

LOVE

Is Our Medicine

How to Heal with Loving Presence
and Hugging Meditations



Nils

Nils Klippstein

LOVE Is Our *Medicine*

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Loving Presence and
Hugging Meditations



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

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

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

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www.sanuela.org

*To the High Priestesses and Priests,
The Energetic Medicine Women and Men,
The Angelic Healers,
The Butterflies of LOVE,
The Somatic Heart Guides.
We provide the strongest medicine
Humans can share:
Holding and balancing
In a shared embrace.*

+++ Maria Magdalena +++

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

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

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

Let LOVE be our medicine!

(from: *Allowing LOVE*)

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This Book Is Free ...

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

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

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

Would you like to give back?

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

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

- You could 'buy me a coffee':
<https://buymeacoffee.com/nilsklippstein>
- You could donate via PayPal:
<https://paypal.me/NilsKlippstein>
(nils@start2dream.de).
- You could ask me to do a live reading, online or offline, and make a donation.
- You can visit Finca Sanuela in Tenerife for a retreat experience, whether for a few days or longer. By making a donation, you support our work. Spending time together in this safe and supportive environment offers you the opportunity to explore one or more of the core themes listed on www.sanuela.org.
- You could give this book to nine (or more) of your friends, acquaintances and colleagues.

Thank you for your consideration. Let LOVE be thy medicine!

Foreword

Some souls vibrate at a frequency that feels healing and harmonising just by sitting next to them. I call them angelic humans and I can feel their swirling and swinging energies when I am close to them. Something within me remembers and resonates with that frequency because I have the same within me.

These souls are born with special energetic healing powers. To me, it's a real shame that most of them are not aware of their abilities. Many of them use their powers unconsciously. Some even abuse this special gift to selfishly get what they want from others, often without realising what they are doing. Others keep their powers small and contained because they are afraid of them. Somewhere inside they know that if they opened those gates and let that LOVE flow freely, it would become strong and noticeable, which is not always what that soul wants to experience.

The souls who have a strong and high vibrating healing frequency are often perceived as very pure

in their hearts and auras. When the time is right, friends or new contacts around them may remind them of their abilities, perhaps simply by saying how well they always feel in their presence.

However, they can also easily fall into the common traps of food addictions, thus hiding and clouding their enormous powers from themselves and others. I did this myself for many years with drugs like coffee, alcohol and sugar. Fortunately, I never liked smoking, except perhaps a puff for a shamanic ritual, without inhaling the cloudy smoke into my lungs. After being liberated from my physical addictions, cleansed through redesigning my relationship with food and many shamanic ceremonies, working with my fears, energetic programming and my shadows, I became much more sensitive to everything.

My heart also opened, my LOVE expanded, my longing intensified. That is not always easy to navigate. To be on the path of opening the heart further and further with each new moon cycle can feel scary at times. Each new step brings more vulnerability that wants to be looked at lovingly. We may get hurt and it always takes some time to recover.

Some event facilitators may have noticed that when we put something with heart and LOVE on a flyer for an event or course, there can be less response than when we describe what we do in other ways. What this means to me is that the healing power of LOVE is really not being seen in the world. Many

are even unconsciously afraid of it. Should not those who are born with energetic, loving healing powers begin to change this?

During the year 2023 I have been writing the story of Ayana, a young woman and her journey as she was asked to follow a deep inner calling and gain access to her hidden sensual energetic healing powers. She became a High Priestess of Sanuela by intuitively following this call and by purifying herself, uncovering and constantly working on what was inside her.

How do we call someone who radiates LOVE through presence and touch and energetically heals and harmonises surrounding souls? A descriptive name would be *Sensual Energetic Medicine Woman or Man*. A more poetic way of saying this would be *Butterfly of Pure LOVE. Or Energetic Heart & Soul Companion*.

The essence of their energetic work could be described in three parts: Simplicity, loving surrender and letting the body flow. What sounds simple is actually quite difficult. Allowing LOVE to flow freely is not easy when we still carry some fears or emotional-energetic blockages.

The High Priestesses and Priests in my books LOVE to connect with their nearby Goddess, which is the superconsciousness of their planet. In my books this is the Goddess Sanuela. On Earth we call her Gaia, Mother Earth or Pachamama.

The High Priestesses and Priests of Sanuela are not celibate. On the contrary, they can be a powerful sparkle of a stable network of committed LOVE relationships. In this way they remain in the highest possible frequencies of LOVE most of the time. The whole collective feeds each other loving vibrations.

It needs the first brave souls who fully recognise their ability to heal energetically through loving presence and touch and the wish to offer this to others in the form of a conscious exchange. Then people can feel how balancing, harmonising and healing the moments with them are.

Perhaps you could see me as a time traveller from 50 years in the future who remembers what it's like to be fully human. You might think I'm strange. But your children will show you what's needed right now. You might as well get started.

LovePeaceJoy,



Living Largely Untouched

Something strange has happened to us. Although we are social beings, wired for warmth and touch, and for the steady comfort of another body close to ours, most of us move through life in a kind of invisible cage.

Sometimes, we may reach for connection, but then pull back, unsure whether it is permitted.

We have learned, with impressive thoroughness, that closeness belongs to one of only two categories: the casual and quick hello-and-goodbye hug, or the committed romantic relationship with possessiveness, expectations and prohibitions. Nothing in between feels quite safe. And so we live largely untouched, and largely unaware that it could be different.

How the Cage Was Built

This is not a natural way of life. For most of human history, people lived in small, interwoven communities where physical closeness was simply part of daily life: sharing sleep, work and comfort.

Bodies were close together. Hands rested on each other. People were held.

This was changed by power. When religious institutions and kings wished to control how people formed their relationships and families, they built walls of shame around physical closeness. Touch either became sacred, reserved for marriage and blessed by the Church, or dangerous, seen as a threat to order, morality, the bloodline and the social hierarchy. Gradually, these restrictions became law and custom. Finally, we stopped questioning them altogether because we grew up inside these rigid structures.

We trained each other to think this way. Generation after generation has repeated the same unspoken lesson: closeness means romantic interest, and romance means ownership. Anyone who touched outside of these rigid definitions was viewed with suspicion - as being either naive, needy, inappropriate or a threat. The black-and-white approach was cemented: it was either 'just friends' or 'in a relationship'. There was nothing in between.

The Longing That Lives in the Shadow

And yet, the longing didn't disappear. It went underground.

Many of us carry an aching void that we cannot name. It's not simply loneliness or heartbreak, but something more diffuse. Like a longing for more affection that we feel slightly ashamed to admit. We

have long since learned to translate our wish to be held into something more acceptable: work, entertainment, scrolling through social media, or the short dopamine high of a quick greeting hug.

This is what happens when a basic human need is repressed: it doesn't just disappear. Instead, it adapts and pretends to be something else, slowly chipping away at our sense of wholeness over years. We don't experience it as a single wound. Instead, we experience it as a constant underlying sense of emptiness or restlessness that we cannot quite explain.

The greeting and farewell hug – that brief moment when two bodies touch – is the last surviving fragment of something much larger. It has somehow survived every ban on intimacy. It is a leftover, a faint memory of what human closeness once was and could be again. Most people don't realise that they are performing a ritual whose complete form they have never experienced.

Why It's So Hard to Step Outside the Pattern

Intellectual understanding of all this changes very little on its own. The real difficulty is a body problem, a nervous system problem, a What will they think of me? problem.

These patterns are encoded in us at a level that reason cannot easily access. A man holding a female friend's hand in public or giving a very long hug, even without caressing, can feel almost

threatening to some, triggered by a protective reflex completely out of proportion to the touch itself. This is the internalised voice of a thousand years of social policing.

There is also the fear of being misunderstood. In a world where touch has become largely sexualised, a long hug between friends can easily be misinterpreted. People have therefore learned to protect themselves by staying within the expected social norms. Stepping outside these expectations requires a courage that most people have simply never been able to develop.

Underneath all of this lies something even more vulnerable: the fear of wanting too much, of being too needy and of wanting more than others are prepared to give. So the longing is tucked away again. The distance is maintained. The cage remains intact, and we call it respect for boundaries!

What Becomes Possible

Touch was our first language. Long before we could speak, we understood the world through our skin – through being held and the warmth of another body close to ours. When we explore conscious closeness again, we are not inventing something new, but simply remembering something ancient.

Imagine two friends for whom holding hands during quiet moments together feels completely natural. It's not charged or loaded with intentions;

it's simply a way of being together and feeling deeply connected. Their hands are not just sharing comfort; they are exchanging frequencies, balancing energies and allowing the astral bodies to communicate directly in a way that no amount of talking ever quite can. I call it the 'mini-hug': a wonderful and simple way of connecting with others that most of us have simply forgotten. Yet we can enjoy it with those humans who matter to us.

Making Human Connection Even More Beautiful

In the context of modern life, a long hug that lasts several minutes rather than a few seconds is already a small revolution.

Hugging meditations are an even deeper experience. We can either stand or sit in the yab yum posture (one body is nestled in the other's lap and legs are wrapped around their waist). We bring our chests close together and breathe together through the heart centres for twenty or thirty minutes, or longer.

There is no caressing and no agenda. Just the extraordinary stillness of two souls fully present with each other, their energy centres quietly conversing and their nervous systems finding a shared balance.

The sense of time disappears. Thoughts grow quiet. The aura of each body expands and merges with the other's, creating what feels like one luminous

sphere. This creates a sense of inner wholeness and a feeling of being deeply cared for. It is one of the most profound healing experiences that two human beings can share.

The exchange of energies leaves both feeling lighter, more balanced and more whole. There is no giving and taking, as both are only receiving.

A Network Built on Trust and Care

The deeper vision goes beyond individual moments of closeness, beautiful as they are. Imagine creating a living web of trusted souls who care deeply for one another. In such a network, no single relationship needs to fulfil all your needs. When one connection goes through challenging times, others can provide stability and compassion. The load is shared, the energies circulate, and the whole Network of LOVE becomes stronger and more resilient than any single bond could be on its own.

This begins with choosing honesty and presence: expressing openly the kind of closeness you want to welcome with whom. Your stable network can grow slowly, like a mycelium network underground, nourishing everything it touches and asking nothing in return.

Something We Need to Work On

None of this can be achieved simply by deciding to hug more often. True change only comes when something shifts inside.

Allowing ourselves to become closer to others requires us to forgive ourselves for having needs and to forgive others for the many times closeness went wrong or was used as a way to control or manipulate. It requires us to confront our fear of being misunderstood, to acknowledge our vulnerability in exposing ourselves, and to stand up for what we want without feeling ashamed.

Heart centre breathing is a simple, practical tool that shifts consciousness from the ego's anxious patterns to the wider wisdom of the heart. This makes it possible to trust more easily and break free from black-and-white thinking. From the heart, we see infinite colours.

We also need to develop our fluency in honest communication, so that we can ask, 'Shall we connect and hold hands?' Or, 'Shall we share a long hug together?' Can we do so without allowing the weight of expectation or the fear of rejection make us retreat before the words have even formed? This skill is learnt through small, courageous steps. To do this, we need people who are willing to practise it alongside us.

At Finca Sanuela, You Can Learn This

All of this is easier in a space where it is already the norm.

Finca Sanuela in Tenerife is becoming a place where those who long for authentic connection can come to practise it in a safe, guided setting. It is a

retreat space where heart-centred breathing, holding hands, hugging meditations and honest communication about closeness are simply part of the daily experience. You can arrive knowing that something is missing without being able to name it, and leave having experienced what it is like to be held without conditions, to hold someone else with honest care and to leave after a long embrace feeling more like yourself than when you arrived.

The New World we are building is one where it is normal for friends to hold hands when sitting or walking together and where really long hugs are as natural as sharing a meal. This is a world that humans have always longed for. For a very long time, we have simply been talked out of it.

We will find our way back. One opening heart after another.

The Unveiling Heart

1. The Empath's Quiet Burden

The café buzzed with the low murmur of lunchtime chatter — a comforting sound for most, but for Selena, it felt like a stifling noise. As she gripped her steaming mug, she found some temporary relief in the warmth, which anchored her against the swirling tide of unspoken emotions she felt radiating from every table around her.

Two tables over, a young couple were arguing; his noticeable jealousy and tension creating a tight, suffocating knot in the air. Unconsciously, Selena found herself tensing her jaw and hunching her shoulders slightly, as if bracing for a physical impact.

She longed to help. The familiar ache in her chest was a constant companion, urging her to reach out and ease the tension she saw in human relationships everywhere. But how?

Her own experiences had taught her a harsh lesson: LOVE, or even just closeness, often led to pain or dependency — a trap she had learned to guard against carefully. Her upbringing in society had drilled it into her: keep that inner flame of LOVE in a safe, contained box. The alternative, she had found, was vulnerability that invited misinterpretation.

Selena took a long sip of her black coffee, the bitter warmth providing familiar comfort. For her, it was offering a tiny act of rebellion against the rigid self-denial she had been taught. It was one of her Thorns of Craving (*), a momentary distraction from the deeper emotional voids she struggled to confront.

The sharp inner voice shaped by her years as a high achiever in the corporate world hissed, *You're falling behind. You should be stronger by now.* The ghost of perfectionism lingered, turning her own struggles into a perpetual quarterly report of failure.

She glanced down at her hands, which were resting on the warm ceramic mug. They felt foreign to her, almost invisible, reflecting the shame she felt about her body and vulnerability, which prevented her from truly inhabiting it. Her movements were hesitant and her posture closed, a subconscious effort to blend in and avoid drawing any unwanted attention.

Yes, she was an empath, but this sensitivity, her greatest gift, was also her greatest burden. Even simple tasks, such as navigating a crowded street, were draining to her. This was why she sought seclusion. Not because she preferred solitude, but because it was her only effective defence against the constant energetic input that she struggled to distinguish from her own emotions.

However, the loneliness was a quiet, persistent ache. She craved connection and a deep unity, but her fear of absorbing others' pain and of being 'too much' for anyone to bear meant she retreated into listening. Her own stories remained untold and her inner storm of intensity was suppressed.

In her quiet moments, though, a different kind of longing stirred. Not for the superficial connections of her everyday life, but for something deeper and more meaningful.

She had vaguely heard whispers of Energetic Heart & Soul Companions, souls who seemed to heal simply by being present, and who experienced LOVE beyond the confines of traditional relationships. The idea sounded too beautiful to be real, like a fantasy, yet it sparked a hesitant curiosity within her, a faint flicker against the backdrop of her deep, unexplained dissatisfaction.

She thought of her paintbrushes, tucked away at the back of her closet and gathering dust. Once, she had poured her inner world onto canvases: vivid, swirling abstracts that hummed with the intensity she now suppressed. But the dismissive words of a professor, 'self-indulgent', had silenced that part of her, and the old shame whispered, *Who are you to create beauty?* This unfulfilled creativity mirrored her unfulfilled heart; both longed to spill forth unapologetically.

The noise of the café swelled and ebbed. Selena closed her eyes for a moment and took a deep breath, trying to centre herself.

It was a habit she was slowly cultivating – a quiet rebellion against the chaos of her emotional landscape. She could feel the subtle burden of her unspoken emotions, the weight of everything she was holding back.

But beneath it all, a faint yet undeniable hum persisted – a resonance with the possibility of a different kind of life, where her inner LOVE could flow freely and vulnerability was not seen as a weakness, but as a strength.

It was a faint whisper of hope, hinting at the transformation she secretly craved. It was a path she was not yet ready to fully embrace, but one she could no longer entirely ignore.

...

(*) These 'thorns' cling to people, maintaining cravings and physical temptations. More on this in *Liberator of Temptational Bonds*.

2. The Gentle Invitation

The studio was not what Selena had expected. There were no sparkling crystals or flowing silk veils hinting at other realms; just a spacious room bathed in soft, natural light. The air was filled with the subtle scent of herbs mingling with something warm and grounding, like rich earth. Her knuckles were white as she clutched her handbag, her shoulders already hunched up defensively.

This was a new level of vulnerability; she was stepping into the unknown, both metaphorically and literally. She was there to begin her transformative one-on-one initiatory journey, entering the personal space of an Energetic Heart & Soul Companion, not as a guest, but to become a guide herself. She was determined to discover her own capacity for healing and unconditional LOVE.

Then Taran entered. He wasn't grand or imposing, yet his presence filled the room with an almost visible stillness. In his mid-forties, he had a grounded, unhurried appearance, and his eyes, a striking shade of deep brown, held an ancient wisdom and unwavering kindness that somehow infused Selena's practiced detachment. His large, warm hands rested in a relaxed posture at his sides, signalling a nurturing presence even before he spoke.

"Welcome, Selena," he said, his voice a calm balm. Rather than offering a handshake, he extended his arms in a slow, open gesture. "Thank you for coming."

Selena hesitated, her breath catching in her throat. Part of her wanted to retreat. This was it: the moment of true intimacy she had feared so profoundly. Her mind, ever the vigilant protector, was racing with anxious thoughts: *What if I mess up? What if he expects something?* But there was something in his eyes: an unwavering acceptance that pulled her forward. She stepped into his embrace.

It wasn't a quick, casual hug. It was a long, conscious embrace that went deeper even than anything Selena had experienced with her former boyfriend. She could tell that Taran didn't want or expect anything from her, and this felt really good. His warmth enveloped her, steady and comforting, and she felt a surprising softening of the tension in her shoulders.

As their chests pressed together, a curious sensation bloomed within her. It started as a faint vibration in her heart, resonating with a deep, long-unanswered longing she had carried with her all this time. Then, astonishingly, it spread downwards, stirring a gentle warmth in her womb. This energy was confusing – not threatening or explicitly sexual, but undeniably potent.

It felt truly comforting and balancing. It was as if a hidden part of her was finally being recognised, a silent thirst being quenched. She instinctively closed her eyes, allowing the sensation to wash over her: a bewildering yet pleasant current that she couldn't categorise. This felt like the opposite of the transactional expectations she so feared.

After what felt like both an instant and an eternity, Selena gently loosened her grip. He looked at her, his gaze unwavering yet patient. "Thank you," she said, tears forming in her eyes as she processed the unfamiliar depth of their connection.

"Before we start any practices, it's important that you feel completely safe and comfortable in this space," Taran explained in a clear, unhurried tone. "My intention is always one of unconditional acceptance. You are always free to set or change any boundaries at any time. There are no expectations here beyond your own comfort and willingness to explore."

He paused, allowing his words to sink in. "We also have a safe word. If at any point you feel uncomfortable or want to take a break, just say *Auris*. It means *I need to be heard now*."

Selena blinked. *Auris*. The clarity was disarming. There would be no subtle hints, no guessing games and no silent struggles as she would typically engage in. This explicit permission and unwavering commitment to consent was both startling and incredibly reassuring. It eased the profound anxiety

she hadn't realised she had – the fear of being misunderstood and of her natural desire for connection getting twisted.

This was in stark contrast to the old paradigm, where boundaries were often unspoken or disregarded, particularly in relation to women and physical proximity. His approach must have emerged from past challenges in which a moment of physical contact could lead to devastating misunderstandings and accusations. It established an undeniable sense of trust.

Taran then gently introduced the first practice: "We'll start with the simplest spiritual exercise in the world: heart chakra breathing."

He explained, "Imagine breathing in and out through your heart centre. With each inhale, astral LOVE and light enters you. With each exhale, you can share this LOVE and light with your world."

He guided her to place a hand on her chest, over the heart, a symbolic gesture to help her focus.

Selena closed her eyes and tried to visualise the process. *Inhale LOVE, exhale LOVE.*

Simple, yes. But her mind immediately rebelled. It raced with self-doubt. *Am I doing this right? Is my heart actually open? This feels silly. What if he's judging my breathing?*

The ghost of perfectionism hissed, *You're falling behind. You should be stronger by now.* She tried to

intellectualise it, to force the feeling, but the anxious thoughts about intimacy and performance persisted. Her shoulders tightened again.

Sensing her struggle, Taran spoke softly, "There's no 'right' or 'wrong' here, Selena. Just observation. Just being. Our ego often complicates things in an attempt to protect us from perceived vulnerability. It's okay. Just gently bring your awareness back to your heart, without judgement."

His words, direct yet compassionate, seemed to bypass her usual defences. He understood the 'cost of radical responsibility', the way the ego tries to protect us, even from LOVE.

She took a tentative breath, trying to let go of the mental grip. Slowly, almost imperceptibly, something shifted. For a fleeting moment, the racing thoughts calmed down. She felt a faint, warm pulse in her chest, a subtle internal glow. Perhaps what stirred was Luma, the inner presence of light and LOVE, as trust began to open the way.

She imagined the light radiating outwards, not only within herself but also expanding and creating connections with the outside world. It was a delicate, emerging sensation. For a few precious moments, she consciously experienced and shared a gentle stream of astral LOVE and light.

The silence was no longer heavy, but sweet. The loneliness, usually a persistent ache, eased and was

replaced by a tentative sense of being truly seen and held within that shared energetic space.

Selena felt a flicker of hope; a whisper that this gentle, grounded approach might indeed be the path she so deeply craved, allowing her inner LOVE to flow freely.

This path was not about forceful transformation, but about simply opening up. Step by step, conscious and cautious. She recognised Taran's ability to reconnect her with her heart, shifting her focus from an ego-driven mindset to a 'we' perspective within seconds. This first gentle invitation had already begun to unravel the tight knots of her repressed self.

3. The Unfolding of Connection

In a calm voice, Taran began the next part of their session. "Let's continue by holding hands," he suggested, placing his large hands openly before him. "It's a simple act, a 'mini-hug' as some call it, yet it's a profound way to sense the energetic connection between us."

Selena hesitated, her internal landscape immediately filling with the familiar whispers of the self-doubt. *What would others think?* This simple gesture, usually reserved for lovers or the closest family members, felt fraught with unspoken social contracts. Her mind, ever the vigilant censor, wanted to apply rules. *How long is acceptable? What does this imply?* She could feel the subtle tension returning to her jaw.

Sensing her internal struggle, Taran offered her nothing but support. He simply held out his hands, one palm facing upwards in a welcoming gesture and the other facing downwards ready to give. Selena tenderly offered hers in return. As their skin touched, she felt a curious warmth bloom in her heart, making the moment more intimate than she had anticipated. She closed her eyes and tried to focus on breathing in and out through her heart.

Gradually, the mental chatter faded, replaced by a new sensation. A subtle tingling began to dance through her palms like soft electrical currents,

extending up her arms and slowly filling her entire body. Taran had explained that this was Elys: sparkles of energy, the sensation of awakened aliveness. It wasn't threatening or demanding; it simply *was*.

Then, deep within her chest, she felt a gentle warmth and a soft internal glow spreading. Luma, her inner presence of light and LOVE, stirred as trust opened the way. It felt like a subtle hum: a quiet confirmation that something within her was being recognised, acknowledged and welcomed without agenda.

The boundaries between her and Taran softened and almost blurred as their astral bodies began to blend through touch. It was a deeply simple yet profound act of shared stillness.

When Taran gently released their hands, Selena felt a subtle pull and a lingering warmth that surprised her. He spoke quietly. "Now, if you're willing, we'll move on to eye gazing while continuing to breathe through our heart centres." He explained that looking into someone's eyes without judgement or expectation was a powerful way to reveal one's own inner world.

Selena's breath hitched. This felt far more exposing than holding hands. Her core fears of inadequacy and judgement flared immediately. She remembered her old shame and her deeply ingrained fear of being exposed and judged.

When Taran's deep brown eyes met hers, she instinctively wanted to look away. His gaze was unwavering and kind, yet it held a profound depth that made her feel as though it could see right through her carefully constructed defences.

What if he sees my fear? What if he judges my longings? Her inner critic, the ghost of perfectionism, hissed, *You're not doing it right. Your eyes aren't relaxed enough.* She felt a familiar knot of tension tighten in her stomach. For a long moment, her vision blurred and tears welled in her eyes – not from sadness, but from the raw vulnerability of being seen so completely. She felt her own emotional and mental shadows reflected back in his accepting gaze.

Taran remained silent, providing a calm and steady presence. He didn't try to fix things or prompt her; he simply held the space. His unwavering acceptance allowed her to simply experience the uncomfortable feelings, rather than suppressing them.

Slowly and carefully, Selena chose to breathe into the discomfort, allowing herself to stay in the moment, even amidst her internal turmoil. Gradually, the silence between them transformed into a more honest space. Thanks to Taran's steady presence, Selena began to see her reactions not as failures, but as authentic aspects of herself that simply needed acknowledging.

After a while, Taran gently shifted the focus. "Now, we can try Energetic Heart Chakra Bubbling," he

said softly. He asked her to sit sideways and, without touching her, held one hand a short distance in front of her chest and the other behind her back, both at the level of her heart centre. This created an energetic circuit.

Selena closed her eyes and focused on her heart breathing. She immediately felt a subtle sensation: a gentle warmth. Then, unmistakably, she felt a pleasant, vibrant 'bubbling' sensation in her chest, as if tiny, effervescent currents were awakening within her heart space.

It was an undeniable, tangible flow of energy, astonishing in its clarity. This was not something she thought she was doing; it was something she *felt*. It was a state of pure being and flow, a direct connection that bypassed her analytical mind entirely. The energetic exchange felt deeply harmonious, balancing something within her that she hadn't realised was out of sync. In that moment, there was no past shame or future anxiety, only the present unfolding before her. Joy. LOVE. Peace.

"Now, Selena," Taran gently prompted, breaking the silence. "Let's switch. You be the giver. As a Energetic Heart & Soul Companion, it's important to understand both sides of this exchange. Feel what it's like to be present with this energy."

Selena's eyes widened slightly, then she took a deep breath and recalled his words about allowing rather than forcing. *I am here to learn.* She knelt, meeting

Taran's gaze. He simply nodded, his eyes warm and encouraging.

Positioning herself facing him sideways as he had demonstrated, she slowly raised her hands. Her fingers hovered a short distance from his chest: one hand mirrored his earlier position over his heart centre and the other was placed behind his back. Focusing on her heart chakra breathing, she imagined LOVE and light flowing from her heart towards him. At first, it felt like a conscious effort. Rather than the distinct bubbling she had previously experienced, she felt a faint warmth in her palms and a subtle vibration, as if she were sensing a large, quiet engine.

"If you ask your guest beforehand, you can also place your hands directly on their body," Taran offered. "Feel the difference. It allows for a more immediate connection, if you wish."

Selena hesitated. Touching him directly felt like a different level of intimacy, especially given her fear of being 'too much' and the ingrained societal norms she was unlearning about physical closeness. Concerns about misinterpretation flashed through her mind. What if her caring, feminine touch was misunderstood? But the deep curiosity, the desire to fully understand this healing path, urged her forward.

Exhaling softly, she gently lowered her hands. As her palms touched his simple shirt, the subtle distance between them dissolved. The shift was

immediate and profound. Where there had been a faint resonance before, there was now a tangible grounding warmth that radiated directly through her hands, up her arms and into her chest. It wasn't just sensing energy; she could feel the intimate vibration of his presence, the steady pulse of his being.

She felt a connection that bypassed thought entirely — a direct, undeniable current of shared energy. It was less about *giving* and more about *being with*, a powerful mutual field forming between them.

Her hands intuitively found comfortable and still places to rest, and she felt a deep presence and silent understanding passing between them. A core truth echoed: this felt right, balanced and deeply healing for both of them. She realised that the barrier of space, however slight, had prevented direct, intimate knowing. This direct touch enabled a richness of energetic flow that distance could not achieve, truly embodying silent communication between two heart chakras.

Her inner critic became silent, replaced by a deep sense of awe. This wasn't just an exercise; it was a revelation. She wasn't just giving or receiving healing; she was actively participating in its energetic, balancing flow. She was beginning to understand the immense joy and responsibility of being a channel for pure LOVE.

Taran let out a soft, deep sigh — a sound of profound contentment that seemed to settle the

very air around them. "Selena," he murmured, his voice thick with genuine admiration. "You are so strong in your presence and energies. I can feel the tingling throughout my body, and it feels wonderful."

His words, spoken with such tender honesty, resonated deeply within Selena. Her shoulders relaxed further and her body melted into a newfound ease that felt like coming home.

A profound shift blossomed within her chest. She felt Luma, the inner presence of light and LOVE, radiating vibrantly from her heart centre, filling her entire body with a warm, pervasive glow. This radiant warmth expanded outwards and merged effortlessly with Taran's energies, forming a subtle energetic bubble, luminous and tender, wrapping them both in a shared field of pure, unconditional LOVE.

4. Purifying the Vessel

A few days later, the unfamiliar quiet of the studio with its invitation for deep vulnerability no longer felt intimidating to Selena. Her body still held a faint echo of the pleasant sensation of her heart chakra bubbling and Taran's accepting gaze. Yet even with these new sensations, her familiar internal tensions persisted. *What would the others think?* The phrase, once a daunting barrier, now felt like a gentle, yet persistent reminder of the deeply ingrained social norms she was gradually unlearning.

Taran, ever observant, offered a warm smile. "Selena," he began, "our connection the other day showed a beautiful flow of Luma and Elys. To deepen this, I invite you to find ways to further purify yourself over the coming weeks, months and years."

He explained how the body's internal state impacted energetic sensitivity, gently suggesting that making conscious dietary choices and letting go of certain habits could raise her vibrational frequencies and cleanse her aura.

Selena's stomach tightened. She knew exactly what he meant. For years, coffee, white wheat and sugar had been the quick external comforts to which she clung, the drugs she used to satisfy her deeper emotional needs.

"I've tried," she murmured, her voice little more than a whisper as the ghost of her perfectionism raised its head.

"It's ... difficult. These cravings can be quite insistent."

Taran nodded, his gaze compassionate. "They can be, Selena. These thorns, as we call them, are deeply rooted. They feed on your astral body, creating a very strong bond with your ego. It's why they can make you feel angry or resistant to change. But your pure presence, even now, already begins to dissolve their hold. We'll approach this with kindness, not force." He suggested a plant-based diet for the next few days, along with abstaining from her usual comforts.

The next morning, Selena awoke to a familiar gnawing emptiness, not from hunger, but from something missing. Instead of her usual ritual of enjoying the rich aroma of coffee and the comforting taste of a sugary pastry, she drank a glass of warm lemon water. Immediately, her mind began its familiar litany of complaints, and a subtle irritability prickled at her. *This is ridiculous. One cup won't hurt. You're depriving yourself.*

The Thorns of Craving were already hissing, pushing back against the change. She recognized the familiar pull, the urge to give in, just for a moment of familiar solace. *You're failing already*, her inner critic whispered. But she remembered Taran's unwavering acceptance, and a small, rebellious

spark within her chose to simply observe the feeling without acting on it. She also noticed how the lemon water was creating a subtle wakefulness within her, different than coffee, more balanced.

Later that week, Taran introduced longer fasting, explaining its potential to enhance the perception of subtle astral energies and open the heart further. Selena's desire for sweet things immediately protested. The idea of not eating at all felt akin to self-punishment, triggering old memories of rigid self-denial from her childhood. Yet, the memory of the bubbling Elys and Luma from their previous session, and the promise of inner energetic freedom, spurred her on.

In the evening, she started her first 24-hour fast. The first few hours of the following morning were a battle of wills. Her stomach grumbled insistently and her mind wandered from fantasies of elaborate meals to sharp pangs of self-doubt. These feelings came and went in waves, and she began to experience the raw, primal fear that Taran had warned her about – the survival issues of the first chakra.

But as the hours passed, something shifted. The insistent hunger faded into a low murmur and was replaced by a surprising clarity of mind. Her senses seemed heightened: the scent of rain on the earth outside her window, the subtle play of light on the wooden floor – everything felt more vivid, more present.

A delicate, internal tingling began to surface, a faint echo of Elys, even without external touch. This subtle yet profound shift in her internal landscape offered her a glimpse of an energy she had never consciously felt before, now liberated from the constant demands of digestion.

"Now, Selena," Taran guided her gently a few days later, "let's explore releasing some energetic knots and blockages."

He demonstrated, using two joined fingertips of his left hand to lightly press on an area on his stomach, while two fingers of his right hand intuitively found a different spot nearby. He explained that emotional tension is often stored in bodily tissues.

"You'll look for areas that feel good to press and hold, giving you a deep sense of satisfaction, possibly revealing a deeper density in the tissue. Then, simply breathe into the area and allow the energy to flow, before moving one of your hands to find a new spot."

Seated across from him, Selena gently explored her own body. Her fingers quickly found a tender emotional knot in her lower belly. As she found a second spot with her other hand and applied gentle pressure, focusing on her heart chakra breathing, a surprising wave of unexpected sadness washed over her. It was a faint echo of her repressed connection with herself, the deep sorrow of holding herself back.

Tears welled in her eyes, not from pain, but from the recognition, a tender release. Taran simply held the space, his presence a silent, unwavering anchor that allowed the emotions to simply *be* without judgment.

"That's good. Feel it, and let it out," she heard him say. "It's all part of the process."

As she continued, moving her fingertips towards her chest, she found another tender spot. With each conscious breath, the knots seemed to soften and dissipate, leaving her with a warm, spreading sense of ease. Her energetic flow increased, leaving her feeling lighter as if unseen burdens were melting away.

She realised that her previous reliance on external comforts had indeed numbed her to the subtle wisdom of her own body. Though challenging, the purification process offered liberation. Her vessel, once clouded, already felt clearer.

As the session drew to a close, Selena felt a deep sense of inner spaciousness. Her battles with her cravings no longer felt like defeats, but rather like necessary steps that were clearing the way for a deeper connection with herself.

Taran opened his arms. 'Shall we finish with a hug?' he asked. Selena stepped into his embrace and felt the grounded stability of his body. As they held each other for a long time, she felt a sense of

wholeness. She began to consciously breathe LOVE in and out through her heart centre.

With each shared breath, she felt Luma flourish within her chest, spreading outwards like a warm glow. The familiar tingling sensation of Elys, which awakened her sense of aliveness, began to dance through her body, a clear, beautiful current that resonated deeply with Taran's closeness. In this deep embrace, Selena allowed herself to feel safe in his presence. She felt utterly held, not just physically, but energetically too, as if her deepest longing for closeness had finally been met without reservation or fear of misinterpretation.

When they finally released each other, Selena lingered for a moment, her body still humming with the afterglow of their union. Opening her eyes, she felt clearer, lighter and more vibrantly alive. Carrying the expansive feelings of Luma and Elys with her, she stepped through the door and out into the soft evening light.

5. Meditative Embraces

"We've already explored standing hugs in our welcome and goodbye rituals," Taran said a few days later. "This helped us to feel comfortable with one another and strengthen our energy flows. If you feel ready for the next step, let's try some longer hugging meditations with different postures that encourage different types of presence and energy circulation."

Selena felt ready and eager to explore further. Taran gestured for her to sit on the comfortable mat. "Let's begin with the Embrace of Trust," he suggested, sitting on a sturdy cushion behind her.

He showed Selena how to rest her back against his chest and nestle between his legs, feeling his grounded stability. He placed one hand gently over her heart and the other on her lower belly. Selena closed her eyes and relaxed her spine against his chest, breathing deeply as she felt her stomach rise and fall under Taran's warm hands. She felt truly supported, and a primal sense of safety and surrender welled up inside her which felt deeply healing.

The subtle tensions of her repressed sense of wholeness and her fears of being 'too much' began to dissolve. She felt supported, as if her hidden burdens were acknowledged and cared for. His steady hands on her heart and belly simply held the

space, an act of loving kindness, allowing Luma to expand vibrantly around them both. His hands created an anchor, pulling her into a deep state of self-acceptance.

Tears appeared in her eyes, not out of sadness, but as a sign of release; a gentle melting of the body's armour. In this stillness, she whispered to herself, *I allow myself to be held.*

After a while, Taran shifted his body slightly. "Now, if you like, let's explore the Yab Yum posture," he said, guiding her to sit facing him in his lap with her legs gently wrapped around his waist. This felt different; it was more intimate, a deeper merging. As they settled, Selena focused on her heart chakra breathing, inhaling and exhaling LOVE and light. Their energy centres, the sacrum, belly and heart, aligned, sparking a silent dialogue of inner balance and healing.

Selena felt Elys sparkling within her entire body, more vibrant than ever before. She became acutely aware of their trusting intimacy, feeling a subtle physical stirring within herself, a natural response to the intensity of their connection. This was sensual blossoming, a sign of strong energetic flow. Taran had taught her to accept this without shame or the need for further physical enticement. She observed it, accepting it as part of the energetic exchange, letting the energies balance and circulate.

Their individual energetic fields began to intertwine and merge, a silent, deep dialogue

between their astral bodies. Selena felt a deep sense of astral oneness as their chakras communicated and came into harmony. Layers of old, unspoken sadness seemed to melt away, replaced by deep inner peace and gratitude. Their auras of Yin and Yang energies merged to form a luminous bubble of shared, experienced consciousness, filling the space around them.

This was a deeply healing embrace that transcended the physical, leaving Selena feeling liberated and empowered. As time seemed to slow down and her thoughts quietened, Selena knew that this was a significant step in her journey: a powerful experience of sensual freedom in its purest form. She was no longer merely learning about these concepts; she was embodying them and experiencing the tangible healing power of LOVE.

6. Fears and Responsibility

"Yesterday, we built a strong container for trust, a space where you can feel held and seen," Taran said while holding both of Selena's hands.

"Now, I invite you to walk through your fears with me. This involves articulating what scares you about intimacy and being truly seen, as well as how your intentions might be perceived," he explained, his gaze unwavering. "When you speak these fears aloud, they often begin to dissolve. Your vulnerability, long considered a weakness, will become your greatest strength."

Selena nodded, feeling an unexpected tightness in her throat. Her mind, which was usually so good at analysing and categorising things, suddenly felt like a tangled ball of confusion. She reflected on her lifelong tendency to listen rather than communicate. It wasn't a dramatic fear, but a subtle, ever-present one.

"Sometimes I'm afraid of being 'too much'," she confessed. The words felt foreign yet profoundly true as they left her lips.

"For so long, I sensed and absorbed the unspoken feelings of others, becoming a quiet container for their experiences. I fear that if I truly opened up to others, with all my own depth and need for connection, I would overwhelm them. Or that my

longing for depth would be mistaken for desperation."

The confession felt good in her stomach and chest. A wave of relief washed over her as if voicing it had already loosened her ties. She realised that she had held this fear tightly, guarding her inner storms and intense waves of LOVE from others.

Taran simply listened, his steady anchoring presence showing her that her truth was welcome. "We are never alone in these fears; we just usually don't talk about them," he said.

"And I'm afraid of failing at this," she admitted, her gaze falling to her hands. "Of not healing 'correctly' or not being able to offer this to others in the best possible way. I find myself measuring my progress and wondering if I'm reaching the right milestones. What if, even after all this work, I don't fully embody ... well, authentic compassion, presence, and non-judgement?"

Selena paused, a subtle shift occurring within her. A loosening around her heart. The fears, once looming and oppressive, already seemed to shrink, becoming more like translucent veils.

Taran simply smiled. "Thank you for sharing this," he said.

"I suppose there are no milestones in the heart," she mused. "Only presence."

"You are right," Taran affirmed, his gaze deepening. "And to speak these truths, to acknowledge the very fears that have held you back - that is your success. You've already liberated something simply by acknowledging it."

"This," Taran continued, "leads us directly to the concept of radical emotional responsibility. As an empath, you naturally sense the emotions and struggles of others in your own body."

The wisdom of this path teaches us that any energy you perceive within yourself becomes your own personal process. This energy would not have come to you if you did not possess all the necessary tools and power to heal it within yourself."

Selena's eyes widened as a new understanding dawned on her. It wasn't about building a shield against others' pain or transforming it in others, but within herself.

"By cleansing and transforming these energies inside you," Taran emphasised, "you simultaneously help the other soul. In turn, you gain more strength, courage and power for your own journey. It's a win-win situation, a kind of alchemy of interconnectedness."

This way of thinking was revolutionary for Selena. She had once viewed her empathy as a draining burden, seeking to escape it through polite detachment and silence. However, she now saw it as a powerful conduit for healing. This shift moved

her beyond her personal struggle and into an act of collective creative liberation. She no longer needed to protect herself; she was becoming a source of healing simply by embracing her humanity, with all her fears and vulnerabilities, and her immense capacity for LOVE.

7. Unconditional Acceptance

The internal concerns Selena felt had settled into a quiet confidence and she carried a newfound openness in her gaze. Taran's eyes met hers, holding a space of unwavering acceptance. He knew the next step would demand a vulnerability she'd never truly allowed herself to embody.

"If you like and if you feel comfortable, we could explore the sacred hug while being 'fully free', meaning without clothes."

He explained that only one of them would be unclothed while the other would remain lightly clothed. This would create a setting of trust and safety, with no expectation of anything other than a hug. "If we do it right, it can facilitate the healing of deep-seated shame and lead to full acceptance. This is not about performance or seeking pleasure, but about releasing layers of conditioning and allowing unfiltered divine LOVE to flow through us."

Selena nodded. Her mind, usually so eager to intellectualize and analyze, felt oddly still.

Taran placed a warm hand on her arm. "Remember, consent is always an ongoing process." He paused, letting his words sink in. "If at any point, anything feels uncomfortable, just say our safe word: Auris. It will immediately pause everything, without question."

"I am ready," said Selena, her heart pounding like a drum. She wanted to be the one who was fully free. Her usually steady fingers trembled slightly as she unfastened her tunic; each button was a small act of bold vulnerability. Every movement felt like an act of rebellion against a lifetime of ingrained modesty and fear of being exposed, judged, or objectified for pleasure.

As the fabric fell away, a small wave of raw shame washed over her, hot and prickling. She felt intensely exposed, yet Taran's gaze remained soft, accepting, utterly free of judgement. He simply *saw* her, holding space without needing to interpret. With that, he created an environment in which Selena could embrace her journey towards becoming pure and utterly honest with herself.

He sat opposite her on a sturdy cushion on the mat and took off his shirt. Extending his arms, he invited her into the Yab Yum posture they had practised before. Selena nestled herself in Taran's lap, wrapping her legs around his waist. As she settled, offering him the full weight of her body, her inner critic flared up again: *Is this is too much ...?* But when Taran's arms wrapped around her waist not to caress, but simply to hold her securely and tenderly, he radiated such a sense of grounding safety that she allowed herself to fully surrender to the beauty of their shared closeness.

"Breathe ..." he murmured. "Breathe into your heart. Allow your body to remember that it's safe to be close to someone, without having to act."

Selena closed her eyes, focusing on her heart chakra breathing. She inhaled LOVE and light and exhaled old shame. Whispering, she said, "I allow myself to be held, to let go and to surrender," giving herself permission to trust despite the resistance that often arose within her.

Slowly, the heat of embarrassment began to transform into a subtle warmth, a feeling of Luma expanding from her core. Her body began to soften, its armour melting into the embrace. She felt a deep sense of being fully accepted and held with tenderness. This truly was a sacred medicine for her internalised rejection.

Then an unexpectedly intense feeling washed over her. A warmth and a tingling sense of vitality bubbled up in her pelvis and stomach, swirled in her womb and spread upwards like fine rays of light.

"I feel Elys", she whispered.

She deeply understood that this was her sensual blossoming, a natural response to closeness and touch, not to be suppressed or shamed. For so long, her body had been a source of hidden shame and fear, but now it was responding with a vibrant, unbidden joy. A faint blush dusted her cheeks, but this time it felt like a flush of power rather than embarrassment.

The old panic tried to claw its way back. *Is this ... sexual? What does he think? Am I leading him on? But*

Taran's embrace remained steady and unwavering, simply holding the energetic space. No movement, no enticement. He softly hummed a single, sustained note, a low vibration that seemed to penetrate her very bones, deepening the experience and harmonising the resonance between them.

"This is strong energetic flow, Selena," Taran murmured. "It's a sign of your trust, and of your awakening life force. Just allow yourself to feel and to appreciate it. You can use it to activate your Kundalini if you like."

As Selena focused on intuitively circulating the energy, imagining it swirling upwards from her sacrum, through her womb, and into her heart, a new awareness dawned. Elys wasn't something separate to be contained; it was pure, vibrant energy, a part of her whole being. It felt like her very cells were vibrating with light, a crystalline glow manifesting in her astral body.

For a moment, she saw the currents of energy swirling and vivid, like the abstract paintings she used to create. The hidden artist within her found expression through her awakened body. This was her truth: unapologetic and freely flowing.

She realised the sacred edge. The potent energy vibrating between them was even amplified by the limitations of his clothing. Desire was not being consumed in a short circuit, but rather transformed into a self-sustaining current of astral oneness, filling the space between them as a radiant sphere.

When Taran gently shifted to signal the end of their hugging meditation, Selena felt lighter than she had in a long time. Her body no longer felt like a cage, but rather a conduit for boundless energy and LOVE. She felt liberated and empowered. Looking at Taran, her eyes brimmed with unshed tears of profound gratitude.

"Thank you," she whispered, and he thanked her as well. She felt a deep sense of self-LOVE permeating every cell of her being, shifting her foundation towards LOVE. The old scripts of shame and fear were being rewritten, dissolving into the light of radical acceptance. Selena had not merely walked through a fear; she had transmuted it, embracing the sensual freedom that came with living her truth fully. Her journey to becoming an Energetic Heart & Soul Companion had truly begun.

8. The Infinite Flow of LOVE

The 'Fully Free' revelation had not just been an exercise in vulnerability; it had sparked a seismic shift at the core of Selena's being. Her body hummed with vibrant aliveness and the voice of her inner critic had finally been transmuted into a quiet strength.

Selena's intuitive sensing abilities were now sharpening into a clear, compassionate lens. She could feel the subtle shifts in Taran's aura and anticipated his movements and intentions even before he spoke. A quiet dialogue unfolded beneath the surface of words.

"Selena," Taran began, "I can feel that your vessel is becoming more purified. Your light is radiating. If you like, we can explore more ways for divine LOVE to flow within you and through you, in service to others." He moved to a small wooden chest, fragrant with dried herbs. Selena's heart filled with curiosity. She remembered Taran mentioning some ancient energetic healing practices before.

"Think of the traditional anointing ceremony as a way to release energy blockages and emotional tensions, rather than as a massage," Taran explained, picking up a small bottle of herb-infused oil. "The experience can be one of surrendering to a

deep inner opening of the heart, allowing the energies to flow where they are needed most."

He invited Selena to lie down on a comfortable mat. As she relaxed, he warmed a few drops of aromatic oil between his palms. He placed one hand over her heart and the other on her lower abdomen, guiding her to breathe deeply while he matched her steady rhythm with his own breath.

Taran explained that waves of energy could automatically spread from the hands and seep deep into the energetic body, melting away any lingering emotional tensions and blockages. Taran described how he aimed to radiate a sense of steady safety, emphasising that the practice was not about trying to fix anything. He spoke of the subtle stirring of Elys, a sensual blossoming that could begin either in the sacral area or throughout the whole body, like sparkling starlight beneath the skin. He noted that old programming, such as the deeply ingrained fear of exposure, judgement or objectification for pleasure, might try to resurface. However, the sacred intention of the anointing keeps the sensation pure: an aliveness that vibrates through the entire being.

"Just allow it to circulate," Taran murmured, demonstrating how to guide the strong energetic flow of life force into the heart centre to transform into Luma, creating a feeling where cells seemed to vibrate with light. He conveyed how the recipient can feel completely accepted, and held with tenderness, experiencing the blossoming and

radiating as a welcoming affirmation of the body's capacity for LOVE.

Selena absorbed every detail carefully, knowing that she would soon be offering this profound experience to others. She then practised by performing the anointing on Taran, who offered subtle guidance and feedback to help her embody the flow and intention of the ceremony.

Next, Taran introduced Light Painting. "This practice," he explained, "is about creating pleasure and energetic movement without physical touch. It relies purely on intention and subtle energy."

He invited Selena to be the 'painter' first. She hesitantly brought her index and middle fingers together to form an imaginary paintbrush and hovered it just above Taran's body. He closed his eyes, breathing steadily.

Tapping into her hidden artistic side, Selena began to trace invisible circles around Taran's chest, stomach and hips, feeling for subtle energetic responses. To her amazement, Taran began to emit a soft sigh. She felt mirror-tingles in her own body - a tangible lesson in shared energy.

The Elys she had previously felt in herself now felt like a shared current, a playful dance between them. When she moved her imaginary brush towards his thighs, a deep, contented moan escaped him. It was a profound revelation: pleasure could be experienced beyond physical touch.

"Now, let's switch," Taran suggested. As he became the 'painter', hovering his fingers just above her skin, Selena closed her eyes. She could feel the subtle stir of energies, and then, a surge of pure, delicious Elys rippled through her. His 'paintbrush' seemed to intuitively find every dormant energetic pathway, igniting a storm of tingles and waves. With every invisible stroke, the old script of shame was being rewritten. She became pure sensation, a canvas of awakened aliveness.

Later, as they sat facing each other and sipped warm herbal tea, Taran steered the conversation towards the broader concept of connection. "Your journey will probably, sooner or later, lead you to a new understanding of LOVE," he said. "One that transcends the confines of singular bonds and embraces the concept of LOVE relationship networks."

Selena blinked. The concept still felt like a radical departure from her upbringing in society, which had taught her to guard her flame of LOVE in a small box and share it only with one single human being.

"I'm not sure I understand," she admitted, her past fear of emotional entanglement still resonating faintly. "It seems ... complex. And what about commitment? And what about jealousy?"

Taran nodded. "In the stories of Sanuela, the High Priestesses often live in stable networks of loving relationships," he explained. "This isn't 'free LOVE' but rather committed loving freedom. It's about

recognising that LOVE is an abundant resource, not something scarce to be hoarded out of fear. It means transcending the idea that you can only LOVE one partner completely, and embracing the richness that diverse, deep and stable connections can bring."

He spoke about Moon Love relationships, in which souls may be close friends who hold hands and cuddle, but only experience deeper intimacy once in a lunar cycle. He also explained the concept of 'adoring devotees', who dedicate a specific period to exploring and connecting with each other.

"These bonds are established with clear, defined allowances and boundaries, and with the ongoing consent of everyone involved," Taran emphasised. "This ensures safety, stability and mutual respect, while dissolving the old paradigms of sexual expectations."

"Often," he continued, "the intensity arises from the *almost* or the *not yet*. Desire can transform into a self-sustaining current, that is amplified rather than dissipated. It's a choice to honour the allowances and the boundaries while circulating energies rather than always releasing them."

Selena pondered this. Her own recent experiences had revealed to her the profound truth of this. During the shared hugging meditations, both clothed and unclothed, the intense Elys and Luma had not resulted in physical release. However, the energetic current had been far more intense and

powerful than anything she had experienced before. The idea of transforming desire and longing into nourishing, self-sustaining energies was revolutionary.

Taran then introduced the challenge of guests feeling a withdrawal from LOVE. "As a guide, you will encounter souls who have experienced loss - perhaps through a breakup or the absence of cherished connections. Some guests may feel starved of deep LOVE. When you provide them with it, even if only for one session, they may experience a sudden sense of loss afterwards. This can trigger intense reactions, such as grief, vulnerability and even anger. Their mind and ego will try to protect them. In some cases, they may direct this anger towards you because it is easier than facing their own pain and vulnerability.

The key is to help them understand that LOVE always comes from within, not from external projections. You can encourage their inner connection through meditation or by spending time in nature. Alternatively, you can inspire them to find a loving companion who can hold their hand and share the feeling of oneness together. Every bond is unique. One way to maintain a state of heightened frequency is to accept and connect with those around us."

He explained how embracing these concepts could free us from dependence, demonstrating that LOVE is not something that is given or taken, but rather

an ever-present power that can be accessed, circulated and shared.

As the session drew to a close, Selena felt a profound sense of expansion. The cage of suppressed LOVE that had once defined her was dissolving, not just in concept, but physically within her body. She was beginning to recognise that her own inner light was powerful enough to dispel all her shadows, and that her empathic gift, once a burden, now became her greatest tool for connection, balance and healing.

As Selena walked home under the evening sky, she could feel the gentle pulse of Luma in her chest. The city no longer seemed to her like a jumble of disconnected energies, but rather like a living mosaic of souls, each one bearing its own weight and longing, and each one capable to LOVE.

She paused by a park bench where an elderly woman sat alone with her shoulders hunched in quiet sorrow. Without hesitation, Selena sat down beside her, offering her presence rather than words. She breathed in light and breathed out LOVE, and after a moment, the woman's tense fingers relaxed slightly. It was a silent exchange, a shared moment of recognition.

This was the medicine. Not in grand gestures, but in the willingness to meet another's pain with an open heart. Not in fixing, but in being present.

And so, Selena walked on, knowing her journey had only just begun. Not as a perfect guide, but as a human who had learned to let LOVE flow through her - one breath, one touch and one shared silence at a time.

Food For the Mind

1. Fear of LOVE

"LOVE gives wings, but LOVE does not hurt, does not belittle, does not beat, does not lie, does not deceive."

Oc Éane writes that LOVE does not hurt. In my personal universe, I feel that this is true when we learn to trust inside. Hurt can come from disturbing our emotionally programmed patterns and comfort zones about LOVE and closeness. Our hurts can also be symptoms of emotional growth pain. And sometimes karmic debts need to be settled and we are not aware of it.

If we can trust that LOVE itself doesn't hurt, then what on earth is stopping us from loving purely and fully, from living in a constant energy flow of high LOVE frequencies, and from sharing this with more souls around us?

We are used to keeping our flame of LOVE in a very small box. Raised in a world where LOVE, affection and closeness were only accepted within families and between mostly closed relationships, it may feel safe and familiar.

Because of our exaggerated sense of what we consider to be 'security' in many ways of life, we are used to drawing a razor sharp line between 'romantic relationships' and 'friendships'. In most of our cultures we are not used to holding hands with other souls we like if we are not in a relationship. Or a loving hug that lasts more than a few seconds? What would the others think, right?

Apart from the fact that we think more about other people's worries, fears, thoughts and feelings than our own, our mind machine has more programming from

the past in it. What if, after holding hands and hugging, the other person falls in LOVE and wants more? What if we ourselves fall in LOVE?

Why do we call it 'falling' when it is actually an uplifting, exhilarating and wonderful high frequency experience? The falling in energies and frequencies only happens when our LOVE is shielded or rejected by closed doors and windows in the other soul. It can also happen when we give ourselves up for the other, which does not respect the LOVE for ourselves. In this case we are the ones closing doors and windows to ourselves.

The High Priestesses and High Priests of Sanuela often live in a stable LOVE relationship network, which may also consist of one or more Moon Love relationships with one sensual LOVE ceremony in a moon. More about this in the "Getting Closer" chapter.

Does our comfort zone keep us safe? Well, most relationships end after some time, so there is not much safety in that. Closing our LOVE to others brings with it a whole range of shadows: jealousy, betrayal, mistrust, anger, fear, ... In this climate it is very difficult to feel LOVE and very easy to be traumatised again and again.

The purpose of our strict relationship laws is to enable us to fulfil our natural human need for closeness and LOVE in a safe way. So we restrict our LOVE in order to feel safe with LOVE.

What if we were to allow ourselves to open the doors of the mental cage that we have constructed for ourselves? Perhaps a stable network of relationships is a better way, where even a break-up would not traumatise us in

the same way, if there are other loving and close souls around us who can balance the loss together with us.

This does not mean that we can use the others in order to run away from the inner processing of pain and forgiveness that is needed. But it does mean that we are not cut off from the flow of LOVE. For that is what always hurts the most. We are human and human beings suffer or even die without LOVE.

Opening our relationships in reasonable and safe small steps is only one way to share more loving healing energies in our lives. The other way is to experience it through someone who has made it their life's mission to live and breathe from the heart centre. We can call them angelic humans, High Priestesses and Priests, holy Marys, Energetic Heart & Soul Companion, or we can describe them as those who continue to cleanse themselves of inner shadows, fears and addictions in order to share their high LOVE frequencies with others.

How deep and wide can our LOVE grow when we allow it? How powerful can our healing become for ourselves and others around us with a radiant flowing LOVE that is ten times or more beyond our current imagination? There is no limit to LOVE unless we set that limit for ourselves.

One of the first important steps is to trust in the beneficial universe that Gaia offers us (*). Trusting ourselves and our surroundings means that we create our own inner safe space wherever we go.

The second important step is to maintain this safe space for the other soul. In the purely loving offerings of the High Priestesses and High Priests of Sanuela, there is no

further physical action to enhance sensual or sexual activity. There is complete stillness and awareness in feeling, seeing and holding each other.

...

(*) See *Foreword: Trusting my Friendly Universe in Human Connection*.

2. Feeling LOVE

Heart chakra breathing is the simplest spiritual practice in the world. The characters in the books of Sanuela are asked to practise this whenever they are around the High Priestess Ayana, as a reminder to stay in the heart at all times. Focusing the attention in the heart with the help of our breath is a very practical way to feel LOVE in a conscious way.

What should be the easiest is often the hardest for us. The opening of our hearts is often heavily guarded by a mixture of unresolved pain from past traumas and our self-constructed rules for LOVE in order to stay 'safe'.

We need to feel strong enough to let it all go. LOVE can only be felt after this conscious exhalation, when we release the strong grip that our protective ego has built up.

Apart from breathing into the heart chakra or placing a hand over it to help connect with it, and possibly holding hands with the other soul, there are no other techniques to learn or practice. There is also no need to consciously guide the astral energies if we prefer to just feel. Just feeling ourselves and the other, surrendering and letting go completely is hard enough. If we can just concentrate on that, it's very good and nothing else is necessary.

3. Emotional Responsibility

Angelic humans and many other souls are highly empathic. We often feel in our bodies the energies, challenges and struggles of others. This is not always a pleasant experience.

There is a trend in the spiritual world to return everything back to the sender which is not part of us and our path. This idea is coming from the path of fear, ego and denial. When we possess these extraordinary healing capabilities and we understand deep within us that we are all connected and ONE, then it is not coming from LOVE to simply return any unpleasant energies.

Healers need to take responsibility. Whatever we sense within our body has become our process. It would not have come to us if we wouldn't have all the tools, all the power and everything that is necessary to heal this inside of ourselves. We intuitively feel what is needed to work with these energies, we cleanse, transform, ground or release them.

By doing this, something magical happens. The soul from whom we received this package of energies will be healed and stabilised and will have more strength, courage and power to work on their next challenges. At the same time, we have cleansed, transformed, grounded or released something within us that was connected to these energies. Therefore, we will also gain more strength, courage and power to work on our next challenges. It is a win-win if we are able to feel responsible for every energy that we perceive within us.

4. High Priestesses and Priests

The energetic healing work of an Energetic Heart & Soul Companion is a deeply intuitive and loving process that involves various techniques and approaches. Here are some of the key aspects, described in more detail in: *Ayana, My Light and My LOVE*.

Ayana, as a High Priestess of Sanuela, embodies the essence of deep divine LOVE and is called upon to develop and share her energetic healing abilities. This journey often involves letting go of fears and blockages and embracing the responsibility of creating visions of LOVE for the greater good. The High Priestess is seen as an intuitive spiritual guide who leads towards light and LOVE, helping to liberate others as she liberates herself.

Ayana's method of healing is about using the medicine of her pure LOVE to bring other souls back into balance, peace and self-LOVE. She has the power to awaken the heart centre of another soul through her gaze, touch or by holding them in a prolonged meditative embrace. This sensual energetic healing is guided by intuition and empathy, focusing not on fulfilling desires, but on accessing, resolving, or balancing deeper emotional wounds and yearnings.

In gatherings and during all practices with a High Priestess or High Priest, other souls are asked to imagine breathing through their heart centres so that the connection and LOVE can be felt in the collectively shared field of energy and consciousness. This also serves as a reminder to practice heart chakra breathing at all times.

Ayana also uses heavy, softly rounded stones placed beneath the navel or over the heart centre of the soul receiving the healing. She maintains a strong connection with the soul by placing one hand on the stone. By applying slightly more pressure, the grounding and releasing effect can be further intensified. Gentle caresses on the stones are often felt energetically in the soul's astral body. Ayana's hands sense into the emotional aura of a soul, moving intuitively to the places where her energies are most needed.

In addition, Ayana also offers traditional anointing ceremonies. As in all practices, participants breathe through their heart centres to enhance the collective energy field. The High Priestess uses intuitive touch, supported by herb infused oils, to release energy blockages and emotional imbalances. The focus is on activating the heart centre, directing energies often found in the stomach or navel area towards the heart. These deeply spiritual ceremonies are conducted in a caring, caressing and loving manner, with an emphasis on surrendering to divine LOVE.

The sensual energetic healing work of a High Priestess like Ayana is a blend of deep LOVE, intuitive healing and touch, grounding and releasing practices, and ceremonial rituals. These practices aim to balance and harmonise energetic, emotional, and spiritual energies, leading to self-LOVE, inner peace, and awakening.

5. Hugging Meditations

Hugging meditations, also known as Sensual Energetic Healing (SEH), are a deep and powerful energetic healing technique that uses hugging as a bridge for connective communication and integration. This experience focuses on lovingly connecting and balancing the yin and yang energies in an embrace where neither needs to give and both can receive.

The meditative embrace is a prolonged, loving, and meaningful physical connection. The energetic effectiveness increases with the duration and intensity. Longer hugs become a deep energetic healing experience, promoting a powerful balance between Yin and Yang energies.

During a loving meditative embrace, it's important to feel and respond to the signals your partner sends through touch and body language.

When practitioners in a meditative hug imaginatively breathe through their heart chakras, they can experience deep feelings of gratitude, forgiveness, and LOVE, allowing emotional and energetic imbalances to connect, exchange, and heal. This process can be visualised as an energetic cleansing through the heart chakra, harmonising the aura and astral body.

During the loving embrace while standing or sitting, the chakras of the astral spine come very close to each other. They communicate with each other and find a new balance that promotes inner healing and the awakening of the Kundalini.

Feeling good and energised in the aura between Yin and Yang is energetically sexual, but not necessarily physically sexual. The focus is on holding each other, feeling emotional intimacy, closeness and harmonising higher dimensional energies. Meditative hugs offer the possibility of a deeply connecting energetic exchange that leads to emotional balance and inner healing.

(For more details, see: *Hooray, I am Human! Sensual Energetic Healing (SEH) for Singles & Couples*)

Benefits of Hugging Meditations

- Heart Opening – Activates the heart chakra, deepens LOVE, and increases compassion.
- Emotional Healing – Releases past wounds, dissolves fear, and nurtures self-LOVE.
- Astral Balance – Clears energetic blockages and aligns the subtle bodies and chakras.
- Energetic Balance – Harmonises yin-yang energies and strengthens the aura.
- Deep Relaxation – Boosts immune function, releases tension from the body and promotes overall well-being.
- Stress Reduction – Lowers anxiety, calms the nervous system, and promotes relaxation.
- Inner Peace – Brings emotional stability and a deep sense of presence.
- Transformation of Loneliness – Fills emotional voids and promotes a sense of belonging.

- Sacred Sharing – Allows for deep, non-sexual sharing that nourishes the soul.
- Healing of Relationships – Enhances trust, understanding, and emotional closeness.
- Forgiveness & Release – Helps let go of resentment and promotes emotional renewal.
- Deep Presence & Mindfulness – Enhances awareness of oneself and others in the moment.
- Spiritual Connection – Strengthens the link with divine LOVE and higher consciousness.
- Higher Vibrational States – Elevates consciousness and increases light energy in the body.
- Activating Divine Energy – Awakens and refines inner life force energy (Kundalini).

6. LOVE Without Ego

How can a human being experience divine LOVE without ego when they have been brought up in ego-consciousness and have been dictated by it their whole life? How pure, strong and energetically effective can our LOVE become?

When we pollute our LOVE with ideas of the ego, we are holding back our energetic healing powers. Instead, we can try our best in all situations to be filled with the purest and strongest LOVE and trust we can find within ourselves. This devotion and surrender to LOVE is a gift we give to ourselves.

The High Priestesses of Sanuela achieve this by making sure that all hugging meditations are done clothed or partially clothed by at least one embracing partner. In the role of the High Priestess of Sanuela, it is not intended to do anything physically arousing to a guest seeking their energetic healing. When a natural arousal occurs, it is seen with full acceptance, without further physical enticement. If we are internally sensitive to the fine subtle energies, we may notice a strong energetic flow taking place.

In order to give both embracing healing partners a sense of further safety, High Priestesses usually live in several parallel relationships or as part of a stable relationship network. They may, however, invite a so-called Adoring Devotee to join them for the duration of a lunar cycle in order to create space to deepen human connections emotionally or sensually. This means a lunar period of exploring each other. For some it stops at cuddling,

others may promise an intimate night at the end, which sometimes turns into two or three. There are also those who live a mini-relationship of full intimacy for the entire duration.

But then, at least in the stories of Sanuela, this connection takes a break after one lunar cycle. If both souls want to experience more with each other, they can always seamlessly enter into a fully dedicated relationship, a Moon LOVE relationship, or find any other form of regular, loving devotion and care for each other that we call a LOVE relationship.

This is not free LOVE, *it is committed loving freedom*, as Ayana puts it. (*)

A High Priest or Priestess of Sanuela would never want to misuse their loving powers for selfish reasons, as this would only lead to fear, karmic paybacks and eventually the loss of their special healing abilities.

There may well be a natural attraction to some souls. And the more we come into our LOVE powers, the faster we can fall in LOVE with another soul, sometimes within minutes. Is it selfish to want to be with someone or to spend time in their presence?

It all depends on what we do with it and how we balance our LOVE for others. Can we use our LOVE for someone to expand further? Or do we tend to shrink or constrict our LOVE?

How do we feel when someone else loves the same soul? (*2) As long as we have a human body, we have an ego to keep us in it. That's its job. There is no good in fighting our ego or saying to ourselves or anyone else

"Oh, you are only in your ego now!" As a human being, it is perfectly fine to sometimes feel a little jealousy, sadness, stress, abandonment or other emotions that we typically associate with the ego. Hooray, we are human! Let's celebrate our vulnerability instead of suppressing or fighting it. It brings us to our centre and from there we can expand our LOVE and strength.

Some expand their LOVE in a superficial way. It is easy to smile at everyone, to be happy and joyful, and even to feel a certain sense of LOVE. But this is not a LOVE expansion lived to its full potential. When superficiality becomes a protective shield, then it prevents us from going deeper.

Instead, by gazing into someone's eyes or taking their hand and then sinking deep inside our heart, we can find the strongest possible LOVE in every moment.

By allowing ourselves to be fully vulnerable, we are able to LOVE every soul on this planet in its own unique depth and way.

...

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

(*2) See *Love Beyond Jealousy*.

7. Being Fully Vulnerable

If we want to give or receive the strongest energetic healing powers, part of the journey involves showing ourselves to be vulnerable. Only when we take down our defences and the many layers of protection do we become fully sensitive and open to feeling ourselves deeply. Then, we connect with our deepest LOVE. Our vulnerability becomes the key to opening the great portals to our heart's palace.

To achieve this state of openhearted power, we must first find those souls with whom we feel truly safe (*). It is in the presence of those humans who hold a space of unwavering acceptance and non-judgment that we can finally lower our shields. Here, our vulnerability is an offering that is treated with the respect and care it deserves.

From this centre of vulnerable LOVE, we are powerful mini-goddesses and -gods, ready to create whatever we need on our path - even if it sometimes requires us to tremble or cry in order to birth it into existence. When we feel safe with the embracing partner, we can surrender to our deepest LOVE for ourselves, for others, for Gaia, or for our personal universe.

...

(*) See also: *Luma's Garden. A Journey into Sacred LOVE, the Heart of Energy and Sensual Awakening.*

8. Opening the Subtle Senses

One practical way to experience our vulnerability is to fast on fruit or nothing but water. This ancient practice enables us to develop a heightened sensitivity and a deeper connection to our emotional or astral body within a single day. Over time, it can also help us to overcome our physical cravings, making us feel increasingly liberated from our attachments to food.

After one day without food, we can often feel the aura and energies of other humans around us more intensely. Our perceptions of subtle energetic flows in our astral body are also heightened. (*)

Therefore, when we fast for at least 24 hours before a meditative embrace or any other connective healing experience, we feel ourselves and others much clearer and stronger. For some, this may be an overwhelmingly joyful and exciting heart-opening experience that heals and enriches our lives for many days to come.

...

(*) See: *Balancing Emotional Needs: A New Relationship With Food*

9. Connecting With the Eyes

When we gaze lovingly into each other's eyes, we connect on a deep level. Through our eye contact, we often find the first opening to embrace the LOVE we feel for each other. There is something about the other that makes us feel alive.

Some believe that they can interpret the inner world of others by gazing into their eyes. However, this only distracts us from what we need to see most: ourselves, with all our emotional and mental shadows, fears, and vulnerabilities. Whatever arises is part of our own inner world and wants to be acknowledged and perhaps forgiven.

Gazing into someone's eyes can feel as loving as a hugging meditation, even without any physical contact. However, some eye-gazing partners also like to hold hands to connect more deeply.

10. *Fully Accepting*

This powerful energetic healing practice is highly effective in healing inner wounds of rejection. The recipient lies on the floor with their back to the ground, fully relaxing and surrendering to their inner processes. Meanwhile, the giving soul holds one palm on the heart chakra and the other on the stomach. No movement of the hands is required. As with most somatic healing experiences, both participants should imagine breathing through the heart chakra throughout the practice.

The giving soul focuses on fully welcoming and accepting the other soul. Other intentions may be included if requested by the receiving soul, such as becoming a magnet for LOVE or a better channel for healing. It is important to understand that no actual giving or taking is taking place; rather, it is a kind of surrender on both sides.

To deepen the experience, a heavy, smooth stone can be placed on the recipient's stomach, slightly below the navel. The giver then places one hand on the stone and the other on the heart chakra. For some, a gentle, steady pressure applied through the stone can further intensify the process, helping to anchor the feelings of acceptance and release deeply within the body.

11. Holding Hands

Holding hands together is like a mini hug. It shows that we trust each other. We like each other. This can happen regardless of physical gender and without any kind of relationship. It is the simplest way to show LOVE to one another.

Energetically, the astral bodies of both partners blend together through this touch. If they both imagine breathing through their heart chakras, deep astral communication, exchange and healing can begin.

This can be practised while talking, during eye gazing or as a form of meditation with closed eyes to deeply connect inwardly.

12. Sensing Each Other

Once we have established trust through eye contact and holding hands, we can sense whether we want to experience the personal energies and frequencies of another soul more intensely.

We can hug each other for a minute to see how it feels. Is there enough resonance for a longer embrace? We are always free to decide. While the Energetic Heart & Soul Companions may listen to the wishes of visitors, they always choose for themselves how they want to connect with someone.

Sensing each other includes fully accepting any naturally occurring arousal that might happen during a hug. A woman's arousal often takes time and mostly happens inside her body, hidden from others. A man's erection, on the other hand, is often quick and spontaneous, and can clearly be felt physically. Sometimes men are blamed or rejected for being aroused. Shame, fear and judgment are all aspects of the immature ego that must be overcome in order to achieve our full potential. Only then can LOVE flow freely.

13. Many Embracing Positions

In the classic hugging meditation, both partners face each other, whether they are standing, sitting or lying. In this position, both partners can focus on receiving, as giving happens naturally. Another option is for one soul to embrace the other from behind, whose back is turned toward them. This allows the recipient to focus entirely on receiving. This position is similar to the way parents hold their child. For those who lack this loving, caring connection, this can be a deeply healing experience. This position can also be done while standing, sitting or lying down. Finally, the roles can be reversed, with the second soul holding the first in the same way.

Each of these basic positions has a different effect on both partners. We can take a moment to connect with our feelings before deciding intuitively what feels right in that moment. If we feel like changing position, we can communicate honestly and lovingly to decide together.

14. Trusting Body Intuition

Our bodies know what feels comfortable with each other. If we feel intuitively that we should sit closer together, we can follow this impulse unless we receive verbal or body language signals from our partner. Our hands find their places almost automatically when we let them decide where it feels most enriching for both of us.

We place our hands here for a while, then there, wherever it feels natural and healing. Good places are always above the chakras, especially the heart chakra.

During a meditative embrace, we normally don't move, although to stir up kundalini energies in a seated hug, the yin part may sometimes feel like swirling ever so slightly around the combined axis.

15. Loving Surrender

When we give and receive during a hugging meditation, we do so fully and sometimes even fully free (*) while the other remains clothed.

This is surrendering together on a deep, sensual level. We trust that we will respect each other's boundaries and to simply enjoy the moment of the hug. We allow ourselves to feel the swirling flow of yin and yang energies within us.

If we become excited or aroused, we surrender to these feelings without encouraging them further. We allow all energies to flow as they wish. We explore, we let go, we receive. Through our heart centres, we breathe LOVE in and LOVE out. Nothing else matters.

...

(*) In *Sanuela*, 'fully free' means without clothes – see: *High Priestess of Sanuela* and *Ayana, My Light and My Love*.

16. Astral Oneness

When you make the two into one, and when you make the inner as the outer, and the upper as the lower, and when you make male and female into a single one, so that the male shall not be male, and the female shall not be female: . . . then you will enter [the kingdom].

The Gnostic Apostle Thomas, 24:22

When both hugging partners feel fully comfortable and safe, and are able to completely let go and surrender, something magical happens.

While the skin is the boundary of our physical body to the outside world, our astral bodies don't have fixed boundaries like that. When we are in a close embrace with aligned chakras and wide-open heart centres, our astral bodies overlap and blend together.

In this state, we are more than just two individual souls. Together, we transcend duality: we can still feel ourselves and the other soul, but we also unite to form one being. While all three perspectives can be experienced simultaneously, focusing on the feeling of unity usually feels most pleasurable. We become the Three, yin and yang and the often-overlooked circle around the yin-yang symbol. In this third state, we can create, forgive, and heal anything and everything.

We can also experience this feeling of oneness by simply holding hands. However, the astral energies flow with less intensity than during a hugging meditation because the chakras are not aligned with each other.

17. Purifying Ourselves

Physical addictions can attract parasitic astral entities to our aura, which feed on our energies and prevent us from reaching higher frequencies. In Sanuela, these entities are known as the 'Thorns of Craving' (*). Some of the most harmful are those connected to the regular use of tobacco, alcohol or other substances that create physical dependence.

Who would want to feel oneness with a body that has entities attached to it that dictate what it consumes? Energetic Heart & Soul Companions are encouraged to free themselves, step by step, from all cravings. This allows their aura to shine brightly and clearly when they embrace other souls for energetic healing.

Remaining in an energetically pure and high-frequency state also means eating consciously and moderately, and keeping our diet as clean as possible, with a focus on plant-based foods.

It also means abstaining from violence: not seeing, not hearing and not speaking, just as the famous Three Wise Monkeys demonstrate.

Further purification on physical, mental and spiritual levels can be achieved through the conscious use of shamanic plant medicine or the ancient practice of Temazcal: a sweat lodge accompanied by drumming, chanting and, sometimes, emotional sharing.

...

(*) See *Ayana, My Light and My Love*

Longer Fasting

If we want to reduce our dependence on food as our primary source of energy, we could consider following the breatharian lifestyle. Some breatharians choose to eat nothing at all, yet maintain excellent blood values, remarkable mental clarity and strong physical health. Others may eat once a week or once a day, or they may follow an intuitive approach and eat only when they feel the need.

The defining feature of the breatharian lifestyle is that the body learns to draw energy from the astral realms and use it to create whatever physical components it requires.

Adopting the breatharian lifestyle can greatly enhance our perception of subtle astral energies, particularly when we come close to another soul's aura. This is particularly beneficial for those who wish to share loving and healing energies with others.

The breatharian journey often begins with some form of initiation. This typically involves gradually reducing food intake over two or three days, concluding with a green smoothie or vegetable juice. This is then followed by at least six or seven days of complete fasting, during which only water and herbal teas are consumed.

This process can often be challenging, as we may be confronted with survival issues related to the first chakra that we were previously unaware of. However, once the body learns that it can thrive without food, we can draw on this knowledge whenever we want to experience the exhilarating sensations of fasting.

Unless they are already experienced with longer periods of fasting, it is best for most people not to undergo the breatharian initiation alone. Joining a retreat or finding a personal guide who can support us safely through the emotional turbulences is advisable. Once we have learned this skill, we can increasingly enjoy a newfound freedom of true choice, no longer feeling dependent on anything.

You can read more about this in *Liberator of Temptational Bonds*. If you are drawn to this path, you can visit Finca Sanuela in Tenerife, where you can be guided as you explore it.

Releasing Energetic Knots and Blockages

There is a simple somatic technique for releasing energetic knots and blockages using our fingertips and breath. Our physical tissues, fascia and organs often store unresolved emotions, fears and past experiences as tension, pressure or small spots of numbness. When we bring loving presence to these places, they begin to soften, melt and move again. This process invites the body to remember its original energetic flow.

Energetic Heart & Soul Companions work with these knots and blockages in a simple and intuitive way. They trust that the body and astral field know where healing is needed, and that gentle pressure, conscious breathing and clear intention are enough to open up the energetic pathways. You don't need to be a trained healer to explore this: your hands can intuitively sense where energy is stuck and where it longs to move again. The following practice will allow you to experience this for yourself.

Use two or three joined fingertips to sense and locate an energetic knot or blockage in your physical tissue. You will probably find most of these around the stomach area or on the hips. You will know you have found a good spot when applying pressure with your fingertips feels deeply pleasurable. Keep holding your fingertips there.

Then, using your other hand, find a second spot with two or three fingertips joined together to form a stamp-like shape. If you have found a good place, move very slightly in all directions around it to see if it is the best place or if you need to make a slight adjustment.

Press into both spots and breathe into them for a few moments. Then, release one hand and start searching for a new spot while the other hand remains pressed. Continue alternating between the two hands.

Pressing two points found intuitively with both hands and holding them for a while while breathing into the areas creates a balancing flow between them. This technique is often used in healing methods known as 'Quantum Healing' or the 'Two-Point Method'.

Regular practice greatly enhances the flow of energy in the astral body and between the chakras.

Walking Through Our Fears

For an Energetic Heart & Soul Companion, it is essential to work with fears, because fear is one of the main forces that closes off the heart, clouds the aura and blocks the free flow of LOVE. As long as our own fears silently influence our decisions, we cannot fully support others in their vulnerability or maintain trust when

strong emotions arise around us. The more we confront and overcome our fears, the clearer our inner space becomes, and the more stable and reliable our presence becomes for those who come to us for support.

Working with our fears is a lifelong process of engaging with the parts of ourselves that make us feel insecure or unsafe. Fears can manifest in many ways: as everyday worries, deep-seated (but false) survival patterns or old hurts that remain in the body and astral field. There are countless ways to confront them, and everyone must find the approach that works best for them.

The following poem suggests a simple yet effective way to let go of a fear by sharing it in a circle of presence. If you would like to explore this approach more deeply with personal guidance, you are warmly invited to Finca Sanuela in Tenerife, where we can address your fears together in a safe and supportive environment.

Try this: Share a fear of yours

With a trusted friend or in a group

Describe the details and what you imagine

Observe what happens when you give it some time

Often the fear will go away, just disappear

And when there is no fear

Then there is nothing left to learn

From this experience any more.

Gaia will show you new timelines.

Work with all of your fears

Until there is only trust and LOVE left.

(from: *Allowing LOVE Three. 99 Poems*)

18. Getting Closer

Embracing and surrendering together to feel our inner oneness is a deep way of sharing intimacy. With some souls, we may feel more than just comfortable and complete. If both hugging partners regularly experience an intense loving connection or sexual excitement and wish to share more than hugs, they may want to allow their LOVE to grow. Some possible solutions:

- The High Priestesses and Priests of Sanuela often choose to be in more than one fully dedicated relationship. Their partners may also have more than one, thus forming a Network of LOVE. Find out more about this on the website www.sanuela.org.
- A Network of LOVE can also include Moon Love relationships, in which two souls maintain a close friendship and celebrate a sacred and intimate LOVE ceremony together once per lunar cycle.
- Adoring Devotees choose to spend one lunar cycle exploring and connecting with each other. Afterwards, they may take a break and return to their regular lives, having been transformed by the LOVE they shared. Alternatively, they may decide to make alternative arrangements that are mutually suitable.
- A Starbond Love is a deep and celestial connection between two lovers. While physical intimacy is limited to one passionate night, the

rest of the relationship is built on an emotional and intellectual connection.

- In a Dreamscape Love, the couple shares and explores their dreams and fantasies together, creating an intimate and sensual experience without physical union.

These are just some examples to broaden your perspective beyond the binary choice of a "committed romantic relationship" or "just friends". Read more about these and other types of relationships in *Human Connection, Unconditional LOVE, New Relationships, and Sacred Sensuality in the World of Sanuela*.

There are many ways to express and share closeness, sensuality and arousal with each other in a safe space, ensuring that nobody gets hurt. While it can be helpful to give names, definitions and categories to our relationships to provide some stability and safety, they can also feel restrictive. As every loving connection between two souls is unique, it is important for partners to honestly discuss their wishes, needs, and boundaries.

19. Withdrawal of LOVE

What happens when we regularly experience a high frequency of LOVE with someone – for example, simply by holding hands and feeling a sense of oneness – and then abruptly end this routine because one of us has to or wants to leave?

Losing such a deep connection suddenly can leave us feeling vulnerable and upset. In the worst case, LOVE can turn into anger. We may suddenly see things as the opposite of how we perceived them before. Driven by a strong ego, we may unfairly blame the other or ourselves for minor incidents in an attempt to protect our feelings or cope with the pain of loss.

Such reactions are often a natural part of the grieving process and of processing change. Grief can manifest as a heavy weight on our hearts, leaving us feeling as though we are stuck in quicksand and unable to move forward. We may feel numb and unable to feel anything at all, or we may feel overwhelmed with intense emotions. These waves of grief may come and go repeatedly for a while, even when we think we have already moved on. This is not a sign of failure, but a natural process that allows the heart to adapt to change over time.

The absence of a once-cherished connection can leave a void within us. It can trigger a cascade of withdrawal symptoms that disturbs the balance of our hormones and endorphins. Our bodies may ache from the absence, causing us physical pain. We may lose our appetite and be unable to find joy in nourishing ourselves.

Alternatively, we may turn to food for comfort, binge-eating in an attempt to fill the void.

Allowing ourselves to move intuitively, to journal, or to cry in a safe space can support the body as it adjusts to a new reality. But is that enough?

There are at least two possible solutions for turning a loss into something positive. The first is to look deep within ourselves and seek the LOVE that dwells within us. This could involve meditation or spending time in nature to experience its healing power.

The second path involves reaching out to find more loving companions – other souls with whom we can hold hands, practise long hugs, and share a sense of oneness with each other. This may feel very different to the LOVE we have experienced before, as every connection between two souls is unique. However, it can help us maintain a high frequency of compassion, acceptance and connection. The good thing about this is that, despite the pain of loss, we are pushing ourselves to build and strengthen our Network of LOVE with our friends and everyone we meet.

These two paths can nourish each other. The more deeply we connect with our inner LOVE, the more easily we can form close connections with others. Likewise, the more support we receive from others, the easier it becomes to trust the LOVE within us.

20. Enchantresses and Enchanters of Sensual Bliss

While the High Priestesses and Priests of Sanuela do not further entice naturally occurring arousal in their visiting guests, this is very different for the Enchanters of Sensual Bliss. For them, arousal is key to entering a higher frequency of astral tingling and letting kundalini energies flow freely. It also strengthens the light body with every shared moment.

During a hugging meditation, a female Enchantress will move her hands and body intuitively, in a way that feels right to her, to maintain high energy levels for both participants. In contrast, a male Enchanter tends to be more passive, allowing their partner to move their body as they wish.

There is much more to this sacred work. Read more in *Enchantress of Sensual Bliss*.

21. Radiating LOVE and Light

What happens when we work through our fears, shadows and addictions? We begin to trust our personal universe. And what if we then allow ourselves to open our hearts more than ten times further than anyone thought possible?

When we surrender and bathe in our inner LOVE and light, it radiates out and helps create a friendly, loving universe around us. We experience more synchronicities in our own lives and in the lives of our closest friends. We share more of our healing energies and often bring light to the world around us in many unseen ways.

When people with hurtful, negative energies try to break through our aura, they often encounter trouble in the attempt, or realise that they would rather not interfere. When people project their emotions onto those who live in their hearts, they can get hurt because they are hurting themselves. This is the real reason why we used to fear witches. They were the ones who did the inner work and found their deepest LOVE within.

Becoming One is our deepest inner mission: finding the astral-energetic union of yin and yang and all opposites, both within and without. The more we feel this Oneness, the more we become one with the surrounding universe, allowing our LOVE and light to shine.

22. *Becoming an Energetic Heart and Soul*

Companion

Some souls carry a source of healing energies within them. Others feel relaxed around them, without knowing why. Their nervous systems calm down and their hearts begin to speak more honestly. If you recognise yourself in this description of a natural healer, or if you long to live in such a frequency of LOVE, then becoming an Energetic Heart & Soul Companion may already be calling you. This path is for those who feel that their heart, hands and presence can be a human medicine for others.

At Finca Sanuela in Tenerife, you immerse yourself in a safe environment where you can experience somatic healing for your body and nervous system. Through practices such as honest sharing, heart chakra breathing, conscious hand-holding and hugging meditations, you will gradually learn to sense your own energies more clearly. You can work through your fears and hesitations and release the inner armour that once felt necessary. Here, Elys, the tingling aliveness in your body, and Luma, the warm light of LOVE in your heart, can become tangible companions.

As you find more balance and trust, you can learn to offer this somatic healing to others. The training to become an Energetic Heart & Soul Companion guides you step by step in creating safe spaces for emotional honesty, presence, and touch. You practise communicating allowances and boundaries clearly,

ensuring ongoing consent, and the art of holding space without fixing – simply resting your hands, breathing through your heart, and allowing the body and nervous system of the other to do their own healing. You discover how to accompany tears, trembling or joy without losing your own centre.

Over time, this is no longer just a work but a way of living. Your everyday relationships become more authentic and more loving. Friendships deepen and romantic bonds are less burdened by the expectation of fulfilling every need, because your Network of LOVE widens.

If you feel a resonance, the next step is simple: come to Finca Sanuela for a retreat and experience this human medicine for yourself. Then you can decide whether you want to continue your journey as an Energetic Heart & Soul Companion. Your own opening is the doorway that your future guests will sense.

www.sanuela.org

Becoming an Energetic Heart & Soul Companion

A personal initiation into the art of being a
safe, nurturing and healing presence



Heart-centred presence · hand-holding · hugging meditations
Holding safe space for vulnerability and emotional healing
Clear communication of allowances, boundaries and consent
Your own deep inner work as the foundation
Shadow work · forgiveness · energetic self-care
Personalised 1:1 training · 10–14 days · Finca Sanuela, Tenerife

Vision of LOVE

Written on a full moon in Leo on 25.01.24

I perceive a part of my consciousness as an inner LOVE triad. There is Nils, the balancing vessel that provides the male body, the mind and a soul that comes from Goddess Gaia or Mother Earth.

Then there is Natushohin, my Yang Spirit Guide. I call him the star traveller within me because his soul comes from Ceres, a dwarf planet between Mars and Jupiter. He guides me with intuitive insights on literally any subject that concerns my path of growth.

And then there is Darna, my Yin Spirit Guide from the angelic realms. In my stories of the magical worlds of Sanuela, she has given me deep insights into the sacred work of Ayana. As High Priestess, Ayana is called upon to remain at her highest possible frequency of LOVE at all times, in order to share it abundantly with others.

Darna also showed me how spirituality and sensuality can be part of the same path. In my

stories, the Enchantresses of Sensual Bliss use sacred sensuality as a tool for deepening their LOVE, forming their astral light bodies and ultimately for spiritual enlightenment.

Then Darna showed me how living in a LOVE relationship network can be more stable and more fulfilling than a monogamous bond, which makes us dependent on the LOVE of only one soul. This can cause severe withdrawal symptoms and often leads to traumatic hurts and break-ups.

I perceive a society based on closed LOVE relationships as immature and often hurtful to each other, because this concept follows our fears and not our deepest possible LOVE. We put our LOVE in a tiny little box and guard it closely, often not even allowing loving eye contact. We do not hold hands, hug, or cuddle with other souls with whom we may also feel LOVE. This way of life leads to closure, exclusion, and more loneliness.

For many reasons, my work has been underground. I've made my peace with that. To fully integrate these blueprint concepts into the 3D world, I need to live them myself, as this quickly changes the collective around me. I can be part of the change, learn from it and write more along the way.

Recently I was fed up with Gaia and my guides. I am fine with giving my LOVE unconditionally as best I can. But when there is no flow back, I feel misplaced in this world. Hooray, I Am Human! But

human babies die if they are not welcomed with LOVE in this world.

I sometimes have mental insights that come to me while I am intuitively answering a question. Often I ask for a second sign to be sure of the correctness of the answers I have found.

And then there are the insights that come through inner processes of full embodiment. Before that, I get signs in the outer world to put me on the right track. Then the embodiment happens and in a moment everything is very clear and I feel the truth without any doubt in every single cell of my body.

Maria Magdalena has not been allowed to be seen for thousands of years. She has been radically erased from our history books, condemned in our minds and hearts. For me, she is not just an angel. Her presence and her LOVE flows through me. To become fully comfortable with her presence inside, I was slowly introduced to it in many small steps, in the same way that my guides always give me guidance and insights.

It feels truthful, deeply honest and pure how she unveils her visions in the magical worlds of Sanuela. She is asking me to bring this blueprint into my own world, in order to change the collective around me:

Transcending Our Fear of LOVE

Some may think that we are not afraid of LOVE. But this fear is so deeply embedded in our social and mental patterns that we don't even allow ourselves to see it.

Let's open and connect our hearts to expand our LOVE consciousness. We can begin with eye contact and hand holding and experience True LOVE. Hugs are optional and can bring deep healing.

Why do we reduce the experience of loving one another to closed relationships? It can be felt deeply with any other soul if we allow it.

Empowering Angelic Humans

The deeply healing work of the High Priestesses, Marys or angelic humans is an offering of truly lived and experienced LOVE, always given freely and voluntarily and experienced together as it intuitively feels right.

Many souls have amazing energetic healing powers. Most use them without being fully aware of it. Imagine a world where we support those who can heal with their presence.

Let us bring and keep angelic humans in their highest and most healing LOVE frequencies. Let LOVE be our medicine.

Building Networks of LOVE

Monogamous bonds are based on ego and fear. They make us dependent on the LOVE of a single soul, cause severe withdrawal symptoms and often lead to traumatic hurts and separations.

LOVE relationship networks are based on trust, honesty and unconditional LOVE. They can bring stability, security and an abundance of LOVE into our lives. Let's build them together and support each other.

Imagine being in LOVE all the time. We just need to be honest and fully aware of each other's feelings.

You can read more about this in some of my other books, specifically in *Love Beyond Jealousy* (non-fiction) and *Blossoming Beyond Boundaries* (a fantasy novel in the world of Sanuela).

As I begin to live from an abundance of LOVE, staying in my highest possible LOVE frequencies, this vision is becoming more and more a reality in the world around. I know that everything will be given to fulfil this path.

Yet, as LOVE and loving support can only be offered through free choice, Gaia or the universe will not be able to help me with this just on their own. It also needs to come from those who trust in this vision. We need the loving support of those who believe in it. If you feel a calling, consider building this together.

Appendix

About Sanuela

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

A central theme of Sanuela is rebalancing yin and yang, or feminine and masculine qualities, in all areas of life.

In meditation, this means shifting from a solitary, technique-driven and controlling practice to the more receptive, body-trusting hugging meditations, where sensation and feeling are welcomed rather than suppressed, and nothing needs to be achieved.

No matter what our relationship status, these long, heart-centred embraces with full presence are the strongest form of human medicine we can share with each other. They calm and regulate the nervous system, balance our yin and yang energies, and melt layers of fear, emotional tension and armour. In this shared stillness, the illusion of separation softens and many discover a direct experience of unity that they may have been seeking through years of solitary practice.

Rather than limiting LOVE to one exclusive bond and treating partnerships as fear-based contracts of possession, Sanuela views relationships as an abundant, living garden. The Network of LOVE is a stable web of souls who offer one another care, emotional safety and honest communication. Each connection has individual allowances and boundaries, allowing LOVE to flourish while strengthening trust and commitment.

The soulfamily community model in Sanuela asks: who do we truly want to grow with? A handful of trusted souls live closely together, sharing responsibilities, resources and emotional journeys, so that no one carries life's challenges alone and everyone is supported by honest, nurturing connections.

Reading one or two of the free books on www.sanuela.org only reveals a small part of a much larger vision, spread over many pages, books and interwoven themes. Sanuela.org was created as a practical framework that brings these threads together and translates them into everyday life: emotional healing, forgiveness, shadow work, clean eating and fasting, and finding balance between our inner feminine and masculine energies.

At Finca Sanuela in Tenerife, these themes are put into real-life practice in a supportive setting. Guests can experience heart-centred sharing, hugging meditations, conscious relationships, fasting processes, and take their first steps into Networks of LOVE and soulfamily communities.

Rather than offering a new belief system, Sanuela encourages us to reconnect with our ancient wisdom. Real growth happens when we gently face our fears, shadows and vulnerability instead of escaping into 'light-only' spiritual comfort and wellness zones.

About the Author

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

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

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

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

While programming apps for meditation and relaxation, I consulted various shamanic guides, participated in

ceremonies with and without traditional shamanic plant medicine, engaged in cleansing and transformational rituals, and attended many retreats in complete darkness.

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

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

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

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

I experienced and wrote about chakra healing, kundalini, astral energies, other-dimensional experiences, shamanic ceremonies, conscious and sacred sensuality,

and how to work through the inner processes on the spiritual path; such as fears or emotional pains.

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

Books by Nils

- The Confident Heart. From Fear to LOVE (2025)
- A Kind of Magick. Manifesting From Your Heart (2025)
- Luma's Garden. A Journey into Sacred Love, the Heart of Energy and Sensual Awakening (2025)
- Allowing LOVE Three. 99 Spiritual Poems (2025)
- Soulfamilies. Living, Loving and Growing Together (2025)
- Liberator of Temptational Bonds (2025)
- Blossoming Beyond Boundaries. A Romance of Jealousy, Honesty and Trust (2024)
- Enchantress of Sensual Bliss Tantric Fantasy Romance (2024)
- Love Beyond Jealousy (2024)
- Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela (2024)
- Allowing LOVE. Spiritual Poems (2024)
- Allowing LOVE Two. 99 Spiritual Poems (2024)
- Ayana, My Light and My Love (2023)
- A Course in Love & Miracles (2023)
- High Priestess of Sanuela (2023)

- Balancing Emotional Needs: A New Relationship With Food (2023)
- Horray, I Am Human! Sensual Energetic Healing (SEH) for Singles & Couples (2022)
- Spirituelle Partnersuche. Der ganzheitliche Weg vom Single zur erfüllten Beziehung (*Spiritual Dating: The Holistic Path From Single to Fulfilled Relationship*, currently only available in German, 2022)
- Liebe, Wahrheit, Licht. Energetische Chakraheilung und Kundalini (*Love, Truth, Light. Energetic Chakra Healing and Kundalini*, currently only available in German, 2022)
- Wir sind Familie. Altes Wissen und neue intuitive Erkenntnisse (*We Are Family. Ancient Knowledge and New Intuitive Insights*, currently only available in German, 2021)
- Wir sind Bewusstsein. Erzählungen eines Vieraugenkröpplings (*We Are Consciousness. Tales of a Four-Eyed Kroplin*, currently only available in German, 2021)
- Multidimensionale Evolution. Energetische Schattenarbeit und Dunkelretreat (*Multidimensional Evolution. Energetic Shadow Work and Dark Retreat*, currently only available in German, 2020)
- Multidimensionale Metamorphose. Innere Heldenreise mit 16 Archetypen (*Multidimensional Metamorphosis. Inner Hero's Journey With 16*

Archetypes, currently only available in German, 2020)

- Multidimensional. Unser Weg in eine Neue Welt (*Multidimensional. Our Path to a New World*, currently only available in German, 2020)
- You Are Healer and Creator. Experience Energetic Healing and Energy Work (2019)
- Glückselige Ekstase. Healer & Creator: Next Level (*Blissful Ecstasy. Healer & Creator: Next Level*, currently only available in German, 2019)
- Zeit für mich! Das 3-Tage-Auszeit-Programm zum Selbstfinden und Kraft tanken (*Time for Me! The 3-Day Retreat Programme to Find Yourself and Recharge Your Batteries*, currently only available in German, 2015)
- Montagsmeditationen. 22 geführte Meditationen, die deine Welt verändern (*Monday Meditations. 22 Guided Meditations That Will Change Your World*, currently only available in German, 2015)
- Besser Schlafen. Selbsthilfe zum Einschlafen & Durchschlafen bei Schlafproblemen und Schlafstörungen (*Sleep Better. Self-Help for Falling Asleep and Staying Asleep With Sleep Problems and Sleep Disorders*, currently only available in German, 2015)
- Liebe dich selbst! Übungen, Phantasiereisen & Inspirationen für mehr Selbstliebe und Selbstwert (*Love Yourself! Exercises, Imaginary Journeys & Inspiration for More Self-Love and Self-Esteem*, currently only available in German, 2014)

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

How Do You Feel About the Book?

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

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

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

Thank you!