless whirlpool of desires. Let us enjoy this sensual moment EXACTLY NOW, and we will find true happiness.

When we experience SEH with one or more dear soul(s), when our heart chakras communicate with each other, then at some point we each find the right balance of personal closeness for us.

SEH at night

Many couples already experience SEH when they snuggle close together in bed at night, for example in the popular spooning position. If one of them turns over, the partner often follows. We can also describe these moments, whether perceived consciously or unconsciously, as a meditative

embrace. With SEH, only the imagined breathing through the heart chakra and the finer inner perception are added. In this way, couples can experience SEH with each other for hours every night, harmonising and strengthening themselves finely energetically.

If the man has an erection and/or the woman feels aroused, the subtle energy flow between both partners can be experienced particularly intensively. The couple can perceive these electrifying energies as inner power and use them for themselves without wasting them in a short circuit (orgasm with ejaculation). With the breath, both souls can let the subtle energies flow and rotate in the two interconnected astral bodies without the physical bodies moving.

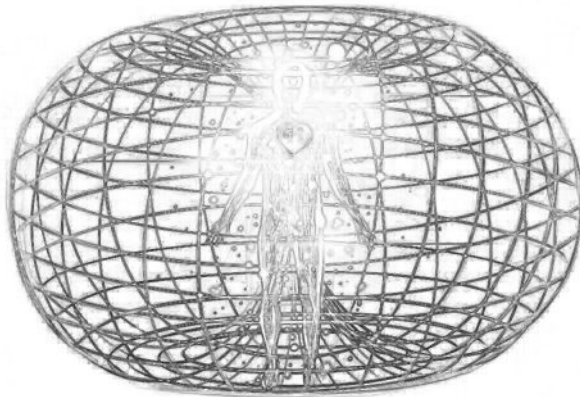
Separated from each other are always only our material, physical bodies. From the perspective of the astral worlds, these fixed limitations dissolve. When we are close to each other, a part of our astral body connects and integrates with the astral body of the energetic healing partner. Let us breathe together, feel together, love together! Let us feel our oneness with each other.

From ego to heart

In my *Multidimensional* series, I describe in detail that all growth on Gaia generally happens from the bottom up, in this respect we are like flowers. We

draw our inner juices (astral energies) from the root, that is, from the root chakra upward toward the sun, that is, the crown chakra.

Let us become spiritual queens and kings by cleansing, strengthening and harmonizing our chakras until our crown chakra opens. Meanwhile, let's discover our kundalini power and let it flow in the right direction: First, the subtle flow of energy from the lower three chakras (ego area) goes up to the heart chakra, and then in a circuit around us back to our root chakra.



Most people of our "modern" time are used to stay with the biggest part of their consciousness in the lower three chakras, in the powerful and magnificent castle of the ego. We then want more and more, and we may then desire some things for ourselves first and not grant them to others in the same way. Our entire monetary and economic

system is based on these values, that is why our self-created world of life is primarily an ego world.

It is unfamiliar at first to live in the higher dimensional worlds and values of the heart. Empathy, connection and love were not particularly valued in the old world. On the contrary, those who followed these values were often degraded by others as dreamers, illusionaries or weirdos, as drastic reactions of the ego that wants to protect itself from changes of any kind. Some people are also afraid of those who align themselves and their lives with love (heart chakra), truth (throat chakra) or light (forehead chakra).

Many do not want to open their hearts. Others can't or they don't dare. It can hurt to open your heart center wide, we might get hurt, that's why we avoid it. Our ego's main job is to protect us from getting hurt, and it's really good and effective at that. Sometimes so much so that we can't even imagine opening up. Don't we then feel all the more needy once we feel how much we miss love in our old, cold world?

But someone has to make a start on this path! At the moment it still looks like a trail, but it becomes wider and easier to walk every year, the more we walk and experience it together as a collective. In the dimension of the heart we are all connected with each other, if we take a step forward, go further on the path, open ourselves step by step, then we not only help ourselves, but we also make it much easier for others. More and more are

walking the path to the heart, until at some point it becomes quite normal and we arrive in the New World.

In the old world, a *Don't touch!* policy ruled. That's how we learned it, that's how we conditioned each other. But the desire to touch is the desire to open the heart. We can use touch, closeness, sensuality and astral tingling to bring our astral energies from the lower chakras up to the heart. With our consciousness firmly centered in the heart center, life is very different: more empathic, more connected and more loving.

Once the big step from the lower three chakras to the heart is made, we continue to grow and develop, discovering the life values of the throat chakra (truth, honesty, communication), third eye (wisdom, imagination, intuition) and crown chakra (soul plan, unity consciousness, being). I write about the 21 life values on my website 22colors.com and in my book *Gaia's Awakening. 21 Life Values in 66 Daily Exercises* (publication pending).

Some say that once we open our heart, then the spiritual path really begins, everything else was just the preparation. As we scurry through the inner shadow themes of our first three chakras, we pack our backpack, take another look at the map, and then we are ready for our path. We open our heart and take the first cautious step forward. And then we go on. Step by step.

Intensity of love frequencies

Every soul has different ideas about how much closeness and love we want to receive or give. In our acquaintances, friendships and partnerships, it is important to find an individual balance, again and again, because our ideas, wishes and needs can also change in phases, depending on our mood and desire.

Maybe all of a sudden we want to be hugged more than before, because we notice how good and pleasant it feels. So we find a new, individual balance with one person or with the other. Let's feel inside ourselves what feels right and good: how many hugs, and for how long, and with whom and with whom not.

We level our love intensity, both on a sexual, sensual, physical, mental or spiritual level, with each person differently and always anew, depending on which personal development phases we are currently in, which people are particularly important to us at the moment, who is good for us.

In many love relationships, one partner is satisfied with the amount of physical, sensual or sexual exchange, another may not be and wants to find a new balance. When these desires are honestly and lovingly shared with each other, the souls involved can find a new balance with each other that leaves everyone satisfied and fulfilled, and where no one

would have to give more out of obligation or give up something that feels right and good.

To one partner, the frequent proof of love in the form of a kiss is important. The other partner may not want to be under pressure to move, and so perhaps the kiss on the mouth becomes a kiss on the neck or some other part of the body. In response, the receiving partner may prefer to caress at another time or show closeness to each other in another loving way. As we lovingly and honestly exchange with each other, we find out what we can and want to give and what we can and want to receive. This is the eternal dance between Yin and Yang, sometimes in close embrace with each other, sometimes with more distance, as it suits and is harmonious for both.

Astral tingling and Kundalini

Those who permanently eat more and more consciously and purely, become more and more sensitive with time. We get a better sense for our astral body, we perceive the finest astral tingling, and perhaps also small Kundalini showers over our spine, for example in moments of intimate inspiration.

Kundalini is the initially coiled sacred serpent power in our astral body. It can be developed and cultivated when we follow our inner call, when we work on our shadow issues, when we find a

harmonious balance between our inner Yin and Yang, when we keep growing and healing internally.

It can make itself felt in surges, small and large. Sometimes we only notice them when we are particularly alert in the here and now and feel attentively. Other times we feel it as a short shiver down our spine, sometimes almost as a kind of spastic twitch. When the kundalini force shows itself more intensely, it can even be perceived by other people. The sacred serpent power within us stretches and extends as it slowly awakens. It seeks its way and transforms astral energies into higher consciousness. It helps if we breathe through our heart chakra and third eye to focus on the right direction.

Kundalini goose bumps or involuntary movements and twitches can also show up during hugging, so also especially during the very long hugs we experience together with SEH.

But not only the Kundalini shows itself, but also a force related to it. Especially for men, an intimate embrace can cause a noticeable arousal of the lingham. It can be triggered very quickly, even without movement, sometimes just by breathing in the pheromones on the skin of the energetic healing partner.

That's why in our social environment we usually hug each other mostly with a lot of distance between our pelvises, that's how we learned it.

Aren't we slowly growing up enough to understand that arousal is not a bad thing, nor does it necessarily have to lead to sexual acts, if we can just perceive and appreciate it?

Of course, we can still maintain our good manners. In particular, the man does not have to try to strengthen his erection by means of rubbing against the woman's body or "advertise" it in any other way. If it is simply there by itself during silent embrace, it may be so, if it is not there, also. It is only a physical symbol in the third dimension. The astral energies are exchanged among each other anyway, because between our astral bodies there are no fixed boundaries when we touch, our subtle energies flow and mix with each other.

Arousal can be used not only for biological species preservation, but also for awakening our Kundalini powers. We can learn to direct the astral energies first through our heart chakra and then on to the third eye. We can direct the subtle energies into every cell of our body with our breath and feel an astral tingling within us that is very difficult to initiate without arousal. When the man's lingham is hard, the possibilities increase enormously for many sensitive women to experience regular Kundalini showers.

The question is, in a safe and trusting moment with another human being, can we overcome our shame and fears and enjoy the Kundalini powers without a guilty conscience? The mutually agreed upon "dress code" can remain in place during the

experience of SEH to ensure maximum safety for all involved.

If the Kundalini should rather make itself felt by sudden itching on the skin or other involuntary sensations, the heart chakra breathing will help. Let's enjoy the energies together. If the woman learns to experience regular Kundalini showers every few seconds, Yin and Yang can enjoy it together. Nothing is taken away from the Yin by sharing, the Yang enjoys unconditionally loving the pleasure of the Yin and can thereby co-experience a comparable, somewhat finer experience within itself by means of mirror neurons and co.

This short summary of the energetic possibilities between Yin and Yang should suffice for this book, in order to be able to experience first extensively and at length the basic form of SEH. Kundalini experiences are also possible with it. Conscious sensuality can further support and accelerate the experience. In my follow-up book *SEH and Conscious Sensuality. Kundalini and Astral Tingling* I write more about this.

Learning and sharing

If you are reading this book for the first time, have not yet been introduced to SEH by another person, and do not know anyone with practical SEH experience, then your focus may initially be on gaining first experiences with only one energetic

healing partner. Try it out, experiment, feel into it and share with each other. Gather your experiences, take your time. The energetic balance between Yin and Yang is the great permanent project of our universe. It wants to be experienced in depth and processed internally.

If two energetic healing partners have experienced and tried many things together, if they can give each other a new well-being even without sexual merging, then it is worth to feel into it: Maybe both are willing to share some of these experiences with another partner as well? And now please pay attention: Which is the ego voice? Which is the voice of the heart? Let's feel inside and find out what we are looking for or longing for, and what feels right and good.

Variety can be both enriching and tempting to superficiality. Some people jump from one contact to the next because they are commitment-shy and a closer, more intense contact with an energetic healing partner scares them. Some believe that closer contact would inevitably lead to a relationship. Perhaps they even desire it, whether consciously or unconsciously, but they shy away from it at the same time. Or they prefer to look for another energetic healing partner and believe that they cannot maintain a close connection with another human being at the same time.

Let's practice loving, honest communication with our energetic healing partner(s), let's regularly exchange and align with each other. There is no

"right" and no "wrong", there are only different paths of development and growth. What feelings arise in us and in our energetic healing partner? Do feelings of possessiveness or fear of loss become noticeable in us? Do feelings of jealousy arise? How does it feel? Can we handle it? Is it a feeling we can bathe in love and light when we breathe through our heart chakra? Does it feel light and good? Or heavy and burdening?

In the New Era, we can no longer run away from these feelings, nor can we contain them as well with artificial rules as we used to. They want to be experienced, perceived and integrated. Let's talk about it with other people, let's share, whether with good friends, with other energetic healing partners, with our life partner or in a sharing circle, where we can speak honestly and authentically without being judged and without being served a solution by others. Let us feel what is right for us and follow this path, step by step.

If an energetic healing couple wants to exchange more closeness with each other in an inner healing way, maybe an exchange of mutual massage is also a good idea. Let's find our times, alternating each week or as we wish. Let's take at least an hour of quiet time to get to know each other's bodies for the first time, at other times maybe two or three.

In a gentle, loving massage, a very personal and deep inner healing can be felt, experienced and shared. It can do us real good. Let's live it if we desire this intensity of given and felt closeness.

Let's find an energetic healing partner for ourselves, with whom we can physically touch and exchange, massage or caress: just as we want to experience it together.

The experiences you can have with the help of this book can best be passed on to other people in a practical and sensual way. If you like, and it feels good and right, change your energetic healing partners from time to time or expand your circle of healing partners to balance your energies with different frequencies, and to get a feel for the subtleties of the different soul frequencies.

We exchange with each other, in an intense and human way: We give ourselves closeness together, balancing our chakras and our inner Yin Yang balance. Let's stay in the flow, appreciate the closeness and find out how much is good for us and how we want to experience our life. Let's find exchange with other souls who fit our path. We learn and we pass on.

Better safe than sorry

When we smell pheromones on another person's skin, the initial readiness for closeness can sometimes develop into a sexual desire for each other. Can and do we then hold the natural tension between Yin and Yang, or do we fall into a reptilian instinctual lust? If our lust cannot hurt anyone physically, nor emotionally, it is not necessarily a

bad thing, but if an energetic healing couple has clearly agreed on "SEH without sex", then this agreement remains with each other until both with a reasonably clear head agree that they no longer want this rule.

Let's always stay in our hearts, find equal understanding and trust for each other. And let's listen to our own signals, let's feel carefully when we sense slight doubts, discomfort or insecurity with an energetic healing partner. Let's trust our so-called common sense and also trust the intuition in our heart. Often it helps to talk to another conscious person about our subtle perceptions. Writing down our feelings can also bring us clarity. If it doesn't feel quite right for us, then we end the SEH contact with an energetic healing partner, or we set new boundaries together with each other. Better safe than sorry.

Solve relationship problems together

This book raises important questions about one's own relationships, it triggers and it polarizes. It has the potential to put one's own freedoms, desires, or even the relationship to the inner test. It is possible that previously hidden desires and ideas about closeness will come to the surface when reading the book, which some people prefer to suppress and lock away for the rest of their lives in order to be able to delude themselves into a secure and "perfect" relationship.

Transforming an existing relationship can be a challenge. If a possible breakup has already been considered or addressed, it is usually a good idea to consult a professional relationship coach as early as possible. Especially in the case of strongly polarized opinions and desires, a third soul can have a clarifying and harmonizing effect.

In particular, together with a coach, an inner decision to separate that might otherwise have been

made hastily can be reconsidered and discussed together in a protected space. In a coaching session, the partners can actively work with each other, they can forgive, empathically understand, and then step by step reevaluate and realign their relationship.

At least, these are the typical goals for many couples, and thus the reason why a third soul becomes involved in very personal relationship problems. In my own spiritual marriage, unfortunately, we started far too late. This book came to me during a lengthy separation period and I wish I had written it two years earlier. But one conditions the other; I could not have written about these issues in the same way without going through them myself.

Sometimes couples also find in agreement that they are not suited to each other, that there are unsolvable problems with each other or that they cannot or do not want to learn anything more from each other. Some partners feel this way at the beginning of a coaching session and then no longer. For others it is the other way around. The fear of these many open possibilities keeps some from starting a couples therapy or coaching, because if everything is put on the table at once and everything is possible, then a separation would also be conceivable. Most of the time we want to avoid this, that's why we often prefer to suppress the separation option and keep it as an inner shadow part. Then we postpone the coaching for a few months, until it is perhaps too late.

In order to fulfill my co-responsibility as a thought-provoking intuitive author, I would like to answer incoming emails with the description of a relationship problem and, if necessary, recommend one or more suitable relationship coaches or, if needed, offer my own skills as an energetic healer and guide. Perhaps I can contribute something from my personal experiences or insights, create a personal "SEH exercise plan" with you, or find an answer intuitively guided by my spirit guides that helps. Please write to: nils@start2dream.de

Every love is different, and as long as we are in this body, every love experience is human, and therefore inevitably woven with many small and larger flaws. We can resolve our challenges with each other in many ways, for example, rationally in finding shared clarity or energetically in strengthening our connectedness and commonality. I wish that SEH can make a valuable contribution to bringing us closer together again.

Heart chakra breathing groups

The stillness comes when we embrace and hold each other, that's how I described it at the beginning of this book. Only, how do we get into the shared experience of heart chakra breathing and SEH if we don't know anyone who wants to experience it with us freely and honestly? We could start our own heart chakra breathing group, either as an open event with changing participants and/or also with a core group that would like to meet regularly simply in order to reunite and reconnect.

In the following I describe suggestions how such a meeting could proceed. Everyone can take from it what fits and supplements or changes it at will.

We hold hands for several minutes in a circle meditation with our eyes closed and begin to find a sense of the greater WE. We are a united group, like a collective organism, each one in its dazzling

colors, but all together energetically united in this moment.

Then we open our eyes, look at each other. We look for and find another pair of eyes to which we would like to lovingly open ourselves from a distance. We breathe through the heart chakra, and look at each other, maybe for a minute or very individually, and then we look for new pairs of eyes and experience the inner opening also with the other souls.

Already here, during this long, intense eye contact, we also learn how to say no. Some pairs of eyes are not compatible with our own frequencies, some stir up too many shadow issues, or we simply have this vague feeling that prolonged inward eye immersion would not do us any good. We learn to say no, and don't need to find a reason for it. Maybe we can't handle so much love from the other one' eyes and that's why we say no to one soul and yes to another. It is all right, everything is allowed.

Some may prefer to touch only two or three souls in an intense way, others enjoy the variety of different types of souls and that is why the moments are shorter than usual. Each soul has different desires and perspectives, so let's rather not get lost in evaluation and thought dramas because someone gave us a no and looked the other way.

After about five minutes and common agreement, the first soul (or the first two, if there are more than six or seven participants in total) could step into the

center. Intuitively, everyone feels the moment when it is time to take this step. Those who do not want to, do not want to, this is not an obstacle to participation.

The soul or souls in the center make eye contact with another soul, preferably one with whom a particularly comforting eye contact and exchange has been experienced before. Both can look openly and honestly into each other's eyes until the chosen soul turns their personal decision into a small heart contract with a small shake of the head (*no*) or an approving nod. We can translate a yes something like this: *Yes, I find our eye contact beautiful and would very much like to hug you for a few minutes.*

Both individuals make a conscious decision, which feels positive and healing, whether they would like to touch each other so closely or rather not. A no can have a thousand reasons, but it is enough to feel that it could not be done from the fullest heart, because a wide opening of our heart chakras is essential in the SEH embraces.

When an energetic healing couple has found each other, the chosen soul also steps into the center and the circle of hands closes behind her again. The group holds the tension, usually between Yin and Yang or between two people with inner parts that match.

While the surrounding group continues to breathe through their heart chakras, creating an inner drumbeat, creating a loving background energy

that those embracing can and may surrender to. They too breathe through their heart chakras as they hold their healing partner in their arms for several minutes, breathing together and enjoying the moment of shared stillness as they bathe themselves in love and light.

When a perceived five minutes have passed and the time has come for one or the other soul to let go, both squeeze once more, if they wish, and return to the wholeness of the circle of hands that has held and carried them during the last intense minutes. After that, the next two healing partners can find and feel each other intuitively and from the heart.

If there is the impression in the group that individuals might exhaust the group time in the middle too much, a soul could be the clock, for example with the help of a Pomodoro app, which makes itself known every five minutes in the trouser pocket by a vibration or a gong sound.

In a heart chakra breathing group, we can also do and experience anything that keeps us in the heart chakra, as long as it fits with the experience of the other participating souls. Let's agree on what we want to do together during heart chakra breathing: Art? Handicrafts? Or do we listen to a radio play, meditation or imaginative journey together? The most important thing in all joint activities is that we constantly breathe through our heart chakra and remind each other of this, especially at the beginning, for example with our hand on the heart chakra.

A heart chakra breathing group is great for energetic healing exchange, in circle formation or in pairs, or however it feels right and good. Let's lay hands on each other, intuitively guided, coming from our hearts, breathing and moving the astral love frequencies together, giving and receiving.

Other ideas and suggestions for a heart chakra breathing group can be found in my book *We Are Family*, in the section on Yin Circles.

What about this 5D hype?

Without knowing it, most people live with most of their consciousness in the lower three chakras. Well, all chakras are equally important and equally valuable, however, "from down there" the New World can be perceived unfortunately only very limited.

The lower chakras describe a three-dimensional world to us. But Gaia consists of many more dimensions, to which we also have connection. That is as if we have booked the fast Internet line, but only surf with an old modem from the 90's.

In addition, in the lower three chakras we feel all those really unpleasant emotions, most of our typical fears are located there, and even the seven deadly sins can be experienced there: envy, gluttony, greed, lust, pride, sloth and anger... (Where lust can be used for the so-called "ascension", about that in other books).

Why do we stay down there? It is the old world we know well, our cherished comfort zone. Many do

not even know that there is also a New World, or they visit it only briefly, for example, while watching an inspiring movie or reading a book, meditating, hugging, or in other moments that bring them to their inner heart center.

But our daily dietary, media and communication habits often keep us firmly in the old. Eating at least a predominantly plant-based diet, banishing the TV, and not paying attention to all fear-based news helps tremendously. Anything that doesn't bring us into the heart keeps us stuck. Can we let it go?

Everything that brings us into our heart, quite automatically also brings our subtle energies (4D) and consciousness more and more into our heart chakra. The heart chakra plays an important special role among the seven main chakras, because the path to the heart must be taken by our own decision. It is the first and most important big step we can take towards spiritual (and higher dimensional) experience and we take it every day anew.

Once we are in the heart, thanks to our significantly better vision (*So many perspectives! So many colors!*), it goes on almost a little by itself afterwards, as long as we have trust and manage to stay in the heart. Or let's say better, from then on all our problems, dramas and unresolved shadow issues become our practical tools to continue on the path. This path is not necessarily love, peace and harmony esotericism, but daily "hard" work on oneself.

How can we energetically support our path to the inner heart center? I have been dealing with this topic for many years. For me, the presented breathing through our heart chakra has always been the first and most important exercise of all, together with the Inner Smile. Then I wrote about *Healer & Creator*, a very powerful energy and healing technique that can be felt directly in the astral body.

New since 2022 I write about Sensual Energetic Healing (SEH), it connects the knowledge, takes the techniques and instructional stuff out of spiritual experiencing and healing with each other and just lets us feel. Closeness does good, and with SEH we harmonize our chakras with each other, it happens automatically as long as we stay in our heart chakra.

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.

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6. We encourage working on releasing our emotional tensions in our body tissues.
 7. We encourage spending time in nature, connecting with Gaia and our inner selves through meditative walks or personal, intuitively guided pilgrimages.
 8. We encourage time spent in meditation, breathing exercises, our own personal sound healing sessions, working with crystals, caring deeply and lovingly for ourselves, or any other form of emotional or spiritual healing practice that we have learnt or feel drawn to.
 9. We encourage finding balance with our personal life values. These 21 values are based on the seven main chakras and can serve as a foundation, but each soul's individual values may vary:

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

10. We encourage becoming more sensitive to our astral energies and to work intuitively with them.

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

Community Practises

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

actions to involve all participants in achieving our goals.

Volunteering

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

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

Come and grow with us!

www.sanuela.org

About the Author

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

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

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

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

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

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

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

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

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

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

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

Books by Nils

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

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

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

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

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

How Do You Feel About the Book?

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

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

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

Thank you!