

Nils Klippstein

You Are Healer and Creator

Experience Energetic Healing
and Energy Work



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and Energy Work



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

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

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www.sensual-energetic-healing.com
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Heal. Heal every day.

Every decision you make is either healing or destructive. You can feel it in you. Follow this feeling and get better every day.

Feedback from other Users

The *Healer & Creator* technique saw the light of day as a free online course in German language, for which I received very positive feedback from many participants. This book is based on this course.

"Through the Energy Flow Exercise, I immediately felt a wakefulness and freshness in my head like I have not felt in decades." (Birgit)

"I was surprised by the energy that flooded me in a very pleasant way. I almost felt like someone was saying inside of me: You're finally back. I have not had the feeling of being with myself for years." (Andrea)

"I'm thrilled ... The exercises are awesome, my hands are glowing and I feel like I'm shining inside. Hard to describe, just a lightness, a feeling of happiness and somehow it seems familiar to me. It totally picks me up." (Michaela)

"Thank you very much! The exercises are very effective, the energies I feel are indescribably beautiful. It's simply amazing." (Yildiz)

"I just can not find the right words to describe what's happening inside of me. I can only say the course is fantastic." (Barbara)

"I do not consider myself particularly gifted or sensitive to energy perception. All the more it surprises me, what intensive experiences I have with the exercises. I have had an indescribably nice and comfortable body feeling during the last week. This feeling has accompanied me like a background sound all day long. The feeling is different from what is felt after yoga. It vibrates finer and deeper in the body."
(Susanne)

"It is very important to me to do good to others without losing my own energy. With this technique, I have the feeling to have received a special tool."
(Ulrika)

"Hello, dear Nils, I have been a Reiki master since 1995 and I have never seen such a good, simple healing method. Thank you for your work and your effort." (Uschi)

„Since I work so intensively with H&C on myself, I can deal more confidently with crisis situations. (...) And the beauty is, one also radiates the inner blossoming outwards. Since I go my way with H&C, I have often been addressed about it by people around.“ (Birgit)

"I have been working with energetic healing methods for many years, but I've never experienced anything like H&C. For me, topics that I have been working on for 40 years are coming to an end. It is sooo wonderful. I have tried so many methods: Theta

Healing, Reiki, EFT, BSFF, etc. Much has brought improvement, but H&C is awesome. It feels so round and it is so easy. Finally, I have the feeling to have arrived. Thank you very much for your wonderful work.” (Alexandra)

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1. Introduction

Hello, you wonderful person! :-)

I am glad that you have found the way to my book. Was it out of curiosity? Or maybe you've heard of friends or acquaintances who have already had great experiences with the *Healer & Creator* technique?

Are you looking for inner and outer healing for yourself? Or do you want to be able to heal other people energetically?

The important thing is that you are here now.

Many believe that they don't have enough time any more. Our fast-paced, efficiency-driven world calls itself "civilized" and appears to be superior. But what's left of your life when you cannot spend time on the things that matter most

to you? When you rush from one to-do to the next, and then in your free time, from one distraction to the next, never really engaging with yourself.

That's why, first of all, I would like to thank you. Thank you for setting your priorities and taking your time for *Healer & Creator*. Thank you for being here and learning something new. It really means a lot to me. Because I want to bring about a positive change with my project: first, inside of you, then in your environment.

When we start with ourselves, we also gradually change the world around us.

We will see where this journey takes you. If you stick with it, you will learn how to free yourself from inner energetic blockages and heal old emotional wounds. H&C will probably also help you to live more consciously, more focused, more agile, energetic and relaxed.

You decide alone, how intensively you want to go with me on this journey. Here, I am offering you the basics for the *Healer & Creator* technique. What you make of it is your thing. You can try out the exercises in this book right away, or you can consciously and delightfully take your time

for them! It is up to you if you want to go deeper and discover completely new facets and healing possibilities for you.

Basically, H&C is a very simple energetic healing technique. This simplicity surprises at first, but it also gives you a lot of clarity and plenty of room for your own. This is because I do not believe in any of the prescribed practices that someone is preaching and then everybody has to do the same. You are a creative and intuitive person! So, you might as well allow yourself to live out your creativity and intuition.

Therefore, do not let yourself be confused when other energetic techniques may seem technically more complex at first. What's good does not have to be that complicated. I invite you to draw on this simplicity, to let yourself be enchanted by the magic of it. And if your mind still needs a little more complexity to be satisfied, then just turn H&C into what you need for yourself.

What I would wish for you is a little bit of discipline in practicing the techniques presented here. In the following chapters, there are a few introductory exercises before we proceed to the actual H&C technique.

It may be a bit overwhelming to do all the exercises because you are not currently sitting in a seminar room where you would not have a choice. It is seductively easy to just read on in the book! But without the concrete experience, your understanding of H&C will be incomplete and probably also unsatisfactory.

For the regular practice of the H&C technique, you need a bit of discipline at the beginning, until you can make a solid habit out of it. Through repetition and regular practice of H&C, you will gradually bring deeper levels to vibrate inside of you with time. It would be a great pity if you do not experience this.

To make H&C a regular habit, I like to support you personally (for example, in one of my topic-specific H&C online workshops: www.healer-and-creator.de/en/workshops), but more on that later.

Now I wish you a good start with this wonderful energetic healing technique!

If at any point you have any questions about the H&C technique, if something is unclear or you just want to share your personal experiences with me, then please email me at

nils@start2dream.de - I will definitely reply your mail, and always personally.

In the next chapter, you will learn a little bit more about me.

2. How the Healing Technique Came to Me

We go on this journey together. That's why you should also know who you are communicating with. My name is Nils Klippstein, I was born in December 1971 and I grew up as the youngest offspring of a graduate psychologist and a professor of pedagogy.

Immediately after my school days, I spent three wonderful years in the spiritual community, *Ananda Assisi* in Italy, where I learned and practiced many different yoga techniques. At times, I meditated there for up to three hours a day. I learned Kriya Yoga and then the first degree of Reiki. Later, I added trainings for relaxation trainer and the Hypnosis Master (TMI).

In 2011, I founded start2dream, a German publishing house for imaginary journeys with

more than 80 titles for more self-esteem, success and serenity: www.start2dream.de

For a year, I offered the free monday meditations, which were online meditations on various topics that a large number of participants have practiced together from home on the same day. I have written several books about this and other topics that have also been published by start2dream.

On my way, I've developed several mobile apps for meditation, self-love, and better sleep.

Many years ago, sometime on this path, it was just there one morning. In a single, tiny moment, I saw and felt this simple sequence of movements combined with a slow inhalation and exhalation. It felt perfect! That morning, I ran down the stairs from my bedroom to the kitchen and immediately started trying out those movements with that particular breathing rhythm.

I was excited! After just a few circles, I felt an exceptionally strong energy flow inside of me.

The name came much later: *Healer & Creator*. I did not understand the many possible

applications of this energizing healing technique and healing energy technique until much later.

Step by step, I tried and tested over several months and years what worked and what did not. Initially, I limited myself to the harmonization of one's own energy field and the sending of healing energy to other people and living beings.

In my life, I had already learned many energy techniques and also some healing techniques and practiced for several years especially Kriya Yoga and Reiki. Both techniques "play" with universal life energy, both can channel and direct the energy that flows naturally through each of us and without which we would not be alive.

But the movements of H&C were foreign to me. I searched and researched and eventually found Qigong, an ancient Chinese healing and energy technique that used very similar movements, but with a different breathing rhythm and focus. A few years later, I attended a beginner course in Qigong, which took place only a few steps away from my doorstep in Düsseldorf. This experience also confirmed that I was on the right track with H&C - and that many traditional energy techniques worked quite similarly.

Again, a few years later, I found myself in a life situation where I wanted to solve an important problem, to "heal" an important situation. I intuitively walked to a place in the forest that felt harmonious and powerful. There, I first tried *Healer & Creator* with a focus on a specific problematic situation.

The healing effect was immediately visible and noticeable when I returned home. Wow! It worked!

In the next few weeks, I began to try out other applications, until I understood: H&C is universally applicable: people and living beings can be supplied with life energy in close proximity, as well as through a mental distance healing, problems can be relaxed and resolved, and with a focused boost of life energy, personal desires and goals can gain more power and thus, materialize in the world.

The possibilities with H&C are limitless, because everything in our lives, everything we can see, smell, hear, taste and touch, consists of pure life energy (*chi, prana*). Without this pervasive and universally available energy, there would be no material life on this planet. Everything that arises is always created first on an energetic level. Only

when this energy has reached a certain density and concentration does the new creation become perceptible to our sensory organs.

H&C gives you powerful control over the life energy around you. You can learn to channel and concentrate on this vital energy. You decide what you create and what you want to heal.

Since I practice H&C regularly, a lot of good has happened in my life.

At the end of 2018, I had the idea: I would like to pass on H&C free of charge to everyone. Since then, my goal is to get as many people as possible to try out this wonderful technique, make their own positive experiences, and share those experiences with other people. The technique should grow and evolve. If you want, you can help me with this, for example, you can talk to your friends about H&C or regularly share my blog posts on social media.

In the next chapter, we'll look at how to get the most value from H&C.

3. On the Same Level

With the H&C energy technique, you will find out in a very practical way that you are a healer and creator, too. You can heal and transform your world with the help of Universal Life Energy, positively changing your life and the world around you. In this book, I'll show you how you can harmonize and strengthen your own energy field and self-healing powers at any time.

If you wish, you can also learn from other applications, how to use the H&C technique for energetic distance healing and also for many other things in your life, for example, to expand your energy field and consciousness, to protect against negative external influences, for healing from emotional injuries, and much, much more.

In order to get the most out of the *Healer & Creator* technique, I want to make sure that we

are on a compatible ideological and energetic level.

As you will see, in my descriptions and exercises, I refrain as much as possible from religious or esoteric statements. I know how quickly one can feel repelled by a particular training system when worldviews diverge too much. Most of the time, I move between modern psychology, new insights in quantum physics, and, in some cases, millennia-old knowledge of the greatest philosophers and thinkers.

Conversely, it should be the same: if you have clear ideas of the inner cohesion of our world, perhaps because you follow a certain religious or spiritual path, then I ask you for inner openness for new possibilities.

In order for you to be energetically prepared to experience the H&C technique as intensively as possible, we first start with a few introductory exercises in this book. As already mentioned, I would like to cordially invite you to join them (without exception). So even if you may have done something similar before, or if you think an exercise may be foolish or superfluous.

Everything builds on each other and will make sense as you get to know and practice the actual H&C technique (consisting of the H&C Energy Flow Exercise and the H&C Energy Sphere Exercise).

Your experiences and feelings with these exercises can vary greatly depending on your personal background. For example, in one or another exercise, you may feel a strong tingling or a warmth in your hands or elsewhere in the body, or perhaps you will not feel anything at first.

Everything you perceive is perfectly fine. There are no right or wrong sensations in these exercises. Of course, if you feel *anything*, that's great because it gives you direct energetic feedback about what you're doing right now. These feedbacks can then help you with your inner certainty, which in turn, can increase your concentration and the intensity of your feelings during an exercise.

But be sure: Even if you feel absolutely nothing, *Healer & Creator* still works. Just keep on practicing and you will experience the positive effects of this wonderful technique!

4. You are Healer

Every human being is a healer. You are a healer!
Because every healing is self-healing.

When you think about it, whether it's a small scratch or a nasty flu, your cells know exactly how to heal. Above all, you need two things:

1. The right nutrients: I'm a big fan of green smoothies. They give your body thousands of important nutrients and micronutrients, which otherwise would be very difficult to absorb each day in these quantities. If you are interested in this topic, you will find more information in one of my blog articles: "It all comes in my Green Smoothie!"
2. Subtle Life Energy (or *chi*, *prana*, whatever you want to call it): With H&C, you can

strengthen, harmonize, and focus the vital energy needed to heal. Energies are flowing in you all day long anyway. Whether you use them consciously or not is your decision!

Most people in Western countries have grown up with the belief that you always have to go to the doctor for a disease. Only these "demigods in white" would be able to properly determine the suffering and then take the right action. In some cases, this is just right, for example, with a bone fracture. Here, a practitioner has to get started before the body can begin to heal itself.

But with many other illnesses, the doctor is doing exactly what? He names the disease with an ICD 10 term and then often prescribes a handful of pills (the interactions of which are often unknown). Many patients then believe that the drugs cure the body. That's pretty nonsense, of course.

A drug can cause a certain body reaction due to its chemical ingredients. But that's about all. In most cases, medicines only fight symptoms but do not cure them. In addition, there are usually a number of unwanted body reactions as a result

from many medications, so that we then experience some minor or major side effects.

Internally, we are programmed to heal ourselves in any illness. What we should do first and foremost in the event of illness is to support the body, mind and soul in the best possible way in this self-healing process.

At the physical level, we can do this with the right nutrient supply. Instead of toast and jam for breakfast, we can spoil our body cells, for example, with three glasses of healthy green smoothie in the morning. Best, of course, not only when we are already sick, but every morning as a prevention! At the cellular level, there is always something to fix and cure.

Meanwhile, we also know that our emotions and our general state of mind are very much dependent on our diet. For example, depression can often be cured with a consistent change in diet.

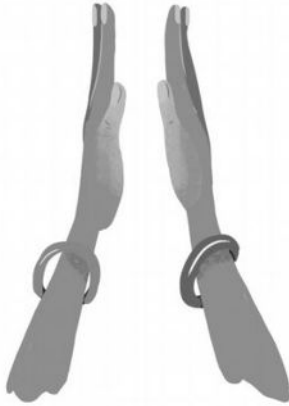
On the other hand, in a physical illness, our mind also helps with self-healing: a positive attitude, the clear intention to heal, and the firm belief that we can be healthy are all crucial factors.

And then there is our soul balance. Without it, any healing in the body and mind is often temporary. If we do not take good care of our spiritual experiences (for example, actively practicing and celebrating self-love), sooner or later, we will produce our own physical illness symptoms, which would, above all, signal us that we should reflect more on ourselves and our inner well-being.

The energy and healing technique *Healer & Creator* can help you to achieve a healthy harmony with body, mind and soul. With practice, you will also be able to better perceive your subtle energies, amplify them at will and send them to where they are most needed.

A First Energetic Exercise

Would you like to try a little exercise? Just rub your hands together for a few seconds ... and then keep them close together as you can see here.



So, your hands do not touch each other. Please move your hands slightly further apart ... and together again. Maybe you are able to feel a small "air cushion" between the hands? A kind of resistance in holding the palms together, which prevents you a little bit from pressing your hands further together?

This is probably just a very gentle, fine feeling, but it is there. I'm sure you can feel that too.

Now, please open your hands and lead them in a stroking motion very close to your face. So, your palms do not touch your face, but you brush very close to the skin from the bottom up.

Please do that two or three times, very slowly... as if you stroked your face very gently and without touching it.

And what do you feel now? It is pleasant, right?

Many automatically relax their facial features, which is usually felt to be extremely pleasant.

You may find the exercise a bit strange because you are not used to stroking yourself energetically. But if it feels good, please try it out more often in the next few days. It increases your awareness of the subtle energies that you can send out with your hands.

5. You are Creator

Every human being is a creator. You too are a creator!

It doesn't matter if you want to create a vegetable garden or write a book: Before you implement a new project or make a change in your life, you always need the idea. You create this idea with your consciousness.

Sometimes, an idea seems to come to us out of nowhere. To do this, we draw energetic information (so to speak, the seeds) from the surrounding energy field and mix it with our thoughts, feelings, memories and desires to a new creative creation idea.

If we are convinced that we want to turn this idea into reality, then the first tender energetic roots have already formed in our heads.

Next, we imagine the finished project as accurately as possible: This gives us the knowledge of which steps we need to take to realize the idea. We create a more or less accurate plan in our head. One could say that the project already exists on an energetic level, even if it is not yet established physically. Sometimes, we put this plan on paper in an intermediate step or we make it visible in a computer file.

Then, when we start to implement it, we shape our project through our actions - just like a sculptor would work out the shapes of a beautiful statue of a nondescript block of stone. Or, to stick with the picture of the idea seed, we plant the seed into fertile soil and give it water, light and affection.

The seed opens, the first seed leaves become visible ... Bit by bit, something new is created.

As we continue to work on our project, we get creative impulses from time to time, as well as new motivation from our original project vision, which also evolves in our heads at the same time. So you can say, at the same time, we're building on the vision and the material implementation, and in doing so, they become more and more equal to each other.

Energy follows the attention. And the more attention and energy we invest, the better our project will develop. The kitchen garden may already have the irrigation system laid - and the planned book already has a working title and a rough overview, maybe even the first chapter.

We give even more energy into the project, get additional suggestions from others, let our vegetable garden thrive, or let the book almost write itself. Once set in motion, the project picks up speed by itself. We continue to nourish it with our energies, but it is developing its own life and now also draws additional power from sources we could not see before.

If a little more patience comes along (and that's always the hardest part for me, personally!), then something great can come about bit by bit: the vegetable garden gets the first fruits, the book is finished and can be published.

In this way, it is clear to everyone how much each step of the implementation of a new project depends on energy. By that I mean; the universal life energy, which we first focus on with our attention and then, with the help of our intention, we guide it as we see fit for the good of our project.

All you need to do is imagine your idea or project as precisely as possible and then send universal life energy to this inner image. What happens then can only be described as magical:

- You will easily attract new ideas and impulses for the realization of your project.
- You will bring people and situations into your life that can help you with the implementation.
- You will feel a steady flow of inner motivation, which in turn will help you invest more energy in your project.

Through *Healer & Creator*, I will show you a valuable technique for condensing and focusing Universal Life Energy.

If you want, you can soon (for example, in my H&C online workshops) learn to use these energies in the future with the help of additional H&C applications to support your current projects and to better use your inner creative power.

With H&C, you can ...

- resolve blockages and problems,
- develop creativity and let it flow,
- find and develop your talents,
- release and let go of physical tensions,
- heal and let go of the past,
- overcome uncertainties and strengthen your self-confidence,
- attract inner and outer wealth,
- internally program yourself to your personal desired weight,
- let go of anger and develop more inner joy,
- find an inner place of power,
- and much, much more!

I cordially invite you to discover and develop your inner creative power with the help of H&C. The more you use H&C for these things, the more positive and potent changes you will experience in your life and in the world around you.

The next chapter is about nothing less than the biggest delusion of our world: the belief that we are separate from everything.

6. You are Connected with Everything

Universal Life Energy is all around us. It permeates us and our entire world. In Chinese, we call it *chi*, in Sanskrit, we call it *prana*. It is embedded in an energy field that some quantum physicists call the "Sea of Possibilities". We swim and move in this sea of life energy.

Everything we see, touch, smell, taste or hear is the material manifestation of Universal Life Energy in different frequencies.

Our bodies "live" and function because of this life energy. Every second of our lives, we communicate with this all-pervading Universal Energy Field around us. In this way, we are inseparably connected with all other living beings and all material things in this world.

The biggest delusion in this world is our idea that we are separate from everything. Our ego and our logical minds are having a hard time with such "we-are-all-one" ideas. After all, what are we really, what makes us different, what makes us special when we are connected to everything?

For fear of self-abandonment and as protection against the great uncertainty, we create boundaries, walls and shields around us. They give us stability and security in an otherwise almost incomprehensible cosmic world.

But as we learn to perceive the Universal Energy Field within and around us, we can make better use of that unlimited life energy and our closeness to all that is.

I do not know how well known or how new these worldviews are to you. But let's just stay for a moment in this idea. Now, please take a few minutes and try to realize the inseparable unity of the Universal Life Energy Field with yourself.

Let your eyes wander and perceive everything that surrounds you. Which creatures and objects do you see around you?

Inwardly say, "I love you!" to every living or inanimate body or object around you. In this way, you get in touch with the things around you and through these words, you involuntarily involve them in your experience of yourself.

Say, "I love you!" to people, animals, or plants that are now in your environment. Say and feel these words to all the great things around you, and also to the very small ones. Let your eyes wander, from one side to the other, discover and LOVE all the details around you. Feel your unity with them.

If you like, please close your eyes for a few moments. Once again, before your inner eyes, see what you have just observed, and repeat your "I love you!" with all the things that you now perceive in your inner mental images from your surroundings.

Then hold still for another moment and feel your deep inner connection with your surroundings.

This exercise is very powerful! If you want, repeat it again today or tomorrow, and this time, broaden your inner perception, not just to the things that you can see and observe directly

around you, but gradually over a radius of several kilometers.

Try it also when you are on the way. For example, in a traffic jam, waiting for a traffic light or in the supermarket at the queue. Practice your unity with everything that surrounds you as often as possible!

If you practice this regularly, you will gradually get a better connection to your environment. You will certainly experience positive effects from this, for example, in the quality of your relationships with other people and animals.

7. The Inner Smile

Whenever you begin practicing *Healer & Creator*, you should first treat yourself to some moments of peace and quietness. It is very helpful to be able to let go of your daily worries and responsibilities and concentrate on the inner flow of energy.

Maybe you already know the little exercise of the "Inner Smile" in a similar way from another source. I find it extremely useful, so I'll show it to you here as a daily preparation for your H&C practice. Those who have a stressful everyday life may need two to three minutes for the exercise. If your daily routine already looks relaxed and harmonious, then congratulations because you need about ten seconds.

You can practice the inner smile while sitting or standing. You can close your eyes or you leave

them open and set them relaxed on an imaginary point in front of you.

Remember your inner center. Let go of your everyday life.

You may want to take a deep breath and on exhaling, you can breathe out and release all your everyday worries and problems from your body.

Then breathe calmly and relaxed. Feel yourself.

Feel in your inner center. Find your inner smile.

You can easily form your mouth to a slight smile. This movement causes a variety of biochemical messengers to get released in your brain that can help you get into a positive, relaxed state.

Breathe in ... and out ...

Let go.

Smile.

Practice the inner smile for as long as you need it in this moment. It's like a little meditation, a little

island in everyday life. Take a few moments for the inner smile before practicing the actual H&C technique.

In the next chapter, I'll show you another preparatory exercise.

8. Breathe into Your Heart Center

When we connect our breath with a visualization, we can influence our inner energy flow.

Whether or not you believe in the philosophy of the *chakras*, the inner energy centers in the body, is not so important for this little preparation exercise. Our science has long discovered that our hearts create a huge magnetic field that is measurable far beyond our physical limits.

I find the following technique very helpful in sensing and amplifying the magnetic field of the heart.

Your energetic heart center is located centrally in the body, in the middle of your chest. Hold your

left palm there and feel for a few breaths, as your chest alternately rises and lowers. Breathe calmly and relaxed in ... and out.

Now imagine, you would not breathe in and out of your nose, but instead, right there at your heart center, where you hold your left hand. Your palm helps you to perceive this idea more consciously.

Breathe into your heart center ... and breath out from there.

Repeat this for at least ten breaths. Then take your hand away and continue to breathe through your heart center.

Just breathe in through the heart center again ... and out again.

And repeat: In ... and out ...

Breathing through the heart center is also a wonderful little exercise that you can do regularly before practicing H&C. It can also be combined with the Inner Smile.

Enough of the preparation! In the following chapter, I will show you the first part of the actual H&C technique.

9. The H&C Energy Flow Exercise

Here, we go with the H&C Energy Flow Exercise! It would be best if you have a look at the short instruction video that I filmed with my wife in Tenerife. There, I show you the exact procedure of the exercise very slowly and in detail.

Instruction video for the H&C Energy Flow Exercise:

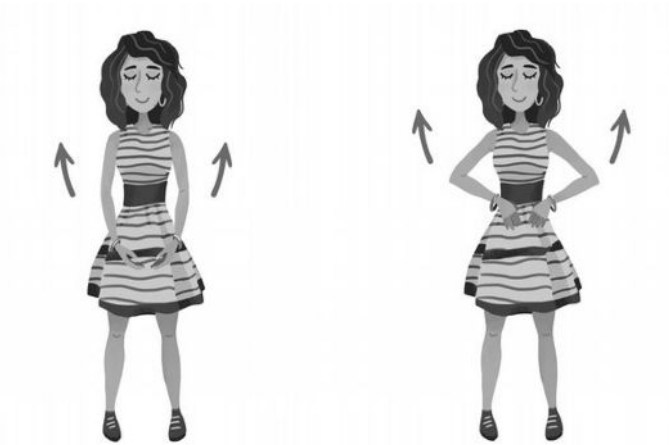
www.healer-and-creator.de/en/energyflow

For the H&C Energy Flow Exercise, you need a bit of space around you, so please make sure you can stretch your arms in all directions without touching anything.

Stand straight, relaxed and steady. Your feet are about a foot apart. Your knees are not completely

pushed through, but a little bit buckled, so that your stand is slightly springy. Your arms are hanging relaxed on both sides.

The palms are held open at the top and slightly arched, in a receiving posture, as if you were forming two small bowls. Start your H&C exercise with an inner smile and breathe through your heart center a few times.



With the next inhalation through the nose, you bring both hands inward to the middle of the body until they almost touch each other. Continue to inhale, pulling both hands slowly and evenly upwards. Imagine how you pull up the life energy in the body. Keep breathing, keep

your hands up until you have stretched your arms all the way up. Your palms should have opened slightly on the way up.



Then, just as evenly and slowly, start exhaling through the slightly opened mouth as you guide your arms down in a circle. Your palms are directed towards the body. Imagine how you create a large sphere of energy and light around your body with your hands.



When you have exhaled completely, your hands should have reached the bottom.

Without a pause, you immediately start breathing in through the nose with the next inhalation. While doing so, turn your palms upwards again in a receiving posture, bring your hands to the middle ... and without a break, slowly back up again.

As you continue to breathe slowly through your nose, you draw the life force upward with the symbolic help of your hands, as if you were pulling up a weight that hangs from your hands with a rope. Open the palms at the top ... and while exhaling, bring your hands down sideways, forming a sphere of energy and light around your body.

So, it's a perfect circuit that you create with inhalation, exhalation, and your hands and arms.

The inhalation and exhalation should be done in a relaxed way. Although you consciously control the breathing rhythm, the breath should not be pushed.

At the beginning, repeat this exercise five to ten times, with no break in between.

During the exercise, you can either keep your eyes open or you close them, as it helps to focus on the flow of breath and energy.

Try to make your movements as round, flowing and harmonious as possible.

The better you can concentrate and use your imagination to first pull the energy up, then spread it around the body, and down again, to find your center and base to start the next energy cycle, the more energy you will feel flowing through your hands and your body.

It's best to check the above mentioned video several times to internalize this energy cycle. You can do the H&C Energy Flow Exercise together with the video first, and then do it without any help.

Initially, you should not do more than ten passes. Make sure it stays comfortable. If you feel a slight tension in your head, take a little break. So, do not overdo it in the beginning, the exercise needs to be understood and internalized, but it can also give you so much new life energy or *chi* that you might have to learn to handle it first.

You may want to practice the H&C Energy Flow Exercise ten times in the morning and ten more times in the afternoon or evening. If necessary, you can increase the number of passes slowly after a few weeks. Or you do 10 passes three or four times a day.

If you practice this energy technique regularly, you will probably notice a significant change in your life after just a few days.

In the next chapter, you'll learn how to use H&C to form and send your own energy spheres.

10. The H&C Energy Sphere Exercise

After practicing the Energy Flow Technique for ten or more passes, you have channeled the *chi* around you. You have increased the flow of energy through your body and strengthened your own energy field.

Now you are ready for the second part of the *Healer & Creator* technique, which we always practice right after the H&C Energy Flow Exercise. In this second part, you will learn to send out energy spheres and use them for your personal purposes.

I also shot a video for this part of the H&C exercise:

www.healer-and-creator.de/en/sendingenergy

To form the H&C energy spheres, imagine how you would hold a ball in front of your body. Please hold your hands in front of you now. The fingers are slightly curved inward to encircle the shape of the ball.

Try to feel the round shape of the ball on your palms. Visualize that you would hold a ball with life energy.

To experience this idea as intensively and plastically as possible, you can do two different little movements.

For the first movement, gently press your hands together, as if you were squeezing the ball a little bit.

Then move both palms a little bit apart from each other, only for two or three centimeters, and then bring them back a little closer again, as if you were holding the ball tighter once more, and again, even squeezing it slightly.

If you were to hold a real ball, it would naturally fall down as you gently pull your palms apart. Fortunately, it's just an imagined ball, I'll call it a sphere of life energy in the following. As soon as

your palms come closer together again, you can feel the round shape of the ball again.



The slight pulling and pushing of the palms of your hands should help you to feel a direct feedback in the form of an invisible resistance on your palms. If you do not feel anything, just keep practicing and continue to imagine there would really be a ball in your hands.

Move your arched palms again and again back and forth, at your own pace and rhythm. Try to feel the presence of the energy sphere as clearly as possible.

For the second movement, turn your palms alternately with contrary movements of your wrists.



If you have a sensitive perception, with every little twist of your palms, you may be able to feel more or less clearly the shell of the energy sphere. It is bundled Universal Life Energy that you can sense here.

In order to get a clear idea of how this energy ball feels in your hands, you now combine the two described movements.

10. The H&C Energy Sphere Exercise

So, you pull your palms a few inches apart while twisting your wrists opposite to each other. Then, you push your palms a few inches further together, while again twisting them in opposite directions.

Form a sphere of energy. Try to feel this luminous energy sphere between your hands as clearly and intensely as possible.

Once you have a good perception of your energy sphere, you can send it towards your destination, which is depending on the application you want to do. Imagine, the energy sphere can float in the air. Slowly open your hands and push the ball of energy in a gentle motion in the direction of its target.

For the first round of practice, you can target any item in your field of view and send the energy sphere there. For now, it does not matter if you send your energy sphere



to a picture on the wall or to a car parked in front of you.

Just send out your energy and get a sense of how that sphere of energy is slowly drifting in the direction you are pushing it.

Immediately afterwards, create a new energy sphere with your hands, and after a few seconds, you can also send it out in the direction of your target. With a little practice, shaping a new H&C energy sphere takes only about three seconds. Then you send it out and form the next one. Repeat this process about five to ten times.

One can argue about how useful it is to send energy to a parked car or a picture on the wall. In the next chapter, I'll show you the first practical H&C application that can make a difference in your life!

11. H&C Application 1: Self-Healing and Harmonisation

Now that you understand the *Healer & Creator* basic technique and hopefully, have practiced it a few times already, we can focus on the first practical application of the H&C technique.

H&C is a very universal healing and energy technique. Before you can start sending energetic healing energy to other people, you should first learn how to harmonize, strengthen, and heal your own energy field (your *aura*).

All H&C applications follow the same basic procedure:

1. First, you always do some rounds of the H&C Energy Flow Exercise: Inhaling

through the nose, you pull the energy up, and exhaling through the mouth, you form an energy circle around you (about 10 passes).

2. Then, you shape the H&C energy spheres with the coordinating movements of your hands and send them out (about 5-10 passes).

For the various H&C applications, we just slightly vary a few details or concentrate on sending out energy spheres to a specific target. So that you can easily recognize the differences between the first H&C application and the already learned H&C basic technique, I have printed the deviations in the following text in bold.

Start your first H&C application with the inner smile and breathe through your heart center.

When you're ready for the H&C Energy Flow Exercise, breathe in slowly and evenly, pulling up the life energy with your hands in the middle of your body.

When your hands have reached the top, start exhaling and circularly lowering your arms and

hands, **and now let the energy you have just drawn up trickle down on you like in a shower.**

Practice further rounds of the H&C Energy Flow Exercise, and each time you spread your arms above you, **you treat yourself to this wonderful energy shower.** Imagine intensively how the concentrated energy from your hands trickles down on you as you run your hands and arms down in a circle with the exhale.

If you want, you can say, "I love me" or "I'm wonderful!" while exhaling and enjoying the energy shower.

Practice the H&C Energy Flow Exercise with the energy shower at least ten times.

Then start shaping and sending out the H&C energy spheres: For this application, you are **directing your energy spheres directly onto your body.**

If you want, you can send an energy sphere into your left leg, then one into your right leg, then into your abdominal region, your heart center, and finally you can dip your face and head into an energy sphere.

You can also send your energy spheres preferentially in those parts of your body that you may not like about you. Or you send them to the regions of your body where you have a physical problem or can use fresh life energy for some other reason.

Do yourself good with this application! When you are in harmony with your body and your energy field, you will soon be able to heal other people energetically. Practice this application as often as possible. In the next chapter, we will look at how you can incorporate H&C as a solid habit into your everyday life.

12. Make H&C a Permanent Habit

Congratulations! You already know the basic technique and the first specific application of *Healer & Creator*, and you can now harmonize and strengthen your own energy field.

Before you can learn more H&C applications and further refine and improve your practice, one thing is important: daily practice! If you only use H&C once or twice a week, you will not nearly be able to achieve what you can with this wonderful technique.

Through daily practice of H&C, you will strengthen your inner energy channels in the body, and step by step, you will get an ever finer sense of the flow of energy within and around you. You learn to channel the universal life

energy better and better, focussing and applying it for very specific goals.

Over time, you will reach deeper levels and become acquainted with new aspects of this healing and energy technique that may not be apparent at this time. For me, it feels like the technique brings all my body cells into a higher energetic state of vibration and connects my consciousness with the energetic world.

The natural flow of your healing power will increase more and more. Internal blockages will often resolve themselves. Many also report the experience of a better sleep, because H&C is stress-reducing. You will be able to change your life with H&C positively. Over time, you may also find that you are experiencing your everyday life much more consciously and that smaller crises cannot pull you down as much as they used to.

To experience all this, you must first make H&C a regular habit!

It only takes five minutes for the H&C Energy Flow and H&C Energy Sphere Exercises. You will actually regain these minutes during the day, as *Healer & Creator* will make you feel more

balanced. And you will learn over time to use your energies better and more purposefully than before.

Some say, "Oh, I always have so much to do ..." or "At the moment, I'm totally in stress!" Behind these excuses is often a completely different reason. These people may not yet believe that the H&C exercises will make a big difference in their lives.

There is only one way to experience the long-term effects of *Healer & Creator*: Practice it each day for two or three weeks. If you still think that H&C would not do you any good and is a waste of time, you can easily end your new habit.

Once you have decided to make *Healer & Creator* an integral part of your daily life, you need a concrete plan on how to integrate the exercises into your everyday life.

Change Your Morning Routine

After getting up in the morning, it is especially easy for most to incorporate this new habit into the daily routine.

We all have our own personal morning ritual. What you do in the morning right after getting up, you have usually programmed firmly in your subconscious mind over many years. It would feel very strange if you suddenly skipped one of these regular activities.

Suppose you always brush your teeth as the last action of your morning bathroom ritual, and immediately after that, you prepare yourself a tea. If you insert the five minutes for H&C right after brushing your teeth and before drinking tea, it will become a regular habit after just a few days. Your new exercises are supported by the other two habits before and after.

Your brain connects the synapses in a new way and after a few days, it will remind you to practise H&C, if you should accidentally go directly into the kitchen after brushing your teeth.

Some say a new habit would take 21 days to establish. With this simple trick of inserting a new action between two other regular habits, you can make it work in just one week!

Do you already know how you can incorporate H&C into your own morning schedule?

Find an Anchor for Your Afternoon Routine

You will have a much deeper experience with H&C if you practice it at least twice a day. However, for most people, it is not such a good idea to practise it right before bedtime: with so much energy, many people cannot fall asleep that easily. But try it out for yourself, because some people even have a wonderful sleep after a night coffee.

The best time for most users is between lunch and dinner. Do you find another daily habit that is already established during this period? Of course, the meal itself could be such an anchor to inserting the new habit: that is why some practice right after lunch or just before dinner.

Or do you find another activity that you already do every day during this period and with which you can link the new H&C exercises? Maybe right after you get home from work or before your evening relaxation program?

Practice H&C before or after other Exercises

Those who already meditate regularly or do yoga, tai chi or other exercises for their own well-being, have it even easier: Just do the H&C exercises directly before or directly afterwards.

If you do it before your other spiritual exercises, you will probably find that you can do them with a much better concentration and depth than before. Or, if you practice H&C immediately after other spiritual exercises, you will probably be able to make the *Healer & Creator* exercises much more focused and profound.

For example, Susanne wrote to me: "It's even easier to do H&C after supportive exercises like yoga. Then the feeling of well-being is just present, and a focus of that feeling intensifies it and creates a powerful magnet for further well-being. To enjoy this feeling and to maintain it as a background during the day is my motivation to keep going. The side effect of more well-being is more health. Practicing it is self-empowering. The good feeling of an immediate manifestation. And if it's easy and comfortable, it's easier to keep it rolling."

During your day, the inner smile and the breathing through your heart center is ideal as pick-me-up techniques that will connect to your H&C practise. Many users already tell me that they do both exercises regularly in between, for example while queuing up somewhere, while driving, or during other activities that run more or less on autopilot.

The nice thing about the inner smile and the breathing through your heart center is that you can do them more often spontaneously, as a short, but effective impulse in between.

Once you have integrated H&C into your daily routine, you probably will not want to miss the exercises anymore.

This is what Birgit wrote to me: "The H&C applications have already become an integral part of my life. For the last three days, I could not keep my usual rhythm. I was then really restless, because my internal clock sounded an alarm. This morning, I was so happy to be back to my usual rhythm with H&C."

She also wants to pass on as a tip: "... that the effect of H&C applications are much more

intense with me when I do it outdoors or in front of the open balcony door."

It is always a bit harder practising all alone. But many other dear people already practice H&C every day, and you can connect with them for mutual motivation and sharing experiences.

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, emotional pains, or guilt.

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

Books by Nils

- Blossoming Beyond Boundaries. A Romance of Jealousy, Honesty and Trust (2024)
- Enchantress of Sensual Bliss (2024)
- Love Beyond Jealousy (2024)
- Allowing LOVE. Spiritual Poems (2024)
- Allowing LOVE Two. 99 Spiritual Poems (2024)
- Human Connection, Unconditional Love, New Relationships, and Sacred Sensuality in the World of Sanuela (2023)
- Ayana, My Light and My Love (2023)
- A Course in Love & Miracles (2023)
- High Priestess of Sanuela (2023)

- Balancing Emotional Needs: A New Relationship With Food (2023)
- Horray, I Am Human! Sensual Energetic Healing (SEH) for Singles & Couples (2022)
- Spirituelle Partnersuche. Der ganzheitliche Weg vom Single zur erfüllten Beziehung (*Spiritual Dating: The Holistic Path From Single to Fulfilled Relationship*, currently only available in German, 2022)
- Liebe, Wahrheit, Licht. Energetische Chakraheilung und Kundalini (*Love, Truth, Light. Energetic Chakra Healing and Kundalini*, currently only available in German, 2022)
- Wir sind Familie. Altes Wissen und neue intuitive Erkenntnisse (*We Are Family. Ancient Knowledge and New Intuitive Insights*, currently only available in German, 2021)
- Wir sind Bewusstsein. Erzählungen eines Vieraugenkröplings (*We Are*

Consciousness. Tales of a Four-Eyed Kroplin, currently only available in German, 2021)

- *Multidimensionale Evolution. Energetische Schattenarbeit und Dunkelretreat (Multidimensional Evolution. Energetic Shadow Work and Dark Retreat, currently only available in German, 2020)*
- *Multidimensionale Metamorphose. Innere Heldenreise mit 16 Archetypen (Multidimensional Metamorphosis. Inner Hero's Journey With 16 Archetypes, currently only available in German, 2020)*
- *Multidimensional. Unser Weg in eine Neue Welt (Multidimensional. Our Path to a New World, currently only available in German, 2020)*
- *You Are Healer and Creator. Experience Energetic Healing and Energy Work (2019)*
- *Glückselige Ekstase. Healer & Creator: Next Level (Blissful Ecstasy. Healer & Creator: Next Level, currently only available in German, 2019)*

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

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

How Do You Feel About the Book?

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

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

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

Thank you!