

Soulfamilies

Living, Loving and Growing Together



Nils Klippstein

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Growing Together



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

His approach includes heart-centred awareness, time in darkness and silence, exploring the balance of feminine and masculine qualities, and gently meeting the hidden parts of ourselves. He also 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 intelligence within life, Mother Earth, and the wider universe.

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*What if LOVE is not a closed box
With high walls and rigid barriers?*

*What if closeness doesn't need to be controlled?
What if freedom doesn't weaken connection?*

*What if we are here not to fit the old stories
But to write new ones with care and LOVE
With presence, with courage?*

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This Book Is Free ...

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

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

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

Would you like to give back?

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

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

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

Thank you for your consideration.

Let LOVE be thy medicine!

Foreword

Do you sometimes long to live in a way that feels more true, more connected, more human? Hugging, laughing and crying together, walking through conflict with care and not having to do it all alone? Healing and growing with trusted souls we allow to truly see us? Perhaps raising children together in a circle of gentle support and LOVE?

This longing is where the journey begins.

The words in this book have grown from conversations, shared moments and stillness. They are not a perfect blueprint – but an invitation and an opening. Something new may emerge from them, as you may find the sparks that will light your own visions, dreams and plans.

A soulfamily doesn't need many people, just two or three. And we don't need to have all the answers. Just the courage to ask new questions and to walk the path of learning and adapting. And we don't need to wait. This journey begins here – with you.

LovePeaceJoy,

A handwritten signature in a cursive, stylized font that reads "Nils".

1. Arrival

Ari stood at the edge of the gravel path. The trees surrounding her murmured softly in the breeze. She held her backpack close.

She had almost not come.

The email had been sitting in her inbox for weeks. "Conscious Relationships Retreat – A Week of Heart-Centred Connection." It felt too big. Too open. Too unknown.

But something inside her had said yes. A quiet yes. The kind that rises from the chest, not the head.

Now she was here. A few wooden houses, a garden. A few quiet people walking barefoot. A woman with grey hair smiled and waved her inside.

"Welcome. You must be Ari?"

Ari nodded.

"You can leave your phone in the basket," the woman said. "We'll begin with silence and heart-centred breathing."

Letting go of her phone felt strange and a little scary. Ari followed the path to a large yurt. Inside: cushions in a circle, nothing else. A few others were already there. She sat down.

A man with kind eyes and rough hands smiled at her. "Hey, I'm Jaro." She smiled back and shyly replied with her name.

Another arrived: Kai. His energy was different – gentle but playful. He winked at her, then sat cross-legged on a cushion.

Next came Nila. Straight posture, steady gaze. She gave Kai a soft smile and sat close to him, taking his hand. Ari wondered if they had come together.

A few more entered, then the woman from before stepped into the circle. "I'm Siona," she said. "Let's begin with the simplest breathing technique I know."

She placed her hand on her chest. "LOVE in, LOVE out."

They began to breathe together. It really was that simple. Nothing more was said. But something began to shift, Ari felt it in her chest – a door inside her opened.

Heart-Centred Breathing

This way of breathing is a very simple but powerful practice. We breathe naturally, but imagine that the air is flowing through our heart centre instead of through our nose. We can place our hand in the centre of our chest if we want to feel it more strongly: LOVE in, LOVE out.

We don't need to change anything, just let the breath flow. Feel and breathe.

Benefits

- It calms the nervous system. Fear, stress, and tension soften.
- It brings attention into the body – from the mind and ego into our feeling.
- It opens our heart. We feel closer to ourselves and others.
- It supports honest, caring communication – with more clarity and less fear.
- It helps us stay emotionally grounded. It's hard to harm others when we breathe with the heart.

2. Sharing

A gentle calmness filled the yurt as Siona slowly looked around the circle.

"We will begin and end each day this way," she said softly, "with an open sharing circle. You can say anything here – as long as it comes from the heart."

She paused, placing her hand on her chest.

"We speak while breathing through our heart centre. This keeps us honest, but also gentle. It helps us stay connected. When someone shares, we listen deeply. No advice. No fixing. No judging. Just presence. This is not a place for long stories or drama – but for your own truth."

Siona smiled. "Today, we just share: What brought us here? Why do we want to change how we relate to others?"

There was a brief silence. Then, one by one, people began to speak.

A woman in her forties, eyes lowered, shared her story of a long marriage where she had felt unseen. A young man said nervously he had never been in a

relationship and sometimes wondered if something was wrong with him. An older man admitted to a pattern: he had been in and out of relationships like a revolving door, never quite finding happiness. He had cheated and been cheated on. The lies, the distrust, eventually it always ended. Then he would start again, hoping this time would be different.

Then it was Ari's turn. She put her hand on her chest and breathed – LOVE in, LOVE out. "I came because ... I followed all the familiar rules. The usual LOVE stories. I tried, I failed, I tried again. But something always felt ... off? Like I was playing a part – not living as myself."

She looked down. "I want something true, to feel connected, not controlled. I want to learn what LOVE really is."

Jaro spoke next. "I've spent a lot of time alone. Making things, fixing things. But connecting ... that's harder. Sometimes I felt used, like people only saw what I could do – not who I am. I'm here because I don't want to stay closed anymore."

Kai smiled. "I've never liked labels or roles. I want to LOVE in a way that doesn't make anyone smaller – including me. Why do we have to put limitations on each other? It comes from fear, not LOVE, right?"

Then Nila, sitting upright, spoke firmly: "I've always cared for others. Now I want to learn how to receive. How to open up without losing myself, and without fear. To feel safe enough to let someone else in. I need to feel that if we're going to try this."

She gave Kai a smile and took his hand.

A few more shared – some were shy, some with tears, some were uncertain. But everyone was honest.

When the last voice faded, Siona just nodded. "Thank you."

"Let's hold hands in the circle, feel each other's presence and the connection with each other."

They sat in silence, breathing together. And something small but important began to form between them – a gentle trust, like a first layer of soil in which something new could grow.

The Traditional Family Model

In the traditional relationship model, we usually live as a couple, sometimes with children, in a shared home. It often comes with expectations of lifelong commitment, sexual exclusivity, and carrying all emotional, financial, and parenting responsibilities within this small unit.

Most of us grew up with this idea, and this story is repeated in many of our books, films, and cultural norms.

The Pros

- Offers clear structure and social acceptance,
- Can create a sense of stability and long-term commitment,
- Often provides legal and financial security,
- Supports focused parenting with shared responsibility,
- Helps define roles and expectations within the household,
- Can strengthen a shared sense of identity and history.

The Cons

- Assumes one person can meet nearly all emotional and physical needs,
- Encourages emotional dependency and fear of losing the other,
- Often isolates couples from wider emotional or social support,
- High separation rates suggest that some deeper needs are not being met,
- Outside connections – emotional or physical – are often seen as a threat.
- May lead to mistrust, emotional distance, or lack of true intimacy,
- Can create pressure to stay in unhealthy or limiting relationships,
- Often shaped by social expectations,
- Leaves little space for personal freedom or evolving expressions of LOVE,
- Can create resentment, unmet needs or loneliness, even within the partnership,
- May block personal or emotional growth through overprotection.

3. Connection

After the first sharing circle, the group sat around a long wooden table in the garden. Bowls of warm soup, brown bread, and garden vegetables and salads were passed around. No one said much, but the silence felt warm and fulfilling.

Later they walked to the small wooden huts that stood among the trees. Each cabin was simple – just a bed, a blanket and a pillow, a window to the stars. Ari lay awake for a while, processing all the emotions swirling inside her. Her heart felt full – and a little more steady than before. She looked forward to what would happen next at the retreat.

The next morning started slow. People walked barefoot to the main house, where fresh fruit and tea were waiting. Soft smiles, gentle greetings, and long, warm hugs. Then, they gathered again in the yurt.

Siona welcomed them and invited everyone to a morning sharing circle. The topic: Why did we once believe that the traditional model was the only way to be happy in relationships?

One by one, people shared their answers – some brief, some thoughtful. Habits and comfort zones, fear and

uncertainty, society and expectations, films and fairy tales. Mostly: a lack of good examples, as some simply didn't know any other way. After everyone had spoken, they quietly held hands and breathed together. A gentle hum of connection. Then Siona looked around the circle with care in her eyes.

"I'm sure most of us have faced the many challenges of traditional relationships," she said. "All the struggles – pressure, mistrust, maybe feeling lonely even when we are with someone. Still, we got used to the structure. It gave us a kind of comfort, a feeling of safety."

She paused. "But maybe that safety wasn't as real as it seemed. We see it in the number of couples breaking up. And today, more people are living alone than at any other time in history."

Some people nodded. Others looked down.

"But LOVE," she said, placing a hand on her heart, "is something that doesn't depend on a structure. It can be felt and shared – even with someone we've just met. And today, we're going to feel that together."

She stood up and moved to the centre of the yurt. "We'll do a simple exercise. You'll be in groups of three. If you came with a partner, please split up. It's necessary to step out of your comfort zone for this."

People moved around, looked at each other, then slowly formed groups. Ari ended up with Jaro and a quiet woman from the circle. Kai and Nila went to different corners.

Siona explained, "In each group, two will sit face to face. Knees close, maybe even touching. Close your eyes and breathe through your heart centre. LOVE in, LOVE out. If it feels right, you can hold hands – left palm up to receive, right palm down to give. Don't think, just be present. Feel yourself, feel the other and feel the oneness of both. This can be the most beautiful feeling."

She gave them a moment to choose which two in each group would sit together. Then she said: "The third one in each group will support. You are the spaceholder, and you might feel what we call compersion, where you feel a deep joy as you support others. Put a hand on each of the other two – wherever it feels right and safe. Maybe on a shoulder or a back. You're not sending anything. Just breathe LOVE and be present."

She stepped back. "After a few minutes, I'll sound the bowl. Then we'll switch. Everyone will have a chance to support once and connect twice."

The room became quiet. People closed their eyes and the first wave of stillness settled in.

Ari sat opposite Jaro. Their knees touched gently and they held hands. They were breathing. She tried not to think too much, just to feel. The quiet presence of the third – the woman whose name she hadn't caught yet – made her feel calm. Something in her chest opened up gently. Just breathing. Just this. And for the first time in a long while, Ari felt that she wasn't alone. She didn't need to hold anything back. She felt safe and happy. The warmth of LOVE moved gently through her like sunlight, wrapping her heart in a

gentle embrace, illuminating every cell of her body
with vibrating joy.

Comperision

Comperision is often described as the opposite of jealousy. It is a deep emotional state. Instead of focusing on feelings of insecurity or fear of loss, we connect with our hearts. We feel joy when others experience connection, happiness, and fulfilment.

Cultivating comperision means transforming our own wishes and needs into positive, loving support for someone else's well-being. This support and spaceholding can become deeply fulfilling for ourselves.

It is not about losing something, but about expanding our capacity to LOVE. Others are no longer seen as rivals, but as part of a shared field of connection.

Benefits

- It opens the heart – We move from fear to trust.
- It dissolves rivalry – We stop comparing and start celebrating.
- It brings emotional freedom – LOVE can flow more naturally, without control.
- It builds stronger bonds – We support instead of compete.
- It reduces fear of loss – LOVE becomes something shared, not possessed.
- It helps us grow – We learn to feel joy for others without losing ourselves.
- It brings peace – We no longer fight what we fear and welcome what is true.

- It supports honesty – When we feel safe, we become more open.

4. Vulnerability

After the final round of the exercise, the group formed a circle again and sat in silence for a while. Then, Siona invited everyone to share how they were feeling. Some spoke about the warmth they felt. Others had questions. Siona responded gently, encouraging honesty and reminding them to speak only what felt true in that moment. She didn't rush anything. Then she stood up and looked around with a smile.

"Feel free to explore further," she encouraged. "Anytime in the next few days, you can sit together in pairs – just like before. Breathe through your heart centres. Hold hands, if it feels right. Stay present with each other. And if you want to go a little deeper, there's another way to practise – a hugging meditation.

One of you sits in the other's lap – usually, the woman sits on the man and wraps her legs around him, but you can choose whatever feels best. We call this the *yab yum* position. As before, close your eyes. Breathe through the heart centre, be still. There is no goal, just being together – present and open. Allow yourselves to feel the oneness together."

She looked around again. "And just like today, you can always ask someone to be your supporter and spaceholder. A third soul who's simply there, breathing with you, maybe with a gentle touch. Just feeling the connection, feeling the LOVE."

Then Siona sat down again and remained still for a few moments.

"Now, let's open up the space a little more," she said. "LOVE is not limited to one way or one form. We can learn how to expand it and include more. We're not here to repeat the same patterns – we're here to feel what's truly real now. To allow for something more honest than we have experienced before."

She looked directly at Nila, then around the group.

"What if we started by making women feel more deeply loved? What if we let go of the old rule that says they can only have one partner at a time? What if we opened the door to more LOVE – if it's rooted in care and empathy?"

She paused. No one spoke, but the silence was full of listening.

"Women want to feel safe before they open up. So it's up to the man to create that safety first – not just with words, but with presence, with care and with trust. When the woman feels safe, she can intuitively guide the next step."

Then someone asked about jealousy.

Siona nodded slowly.

"Jealousy is not the problem or the fault of the one who feels it. It's a call for deeper sharing. When it comes up, we don't ignore it, and we don't try to solve it in ourselves. We sit together and we speak from the heart. We listen."

She looked at each of them, one by one.

"Then, we ask each other: How can I support you? What would help you feel safe, seen, and met? That's how we grow. That's how we LOVE."

A gentle silence followed. No one moved. A space had opened. And within it, something new was now possible.

New Possibilities

Opening up does not mean that we have to throw away everything about traditional relationships. If some parts feel good and grounding, we can keep them. The difference is that we no longer hold on out of fear or habit.

We begin to trust each other enough to create space for new experiences – rooted in honesty and true care. These steps are never rushed or forced. Everyone involved has to feel ready and safe. (See also: *Love Beyond Jealousy*.)

It's a growing process to allow LOVE to flow more freely.

What Becomes Possible

- **Adding deep connections of LOVE:** Through holding hands or hugging meditations, we can feel close to others without having to be sexual. These heart-based connections can be just as nourishing and healing.
- **Moon Love relationships:** A connection between two close friends built on deep trust and care – who come together gently and sensually once every lunar cycle. This may include hand holding, hugging and cuddling, or shared moments of support.
- **Different ways of relating:** Each connection is unique. Some are more emotional, some more physical, others are playful or deeply peaceful. See more here: *Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality*.
- **More emotional growth and healing:** By sharing LOVE in new ways, we expand our hearts. We gently face our fears, open up to others and heal old wounds that

may have come from jealousy, control or emotional distance.

- **Deeper honesty:** When we let go of hiding our longings, wishes and needs, we stop playing roles. We speak more openly, and our relationships become more honest and grounded.
- **More trust, less fear:** Instead of guessing or doubting, we learn to speak from the heart. Trust grows when there is nothing to hide.
- **Feeling more fully seen and felt:** With more than one close connection, we experience being held and understood from different angles. This brings more warmth and depth into our lives.
- **Reduced pressure on one partner to be everything:** In a wider field of connection, no one has to carry the full load of our emotional, sensual, or social needs alone.
- **A shift from control to care:** We stop trying to "own" someone. Instead, we learn to truly care for each other – gently, without pushing, and always with choice.

5. Togetherness

The session ended with everyone holding hands, and Siona suggested some quiet time. The sun shone gently through the trees. Some retreat guests strolled slowly along the garden paths together, chatting about their thoughts and sharing reflections. Others sat quietly under the old oaks, writing down their thoughts and feelings and enjoying the peaceful moment. A few lay on the grass, feeling the breeze on their skin as they talked about the session and the new ways of connecting.

Ari walked alone for a while, her bare feet touching the warm earth. She had no destination – just followed the path until she reached the small wooden outdoor kitchen by the garden. Jaro was there, sitting on a bench, peeling an orange. He looked up and smiled.

"Want some?" he asked.

She sat down next to him, and they shared the juicy fruit in silence. Then they talked about how the exercise had felt. About the simple beauty of holding hands and being silent with someone they barely knew. They talked about how calm and light it all felt,

as if a quiet weight had been lifted without them noticing. Ari shared how much vibrating joy she had felt in her body cells as they connected.

Nila came by and saw the two of them sitting there, so she joined them on the bench. Ari asked if she wanted to try the hugging meditation with her. Nila nodded with a smile and gently took her hand. She looked into Jaro's eyes and asked if he would be their supporter. He gladly accepted. They arranged some blankets in a quiet corner of the grass. Nila sat cross-legged, and Ari slowly settled into her lap. They wrapped their arms around each other. Cheeks resting on shoulders, hearts aligned. They began to breathe through their heart centres.

Jaro knelt beside them and placed a hand on each of their backs. Ari felt his presence as warm and caring, grounding and loving, and she was able to feel the oneness not only with Nila, but with all three of them together. It was beautiful, exhilarating and deeply fulfilling. Something gentle and loving flowed between the three of them. Ari felt held, not only by Nila's soft embrace, but also by Jaro's calm touch. It stirred something inside her – a spark of ecstasy, a feeling of being safe and wanted. Silence enveloped them like a cocoon.

When they finished, no one said much. They just smiled and leaned into a long, warm embrace – all three together. There was nothing awkward. Just ease, comfort, and a quiet sense of liking each other.

Later that evening, the group gathered in the yurt again. The soft orange light of the setting sun filtered through the canvas walls. They sat in a circle, sharing

their reflections of the day. Something had shifted in everyone. The air felt more tender, more open. Nila and Kai held hands and smiled at each other often – relaxed, happy, trusting. Something in their connection seemed to shine, even without words. They ended the circle with a shared breath of gratitude.

Ari couldn't sleep that night. Her belly swirled with emotions and her mind was racing. She stepped out into the cool air. The moon was low and bright, illuminating the clearing between the cabins. Not far away she saw Nila and Kai sitting close together, wrapped in a blanket.

Ari hesitated for a moment, not wanting to disturb them. But something inside urged her forward. She walked slowly across the grass and stopped a few steps away. "Would you mind if I joined you for a while?" she asked quietly.

Nila smiled and offered her hand. "Of course. Come."

They opened their big blanket and made room for her. Ari sat down next to Nila, feeling the warmth of her body and the ease of her welcome. They didn't need to talk much. It was enough to be together under the open sky, breathing the same cool air. Wrapped in the cosy blanket, they watched the moon in silence. After a while, words began to flow again – softly and slowly. They shared childhood dreams and little memories of LOVE that still glowed inside them, like little glowing lights. Nothing forced, nothing heavy – just the simple honesty of hearts that felt safe together.

Welcoming a Third Soul

In most traditional relationships, when challenges arise, couples usually have to seek help from a professional outside their relationship. But what if there was already someone close who could offer support and presence before the problems became too big? A third soul, trusted and caring, can bring in fresh energies, new perspectives, and emotional grounding to both partners.

In many relationships, anyone getting close from the outside is often seen as a threat. But this view is limiting. When we allow another soul to come nearer – not to take something away, but to give – we create a space without competition or rivalry where deeper honesty, more trust, and greater emotional growth are possible.

It takes care, openness, and clear communication to make it work – but the rewards can be rich and beautiful.

Benefits

- Brings fresh inspiration and new energy into the relationship,
- Helps prevent emotional stagnation and boredom,
- Offers steady emotional support when one or both partners go through difficulties,
- Encourages more honesty, openness, and the courage to be vulnerable,
- Helps partners break out of old, ingrained communication patterns,
- Can create a stronger feeling of safety and connection for everyone involved,

- Reduces pressure on the couple to be "everything" for each other,
- Allows old patterns of mistrust or jealousy to heal through shared experience,
- Encourages setting allowances and healthy boundaries and respecting personal space,
- Opens the way for deeper emotional growth and true forgiveness,
- Helps overcome feelings of neglect, loneliness, or unfulfillment,
- Encourages emotional healing and more honest, heart-based connections,
- Allows deeper, more intimate friendships to grow within the relationship,
- Strengthens the experience of unconditional LOVE and acceptance.

Having a third soul close to a couple can bring new light, inspiration and support – but this only works when they have the right attitude and emotional maturity. Being a true supporter is not about stepping into others' emotions or trying to 'fix' anything. It is about being present with an open heart, offering a safe and steady space.

Here is a simple checklist of qualities and attitudes needed to strengthen the existing bond between two souls, rather than unintentionally creating new tensions.

Checklist for a Supportive Third Soul

- Brings calmness and warmth into the connection,
- Feels genuine joy when others are happy – from an open heart,
- Holds space with kindness and steadiness, without needing to control,
- Communicates honestly and clearly, with gentleness and respect,
- Understands and honours personal allowances and emotional boundaries,
- Is patient and not pushing for things to happen,
- Is comfortable with closeness but also with giving space when needed,
- Does not seek attention or validation, but naturally radiates trust and grounded presence,
- Stays centred during emotional waves and does not take sides,
- Feels deep empathy and shows emotional maturity,
- Can express personal feelings without blame, guilt, or accusation,
- Brings inspiration and new perspectives without judgement,
- Values and protects the trust given by the others,
- Understands that LOVE grows best in freedom, not through ownership or demand.

6. Networks

The next morning, the group gathered again in the soft light of the yurt. A warm, expectant silence filled the space. Siona sat with them and spoke about the idea of relationship networks.

She explained that when we no longer limit ourselves to being either 'single' or part of a traditional couple, new possibilities can unfold. Everyone is free to build their connections with care – setting personal allowances and clear boundaries based on their own needs, always with the open knowing and acceptance of any closer partners involved. In this way, a network of LOVE begins to form naturally, with each soul connected to others through trust, presence, and shared experiences.

Siona also spoke about stability. She reminded everyone that when being part of a larger LOVE network, it is not about constantly looking for new partners. Stability and depth are valued more than the excitement of new beginnings.

When challenges arise within a relationship, often it is another trusted soul within the network who can step in to support and help to keep the foundation strong.

It becomes less about searching and more about nurturing what already exists - with presence, patience and LOVE.

After the meeting, everyone moved into smaller circles, using the time to share stories, laughter, and deepen their connections. Some went for walks, others shared tea or food together. Ari, who had been feeling a gentle excitement growing inside her since yesterday, found Jaro sitting outside, quietly carving a piece of wood. Their eyes met - a simple look full of warmth and a subtle unspoken invitation. Without needing many words, they agreed to try the hugging meditation together.

They found a sheltered spot under a large, old tree, its branches spreading wide like welcoming arms. Ari climbed into Jaro's lap, facing him, her legs around his hips, her arms resting loosely on his shoulders. Jaro wrapped his arms around her waist with care, his hands steady and warm on her back. They closed their eyes and began to breathe through their heart centres together.

Ari first noticed subtle waves of pleasant vibrations in her stomach, like butterflies awakening. Then, as time passed, a deep warmth spread into her heart, filling her whole chest and flowing down into her stomach and thighs. It felt grounding and strong.

Nila's hug, she mused, felt soft and flowing, like gentle air and water moving smoothly around and within her, calming and lifting. With Jaro, it was a very different quality. His embrace was stable and earthy, like sinking into a bed of warm, soft moss after a long sunny walk. There was also a spark, a

small, growing flame inside her, which stirred a new kind of longing – not just for the enjoyment of the hug, but for more time, perhaps more closeness, and also more understanding of who he was beneath his quiet strength.

Ari allowed herself to fully rest on him, letting her body melt into his. Jaro's breathing was slow and deep, and their heartbeats found a natural rhythm together. Time seemed to stretch and soften. After a while, Jaro stretched his legs, and they changed the position of their heads to relax and balance their necks better. When they finally opened their eyes, they were both smiling – a little shy, a little amazed. No words were needed. They just laughed and shared another long, warm hug before they slowly got up, brushed off the leaves and walked back to camp, side by side.

Learning From Mycelia

In nature, trees and plants are connected underground through a living network called the mycelium. This network, one of the oldest and strongest on Earth, allows plants to share nutrients, send signals of distress, and support each other organically. The mycelium makes the whole forest stronger, healthier, and more resilient – not by controlling, but by nourishing freely.

Our relationships can grow in a similar way. Instead of standing alone or creating isolated, exclusive bonds that easily break under pressure, we can allow LOVE and support to circulate naturally between us, without fear or ownership.

In a network of relationships, we don't have to lock ourselves into little boxes. We can remain open to each other with care, honesty and trust as we build lasting connections. Like the mycelial network, our relationships can grow slowly, adapt to change and stay alive through ongoing giving and receiving.

Lessons from the Mycelial Network

- **Stay connected:** Just like trees stay linked underground, we can keep emotional closeness alive even without constant physical presence.
- **Support with presence:** True support does not always need words or actions. Sometimes just being there with an open heart makes all the difference.
- **Share care and resources freely:** Giving and receiving LOVE, comfort, time and care strengthens everyone involved, not just the 'couples'.
- **Sense when support is needed:** In the forest, the mycelium senses which trees need more. In human

networks, the same awareness grows when we open our hearts and listen deeply to each other.

- **Hold and protect the vulnerable:** When one tree is weak, the others send help. In relationships, we can step in softly when someone needs more holding and care.
- **Build a field of trust:** The network is stable because no part tries to dominate. Trust grows where freedom and mutual respect are present.
- **Allow for slow, organic growth:** Mycelial networks do not rush. Relationships and connections should also grow slowly, naturally, at a rhythm that feels true.
- **Heal through shared presence:** Just like a wounded tree can recover with the help of the network, we heal better when we are lovingly seen, felt, and supported by others.

7. Challenges

The following day of the retreat, after breakfast, the group met again in the yurt for a long session of shared holding hands and hugging meditations. As it was a hot day and the yurt was getting warmer, some asked if they could take off their shirts or tops if their hugging partner felt comfortable with it. The energies felt gentle and loving, but also more charged now – the connections between them had deepened.

During one of the paired exercises, a small challenge quietly surfaced. Lana, a graceful and lively woman, had partnered with Milo, a calm and strong man. At first, their embrace was simply tender and present, but as Lana relaxed, she began to move slightly, her body nuzzling gently against Milo, her hand tenderly stroking his neck. This unexpected intimacy stirred a strong wave of arousal in him. He allowed himself to feel it but remained still. When Lana sensed his excitement, she gently pulled back, smiling, but also signalling that she didn't want anything more than the warm, heart-based connection they had begun with.

Milo felt confused and a little embarrassed. They both finished the meditation with kindness, but there was

an unspoken tension in the air. Later in the sharing circle, Milo decided to talk about it. He admitted that he had felt a strong desire during the embrace and he was not sure how Lana would feel about it. Lana also explained her perspective – that for her, the physical closeness was about trust, cosiness and connection, but not necessarily an invitation for sensual intimacy.

Siona spoke gently and explained that such moments and misunderstandings are very natural. She reminded everyone that deeper connection always requires honest communication and clear inner listening – what am I really feeling and what is the other really feeling? She also pointed out the importance of allowing space for attraction and arousal without having to act on it. Simply breathing with these energies and staying in the heart can be deeply healing and fulfilling.

As the circle continued, another wave of emotions found its voice. Kai, who had earlier spent a wonderful, almost electric time with a beautiful young woman in the group, now found himself struggling. He shared that although he believed in opening up to a broader way of loving, he still felt a sting of jealousy when he saw Nila sharing a close and playful moment with another man. Deep down, he was afraid of losing the special bond they had built up over the years.

Kai's honesty created a very real and touching moment in the group. He explained that part of him even felt excited to see Nila so alive and free – but an older part of him still wanted to hold on to the certainty and ownership that traditional relationships had promised him. He spoke of how he sometimes

felt not good enough in those moments when someone else gave Nila something he could not.

Siona listened with understanding and said, "You are learning a new way - not through theory but by really feeling it. It takes time to balance the different parts of us. Old beliefs about ownership do not just disappear overnight. They need care, patience, and honest sharing like this."

She suggested that Kai, Nila and her hugging partner sit together later, and offered to join them as a guide and spaceholder if they wanted.

"Sometimes, just being seen and heard in these vulnerable sharings already brings deep healing," she said. "Or, if you feel ready for it, you could repeat the situation in exactly the same way - but this time Kai could support and hold space. This often helps to explore compersion, finding the joy in the connection of the others."

The group held hands and shared a moment of silence. Everyone could feel deep down that this journey was not only about discovering new forms of relationships. It was about a deep rewiring of the heart.

Navigating Challenges

Every relationship will meet challenges at some point. It is part of life and part of growing together. Have you experienced any of the following difficulties in your own LOVE life?

- Habitually ingrained communication patterns,
- Difficulties with being open and honest, fear of showing vulnerability,
- Feelings of resentment or anger, lack of mutual respect,
- Giving allowances and setting healthy boundaries,
- Jealousy and lack of trust,
- Monotony and boredom,
- Lost sensual intimacy and passion,
- One partner feeling neglected or unfulfilled,
- Struggling with codependency,
- Balancing masculine and feminine energies,
- How to forgive,
- Lack of growth,
- Allowing deeper and more intimate friendships,
- Handling conflicts constructively,
- Expectations,
- Overcoming anxieties or insecurities,
- The fear of losing oneself in a relationship,

- Finding the right LOVE language that reaches the partner,
- Need for emotional healing.

Take a moment to reflect: Would it have been easier to face some of these challenges if there had always been someone honest, caring and trustworthy nearby? Someone who could hold a space of calm and care – not to judge or interfere, but simply to stay present and support everyone involved?

Just like we have seen with feelings like jealousy, these challenges are not the fault of one soul alone. They are a shared responsibility. In a stable and caring relationship network, we can learn to face these situations together – sitting down, sharing openly, listening deeply, and helping each other grow. This way, LOVE can become stronger than any fear or insecurity.

What would change in your life if you had this kind of support?

8. Whispers

The morning sky was still dark when Ari woke up. A strange restlessness stirred in her chest. As the last few days had been emotionally rich and moving, she longed for some quiet clarity. Ari pulled a warm shawl around her shoulders, slipped outside, and followed a small path that led up a slight hill behind the cabins.

In the stillness of the morning, only the trees whispered softly and the early birds sang their dawn songs. The sleeping world was slowly awakening. Ari took a deep breath, feeling the gentle rustle of leaves and branches swaying around her in the refreshing breeze. She walked further up the hill, drawn by the promise of solitude, and found a small patch of grass that invited her to sit down. Wrapping her shawl more tightly around her, she sat quietly and gazed at the horizon. To the east, the sky slowly began to lighten, a deep indigo giving way to pale hints of soft pink.

Ari let her mind wander. Everything she had experienced in the last few days, the closeness, the trust, the hugs, the honest conversations – it had opened something deep inside her. It wasn't just

about falling in LOVE with someone. It was about belonging –finding a new soul family, a small group of people who understood, who cared and who would stay close no matter what life brought.

She thought of Jaro – his strong, grounded way of being. Of Nila – her open heart, her laughter. She thought of Kai – sensitive, brave, trying so hard to let go of old patterns. Someone else, perhaps? A smile played on her lips. She could imagine a life where they lived side by side, cooking meals together, being creative, sharing dreams and emotions, cuddling without shame and giving long hugs without worry, where friends came to visit.

For a brief moment, anxiety rose up inside her – is this even possible? Could life really be like this? But another part of her, quieter but stronger, answered without hesitation: It is. If we choose it, we can make it happen.

Ari closed her eyes and allowed the gentle vision to envelop her. Intuitively, she began to hum a few words – they came to her like a gentle stream flowing from her inner womb:

We build our home with open hearts

We dream our life into reality

We hold our hands through the seasons

We give and receive with openness

We are together, like golden gods ...

Her voice faded, but the feeling remained. Strong, gentle and real.

Maybe one day she will even raise children together with her soulfamily. Not in the traditional, closed model of a family home, where so much pressure falls on just two souls. But held in the arms of the soulfamily community, the children would feel loved by several caring adults, each offering something different – wisdom, playfulness, listening, strength. Again, a web of LOVE – not ownership. A way of life where also the children can breathe freely and grow into trust and joy.

Ari opened her eyes again. The first soft, shimmering peach light was brushing the treetops. The day was about to begin, and something else was unfolding deep inside her. She felt a new journey calling her, and with it came a deep knowing that she had to follow it.

Raising Children

When we imagine raising children together in a close circle of trusted souls, a small tribe or soulfamily, we are not inventing something new. We are remembering something ancient. For most of human history, children grew up held by a group of caring adults – not just two overburdened parents behind closed doors.

In such a tribe, LOVE flows more freely, support is shared, and children feel safe, seen, and deeply connected.

This is not about forming a commune or shared parenting structure with strict rules. It's about staying close to each other, living nearby, sharing daily life, and holding the children as a collective – naturally, with honesty and care. Each adult brings something different, and together they form a web of safety, inspiration and LOVE.

Benefits for the Parents and Soulfamily Members

- The load of parenting is shared, parents can take time off to rest, recover or work, knowing their child is loved and supported nearby,
- Soulfamily members without children can still play a meaningful role in a child's life,
- Everyone learns from the joys and challenges of being around children,
- Emotional balance is easier to maintain when we are not alone in difficult moments,
- Children bring fresh energy, playfulness, and learning to the whole community,

- Stronger bonds form between all adults as they care for and protect something together.

Benefits for the Children

- Children feel loved and seen by more than just one or two souls,
- They naturally learn to trust and connect with different kinds of adults,
- More emotional and practical needs are met,
- They grow up with a sense of belonging and togetherness,
- They witness and participate in real, honest adult relationships around them,
- They are less likely to feel isolated or burdened by their parents' struggles,
- They carry a deep memory within them: *LOVE is shared, support is natural, and I am never really alone.*

9. Clarity

The retreat was slowly approaching its final days. There were still activities, meditations, and shared meals, but everything felt slower, more relaxed. The group members seemed more introspective, their voices quieter and more in tune with themselves. Something was coming together and finding balance.

Ari felt a new clarity rising within her. No longer was she just absorbing what was offered to her, but she was beginning to feel her own visions growing. One morning, sitting under a tree with her journal open, she scribbled the word Soulfamily. It felt tender – like a sprout pushing through the earth. The thought kept coming back: What if a few of us lived together in a simple way, not just visiting but really sharing life? Not too many. Just a handful of trusted souls.

Later that day, she talked about it for the first time with Jaro, Nila, and Kai.

"I don't know exactly how or when," she said, "but I feel something growing ... the longing to live close with others like you. To share more than just moments."

The others listened thoughtfully. No one rushed to agree, but there was a quiet resonance in their eyes. They were open – and wanted time to feel into it.

The last evening came with a light breeze. A fire was lit, and people gathered around it, some wrapped in shawls or blankets, gazing into the flames. Ari sat with Jaro on one side, Nila and Kai on the other. Siona looked at the four of them for a moment, and as a woman who had lived and seen a lot, she said, "You four ... I have a feeling you could create something beautiful together – if you find out what each of you truly wants and if it fits well ...?"

They all nodded, knowing the idea had already taken root, and turned their eyes back to the fire. As the flames crackled, someone began to play a guitar, and soon they were all singing together. There was laughter and story telling until late into the night. Finally, in the early morning hours, they retired to their cabins.

After the retreat, everyone went their own way – back to their homes, the noise of the city and their jobs. But something had changed. The rhythm of everyday life now felt a little too narrow, like clothes that no longer fit.

Ari felt it most strongly. She packed her bag and went off for a week alone in nature, staying in a friend's simple cabin in the hills. She left her phone off most of the time, walked through the woods, lay in the grass, watched the stars at night. She ate mostly fruit and some raw vegetables, read her notes from the retreat and hummed gentle tunes to herself. Every day she wrote – not just thoughts and feelings, but

little sketches, dreams, a map of what a future life might look like.

A wooden table with four or five mugs on it. A fireplace. Rooms full of light and laughter. Children's voices in the background. Long walks, shared silence, deep conversations. Arms holding.

Meanwhile Jaro spent time in his garden. Nila and Kai went on a few hikes and had long conversations. Each of them carried something inside – not a plan, but a gentle pulse: *what if ...*

At the end of the week, Ari switched her phone back on and new messages flashed up.

From Jaro: "I miss the trees and you."

From Nila: "Hope your time alone is nourishing. We've been thinking ..."

From Kai: "Would LOVE to talk soon – something's growing."

Ari smiled. She opened a new messenger group and typed: "Hello dear ones! 🌻 I feel we're on the threshold of something beautiful. Let's start talking."

How Do You Want to Live and LOVE?

Just as Ari spent time alone to feel what truly matters to her – to remember what kind of life she longed for and what kind of LOVE she was ready to give and receive, you can take this time for yourself, too.

Below is a list of guiding questions. There are no right or wrong answers – only honest ones. You don't have to answer them all at once. Let them sink in, let them stir your feelings. Write down what comes up, or draw it out in a simple mind map, if that feels better.

This is not about making fixed plans, but about listening to your heart and imagining what kind of future feels alive, warm, and true to you. Take your time – and let your answers grow slowly. You may come back to some of them again later. Your vision will evolve as you do.

Questions to Explore

- What kind of home do I feel good in – and who do I want to share it with?
- How much closeness and how much solitude feels right for me?
- What does a deeply nourishing daily rhythm look like?
- What values are most important to me when living with others?
- What is my LOVE language? How do I like to be loved and to feel cared for?
- How do I want to give and receive support when things get hard?

- What kind of intimacy and sensual connection do I long for?
- What are my emotional needs and how can I express them clearly?
- What old patterns or fears might block me from being fully honest or open?
- Where in my life have I been holding back from deeper connection, and why?
- What would it feel like to raise children together in a small circle rather than as a couple alone?
- Am I ready to be seen, fully, in a small, intimate group?
- What kind of agreements, allowances or boundaries would help me feel both safe and free?
- What would it feel like to truly belong – and to offer that belonging to others?

10. Beginnings

Back in her daily life, Ari felt her vision for a small soulfamily becoming clearer. She continued to walk with this idea, writing, feeling, and considering the next steps. She suggested a meeting. "Can we discuss our values ... and our needs and wishes for the future?" she wrote to the group. "Just to see if we share the same dreams."

The others agreed. While they were still trying to wrap their heads around the idea, Ari was already looking through local listings for land or houses they could share – not to rush things, just to see what options were available. One place looked promising: an old farmhouse on a hill with plenty of space around. She shared the link with the group.

"Would you like to come and see it with me?" she asked. "We could walk around, get a feel for the place, and discuss what might work and what doesn't."

Kai asked if he could invite someone to join them – a woman called Elina, a friend he had recently become closer to. "She blogs about these very ideas," he said.

"She writes stories about new ways of living and relating, and she has a young son."

They arrived at the old farmhouse and were happy to see each other again. The place looked simple but held a subtle charm – low stone walls, an aged red tile roof, and a few chickens wandering around the porch. It was peaceful, with only the rustling of nearby trees and the faint scent of herbs from the overgrown garden.

Going through the house together helped them figure out what they wanted. It led to a discussion about moving away from the usual concept of separate rooms with mostly single beds. Instead, they thought about creating multipurpose spaces that could be both useful and private when needed. Unfortunately, most of the rooms in the house were too small to make this work.

Later, they gathered again at Ari's home, where she prepared tea and served some healthy snacks. Elina brought a warm and grounded presence to the group, sharing her dreams and her longing for more real connection in daily life. They appreciated her honesty and openness and wanted to get to know her better over time to see if they could build a good relationship.

They began to discuss the open questions more seriously: What would it mean to rent a shared farmhouse together? How would they manage space and responsibilities? What if someone wanted more privacy for a while? What happens when conflicts or disagreements occur?

They didn't have all the answers yet, but they knew they wanted to keep going. They decided to spend more time together – a weekend here, a few days there – slowly building a foundation of trust and togetherness.

Clarifying Space Needs

It's important that a space feels right – that it carries warmth, harmony, and a sense of possibility. But when starting a soulfamily community, it's important to pause and ask: Will this space support the life we want to live together? The most beautiful place might bring daily frustration if it doesn't fit the rhythm of shared living or lacks flexibility. We need spaces that support connection and care, work and creativity, but also enough room for retreat, rest and privacy when needed.

If both align – the feeling and the practical use – then you've found something rare and worth holding on to. Here are some aspects to explore together.

- **What will we use this space for?** Start with function. What activities will take place in this space? You will need areas for living, sleeping, eating, working, gathering, creating, or simply resting. Naming these clearly helps the group see what kind of rooms, land, or outdoor features you'll need – and which ones may not be necessary.
- **Must-have vs. nice-to-have features:** As a group, talk openly about what is truly essential and what would simply be nice to have. Some needs may be clear – like a shared kitchen or extra guest rooms. Others may be more flexible, such as a fireplace or a nice view. Creating this list together brings clarity and helps when making decisions later.
- **Individual vs. shared needs:** Every community has a mix of different rhythms and personalities. Some people will need more space for themselves. Others feel better in shared spaces, or at least want the option. Talk about this early on: How can we satisfy both the "we" and the "I"?

- **Common space types:** In soulfamily spaces, certain rooms become central: a shared kitchen for meals and warmth, a group room for meeting, resting or cuddling, a corner for music or movement, and some quiet spaces to retreat to. Ask yourselves: Which spaces do we all need, and how often will they be used? These core spaces will shape how people connect – and how they rest.
- **Private rooms vs. multipurpose spaces:** Many people want a private room – and there's value in that. But sometimes, space is limited. Multipurpose rooms can offer more flexibility: a room that serves as a yoga space in the morning could be a guest room in the evening. There could be a bed or two in the co-working space or in the creativity room. This only works if the group can agree on clear uses and times, and is able to find compromises. The advantage is that you make better use of the same space – and need less space overall.
- **Evaluating layout, room sizes, and flow of movement:** How people move around a house matters. Are essential rooms close together or spread apart? Can people pass without disturbing each other? Are rooms too small for group use or too large to feel cosy? A good layout makes daily life feel natural and reduces tension. Try to imagine a normal day in the house – and walk through it step by step in your mind.
- **Planning for future growth:** Your group will change – people may join, children may arrive, or your shared activities may grow. Can this space evolve with you? Is there room to build something later – a yurt, a studio, a guest hut? Choosing a place with growth in mind gives you stability and space for the future.

11. Alignment

The weeks that followed the visit to the farmhouse and their meeting passed at a busy, steady pace. Everyone had returned to their homes, but the ideas they shared continued to grow. In some quiet moments, each found space to reflect on what living together would mean for their own inner healing and growth, their dreams and hopes, and the tender beginnings of new relationships.

Jaro had always felt most grounded when he was alone in nature. Every afternoon he walked the paths through the meadows by the murmuring river that ran through his town. The embrace of nature felt familiar and comforting. But his thoughts circled around the group, and especially around Ari's gentle but determined energy. He felt a warm pull towards her, imagining sitting on a veranda with her, sharing silence or laughter without the need for many words.

But lately, his thoughts had also been with Nila – her ease, her grace, the way she engaged during the retreat, both physically and emotionally. There was something rich and grounded about her presence, something that touched the deeper parts of him. He didn't feel torn between the two women – instead, he

felt drawn to a greater sense of caring and loving. It wasn't about choosing – but about being honest and open to what wanted to unfold. He knew these were delicate steps, and he wasn't rushing. But he was ready to explore them, openly and respectfully.

He thought about his years of living alone, the freedom it gave him, and the loneliness that sometimes came with it. The idea of a soulfamily awakened a deep desire for a sense of belonging without the limitations of traditional structures. He imagined evenings of shared music, group gardening projects, and spontaneous conversations. His past was full of temporary connections, and now he longed for a stable, caring place where he could both give and receive support.

Ari was also deep in her own journey. After their meeting, she spent more time alone again. Her small flat became a quiet workshop of visioning, with notes and mind maps on the walls and coloured pens scattered around her. She sent voice messages to her friends, talking through her thoughts with them. The concept of a soulfamily didn't just excite her – it made her feel alive.

She had been longing for something like this for years, but it had always seemed too big to say out loud. Now, as the group formed naturally, something clicked into place in her. She saw a life of shared mornings, many hugs and hugging meditations, and raising children in a wider circle of LOVE and care. Her connection with Jaro had deepened beautifully, and she cherished the way he matched her energies. But she had also felt something stirring with Nila, gentle but real. It wasn't necessarily romantic, or

maybe not yet, but there was curiosity, care, and a subtle longing to be closer. Ari had no blueprint for this kind of LOVE, but her heart said yes to discovering it together. She also knew that not everyone would always feel the same way – and that was okay. The key was to be honest and always return to the shared purpose.

She was often the one to initiate, to see possibilities where others only saw problems. She didn't just want a shared living space, but a home where lives were connected with LOVE, trust, and growth. She pictured a home where everyone's journey was supported by the soulfamily. Her past relationships had shown her the importance of having freedom while being connected, and she wanted to create a place where both could fit well together.

Kai, meanwhile, had come to a quiet realisation about his inner growth. For the first time, he was proud of the way he had handled his emotions during the retreat and the time after. Jealousy still came up now and then, like old echoes in a big room, but he wasn't so afraid of it anymore. Watching Nila connect with others stirred a combination of feelings in him – a little discomfort, but also unexpected joy and excitement. It was new and raw, but he saw the truth in it: LOVE doesn't get smaller when shared – it actually grows when held with care.

His mind often wandered to Elina. Her calming presence and the gentle way she treated everyone had made a strong impression on him. He could imagine slowly building something with her. But he wasn't sure where she stood and didn't want to rush or assume anything. At the same time, he felt protective

of his bond with Nila. They had gone through a lot together. He knew how deeply they cared for each other, and he didn't want her to feel left out as their lives opened up to others. Part of his deeper 'why' for the soulfamily idea was exactly this: to find a way to live in truth and freedom, without losing connection or care.

Kai noticed how much lighter life felt when these questions were talked about openly. He wasn't pretending anymore – not about LOVE, not about fear, not about longing. And that alone gave him the strength to keep moving forward. He imagined a community where it was normale to be open about feelings, where conflicts were approached with compassion, and where personal growth was something everyone worked on together. His old fears of not being good enough and jealousy were still there, but he saw this new path as an opportunity to face and transform them.

Nila had quickly settled back into her regular routine of living with Kai. However, she noticed that her dreams at night had become more vivid lately. She also found herself reflecting more during quiet breaks in her daily tasks, her mind wandering to the retreat, to the togetherness with Kai ... but also with Ari. And Jaro.

There was a fresh openness in her heart, a new possibility. Her bond with Kai was strong, like deep roots grown over years of shared tending. She had always loved him, but now her LOVE was growing. What touched her most was how Kai was handling things – he wasn't shutting down or clinging. This gave her the space she needed to see what else might

be waiting for her. She didn't want superficial experiences; she never did. But she felt a new spark when she thought of Jaro's quiet steadiness, or Ari's sudden, surprising glances that seemed to promise more than just friendship.

A part of her longed for more. Not just in her heart, but in her body too. It was exciting to imagine how it would feel to be touched differently, to rediscover her body without any pressure to perform or feel owned. She knew she would need time, honest talks, and room to feel into what safety meant in this new setting. But she wasn't afraid. There was a calm trust building inside her – the feeling that she could LOVE and be loved in many ways.

Elina sat at her kitchen table one evening with an open notebook. Her son had finally fallen asleep. Her thoughts were swirling, and she felt oddly caught between worlds. Part of her was invested in the man she had been seeing for some time. He was kind, emotionally aware, and they shared something warm together. But he didn't yet know about her growing interest in relationship networks. She would have to talk to him soon.

And then there was Kai. She hadn't expected this spark of attraction – so honest and somehow pure. They hadn't even spent much time alone, but she had always noticed his eyes, his pauses, the way he listened thoughtfully. And somehow, that stayed with her. But then – Nila. The two of them seemed so naturally close. Elina didn't want to disturb that, and she certainly didn't want to cause any tension. She would talk to Nila soon. It felt important to bring

things to the surface, gently and honestly, and to see what could be built.

But even more than the romance, what attracted Elina to the idea of a soulfamily was something else – a feeling of being supported. As a single mother, she was tired of handling everything on her own. The idea of her son growing up in a small, caring group with strong bonds and a common purpose touched something deep inside her. For herself ... she longed for gentleness. For shared meals, holding hands on the sofa, and long hugs, simply because it was a natural part of being human. She wasn't sure how her own sensuality would unfold in this new way of living – but the thought of being close to others she trusted, to explore slowly and without pressure, brought a quiet flutter of joy.

Her writings had long explored themes of alternative living and relationship models, and now life was offering her the opportunity to live those ideals. She imagined a home filled with stories, music, and the gentle hum of collective closeness. She closed her notebook and smiled. Maybe, she thought, this wasn't about being ready. Maybe it was just about being open to see what wanted to happen.

Agreements

When a small group of souls chooses to share LOVE, emotional spaces, daily rhythms and decisions, it helps to have a shared sense of what matters most. These are not strict rules, but more like a living compass. Something that grows and adapts as the relationships deepen and new experiences are made.

Common Values

Each soulfamily is different, but here are some values that often show up in strong, healthy groups:

- **Transparency** – open, loving communication, being honest about feelings and needs, even when it's uncomfortable,
- **Mutual Care** – not keeping count, but knowing that the soulfamily looks out for one another,
- **Support in LOVE** – caring for each other's connections, not trying to control or possess,
- **Emotional Responsibility** – being aware of our own triggers – and not placing blame on others,
- **Freedom** – space for each one to choose, grow and follow their own inner guidance,
- **Respect for Space** – knowing when someone needs quiet or alone time, without taking it personally,
- **Commitment to Growth** – a willingness to heal, reflect, and keep learning together,
- **Shared Intentions** – clarity about why we choose to live together and what we are creating,

- **Celebrating Differences** – Seeing each soul as unique and knowing this diversity makes us stronger,
- **Staying With the Process** – not running away when things get difficult, but slowing down and listening more deeply.

Soulfamily Compass

The best way to shape agreements is to let every voice be heard with care and presence. Here's a process that many groups find helpful:

1. **Start Alone** – Take time on your own to reflect: What do I need to feel safe? What do I long for when I share my life and my LOVE? What feels non-negotiable to me?
2. **Small Circles** – Meet in pairs or trios to listen and share. Sometimes we can hear ourselves more clearly when someone else is listening.
3. **Come Together** – Share your lists, wishes and needs with the full group. Notice where things match and where they don't. Both are important.
4. **Make a Mindmap** – Rather than a fixed list, create a visual compass – a mindmap with values in the centre, and expressions, notes and examples around them. Hang it on the wall when you come together for a shared weekend or trial time. Update it as needed. Let it live and breathe with you.

The soulfamily compass is about co-creating a shared ground where everyone feels seen and supported, while still free to be themselves.

12. Testing

It took weeks of planning and it was all about finding the right balance between being eager and ready while allowing for uncertainty without too many expectations. But when the day came to start their trial month together, everything felt natural. They carried bags, cushions, boxes of food and paints, and musical instruments, up the stairs to Elina's flat.

Elina's space was cosy and full of light. It wasn't large, but for practical reasons, the group had chosen her place for their first experiment in living together. It quickly became clear that for this to be successful, they needed to see space as something shared and not something owned.

After a short discussion, they decided to turn the living room into their sleeping area at night. Each evening they spread out a landscape of mattresses, blankets, pillows and duvets, creating a cosy space of comfort, closeness and safety. They had read about the benefits of sleeping close together, and how in ancient cultures and tribes, this shared rest was the natural way to sleep. It was only in our modern age of isolation that everyone seemed to prefer being behind a closed door.

At first it all felt strange and new, but soon, their rhythms and routines settled in. The quiet evenings before sleep became a comforting ritual – sometimes with stories or music, sometimes just peaceful silence and cuddles. To fully enjoy their shared nest of togetherness, they decided to put their phones away in the evening.

Elina's son, just six years old, was part of everything in his own way. He quickly began to LOVE the others – especially Ari, who told him magical bedtime stories, and Jaro, who helped him build a cushion cave on a rainy afternoon. Care for him was easily shared. When Elina was tired or busy, someone else would step in – without asking, very smoothly and naturally. It felt good and balanced for everyone.

One day they all sat down and doodled on a long piece of paper, which they hung on the wall in the hallway. Over the next few weeks, it became a growing mural of handprints, stars, hearts, flowers, and joyful playfulness – a true expression of their shared creativity and spirit. The little one would often point to the paper and say, "We did that. All of us."

But of course it wasn't all peace and harmony. On the sixth day, some subtle tensions began to emerge between them.

It started when Kai casually brought up the topic of Nila getting physically close to Jaro. He seemed to be worried that it might "affect the group dynamics". He sounded thoughtful, but Nila sensed that it wasn't really about the group and more about his deeper feeling of jealousy. She wasn't upset that he felt that way and wanted to give him all the safety and

reassurance he needed. What hurt was how he wrapped it in something else instead of just saying what was true for him.

Later that evening, they sat down together in the quiet spot by the kitchen window. There was no blame, only honesty. Kai confessed that it was still difficult for him, even though he wished to be okay with it. Nila relaxed. She told him that she wanted to explore, but not in a way that would harm the trust and deep connection they shared. They decided to check in more often and to give each other more reassurance.

The next morning, the group planned a weekend walk to a nearby lake, perhaps with a picnic. Ari offered to coordinate things. She listed some ideas, suggested who could bring what, and how they could divide tasks. Her approach was clear, structured, and quick. Elina, on the other hand, floated in with dreams of just sitting on the grass, maybe writing songs, and letting the day unfold freely without much planning. It wasn't a dispute – but something didn't feel right. Ari felt like Elina was being evasive and unfocused. Elina felt boxed in and unheard. The ease between them gave way to a slight but lingering discomfort.

Later that day, Jaro sat at the kitchen table with Elina's son while everyone prepared the meal. The boy had just dipped a large spoon into a jar of honey and put it in his mouth with a big grin. Jaro chuckled and said, "Let's use a smaller spoon next time, so you don't eat too much sugar." He was kind and warm about it, but Elina tensed. It wasn't Jaro's tone – it triggered an old feeling she carried: the sense of being

judged for her relaxed way of parenting, and of others interfering too much. She didn't say anything then – just withdrew quietly. Jaro noticed, and so did the others.

By the evening, they all sensed it: a slight change of mood in the house. The smiles remained, but a new, quiet unease had appeared. It was time to talk. They sat together in a circle in the living room. No one tried to solve anything for the others – they just took turns talking and listening.

Ari said she had been feeling something too. She often found herself naturally checking in with everyone, sensing what was off, holding the emotional threads together – and that she was beginning to feel tired. "I want to be part of the whole, not the one holding it together," she said. The others looked at her with a newfound understanding that they had not seen before. Jaro added something about how roles naturally form in a group, and if they aren't named or looked at, they can become rigid. "Let's not fall into unconscious roles," he said. "We can choose again every day. I really appreciated you balancing things out and checking in with us, but maybe we can take turns."

Then they made tea. Someone picked up a guitar. Elina's son curled up in a blanket on Nila's lap. They agreed to meet in this way at least every other day – not only when things were happening, but also when they weren't. Just to stay connected, to share and listen, even if it was just for ten minutes. To make space for what might otherwise remain unspoken.

In the days that followed, their regular check-ins became something grounding. Some meetings were quiet, even wordless, and they just held hands and felt the presence of the soulfamily. Other times someone would cry or ask for help. It wasn't dramatic, but it was steady. And that steadiness began to build trust. Living together, they learned, wasn't about never clashing. It was about being willing to look at the conflicts before they built walls between their hearts. And as they continued to explore the shared rhythms of their little trial month, something else began to grow - a quiet sense that they could really build something lasting out of this. Even the conflicts could become part of the foundation.

Making Decisions

In a small soulfamily, living and loving closely means that making decisions together becomes part of daily life. So it helps to find a way of deciding that includes each voice and still keeps things flowing.

There's no single way that works for all. A soulfamily may choose to use one approach in some situations and another way in others. For example, a shared outing might be planned with advice-based input, while a major change in living arrangements may call for full consensus. Everyday tasks might flow best through fluid, natural leadership. Flexibility is often what makes these models work in real life.

Here are some of the common approaches that can be used:

- **Consensus:** Everyone must agree before a decision is final. This model values full alignment and mutual respect. In practice, however, it can slow things down or make it hard to move forward if someone feels unsure or unclear. It works best when trust is high and members know how to express concerns without needing to control how things turn out.
- **Advice-Based:** Someone takes the initiative in a certain area (e.g., meal planning, emotional check-ins, finances) and asks for input before choosing what to do. Everyone can share their perspective, and the initiator listens carefully and takes responsibility for the final choice. This model brings clarity and flow, while still honouring what the group needs.
- **Fluid Leadership:** Roles and decision-makers shift depending on who feels most clear or connected to the task. This allows for flexibility – someone might lead when they feel clear, and step back when they

don't. It requires high awareness and honest sharing, otherwise it can feel messy or unbalanced.

A Light Approach to Sociocracy

Even in a small soulfamily, the core ideas of sociocracy can be helpful – without the need for fully formal structures. Instead of fixed 'circles' like in larger communities, soulfamilies can create shared spaces of responsibility.

For example, they might loosely focus on three areas:

- **Daily Flow** (meals, cleaning, rhythms)
- **Emotional Connection** (check-ins, conflict, affection)
- **Long-Term Vision** (living space, finances, lifestyle, future plans)

Everyone can sense which area they naturally care for most, and become the one to start conversations or check in with others about it. This avoids the 'everyone does everything' or 'no one does anything' problem that often occurs in group settings.

In this lighter sociocratic approach:

- **Decisions are made with consent, not consensus:** the question is not 'Do you agree?' but 'Is this proposal good enough for now? Is it safe enough to try? Or do you feel strong resistance against it?'
- **Meetings are short, structured, and respectful:** they begin with a round of short updates, then move on to decisions, and always close with a round of reflection.
- **Roles and focus can be rotated** if someone feels tired or if someone new comes in with fresh energy.

Keep it simple, keep it honest. The most important part isn't the method, but the intention. When LOVE, trust and respect guide the way, any method can work. What helps is:

- Saying things clearly, not expecting others to guess
- Listening to words, but also to tone, body language and feelings
- Speaking up when something feels 'off' – early is easier than late

It's not about getting everything perfect, it's about staying connected as you work things out together.

13. Learning

Despite the regular group meetings and the growing comfort with sharing emotions, not everything could be foreseen. On the eleventh day, something unexpected happened that revealed a deeper layer of unspoken boundaries.

Elina had invited a close friend from out of town to visit for the weekend – someone she had shared many years of her life with and whom she trusted deeply. When he arrived, she assumed it was fine for him to sleep in their shared living room. While the guest was there, no one felt ready to express any concerns. But inside, Nila felt a quiet unease. Their collective sleeping space was something she had grown to see as sacred, a cocoon of shared trust and care. Having someone else in it, someone she didn't know very well, made her body feel tense.

Ari and Jaro were not disturbed by the visitor himself, but they felt the subtle change in the atmosphere – how the safe, intimate bubble had been stretched without talking about it first. Kai seemed relaxed about it. "It's just a visit," he shrugged when Nila brought it up to him later. "And he's not really interfering with anything." But Nila wasn't worried

about interference – it was about unspoken agreements and how much their shared space could be changed without checking in with each other.

After the guest left, Jaro expressed to Elina that the weekend had gone well on the surface, but it had shown a blind spot in how they did things. Elina listened, a little surprised at first, then she nodded. "I didn't think it was a big deal," she admitted. "But I see now ... I bypassed something important."

The group met the same evening and started making a list together – not just about visitors, but about all the things that might need shared agreements: finances, guests, cleaning rhythms, space for solitude, shared meals, sensual boundaries, emotional support, and more. It became a long list of topics. On a large sheet of paper, they grouped them into broader categories. For each area, they agreed on which decision-making model felt best. They hung the lists on the kitchen wall as a living reference point. Over the next two weeks, they added sticky notes, moved things around, changed the wording as they discovered more layers. It was all about making things visible – no more relying on silent assumptions.

Over time, things settled down. Fewer changes were made and the group moved forward with more confidence and ease. Eventually, one afternoon, Elina folded the lists and put them in a drawer under the tea shelf. "Let's keep them," she smiled. "We may not need to look at them very often. But they were part of how we got here."

One quiet morning, over cups of herbal tea and the warm scent of fresh sourdough, Jaro brought up something he had read the night before – a small community two hours away that had been living together for over a decade. "They call themselves Sun & Earth," he said, passing his phone to Ari to show a photo of a sunlit courtyard surrounded by clay houses and a wild garden full of flowers.

Everyone was buzzing with interest. Nila, curled up in a blanket next to Kai, said, "It might help to talk to people who have already done what we're just beginning." Elina nodded and added that she had once exchanged emails with someone who lived there years ago and might still have the contact.

A few days later, they packed up their two cars and set off - a leisurely drive with shared snacks, music and quiet gazing out the windows. The Sun & Earth community gave them a warm welcome. A group of about twelve people, ranging in age from late twenties to sixties, lived in small individual cabins around a shared kitchen, greenhouse and meeting room. Children ran barefoot between the herb beds and chickens scratched freely in the orchard. They were given a tour, ate lunch in the community kitchen, and then gathered in the afternoon for a simple circle, sitting under an old walnut tree. Stories were shared.

One grey-haired woman with deep laugh lines said: "We didn't start with much clarity – just a longing not to be alone with our dreams. But what really sustained us was staying honest when things got messy."

They talked openly about their mistakes: how, in the early years, they tried to get consensus on everything and ended up exhausted by many endless meetings. Later they moved to a kind of "consent-based" decision-making model, a light form of sociocracy, where one or two people helped lead on a matter, but everyone had the power to object or suggest adjustments. "It gave us flow," said one of the founders. "Not everyone has to LOVE every decision. But they needed to feel safe enough to speak up when it really matters."

They also shared how they had defined different ways people could be part of the community: close residents, part-time participants, and visiting friends. "It helped to manage expectations," said another member. "We realised that not everyone wanted the same level of connection – and that's okay."

Ari took notes, listening especially to a younger woman who spoke about the value of 'emotional agreements' and shared understandings like, *we speak from our own experience, we take responsibility for our triggers and our reactions, we agree to check in before offering feedback.*

After the circle, Jaro and Elina walked through the herb spiral together. She asked him quietly what he had taken away from all this. He smiled, "That we're not alone – and that we don't have to figure everything out perfectly."

Back home, they realised the visit had brought them closer. They didn't need to copy anything – but it helped them find their own way with more confidence.

Money and Shared Resources

Money can be one of the most sensitive issues in any kind of close relationship – especially when people start sharing daily life. It helps to talk about shared money and things early on, before tensions build up. The key is clarity, honesty, and space for different needs and situations.

Small Steps First

It often starts with simple things. Some soulfamilies choose to set up a shared monthly budget for meals, basic household items or shared activities, with everyone contributing what they can. Others keep track of shared costs using simple apps or a paper chart on the wall to stay transparent.

Bigger Questions Over Time

As the connection deepens, the questions get bigger. What if we rent a place together – who signs the contract? What if someone in the group already owns the home? How do we keep things fair? What if one member earns more – does that mean more say or responsibility?

These are invitations for open and respectful talks. It often helps to write things down, even just informally, to keep mutual understanding alive.

Keep Talking

As with many aspects of living together, the issue of money is not about one final answer, but about creating a living agreement. It helps to check in regularly: Is everyone still happy with the way we are sharing costs? Has anyone's financial situation changed? Do we need to adjust the way we do things?

Being open also means making space for different views on money. Some may want more structure, others more

freedom. It's okay to disagree, as long as the conversation remains honest and kind.

A Good Practice: The 'Money Check-In'

Once a month, or when something bigger comes up, have a short money check-in:

- Everyone shares how they feel about the shared money situation,
- Time to address small concerns before they turn into tensions,
- Room to update the agreements if needed.

It doesn't have to be heavy. A warm cup of tea, an open heart and the willingness to listen go a long way.

14. Trusting

Things didn't go as smoothly as they had hoped. In fact, the first major challenge came soon after. One of the farmhouses Ari had found – a place with real potential, plenty of space and a garden that felt peaceful – slipped away at the last moment. The owner decided to rent it to someone else. They had already imagined it: where the kitchen table would be, where the children might play, how the evenings would be shared. Losing it was disappointing and frustrating.

Then came the question of money. Their shared food budget had worked for the trial month, but moving forward meant bigger steps: rent, renovations, perhaps legal agreements. Even planning a weekend away together raised questions – who could pay for what? What if someone contributed more? Or less? They didn't argue, but something unspoken was there. Elina suggested that they pause and gather everyone's ideas and boundaries about finances. Talking so openly about money felt uncomfortable, but also freeing. The silence broke, and something honest began to move between them.

Around the same time, Kai began hesitating. Not loudly, not dramatically – just a quiet pulling back. In their shared space, Nila noticed it first. He needed more time, he said. Not because he didn't want it – he did – but he was afraid. Of moving too fast. Of losing himself. Of what it would mean for his relationship with Nila, and also with Elina. The others gave him space and invited him in at the same time. This was real life, not a dream to be rushed. It had to come from deep within.

Despite these edges, they understood that even the setbacks were giving them greater clarity. They began to see what really mattered – and what didn't. They didn't need to force a timeline, because this wasn't about achieving a dream by a certain date, it was about moving towards it together.

One afternoon, they decided to meet in a circle for a shared meal in the park. They brought homemade bread, soup and hot tea. Jaro had his guitar with him. Ari had printed out some photos from the trial month and hung them on a string between two trees. Everyone spoke from the heart – not about plans, but about what it all meant to them now. About the way their lives had changed since the retreat. The feeling of finding something they didn't know they had been looking for. A sense of family – not by blood, but by care. An interwoven web of interconnected lives, gently finding its own shape.

The sun was low, shining golden through the leaves, and Elina's son was running barefoot across the grass, humming a tune they had made up together weeks ago. It was quiet, simple and felt complete. No one had all the answers. But they had something deeper –

trust in the process, in each other, and in the direction they were going. The LOVE they were starting to live wasn't fragile. It was not based on control or certainty but rooted in presence, care, and the willingness to grow. They knew that they would live together one day, they just didn't know where, how, or when. But they knew it would happen. And that was enough.

First Steps

It doesn't have to start with a house in the countryside or a fully formed plan. It can grow with a feeling, a conversation, or even just one message. A soulfamily doesn't form all at once. It's woven step by step, moment by moment, through care, trust, and shared direction.

Here are some simple and gentle ways to begin:

1. **Reach Out:** Think of one or two people in your life who might be open to exploring deeper connection, shared values, or living more closely. Start a small group chat or invite them for tea. Share this book, or simply ask: *"Would you be open to dreaming together about a new way of living and supporting each other?"*
2. **Plan a Weekend Together:** Choose a time to gather – even just for two nights. Share meals, talk about dreams and needs, reflect on how it feels to live close for a few days. You might sleep in the same room, do a creative project or have sharing circles.
3. **Write Your Own Values:** Set aside a quiet hour to write down what is really important to you in relationships and shared living. What kind of space do you long for? What makes you feel safe, free, supported, inspired? Then, invite others to do the same and share what you wrote.
4. **Make a List Together:** Create a shared document or paper on the wall with practical and emotional topics that matter: food, money, space, touch, conflict, parenting, guests, ... It doesn't have to be perfect – just the beginning of a shared awareness.
5. **Be Honest About the Edges:** Notice where your fears, hesitations or resistance show up. Gently bring them

into the conversation. Starting something new doesn't mean having it all figured out – it means being willing to face what's true for you and move forward.

Most of all, don't wait for 'perfect'. No place, no plan, no moment will ever feel fully complete. Start with what is here – the people, the feelings, the longings. Soulfamilies grow through trust, not through certainty.

And trust begins with a single step.

Appendix

Sanuela.org

We grow with compassionate support



Vision

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

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

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

Through the power of human connection, loving communication, forgiveness, intuition, and inner work, we support each other and the collective. Our eventual goal is to release all emotional burdens and attachments in order to fully embody our inner wholeness.

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

About Sanuela

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

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

Goals

- We work towards recognising our inner wholeness and guide each other towards a greater understanding of our soul's journey and purpose in life.
- We offer a safe space to connect with each other, share our experiences and support one another on our journey of healing and inner growth.
- We explore and enhance our innate healing powers through energy work, intuition, and spiritual practises.
- We help each other facing our fears, releasing our emotional burdens, emotional wounds and blockages, and growing through introspection, intuition, forgiveness and self-LOVE.
- We encourage creating deep, meaningful relationships based on empathy, mutual care, and open heart-to-heart communication.

- We connect with Gaia, Mother Earth, embracing her wisdom and guidance as we care for her and her creations.

Guiding Principles

1. We believe in the inherent purity of our soul that reflects the essence of divine LOVE and light.
2. We believe in the power of balancing and aligning our hearts and minds, and the yin and yang energies within us.
3. We believe that making our own free choices is the best way to grow.
4. We believe in the power of making changes step by step to transform our habits and mental and emotional patterns.
5. We believe in the importance of clean nourishment for both body and mind.
6. We believe that we can open our hearts a little wider every day.
7. We believe that by raising our frequencies, we become better healers and better creators.
8. We believe in the healing power of caring touch, closeness and prolonged hugs.
9. We believe in the sacred interconnectedness of all beings, where each of us lives in our own universe, yet all are woven together in a web of divine energy and mutual support.
10. We believe in the power of togetherness and the importance of caring for each other with the same empathy and LOVE that we give ourselves.

11. We believe that multiple perspectives can be right at the same time and help us see the bigger picture.
12. We believe that as humans we have the creative power to project and transform our inner world into our outer world.
13. We believe that through loving, honest communication about our fears, desires and shadows, we can grow and thrive together.
14. We believe that facing our fears and working with our inner shadows helps us to evolve faster.
15. We believe that by doing our inner work we help the collective around us.
16. We believe in the healing power of forgiving each other and ourselves.
17. We believe in the healing power found in times of seclusion.
18. We believe in the power of our intuition, inner guidance and affirming synchronicities.
19. We believe in the loving guidance of our spirit guides, who appear when we are ready to receive them.
20. We believe that Gaia, Mother Earth, who created our human lives, is a highly developed, highly conscious and loving being.
21. We believe in Gaia's wisdom, knowing that she does not always give us what we desire, but what we truly need to grow.
22. We believe that we can be liberated from the wheel of reincarnation by releasing all our emotional attachments, hurts and blockages, while recognising and fully embodying our inner wholeness.

23. We believe that the consciousness of our soul lives on after we let go of our body and that our evolution extends far beyond the human experience.

Individual Practises

1. We encourage practising heart chakra breathing to live from our hearts at all times.
2. We encourage forgiveness and gratitude and doing the inner work every day.
3. We encourage clean food for the body, avoiding harmful, chemically isolated substances, and we encourage regular periods of fasting.
4. We encourage clean mental or emotional intake, avoiding activities that promote fear, violence or low frequencies in us.
5. We encourage dedicated times of seclusion to work with our thoughts, emotions, inner shadows, ego, challenges, and visions, to practise forgiveness and gratitude, to find our inner balance, to develop our intuition and inner guidance, and to give ourselves LOVE.
6. We encourage working on releasing our emotional tensions in our body tissues.
7. We encourage spending time in nature, connecting with Gaia and our inner selves through meditative walks or personal, intuitively guided pilgrimages.
8. We encourage time spent in meditation, breathing exercises, our own personal sound healing sessions, working with crystals, caring deeply and lovingly for ourselves, or any other form of emotional or spiritual healing practice that we have learnt or feel drawn to.

9. We encourage finding balance with our personal life values. These 21 values are based on the seven main chakras and can serve as a foundation, but each soul's individual values may vary:

Basic needs. Security. Feeling cared for.

Joy. Well-being. Creativity.

Self-Worth. Independence. Courage.

LOVE. Empathy. Connectedness.

Truth. Honesty. Communication.

Wisdom. Imagination. Intuition.

Soul plan. Unity consciousness. Being.

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

17. We encourage finding our own best personal ways of regularly releasing what is burdening us.

Community Practises

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

Volunteering

If most or all of our beliefs and practises resonate with you, then we need your help! Our community circles are just

beginning to sprout. We would LOVE for you to join us in nurturing this growing community.

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

Come and grow with us!

www.sanuela.org

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

- Liberator of Temptational Bonds (2025)
- Blossoming Beyond Boundaries. A Romance of Jealousy, Honesty and Trust (2024)
- Enchantress of Sensual Bliss Tantric Fantasy Romance (2024)
- Love Beyond Jealousy (2024)
- Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela (2024)
- Allowing LOVE. Spiritual Poems (2024)
- Allowing LOVE Two. 99 Spiritual Poems (2024)
- Ayana, My Light and My Love (2023)
- A Course in Love & Miracles (2023)
- High Priestess of Sanuela (2023)
- Balancing Emotional Needs: A New Relationship With Food (2023)
- Horray, I Am Human! Sensual Energetic Healing (SEH) for Singles & Couples (2022)
- Spirituelle Partnersuche. Der ganzheitliche Weg vom Single zur erfüllten Beziehung (*Spiritual Dating: The Holistic Path From Single to Fulfilled Relationship*, currently only available in German, 2022)
- Liebe, Wahrheit, Licht. Energetische Chakraheilung und Kundalini (*Love, Truth, Light. Energetic Chakra Healing and Kundalini*, currently only available in German, 2022)

- Wir sind Familie. Altes Wissen und neue intuitive Erkenntnisse (*We Are Family. Ancient Knowledge and New Intuitive Insights*, currently only available in German, 2021)
- Wir sind Bewusstsein. Erzählungen eines Vieraugenkröplings (*We Are Consciousness. Tales of a Four-Eyed Kropplin*, 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

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