



Liberator of Temptational Bonds

Nils Klippstein

**Liberator of
Temptational Bonds**
Spiritual Fantasy



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.

www.sensual-energetic-healing.com

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Any unnaturally concentrated food substance is and remains isolated. It can harm us, due to its lack of harmonious interconnectedness with the rest of the world.

Out of LOVE for ourselves, let us learn to do without these substances.

LOVE means being whole and connected with one another.

We are

LOVE.

Thank you,

Goddess Gaia.

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This Book Is Free ...

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

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

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

Would you like to give back?

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

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

- You could "buy me a coffee":
<https://buymeacoffee.com/nilsklippstein>
- You could donate via PayPal:
<https://paypal.me/NilsKlippstein>
(nils@start2dream.de).
- You could ask me to do a live reading, online or offline, and make a donation.
- You could visit me for a shared time together, let me guide and support you in any of my topics (see: page two) and make a donation.
- You could give this book to nine (or more) of your friends, acquaintances and colleagues and ask them to support me if they can.

Thank you for your consideration.

Let LOVE be thy medicine!

Dear Addicted Soul,

I know how you feel. I have been an addict for decades. Shortly after I was born, I began chasing food in general - and sugar, white carbs, and then coffee and alcohol. But addiction is not just about substances, it can be emotional and mental, and it can even be your favourite mobile game or someone you LOVE and want to 'own'. So many attachments in our lives!

Much of this book is about food, emotional cravings, dependencies and fasting. While writing and creating this book and a parallel non-fiction book of memes (*Balancing Emotional Needs: A New Relationship With Food*), I went through all the phases myself and fully embodied the experiences.

Coffee was the easiest addiction to get rid of. My reward was to be more in balance with my energetic rhythms. I could also feel the fine astral tingling inside me much better. Switching to green tea, then pu-erh tea, which is fermented green tea with less caffeine, was my way of gradually reducing the amounts without missing anything.

In a retreat with just myself and a dear friend as my host, I was intuitively guided to release any fears I had about letting go of the belief that my body needed any food at all. I was shown that this is actually the greatest addiction of all, acquired in our first moments of life and usually never questioned afterwards.

As I had never been able to fast for a single day before, this process was deeply cleansing, both physically and emotionally. My trusted friend helped me with hugging meditations and emotional support twice a day. Once again I experienced the power of these prolonged hugs with heart chakra breathing. Even the sometimes deeply felt detox pain in my bones and muscles disappeared.

I then went through long periods of integration, going through all sorts of further stages and processing. Techniques such as humming connect me to my astral body and transform limitless energies into my physical body when I need them. Many insects do the same.

Now I live in food freedom. Sometimes I eat once a day (usually mostly raw food), sometimes twice, sometimes not at all or only once a week – and I still maintain a high level of energy and with significantly higher frequencies because my body does not have to deal with the digestive process as much. Sometimes I eat a pizza with goat's cheese and feel absolutely fine, without the heaviness I

used to feel. My body reacts differently to food now.

Repeatedly, I have many exciting experiences about my underlying craving 'for something' that is behind every desire for food or substances. I have found that in the end, we only want one thing: the most intimate and deepest union with ourselves. We want to find our deepest LOVE and our highest light. ♡

Much LOVE,

Nils

Thorns of Craving

(Excerpt from: *Ayana, My Light and My Love*)

At times, Ayana would meet souls who had lost their way, weighed down by the pain of loss, being tired of life, often stuck in the wheels of physical cravings for certain foods or substances. Sometimes, only their thorns of craving kept them going.

The thorns of craving, as the souls of Sanuela called it, were low vibrational astral entities that clung to those with strong physical cravings. These higher dimensional yet lower vibrational beings fed themselves astral-energetically from a soul. It was in their best interest to keep the host soul occupied with cravings, and physical temptations were the most effective way to do so.

The thorns were deeply hooked into the astral bodies of their hosts, establishing a strong bond to their egos. The host's ego was effectively their astral energy generator and protector, ensuring the survival of these beings. The strong hook and carefully placed boundaries of sensitivities meant that even

the slightest mention of dependency would often make the physically tempted souls angry at those offering help.

Ayana's loving hugs and offerings in heart-opening ceremonies of closeness blessed and healed many emotional and astral wounds. The direct presence of her light and LOVE was often enough to let go of a soul's unhealthy habits. The thorns of craving couldn't remain for long within her sphere. The ego of their hosts then created situations and reactions that led to a rapid departure, simply to not be around the energies of Ayana for too long. The thorns felt pain in her light, so they revolted against her. Some got angry at Ayana for no apparent reason, came up with peculiar ideas and interpretations, or made insulting or disrespectful comments. They were trying to prove to themselves that the continuation of their way of life was the only way to remain in control.

Ayana knew that it wasn't the souls speaking from their hearts, but only their thorns of craving trying to hold on; defending the host's ego, no matter the price they or other souls had to pay. They were afraid of losing their astral food provider. Ayana never took these strongly reacting behaviours personally. She knew that these were just the thorns speaking, not the souls she was trying to help. Yet, she also knew then that she was not the right one to help someone make appropriate changes if they were not ready for it.

Some souls required more detailed attention in the physical and emotional realms before they were ready to work with Ayana, so she would send them to Alistair Rosevale, Liberator of Temptational Bonds from Altaris. He was not only a helpful guide for stabilising the remaining family and friends after someone had passed over to the astral realms, but he would also help relieve them from the emotional bonds of toxic relationships. However, his best time he always gave to those with physically induced cravings for certain substances that in the past were cheaply available all over Sanuela.

In recent decades, this had changed drastically. During and after the Great Change, most of the flavourful, yet physically addictive substances were banned from local markets. Information was freely available on how to get through the transitional period until healthier cells and non-craving bacteria colonies no longer induced physical cravings.

In a short period, the number of tempted souls on Sanuela greatly declined, though some were reluctant to leave their old habits and patterns - such as consuming specific foods or substances. Alistair was just the guide they needed then - with empathy and patience, he could understand their struggles and help them explore a new path towards liberation. Ayana had sent many such souls his way, and each one returned with newfound freedom and joy.

Once some souls found their way to Alistair and were ready to take the steps of change, he would first share knowledge and help on how to fully renew the colonies of beneficial bacteria in their guts until all cravings had vanished.

At the same time, he guided them through emotional healing processes, helping them to understand the root causes of their cravings and working with them to overcome any underlying issues. His approach was gentle and intuitive, yet firm. He never judged or criticised his guests for their struggles, nor for the times they fell back into old behavioural patterns; he knew all too well how clingy the thorns of craving could be before they finally abandoned their hosts.

For those already taking the first steps to freedom and still struggling with their temptations, Alistair had a supplementary approach. He would bring them into a trance-like state and take them on a journey through their past, aiding them in understanding and releasing their cravings' roots. He guided them towards healing and forgiveness by listening to their stories while they released any emerging emotions.

Alistair always worked on self-LOVE with these souls to keep them balanced. The more seriously inwardly wounded, he often sent to Ayana, to help open their hearts and strengthen their self-respect. In this way of interconnected exchange, integrating all aiding services, the souls of Sanuela always received a wholistic and multidimensional care.

Some time later, when most low vibrational astral entities had departed from a soul, they felt much better and lighter in their lives, often filled with emotional freedom and a deeply fulfilling self-LOVE.

Sips of Silence

As Alistair grew up, from the vibrant age of nine into the complex teenage years, the family's ways of coping with life's challenges became clearer to him. At the heart of it was his father, Victor, a man whose eyes often seemed glazed over with a distance that went beyond the horizon. Victor felt like an integral part of the house, but it was as if he was always waiting for something ... some undefined, elusive change that never came.

In the evenings, Victor would often sit in his armchair with a newspaper in one hand and a glass of amber liquid in the other. Alistair would notice how the first sip seemed to wash away some of the stress lines from his father's face, as if the alcohol had the magical power to smooth out the wrinkles of his soul. But the calmness was always fleeting, giving way to a heavy, brooding energy that filled the room, silencing conversation and adding an unspoken layer of tension that everyone felt but never acknowledged.

On moon quarter ends (*), when most families ventured out into sunlight and nature to share quality time, the Rosevale household had a different atmosphere. Victor began his day with what he called "the elixir of the fallen angels" ... a mixture of coffee and whisky served in a chipped mug that had seen better days. Alistair saw it as a comforting ritual for his father, allowing him a few moments of escapism, but also trapping him in a repetitive cycle of emotional numbness.

As Alistair entered his early teens, he began to see how this vicious cycle affected not only his father, but the family as a whole. Victor's emotional withdrawal was keenly felt by his mother, Elara, a woman whose own methods of coping had turned her to the allure of euphoric crystalglaze. Like alcohol, this white, sweet, glittering substance was only available on Sanuela's black markets, as it had been banned many years ago. It seemed to fill her with a temporary warmth, cushioning the coldness she felt from her partner. But like the alcohol that had ensnared Victor, the promise of crystalglaze was an illusion, its comfort fleeting.

Victor and Elara rarely spoke of their habits, as if to acknowledge them would break an unspoken agreement to coexist in their interdependent worlds of distraction. At family meals, a lavish spread of rich foods would be laid out, accompanied by a generous selection of spirits and artificially sweetened desserts. Victor would often propose a toast, raising his glass with a solemnity that masked his unease and seemed more ritual than

heartfelt gesture. It was a silent permission slip for everyone at the table to indulge, to forget, to avoid. And so the cycle continued, moon quarters coming and going, each member of the family comfortably nestled in their own cocoon of denial and delusional comfort.

Over the years, Victor's drinking habit became more and more of a shadowy presence. The house, once filled with the chatter of family life, became quieter. Conversation was now rare, and when it did occur, it was more like ships passing in the night than a meaningful exchange. Victor had built an invisible wall between himself and his family, a wall of glass bottles and the silent bitterness they contained.

Even Elara, who had once been the LOVE of his life, became a stranger to him. He avoided her gaze, her questions and most of all the emotional depth she represented. A depth he was neither willing nor equipped to navigate. Whenever she tried to broach a serious subject, he would find himself drawn to the drinks cabinet. The clink of the glass, the familiar ritual of pouring and the burn of the alcohol as it slid down his throat ... all served as coping mechanisms. They were his shields against the vulnerability he felt.

Alistair, now entering adolescence, watched this unfold from the sidelines. Although too young to fully grasp the emotional complexities of his parents' relationship, he could sense that something was wrong. The house felt less like a home and

more like a maze of emotional landmines, and Victor's drinking seemed both cause and symptom of the malaise. Alistair didn't need to hear arguments to understand that the lack of open communication had consequences. He had internalised the idea that alcohol could act as a balm for emotional discomfort, as he had often witnessed his father using it to avoid situations or emotions.

Curiosity coupled with a growing understanding led Alistair to sneak sips of Victor's wine and whisky when no one was watching. Each stolen sip felt like a taste of adulthood, a taste of the emotional armour he thought he needed to navigate the world, just as his father had. But the forbidden allure of the alcoholic substances was only a small part of a much larger, more complex pattern he was weaving for himself.

Victor's increasing dependence on alcohol began to cost him dearly. Friends stopped calling; their invitations became less frequent and then disappeared altogether. Then he lost his job, a victim of the many absences and poor performance that his addiction had caused. This downward spiral was not hidden from Alistair, who had always looked up to his father as a pillar of strength and stability. But even this seismic shift in their family circumstances did not bring about the awakening that Victor so desperately needed.

Elara, weighed down by her own substance dependency and emotional struggles, seemed to be

on a parallel but equally destructive path. She rarely confronted Victor about his drinking, perhaps because it would mean facing her own addictions. This atmosphere of mutual denial created a strange emotional vacuum in the household, filling Alistair with growing confusion and resentment.

It became clear that the legacy of avoiding emotional intimacy and issues was being passed on from Victor to Alistair. The boy on the cusp of manhood was being shaped more by his father's emotional absence and unavailability than by any active parenting. Victor's shield of alcohol had alienated him from his wife, his son and the world.

In a home where LOVE was buried deep beneath years of emotional rubble and bad habits, Alistair began to see his own future shaped not by the aspirations and dreams he had, but by the emptiness and silence that had become a defining feature of his family. It was a legacy he wasn't sure he wanted, but one he didn't know how to avoid. And so, in that uncomfortable space between child and adult, between innocence and experience, stood Alistair Rosevale – his path uncertain, his heart yearning for something more, but his hand still reaching for the bottle of wine that promised a momentary escape.

...

(*) In Sanuela, "moon quarter ends" refer to the short breaks at the end of each quarter of the purple

lunar cycle, similar to weekends in Earth calendars.
A quarter of a moon in Sanuela represents the same
period of time as a week on Earth.

The Weight of False Comfort

Elara looked forward to the evening, the setting sun casting its golden rays through the curtains, illuminating the dining table laden with sumptuous dishes. She had carefully laid out a feast for the senses with roasted vegetables, creamy sauces, two types of corn bread, noodles made from a mixture of grains, sunroot pie, rich and highly sweetened desserts and, of course, a bottle of wine and Victor's favourite whisky. As she placed a bowl of artificially candied fruit next to a pot of steaming gravy, she caught sight of the ornate box that housed her euphoric crystalglaze - just in case the desserts weren't sweet enough. Its presence was like a whisper in her ear, promising emotional comfort and escape from the undercurrent of tension that seemed to be humming in the household.

Victor arrived at the table and settled into his chair with the air of a man who found it a chore to be part of family gatherings. He glanced at the spread, gave a noncommittal nod of approval and immediately reached for the bottle of wine. Elara

knew the routine well. A few sips and Victor would be in his protective bubble, shielded from the world and from her.

The young Alistair observed this ritual with a mixture of fascination and confusion. His mother was the champion of indulgence, offering delights that filled the stomach and seemed to promise emotional fulfillment. His father was the silent sommelier, uncorking and drowning bottled emotions rather than dealing with them. Alistair found himself caught up in this dynamic, eagerly piling his plate with the various offerings, yet a gnawing emptiness lurked within him, suggesting that this nightly feast resolved nothing at all. His young mind couldn't articulate it precisely, but he felt an instinctive caution, a warning signal that reverberated through his body, telling him that what offered comfort could also imprison the soul.

For Elara, the sensation of a full stomach was akin to an emotional fullness, a temporary shield against the harsh realities that invaded her inner world. Every bite, every taste, served as a layer of protective armour. The ritual act of sprinkling additional euphoric crystalglaze over the candied fruit at the end of the meal was her finishing touch, her final fortification. The fruits would glisten in the soft glow of the chandelier above, and as they met her tongue, a wave of intense satisfaction would wash over her, dulling the sharp edges of her life's disappointments.

Elara had tried to quit crystalglaze many times. Each time, she'd endure a few days of palpable discomfort and jittery emotions before succumbing to the familiar call of her crystalline comfort. It was as if a part of her was missing without it; she couldn't imagine a life without that sweet, fleeting comfort. As she enjoyed her loaded desserts, she encouraged Victor and Alistair to indulge as well. "Go on, have another slice of my delicious sweet cornbread," she'd say. It was as if she needed their participation to validate her own choices, to reassure herself that she wasn't alone in her excesses.

Years of this lifestyle took their toll. Elara gained weight, creating an unspoken but convenient barrier between her and Victor. This physical change was more than just visible; it reflected the emotional distance that had crept in between them. Victor, lost in his own substance-induced world, seemed to barely notice or care, which only deepened Elara's sense of isolation.

Elara's self-confidence was slowly eroding. She stopped looking at herself in mirrors, avoiding her own reflection as if it were that of a stranger. When she did catch a glimpse, her eyes would immediately dart away, unable to reconcile the woman staring back at her.

The enthusiasm she once had for social gatherings faded. She felt that people could see through her, sense her lack of self-worth and the criticism she projected onto herself and the world around her.

When friends asked her how she was doing, she'd reply with a practiced smile, "Everything's great," while inwardly cringing at the falsehood. As time went on, Elara began to refuse invitations to events, making up excuses.

Her emotional barriers grew higher every day. She found it difficult to engage in conversations that went beyond superficial chitchat. Even with Alistair and Victor, discussions rarely went beyond the day's agenda or what to have for dinner. Alistair's attempts to steer the conversations towards real issues were often deflected by her bringing more food or suggesting another sweetened bite.

By shutting out her own reflections, both physical and emotional, she built a fortress around her heart, protecting it from further disappointment but also blocking out any potential for real inner connection or change. She had begun to lose access to her heart, becoming a distant observer of her life rather than an active participant.

After a few days of trying to abstain from crystalglaze, Elara found that her mood was spiralling uncontrollably downwards. What had once been minor irritations now exploded into full-blown tantrums, often directed at Victor or even Alistair. The lack of her favourite substance seemed to peel away a facade, revealing a raw emotional landscape she had not navigated for years. And so, after three or four days, like clockwork, she would

revert to her old habits, seeking the artificial comfort that the crystalglaze provided.

Loneliness enveloped her like a thick fog when she was without her usual dose. Even in a room full of people, even next to her husband or son, she felt an insurmountable distance between them and her true self. It was as if the crystalglaze had erected a glass wall around her; she could see out, but no one could really see in, not even herself.

Most painfully, Elara realised that she had lost something irreplaceable: her true inner happiness and her deep, heartfelt laughter. Her joy had become synthetic, manufactured by the clear, white crystals she consumed so regularly. Gone were the days when her laughter could fill a room, emanating from somewhere deep within her. Now her laughter, when it came, was a hollow echo of what it once was, a haunting reminder of the soul she used to be before the grip of crystalglaze tightened around her life.

Even as a teenager, Alistair couldn't help but notice the changes in his mother. Elara's declining mental sharpness was evident in the little things: she would often forget where she had put common household items, or lose her train of thought in the middle of a conversation. It was unlike the competent, organised mother he had known.

Physically, the toll was even more visible. Elara often complained of feeling lethargic and dull, as if she were sinking into a deep fog of existential

numbness and emotional fatigue that refused to lift. She also began to experience persistent headaches and joint pain. Alistair recalled days when she would try to lift a pile of wood for the fireplace, but wincing in pain, putting it back down and asking Victor or Alistair to do it instead. There was a silent recognition between father and son, an unspoken worry they both carried but never discussed. Alistair felt a strange mixture of relief and guilt as he realised he was beginning to take his father's side, understanding more clearly the frustrations that drove Victor to the bottle.

As Alistair lay in bed, contemplating the dynamics of his fractured family, he couldn't avoid a sense of foreboding. It was as if they were all spiralling off into their own separate worlds, bound together only by the table laden with lavish food and the intoxicants that seemed to fuel their lives. The comforts that once felt like LOVE now seemed like decorations on a collapsing structure. The real substance, the emotional bonds that should hold a family together, were eroding, and Alistair felt helpless to stop it. This was the moment he would realise, years later, where the foundations really began to crack.

Bitter-Sweet Awakening

As Alistair entered early adulthood, the weight of his upbringing weighed on him like an unspoken legacy. It was during this time that he began to feel a disturbing unease when wine or euphoric crystalglaze weren't readily available. The transition from adolescence to adulthood came not as a triumphant procession, but as a series of mundane, everyday incidents that revealed the layers of dependency he had inherited.

He found himself in a perpetual seesaw of emotions, torn between the comforting familiarity of indulgence and a growing concern that his relationship with food and substances was far from healthy. While his friends were experimenting with newfound freedoms, exploring worlds beyond Altaris, or immersing themselves in creative or intellectual pursuits, Alistair was left with a different kind of experiment: Could he go five or even seven days without giving in to the temptation of a bottle of wine or the escapist relief promised by euphoric crystalglaze, sweet cornbread and noodles?

During stressful times or in the aftermath of romantic break-ups, Alistair's determination would crumble. The substances became the quick fix and the ongoing problem, a cycle that was as frustrating as it was self-perpetuating. With each return to the bottle or the shimmering allure of sweet crystalglaze, he'd promise himself that this would be the last time, but the next stressful event would invariably prove him wrong.

While enrolled in some more advanced learning circles, Alistair made new acquaintances who seemed to have a much healthier relationship with food and substances. At social gatherings, he'd watch with a mixture of envy and disbelief as his friends sipped and enjoyed the simple taste of fresh spring water with lemon instead of the long-banned alcoholic beverages. They'd engage in lively conversation without the crutch of intoxicants, their laughter echoing from a place of genuine joy rather than artificially induced euphoria. These observations were not lost on him; they tugged at the corners of his self-awareness, asking questions he had long avoided.

Yet, in the face of this newfound knowledge, Alistair retreated into a shell of secrecy. When friends or mentors questioned his heavy reliance on substances, he'd laugh it off, assuring them that he had it under control. But behind closed doors, he would consume his wine and euphoric crystalglaze as if clinging to remnants of a world he couldn't bear to leave completely. This paradox extended to other facets of his life, as he also encountered

literature and spiritual teachings that contradicted the self-destructive philosophy he'd inherited.

One evening, absorbed in a book on emotional intelligence and mindful eating, a line jumped off the page: "Artificially isolated and concentrated substances may provide a temporary balm, but they often intensify long-term distress." It struck a nerve. For the first time, Alistair began to seriously consider the idea that the fleeting moments of comfort he was getting from crystalglaze were not worth the vicious cycle of anxieties, depression and poor health they were perpetuating. The seed of change was planted, but it would take a specific trigger to push him towards actionable change.

It came sooner than Alistair expected, in the form of a heated family argument that seemed to encapsulate years of unresolved issues. One evening, as Victor and Elara's inner struggles reached a boiling point, voices were raised and accusations flew like daggers across the dinner table. It was as if years of suppressed emotions were bursting forth, catalysed by the very substances meant to numb them. Finding himself in the eye of this emotional storm, Alistair felt a painful clarity settle over him. These were not isolated incidents; they were symptoms of a much deeper family dysfunction.

Victor had questioned Elara's parenting skills, pointing the finger at her constant use of crystalglaze. Elara had retaliated by accusing Victor of setting an equally poor example with his own

drinking. The air was so thick with tension that it felt like there was another presence in the room, a heavy, suffocating weight. For the first time, Alistair had intervened, desperately trying to mediate, but he was quickly silenced by both parents, each telling him he was too young to understand.

Victor, his voice laced with bitterness, listed the sacrifices he'd made for this family, including giving up his own dreams for a stable job he actually liked. "Do you think I enjoy drowning myself in wine? I do it because I can't face the disappointment this family brings me," he spat, a statement so cruel in its honesty that it froze the room.

Feeling deeply hurt, Elara responded by venturing into unfamiliar territory. With shaking hands, she brought up Victor's estranged relationship with his own father, suggesting that perhaps his emotional unavailability was inherited rather than chosen. "You are repeating the sins of your father, pushing us all away with your isolation. Perhaps your real addiction isn't the wine, but the loneliness it brings you," she said, her voice quivering with anger and vulnerability.

For Alistair, these revelations were like a slap in the face, a rude awakening to the deep emotional wounds that his family had tried to self-medicate with substance abuse. The arguments were a stimulus for self-reflection. He couldn't escape the fact that, like his parents, he had used drugs to

avoid facing hard truths about himself and his family. The social pressures, with their emphasis on etiquette and unspoken norms, only served to complicate his internal struggle. He felt trapped, expected to conform to expectations that seemed at odds with his emerging understanding of himself.

The physical symptoms became hard to ignore. A lingering tiredness clung to him, his stamina declined, and he fell ill more frequently than before. When he looked at his reflection in the mirror, he saw not only himself, but the faces of Victor and Elara, a lineage etched in habits and dependencies. And for the first time, he truly understood the gravity of his situation, that he was at a crossroads: he could either continue down this path, letting these substances dictate the course of his life, or he could take the difficult steps to forge a new path for himself.

Discovery of the Thorns

Alistair's eyes were tired but restless. The sleepless nights and incessant thoughts about his family's discord had turned him into an insomniac. The rows of books in the library of Altaris were his only refuge, a place where he could immerse himself in the pages and briefly escape the turmoil of his life.

As he wandered aimlessly among the shelves, his mind buzzed with the whispers he had heard – murmurs of a hidden chamber within the library, which is said to contain scrolls and books of forgotten ancient wisdom. Some say these are just myths; others insist that the supposedly hidden books have been sealed away for a reason.

At first he had dismissed these rumours as mere gossip, but something had clicked inside him. It was as if the chaotic atmosphere in the family had broken through his wall of denial. Alistair was now open to unconventional ways of understanding the chaos that had taken hold of him. And so he found himself delving deeper into the existence of the fabled chamber, spending hours bent over age-

stained manuscripts and holding hushed conversations with the oldest librarians.

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

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

On the margins of an ancient manuscript, Alistair discovered a cryptic clue - seemingly random coordinates etched in the same ink as the rest of the text, but which he suspected were a hidden map to the chamber. Doubts crept into his mind. Could he solve the riddle? Procrastination tried to keep its grip on him, but one evening, driven by an intuitive force, he felt a renewed determination to succeed. The very walls of the library seemed to be calling

out to him, encouraging him to uncover the hidden wisdom of the scholar.

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

Upon closer inspection, Alistair noticed that the thick spines of some of these books had small crystals inlaid into them, barely noticeable amidst the elaborate designs. He felt a surge of excitement. Could these be the key to the hidden chamber? Looking at the specific order of the symbols on the scrolls, he touched the crystal inlays on the spines of a few selected books. As he activated the last one, he heard a soft but distinct 'click', echoing as if released after years of suppression.

Exhaling slowly, he grabbed the edges of the bookshelf and found it moving under his touch. With a surge of adrenaline, he gently pushed part of the shelf aside. There, hidden behind it, was a small, exquisitely crafted door, bearing the same insignia found in the manuscript. It had been hidden in plain sight, concealed by yet another bookshelf.

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

His eyes swept over the shelves and finally landed on an ancient book, its cover shrouded in a layer of dust. The title, *Thorns of Craving*, was etched in elegant calligraphy. Given his recent emotional turmoil and unsettling physical cravings, the scripture drew his attention like a magnet. Heart pounding, he carefully picked up the book and blew away the dust.

As he turned the pages, he was intrigued by what he read. The scripture described astral beings known as thorns who, it was claimed, clung to humans and influenced their weaknesses and cravings. It was an eerie read, mirroring his own life so closely that he felt a strong astral tingle run up his spine. His intuition had guided him well. It was as if the ancient text was speaking directly to him. For the first time, Alistair considered that his struggle might not just be the result of family dysfunction or societal pressures, but might involve forces beyond his understanding.

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

The reactions he received were a mixture of scepticism and curiosity. Many scholars raised their eyebrows at the archaic language and obscure references in the text, and initially questioned its authenticity and relevance. However, they couldn't completely dismiss the idea, especially given Alistair's palpable earnestness and the ancient provenance of the scripture. The spiritual healers were particularly intrigued, some recalling mentions of astral entities in their own esoteric studies. While none could confirm the existence of these thorns, they advised him to proceed with caution, mindful of the spiritual and emotional turmoil such an investigation might cause.

This mixed reception did little to dampen Alistair's enthusiasm. If anything, it kindled a fire within him. The veil had been lifted, revealing a mystery that was both deeply personal and universally significant. Armed with scholarly caution and spiritual curiosity, Alistair knew that this was only the beginning of a journey. The road ahead was full

of unknowns, but one thing was certain: he couldn't turn back now.

Being Guided to Let Go

Alistair found himself at a crossroads. It was time for a change, but where would he begin? He decided to share his struggle openly for the first time. In a quiet, intimate conversation with his closest friend, he let the words flow. "I need to be free, truly free, not just satiated for a moment or a day. I think I've been binding myself in chains and it's time to break them."

After this revelation, Alistair felt a pull towards the north of Sanuela, guided by an intuition he didn't fully understand but chose to trust. Packing the essentials and taking his most treasured books, he set off on a journey into the unknown. He climbed hills and crossed rivers, guided by an inner voice that grew clearer with each step. As he travelled further from home, his thoughts gradually shifted from the artificial comforts he had left behind to the growing anticipation of the transformation that awaited him.

After several days of travelling, Alistair arrived at the secluded town of Niramir, nestled in the

mountains. He was met by Calantha, a serene High Priestess, who welcomed him into her temple chambers. Intrigued by her grace and beauty, her calming, loving presence and her holistic approach to inner healing, Alistair accepted her invitation for a long hugging meditation. But as they embraced, his body first tensed, then vibrated and tingled, responding strongly to the High Priestess' energy. Tears flowed from his eyes as if a dam had burst within him. It was as if the loving energies emanating from Calantha were scanning every cell of his body, preparing him for the change he so desperately longed for.

"Let go," Calantha whispered, her voice as soft as the evening breeze. "Just let go. I sense a struggle in your astral body, but rest assured, you have come to the right place."

Eager to delve deeper, Alistair showed Calantha the ancient scripture he had discovered, *Thorns of Craving*. "Could my reaction be related to astral entities clinging to me?" he asked, his voice tinged with vulnerability. Calantha looked deep into his eyes and nodded. "Indeed. But you are not alone in this, Alistair. As High Priestess, I am deeply connected to Goddess Sanuela. My heart is open to guide you through your inner healing processes. You are in the hands of compassion and loving care."

Taking Calantha's assurance as a sign, Alistair settled in a spiritual enclave near Niramir. It consisted of a few dozen simple cave-like houses

built into the side of a mountain. The cave houses were connected by tunnels intricately carved into the sandstone. As he meandered through this underground network, Alistair could feel subtle energies and frequencies resonating within the mountain, making him realise how ancient and deeply spiritual this place was.

The community called themselves 'Seekers of the Inner Light' and Alistair soon learned that they had been stewards of this secluded place for centuries. The more time he spent in the system of caves, tunnels and halls, the more in awe he became of the energies that infused this sacred space. It was as if the mountain itself was a spiritual entity, welcoming him into a new phase of his life, one in which he could truly heal and rediscover himself.

Nestled in the corridors of the enclave's library, Alistair found himself drawn to a section where ancient tomes and scrolls were carefully preserved, a collection of ancient wisdom of indescribable value. The yellowed pages were often filled with symbols and ancient languages that he struggled to understand. But hidden within were texts that spoke directly to his soul - works on the metaphysical nature of cravings, dependencies and even on the darker astral entities that were the focus of his study. It was as if the universe had guided him to these dusty shelves, placing the answers he sought within reach.

After many days of reading and absorbing the wisdom contained in these documents, Alistair

discovered esoteric techniques for cutting the energetic cords tied to the thorns that plagued him. These rituals often involved the evocation of mantras and certain sounds that resonated at frequencies attuned to the astral realm.

As Alistair delved deeper into the mystical realm of ancient papyri, Calantha sensed that his intellectual pursuits were only a fraction of the equation for true liberation. "Fasting," she gently suggested one day, "is the next step on your journey." Alistair's eyes widened at the suggestion. He'd spent a lifetime reaching for the immediate gratification of food at the first hint of hunger. The prospect of denying himself that immediate comfort was unsettling, to say the least.

Understanding his hesitation, Calantha assured him that she would be with him every step of the way. "In the coming days, I will visit you daily for hugging ceremonies," she promised. "The loving energies we exchange will nourish you on an emotional and spiritual level, supporting you on your inner journey. In the astral worlds, our inner feminine and masculine parts will merge. Our LOVE and caring will keep you in a state of loving divine superconsciousness, making it impossible for any harmful astral beings to be around you."

While a part of Alistair was anxious, another part found extraordinary comfort in her words. Calantha's promise wasn't just a gesture; it was a lifeline, a tangible manifestation of her caring support.

"I advise you to gradually reduce your food intake over the next three days and then begin to fast. The process of fasting is not simply a denial of food, but a conscious affirmation of your spiritual essence. It will bring new clarity, raise your astral frequencies and help you to break the remaining links your physical form has with these astral entities." Her words filled the room with an energy of nurturing LOVE and profound wisdom, encouraging Alistair to face this daunting but necessary chapter of his healing journey.

Eager to prove to himself that he could overcome his cravings, Alistair immersed himself in his holistic well-being. Alongside his intellectual explorations and his meditations, often in complete darkness deep within the mountain, he ventured into the art of emotional healing, guided by ancient texts, Calantha's loving care, and his heart's intuition.

The fast was challenging, but Calantha's daily visits became his emotional anchor. They practised many hugging meditations, which made him feel wrapped in a cocoon of loving energy. Slowly, he felt his cravings diminish. In their place a new form of nourishment arose; he found that he could draw his strength directly from the astral realms. This ethereal form of 'feeding' shifted something profound within him. His energy levels soared and his sleep patterns transformed, gifting him with newfound periods of deep awareness and creativity.

Still, there were days when he felt overwhelmed by the process, almost questioning the sanity of this path. However, the enclave was home to some exceptionally wise souls – mystics and ascetics who had delved deep into the realm of the spirit. In their discussions, they often reassured him that the revelations, processes and experiences he was encountering were not mere fabrications, but a form of higher truth.

It was a rigorous regimen, stripping away the many layers of false needs and addictive dependencies that had clung to him for years. But each day was also a revelation, bringing him closer to the emotional and spiritual liberation he longed for. The enclave, with its quiet serenity and the spiritual electricity that seemed to flow through its walls, provided the ideal sanctuary for this journey.

As the days passed, Alistair felt a newfound clarity flooding his senses. He understood that the cacophony of gut bacteria, particularly from those that thrive on sugar, were the physiological bullies shouting loudly in his system, driving his cravings. But he also realised that the roots of his dependencies were not just physiological; they were intimately intertwined with emotional voids and spiritual deficits.

During this time he developed several guided meditations to help others understand the roots of their cravings, improve their personal relationship with food, or prepare the mind and soul for a regular fasting practice (*). Together with Calantha

and the wisdom keepers of the enclave, they also worked on techniques to renew the gut flora of souls plagued by cravings, focusing on consuming fermented and wholesome foods that would provide the right biological environment for living in freedom.

And as Alistair delved deeper into meditation and mindfulness, his emptiness began to fill with a profound form of self-LOVE, a LOVE untouched by external validation or material crutches. It was as if he was cleansing his soul, clearing away the debris that had accumulated from years of neglect.

Fasting became a spiritual journey and credo rather than a physical ordeal. Slowly, Alistair starved the thorns of their fuel while feeding his soul in the glowing, warm light of newfound self-LOVE. It was as if a veil had been lifted. Each day he awoke to a sunrise that seemed brighter, as if in synchronicity with the illumination happening within him.

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(*) See the chapter *Healing Journey to the Roots of Cravings* and the following.

A New Dawn in Altaris

With his cravings gone, Alistair felt as if he had tapped into a wellspring of astral energy, a source that nourished his body in a far more direct way than any physical nourishment could. The spiritual enclave had been a sanctuary, not only of knowledge but of wisdom, much of it from unexpected places.

He felt a surge of deep gratitude, directed most strongly towards Calantha, whose loving, caring and patient guidance had been a cornerstone of his transformation. She had been the light in his periods of darkness, guiding him to a higher state of being.

It wasn't just her; the enclave was a gathering of remarkable souls, each contributing in a unique way to his journey and studies. The wisdom and emotional support freely offered had strengthened his resolve, enabling him to take steps once thought impossible.

Firm in his newfound self and mission, Alistair knew it was time to return to Altaris. As he said goodbye to the inhabitants of the enclave, each farewell was tinged with sadness, yet uplifted by the promise of a new beginning. He felt like he was leaving a part of himself behind. But another part of him was brimming with excitement. There were souls out there yearning for the very transformation he had undergone, and he now felt equipped to guide them.

As Alistair travelled back to Altaris, he found that even his sleep patterns had transformed. Gone were the days when he needed eight or nine hours of rest; his body seemed to revitalise itself with just four or five hours of sleep, often split into several smaller sleep periods.

After each nap, he would either resume his journey or engage in a variety of creative activities – jotting down thoughts, sketching ideas in his journal, or engaging in stimulating conversation with someone he met along the way. If he felt tired again after a while, he would simply take another short nap of an hour or two, breaking his night's sleep into distinct, manageable intervals. This rhythm felt intuitive, as if his body was guiding him how best to look after himself.

The surge of extra energy coursing through him wasn't just physical; it was a kind of highly charged spiritual fuel that he found hard to contain. In between long hours of walking, his mind swirled with plans and projects, the creative juices flowing

continuously. He pondered how best to help others conquer their thorns of craving, sketched the outlines of additional guided meditations, and visualised the sanctuary he would soon build. Each step on the way back to Altaris seemed to bring him one step closer to fulfilling his mission.

Finally, the first houses of Altaris appeared on the horizon, a sight that filled him with a complex blend of emotions - nostalgia, excitement and a palpable sense of purpose. Crossing the threshold felt like entering a new phase of life. Without wasting any time, Alistair set about making his vision a reality. His private home was almost magically transformed into a sanctuary, a safe space where others could come to explore their emotional landscape and discover the root causes of their cravings.

The term 'Thorns of Craving' not only became common among the local population, but also attracted scholars and seekers from all over Sanuela. They came in search of his experience and knowledge, and Alistair welcomed them with open arms, happy to share the spiritual, energetic and philosophical gems he had discovered.

Encouraged by the growing interest, Alistair began organising talks, spiritual forums and interactive gatherings, delving deeper into the subject of cravings and their astral counterparts. The forums became an eclectic melting pot, attracting a diverse crowd ranging from the mystically inclined to the pragmatically curious. However, not all attendees

were prepared to embrace his revolutionary perspectives wholeheartedly.

One such forum was attended by a group from the eastern regions of Sanuela, whose traditional dress distinguished them from the Altaris locals. In these eastern areas, the view on cravings was rather different. While the concept of astral realms was universally accepted, the people of the East believed in harnessing the power of cravings rather than eradicating them. In their tradition, desires were seen as energies to be transformed and channelled for personal and spiritual growth, not as thorns to be plucked out.

In the midst of the discussion, Alistair offered his perspective on ridding oneself of the thorns of craving by raising the astral frequencies. Far from defending a point of view, he shared what he had come to understand through his personal experiences and many heartfelt journeys with those who had sought his guidance. Through detailed stories of personal transformation and the philosophical wisdom that had shaped his methods, he invited the audience into a deeper understanding of his approach.

But the Easterners countered with their own philosophies, citing ancient scriptures that promoted the virtue of embracing one's desires and using meditation techniques to transform these energies into higher forms. They argued that to avoid or eliminate these cravings was to deny a part of oneself.

Alistair listened intently, appreciating the wisdom in their perspective, but also pointing out the potential dangers of their approach. "While it's true that energy cannot be created or destroyed, only transformed ... can we really say that we have mastered the art of such transformation? The thorns of craving are treacherous; they can fool us into thinking we're in control, while manipulating us from behind the veil of our consciousness".

The room fell silent, each soul pondering Alistair's words. After a moment, one of the Easterners spoke up, "It seems we are looking at two sides of the same coin. Although our methods differ, our end goal remains the same - the elevation of the soul and the mastery of one's desires."

Nods of agreement filled the room, a sign of the bridges that had been built that day. While the Eastern sceptics didn't completely abandon their traditional views, they left the forum with a newfound respect for Alistair's methods, just as Alistair left with an expanded understanding of their philosophies.

Then came Ayana's elevation to High Priestess, a position she filled with a grace and wisdom beyond her young years. Recognising that the journey to wholeness required an interdisciplinary and holistic approach, Alistair taught her everything he had learned about cravings and their astral counterparts. It wasn't long before the two formed a partnership, creating a pipeline of healing that often began with Ayana and ended with Alistair, or

vice versa. Many souls found solace in their combined caring efforts, experiencing a form of integrated, loving treatment that addressed both their emotional and physical wellbeing.

The first success stories began to pour in, each one a testament to the effectiveness of Alistair's methods. There was Lucia, a local artist burdened by alcohol dependency. Through her time with Alistair and Ayana, she found liberation from her thorns and her creative spirit soared as a result. The masterpiece she painted after her recovery became a symbol of her newfound freedom and attracted much attention in the art world.

Then there were the Brightwaves, a family torn apart by multiple burdens – the father's gambling addiction and the mother's inability to let go of her first LOVE, who had recently passed into the astral realms. Alistair and Ayana extended their loving care and guidance, first working independently and then joining forces to guide the Brightwaves through the complex labyrinth of their emotional and spiritual struggles. After several transformative meetings, the family found their way back to self-LOVE and to each other.

With each success, Alistair deepened his understanding of the nature of thorns and refined his approach. He noted patterns and identified which techniques were universally applicable and which needed to be tailored to individual circumstances. This process became a cornerstone of his practice, allowing him to approach each new

challenge with an ever-expanding toolbox of spiritual and practical remedies.

When the Thorns Kept a Soul Alive

Through his regular contact with depressed, overworked, traumatised or otherwise troubled souls, Alistair quickly learned that there were many who needed their cravings and their thorns in order to go on living. If you took the substances away from some of them, they would have little reason to live. How could he work with them? Would he find ways to help them get through their withdrawal periods and find better values to focus on?

Sometimes he had to wait until a guest was really ready to let go. For some this came after a few days of falling into a state of inner crisis or a low frequency hole. For others, the will to change came when they were fully saturated with their preferred substances. He always gave them all the time they needed to have the best possible outcome in overcoming their old self-destructive habits and patterns.

This was not always an easy, straightforward process, many needed several attempts. They bounced between periods of balance, freedom and LOVE, and times when they temporarily fell back, only to find out again in which direction they wanted to grow.

Many guests stayed with Alistair for a full lunar cycle, exploring and finding ways to overwrite the old patterns of filling empty holes with unwholesome substances. Most people would continue to feel addicted to some kind of food or substance, but were able to switch to using higher frequency ones such as pure cacao and organic foods and herbs.

Pure cacao would keep a guest in the heart centre no matter what craving might come up. To increase the feeling of self-LOVE in the heart in moments of need, Alistair suggested placing a hand on the heart centre and doing some focused heart centre breathing.

He also suggested having a green smoothie every morning with only fresh and healthy green ingredients, a banana and one other fruit, seeds, nuts and clean water. To drink during the day, he recommended lemon water or vinegar water as it kept the body in an alkaline state. This helped them to stay in a higher astral frequency and heal inflammation in the body.

These were always the first beginnings of trying to reach a soul who was often not fully aware of the

great influence and control the thorns had over their ego-mind and life. Alistair knew that it was only after a soul had been freed from physical greed that they could understand the power the thorns had had over them in the past. Looking back at his own past experience, as long as the thorns were there, he acted like a puppet, creating safe looking comfort zones by fulfilling the thorns' wishes.

On the other hand, the thorns kept his strings playing almost automatically. An unconscious life on autopilot was easy and somewhat comforting. Working on his inner shadows and emotional desires, on the other hand, was complex and intense work. There was always the question of how much he was willing to step into his vulnerability and face his inner demons, and how much he preferred to stay in the cosy, food-driven comfort zone.

Once Alistair was free of his food cravings, a new challenge arose. What was there to live for when there was nothing physical to desire? There were no thorns to whisper into his brain what he needed or wanted next. Was there anything worth doing without any kind of desires? Why keep a body alive and do something with it when it doesn't want anything?

There were times in his life when Alistair used some of his old substances again, usually for short periods. Fortunately, he could always trust his

intuition to know when it was time to let them go once more.

Mama Cacao

Although Alistair had largely overcome his cravings, one remained. To open his heart centre further and further each day, he relied greatly on cacao as a natural plant medicine. Often he would brew a healthy hot chocolate consisting of a tablespoon of oats boiled in water for a few minutes to achieve a rich, creamy texture. He then strained the oat water and poured it into a cup with two tablespoons of pure cacao powder. No crystalglaze or other artificial sweeteners were added, as the oat water already contained a hint of sweetness.

As the powder had been deprived of the healthy, rich and valuable cacao butter to make it last longer, he later added either a spoonful of cacao butter or coconut oil. For added flavour and additional health benefits, he added a little cinnamon and tiny, thin pieces of fresh ginger.

At other times, he would simply eat chocolate made from 100% cacao, including the precious cacao butter. This always opened his heart immediately and the mild caffeine content kept him

awake during the many hours of creative work on his projects or when guiding his guests through their emotional processes related to cravings.

But Alistair also recognised that cacao was only a substitute for his own lack of being one hundred percent in his deepest and most fulfilling self-LOVE.

The Lack of Love

Through his personal introspection, observation and life experience, Alistair had found various motives for people to turn to food. Many were plagued by the thorns, their choices dominated by astral beings and gut bacteria that thrive on crystalglaze and other unhealthy and addictive substances. The screaming demands of the thorns and the bullying bacteria overpowered all else.

Some ate when they were bored, unable to find alternative ways of engaging with life. The stimulation and satisfaction offered by food seemed seductive.

Moreover, Alistair sensed that many souls were drawn to food not just out of habit and for the physiological sustenance it provided, but as a quick and easy cover for their deeper, unmet emotional needs. Behind the bite of something sweet, or the chewing of something tasty and rich, there was often an unspoken cry for something more: connection, acceptance and LOVE.

The essence of these missing elements was often a disconnection from self-LOVE. The hunger for LOVE led them to seek solace in edible comforts, but it was an emotional void that food could never truly fill.

Food served as a simple, uncomplicated and always available substitute for emotional satisfaction. It took on the role of an emotional crutch, a sanctuary of temporary comfort that was easy to reach for when times were tough or the feeling of LOVE was absent. From his own experience, Alistair knew that the warmth and fullness that food gave to the body could sometimes become irresistibly tempting.

He had also found that the lack of self-LOVE extended far beyond the plate and into the fabric of his life. It manifested itself in neglected relationships, unfulfilled potential or even settling for mediocrity when greatness could be achieved. Every time a soul chose a crystalglazed snack over dealing with their true inner feelings, they added a layer of emotional complexity that remained unaddressed. This led to a perpetual cycle where the lack of self-LOVE influenced not only the food choices, but also the choices that constructed the lives they lived.

Alistair was often puzzled by the sensually seductive texture, flavour and aroma of food, yet it provided only a quick, fleeting satisfaction. It only occupied the body, temporarily satisfying an eternal hunger rooted in the soul.

LOVE, on the other hand, was a multifaceted experience, potentially fulfilling not only on a sensory level, but also emotionally, mentally and spiritually. As LOVE, especially self-LOVE, filled the spaces of one's life, the need for external fillers such as food diminished. There is a richness in LOVE that even the most gourmet meal cannot replicate; it nourishes every part of our being in a way that food simply cannot.

In comparing LOVE and food, Alistair realised that food can only temporarily satisfy the emotional body, while LOVE nourishes the soul. This led Alistair to reflect on the transformative power of LOVE, which not only completes the human experience but also elevates it. The journey to self-LOVE then seemed not just a general goal, but the one essential quest, indispensable to a healthy life, free from the artificial comforts that so often took its place.

Alistair realised that this cycle of longing and food consumption deepened his disconnection from his innermost heart centre. The immediate gratification of food often clouded the true longing for self-LOVE, making it increasingly elusive. The more one relied on external, often superficial, comforts, the further one moved away from the intuitive wisdom and soulful nourishment one truly craved. Alistair thought it was a bit like covering a leaking roof with a blanket. It might stop the rain for a short time, but eventually the problem would return.

Reflecting on his own life, Alistair recalled the many times when he too had been caught in this vicious circle. Eating crystalglazed treats, he would feel a momentary sense of euphoria and satisfaction, just as his mother had. But this fleeting happiness always faded quickly, leaving him emptier in the long run, unless he continued to drug himself.

It was not until he confronted his own self-doubt and emotional vulnerability by venturing on a transformative journey to the north of Sanuela and spending time in the spiritual enclave near Niramir that he broke free from the shackles of his food dependency. There, along with Calantha's emotional help and guidance, he finally understood that he had to LOVE himself far more deeply than he ever thought possible.

Alistair learned that the key to breaking the cycle was neither a magic pill nor a revolutionary diet, although periods of fasting were definitely an essential part of the process. Mostly it was the courageous act of turning inwards. Detached from the typical distractions of the world, one was confronted with the depths of one's own being.

He advocated practices such as mindful eating, where you savour every bite and understand the source and purpose of your food. Alistair also strongly recommended engaging in activities that enrich the soul, such as engaging in deep, meaningful conversations, writing in a journal, spending time in nature or connecting with Mother

Goddess Sanuela. By replacing eating with these enriching experiences, one could not only fill the void, but also create a powerful connection with one's inner self.

Cultivating deep inner gratitude in all life situations became a crucial step for Alistair to fully embrace his own self-LOVE. Such practices invited moments of self-reflection and helped to rewire the brain to be more receptive to positive emotions, automatically shifting focus and awareness to his inner heart space.

He would also often mentally repeat to himself: "Alistair, I LOVE you!", for sometimes, when there was no one in his life to say these words to him, he would offer this loving and caring attention to himself. Interestingly, after practising this for a few moon quarters, Alistair naturally attracted Eirian into his life, who soon became his loving and wonderful girlfriend.

By addressing the root causes and actively pursuing soul-satisfying alternatives, Alistair believed that anyone could liberate themselves from these imprisoning cycles. By prioritising self-LOVE and inner gratitude, souls could build fulfilling lives, full of emotional richness rather than calorie-laden emptiness.

Emotional Neediness

Alistair often saw emotional neediness as a barrier to personal growth and empowerment. He believed that souls who were overly dependent on others for emotional or material support were not living up to their own magical potential and were often holding themselves back.

Alistair knew very well that each soul had to find their own time when they felt ready to break free from unhealthy emotional attachments or physical dependencies that could limit their growth. He encouraged them to embrace their own inner strength and rely on their own abilities, rather than seeking constant validation or support from others.

To awaken feelings of self-LOVE, he offered the meditative hugs that Ayana had taught since becoming a High Priestess. Everyone was encouraged to explore the beneficial healing possibilities of extended embraces. So he included these often very emotional hugs in his regular programme of sharing with his guests. It was his way of providing loving and caring support.

In the time spent together, his guests would find ways to improve their various aspects of life, step by step. His work and offerings would regularly balance any strong neediness to an acceptable level. In this way, inner healing could take place in a soul. It was caring in a loving exchange with another human being. When both breathed through their heart centres, magic and miracles often happened because their consciousness was connected through their hearts.

Alistair knew that as human beings we have a certain neediness, it is part of our evolutionary genes to keep us together with others. Emotional connections and support are important for us to grow in the best possible way.

It was always healthy and good to be able to rely on each other for support at times. But when neediness became a dependency that led to unhealthy relationships or emotional bondage, it needed to be calmed, just not with the same substances his guests had often used before.

Together they would find new ways to balance the underlying needs behind the craving. Alistair always encouraged his guests to focus on developing their own inner self-LOVE, self-compassion and self-worth. This included learning how to take really good care of oneself, but also expressing LOVE through hugging meditations or other forms of human exchange that another soul found comfortable and safe to share. When it came to cravings, it was best to keep the heart centre

active and vibrant at all times, raising the frequencies as high as possible. Often the thorns would leave within a few quarters of a moon to find other souls to live with who were at lower frequencies.

With some guests, Alistair identified the underlying causes of their emotional neediness. He worked on addressing these roots by talking openly about them. This often involved exploring their past experiences, belief systems and behaviour patterns. While doing this deep emotional work, he suggested holding one hand over the heart centre and the other over the stomach area to feel and release astral energetic and emotional knots through breathing, observing and letting go.

When the time was right, Alistair took his guests to group activities that encouraged healthy emotional connections and a sense of community, such as intuitive, creative dancing, group meditation, therapeutic drawing, sharing circles or other types of gatherings. He found that being part of a community and feeling a sense of belonging can greatly reduce feelings of neediness.

He also regularly encouraged his guests to do something creative or challenging. Something that would allow them to express their feelings in a healthy way and tap into their inner wisdom and self-responsibility.

All this was good advice, but how to integrate it into the personal lives of his guests often became a

work of intuitive art. Exploring the possibilities of change was what they spent the most time on. Some of the guests were a little anxious at first, not sure how far they wanted to go. But soon they began to see the benefits of Alistair's approaches and began to make progress in their personal growth.

One guest in particular, a young woman called Liliana, had been struggling with cravings for years. She had almost given up hope of ever getting clean from euphoric crystalglaze and radiant dreamnectar (*). But there was something about Alistair that gave her the inner calling to try. She had been traumatised as a child. Even now, Liliana felt particularly needy and sought comfort in artificially sweetened food, as most Sanuelans had done only fifty years ago.

Much had changed since then. Slowly, step by step, markets had adapted their offerings, making a gentle change possible for everyone. Instead of dozens of food stalls with unhealthy and addictive products, more and more healthy food was offered. There was a gradual change in attitude, not only among the customers, but also among the market owners. They decided to change their offer for the well-being of all, knowing that they were doing it for LOVE and not just for profit. The souls of Sanuela found their humanness and the course of events could not be stopped.

Food suppliers adapted their products and processes. Most people coped well with the change,

which took a few years to manifest. After that, every now and then a soul would be pulled back from the thorns that lived on the euphoric crystalglaze. Liliana was one of them, trying to find a way out of her cravings, but not succeeding on her own.

It turned out that Liliana wanted the feeling of loving comfort, peace and security, and her mind had associated these wishes with the sensation of being filled with certain foods.

It took Alistair some time, many long hugs, and a few Love Bubble transitions – a technique he had recently learned from his friend Cerulean Starstrider (*2). He also suggested to Liliana that she meet two other friends of his: Ayana the High Priestess (*3) and Lana Lightweaver (*4). The intuitive combination of the various stepping stones for Liliana's inner healing journey came easily to Alistair, always at the right time. Step by step, Liliana allowed herself to walk the path to her inner freedom.

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(*) Radiant Dreamnectars are Sanuela's concentrated fruit juices, which contain much more euphoric crystalglaze than eating the whole fruit.

(*2) See: *Sacred Sensual Journey*, not published yet

(*3) See: *Ayana, My Light and My Love*.

(*4) See: *Enchantress of Sensual Bliss*

Emotional Dependency

One of Alistair's guests was a young woman called Nyvii. Alistair had been friends with her for many years. They gave each other long hugs, they loved to share touches of appreciation and they trusted each other. Nyvii came as a Soulful Sharing Friend (*) to ask for his help.

She was struggling with emotional dependencies and was thinking a lot about her ex-boyfriend. She also had some physical cravings that they wanted to look into. Alistair was well aware of her struggle with self-LOVE and self-worth. He knew that she needed to cultivate the power for validation, happiness and fulfilment within herself, rather than seeking approval from others. Due to her many inner challenges and processes, her physical cravings were increased at the moment and she wasn't sure if she wanted to live unprotected and without masks, without the substances that made her life acceptable.

He began to give her LOVE and long hugs with heart centred breathing, just as Ayana had shown

him. There was always a certain hole to be filled when a soul had not experienced human closeness for some time.

He soon realised that Nyvii was not only relieved to have someone to fill that void with a long hug or two, but that his giving and sharing of closeness left her wanting more. They needed to talk about it. They liked each other very much, but what was the best thing to do for Nyvii's healing?

She told him, deliberately leaving all possibilities open for the future. "I feel very connected to you. It is wonderful to sit next to you, beautiful to hold your hand or hug you. It makes me feel ... complete! But I don't think I'm ready for a full relationship right now."

"Yes, I know exactly what you mean, because I feel the same way with you. And I also sense that this would not be the right time for a relationship. The question is, what is right and what is best for you to feel whole and free again?"

"If I am really honest, I long to hug you every few dewdrop beats (*2), but I know this is because I feel insecure and incomplete within myself. I want to feel complete again as soon as possible and with you I have an instant fix. You are my drug, Alistair!" she laughed and he joined in.

"I would say yes and no, my dear. Our long embraces certainly balance our astral energies, as

Ayana explains. If we do a few of them every day, we both receive and gain balance within ourselves.

When it comes to more closeness, I also prefer a good and healthy balance at this time, because I always fall in LOVE very quickly and go through all these hormonal mood changes, with many joys and many pains. I think it would not bring you healing and it would not be healthy for me to be the one causing it. We could sink as two boats without a proper hull. Instead, we could keep a sphere of light around us, made of almost unconditional LOVE, with only the one condition of reduced intimacy."

Nyvii laughed, "Unconditional LOVE minus one, that already gives a lot of LOVE potential, yes, I agree. They say LOVE would heal everything, but there are many colours and tones we can play with, feeling what wants to happen in that moment and what is best for both."

"But if you like, we can hold hands while we talk. We can connect, feel the energies better. Ayana calls it a mini hug," he laughed.

In the following meetings, the two held hands and discussed many topics and aspects of Nyvii's life. They also practised intuitive cleansing and balancing rituals, looked behind the causes of emotions and much more.

Alistair was not the teacher, he just asked questions and let Nyvii answer intuitively. There was no

balance of power between them. Therefore, shortly after their regular meetings, they began a beautiful extended Moon Love relationship (*3) together. They had found LOVE and wanted to continue exploring their sensual longings for each other at least once a lunar cycle.

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(*) In the magical lands of Sanuela, Soulful Sharing Friendships are deep bonds where souls come together as equals, embracing the principles of giving, receiving, and learning.

(*2) A dewdrop heartbeat corresponds to a period of approximately 5 to 10 Earth minutes. This time allows for the visible formation and eventual release of a dewdrop. See: *Ayana, My Light and My Love*.

(*3) Moon Love couples come together to celebrate a sacred and intimate LOVE ceremony once per lunar cycle. When they meet at other times, they establish personal permissions or liberties that reflect their agreements and allow for exploration within set boundaries. This offers the souls of Sanuela a form of committed, loving freedom that opens the possibility for strong and stable relationship networks.

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

Days of Full Indulgence

In recent years, Alistair had cultivated a Soulful Sharing Friendship with Fergus Brightstorm, Alchemist of the Mind from Altaris. They frequently exchanged goods and services, each assisting the other in their journeys of growth. Fergus was keen to explore Alistair's experiences during and after his transformation, when he was liberated from the thorns of craving. He wanted to put these insights into a book and educate the souls of Sanuela about the transformative power of mindful eating and living. He was particularly interested in the many aspects of mind and mental clarity that this lifestyle change brought.

Alistair was happy to support such an endeavour and helped Fergus in his own transition into a liberated life with his guided meditations and personal guidance. In return, he received various gifts, including some of Kofi Bluewhisper's famous divine tea blends, as well as help and advice on personal matters. Their time together was a mutually enriching exchange.

During one of their frequent meetings, Fergus was curious about the sporadic days of full indulgence Alistair allowed himself. "I thought you had conquered all cravings?" he asked, as they enjoyed cups of exquisite tea.

"Mostly, yes," Alistair began, taking a moment to savour the aroma of the tea. "But being human means that there are days when some cravings return temporarily. On those days I don't deny myself anything. I even prepare for them by planning ahead and buying food. Then I indulge fully, without the slightest regret".

"Hooray, I Am Human?" Fergus chuckled, his eyes twinkling with playful curiosity.

Sensing the inside joke, Alistair nodded. It was a reference to one of the books Fergus had recently lent him, full of teachings on hugging meditations. Fergus had been experiencing these embraces with Ayana for some time, and had undergone an amazing transformation during a lunar cycle spent in her company. "Yes, I suppose that sums it up," Alistair replied.

"Forgive my frankness," Fergus ventured, "but do you still ..."

"... buy crystalglaze on the black market sometimes?" Alistair interrupted before Fergus could finish his sentence. The shared bubble of consciousness between them allowed for such intimate understanding. Over time they had

become accustomed to this level of empathic resonance when they spent time together. It was an everyday magic they both cherished.

"Indeed I do," Alistair confirmed. "I've found that Crystalglaze, in moderation, is fine on my days of indulgence. Alcohol, however, has been a poor experiment. It is too strong of a drug for me to safely indulge in any longer. It clouded my mind and consciousness for days, I had many strange dreams, became anxious, felt too enclosed. Crystalglaze, on the other hand, was less intrusive."

"Aren't you worried about falling back into old habits and becoming addicted again?" Fergus continued, worried but intrigued.

"I was anxious at first," Alistair admitted. "But after indulging in all the food my mind could think of, and then eating all the crystalglazed desserts I could consume, the resulting discomfort was a reminder of my former life. Strangely, it was somehow a good experience. For hours afterwards I felt very bloated, and for the next two days I had very little interest in food. I ate one small meal a day, some vegetables and fresh fruit, nothing more, followed by a few days without food. So no chance for any more crystalglaze and the resulting gut bacteria to settle in me."

"And how often do you have these days of indulgence?"

"Once every quarter of the purple moon, usually. Occasionally I might extend it to a few days, but those days are far less extravagant. I do everything in phases, as it feels good and right for me and my body. After a few days, I certainly enjoy fasting so much more, staying completely clean from any food or substance."

Fergus stirred his cup, taking in Alistair's words. The steam from the tea danced between them as if carrying their shared thoughts. Fergus looked into his friend's eyes and asked, "So you say this cycle of indulgence and then abstinence makes you appreciate fasting more?"

"Indeed," Alistair replied. "It serves as a powerful reminder of the joy and lightness that fasting brings to my life. It is a contrasting exercise. I enjoy the richness of the indulgence, but when it's over I always come back to simplicity and clarity with a newfound gratitude."

Fergus glanced at the golden sunlight streaming through the windows of the room. It cast speckled patterns on the tapestries that hung on the walls. "Would you like to take a walk in the gardens? I find that movement aids in the digestion of both food and thought."

"An excellent idea," Alistair agreed.

They passed through the ornate archway, tracing their fingertips along the engraved vines and flowers in the wooden panels, and found

themselves in the wild gardens of Fergus's farm. The vibrant colours of the flora contrasted with the array of vegetables and fruit trees that Fergus had so skilfully cultivated. Here, in the midst of nature, the two friends found their conversation deepening.

"I have found that walking in nature connects my physical body with my emotional and spiritual self," Fergus mused. "You have embraced fasting as part of your spiritual journey. How do you think the physical act of fasting enhances your spiritual and emotional well-being?"

Alistair paused, closing his eyes for a moment as if to summon the words from a deeper realm. "Fasting clears my mind. It removes the mental fog that can come from overindulgence in food or substances. But more importantly, it makes me more receptive to the moving energies of my body, the world around me and Goddess Sanuela. It's like tuning a radio to a clearer frequency."

They had reached a stone bench under a large plane tree. A fountain bubbled nearby, its resonance joining the chorus of chirping birds. They sat for a few moments, listening to the gentle sounds. It was Fergus who broke the silence.

"You know my story of how the teachings and experiences of High Priestess Ayana transformed me some years ago. I was closed in my heart before and did not know it. Would you say that fasting could have offered you a similar awakening?"

Alistair smiled, his eyes distant but full of emotion. "While Calantha and Ayana have opened doors in my soul and heart that I never knew existed, fasting has allowed me to walk through those doors with greater ease. It's like holding a key to a treasure chest of spiritual gifts. The astral tingling became stronger and I was able to enjoy and feel the exchange of frequencies and subtle energies during the hugging ceremonies even more. I would also feel the aftereffects for many days to come, helping me to keep my heart wide open."

The friends stood up, silently agreeing that it was time to head back. They reached the door to the kitchen of the house, where Fergus's partner Freya had prepared a light meal of fresh fruit, goat cheese and a carafe of chilled elderflower tea with lemon.

"Would you like to break your fast with us?" Fergus asked as he offered Alistair a plate.

Alistair chuckled, "Why not? I am human after all." He picked up a slice of peach and took a bite. "Delicious," he declared, "but what's most delicious is the freedom to choose when and what to eat."

Fergus nodded, understanding that for Alistair this journey was less about the food and more about the sovereignty in his life. As they sat tasting the fruit and cheese, watching the sun sink below the horizon, they felt a deep sense of satisfaction and kinship. This was the essence of Soulful Sharing Friendship, where the communion of words, silence and shared experience created a space of

true understanding. As darkness began to settle, they toasted their friendship and the journeys that had shaped them with cups of elderflower tea.

Returning to the Shadows

Fergus and Alistair found themselves enveloped in the stillness of nature as they walked through woods and open meadows. The scent of damp earth and the twittering calls of distant birds filled the space around them. Each step seemed to carry an echo as the leaves crunched softly beneath their feet.

"Fergus, you are asking for a risky thing," Alistair began, his eyes scanning the horizon as if searching for answers in the setting sun. "You are suggesting that I willingly return to what I've fought so hard to overcome. It's like asking a freed bird to return to its cage, if only to see what it feels like to be trapped again."

Fergus glanced at Alistair. "Yes, it's a monumental undertaking, I admit. But imagine, Alistair, the power of documenting not just one, but several transformative journeys. The book I'm writing will focus on an incredible story - the struggle, the discovery, the liberation, and yes, the willing temporary return to the comforting shadows of

slumber. It will resonate deeply with those who find themselves in similar cycles."

Alistair paused for a moment, turning his gaze from the canopy of trees above them to meet Fergus's eyes. "Wait, are you suggesting that this book is going to be about me?"

Fergus offered a half-smile, tinged with mystery. "Why not? Your story encapsulates what so many are desperate to understand: the ambitious quest for freedom. Your struggles and triumphs offer more than a glimmer of hope. It's a story that spans your family history, your personal struggles with cravings, your discovery of ancient texts about the thorns, your initial success at the spiritual enclave thanks to High Priestess Calantha and your learned mentors, and your return home ..."

"And then you mean to include my purposeful second dive into euphoric crystalglaze dependency to experience and articulate the contrasting quality of life?"

"Exactly, but also to find an even clearer path to liberation, to improve your ability to guide others more effectively," Fergus affirmed.

Tears suddenly welled up in Alistair's eyes. A deep astral tingle ran through him, as if he'd just unlocked some forgotten prophecy that he was destined to fulfil. Much like Ayana on her personal journey of initiation, he felt that by liberating himself anew, he was creating a roadmap for others

to follow, and possibly changing something energetically in the collective along the way.

For a moment, both men fell silent, each immersed in their own thoughts and inner processes as they continued their walk. The beauty of nature surrounded them - towering trees stood like guardians of the forest, their leaves gently rustling in the breeze. A nearby stream added its quiet melody, seemingly whispering words of encouragement to Alistair. Each step seemed to ground him further, reminding him of the simple yet profound joys of the natural world.

Fergus seemed lost in thought as well. Alistair took a deep breath, filling his lungs with the rejuvenating air. His gaze drifted towards the horizon, contemplating the gravity of the task ahead. He was visibly moved, his eyes still moist from the tears that had escaped them.

Eventually Fergus broke the silence and looked directly into Alistair's eyes. "Alistair, before we go any further: If you decide to take this step, please promise me that it will only be about crystalglaze. No alcohol or anything else that might interfere with this journey. This has to be a single, focused experiment."

Alistair met Fergus's gaze, his eyes a mixture of vulnerability and determination. "I understand, and I promise. Crystalglaze alone, nothing else, a purposeful dive, not a reckless plunge into oblivion."

"Good," Fergus nodded, clearly relieved. "The aim is to navigate this experience with as much awareness as possible. It's a risky endeavour, but if we are to find the profound insights we seek, the experiment must remain untainted."

The pair resumed their walk, the silence settling over them once more. Alistair felt the weight of the decision he had just made. It seemed enormous, but there was also a newfound clarity. He thought about what lay ahead - buying the necessary crystalglazed sweets on the black market, and stocking up on lemons, ginger and apples to maintain a balance of energetic and physical health.

Two days later, Alistair found himself as exhausted as if he'd run a marathon. The lure of crystalglaze had been too strong, and he could already feel its numbing embrace wrapping around him like a thick, suffocating blanket. The simple act of getting out of bed in the morning, after an unusually long sleep, left him struggling to find the energy to begin his day. Even after his usual short rest in the afternoon, it felt like lifting a heavy weight to carry on.

Eventually he dragged himself to the kitchen and prepared a cup of squeezed lemon with some water. The acidic tang counteracted the hazy feeling in his consciousness, and the earthy aroma of a strong cacao that followed brought back a bit of the familiar alertness he had always enjoyed before falling back into crystalglazed habits.

As he drank the cacao, he intuitively began to hum in his special way, causing his pineal gland to vibrate strongly. Slowly but surely a flicker of energetic vitality returned. There, that was better! He felt alive, aware of his astral frequencies and his deep longing for liberation and full union with his inner heart centre.

Yet despite this small revival, doubt nagged at the edges of his mind. Was he foolish to have agreed to this path, to willingly slide back into the very trap he'd fought so hard to escape? He paused, reflecting on Fergus' words and the bigger picture they were both trying to paint. Deep down he knew he could do it, that he had the strength and will to rise above this challenge and find his way back to clarity. It was a temporary state, he reminded himself, a necessary immersion to gain the wisdom he so eagerly sought. Though he felt confused and foggy, he realised that he was now back among the sleepers - the very people he was trying to help. This descent was only temporary; his mission was permanent.

He took a deep breath and chose to persevere. It was a conscious decision, an echo of Fergus's insistence on an 'untainted experiment'. No turning back now.

That night sleep wrapped him in its comforting folds for a long time. The dreams were rich, deeply subconscious journeys that had a certain innocent bliss about them. He realised that unconscious dreaming could offer its own form of soothing.

While these dreams couldn't match the lucid vividness he had come to appreciate during his fasting periods, they carried with them a simpler joy. It was a very different kind of uncomplicated satisfaction. But given the choice, he felt he would still choose the more lucid dreaming - it offered a level of depth and engagement that these lapses into the unconscious couldn't quite match.

After the first three days of his unusual diet, which consisted mainly of crystalglazed sweets and a layered moonbread (*) each day, Alistair decided to take a break. The crystalglaze was giving him too many depressing feelings of dullness, and he was also experiencing some anxiety that he hadn't felt for a long time. Fasting for a day felt like a real relief, allowing his body and stomach a much-needed break.

The urges for a quick dose of crystalglaze were strong, but he resisted. Was it just the emotional pull of his recent poor eating habits? Or could it be that the bacteria in his gut had already adapted, sending urgent pleas to his brain not to be starved? Although staying on course without food or substances was a challenge, he found himself feeling more awake, more aware and somehow liberated. And so he carried on and endured.

Satisfied until darkness settled, Alistair felt no pressing needs or desires. Hunger was only a faint murmur, a sensation like an emotion that he could silence by simply observing it for a few dewdrop heartbeats. Convinced that he had earned some

wholesome nourishment, he considered ending his day with some fresh fruit. After all, fruit offered a natural sweetness, complemented by a host of other elements that harmonised the body's responses, ensuring stable hormone and insulin levels.

First he thought of an apple. Soon it was an apple, an orange and a banana. Then his hunger escalated. He ate a slice of bread with goat's cheese, covered with a spread of peanuts, coconut and cacao, and crowned it with more fruit. Finally, he opened his box of sweets and gave in to the temptation of crystalglazed biscuits. This was the slippery slope he'd feared; once he started eating again, there was nothing to stop him.

As the crystalglaze once again coursed through his bloodstream, Alistair felt his heart speed up. It was as if the substance was boiling in his veins. Strangely, he'd almost missed this sensation during his day of fasting. It was a conflicting mixture of feeling incredibly alive and uneasy at the same time. And so, as night settled outside, Alistair's uncertain journey into the comforting shadows of unconscious sleep continued.

...

(*) A layered moonbread is a flat bread base topped with various ingredients such as sauces, vegetables and sometimes goat cheese, and then baked until crispy.

Balance, Believe, and Body Intuition

There was something remarkable that Alistair discovered during his brief abstinence from crystalglazed candy and subsequent return to unhealthy eating. The very next night he felt more aware and creative. He realised that this change had come about because his balance had improved compared to the days when he'd fully indulged in the unhealthy foods.

Curious to dig deeper, Alistair was aware that crystalglaze would make his body more acidic. Lemon, he knew, would help bring him back to a more alkaline state. The next day he ate his usual amount of crystalglaze and layered moonbread, but balanced it with a large glass of lemon water. He began to listen to his body's intuition. Whenever he sensed a spike in his blood sugar, he'd reach for another lemon. At least that was the plan.

Another key insight for Alistair involved the power of his own beliefs. While he knew that the euphoric

crystalglaze and carb-based fast food couldn't provide a healthy, nourishing source of energy, he also realised that he could reduce the negative effects by trusting his body to guide him. It would tell him when he had too much, or when it was time to fast and cleanse.

Alistair was confident that his body's intuitive intelligence would guide him out of this rekindled addiction once he had learned all the necessary lessons. Having been through a transformative journey before, he had a roadmap for recovery. Ultimately, he hoped to find a healthier balance this time, one that didn't require so much rigid discipline. If he could listen to his body, his lifelong and trusted companion, he believed he would intuitively know what was beneficial and what was not. It marked the beginning of a new relationship of LOVE and respect with his body.

Then reality returned to Alistair. After a hefty lunch accompanied by more crystalglaze, he found himself tired and drained. An attempt at an afternoon nap brought little relief; within hours he felt the need for another rest. To make matters worse, he felt not only tired, but depressed, bored and incredibly lonely. Eirian was away, visiting her sister in the north.

His mind tried to convince him that even though he felt full, another piece of candy, cookie or cake would bring him the happiness he so desired. It was frustrating; he thought he'd cracked the code,

found that new, elusive balance. But the crystalglaze had other lessons to teach him.

Alistair arranged a meeting with Fergus to discuss his fluctuating moods and emotional wellbeing. "Could you remind me, Fergus, why I'm doing this again?" Alistair began.

Fergus offered a smile that suggested understanding. "Is it not remarkable how quickly these substances can ensnare us? Do you already feel your mind playing tricks on you?"

"Indeed, I started the day committed to balance, planning to have a lemon after each dose of crystalglaze. But then ... I only managed it once or twice before I stopped. Instead, I ended up eating more than I was comfortable with."

Fergus nodded. "The mind is a rebel, isn't it? Or could it be that the thorns have regained control of your thoughts? They know that discipline would quickly weaken their grip on you. Will this experience deepen the understanding of your guests?"

Alistair considered Fergus's words, his eyes narrowing in thought. "I suppose it will. If I can learn to navigate these cravings and emotional swings, perhaps I can empathise even more with those who are going through the same."

Fergus leaned back and studied Alistair's expression. "Sometimes we have to wade through the mud to appreciate the feeling of clean, solid

ground beneath our feet. You're gaining invaluable experience, even if it's uncomfortable at the moment."

"Still, it's a tough lesson to relearn," Alistair admitted, his voice tinged with regret. "I thought I had put this behind me, that I had mastered myself. That was clearly an illusion."

Alistair sighed, his shoulders drooping slightly. "I suppose mastering oneself is a lifelong task, isn't it? A never-ending process."

Fergus looked at him with a gentle gaze. "And what have you learnt about balance through this ordeal?"

Alistair took a long breath, reflecting on the question. "True balance lies not only in what I consume or avoid, but in my relationship with myself. In trusting my body's intuition, my soul's wisdom, my emotions, my moods, even when they sometimes drag me down. Knowing and trusting that this is only temporary. It's a big picture thing, isn't it?"

"Life is a complex tapestry; it's rarely one thing that throws us off balance, but a combination of factors, many of which we may not even be aware of."

Alistair's eyes brightened. "I have to be aware of not only the physical, but also the emotional, mental and spiritual aspects. It's not just about discipline. My heart wants to be loved. When Eirian is not with me, there is only me to LOVE more deeply. And I definitely need more patience, not to

be too harsh with myself. If I feel unwell, so be it. It will dissolve again."

"Exactly," confirmed Fergus. "But remember, it's easy to see the pattern when you're standing on the outside. It takes courage to dive back in and pick up the threads. So thank you for letting me get close enough to witness your struggles and triumphs. They will be an invaluable addition to the book I'm writing."

"Ah, the book," Alistair mused, a twinkle returning to his eye. "Have you thought of a title yet?"

Fergus gave him a tender smile. "I have, actually. I was thinking of calling it 'Alistair, Liberator of Temptational Bonds'. It's a deeply personal journey and I believe the name alone will draw the right souls to it."

Alistair felt a warm glow spread through him. "It's quite an honour, Fergus. But it's also a responsibility, isn't it?"

"It is," Fergus admitted. "But it's one I think you're ready for. Your journey, in all its complexity, holds the potential for incredible transformation - not just for you, but for anyone who reads about it."

With that, Alistair felt a renewed sense of purpose and strength. It was as if Fergus's words had reminded him of the bigger picture, pulling him out of the morass of self-doubt and frustration into which he had sunk. He knew that the road ahead would still be full of challenges, but somehow it

seemed more manageable now, as if a light had been switched on in a previously darkened path. And for the first time in days, he felt a genuine excitement for the journey ahead.

The two friends sat in contemplative silence for a few moments, each absorbing the gravity and promise of what had been discussed. Then Fergus stood, his eyes meeting Alistair's before they parted.

"Life is both a mystery and a work in progress. But the most important element in this masterpiece is you."

Alistair nodded, touched and invigorated. "Thank you for reminding me of that, Fergus."

As Alistair walked away from their meeting, he felt a weight lift from his shoulders. For all the trials and tribulations, there was beauty in the struggle, a lesson in every stumble. And as Fergus had so wisely pointed out, mastering oneself was indeed the work of a lifetime – but what an extraordinary one it promised to be.

Tales of the Underworld

Alistair returned home that evening, his spirit lifted by his conversation with Fergus, yet weighed down by his constant tiredness and the reality of his struggle. He felt a strange connection to the heroes of ancient myths - those brave souls who had delved into shadow worlds to face their inner demons and dragons. The words of Fergus seemed to echo like incantations, magical spells that transported him beyond the walls of his mind.

Sitting in front of a blank page, a poetic impulse swept through him. Perhaps this was the way to make sense of his labyrinthine journey, in the form of a mystical tale.

...

A Song to Myself

In this tapestry of my existence
Feeling like a mere thread, I long for more

More light, more LOVE, more essence
More of what I don't yet understand.

The call of the underworld beckons
Not a descent into darkness, but
A search for higher frequencies
Hidden in the depths below.

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

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

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

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

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

...

Alistair paused, his pen hovering over the page. Was he truly his own hero, or was he lost in a labyrinth of his own making? The answer was still unclear, but as he wrote the lines of another poem, he felt a renewed sense of clarity.

The Return

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

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

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

...

As Alistair finished writing, a weight seemed to lift from his shoulders. Although his journey was far from over, the very act of putting his thoughts and feelings down on paper had been a transformative experience. He was both the writer and the hero of his own story. In these roles, Alistair discovered a glimmer of the self-LOVE and self-esteem that had often seemed so distant. He felt as if he had caught a glimpse of a cosmic compass, one that kept pointing him towards his true inner LOVE and light.

For now, he needed to return to the underworld. Despite the good sleep he'd had over the past few days, he felt an overwhelming fatigue. His mind was clouded, and with each passing day, his ability to focus became more elusive. Should he turn to stimulants to maintain his alertness? But caffeine had its own addictive pull, and he had promised Fergus that he would stick exclusively to crystalglaze and a carbohydrate-rich diet. The experiment must remain untainted, Fergus had cautioned, a sentiment that now anchored him and prevented any further deviation from his chosen path. Once the journey and the experiment were over, it would be easier to return to his healthy, vigilant fast.

Alistair also observed a noticeable increase in his sexual drive while feeding on crystalglaze and carbohydrates. This was particularly apparent

during periods when Eirian was not around to satisfy his heightened sensual needs and desires.

Another unsettling aspect of his life in the underworld was the constant need for bodily elimination. In the days when he ate only once every quarter of a purple moon, his visits to the toilet were equally infrequent. This simplified his life, making it easier and more hygienic. Now the smell of his daily excretions disgusted him. It reminded him of a conversation he'd had with a close friend who had recently become a parent. He had mentioned that a baby's faeces does not start to smell bad until the child starts eating processed and cooked food.

Increased cravings, desires and urges, growing exhaustion and mental fog, digestive inconveniences - Alistair was eagerly awaiting the end of this experiment. He would continue a little longer, perhaps for another quarter of a moon. But when it was over, he was sure he would return with a renewed devotion to his healthy lifestyle. Furthermore, he looked forward to guiding others out of the underworlds and into the astral-energetic heavens offered by this alternative way of life.

The stars outside his window twinkled as if to whisper, "You are on the right path, Alistair. Keep writing your story, for it is the ink and essence of your soul, and you have many chapters yet to fill."

Between Two Worlds

Alistair's neighbour, Cytherea Starlight, strolled over, her arms cradling two handfuls of ripe bananas. "How are you, Alistair? My garden is overflowing. Would you or Eirian like some?"

Despite his strict commitment to an unconventional diet of crystal-glazed sweets and layered moonbread, Alistair couldn't refuse his neighbour's heartfelt offer. Seeing every event as a cosmic signpost to reach him as the dreamer and creator of his personal universe, he interpreted Cytherea's gesture as a divine message. There was a reason why Goddess Sanuela brought him fresh fruit. Could it be that his venture into the realm of crystalglazed treats and carb-laden meals had reached its tipping point and he needed a break?

Eager for a change, Alistair returned to healthier times and prepared a nutritious bowl of fermented oatmeal. After soaking the covered oats and a handful of sunflower seeds at room temperature for a night and a day, he perfected the mixture the next day with coconut flakes, sesame seeds, pure cacao

powder, fresh fruit and berries. This nutritious evening meal was said to improve the quality of sleep and dreams by stimulating the production of certain hormones and neurotransmitters.

It was only when he deviated from his crystalglaze diet that he realised his deep longing for a more balanced lifestyle, and he was glad that Goddess Sanuela had heard his pleas without him even having to ask. The respite was refreshing. Alistair felt more aware, more connected to himself and the world. Even the high frequency angelic singing in his ears resumed its celestial symphony, showing him that he was well connected to the centre of his personal, loving universe. He had almost forgotten about it during his deep dive into the crystalglazed underworlds.

But this return also meant facing his fluctuating emotions again, without substances to suppress them. It meant tuning in to the messages his feelings were sending him, and observing the deep, authentic longings behind the superficial outer desires. Although he sometimes tried to avoid this introspective work, he knew it was essential to do it regularly. For at the core of what he was most often seeking was a deeper LOVE for himself - a longing that manifested as a desire for more LOVE from others. This emotional reality became particularly acute when neither his first girlfriend, Eirian, nor his lunar Love, Nyvii, were present in his life.

The next day presented Alistair with a dilemma between his two dietary worlds. He began his

morning with a banana, but without the commitment to maintain another day of fruit fasting, he soon found himself reaching for the crystalglaze again. Remembering Fergus' assertion that willpower is a finite resource, Alistair felt that he had already used up his quota for the day, possibly before he had even finished brushing his teeth. As a result, he gave in to his cravings and indulged in one crystalglazed candy after another.

As a result, Alistair felt increasingly tired, a state he found frustrating as there was an important creative project awaiting his attention. Despite his desire to work, with all the crystalglaze inside, the allure of a nap proved too irresistible. After some rest, he turned to a blend of strong cacao and fermented green tea leaves, seeking the extra kick of caffeine to regain his focus. Although Fergus had stressed the importance of maintaining the purity of the experiment, Alistair wondered how he could possibly continue without some form of alertness.

Alistair realised that this struggle may ultimately serve him well once the experiment was over. He foresaw a moment when he would become tired of the endless cycle of craving and self-medication, and instead long for the sense of inner freedom he had once known. He knew the path, so he would find his way.

Alistair also understood that overcoming this period would lead to a new level of heart awakening for him. The crystalglaze, he sensed, acted as a cap on his deeper feelings of LOVE. It

provided a sort of emotional comfort zone, shielding him from confronting his deeper longings, especially in the absence of Eirian and Nyvii.

Finally, the moment had come for Alistair to get clean again. He indulged in what would be his last layered moonbread for some time, complemented by some crystalglazed sweets. Afterwards, he enjoyed a long nap as his body worked to neutralise the acid and manage the tedious digestive process. When he awoke, he revitalised himself with a glass of lemon water and a potent blend of cacao and green tea leaves, hoping that this would be the last time he needed such a caffeine boost for quite a while.

The experiment had been interesting and not without its pleasures, but also exhausting and draining. Alistair felt a sense of relief when it was over. He felt completely saturated and wanted nothing more than a period of clean fasting to feel healthy, whole and awake once again.

The first day and night passed relatively smoothly, although Alistair felt a lingering sense of bloating. Any sensations of hunger were fleeting, lasting no longer than a dewdrop heartbeat. His body seemed to remember the liberating feeling of not needing food and was eager to reclaim that state. To aid this process, he took a long walk in the sun, an exercise that both exhausted him and helped to sweat out some of the remaining toxins from his recent indulgences.

The next day Alistair found himself tired and in low spirits. He recognised this as a period of transition he had to undergo, hoping it would be less difficult than the first time he had gone through it in the spiritual community of Niramir. Although images of food appeared, tempting him to return to his recent habits, he resisted. Instead, he engaged in activities that brought him joy, while giving his body and emotions the rest and comfort they sought. The only things Alistair consumed, apart from plenty of water, were natural lemon juice and pure cacao, occasionally enriched with a touch of coconut oil.

Over the next few days, Alistair found the journey easier to navigate. He paid close attention to his body's needs and balanced periods of exertion, such as nature walks, with adequate rest. Gradually, he reintroduced an apple into his diet every day and sometimes sprinkled a small spoonful of oats into his hot cacao. This helped him find a balance between fasting and giving his body a little pleasure as well as a little nourishment.

The benefits were evident after four days: increased creativity, greater alertness and reduced need for sleep, allowing him more time for personal projects. His astral sensations intensified once again, making him feel more at home in his astral form. He also felt more in tune with his emotions and reconnected with his heart space. "At last," he thought, relieved that the long transition had finally come to an end.

In search of the ideal inner balance between fasting and feasting, Alistair decided to indulge himself once again. And what better way to break his fast than with a layered moonbread? Having plenty of crystalglazed sweets left over, he also treated himself to an extended dessert. He was curious to see whether this culinary deviation on the fifth day would disturb his newly acquired heightened state of awareness, or if he could maintain this level of sensitivity, heart-openness and alertness.

While enjoying his crystalglaze, Alistair realised that he couldn't stop eating without setting himself a clear limit, even though his stomach felt full. This new experience made him realise that no substance could ever satisfy his true longings. What he, like all humans, was seeking was LOVE, affection and understanding - elements that no food could provide.

Feeling lethargic after his indulgence, Alistair took a few hours to rest. When he awoke, he revitalised himself with lemon water and fresh ginger tea, regaining his energetic heart connection. He vowed to devote the next few days to more fasting.

The Choice Between Being Awake or Asleep

The following day, Alistair was tempted several times by cravings for food or crystalglaze. At one point he allowed himself an apple. Later, he had a slice of bread with his favourite homemade spread - a mixture of cacao, coconut and peanuts - along with some goat's cheese and a banana. But he stopped himself from eating more.

He realised that when the emotion of neediness for food or any substance arose, there was a simple choice to be made: Would he give in to indulgence and then become inwardly dormant and less conscious? Or would he choose to maintain his state of being highly energetic, highly conscious, fully present in his heart, while honouring his connection with Mother Goddess Sanuela? Despite the simplicity of the choice, his recent detours into indulgence made the temptation all the more compelling.

Was it considered cheating if he ate these very small portions and then consumed modest amounts of caffeine, either in tea or by directly ingesting a few dried and fermented green tea leaves? Combined with cacao, this served to mimic the heightened state of superconsciousness he could achieve through fasting alone.

And so it was, over the next cycle of day and night, Alistair's wakefulness shifted naturally to higher levels. The whole world around him became alive and conscious. He began to perceive animals, plants, and all the other things in the world as aspects of himself, and everything and everyone was connected and communicating with him. No sudden sound was a coincidence, everything that happened in his personal universe had a meaning, connected to his innermost centre.

But even with all the clearly felt benefits of not consuming food, even with the greatest treasure of feeling highly connected and intuitively guided to spheres he didn't know existed while living in eating-land consciousness, the emotional pull towards food seemed unstoppable.

For some parts of the day this was not a problem. Hunger was not a big issue, it came and went. But the emotional pull was more and more present since he started his experiment! It wasn't a physical addiction anymore, he sensed. Perhaps the bacteria that fed on sugar were no longer able to live in his body temple, as he had worked hard to raise his frequency levels to a level where they would not

feel comfortable. But the mental and emotional craving was still there.

Alistair decided to send a message to his good friend Cerulean Starstrider, Guide to Enlightenment in Luminae. They took a leisurely stroll through the beautiful gardens and woods of Altaris. As they made their way through the winding paths, they marvelled at the natural beauty around them. The vibrant colours of the flowers, the gentle swaying of the trees and the soft rustling of the leaves were a symphony for the senses.

At first they walked for some time in comfortable silence, each lost in their own thoughts, appreciating the tranquillity of their surroundings. It was a place where one could escape the worries of the world and simply exist in the moment. As they turned a corner, they came upon a small waterfall, the water cascading into a crystal clear pool below. Without hesitation, they kicked off their shoes and waded into the cool water, enjoying the sensation of its freshness on their skin.

As they sat by the pool, Alistair described his recent experiences to Cerulean, who listened quietly, occasionally asking questions.

"I'm glad you already feel so connected to the core of your personal universe, Alistair," he began. "These are experiences that not many souls are blessed with in their lifetime. It may very well be

your last time here," he made an expansive gesture with his hands, as if to encompass all of Sanuela.

"But why do I even need to think about food or filling anything when I have this good connection now?"

"Could it be the fear of being fully awake? It seems to be the greatest fear a human being can experience, much more deeply rooted than the fear of leaving this body one day."

"Perhaps, yes. Although I feel ready and prepared for higher experiences."

"Well, we cannot enter the gates of heaven with a full backpack. In the end it is only you and nothing else. Any attachments left will not take you further at a certain point."

Cerulean was going through his own intense processes of spiritual awakening, following a more sensual path (*). Mental and emotional abstinence from the temptation of food was yet to come on his journey.

"I am hoping that this whole issue of food cravings will resolve itself for me, as I feel that I am making good progress in my development just by raising my frequencies. My theory is that once my light shines bright enough, the cravings should go away, or at least not bother us as much. But everyone's personal awakening story is very different, so what works for me may or may not work for you. Also,

my thinking might just be my unwillingness to start my own fasting journey yet," he chuckled.

Alistair joined in the laughter. It was good to have a friend who understood the inner spiritual struggles of the path. "Yes, fasting is not really high on the agenda for most people. They prefer to go to a mantra chanting evening and feel spiritual. But not many really want to do the hard work of letting go of their comfort zones and cravings."

"Well, I definitely want to try it sometime soon, and I will make sure to come by and get your guidance and blessing for this endeavour."

"I will be happy to help you. But first I need to purify myself again. Although I don't feel the physical addiction anymore that used to haunt me ... which of course I only fully realised once I was out of the vicious circle ..."

"Yes, it is impossible to see the problem when you are stuck in the mud," Cerulean laughed again.

"Exactly. But the emotional pull is still there, and if I want to help liberate others, I have to get much better at it. As my friend Fergus says, there is not enough willpower for a whole day to abstain from something when the urge is strong."

"So what are you going to do?" asked Cerulean.

"I thought of a kind of game challenge. I could fast for one day and then indulge in a regular meal for as long as I felt like eating. Once I am fully satiated

and satisfied, I would start fasting again, this time for at least two days".

"And then you indulge again? That is an interesting challenge. Are you sure this is not just a mental game that prevents you from making the breakthrough right away?"

"The idea is to feel the difference between the days of fasting and the days of feasting, and then to stay with the conscious decision to fast longer and longer. One day longer each round."

"Let me know if this works for you," Cerulean replied, "it sounds achievable, and I might like to try it myself! But let me ask you something. Where do you think your cravings for food come from? What are you trying to comfort with food?"

It took Alistair a while to answer, as he searched deep within himself. Then he smiled and said, "It comes from my deep inner longing to be complete, divine Oneness."

Cerulean nodded. "Very good," he said, "then use this to become One, to become god and goddess within yourself, to fulfil the divine inner marriage and your inner prophecy. Don't deny your longing any longer. Let it grow instead! Your greatest challenge will take you to your deepest inner LOVE. The journey is different in the details for each soul, but very similar in its essence. In the end we are only following our deepest longing for unity, to become One with our personal universe."

"How does it work, Cerulean? I mean, practically? You are part of my personal universe, aren't you?"

"Yes, and I am here to show you a bit of your way back home, towards your awakening within your divine centre. But as we live in a holographic multiverse system, you are doing the same for me in my personal universe."

"So if one of us finds this complete divine Oneness, would that mean that everyone else in that personal universe would also find it?"

"Indeed, my friend, indeed. From your perspective, everyone in your universe will be fully awake as part of your Oneness. However, whether I will experience your Oneness in my personal universe depends on my own inner path. When I am ready, I will move into my Oneness 'at the same moment', for in this state time is no longer relevant. But from my point of view, this may still take a few years, decades or lifetimes. Although I'm quite sure that one fully awakened soul in Sanuela will give everyone else alive a major push towards their own Oneness."

After this talk, Alistair began to see his cravings less as an emotional addiction, because he felt he had mastered them quite well. It was a liberating feeling to realise that it was only his longing for full inner unity that made him want anything. It didn't remove the yearning he felt inside, but it made him understand the cause, and he was able to LOVE

this urge to become the innermost centre of himself, instead of rebelling or fighting against it.

Then there came a time when he no longer perceived crystalglaze as a harmful, dulling and tiring substance. Suddenly it became a quick anchor point to bring the higher frequencies down a bit. There were more and more moments in Alistair's life when his visual perception changed to a kind of astral vision, the colours appeared in very different and previously unknown combinations of mixed tones. When this became too much and too intense for him, a bit of crystalglaze and he felt grounded and normal again.

Or when he felt his longing for full inner unity rising in a wave that felt too heavy for him at that moment, crystalglaze brought him back to full stability, hiding the emotions. At the same time, he didn't sink deeper into all the side effects as he had all those years before.

Perhaps his body had intuitively learned and adapted, Alistair reasoned, so that the frequency of this substance would be raised as soon as it entered his mouth. This meant that the risk of harm was greatly reduced. He experienced only a small fraction of the side effects and learned to use that as an energetic anchor.

However, after some time he felt the long-term effects and decided to stop again and get clean. This time it was easy, only the intention was needed and he stopped, fully saturated after many days of

indulging. He found that he no longer needed it as he was able to find other ways of dealing with certain emerging emotions of nervousness or coping with periods of boredom. Often he would just have an apple instead of the substances. It was a simple reprogramming of his habits, and it worked well.

...

(*) see: *Sacred Sensual Journey* – not published yet, as of spring 2025.

Aria's Search for Wholeness

As Aria Moonray entered Alistair's home, her gaze was filled with apprehension. She had heard of his knowledge about the thorns of craving, his energetic healing abilities and his deep understanding of the emotional links between food and LOVE. Despite her familiarity with various wellness and diet methods, she couldn't shake off her unhealthy cravings. Aria was looking for something deeper than a quick fix; she yearned for true transformation.

Sensing her uneasiness, Alistair greeted her with a warm, understanding smile. "You seem to be on a meaningful journey," he said gently, gesturing to the plush meditation cushions on the floor. "Here we can explore the possibility of change together."

Noticing that Aria was still holding some tension, Alistair suggested that they begin with a hugging meditation, similar to the one practised by his friend Ayana. "This will help us both align our energies and connect deeply with our hearts," he explained, guiding her through the process. As they

embraced while breathing through the inner heart space, Aria felt an unusual calmness and joy wash over her. For perhaps the first time in a long time, she felt seen and appreciated; a subtle spark of hope ignited within her.

After completing their hugging meditation, Alistair and Aria pulled away and took a moment to gaze into each other's eyes, sharing a silence that spoke volumes. The room felt charged with an energy of openness and vulnerability, as if the meditation had peeled away layers of emotional armour, leaving their souls exposed yet receptive.

"Now that we've connected on this deeper level," Alistair began, "I want to share something with you. You're not alone, Aria. Many people come here burdened by the weight of their cravings, longing for a healthier relationship with food and ultimately with themselves.

These aren't just culinary challenges, but emotional and spiritual ones too. That's why I've developed a series of guided meditations designed to meet the soul where it is and nurture it towards wholeness."

Aria listened intently, sensing that what Alistair was about to reveal could be the beginning for a significant change in her life. "These meditations," he continued, "are so much more than just relaxation techniques. They are deep, transformative journeys aimed at addressing the roots of your cravings, helping you move towards a purer diet, a purer being, encouraging a mindful

relationship with food and perhaps embracing the powerful spiritual practice of fasting. Each one acts as an energetic medicine for your soul, treating different aspects but all contributing to a more complete, more harmonious you."

Alistair smiled at her. "They ask you to face certain truths about yourself, and that's never easy. But in doing so, they empower you to become the best version of yourself, where food is not an enemy but an ally; where you're nourished not just by what you consume but by your own self-LOVE. I believe that's something worth striving for."

Tears formed in the corners of Aria's eyes as she nodded. She felt deeply touched, as if Alistair had reached into the most intimate corners of her heart. "Yes," she whispered, her voice trembling, "this is exactly what I've been looking for. It's as if you've read my soul. Please tell me more about these meditations. What do they do?"

"Sure," Alistair replied, his eyes brightening. "I can see you're eager to begin this journey. In the first meditation we look at the core of your emotional and spiritual connection to food."

Aria leaned forward, her eyes widening. "That sounds deep. But how does it work exactly? Is it like delving into my subconscious or something?"

Alistair smiled. "Yes, your subconscious is like a vault, storing experiences, emotions and memories that influence your current behaviour. The

meditation guides you to unlock that vault, confront those stored emotions and find a new perspective. Imagine it as a kind of spiritual archaeology, where you're both the digger and the treasure."

"Wow," Aria murmured, "that's quite an image. Spiritual archaeology - I LOVE it. What's the next meditation about?"

"The second one is about eating more pure, whole fruit," Alistair said. "I've designed it for those who have become accustomed to the addictive pull of processed foods which are full of extracted, isolated substances that are alien to our body's natural chemistry and sense of interconnectedness and wholeness. This meditation takes you on a journey of the senses. You'll experience the allure of whole fruits, feel their textures, savour their natural sweetness and gain an understanding of how they nourish not only your body but your soul."

"So it's like training my subconscious to appreciate more pure and natural foods?"

"Exactly," confirmed Alistair. "It's almost like a culinary reboot. You'll find that once you've gone through this meditation, picking up an apple will feel just as satisfying, if not more so, than reaching for a packet of something less healthy."

"Sounds good to me. And then?" Aria was now fully engaged.

"Now, beyond these initial steps, there's an exploration of your emotional and psychological relationship with your food. The next meditation practice helps you to become aware of your feelings, thoughts and even conflicting inner voices as you engage with food. You'll begin to eat not just with your mouth but with your whole being, attuning to what each part of you – emotional, mental, spiritual – needs from the meal."

Aria took a deep breath. "That's exactly what I've been missing. Too often I find myself eating without really being present, without fully savouring the food."

Alistair nodded, "Ah, you're not alone, Aria. Many of us see eating as a mere task, something to be rushed through, rather than an opportunity to nourish our whole being with all our inner parts."

Leaning back slightly on his floor cushion, Alistair watched as Aria fidgeted with a small Yin and Yang pendant around her neck, seemingly lost in the swirl of thoughts his words had created. Taking this as a cue, he poured a little more herbal tea into her cup and handed it to her. Aria took a sip and closed her eyes for a moment as if to draw wisdom from the warm liquid itself. Then, opening her eyes, she set the cup down and turned her gaze back to Alistair. "It sounds wonderful. Please continue."

"The final journey takes you through the profoundly transformative power of fasting. This is not merely an absence but a presence, a space

where physical hunger becomes quiet and spiritual abundance grows. It's a spiritual reset, a kind of detox for the soul as well as the body.

The guided meditation invites you into the idea, sweeps away your hesitations and allows you to tap into the incredible benefits this ancient practice offers, from enhancing physical vitality and alertness to deepening your spiritual connection."

Aria's eyes widened and her hands left the pendant to fold in her lap. "I've always thought of fasting as a kind of deprivation. You make it sound like a pilgrimage."

"Ah," Alistair affirmed, "that's because it is. In a very real sense, fasting is a journey into the uncharted regions of your own soul. By stepping back from the constant cycle of consumption, you give yourself the opportunity to connect with a deeper, more authentic part of yourself. And the meditation supports you in doing just that, helping you to make the transition."

Aria felt a stirring of awe and urgency inside her. Her eyes met Alistair's. "When can we start the first one?" was all she could say.

Healing Journey to the Roots of Cravings

These guided meditations are transformational journeys to release the emotional roots of cravings for foods that may not be wholesome for your body. They combine the wisdom of hypnotherapy with ancient spiritual practices to offer a loving and balanced path to holistic well-being.

On this website you can listen to audio versions of all four meditations, read by Nils:
<https://www.sanuela.org/thankyou/>

This introductory meditation helps you explore the emotional roots of your cravings for certain foods – revealing the deeper needs and patterns that drive them.

- o -

Dear soul, as you come to join me on this journey within, find a comfortable place to sit or lie down.

Feel free to adjust your position to maximise your comfort, for your physical body is the temple of this spiritual journey.

Gently close your eyes and use this simple act as your first step towards self-LOVE and discovery.

Begin by taking a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Feel the air moving through your nostrils, filling your lungs and expanding your chest and abdomen.

As you breathe out, imagine letting go of all the tensions, worries and distractions of the world. Let go a little more with each breath.

Visualise a soft, warm light emanating from beneath you, slowly integrating with you. Imagine this light as a gentle, loving energy that understands you and wants to comfort you.

Allow this light to touch your third eye and forehead, calming your mind. Feel it move downward, relaxing your facial muscles, neck and shoulders. Allow the warmth to release any knots of stress or tension. This light is the energy of trust and surrender. Welcome it; you are safe here.

As you continue to breathe, shift your focus to the heart centre and imagine another warm light there - a beautiful glowing sphere pulsating gently in sync with your heartbeat. Connect the descending light from above with the light in your heart centre. Feel them merging, feel them becoming one in your heart.

Your heart centre is the core of your emotional and spiritual existence, a reservoir of infinite LOVE and

infinite wisdom. Keep your focus on this radiant heart centre, knowing that this is where we will go deeper.

Allow your breath to become the rhythmic soundtrack of this sacred moment. Trust the process, surrender to the LOVE within and prepare to journey into the landscapes of your inner world ...

As you continue to rest and breathe in the comfort of your heart centre, you will find a vast space for compassion and understanding. The wisdom of the heart knows no boundaries; it is a sanctuary, a safe place to explore the landscape of your inner experiences.

Imagine a path emerging from this heart centre, inviting you to walk along it. This is the path to your past, paved with the cobblestones of memories, feelings and lessons. Trust that only that which is beneficial to your healing will reveal itself. Begin to walk slowly, breathing in the scents, hearing the sounds and feeling the textures around you.

(...)

As you walk, see if any particular moments in your life come to mind that relate to food.

These could be early memories of family meals, times when food was a source of comfort, or times when cravings led you down certain paths.

Don't force the memories to come; let them emerge naturally, like leaves floating down a gentle stream.

(...)

Whether it's a vivid scene or a subtle feeling, pay attention. If it feels overwhelming, remember that you're surrounded by the loving energy of your heart centre, an everlasting reservoir of compassion and wisdom.

You're not alone; you are held in the loving embrace of your Higher Self and the divine LOVE that connects us all.

(...)

As these scenes or feelings arise, simply observe. There's no need to judge or analyse at this point. Just witness them as if you were watching a film of your life.

Each moment is but a frame on this great multidimensional canvas, each craving a note in a much longer melody.

(...)

Acknowledge any emotions that arise - be it sadness, joy, regret, or even indifference. Embrace them.

These emotions are pieces of a puzzle, clues that bring you closer to understanding the origins of your cravings, dependencies, and unfulfilled needs.

(...)

It's okay if several scenes and feelings flood into your awareness, or if only a single moment crystallises.

Trust the wisdom of your intuition, trust the process, and trust that what emerges is what you are ready to face and heal.

(...)

Now I want you to gather these memories and feelings and prepare to carry them back to your heart centre.

As you slowly return to the sanctuary of your heart, carrying the memories and feelings you've found, know that you are entering a sacred space of healing and transformation.

Take a deep, grounding breath, draw comfort from the eternal light of your heart and prepare to transform the old into something new and liberating.

Gently place these memories and emotions before you, on the altar of your heart. It's as if you are offering them to be transformed by the alchemy of LOVE and understanding.

Take another deep breath and invite the energies of forgiveness into this sacred space.

With each inhale, draw in LOVE; with each exhale, release any tension, blame, or regret.

Fill your offered memories and emotions with this rhythmic dance of breathing, as if you're filling balloons with light until they float away from the weight of the past.

Visualise or feel a warm golden light emanating from your heart, expanding to envelop your memories and feelings, ceremoniously washing them in its purifying glow.

As your Inner Heart Light touches each one, watch as their forms and intensities dissolve or change under the gaze of your heart's wisdom and LOVE.

(...)

If you wish, have a dialogue with these memories. Forgive any souls that appear in each scene and situation and most importantly forgive yourself.

Express gratitude for the lessons these scenes have taught, the growth they have encouraged and release them into the light.

Feel the thorns of craving and dependency begin to lose their grip, unable to withstand the transformative power of unconditional LOVE.

(...)

As you complete this ritual, take a few moments to breathe deeply and seal this process. Feel the

newfound lightness, the spaciousness that has emerged within you, ready to be filled with LOVE, health and fulfilling experiences.

Know that today you've taken a significant step towards uncovering and healing the roots of your cravings, supported by the infinite LOVE that emanates from your heart and the divine LOVE that connects us all.

As we prepare to conclude this transformative journey, know that the light of the heart and the loving energies you've connected with are not temporary gifts, but eternal resources to which you can always return.

Take a moment to thank your heart, your intuition, your spiritual guides, your personal guardians or the divine LOVE that we all share. Feel the loving support that envelopes you.

(...)

Take a deep, loving breath and as you exhale begin to become aware of your physical body. Feel your fingers and toes, your arms and legs. Allow your awareness to rise like the morning sun slowly illuminating the landscape.

Take another deep breath in and as you exhale feel the surface beneath you. Whether it's a soft cushion or the solid ground, know that it will always support you, just as the divine LOVE and wisdom you have connected with today will always be there to support and care for you.

When you are ready, open your eyes gently, letting the ambient light in as your gaze softens. Stretch your arms and legs if you wish, but take it slowly. There's no rush.

You return to your world, not as you were when you began this meditation, but as someone closer to your true essence, radiant with newfound LOVE and understanding.

As you go about your day, carry this transformative experience with you. Let it serve as a touchstone, a source of strength and insight as you navigate the complexities of life.

Remember that your journey to holistic wellbeing is not a solo expedition, but a collaborative dance with Gaia (*) and the Universe, choreographed in LOVE and care.

Thank you for giving yourself the gift of this time, this journey, and this LOVE. Live your life to its fullest potential.

...

(*) Of course, in Alistair's world, he would use Goddess Sanuela in this sentence. As you will most likely be reading or listening to this meditation on the sacred grounds of Goddess Gaia, I have changed it for a better alignment.

From Processed to Pure

This meditation guides you to shift your cravings from processed foods to whole fruits and natural foods.

- o -

Welcome, dear soul, let us begin this journey of transformation. Find a comfortable seat or lie down in a space where you feel safe and undisturbed.

Gently close your eyes. Breathe in deeply, inhaling the essence of life itself, and as you exhale release any tension or worry that may have accumulated in your body or mind.

Now focus your attention on your toes. Imagine a warm, soothing light enveloping them. Feel this light dissolving any tightness, melting away any tensions.

Allow this soothing light to gradually move up your feet to your ankles, calves and knees, leaving a trail of relaxed, calm muscles and tissues in its path.

As this wave of calmness rises, allow your focus to follow. Feel the warm light filling your thighs, your hips, your stomach. It's as if every cell it touches is being reset to a state of perfect calmness.

The light continues its journey up your chest, filling your heart centre with a warm, loving glow.

(...)

Now move your awareness to your arms. Feel the light caressing your fingers, palms, wrists and elbows.

Allow it to flow into your upper arms and shoulders, releasing any knots or burdens you've been carrying. The light eventually merges into the warm glow at your heart centre, reflecting the union of your body's energies.

Move your attention to your neck, jaw and face. As you allow the muscles there to relax, feel the expressions of the day fade away, letting your face find its restful, natural state.

This healing light then moves upwards to fill your head, your mind, your thoughts.

Take another slow, deep breath in and this time, as you exhale, imagine any remaining tension, stress or negativity leaving your body and mind.

Feel the peace settling in; you are now in a state of deep relaxation and openness, ready to embrace the journey that awaits you.

You are ready. You are safe. You are wrapped in LOVE and nurturing. Let's journey into the depths of your soul's longings and emerge with a renewed, harmonious relationship with the food that nourishes your body and spirit.

Focus your attention on the food you are giving your body. No judgement, just keen observation. Become aware of the foods you gravitate towards when you experience cravings.

They may be convenient, easy to get hold of, offer instant gratification, but perhaps they lack nutritional depth.

Allow these specific foods to come to mind, one by one, taking their form in vivid detail.

(...)

Notice the shape, colour, even the smell and taste as you vividly recall them. Are they really as vibrant as you thought?

Or do they already seem to be losing their radiance in this space of heightened awareness?

Now let's reframe this sensory experience. Imagine that these food items become small, gradually shrinking in size. As they become smaller, they also lose their vibrant colours and turn into greyish versions of themselves. Imagine the taste and smell fading away, becoming bland and uninteresting.

You can now let go of their hold on you, their promise of immediate but fleeting satisfaction.

(...)

With your mind cleared of the previous cravings, let's invite in new, more wholesome images. Think of your favourite fruit. It could be anything – juicy oranges, luscious strawberries, velvety peaches or crisp apples.

Watch them materialise in your mind's eye, large, satisfying and full of vibrant, natural colour.

Smell their fresh, invigorating aroma. Taste their natural sweetness, their tangy juices. Feel their life-giving, nourishing essence.

They are not only delicious, but rich in nutrients, vibrating with life energy that fills you with vitality and health.

Feel the contrast between the two sets of food images – the previous ones that are now small, grey and lifeless, and these luscious fruits that are large, colourful and bursting with vitality.

Let this contrast deepen your commitment to honouring your body with what it truly deserves.

Let's anchor this experience. Repeat these affirmations to yourself:

"When I think of quick fixes, they become small, grey and tasteless in my mind."

"When I think of quick fixes, they become small, grey and tasteless in my mind."

"When I think of quick fixes, they become small, grey and tasteless in my mind."

(...)

"When I think of fruits, they grow larger, more vibrant and simply delicious."

"When I think of fruits, they grow larger, more vibrant and simply delicious."

"When I think of fruits, they grow larger, more vibrant and simply delicious."

(...)

"I am drawn to the foods that truly enrich my body and soul."

"I am drawn to the foods that truly enrich my body and soul."

"I am drawn to the foods that truly enrich my body and soul."

(...)

Now, visualise yourself in the future. Imagine coming across the foods you used to crave and seeing fresh fruit next to them.

Notice how your reframed perceptions come to life - making some foods appear small, grey, and

unappetising, while your chosen fruits appear all the more enticing and fulfilling.

(...)

Breathe in slowly and take in the empowering energy of this new, healthy relationship with food. And as you exhale, release and let go of any remaining emotional attachments to old cravings.

You are entering a new chapter in your life, one of mindful, joyful eating, where every choice you make is an act of LOVE for your body and soul.

You have successfully reframed your relationship with food, empowering yourself to make choices that are aligned with your highest good.

In this state of loving care for yourself, you are radiantly open to the joys and benefits that wholesome eating can bring.

Remember that you carry this new relationship with food into every moment of your life from now on. It's not just about what you eat, but how you view nourishment on all levels - body, mind, and soul.

Feel confident and assured, knowing that each time you choose wholesome nourishment, you are performing an act of LOVE - not just for yourself, but for everyone in your personal universe who benefits from your radiant energy.

(...)

As we approach the end of this journey, begin to become aware of your surroundings. The space you are in, the surface you are sitting or lying on, the temperature of the air.

Bring with you the positive affirmations and life-affirming changes that you have cultivated in this sacred space.

Take a deep, cleansing breath, inhaling through your nose and exhaling through your mouth. Feel this breath as a bridge, connecting the world of intuition and inner wisdom with the world of action and conscious choice.

With each breath, allow the sensations of your physical body to be amplified. Begin to feel your fingers and toes, wiggling them a little if you like.

Feel the energy circulating through your body, rejuvenated and redirected towards a more loving relationship with food.

When you are ready, slowly open your eyes. Take a moment to stretch your body in any way that feels comfortable and give thanks for the insights and revelations you have received.

You are back in your world, back in your life, and more empowered than ever to make choices that reflect your newfound LOVE and respect for yourself.

Welcome back.

Improving Your Relationship With Food

By guiding you through inner processes that promote awareness of your various inner parts, this meditation empowers you to make choices that are aligned with both physical health and emotional well-being.

- 0 -

Welcome, dear soul, to this guided journey, designed to improve your relationship with food and create a harmonious balance within. Your willingness to be here is already a beautiful testament to your inner strength and the LOVE you have for yourself. Let's begin.

Find a comfortable place to sit or lie down. Give yourself permission to fully engage in this experience, free from any judgement or expectation.

Gently close your eyes and turn your attention inward to the rich inner world that lies within your heart and soul.

Breathe in deeply and lovingly through your nose, allowing the air to fill your lungs completely. Hold for a moment and then exhale slowly through your mouth.

(...)

Repeat the inhalation through the nose and exhalation through the mouth a few times, imagining that each inhalation is cleansing you, removing any stagnant energies, any uncertainties and any hesitations.

As you continue to breathe deeply, visualise a soft, radiant light in your heart centre. This light embodies the pure LOVE and care you have for yourself.

As you breathe in, imagine this light slowly expanding and enveloping your entire being in a warm, tender embrace.

Now feel how this light causes every muscle to relax completely. Feel where it touches, all tension melting away in the warmth of self-LOVE, starting from the top of your head, ... through your face, ... neck, ... chest, ... arms, ... stomach, ... hips, ... legs, ... and down to your toes.

With each inhale this light expands further within you, creating a safe space that will hold you throughout this journey.

With each exhale let go of all barriers, all judgements, all obstacles. You are now in a space of full acceptance.

Let's count down from five to one. With each number you will find yourself sinking deeper into this nourishing space of self-LOVE and openness.

Five ... sinking deeper. Four ... feeling LOVE washing over you. Three ... letting go of all reservations. Two ... almost there, embracing serenity. One ...

You are now in a perfect state of relaxation and openness, ready to explore and improve your relationship with food.

As you continue to bask in this cocoon of warmth and LOVE, your heart opens, ready to explore your deepest feelings and beliefs about food.

The nourishment you seek from the world often takes many forms, some of which are edible and some of which nourish your soul. Today we journey within to understand how these aspects intersect in your life.

Allow your attention to drift inward to the space within your heart. Imagine this space as a serene and comfortable room.

There is a round table in the middle of the room and the atmosphere is welcoming and calm, giving a feeling of safety and acceptance.

Visualise the table being covered with different kinds of food that you are used to eat in your daily life - healthy, unhealthy, whatever you see is right and good.

These are not just any foods; they symbolise your emotional and psychological attachments to what you consume. Take a moment to observe what you see and let your intuition guide you.

(...)

Now imagine that the different foods on the table slowly begin to divide themselves into two halves. On one side of the table are the foods that give you real support and nourishment - foods that respect your body and soul.

On the other side are the foods that have become emotional crutches, giving you some satisfaction but leaving you hollow and unbalanced in the end.

(...)

Now let's invite the different 'parts' of yourself to sit at this table. Allow these parts to materialise as they wish - perhaps as a character, a shape, a colour or even a symbolic object.

There may be a part of you that loves quick and easy comfort food ... There may also be a part of

you that craves artificially sweetened foods when you are stressed or unfulfilled. Is anyone else coming? Let them all have a place at your table.

Then there may be a part of you that longs for a wholesome and truly satisfying meal, perhaps vegetables or fresh fruit. And perhaps there is even a part of you that would enjoy fasting for its spiritual benefits.

Now that everyone is seated, let's begin a gentle discussion. Turn first to the part of you that is most vocal about wanting unhealthy food.

Ask this part, very softly and gently, "Why do you crave what you crave?"

Pause here and allow this part to speak its truth. Listen without judgement, absorbing the emotional reasoning that fuels the choices of this particular part of yourself. Perhaps it is looking for an emotional nourishment that has nothing to do with food?

(...)

Remember, every part within you has a role, a purpose. What is the purpose of this part? Is it to protect you? To comfort you? To help you avoid something?

Listen carefully and empathically, as you may be able to better fulfil that part's wishes and needs in the future.

(...)

Once you've heard this part, turn to another aspect of yourself that you want to understand. Perhaps it's the part that seeks nourishment and health. Ask this part, "What do you need to feel truly fulfilled?"

Again, pause and listen. Give this part the time it needs to express itself. It may be that this part is looking for nourishment for physical well-being only, or perhaps it's also looking for real caring and self-LOVE.

Again, listen carefully and empathically as you may be able to meet this part's wishes and needs better in the future.

(...)

Continue this open dialogue, encouraging the different aspects of you to communicate with each other.

Perhaps the part that craves unhealthy food will find some wisdom in what the part that desires nourishment has to share?

There may be some form of inner dialogue, or perhaps simply an appreciation and understanding of each other. Anything that comes up intuitively is good.

(...)

Let the understanding deepen and notice if there's a shift, a meeting in the middle, or perhaps a recognition of each other's needs?

(...)

Now thank each part for its contribution. Acknowledge that each has a role to play in making you who you are, even if adjustments are needed to create a more harmonious relationship with food.

Allow the insights and understanding from this internal roundtable to fully integrate into your being. Feel a sense of wholeness and oneness with your various inner parts as you prepare to move on to the next stage of this journey.

As you continue in this state of stillness, feeling the unity and shared intention of your inner parts, turn your focus to the centre of the round table.

Imagine a bowl filled with a mixture of nourishing foods, perhaps fresh vegetables, quinoa and seeds, or other wholesome ingredients.

(...)

Inhale and breathe in the imaginary smells of these nutritious foods. Now take a virtual spoonful of food from the bowl. Before eating, pause to admire all the colours, textures and smells. Take a moment to express your gratitude for the nourishment this food provides.

(...)

As you take a virtual bite, chew slowly and enjoy every aspect of the experience. Notice the texture, the taste, the sensations that flow through your body.

Feel how the act of eating can be a ceremony, an act of LOVE for yourself.

(...)

Now that you're fully immersed in this imagined mindful eating, anchor these feelings. Visualise placing one hand over your heart centre and the other over your stomach. Say to yourself:

"Eating in this way nourishes me, my body, my mind and my soul ... I am grateful for balanced, loving nourishment."

"Eating in this way nourishes me, my body, my mind and my soul ... I am grateful for balanced, loving nourishment."

"Eating in this way nourishes me, my body, my mind and my soul ... I am grateful for balanced, loving nourishment."

Feel a wave of joy, peace and gratitude wash over you.

Visualise these positive emotions as a radiant light emanating from your hands and flowing through your entire being. Imagine this light creating a sphere of LOVE around you, making it easier to

make balanced food choices, filled with the same LOVE and respect you've cultivated here.

(...)

Allow your affirmations and the glowing light to crystallise as your new inner landscape. You'll be laying the groundwork for a renewed and balanced relationship with food, one that goes beyond mere sustenance to a form of spiritual and emotional nourishment.

Take a moment now to connect with yourself and your surroundings. Feel the surface you are sitting or lying on, listen to the sounds in your environment.

Before you go on with your day, let's seal in the emotional shifts and learnings of this session. Feel into your heart centre and say this affirmation to yourself:

"I am the loving guardian and caretaker of my own nourishment."

"I am the loving guardian and caretaker of my own nourishment."

"I am the loving guardian and caretaker of my own nourishment."

Now breathe in the unity and harmony that this inner journey has brought. Feel ready to move on, to re-emerge into the world with this new-found

understanding and LOVE for yourself and your eating habits.

Begin by focusing on your breath again. Feel your breath moving in and out of your body, bringing you back into the present moment and reality.

I will now count from five to one. With each number you will feel yourself becoming more awake, more alert and more aware of your surroundings.

Five - Feel a wave of fresh energy gently caressing the soles of your feet as your physical body begins to awaken.

Four - The fresh, vibrant energy rises up your legs and into your body, revitalising your muscles.

Three - The energy continues to rise, reaching your heart and spreading out into your arms, making you more awake and alert.

Two - Feel the fresh energy reach the top of your head, illuminating your entire being. You're almost back to being fully awake.

One - Perfectly awake, fully alert, open your eyes and feel refreshed and revitalised.

You can take as much time as you need before fully resuming your day, knowing that this experience was only the beginning of your new, harmonious relationship with food.

Embracing the Power of Fasting

This guided experience prepares your mind and soul for the transformative power of a regular weekly fasting practice.

- 0 -

Welcome to this guided meditation to help you embrace the spiritual power of regular fasting. To begin, find a comfortable place to sit or lie down, free from interruptions. Gently close your eyes and let's begin by taking a few deep, grounding breaths together.

Breathe in deeply through your nose, drawing the breath into your stomach and filling your lungs completely. Hold for a moment... and exhale fully through your mouth, releasing any tension or stress you may be holding.

Do this two more times, each time becoming more relaxed and centred.

(...)

Now let's begin a countdown from five to one, each number bringing you deeper into a state of physical relaxation and energetic alignment, preparing you for the journey ahead.

Five - Imagine a radiant light at the crown of your head, a universal energy representing spiritual wisdom and understanding. Feel it begin to warm you and clear away any doubts or fears you may have about fasting.

Four - The light moves down to your throat area, encouraging honest and loving communication with yourself and the universe. Feel a sense of truth and clarity enveloping you, reassuring you of your intentions for your future fasting journeys.

Three - Now the light descends to your heart centre. Feel it nourishing your core with LOVE, compassion and understanding. The light is reassuring and fills you with the courage to commit to your regular fasting practice.

Two - The light continues to your solar plexus, the seat of your personal power and will. Feel a surge of determination and self-control that empowers you to make choices that serve your higher good.

One - Finally, the light reaches your root chakra at the base of your spine, grounding you in the physical world and giving you a deep sense of safety and stability.

You are now in a state of deep relaxation, energetically aligned, and fully prepared for the journey that lies ahead.

As you rest in this deeply relaxed state, we are going to explore and prepare your mind and soul for the energetic healing power of regular fasting.

Imagine now that you're in a sacred space, a sanctuary that radiates LOVE, wisdom, and divine energy. If you like, imagine a beautiful place in nature that resonates with you. Let your intuition guide you to find a safe and comforting space for our inner journey.

(...)

Feel the embrace of this sacred space around you, knowing that it is a place where you can be completely honest with yourself, a place that invites healing and spiritual growth.

Imagine that in the centre of this space is an altar, a sacred table where you can place your worries or fears about fasting.

One by one, mentally place them on the altar. As you do so, acknowledge them and then watch them transform into golden light, dissolving and giving way to a clearer understanding of your own spiritual strength and the immense benefits that come with fasting. Take a moment to do this now.

(...)

As your worries dissolve, replace them with empowering images and feelings that align with your spiritual and physical well-being.

You can see yourself as strong, capable and spiritually equipped to fully benefit from your fasting experiences.

Feel these images and feelings take root deep within your consciousness, strengthening your commitment and releasing any remaining hesitation.

(...)

Now imagine a beam of light rising above the altar, its radiant energy pouring down upon you. This is the divine essence that supports your future fasting journeys.

As it bathes you, feel yourself energetically aligning and becoming one with the spiritual purpose behind fasting. This alignment eases all worries and cravings and increases your inner strength, preparing you for the practice ahead.

Now set a gentle intention for your fasting practice. Whether it is for physical detoxification, spiritual growth, increased energetic awareness, greater mental clarity, or all of these things ...

Focus on your intentions as a bright flame in the centre of your heart. As you focus on it, feel it grow and illuminate your entire being with its warmth and purpose.

Know that you have the power to transform yourself and that regular fasting is a tool that can help you achieve many spiritual and physical benefits.

While you are in this sacred, spiritual space, let's go one step further and prepare your soul for the journey of regular fasting.

Imagine a beautiful pool of crystal clear water next to the altar. This water represents the purity and clarity that comes from regular fasting.

Now imagine dipping your hand into the pool and feeling the refreshing coolness of the water on your skin.

As you visualise raising your hand, you may notice the water on your hand transforming into a radiant white energy.

Slowly move your hand towards your heart centre, helping you to invite the pure LOVE, wisdom and courage within your heart to shine fully.

As you touch your heart, feel the LOVE, the wisdom and the courage enveloping the intentions you set earlier, making them powerful, firm and deeply rooted within you.

Feel this pure energy expand throughout your body, strengthening every cell, every fibre of your being with the deep purifying power it brings to you.

Let it fill you with a sense of readiness, courage and eagerness to begin or continue your fasting practice.

Repeat within yourself: "I am ready to embrace the purifying power of fasting."

"I am ready to embrace the purifying power of fasting."

"I am ready to embrace the purifying power of fasting."

(...)

Feel these words resonate within you, becoming part of your inner dialogue, part of your very essence.

"I embrace the purifying power of fasting."

"I embrace the purifying power of fasting."

"I embrace the purifying power of fasting."

(...)

You have successfully set the stage for a successful and fulfilling fasting practice.

As we approach the end of this journey, let's integrate all that we have explored and discovered.

Take a few deep breaths and feel the peace and joy of this moment, the readiness and beautiful unfolding of your fasting journey.

(...)

Begin to feel the solid ground beneath you, anchoring you in the present moment, in the reality of your physical surroundings.

We are going to count from five to one, and with each number you will feel more awake, more present, while holding the deep insights and intentions we have set today.

Five - Feel how the pure energy from your heart has strengthened you, leaving behind a strong and powerful purpose anchored deep within your soul.

Four - Begin to become aware of your surroundings, the room you are in, the surface you are sitting or lying on.

Three - Take a deep breath and feel your lungs expand fully, bringing oxygen to every cell in your body and revitalising you.

Two - Start to wiggle your fingers and toes, awakening your body and bringing you back to the material world.

One - Open your eyes, fully awake, fully present, and fully ready to embrace the purifying power of regular fasting.

You have successfully completed this inner journey. Take a moment to thank yourself for your soul's insight and LOVE.

You are now ready to return to your daily activities, carrying with you the powerful seeds of transformation.

May your fasting journeys be filled with clarity, vitality and spiritual fulfilment.

Appendix

Just Imagine ...

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

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

Your cereals, snacks, and even ready-made meals may still offer varying degrees of sweetness, but it would not come from sugar, syrup or artificial additives but only from whole fruits, their natural

sweetness retained, their fibres and other nutrients still fully intact and interconnected.

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

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

Learning How to Live on Astral

Nourishment

Imagine what your life would be like if you no longer had strong cravings for certain unhealthy processed foods. No screaming urge telling you what to eat.

You would be free to enjoy what you like, but most of the time you would intuitively and naturally choose light and wholesome fruit or raw vegetables instead of heavy meals or carbs with no real nutritional value.

Perhaps you would choose to eat once a day, or maybe only once a week. You would eat for pleasure, and perhaps for energetic grounding and emotional balance, but not primarily to nourish the body as it learnt how to produce energy and every substance it needed directly from the astral realms.

At the same time, your perception of the astral energies within and around you would become finer and clearer, and you would become more conscious, aware and awake. You would feel lighter.

Those who follow this lifestyle often call themselves 'breatharians', but the term doesn't really describe where the energies for your body come from, as the breath is only part of the process.

More important for this are your chakras. They connect your astral body to the physical and make magic happen. When your astral body goes food shopping in the astral realms, it can get everything it needs. For free.

How do you learn it? Basically, your body has to jump into the cold water once and learn how to swim in the astral realms. Some call this the Breatharian Initiation, in German: *Lichtnahrungsprozess*, although it has nothing to do with sunlight, but rather with higher frequencies.

You need to feel physically and emotionally safe during the process so that your mind and brain can learn new pathways. It will not happen if you believe you are starving. Instead, you seek the benefits of fasting and connecting with the fine, subtle energies for a few days and watch as your body intuitively finds a way to make it work.

I invite you to a nine-day initiation experience in Tenerife.

You can stay in your own small apartment with bathroom and chill-out zone. You can relax, feel, integrate, write, sing, play gongs, ...

We can go for walks in nature and we'll intuitively work through any emerging emotions together, using energetic exercises and methods to release and process whatever comes up.

There is no abrupt stop in eating, as your food intake is gradually reduced over the first two days, and on the third day you can still have a green

smoothie in the morning to give your body all the nutrients it needs.

Then the six-day fast can begin. You may feel less energetic at first, but there's usually a breakthrough and you may feel much more energy than before.

Your life can be very different afterwards and you can freely choose how to continue with your intuitive and transformative process of living more and more on astral nourishment.

It usually takes many months to fully integrate, balance and find your best personal way of living with or without food, and you may go through different phases. If you wish, I can guide you through this period via regular video calls.

If you feel an inner calling, have questions or would like to check availability, please get in touch via Whatsapp or Telegram: +491738532668.

LOVEpeaceJoy,

Nils

Creative Shamanic Ritual for Cleansing

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

You're most welcome! I'm glad you liked them. If you have any more questions or need further assistance, feel free to ask. Enjoy your poetic adventures in Sanuela!

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

Setting the Sacred Space:

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

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

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

Cleansing with Smoke:

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

Wave the smoke around your bodies and the space, starting from your feet and moving upward, while setting the intention to release any negative energies or attachments.

Crystal Grid:

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

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

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

Personal Tokens:

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

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

Symbolic Offering:

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

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

Chanting and Mantras:

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

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

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

Energy Balancing:

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

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

Gratitude and Closing:

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

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

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

Sanuela.org

We grow with compassionate support



Vision

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

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

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

Through the power of human connection, loving communication, forgiveness, intuition, and inner

work, we support each other and the collective. Our eventual goal is to release all emotional burdens and attachments in order to fully embody our inner wholeness.

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

About Sanuela

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

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

Goals

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

another on our journey of healing and inner growth.

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

Guiding Principles

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

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

13. We believe that through loving, honest communication about our fears, desires and shadows, we can grow and thrive together.
14. We believe that facing our fears and working with our inner shadows helps us to evolve faster.
15. We believe that by doing our inner work we help the collective around us.
16. We believe in the healing power of forgiving each other and ourselves.
17. We believe in the healing power found in times of seclusion.
18. We believe in the power of our intuition, inner guidance and affirming synchronicities.
19. We believe in the loving guidance of our spirit guides, who appear when we are ready to receive them.
20. We believe that Gaia, Mother Earth, who created our human lives, is a highly developed, highly conscious and loving being.
21. We believe in Gaia's wisdom, knowing that she does not always give us what we desire, but what we truly need to grow.

22. We believe that we can be liberated from the wheel of reincarnation by releasing all our emotional attachments, hurts and blockages, while recognising and fully embodying our inner wholeness.
23. We believe that the consciousness of our soul lives on after we let go of our body and that our evolution extends far beyond the human experience.

Individual Practises

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

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

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

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

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

Community Practises

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

actions to involve all participants in achieving our goals.

Volunteering

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

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

Come and grow with us!

www.sanuela.org

About the Author

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

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

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

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

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

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

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

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

Through my intuitive writing, I learn and evolve. 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 cravings.

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

- Liberator of Temptational Bonds (2025)
- 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 Vieraugenkröplings (*We Are Consciousness. Tales of a Four-Eyed Kroplin, currently only available in German, 2021*)
- Multidimensionale Evolution. Energetische Schattenarbeit und Dunkelretreat (*Multidimensional Evolution. Energetic Shadow Work and Dark Retreat, currently only available in German, 2020*)
- Multidimensionale Metamorphose. Innere Heldenreise mit 16 Archetypen (*Multidimensional Metamorphosis. Inner Hero's Journey With 16 Archetypes, currently only available in German, 2020*)
- Multidimensional. Unser Weg in eine Neue Welt (*Multidimensional. Our Path to a New World, currently only available in German, 2020*)

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

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

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!