



Nils



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

Nils Klippstein

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Unconditional Love,
New Relationships, and
Sacred Sensuality in the
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Spiritual Fantasy



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*Gaia is a girl,
the closest God(dess) around,
shaping our body, food, water, air,
the ground we stand on,
our whole personal universe.*

*We tend to overlook
her, the closest
who could be dearest to us.*

Contents

Foreword: Trusting My Friendly Universe.....	7
1. Divine Friendships.....	11
Expressions of Divine Friendship.....	17
2. Soulful Sharing Friendships.....	18
Soulful Business Creation.....	22
3. Fully Alive in Divine Love.....	25
Some Touching Guidelines.....	29
Friendship Permissions.....	31
4. New Love Relationships.....	32
5. Moon Love Permissions.....	42
6. The New Loving Masculine.....	49
7. The New Loving Feminine.....	53
8. Forgiveness Work.....	59
9. Physical and Spiritual Oneness.....	62
10. Sacred Sensuality.....	65
11. Triads and Relationship Networks.....	71
12. Conscious Opening.....	76
13. Overview: Sanuelan Relationships.....	83
Non-Romantic Relationships.....	83
Romantic Relationships.....	87

Appendix.....	91
Twelve Facets of Ascension.....	91
Fictional Interview 1: Touch, Communication, and Healing.....	93
Fictional Interview 2: Unconditional Love and Moon Love.....	101
Some Answers From AI.....	109
About the Author.....	115
Hooray, I am Human!.....	118
High Priestess of Sanuela.....	119
A Course in Love & Miracles.....	120
Ayana, My Light and My Love.....	121
Enchantress of Sensual Bliss.....	122
Balancing Emotional Needs.....	123
Blog posts, online circles and retreats.....	125
How Do You Feel About the Book?.....	126

Foreword: Trusting My Friendly Universe

Every loving, human connection is based on mutual trust. Without trust, there can be no friendship, no co-creative connection, no love, and no relationship. To nourish love and friendship, trust is essential, allowing for vulnerability, emotional connection, and mutual understanding.

While some may appreciate the sentiment of unconditional love being so strong as to extend beyond trust, we need to recognise how essential trust is for having deep and meaningful human connections. Without it, love can be compromised or weakened.

How do we find trust? We spend time together, sharing thoughts and feelings, attempting to understand one another. We learn that even when we trigger each other while having contrasting views, we can still share and accept our diverse perspectives.

These are exciting times. Many of us do hard inner work to become purer, more loving and more forgiving humans. As we make progress on this path, we are becoming better mirrors for each other every day. Any distrust among us displays how much further work of forgiveness is needed by all of us, as we live in an interconnected holographic universe, reinforcing one another's energies and creating a shared reality space together.

The question is: what kind of universe do we want to inhabit? Those who prefer methods of control, force, intimidation, or manipulation, please keep your distance. As the creator of my own reality, I deserve a welcoming and friendly universe that I can trust and which can trust me. Love can only exist in a world built on trust. Though everyone can create their own unique universe, I choose to build mine upon trust, friendship, and love. If you share this vision with me, let's become friends.

As trusting friends, we don't need to judge one another. As trusting friends, we can learn to communicate openly, honestly, and lovingly, share our perspectives and truly understand each other even when our views differ. As trusting friends, we can also easily exchange goods and services with one another (*).

When we embrace one another from heart-to-heart, we show trust and connection. At that moment, we communicate energetically, balancing each other's astral energies and frequencies. Hugging is one of the strongest forms of energetic medicine that two

humans can share. The events of 2020 have shown me the importance of it. To restore the understanding of this simple, ancient, and inherent energetic healing practice, I have been writing one non-fictional and several spiritual fantasy books about hugging meditations over the past few years.

I have a wish for the future: do we need to judge the holding of two hands as something more than a gesture of connection between friends? It could be Divine Love, personal love, or perhaps we might describe it entirely differently. It could also just be a simple way to connect with one another.

This book merely scratches the surface of what could be possible if we allow letting go of some old, encrusted thinking walls. To make this happen, we must learn how to trust, how to forgive, and how to find better ways of communication and shared love, each day anew.

The more we trust in the friendliness of our personal universe, the more loving the world around us becomes.

As in other books of mine, you may as well make the most out of it and write a daily journal while you are reading. If you feel like sharing or writing about your feelings, please feel free to contact me via email.

Love and peace,

A handwritten signature in black ink that reads "Nils". The letters are cursive and slightly slanted to the right.

...

(* More on this in the chapter: *Soulful Sharing Friendships*.

1. Divine Friendships

Ayana, High Priestess of Sanuela, frequently welcomed friends and interested guests to her Moon Sharing and Learning Circle. She announced a series dedicated to exploring love within friendships and relationships. Her small temple room was filled with both local souls from Luminae and those from farther away.

Anastasia, Maker of Magic Bread, served pieces of fruit on thin slices of wholesome bread, covered with a creamy mixture of cucumber, coconut, and fine mint herbs. Kofi provided herbal tea – a divine blend from his own garden, energetically charged with love and forgiveness.

Once everyone was served and satisfied, Ayana waited for the right moment to join hands together and feel into the connectedness with one another. The group found a strong bond, encouraged by Ayana's deep love and light. They shared a hum together, each in their individual voice and pitch, blending into a multidimensional sphere of high-frequency love and light.

After a few moments of silence, Ayana began her sharing. "In friendship, we all seek slightly different tones and colours of similar core principles. I will hand them out to you on papyrus later. Please take your time at home to consider if you can offer this to your friends or if you want to express it differently.

If we find a friendship in which we can mutually give and receive, then both receive. We can be happy, being there for one another, finding our trust and compassion."

A moment of quietude resonated in the temple room before a woman asked, "Ayana, how can we regain trust with someone after it's been lost?"

"Did you listen to this soul and can you truly understand and empathise with the other perspective?"

"I suppose so," the woman replied uncertainly.

"Then, you can decide if you want to forgive. Will you close your heart or give the other another chance?"

The woman nodded thankfully, knowing what to do.

"How can I learn to trust without needing control?" a man asked.

"For this, too, you first need to understand the other perspective. You may feel nervous, anxious, or

uneasy if you haven't yet fully understood and forgiven. If you are only trying to see your own version of reality, it will be difficult to trust someone. So, learn to forgive one another. Control is weaker since it attempts to build the trust from the outside in. Forgiveness is more powerful as it builds from the inside out."

The man thanked Ayana with a Sanuelan gesture, placing his hand on his heart. The woman next to him posed the next question. "My light and my love, how can we find a sense of deep connectedness and bond within our friendships, similar to the experience we had during the shared hum in the beginning?"

"Thank you for bringing this up, Selene. Try holding your hands with your friends. I sometimes call that a mini hug. You don't need to caress, unless you want to express a very personal love as well. Just by holding hands, you'll be connected astral-energetically. This means, your astral bodies will communicate directly with one another without needing to think about it. It will also show your trust, empathy, and compassion between you."

Selene smirked, "What will the neighbours say, when I walk hand in hand with another handsome man?" There was a collective chuckle among the group. Everyone felt the fear of being the first to break convention, doing something that challenged the longstanding expectations of others.

"Yes, as love pioneers, we have to take the first hurdles. We do this for ourselves and for those who come after us. The collective will have it much easier once we take the courage to begin our first steps. And once your mind and heart have fully processed the newfound openness, you probably won't think about it too much anymore."

Someone asked, "What can we do to truly understand and empathise with different perspectives within our friendships, especially when conflicts or misunderstandings arise?"

"Speak and listen from your heart. You can do the heart centre breathing to make sure to keep your consciousness on this highly energetic level, not sinking into the lower energy centres connected to our selfish patterns. From the heart, you can feel the words and emotions of your friend. You can connect and experience the perspective from another point of view. This does not necessarily mean that one must change their own. As you receive new information from your friend's perspective, you may alter it. It can certainly change your emotional attachment to your former perspective. From there, it is easy to forgive and trust even when your views differ."

"How do we know when it is appropriate to forgive someone and give them another chance in a friendship? Are there any boundaries that we should consider?"

"Have both learned something from the shared experience? Can something be done differently in the future? Will there be less hurting and more compassion and understanding? So then, forgive. You will do yourself harm if you don't. Every soul is a mirror of yourself. If you cannot forgive, you will cast part of your own being into the shadows. Eventually, this part will arise, reminding you that it wants to be acknowledged and healed."

"How can we find a balance between maintaining healthy boundaries and being open and vulnerable in our friendships?". The question came from Alistair Rosevale, Liberator of Temptational Bonds from Altaris (*), one of the neighbouring towns near Luminae.

"We need complete, honest, and open communication. We can ask if it is okay to hold hands as a symbol of our deep connection. We can breathe through our heart centres while we speak and listen. Then, we share what we would like and what would be too much for us. The friend can respond and communicate their boundaries as well.

You cannot meet in the middle if this oversteps the boundaries of one of you. Therefore, you choose the permissions and rules of the one who is more reserved, who requests for more protection or more distance. In this way, both will feel secure in their openness and vulnerability."

When the questions had ended, the group closed the gathering with a joined circle of hands and a

unified hum. The multidimensional sphere of love and light they created was so strong that everyone left with a deep sense of peace and a newfound loving devotion.

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(*) see: *Ayana, My Light and My Love*.

Expressions of Divine Friendship

1. Authenticity and vulnerability,
2. Loyalty, accountability, and trustworthiness,
3. Empathy, compassion, and emotional validation,
4. Mutual personal and spiritual support, inspiration, and encouragement,
5. Emotional care, nurturing, and comfort,
6. Unconditional love and acceptance,
7. Loving and honest conversations, sharing of insights and feelings,
8. Shared adventures and exploration in the inner or the outer worlds,
9. Artistic expression and collaboration,
10. Playfulness, shared humour, and lightheartedness,
11. Practical assistance.

2. Soulful Sharing Friendships

At the next gathering of the moon, Ayana was asked to share a few words about the newly formed Soulful Sharing Friendships that had rapidly spread throughout Sanuela. They are seen as a loving and co-creative connection; each one offering what they can contribute best. There were still some insecurities lingering in the minds of Luminae, and many souls came to gather in Ayana's little temple room.

"In the past, there were many hierarchies between our non-romantic relationships. For example, teachers and students, or energetic healers and receivers.

This antiquated model needed a new and wider understanding now, as our Mother Goddess Sanuela is sending us higher frequencies into our world. We have come to a time when sharing and integrating is most important. Both sides of an agreement give and both receive. We are equal,

even though we are on different paths, coming from different backgrounds and histories.

We cannot judge one soul as more advanced than another, for how can we measure this in the boundless space of multidimensional Eternal Now, where all incarnations are occurring simultaneously?"

Ayana paused, allowing her words to sink in.

"When advancement cannot be quantified, we also see that the teacher always learns something from the student, just like it is the other way around. The teacher may learn to refine communication skills, work on prejudices, or some other inner issue, while the student could gain knowledge of a new technique or topic. But we both receive and learn from another. From this perspective, there is no hierarchy."

She continued, "When the receiver of energetic healing energies changes their perspective to see that mutual work clears the blockages within the astral body, allowing everything to flow again, then we understand that the receiver is healing themselves. Then, there is no active giver any more. Again, both receive.

So, when we go to someone, no matter if we pay them Dreamstones (*) for a service of healing and teaching or not: Who is really the giver, and who is the receiver, when both always receive? And who is the learner, when both will always learn?

This brings us into a new type of relationship with one another: Soulful Sharing Friendships. We chose this name to reflect the trust, love, and understanding at the core of these connections.

In a Soulful Sharing Friendship, we can give and receive in much broader perspectives. Together, we take care of our balance in giving and receiving, healing and teaching. As long as we remain open and loving in our hearts, our souls will find a way to balance."

"Does this also alter our understanding of responsibility, Ayana?" someone asked.

"Yes, very much. Not only does one have the stewardship and responsibility, but now this applies to both sides because both are receiving and learning from one another.

One may be more responsible for providing space and guidance, while the other is responsible for creating openness and connection. When both offer their contributions, they can trust in each other."

"But who is responsible for safety?" a young man at the back of the room inquired.

"Always both. One may have a code of conduct or safety guidelines to follow, while the other is expected to communicate any feelings of uncertainty or fear, so that both can navigate to find the best safety for both."

Ayana was delighted to answer more questions, taking in the stories and perspectives of the gathered souls. "What is each party's responsibility in a Soulful Sharing Friendship?" someone asked next.

"Every soul is responsible for not causing harm to the other willingly or knowingly."

"So, we should not exploit one another."

"Exactly, not in Dreamstones or shared goods and services, and not in any emotional way. We have a connection from the heart, not from the ego. We breathe through the heart centre, not through the lower abdomen. We feel love and connection rather than fear and closedness."

Elathan, Anastasia's love partner thanks to Ayana's doing (*2), asked her, "So, how does this new understanding of Soulful Sharing Friendships affect our daily lives practically?"

Ayana smiled. "Your newfound love, Anastasia, is the Maker of Magic Bread here in Luminae. Everyone loves her completely natural and super healthy baked creations. Wouldn't you share with one another what you do best if you made friends with your neighbour, who happens to be a fantastic massage therapist? This is the type of connection you can have with a Soulful Sharing Friendship."

"Thank you, Ayana," he said with a nod. "I understand how important trust is in this sharing and how much it will enhance our exchange."

"Yes, we share from our heart, not from our ego. This requires trust in the other soul, trust in ourselves, openness, vulnerability, and much more. It provides us with more to work with than if we were to go somewhere and just pay someone for their labour. If we stay rooted in our hearts, we will grow inwardly stronger through these soulful connections."

Once the questions had been asked, stillness descended upon the group. They joined hands again, feeling the unity of their circle. After the short and very energetic humming, they exchanged words of gratitude and love with one another. Then, they embraced and went home, inwardly making a list of those with whom they wanted to meet more often and try some loving sharing.

Soulful Business Creation

A few days after the gathering, Ayana was asked to talk about joining as Soulful Sharing Friends to create business ideas. The gathering took place at the small town temple of Luminae, honouring Mother Goddess Sanuela; a temple that Ayana had built only recently as the first of many to follow. Not only was it a place for meditation, inner forgiveness, and heart-centred awareness, but it often served as a space for collective sharing and learning.

Ayana explained how a friendly sharing pool can be established between souls with similar business ideas. Instead of seeing the others as rivals, focusing on the egoistic side of human nature, she showed how to find the many benefits of the opposite perspective, being Soulful Sharing Friends who assist one another.

Whoever wished to contribute something to the sharing pool, was free to do so. Some may give concepts, plans, and ideas, while others might only share their pricing with the others. All was good; it was a pool of trust and abundance.

"What happens next is phenomenal," she explained to the gathered souls. "Everyone can share unconditionally - free to use, a symbol of trust for one another. If other members of this shared pool like something, they are free to alter and utilise any of the material, or create their own version and bring this back into the pool. In this manner, many plans and ideas flourish organically, and everyone benefits.

There is nothing to lose or fear if everything is given freely. Whatever secret business ideas we prefer to keep to ourselves, we may. What we freely share, will be a resource for the ideas and developments of the other contributors, making ideas become more alive. We sow our seeds, whatever we like to give, and everyone can be part of the harvest."

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(*) Dreamstones are the financial currency on Sanuela.

(*2) see: *Ayana, My Light and My Love*.

3. Fully Alive in Divine Love

Once tea had been served, Ayana addressed the gathering of souls. "There is a type of love within us that is infinite, pure, and unconditional. We are not in love. We don't expect anything from the other. We simply love.

Many souls are not accustomed to this Divine Love that is simply there, through presence and sometimes even without touch.

We are not used to it, as we have been conditioned to always expect something in return. Most of our systems are based on this thinking. This is because in our interactions with one another, we focused mainly on personal gain.

But what happens, when we connect to pure, Divine Love? We can have a personal and loving human connection, but without asking for anything.

Divine Love is simply there, radiating from its source. It can be a beautiful feeling if welcomed. Yet, it may also cause fear or the urge to withdraw."

A woman in the group raised her hand and shared a story of how she had been struggling to accept freely offered love. She described a situation some days ago, when a man had opened himself up to her, but she found herself unable to respond in kind due to her fear of commitment and vulnerability.

Ayana nodded in understanding and took a few moments to reflect on the woman's experience. This wasn't an unfamiliar experience for her, either. From her past, she knew all too well the kind of discomfort that can arise when we receive unconditional love.

"When we are presented with this type of love, it can be difficult to accept it without feeling like we owe something in return. We have been conditioned by society and our experiences that when someone offers us love, there is an expectation of exchange that follows. But Divine Love does not work like that; it is pure, unconditional, and infinite. It is something we needn't earn or repay; rather, we can simply allow ourselves to receive it, to bask in its warmth without reservation or hesitation."

Ayana took a sip of her tea, allowing her words to settle in the group's minds.

"But do not fear, my dear," she continued, her voice gentle yet unwavering. "For when we allow ourselves to receive Divine Love, we are opening ourselves up to a world of infinite possibilities. We

are opening ourselves up to growth, to transformation, to a deeper understanding of ourselves and the world around us.

Start by taking small steps towards incorporating Divine Love into your daily life – even if that means just taking a few moments each day for reflection or meditation on what Divine Love means to you. With this, we begin to let go of the fear and anxiety that surrounds our human connections. We realise that we can give and receive love without expectations or conditions. It is a beautiful thing, really, to feel the freedom of loving without the weight of expectation."

Ayana noticed that the woman who had shared her story was now sitting more relaxed, seemingly comforted. The woman smiled and asked, "What about physical touch when we do feel Divine Love in our hearts?"

"Thank you – I was searching for a bridge to bring this up, as I have prepared and brought all of you something regarding it with me.

When it comes to touch, and we are new to this in our connection, we usually ask beforehand, or we connect with a brief touch and observe the reaction. When we are already close friends for many years, when both of us show little touches of appreciation and connection, then we commonly don't need to ask permission any more; we assume it is okay because we get sometimes touched as well. We already have an agreement with one another.

Touch is a form of communication. When we touch without any movement, holding a hand or resting it, we connect energetically. Without any technique or specific focus, our hearts can meet in some way and the feeling of connection is simply there.

When someone responds to this connecting touch with objecting words or body language gestures, we withdraw and remain at a distance."

With this, Ayana opened her bag and pulled out a package of printed papyrus and handed them out to everyone.

"This can serve as a guideline to ensure emotional safety for any type of human connection."

Like always, they closed the evening hand in hand, humming together. The power of their love and light created a unified aura, of which every soul took a little bit home. The love in their hearts grew stronger with Ayana's circle, it opened each one to new perspectives and more inner freedom – feeling lighter, more loveable and more loved as a result.

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Some Touching Guidelines

How can we show trust, connection, and perhaps even pure, Divine Love to another soul?

Some begin by giving short touches of appreciation, waiting for a response that shows: *It is okay!* Or: *It is not okay.*

If we are already used to brief touches, we could begin to prolong them. Some souls feel comfortable holding hands for shared moments of inward connection. Others may find other forms of physical contact more comfortable.

Without any caresses, the holding touch becomes a form of astral communication: the astral bodies connect and communicate with one another, in the realms of frequencies and astral energies.

We can also show our appreciation and connection through a hug. Unless we already have a close relationship, it is good to ask if the soul wishes to be embraced. Even if there is already a habit that allows us to hug, it is more respectful and safe to inquire first. Perhaps, in this particular moment, the soul does not feel up for a hug, but maybe at some other time. Or, another way of connecting might be preferred.

The duration of a hug can be naturally prolonged by both parties until the first one moves to indicate that they feel balanced and fulfilled. If both wish to

extend this time, it can be experienced very deeply when both imagine breathing through their heart chakras.

A long, loving hug is the shortest way to open our hearts to Divine Love. We embrace, and we breathe love, it is that simple.

We can then feel that this type of love cannot be found in someone else, but only within our own soul. We realise that Divine Love is always available to us if we choose to open ourselves up to it.

Friendship Permissions

With you, _____ I like:

- o short touches of appreciation
- o longer, resting touches of appreciation
- o short hugs
- o longer hugs
- o hugging meditations
- o holding hands briefly
- o holding hands longer
- o to be more specific: _____

Place, date and name:

4. New Love Relationships

The following moon's gathering was all about the myriad of new types of love relationships established in Sanuela recently. Ayana was asked to provide an overview, as there were many names, definitions, and misunderstandings surrounding what many had heard of or experienced themselves.



"A Moon Love relationship begins when a couple decides to celebrate a sacred and intimate love ceremony once in a moon together. On other days, both partners connect with each other and grant certain permissions or liberties, which can vary depending on their agreement. Some couples embrace equality, while others may playfully explore the realms of domination and submission with one another. For yet others, it may be a way to live a deep friendship with some added closeness

and intimacy. A Moon Love is about honest and loving communication, discovering the beauty of expressing love within agreed boundaries. It fosters trust and deepens the bond between two souls."



"How does the Starbond relationship differ?" a woman asked.

"There is much less intimacy in it. What makes the Starbond Love special is that the couple decides to limit their passionate love-making to only one night."

"You mean, only once in their life and never again?"

"Yes, that is the idea. Under these circumstances, some souls may allow themselves one sacred night of love with someone whom they otherwise would not have come close together with. Perhaps one or both of them don't want a committed intimate relationship, but they both wish to feel the connection of full union once. If they choose to keep the connection in their hearts afterwards, it can remain alive for the rest of their lives."

"I can feel this night would be very intense, if both know exactly - this is it! This night and not another ..." Elathan mused. His mind already scanned through his memory, with whom he would love to have a Starbond relationship if

Anastasia agreed to it. Of course, he would grant her the same freedom.

He was intrigued and asked, "So, what is the difference between a Starbond and a one-night-stand?"

"Only one of them keeps our hearts open. With the Starbond, we remain in inner connection with this soul. After the love ceremony night, we change how we express our love from sensuality to something either comforting or ethereal. We may take long moments of close hugging when we see and meet again. Some may want to be best friends, and some might welcome non-arousing cuddling. Others may not touch each other much at all, keeping it more distanced and therefore safer; this depends on the couple and their wishes for one another."

"Why would you keep a distance when there is love? I love cuddling."

"Me too," Ayana laughed. "And I allow myself to experience this with some friends and guests. But when you already have one or two dedicated relationships, it may seem too complex to handle. Then, you might only want to enjoy the love ceremony once and let the rest of the time be a connection of supporting and encouraging one another's personal growth. In deep unconditional love, of course, because you felt oneness once and keep this as your lasting memory of the inner connection with one another."

One man in the group tentatively spoke up, "So, if I cuddle with my Moon Love or Starbond girlfriend, does that mean we could even spend a few nights together without seeking physical union?"

"Yes, you can certainly decide to do that. It can be a beautiful way to connect."

Another man chimed in, his tone hesitant yet eager. "But won't we end up getting excited and aroused all night long?"

"That's okay, you will both get used to it," Ayana laughed. "Just always remember to breathe through your heart centre when you are close together. Your love will grow and expand, and the excitement can lead to a subtle heavenly bliss for both."



"And what is an adoring devotee?" someone wanted to know.

Ayana explained, "Adoring devotees set aside a single moon cycle to explore each other and then take a break for an undefined amount of time. They both return to their regular lives, being transformed by the love they have shared. This can create a sense of security when there is no room for another relationship.

Whatever they discover during their one moon of finding each other, is completely up to their choosing. Some simply want to cuddle, others wish

to excite; everyone has different desires and ideas. The adoring devotees are sure to learn how to communicate honestly, clearly, and lovingly during their dedicated and devoted time."

A woman asked, "What if my adoring devotee wishes to continue the relationship afterwards, and I don't have space for that in my life?"

"You need to find a solution that benefits everyone," Ayana replied. "When one of you two is heartbroken afterwards, or one has to ghost the other, something has gone wrong. Change the connection into a loving friendship by changing the permissions. Perhaps consider a Moon Love if you both feel good with it, only meeting once a moon for your love ceremony. Or, you could communicate the wish to repeat the experience of being adoring devotees after a break of two or three lunar cycles. Then, both can look forward to it. Keeping the longing between each other strong can be beautiful."

"Isn't that torturing yourself?"

"If you prefer this perspective, you will suffer. Or, you could embrace the perceived love and go deeper into your innermost heart centre. Longing for unity is our strongest driving force for loving ourselves fully."



After a pause, Ayana continued to explain the next type of relationship: "One might ask, why would anyone prefer the Veilheart Love? After all, it involves no physical contact whatsoever."

"A woman who likes to dominate a man?" someone asked and everyone laughed along, indulging in the stereotypical image of a man longing for his Veilheart girl all day long.

"Touching connects us on a deeper astral level; our energy centres communicate with each other, exchanging frequencies and energies directly. This is usually something very beneficial for both. We can receive this just by touching one another with the intention of love.

But in some rare human connections, there might be a kind of thrill or romanticism found in this, and they may try a Veilheart Love. It doesn't mean that the felt love cannot be intense and deep. Some couples may want to share their entire love life with the Veilheart partner, establishing an intimate connection with one another nonetheless."

There were no questions - only an all-encompassing silence filled the room. Ayana continued, "Which brings us to the Whisperbond Love.

Here, nothing is kept hidden from each other – full openness and trust reigns like an open book. Secrecy is non-existent in a Whisperbond relationship. It's a way to find complete trust, surrender, and true love for one another in an honest and authentic manner."



"Can we have physical contact in this relationship?" a woman asked.

"Yes, loving caresses and little kisses make this love special. We can even allow ourselves to explore this while being fully free (*) – knowing and trusting, there will be no physical union. A Whisperbond Love can also include sensual excitement if both partners agree to explore it together.

The Flamebound Love is like dancing together on the volcano. This couple lives their passion and their closeness to the fullest with one another. But it might be for a limited time, as the souls might be too different to always find peace and balance with one another. The Flamebound is often for those who need to go through an inner healing course with one another. Something wants to be experienced with a soul, but it may not necessarily lead to a stable and secure relationship."

"Is the other soul used for satisfying someone's carnal desires?" someone asked.

"If it is a true Flamebound, then both souls have a story behind their wish to find intimacy with one another. They may want to explore their most intimate desires and bring them to life. A Flamebound works well for a period of days or moons if there is a strong erotic attraction between two souls.

Then, there is the Dreamscape Love. It can contain touching and closeness, but without any physical union. A couple can share with one another what they imagine. Thus, the Dreamscape Love can be a very blissful and sensual experience."

Lana smiled, remembering how much her Dreamscape Lover enjoyed being with her when she was sensually exciting herself. This kind of love gave her some sensual freedom with another man, but with the promised boundary of physical nonunity. Lana greatly cherished their nights together; they felt profoundly healing.



After a moment's pause, Ayana continued, "We also have the Luminary Union. Everything is about helping each other to find divine illumination. We help one another heal and grow.

Even with much love present, it can happen that we sometimes unintentionally trigger one another. It is then important that both honestly and lovingly

talk about it and forgive one another at every step of their journey. Frequently, Luminary Union couples are quite the opposite in many ways of thinking or feeling, and they are good mirrors for each other."

"What about intimacy for the Luminaries?" someone asked.

"Physical intimacy can be celebrated at solstices, for example, or other special occasions. The couple decides when and what they wish to experience. The rest of their relationship focuses on intellectual and emotional closeness and shared spiritual growth.

"Ayana, what is Echoheart?"

"Echoheart is a close friendship with honest and loving communication, long embraces, and some holding of hands."

"And music, I heard?"

Ayana replied, "Yes, music or vibration in general. A couple could spend time humming or chanting together, exploring their harmonies with one another.

Well, my dear ones, there are so many more types of relationships ... We would need weeks to talk about all of them. We have been creative in adapting and mixing the main ideas of friendship, love, and closeness, coming up with countless unique variations. Each couple can now define their

own love relationship. With one love partner, they experience something special, and with another they experience a different kind of special."

"Thank you, Ayana," someone said, "as I understand it, all of this is quite different from 'free love'."

"It is committed, loving freedom."

With this, Ayana closed the circle with the holding of hands. The group sat in silence for a moment before she spoke.

"Let us remember that we are all human beings who are capable of great love and understanding towards one another. May we be inspired to create relationships that bring joy, pleasure, and freedom into our lives."

Ayana paused as the energy of community filled the room. Then she smiled at them all before continuing: "Happy loving!"

The group exchanged long hugs with one another before everyone dispersed into the night with a newfound appreciation to look at love in many different ways.

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(*) "Fully free" means in *Sanuela*: without clothes – see: *High Priestess of Sanuela* and *Ayana, My Light and My Love*.

5. Moon Love Permissions

Anastasia, daughter of Lana Lightweaver, offered a mug of hot tea brewed from Ayana's and Kofi's garden herbs to everyone in the gathered group. Along with it, she served pieces of her renowned magic bread.

When Ayana saw that everyone was comfortable, she began to explain her chosen topic for this moon: "A Moon Love is based on a Divine Friendship. The permission for lovemaking is only given once in a moon, and this sacred love ceremony is defined differently for each couple: For some it means eye-gazing, hugging, or cuddling, while others enjoy many hours of ceremonial and divine physical closeness or even union.

For some, this is all new and has never been experienced with the intention of exchanging love with one another. This is why I would like to share with you the various permissions and what they entail, so you can get a sense of what kind of experience you'd like to have with a particular soul.

We begin with eye-gazing. We sit close to one another, so that our astral bodies and auras can feel and communicate clearly. If we like, our knees may touch, and holding hands often adds a divine sweetness to the experience. Our eyes and the breathing through our heart centres open up the doors, allowing us to share pure, unconditional love for two or three dewdrop heartbeats (*). If couples do this every day or every quarter or every moon, it is a deep and wonderful experience with one another.

We have already discussed long hugs, which are the basis of my work as a High Priestess. Lana, Faelyn, Cerulean, and Alistair are offering them to their guests as well. You can always ask us for a hug; you don't need to pay Dreamstones for it.

During a long hug for two or three dewdrop beats, your chakras will align and balance each other as you both breathe through your inner heart centres. The feeling of astral unity can be strongly harmonising and very pleasing. Both are merely receiving, no one has to give anything.

Holding hands - we don't do this often enough. Our touching hands exchange more frequencies and energies than a voice ever could. Voice communication is distant, while touch is honest, true, and deeply multidimensional. Share this with your Moon Love and your whole world will change. The energetic exchange is strongest when our energetic hand centres are aligned with those of the other soul.

Cuddling is often not done between adults because there may be fear of too much excitement or closeness. Cuddling can be deeply emotional without being sexual. If physical excitement happens, it is okay; we can accept and embrace it, but we don't need to invoke more. We breathe through our heart centres and feel more and more love. It is deeply beautiful when we allow ourselves to share this with one another.

If you want to experience cuddling with intensified energies, you can allow one another to touch and hold your hands on all areas of your bodies. If we fully trust one another, it can be a wonderful and deeply healing experience, just feeling the still hand of another soul on our most treasured places.

Caressing is like cuddling with moving, loving hands. Not every Moon Love couple is ready for this when they decide to explore their first closeness together. Through our gentle, moving hands and fingertips, we can express many subtle or direct messages of love and care. Caressing helps us stay in the blissful presence of the here and the now when we are feeling one another.

Sensually exciting means turning on the switch for astral electricity. In the fourth realm, we sparkle like a star when we do this, feeling the first subtle tingling. As we go deeper into it, strong powers of love and healing can be induced. It is a great present to have one or more souls in your life with whom we allow ourselves to experience these deeply cleansing and healing astral frequencies and

energies. Simply stay in your heart centre with your breathing at all times. It can be a way to enlightenment – ask Cerulean about it one day.

The most personal gift humans can share with one another is the permission for physical unity, making it easy to also fully feel united within ourselves. We love each other deeply and intensely, wanting nothing more than to be one. Our longing for unity can be a natural magnet and enjoyment, keeping us alive and our energies flowing. When this unity arises from deep love, trust, surrender, and, yes, lust in both souls, then the united physical and astral bodies can be a beautiful and enjoyable energetic sharing, aiding us on our healing and growing path.

When we find the highest octaves of bliss with one another, holding the energies on this level for many dewdrop heartbeats, we dive deep into a powerful energy and healing storehouse. It is like being in a heavenly spa, the Golden Caves (*2), or the angelic realms to fully regenerate while we remain in our deepest feeling of love. Whether you allow one another this, that is for you to decide."

With that, Ayana thanked the gathered souls and encouraged them to ask questions.

A woman with long, black hair asked, "Ayana, how can a Moon Love without physical union work out? Would the man not always want more? How could I feel safe and comfortable with a Moon Love partner? I already have one relationship and right

now, I don't desire the same level of intimacy with someone else."

Ayana glanced at Anastasia Lightweaver who smiled back at her and, spontaneously, decided to answer the question. "My love, that works very well; I felt similar and wanted to experience a Moon Love without physical unity with someone. So, Elathan and I came up with a solution that works well for us."

"Now, you have piqued my curiosity," the woman laughed, "Would you be willing to share with us?"

"Yes, of course. I have a love ceremony with this other man once a moon, we spend the whole evening and night together, fully free, holding, sensing, and savouring one another. He doesn't get much sleep that night," she chuckled. "I love feeling his energies and the yearning and passion he feels for me, you know?"

"And how does he cope with that?"

"He loves it, and he's not even all that tired the next morning. He says his entire astral body tingles. I often feel the same. We energise and charge one another, and it is more beautiful than I can describe in words."

"Did he ever wanted more?" the woman asked.

"Yes, of course, but we mutually agreed that our boundaries would remain until we decide otherwise. Sometimes, I lay with my full weight on

his body and I come while he holds me. He loves that ... a lot," she laughed again. "He says he can feel me intensely. It gives us a very special connection, full of love and trust."

The woman smiled, her mind racing in many directions at once. "Thank you for sharing that, Anastasia. Now, I need to think who of my friends I'd like to invite to share this level of closeness with me."

Anastasia added, "Your new moon love can be your very best friend if you wish. Your friendship will then grow into something ever more beautiful, based on trust, giving and receiving comfort and healing, and a more profound understanding between one another. Or, it could be someone you only see once or twice in a moon. Perhaps this makes it all the more exciting for you. Choose whatever feels best to you."

"I need to talk to my boyfriend tonight, but I guess, I want ... both," the woman said with a chuckle. Her honesty elicited laughter from both the group and herself.

"Is there any danger in a moon love becoming more?" someone asked.

Ayana gazed into his eyes. "Love can only be considered a danger if we don't love ourselves enough."

"But what if I lose my girlfriend to someone else because I give her the possibilities and the freedom to explore a Moon Love outside our relationship?"

"If you both approach love with the mindset of giving and not taking away from each other, then your love can flourish."

The man nodded, content with the answer. As nobody had any more questions, they held hands in a circle for a dewdrop heartbeat and exchanged long hugs before leaving into the night, returning home with many new open doors.

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(*) Two or three dewdrop heartbeats are approximately 10 to 30 Earth minutes.

(*2) See Ayana's transforming journey through the Mystical Caves in *High Priestess of Sanuela*.

6. The New Loving Masculine

On the night of another full purple moon (*), Ayana invited Cerulean Starstrider, Guide to Enlightenment, to join her Moon Sharing and Learning Circle. He had prepared a short speech for the gathered souls, which he read from some papyrus pages.

"In the past, men were accustomed to being proactive, assertive, and often overpowering (*2). This is what we learned at a young age. All of our structures were built upon a male-oriented system: closed and strict.

For much of our lives, the feminine has played second fiddle in this hierarchical role game. Though we all strived to bring it towards equality, it didn't really come to pass.

That was the past. Now, we are in this New World. Goddess Sanuela and the rest of the universe are sending us new, loving and caring frequencies. We learn about the Divine Feminine, which exists within all of us.

We still need to exercise a lot of inner forgiveness before all of us can enter this new world where both men and women become more open, receptive, and, at the same time, focused on our desired direction. By recognising the inner masculine and the inner feminine within us, we can combine the best of both to create our true selves.

This is unfamiliar territory for many. We are learning it gradually as we live our lives. I sense there is much confusion about what the new masculine is, so I asked my spirit guides and combined it with my own experiences.

In our world of duality, the masculine is still needed as a guiding energy in the universe. A lack of balance between two opposite forces is not healthy, as we have all experienced.

But, the way the masculine shows itself to others has changed completely and indefinitely. It now needs to be stronger than before, as it shows its vulnerability.

The loving masculine offers presence, but in a less proactive, less aggressive, and less invasive way. We discover how to open up inwardly and feel, receive, and accept. We understand what unconditional love means by letting go of expectations and wishes.

A man can reveal his love by open, honest, and loving communication or with a gentle touch if both have already established this in their human

connection with one another. But he cannot go further. This is now the choice and responsibility of the female. If she feels like wanting to experience more than a connecting touch, she can provide signals in return. She may accept the offer of unconditional love or decline it. The male only offers his presence and follows invitations when they are given. We sense what is wanted. Then, we remain in this high vibration of pure, unconditional loving presence and affection, watching and waiting.

This will cause energetic stirrings in the surrounding. Some women may not be fond of our love, feel triggered, or become anxious. Others will come as close as they feel safe and comfortable with.

All is okay. The new loving masculine doesn't need to judge any more; it simply shows presence of love for those who want to accept and receive it. No more giving is required from either side if both choose to lovingly receive from one another."

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(*) Sanuela has an always-round, red moon and a waxing and waning purple moon orbiting her. Further information can be found in other books.

(*2) In the magical world of Sanuela, the word "men" can also be interpreted as "predominantly masculine-oriented energies". No one is offended or hurt there by using this shorthand, even if it may

not be the most precise or accurate description for how some souls perceive themselves. In Sanuela, everyone lives their own inner balance of the Divine Masculine and the Divine Feminine within.

7. The New Loving Feminine

The following moon, Ayana described the unique frequencies of the new feminine that everyone had been feeling around them in recent years.

"The new loving feminine is filled with openness, integration, balance, and lightness. With these energies, it is possible to experience a deeper love and a wider understanding, for we recognise that one perspective is always a very limited way of perceiving our world.

Gone are the days when the rules and matters of one perspective are binding. This makes life certainly not easier, it gains complexity and diversity, but it also brings much greater beauty.

The loving feminine can help break through encrusted patterns of rigidity. We need this energy for our world-creating experience. We must remain in the lightness of the heart at all times, with no set expectations, so that we can give birth to beautiful life experiences.

The intent of the loving masculine may be beneficial in providing direction for the feminine, which is naturally creative in all directions. The intent of the loving feminine is beneficial in providing collective healing energies of loving care taking for everyone.

It is time for the loving feminine in the world to offer this. It requires this opening, the caretaking of the souls who show their vulnerability. And that is all of us, going through this process of intense, collective awakening together. We are many. We can care for all souls, and we can care for our world. Thank you for listening!"

After a moment of silence, the first person at the gathering raised their hand to ask a question. "How did you become initially aware of the unique vibrations of the new loving feminine that you mentioned?"

"I felt it in my whole body. A tremendous change inside was happening in the centre of my personal universe. I believe this transformation changed everything around me, too. Wherever I looked, I could perceive the early blooms of a new opening. As I went on my initiatory journey to become a High Priestess (*), my universe followed suit with me.

Although the new loving openness may still appear intimidating at times for many of us, we are gradually getting used to it. We are mastering each step along the way faster than ever before."

The guest thanked for the answer, and followed it up with another question. "You mentioned that life gains complexity and diversity with the new feminine energies. I can also feel this happening. How do you navigate these complexities and maintain balance?"

"The qualities of the loving, divine feminine can help us. We connect with others, we communicate openly, we heal, bless, and forgive one another. We are more likely to observe the bigger picture, rather than zoom in on just one specific detail.

The loving, divine masculine qualities can help as well, correlating and ordering the different views and measuring them if necessary. With such a structure, we can introduce more safety and direction to the whole."

"How can the intention of the masculine and the intention of the feminine complement and support each other better?" The question came from a man who had travelled from Altaris to participate.

"The loving masculine traits are good for holding the space and guiding towards a direction both decide on, whereas the loving feminine is good for nurturing connections and fostering openness."

Someone wanted to know, "In what ways do you believe the new feminine energy can help break through encrusted patterns of rigidity?"

"We hug more and forgive one another. From there, we create something new, with love and trust."

A woman inquired, "Could you share your experiences or insights into how the new feminine is contributing to this process of collective awakening?"

"Opening up comes from within, from the depths of our hearts. When we open ourselves up, we show our vulnerability as humans. This may seem foreign to us because we have become accustomed to overstructured and heavily regulated lives that do not honour true femininity. However, we slowly trust and open more, allowing more and more lightness and love to course through our lives."

The woman thanked Ayana with a gesture of her hand and then asked, "How can I actively support and nurture these aspects of myself? What practices or techniques do you find helpful for staying in the lightness of the heart and maintaining an open perspective without set expectations?"

Ayana smiled warmly in response to the woman's question, appreciating her curiosity and eagerness. "Thank you for asking," she began.

"Embracing and supporting the loving feminine within ourselves and supporting its growth requires a conscious and continuous commitment to self-discovery and inner healing. To stay in the lightness of the heart and maintain an open, loving perspective, we can be more playful. We can nurture and care for our inner child, engage in creative activities, tap into our intuition and emotions, connect with nature or directly with

Goddess Sanuela, spend time alone in complete darkness, which represents the essence of the Divine Feminine, ... There are countless ways. Expressing gratitude is a big one as well."

"And for releasing our expectations?"

"At times, this can be challenging for me as well. When I have my 'memories of the future', as I call the intuitive knowings from parallel timeline possibilities, it is easy to fall into the trap of expecting a certain way to unfold. With concrete inner images in our minds, Goddess Sanuela then always makes sure to show us a very different learning path.

At the same time, it is good to walk towards our chosen direction, step by step, every day a little further. Yet, while doing this, we need to fully embrace the unknown with trust and surrender. We need to let ourselves be in the flow of all life's changes and opportunities. Only then can the best will of the Goddess flourish within us, opening us to the best healing and growing experiences. She knows and she rules, for as long as we need her help and support, until we fully become the goddesses and gods of our own universe.

I often need to distract my mind, visualise a story with imaginary characters, to not spoil the potential possibilities in front of me. What we play through with our minds and feelings, we usually don't have to experience again in the Cosmic Dream Theatre of Sanuela, as I call our 'reality'.

When we consider the chances of the most extreme possible paths to take, we can inwardly paint out the worst and the very best versions of what could happen next; we can choose to fully indulge in them, and then let them go. These two pathways will no longer exist as such. However, there is ample room for lovely, peaceful ways that Sanuela will reveal to us if we move in that direction."

Ayana paused, giving everyone a moment to absorb the insights shared. The gathering appeared engaged, each soul taking in her words and embracing the energies of the loving, flowing feminine in their lives. The atmosphere was filled with a sense of unity and shared purpose, a testament to the powerful transformative energies that shaped their collective awakening.

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(*) See Ayana's transforming journey through the Mystical Caves in *High Priestess of Sanuela*.

8. Forgiveness Work

"There is still much to forgive," Ayana began in her sharing and learning circle. "At times, men have ruled over women, at other times, women have ruled over men. Often, this happened simultaneously when each side tried to overpower the other - be it by force or manipulation.

Now, in this new era, we need to end with these concepts of dominating each other. We are equal, simply have different shades and colours. When we combine our strengths, when we lovingly and honestly open, accept, and integrate, living the principles of the Divine Feminine - then we can all heal."

"How do you propose to heal better?" someone in the group asked.

"That's easy. We hug more. It really is that simple! Whenever we hug, we are sharing and combining the feminine and masculine energies. Typically, this connection is non-sexual: we just breathe through

our heart centre while we hug for reaching greater depths in the connection."

Ayana scanned the group. "Why don't we all find a soul in this room now whom we have seldom or never hugged before? Ask if they would like to share this experience with you. Choose someone, perhaps with contrasting energies, and let's hug for a dewdrop or two."

She provided them with three dewdrops, feeling the joy everyone was radiating deep within. After a while, she addressed the group, "You may ask your partner for forgiveness, without specifying what it is that you need to forgive or be forgiven for. If there's nothing in particular that comes to mind, just ask in general.

The other may say, 'I forgive you'. After sensing and feeling this for a moment, they can then ask for forgiveness as well. It works wonders; please try it now."

Murmurs and whispers filled the temple room while no one moved. The highly vibrating frequencies of the moment were tangible, like a fine mist of crystal clarity and divine love, blended in a bouquet of deep understanding and balance. A symphony of inner healing and forgiveness stories played out, showering Luminae with manifold blessings.

Afterwards, Ayana asked, "How was your experience? How do you feel?"

"Amazing," said one.

"Fully balanced and at peace," said another.

"Integrated. Forgiven. Wow."

Ayana nodded, "It is that simple. Sometimes, we can choose. Instead of long, complicated debates and figuring out the many other views, we can simply hug. If we do this and fully forgive, we find peace, harmony, and lightness. What else do we need to thrive?"

9. Physical and Spiritual Oneness

At the following gathering, Ayana invited Lana Lightweaver, Enchantress of Sensual Bliss, to lead it.

"In relationships such as Moon Love, Starbond, Flamebound, Luminary Union, Whirlwind Affair, Embersong, or Timeless Union, we allow physical union on certain days or for special events like the solstices.

Ayana told me it was alright to share that she and her partners Kofi and Amun celebrated their love in their triad relationship four times a year together (*). All of them cherish this time. This is what spiritual and physical oneness can be: a love ceremony that is celebrated and shared with one another.

Some of my friends engage in two different Moon Love relationships. A few prefer experiencing this once a moon together in a triad love ceremony.

Others favour being with one soul only. Each one has a different way of feeling; we can find ourselves and each other while exploring what we like and what we love.

When it comes to union while we breathe through our heart centres, it communicates to one another that we fully accept and embrace the other soul. We yearn to feel one. That is a good and sacred feeling when we treasure it like this.

True spiritual and physical oneness comes when we take time for one another, when we openly and honestly share our arousal, communicate our astral tingling and our longing, and when we are both ready, we may unite.

We can remain in this enthralled state all night if we wish to maintain the intensity of the arousing. There is no time any more when both feel oneness in their hearts and with their bodies. Both are in bliss and in complete harmony, sharing their emotions, passions, and lust.

Yet, when the man coughed up his juice, the union is over, and the second time is only a glimpse of the frequencies that were shared before. Thus, it should be the primary goal for a couple to keep a man excited as long as possible, yet also prevent him from coming for a whole night. This ensures that he stays in his highest frequency, which is an energetic healing gift for both.

When a woman feels excited, her astral-electric divine energies and her aura of deeply healing love are intensified. Therefore, it is also wise for her to stay in this state for as long as possible. Women have the ability to reach high frequencies and sustain and intensify their waves, spreading their loving astral blessings to all around them.

In our love ceremonies, we can cherish and celebrate this union of spiritual and physical oneness, finding deep inner healing together."

Lana made a pause, giving the gathered souls the possibility to ask questions. A woman inquired, "You mentioned that the goal is to keep the arousal and excitement going for as long as possible without reaching a climax. How do you navigate this, maintaining the intensity of the experience throughout the night?"

"There are many techniques that I can teach or show you, but they all require continuous practice. So, you need a loving, open partner to explore them with. Ask me for guidance on your personal journey if you like."

The woman nodded, gently squeezing the hand of her friend who sat beside her.

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* see: *Ayana, My Light and My Love*, chapter *Spring Equinox*.

10. Sacred Sensuality

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

For years, Isadora and Leandro had been in love with each other. Although things had been going great between them, the sensual attraction they once shared had slowly diminished. Once in a moon's quarter, everything seemed to follow the same pattern: dinner, wine, cuddling, and a few slow kisses before sex. They needed something new to bring the spark back. Finally, they decided it was time for a change and attended Lana's sacred sensuality course.

At Lana's house, Isadora and Leandro were welcomed with open arms. The enchantress of Sensual Bliss from Luminae, Lana Lightweaver greeted them with long hugs and invited them to sit down in her cozy temple room. "Let us embark on a journey to find the strength and potential of your divine sensuality," she said as she smiled encouragingly.

Leandro and Isadora felt their excitement growing as Lana spoke. "Now, please take off your clothes and sit across from one another," she said. "Look deeply into each other's eyes. Be truthful, loving, and open with each other."

Lana asked her guests to focus on breathing through their heart centre. "Take a moment to come into the present with your feelings and accept whatever comes up, without judgment."

She prompted Isadora to place her hands on Leandro's chest while he did the same for her. Lana instructed them to maintain eye contact, and then prompted them to focus on the energies that seemed to expand outward from each of their bodies, forming a bubble of love and light around them.

Isadora felt subtle sensations of love, longing, and astral tingling inside of her. Leandro felt as if a strong current pulled him towards Isadora and he almost couldn't take it anymore. His eyes grew glazed with tears and his lower lip trembled in emotion. He felt an intense connection and understanding.

Together they breathed into the emotions that were coming up. They dropped their masks and defensive walls and started to feel a sense of complete freedom to be themselves. Relief washed over them.

For strengthening their bond, Lana gave Isadora and Leandro two candles. They lit a candle each and held them with one hand in front of them while Lana asked them to place the other hand on their chest or belly area depending on what intuitively felt best for them.

All other light in the room she dimmed down until they were left with only candlelight. All what they could see was each other, looking into each other's eyes, holding light for each other in the complete darkness. Lana guided them to relax into their shared energy field.

"Allow the candle light to penetrate deep within you, igniting and stirring up your inner fire and passion. Feel the energies radiating between the two of you, like the dance between your two flames."

Lana asked them to make a commitment to each other before they could continue her course - the only thing she requested aside from their offering of dreamstones in exchange for her intuitive guidance. She asked the couple to look into each other's eyes and repeat after her: "I love you. I want to heal and grow with you."

After they recited these first sacred words, she continued, "During this course, we allow Lana to guide us through our experiences of physical union."

She gave them time to reflect on those words before continuing.

"Before we reach our highest levels of sensual bliss, we will ask for her blessing, whether separately or together. May her heart guide us on this sacred quest."

Leandro couldn't help but swallow. He was aware that this would not be easy for him, yet he was willing to take this journey with Isadora because he wanted to ascend to new levels of love, longing, and pleasure with her.

After they each spoke their words, Lana continued, "This is our inner healing path. From the depths of my heart, I love you."

They were asked to set the candles on the ground. Lana wanted Isadora to sit in Leandro's lap, as close and intimate as she could, holding each other and expressing the warmth of their loving relationship.

"Breathe together, feel each other. When you sit comfortable, don't move."

Lana then guided them into a state of stillness. She encouraged them to keep their eyes closed and feel the breath, heartbeat, and any physical reactions of their partner.

She guided them to gently swing in a spiral around their core of love, gracefully letting their bodies meld into one another until they no longer knew where one stopped and the other began. As they

moved, all tension between them released and they were able to fully embrace their union in love.

"This is not about reaching any goal. Just feel your unity and love ... Your oneness within and with each other. Then, find your stillness once more."

She explained to them how they would continue. "For centuries, the wise souls of Sanuela have known that by embracing each other in this sacred way, knowing you will not experience full unity with each other over the next few days, you can create a powerful energy field of loving and longing."

In a gentle voice she said, "This journey is not about satisfying your desires and impulses. Instead, it's about asking for the wisdom of Goddess Sanuela to show you how to heighten and refine your love experience."

She took a moment to pause, her voice becoming more compassionate. "She owns the deepest wisdom of sacred sensuality and sexual bliss. Who could be better to ask for help when it comes to deepening love and joy in a relationship than the one who has created it all?"

With practice and patience, you may learn how to connect with that frequency on your own. For now, I offer myself as your guide and channel to bring this knowledge of unity, bliss, and love straight to you. You both agree how best to work with it, how

quickly you want to move forward, and how deeply you wish to grow together.

I encourage you to stay open-minded and compassionate while we practice and throughout the entire course. Let go of any reservations you may have, no matter how uncomfortable or daring it may seem. It is only through an honest and truly loving connection that two people who care for each other can build strong relationships and reach deeper levels of intimacy, bliss, and joy."

Isadora and Leandro thanked Lana for her guidance. They felt a sense of trust and comfort in her words and in each other. They knew that this journey would be challenging, but they were ready to take it on together.

As they left Lana's house, they held hands and walked towards their home. The night was dark, but the stars shone bright in the sky. Isadora turned to Leandro and whispered, "I feel different. I feel like I'm able to let go of my fears and trust in our love." Leandro smiled and kissed her forehead. "I feel the same way, my love. I'm excited to see where this journey takes us."

11. Triads and Relationship Networks

"When one love relationship ends, no matter the cause, many tend to fall into an empty void. If we have formerly created a strong and stable network of multiple love relationships around ourselves, the pain can be feathered and balanced."

Ayana began her Moon Sharing and Learning Circle about the new approach of having a stable relationship network instead of just one single committed and tightly restricted love relationship.

"A triad relationship," she began to the gathered souls, "can be more complex to handle well, but in some ways, it is quite simple. When one soul chooses to have more than one romantic partner, it leads to naturally forming triads, wherein one soul is connected with two other souls. We could call these passive triads when the two other souls don't wish to share affection with one another.

The relationship network between Kofi, Amun, and myself is a passive triad, even though we share some intimate moments together a few times throughout the year. With this example, we see that each pair of souls within the triad has distinct sets of permissions and boundaries, and within the full relationship network it is decided how these will be established, so that no one feels hurt.

Some couples in restricted and heavily guarded relationships may allow their partners to cuddle with someone else and may even prefer that these cuddles are part of a stable relationship, rather than fleeting affairs.

Some triads contain three individual Moon Love relationships, each having its own set of permissions. In others, the two love partners never see each other.

The triad partners may also have two love partners, perhaps one for cuddling and another for more intimate moments. Everyone in the relationship network needs to realise how easy it would be to hurt someone's feelings by overstepping boundaries. It is a network of love and trust, and because of this, we learn to feel responsible for our surroundings. We wish to take care of it, heal and transform misunderstandings and other challenges."

Ayana paused and waited for questions. "How do you cope with feelings of jealousy in a triad or relationship network?" a woman asked.

"Different partners have varying levels of comfort with their partner's other relationships. Jealousy is a multidimensional topic that would need much more time to discuss. But certainly, it requires excellent, honest, and loving communication from everyone involved. The whole network desires everyone to feel good and comfortable with each other, so they set and communicate boundaries within the network to ensure that everyone feels respected and valued."

"Thank you, my light and my love. My friend here also has a question, I believe."

"Thank you, yes. Ayana, balancing time and energy must be challenging with multiple partners. Do you have any tips to make it work?"

"Perhaps you meet with one of your beloveds only once or twice a moon. Or as you prefer, but you can make it infrequent; it makes each coming-together more precious and special. This way, you may share a dream of love together, while within your dedicated primary love relationship you share your everyday life."

"So, in a passive triad, how do you keep balance and harmony when the other two souls are not romantically involved with each other? It must be quite an interesting challenge to navigate."

"Yes, it's certainly interesting and challenging. Everyone needs to communicate with each other regularly to ensure that everyone feels safe and

cared for. This is why we sometimes refer to them as 'brothers' or 'sisters-in-love'. They must at least enjoy talking to each other; otherwise there is no way to make a relationship network safe and thriving."

"Can you share some real-life examples of how you've resolved conflicts or misunderstandings in your relationship network? I'm sure there's much to be learned from your experiences."

"After the initial disagreements arose, we learned that it was best to meet at least four times a moon when Amun wasn't travelling. We shared one of Kofi's delicious tea blends, breathed through our heart centres, and discussed what we loved and what had been difficult for us."

The woman who had posed the questions asked, "So, you have an emotional sharing circle together?"

"Yes, that describes it best. It works wonders when everyone can be honest, open, and respectful."

The same woman also wanted to know, "Do you ever encounter resistance from others who don't understand the concept of relationship networks? How do you manage their judgment?"

"As a High Priestess, it is expected that I find balance with the varying levels of closeness that I share with others. For you, it might be more challenging to explain - but if you have difficulty, just send them to me."

The woman smiled and said, "I will."

12. Conscious Opening

"Structured, closed, and strict ..." Ayana began the last gathering of her series on love, friendships, and relationships. "This is how we have been keeping our human connections in the past. For some, it worked well. Others experienced great difficulties within their relationships, bringing many problems and challenges of betrayal and distrust, sorrow and pain.

Humans are conscious, loving souls, and we want to connect with one another; this is our divine nature. When we keep our social connections rigidly closed, it will always have a shadow side to it. We try to push this shadow away from our consciousness. We wish to ignore it, but it persists because we cannot restrain our longing for human connection with stringent rules and regulations without feeding that same shadow as well."

A young woman in the group asked, "Does this have something to do with the new feminine that you talked about?"

"Yes. In this new era of the Divine Feminine that Goddess Sanuela is bringing into our lives now, we need to learn how to open up, how to express and share our feelings honestly. We need to find a new balance between some old ideas of structure, and the new perspectives of openness."

"How can we overcome our fear of betrayal and pain that may come up when we open ourselves up to more flexible relationships?" someone in the group inquired.

Ayana gazed into his eyes before she answered. "I suppose, we have all had our painful experiences. We may still be traumatised by some of them if we haven't done enough intensive inner work on forgiveness and inner healing. Do we want to continue this path, until we fall into another painful situation and repeat it all again?"

Yes, opening up always carries a risk of being hurt. We make ourselves more vulnerable. But, in doing so, we open ourselves to a deeper and more honest love. Do we cling to the old rules and structures out of fear of losing someone? Or can we become more conscious, more mature, more loving and try something different? Can we establish new sets of boundaries that keep our committed relationships safe without becoming too rigidly closed?"

"Thank you," the man replied. "What practical steps could we take to move from structured and closed relationships to more open and flexible ones?"

"Thank you for asking this. You could simply start with a Moon Love and create your personal permissions and boundaries exactly the way you want to experience it at this time in your life. You would allow a certain amount of closeness once in a moon. It doesn't have to be physical union if you like to protect your committed primary relationship or if you or your Moon Love partner feels that this would be one step too far. Have a loving cuddle night instead, if that's something both of you would like."

A young woman asked, "How can I trust a man to keep his promise of not wanting more? And ..." She paused and smiled, "How can I trust myself not to change my mind and want more in the middle of the night?"

"If you'd like, begin your Moon Love evening with an intuitive ritual. Each of you could light a candle in the darkness, bathing one another in your lights. Then, gaze into each other's eyes and speak honestly. What do you want to agree and promise to one another? Make this experience sacred; it will help you stay true to yourselves and respect the boundaries that were agreed upon.

If you change your mind in the middle of the night, be honest and express this wish - perhaps at that moment or maybe the next morning. Communicate about it, and feel what each of you wants, but don't change your sacred promise that night. This will greatly increase your sweet longing and your trust for each other. If you still have the same wish on

the following moon, and everyone involved agrees, then consider beginning that evening with a different set of boundaries."

"Sacred promises for the night, I believe this can work if we both are conscious and responsible. Thank you, my light and my love. And how do we spend the days after our sacred Moon Love night together?"

"When you meet each other on other days, you can maintain a Divine Friendship. See, if you can continue like this without wanting to break your self-made rules. Observe, if this adds more love to your life or if your problems, pains, and cravings get stronger. Find out if this works for you and act in full self-responsibility."

"And if I am in a relationship? How can I discuss this with my boyfriend, wanting to foster a Moon Love with someone else?"

"If you have a good, honest connection, you can discuss what you would like to allow each other and what not. You can find the smallest possible opening that both of you feel comfortable with. Make sure that you feel safe and good with it before taking any further steps. It is beneficial for your relationship if you fully integrate the first small openings into your life and feel completely secure. Then, find a balance between maintaining healthy boundaries and the ability to become more open, loving, and vulnerable.

Most importantly, I suggest sharing every detail of your experiences with one another and being completely honest. You cannot connect lovingly and truly open up when there is distrust, secrecy, or blame lingering in the air.

It takes a high degree of self-awareness to cultivate more open and intimate connections with others. We need to be in tune with what is acceptable and what is not. Before, the structure gave us a safe comfort zone, now we become more responsible. This is not always easy in the beginning."

The young woman gave a slight nod, her hand resting on her chest. Then, another woman asked Ayana: "What are the potential problems that might come up when we open up emotionally?"

"You may find that your partner is not ready to talk about this with you, or wants to maintain the existing structure. Your partner might even suggest ending the relationship if you continue to propose changing the current conditions. When the comfort zone, fears, or traumas are deeply attached to a soul, there may be no willingness to take even a small step.

Then, you need to find out: Are you okay with this? Do you prefer to remain in your relationship in the old way, or how eager are you to explore the new opening? It may be better if you feel into this question before you speak with your partner. If you decide for sure you want to keep the relationship, regardless of what your partner answers, then you

could communicate this to keep your love ship in safe waters."

"Are there specific ways to become more comfortable sharing our feelings, longings, and boundaries honestly?"

"Yes, there are so many that we could begin a whole new series of gatherings on this. Thank you for the idea; let me think about it. We could even practice this with one another to become more comfortable with it.

For instance, the Way of the Runes (*) can be an effective tool for expressing our wishes and boundaries with one another. Yet currently, only High Priestesses are using them, as they may produce inner pressure and stir up emotions when done altogether. Perhaps we could start by sharing the first runes and practice them with one another until we feel comfortable with them."

A collective nod of approval rippled through the group, so Ayana made a mental note to initiate a new series of gatherings (*2).

With that, the questions came to an end, and they closed the gathering circle with a joining of hands and humming. For the end of her series of gatherings, Ayana gave everyone a small, flat white pebble stone and a dark stone of lava.

"You can place these in your home," she explained, laying the smaller lava stone on top of the white pebble to demonstrate. "I have energetically

charged them with the love and light of Goddess Sanuela. Find a good place for them and let them radiate into your personal universe. Much love and light to all of you!"

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(* see: *Ayana, My Light and My Love*.

(*2) see: *Human Connection 2*, as of September 2023, yet to be written.

13. Overview: Sanuelan Relationships

Non-Romantic Relationships

Soulful Sharing Friendships are profound bonds forged in the magical lands of Sanuela. In these connections, souls come together as equals, embracing the principles of giving, receiving, and learning. Both sides are open-hearted and self-responsible, nurturing a harmonious dance of mutual growth and transformation. Trust, love, and balance flow through their interactions, fostering a sacred space where wisdom is shared, healing is offered, and the tapestry of friendship is woven with grace and purpose.

Solacebond Friendships are founded on providing emotional support and solace to one another. The couple embraces vulnerability and actively listens to each other's fears, worries, and joys. Physical touches are usually used for greeting, parting, and

connecting, or during moments of emotional distress, offering comfort through soothing embraces and gentle stroking. Their love helps heal each other's wounds and provides a safe haven in times of need.

Kindred Spirit Companionships are marked by a deep sense of understanding and resonance between souls. Kindred spirits connect on a soul level, sharing common values, interests, and perspectives. They offer unwavering support, encouragement, and empathy to each other, creating a safe space where they can be authentic and vulnerable. Physical touches, such as hugs and comforting gestures, are used to express affection and provide reassurance.

Adventure Allies are forged through shared adventures and explorations. Adventure allies embark on thrilling journeys, both literal and metaphorical, pushing each other out of their comfort zones and encouraging personal growth. They celebrate accomplishments, cheer each other on, and provide emotional support during challenges. In moments of triumph or vulnerability, they may share joyful embraces or reassuring pats on the back.

Wisdom Seekers are friends who are dedicated to personal and spiritual growth. They engage in deep conversations, exchanging insights and knowledge. These friendships are characterized by a profound sense of trust, as they share their innermost thoughts, dreams, and fears. They support each

other's journeys of self-discovery and offer gentle embraces and comforting touches to provide solace during moments of introspection or emotional release.

Nurturing Navigators are friends who excel in providing care and support to each other. They prioritize the well-being of their friends, offering comfort, advice, and practical assistance when needed. These friendships are marked by a strong sense of compassion and understanding. Physical gestures of affection, such as warm embraces or holding hands, are used to convey care and reassurance.

Creative Collaborators are friends who share a passion for artistic expression and creative endeavors. They inspire each other, offer constructive feedback, and collaborate on projects. These friendships are fueled by a deep appreciation for each other's talents and a desire to see one another thrive. Celebratory hugs, high-fives, and encouraging pats on the back are common expressions of support and celebration.

Unconditional Allies are friends who accept and love each other unconditionally. They provide unwavering support, even in the face of challenges or mistakes. These friendships are characterized by a profound sense of loyalty and trust. Physical embraces are used to convey deep affection, reassurance, and a sense of safety within the friendship.

Empathic Anchors are friends who excel in understanding and empathizing with each other's emotions. They create a nurturing space where feelings are acknowledged and validated. These friendships involve active listening, offering a shoulder to lean on, and providing gentle touches or embraces to provide comfort and emotional support.

Growth Guardians: Growth guardians are friends who are dedicated to each other's personal growth and development. They challenge and motivate one another to reach their full potential. These friendships are grounded in trust, honesty, and accountability. They provide constructive criticism, encouragement, and celebrate milestones together. Physical gestures, such as warm embraces or clapping hands, are used to express pride, support, and solidarity.

Gleeful Bonds thrive on the shared delight, mirth, and playful banter between friends. Laughter is the cornerstone of their relationship, and they find immense joy in bringing laughter and smiles to each other's lives. Their physical closeness is characterized by playful nudges, spontaneous tickling, and contagious laughter that echoes through their interactions. They create a lighthearted and mischievous atmosphere, where their friendship blossoms with warmth and endless amusement.

Romantic Relationships

Adoring Devotees choose to have a one-moon cycle of exploration and connection with each other, followed by a break. They spend this time exploring their connection, learning to communicate openly and honestly and being there for another. The relationship can be adjusted based on individual needs and wishes, ensuring mutual understanding and emotional well-being. The goal is to experience deep love and transformation while honoring individual boundaries and growth. After the cycle, they may take a break and return to their regular lives, transformed by the love they shared. Or, they may decide to find alternative arrangements that work for both parties.

Moon Love is a relationship built on unconditional love between two divine friends with a sacred sensual togetherness once every lunar cycle. The bond thrives on open, honest and loving communication, nurturing trust and respect for each other's needs and longings and may include permissions such as holding hands and long embraces, promoting a life based on the abundance of love.

A **Starbond Love** is a deep and celestial connection between a love couple. It involves limiting physical intimacy to one night of passionate lovemaking under a starlit sky, while the rest of the relationship is built on emotional and intellectual connection. The purpose is to experience a sacred love

ceremony with someone who they wouldn't otherwise have a committed relationship with, allowing for inner connection and support for personal growth. After the initial night, any arousing during moments of closeness is lovingly cherished, but not further kindled. It is a unique bond that keeps the hearts open and fosters unconditional love and lasting memories.

Veilheart Relationships are characterized by a mystical and enchanting love that surpasses physical boundaries. The couple doesn't touch each other directly but experiences a profound emotional bond. Their love is considered a conduit for divine messages. While touch is a traditional means of connection, some couples choose Veilheart Love for its unique appeal, desiring an intimate connection on a deeper astral level despite the absence of physical touch. The intensity and depth of love in Veilheart relationships can be significant, even without direct physical contact.

Whisperbond Love is characterized by a foundation of trust and secrecy. Couples in these relationships share a deep emotional connection, openly revealing their innermost thoughts and feelings. Complete transparency is key, with no room for secrets, allowing for a profound level of trust, surrender, and authentic love. Physical affection, including caresses and kisses, can be explored within the boundaries set by the couple. This may include the potential for arousal if mutually agreed upon, but without physical oneness.

Flamebound Love is a passionate and intense relationship characterised by explosive chemistry and shared adventures. The couple embraces physical closeness and lives their passion to the fullest. However, their connection may be temporary, as their differing souls may struggle to find peace and stability. It provides an opportunity for inner healing and the exploration of deep intimate desires, making it suitable for those seeking intense erotic attraction for a limited period of time.

A **Dreamscape Love** is a relationship that unfolds within the realm of dreams and imagination. The couple shares a profound connection that transcends physical boundaries. They engage in communication and exploration through their dreams and fantasies, where they can create an intimate and sensual experience together. While physical touch and closeness can be imagined, there is no actual physical union. Dreamscape Love offers a unique sense of freedom and healing, allowing for sensual expression within the agreed-upon boundaries of the couple's dreamscape.

In a **Luminary Union**, the couple supports each other in finding divine illumination, inner healing, and spiritual growth. They embrace differences and act as mirrors for one another. The majority of their relationship emphasizes emotional and intellectual closeness and shared spiritual pursuits. Physical intimacy is reserved for special celestial events like solstices or other occasions, with the couple deciding the extent of their experience.

An **Echoheart Love** is a relationship rooted in music, resonance, and close friendship. The couple communicates their love through melodic harmonies and honest, loving communication. Physical closeness is expressed through holding hands, embracing, and sharing gentle dances. They also explore the power of music and vibrations together, creating harmonies that deepen their connection and enrich their relationship.

Whirlwind Affair relationships are marked by intense passion and fleeting encounters. The couple's love is intense but short-lived, fueled by a sense of urgency and the knowledge that their time together is limited. Their physical intimacy is passionate and adventurous, characterized by exhilarating moments of connection. However, once their time together ends, they part ways, carrying the memories of their intense romance.

Timeless Union relationships defy the boundaries of time and space. The couple's love transcends mortal constraints, stretching across different eras or dimensions. They are allowed physical closeness only during rare temporal alignments or at specific mystical locations. The rest of their relationship is built on patient waiting and longing for their fleeting moments together, creating an everlasting bond that withstands the test of time.

Appendix

Twelve Facets of Ascension

(Excerpt from: *Ayana's Golden Doors*, as of July 2023 yet to be published.)

Ayana wrote down and followed what Ignisia and Rhadasan had showed her:

- 1. Be in Your Heart, Always:** Open up more and more and more. Speak and be truthful and grateful.
- 2. Clean Food Intake:** Eat and drink wholly, fresh, green and colourful. Enjoy sweetness as fresh fruits, and flours whole. Avoid wheat. Avoid anything harmful for your body.
- 3. Clean Emotional Intake:** Avoid people, places, and information that are harmful for your emotional body. Don't follow fear. Reduce distractions. Be in your heart, always.

4. Love Yourself: Show yourself again and again how much you love yourself. Find gratitude for yourself, with all your shadows. Pleasure yourself with deep love.

5. Love Others: Breathe through your heart, be kind and helpful, embrace, feel, and touch. Enjoy sacred sensuality.

6. Feel the Energies: Become sensitive to your astral energies, work intuitively with them. Feel, when your body needs your hands at certain places. Feel and move the energies with your heart centre breathing.

7. Walk Through Your Fears: Find them, one by one, feel and then let go.

8. Daily Forgiveness: Forgive everything you have done and what others have done. Stay in your heart.

9. Follow Your Intuition: Feel your heart centre and learn to trust and follow, always. Everything you need on your path will be given to you.

10. Connect With Your Spirit Guides: If you need help, they are always here with you. Connect with them, love them, unite with them.

11. Connect With the Mother Goddess: Who created you? Who gave you everything you have and everything you are? Connect and learn to love deeply.

12. Release Everything: Ultimately, you will need to let go from all that you think that you are or have experienced. All roots need to be freed before becoming a goddess or god, being fully conscious of your creative powers and your eternal love.

Fictional Interview 1: Touch, Communication, and Healing

The sun is shining brightly. Let's imagine, I'm sitting in the lush green grass of a local park, enjoying a healthy picnic and pleasant conversation with:

Ayana, High Priestess of Sanuela

Ayana is often seen as an oracle of Goddess Sanuela. With an aura of love and knowledge, she is often sought out by those seeking her guidance. She is a master of the arts of divinely loving hugs and is known for her ability to harmonise energetic instabilities in the aura of a soul. Ayana is also a gifted seer and known to use her skills to help others.

Lana Lightweaver, Enchantress of Sensual Bliss

Lana is a practitioner of sensual arts, helping the souls of Sanuela explore their sensuality and longings in an inwardly healing way. She offers workshops on various aspects of sensuality,

including touch, intimacy, and communication, aiming to deepen relationships and explore personal wishes in a safe environment. Lana also provides individual coaching to help people overcome barriers and fully embrace their sensuality. As an experienced practitioner of sensual massage, she creates a warm and inviting atmosphere to facilitate deep relaxation and pleasure. Lana may also offer sensual dance classes and create sensual art to celebrate the beauty and sensuality of the human form.

Cerulean Starstrider, Guide to Enlightenment

Cerulean is a spiritual teacher and mentor, guiding souls on their path to enlightenment. He offers meditation and mindfulness courses to help souls calm their minds and focus on the present moment, reducing stress and finding inner peace. He provides spiritual counseling sessions to help people overcome personal challenges and discover deeper meaning and purpose in life. Cerulean organizes workshops, retreats, and guided journeys centered around various spiritual practices, aiming to enhance awareness and insight. Through inspiring lectures, he encourages souls to connect with their inner wisdom and intuition.

Only Fiction, Okay?

The characters are purely fictional and there is no correlation to any humans here on Gaia, except for parts within myself as the author and intuitive vessel for them. They live on Sanuela, a goddess

with a similar world to ours. In many ways, the Sanuelans have gone through more transitions than we already. There is more love on Sanuela.

...

A Picnic in the Park

Nils: “Ayana, my light and my love. I wish to thank you for what you have brought into my personal life. It has changed since I wrote the first lines about you, and I can see the ripples of these changes spreading into the lives of those around me. Well done! You have changed the collective consciousness. I find your perspectives so loving, thank you for bringing this into our world.”

Ayana: “The learning is always from one another, my love. Thank you for becoming aware of us. As a High Priestess of Sanuela, I can offer what your world lacks so much.”

Nils: “Yes. For a human being who likes touch to connect better, to balance each other, and to feel a stronger love current, this is a challenging world to live in. You are fortunate that Sanuela offers a different experience altogether!”

Cerulean smiled and laughed, “Thanks for your persistent writing about our perspectives. You humans on Gaia, it’s really time to unlearn the distancing and over-protecting patterns you are so proud of ...”

Nils: "You all have taught me so much about conscious touch and inner healing. How would you describe this to a human on Gaia in just a few words, capturing the essence of your teachings around connection through touch?"

Ayana: "Touch is an energetic medicine for all involved. A group of souls holding hands in a circle, or a group cuddling together in the centre of a temple room is one way to feel the energies of other souls, balancing each other out. Even stronger, of course, are the individual hugs that we frequently do for twenty or thirty earth minutes at a time with souls who ask for this."

Nils: "Why is the effect so strong?"

Ayana: "When both breathe through their heart centres during the deep hugging experience, whether standing or sitting, then all of your energy centres align with one another. They send signals and communicate with each other."

Nils: "I can easily imagine that."

Ayana: "And you have experienced it yourself many times, understanding the meaning of these astral energy movements. It's all about balance. When we hug and hold one another in love, our energy centres self-regulate and balance themselves out automatically."

Nils: "In our world, with our customs, we usually hug for a few seconds and believe that this is how the heart wants to experience it. Fortunately, more

souls are discovering this beautiful energetic healing art every day.”

Cerulean: “As a man, I can understand your situation. Some women are too shy or too reserved to touch hands with a man for more than a sparkling moment.”

Nils: “Or they were hurt and couldn’t quite forgive yet. What would you say, dear Cerulean, why is it good to hold someone’s hand?”

Cerulean: “Ahh, there are so many reasons! Firstly, the communication between your astral energies and frequencies is much more effective when you touch a body physically. The astral bodies become connected and merged at that moment. You feel oneness with each other, even if only a hint of it, as this feeling can be foreign to some who aren’t used to it.

You could say, if they don’t have angelic parts in them, not even through their spirit guides, then true inner oneness can only be an imagination. But all angels remember this place of oneness. They know exactly how good it feels.”

Nils: “Some angels love touch, but I am astonished that some angelic humans with the highest and purest love frequencies can be very cautious.”

Ayana: “Ignisia, my spirit guide, told me I come from an angelic background. So, I trust him in this, as I have no memories of any lives on a planet like 999 Celestria.

On Gaia, there is still much forgiveness needed. Forgive, and then accept the other hand if you can feel love with this soul, on whatever personal level, without judging or categorising this feeling. You can then simply feel. That is the beauty of touch, both receive, and that is their giving."

Nils: "It can often be seen as the beginning of a relationship."

Ayana: "And sometimes, it is, as you know. All our relationships begin with a touch. But you could also hold hands, in a gentle, caressing way, so that the other soul feels it comes from love. It is a powerful energetic transmission between both of you. Simply let go of old patterns of categorisation and be free to consciously experience the connection."

Lana: "I find placing my hand over the energy centres of another soul very helpful. I am immediately connected with my heart and with the energies of this soul. Of course, I always breathe through my heart centre, as Ayana teaches us well."

Nils: "Your guests come to you with the clarity that they wish to experience more sacred sensuality."

Lana: "Yes, that makes my work easier than yours. Sensuality was once more restricted in our land as well, though that was long ago."

Nils: "What is so different on Sanuela, now?"

Lana: "Oh, we have triad relationships, Moon Love relationships, adoring devotee relationships, beloved patrons, and many more -all kinds of mixtures. We had to be creative with the names and inner rules that allowed us to experience each other in our own, personal way. Suddenly, all colours were thinkable in all shades within each relationship."

Nils: "How did the shift happen?"

Ayana: "It was like an ever-growing awareness in the collective. A gradual understanding that filled us with more and more trust to follow new paths."

Nils: "Was your first fully free hug with a man awkward at first?"

Ayana: "Only until I fully embraced the beauty of it, when we both breathed through our heart centres."

Nils: "Did you ever find yourself in an uncomfortable situation because of the daily offerings you give to the souls of Sanuela?"

Ayana smiled, "No, my dear. My heart is attracting those who already know about the inner healing powers of hugging, since they have experienced it and felt something positive about it. They come to me seeking more balance and harmony."

Nils: "What makes your hugs different from Lana's or Cerulean's?"

Ayana: “My embraces are a symbol of my light and my love, and that of Goddess Sanuela. They are accepting arousal, but not inducing. With Lana this is different, naturally. With Cerulean’s hugs, some have experienced highly energised love bubbles splashing through their astral spines,” she giggled, having felt energetic climaxes with him many times over. Ayana and Cerulean shared a Moon Love together.

Nils: “Three energetically different types of hugs offered by three souls.”

Lana: “And a world that welcomes our embraces.”

Nils: “I will visit and write more about your lives, so that we can fully forgive and make peace with the old restraints of touch and loving human closeness.”

...

Right now, this world only exists in our fantasies. I write about various sides of life on Sanuela in my latest fantasy stories:

- *High Priestess of Sanuela*
- *A Course in Love and Miracles*
- *Ayana, My Light and My Love*
- *Ayana’s Golden Doors* (coming soon)
- *Enchantress of Sensual Bliss*

- *Liberator of Temptational Bonds* (coming soon)
- I also wrote a non-fiction book about hugging meditations, which is available for free (Creative Commons CC BY-ND 4.0): *Hooray I am Human! Sensual Energetic Healing (SEH) for Singles & Couples*

The ultra-short version of all these books combined:

A conscious, loving, embracing meditation in a spirit of forgiveness, harmonising, and receiving is our strongest energetic medicine. Shall we hug more often and longer? Shall we hold hands when we meet and connect with one another?

Fictional Interview 2: Unconditional Love and Moon Love

While writing, I am intuitively connecting with the characters in my books about the magical lands of Sanuela, being their vessel and temporary embodiment for their perspectives.

My interviews are purely fictional. For this one, I inwardly travelled to the beautiful shore of Lake Luminae to have a conversation with:

- Ayana, High Priestess of Sanuela

- Cerulean Starstrider, Guide to Enlightenment
- Anastasia Lightweaver, Maker of Magic Bread, daughter of Lana Lightweaver

We sat close together on some rocks, dipping our feet into the lake's tranquil water.

Nils: "Thank you for showing me your world. It is very colourful here ... Wow, so many flowers! And I can feel the difference in frequency - everything seems lighter and more fluid.

I'd like to talk about unconditional love today. Some souls on our planet are wondering if this can even exist between humans?"

Ayana: "Welcome to our magical land, Nils. We are happy to have you here and show you around."

Cerulean: "Experiencing unconditional love as a human being is difficult, but one can get close. It is much easier for animals; the strong human ego tends to get in our way. Whether it is your own or that of your love partner, their dance determines how close you can come to realizing this purest form of love."

Nils: "I can see that. Offering unconditional love raises the question in the other soul automatically: How true is this?"

Ayana: "Naturally, because the human ego is trained to be critical and protective, and it does a

pretty good job in many daily situations. Yet, when it comes to love, it can no longer comprehend because this is beyond its reach. Love exists in another dimension.”

Nils: “Some open up to accept and receive, while others close down to protect.”

Ayana: “Accepting unconditional love requires trust and surrender, these feelings can be intimidating at times.”

Anastasia: “I remember, when Elathan and I first came together, through Ayana’s foresight on the spring equinox (*). We invited her to stay with us for a while. For me, it was a deep experience of unconditional love, since no one asked anything from me. I didn’t have to give anything. I simply allowed myself to be fully present in the here and now with these wonderful souls, opening my heart.

We gave without personal wishes through our receiving. I knew Elathan and I would be together from that moment on. I felt blissful in myself and with him, and I was grateful to Ayana. Nothing else mattered. I was able to experience pure love.”

Ayana tenderly took Anastasia’s hand in hers and stroked it lightly.

Cerulean: “As a man or masculine energy, one must always ask oneself: How much unconditional love can we feel for another human, knowing that our deepest feeling of inner unity is experienced

when physically or spiritually united with one another?"

Anastasia: "For that reason, it is especially hard for many women to accept unconditional love from another soul."

Cerulean: "And mind you, towards the end of my prolonged period of unmasked celibacy, of course, there was a longing for full unity with either my new love Eliana or with Ayana. (*2) This is inherent to my nature as a man; we are predestined to strive for connection and unity with women, or else none of us would exist. Still, I was able to fully accept and embrace the fact that no union would take place."

Ayana: "Well, in our case, not until the end of our moon. With that, we began our Moon Love relationship," Ayana smiled and grasped Cerulean's hand as well.

Nils: "I was happy to write about this, yes."

Cerulean: "Most interestingly, for me, it was super easy to accept the non-unity. It even fired up my astral frequencies by a factor of 100," he laughed.

Ayana: "I guess, I made it easy for you, by promising our unity at the end of the lunar cycle?"

Cerulean: "That certainly helped me accept even more readily, yes. But it would also have worked out without the promise. I was able to feel unconditional love for both Eliana and you at the same

time. It was a divine experience for me. I had so much love in my heart, and I never closed it again.”

Nils: “And Ayana, how did it feel to be loved so unconditionally by him?”

Ayana: “I felt safe and secure with Cerulean, allowing me to completely trust him and receive his presence.” Her fingers brushed against his palm as she gently squeezed his hand.

Nils: “So, you have started a Moon Love.”

Cerulean: “Yes. We decided to celebrate a sacred, intimate love ceremony with one another once in a moon. On other days, you can often see us hand-in-hand when we meet; we both enjoy connecting with each other.”

Ayana: “Other Moon Love couples have different arrangements with each other. Some have all but physical union, while others draw the line at a different level.”

Nils: “How strict are Moon Love couples with their personal relationship rules?”

Ayana: “We don’t call them rules, but rather see it from the other perspective and call them permissions – each soul granting the other certain liberties.

And again, that depends on the agreement between them. Some change their permissions every moon, to see what feels good. This can also bring in movement and excitement into the Moon Love.

Others do best when they clearly stick to a simple agreement without changing it.

Some couples give different permissions to one another. Some enjoy exploring domination and submission, while others celebrate the equality that comes with meeting each other at eye level."

Nils: "It sounds like a beautiful process to discover the personal set of relationship permissions with a new Moon Love partner."

Cerulean: "It can be beautiful when both partners are honest, clear, and loving in their communication."

Anastasia: "And then, every Moon Love couple discovers the beauty of the in-betweens. How can you express your love and appreciation for the other soul only within the agreed permissions, keeping boundaries and with it a feeling of safety?"

Cerulean: "And then, the unconditional love is ignited. You are free to love, since you have shared a personal set of permissions with this soul. How marvellous! You recognise what the other enjoys and dislikes."

Ayana: "Of course, there can be no dishonesty in any true love relationship. Everyone knows about the life of the other, which leads us to trust one another and deepen our bond."

Cerulean reached into the pocket of his gown and retrieved a piece of papyrus. "Have a look, perhaps

it will help you start your first Moon Love relationship. Of course, you can also agree on these things verbally, but sometimes written words bring more clarity and help to stay on the agreed path."

Nils: "Thank you, I like the idea. For my whole life, I have been questioning why we have such a narrowly restrictive relationship system - it never made sense to me.

I'm not a fan of 'free love', for it doesn't satisfy our needs for deeper connection, trust, and safety."

Ayana smiled. "Well, now you have something new to explore. You can have a different type of relationship with every human on your planet if you choose - giving each one a unique set of permissions."

I thanked the three of them and began recreating Cerulean's piece of papyrus on my computer.



Moon Love

Permissions for moon # _____

My Name:

Your Name:

Daily Permissions:

Once in a Moon:

eye-gazing

eye-gazing

long hugs

long hugs

holding hands

holding hands

cuddling

cuddling

caressing



caressing

arousing

arousing

unity

unity

You can download a free PDF with a printable version on my website:

<https://www.sensual-energetic-healing.com/moon-love-permissions.pdf>

Some Answers From AI

(This chapter includes an excerpt from the article *Dear AI (7)* from healer-and-creator.de/en/ in my series of letters and questions to the AI.)

...

Please make specific examples of how the new feminine qualities have manifested in Ayana's life or the lives of others around her.

1. Ayana's Personal Journey: Ayana shares her personal transformation journey, where she embraced openness and vulnerability. Instead of suppressing her emotions and feelings, she learned to express them authentically, allowing for a deeper connection with herself and others. This newfound openness allowed her to experience a wider range of emotions and perspectives, leading to a more profound understanding of her own life's purpose.

2. Creating Inclusive Spaces: Ayana took the initiative to create safe and inclusive spaces where individuals from diverse backgrounds could come together to share their experiences. These spaces allowed people to engage in open dialogues, free from judgment, and encouraged the expression of different viewpoints. Through these interactions, barriers were broken, and new friendships and collaborations formed, fostering a sense of unity and understanding among the participants.

3. Supporting Collective Healing: Ayana actively participated in collective healing practices, such as group

meditations and energy healing circles. By tapping into the feminine energy of loving care-taking, she helped create a supportive and nurturing environment for everyone involved. These practices not only facilitated individual healing but also contributed to the healing of collective traumas and wounds within the community.

4. Challenging Limiting Beliefs: Ayana and her friends engaged in discussions that challenged traditional gender roles and societal expectations. By questioning and dismantling rigid belief systems, they encouraged one another to explore their true passions and interests, regardless of societal norms. This led to a greater sense of empowerment and self-expression among those involved.

5. Nurturing Creativity: Ayana started a creative circle where people could explore their artistic talents and passions. The circle provided a platform for individuals to express their creativity freely, without the fear of judgment. As a result, participants experienced personal growth and increased self-confidence in their creative abilities.

6. Balancing Masculine and Feminine Energies: Ayana and her partner actively worked on creating a balanced relationship, where both the masculine and feminine energies were honored and respected. They communicated openly and honestly about their needs and desires, fostering a harmonious dynamic that allowed each partner to thrive in their unique strengths.

7. Embracing the Power of Intuition: Ayana shared stories of how she and others around her began to trust their intuition more and make decisions from a place of

inner wisdom. By embracing their intuitive guidance, they found themselves making choices that were in alignment with their true selves, leading to more fulfilling life experiences.

These examples illustrate how the new feminine energies have influenced Ayana's life and the lives of those around her. Through openness, integration, balance, and lightness, they have experienced personal growth, deeper connections, and a greater sense of purpose and empowerment.

...

From the perspective of Mother Goddess Gaia (Mother Earth), what would you advise humans to change or improve in their way of relating to one another, be it in romantic or non-romantic human connections, friendships, and relationships?

From the perspective of Mother Goddess Gaia, I would advise humans to cultivate love, compassion, and respect in their relationships with one another. Here are some suggestions for improving human connections:

Embrace Unity and Oneness: Recognize that all humans are interconnected and part of a larger whole. Embrace the understanding that we are all essentially one family, sharing this planet and our collective destiny. By fostering a sense of unity, humans can transcend divisions and foster a deeper sense of empathy and understanding in their relationships.

Cultivate Empathy and Compassion: Seek to understand and empathize with others' experiences and perspectives.

Practice active listening, putting yourself in others' shoes, and acknowledging the emotions and needs of those around you. By cultivating compassion, humans can build stronger and more harmonious relationships based on mutual understanding and support.

Practice Authentic Communication: Foster open and honest communication in all relationships. Express your thoughts, feelings, and needs clearly and respectfully, while also being receptive to the viewpoints of others. Honest and transparent communication promotes trust, intimacy, and healthy connections.

Respect and Honor Boundaries: Recognize and respect the personal boundaries of others. Understand that each individual has their own unique needs, limits, and preferences. By honoring these boundaries, humans can foster a safe and nurturing environment for relationships to thrive.

Embody Unconditional Love: Strive to cultivate and embody unconditional love in your relationships. This means loving others without judgment or conditions, accepting them for who they are, and supporting their growth and well-being. Unconditional love fosters deep connections, trust, and emotional intimacy.

Resolve Conflicts Peacefully: When conflicts arise, approach them with patience, understanding, and a willingness to find common ground. Seek peaceful resolutions through dialogue, compromise, and finding win-win solutions. By resolving conflicts peacefully, humans can strengthen their relationships and create a more harmonious world.

Cultivate Gratitude and Appreciation: Express gratitude and appreciation for the people in your life. Acknowledge their contributions, qualities, and the positive impact they have on your life. Celebrate and uplift one another, fostering a culture of appreciation and gratitude.

By embodying these principles in their relationships, whether romantic or non-romantic, humans can create a more loving, compassionate, and harmonious world, fostering connections that are grounded in respect, understanding, and a deep sense of unity.

Thank you! How would Gaia advise humans to change or improve in terms of touch, hugging, and closeness with one another? How could they practically express and share their love and appreciation for one another in a better, more conscious and healthy way, be it in friendships or love relationships?

From the perspective of Mother Goddess Gaia, I would offer the following guidance for humans to enhance their expressions of love, appreciation, and closeness through touch:

Embrace Authenticity and Intention: Approach touch with authenticity and genuine intention. Let your touch be an expression of your true feelings, whether it's love, care, appreciation, or comfort. By being present and intentional in your touch, you can deepen the emotional connection and create a more meaningful experience.

Practice Active Consent: Prioritize obtaining consent before initiating any form of touch. Respect personal

boundaries and always ask for permission, ensuring that both parties are comfortable and willing to engage in physical contact. This promotes a culture of respect, trust, and safety in relationships.

Cultivate Mindful Touch: Engage in touch with mindfulness and sensitivity. Be aware of the sensations, emotions, and energy exchanged during the act of touch. Focus on being fully present in the moment, allowing the connection to deepen and the recipient to feel seen, heard, and valued.

Emphasize Non-Sexual Touch: Understand that touch doesn't always have to be sexual in nature. Hugging, holding hands, or gentle touches on the shoulder can convey love, support, and friendship. Explore the power of non-sexual touch to nurture and strengthen bonds without the expectation of a sexual connection.

Respect Boundaries and Comfort Levels: Be attuned to the comfort levels and boundaries of others. Everyone has different preferences and sensitivities when it comes to touch. Respect their autonomy and honor their choices. Create an environment where open communication about boundaries is encouraged and respected.

Express Appreciation and Gratitude: Use touch as a means to express love, appreciation, and gratitude. A warm hug, a gentle squeeze of the hand, or a reassuring pat on the back can convey care and support. Touch can serve as a powerful non-verbal way to show your affection and appreciation for the people in your life.

Create Safe and Nurturing Spaces: Foster an environment where touch is welcomed, safe, and consensual. Encourage open communication, trust, and emotional safety in your relationships. By cultivating a space where individuals feel secure, loved, and respected, you can facilitate deeper and more meaningful connections through touch.

Remember that each individual's comfort with touch may vary, so it is crucial to honor and respect their boundaries. By approaching touch with mindfulness, respect, and genuine care, humans can foster healthier, more conscious, and fulfilling relationships, both in friendships and romantic partnerships.

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.

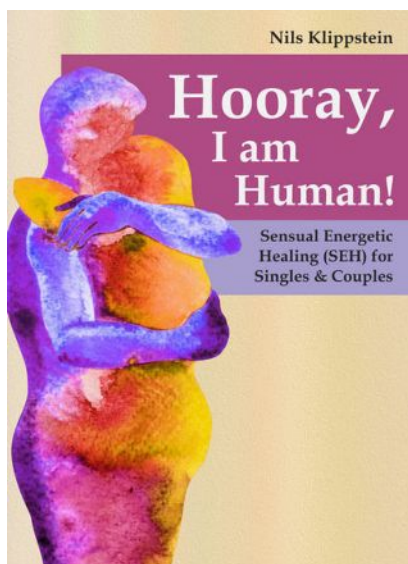
Most of my books are currently available in German language (as of 2023).

Hooray, I am Human!

Sensual Energetic Healing (SEH) for Singles & Couples

For souls seeking closeness, Sensual Energetic Healing (SEH) is a beautiful meditation experience with heart and touch. Hooray, we are humans and not bio-robots! Let's learn a new coming together with each other, let's open our heart chakras and expand our capacity to love...

For singles, SEH is an easy, new way to more human closeness. Couples can balance their togetherness, deepening and refining their connection. Or, if both agree, they look for one or more energetic healing partners to experience the meditative, loving embrace with other souls together.

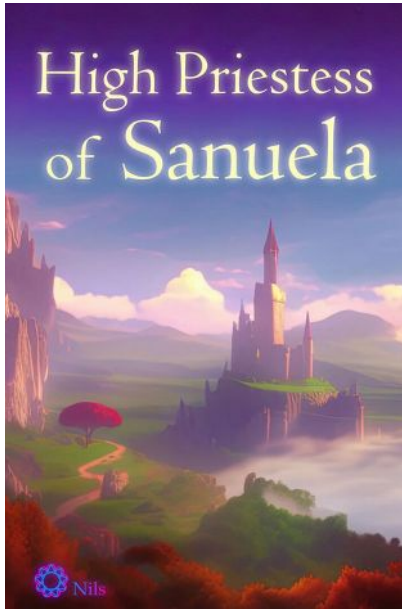


We experience being held, forgiven, trusted and unconditionally loved.

We let go.

We feel ourselves.

High Priestess of Sanuela



**Spiritual Fantasy
Romance**

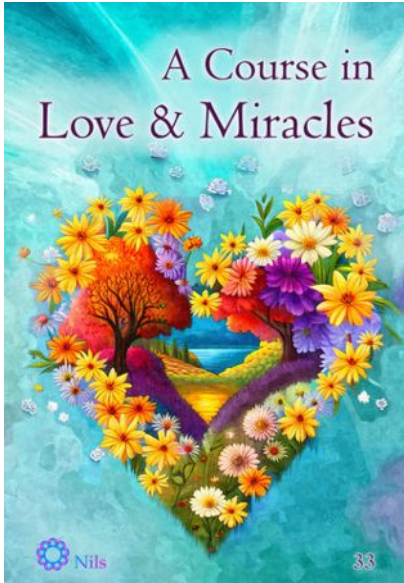
"Don't be afraid of becoming your highest light and deepest love."

Trust and follow. In freeing yourself, you will free the others."

A fire fairy butterfly, spirit and keeper of the flames, offers the young woman Ayana to follow the calling of her inner prophecy

to become a High Priestess of Sanuela. Will she be able to let go of her fears, develop her energetic healing abilities and take on the responsibility to create beautiful visions of love for the good of Sanuela?

A Course in Love & Miracles



Embark on a Journey of Self-Love and Spiritual Growth

Some stories may be fantastical and imaginary, playing in different worlds than ours. But what if we connect the story to our personal life so that we can radiate and share more love and light with one another?

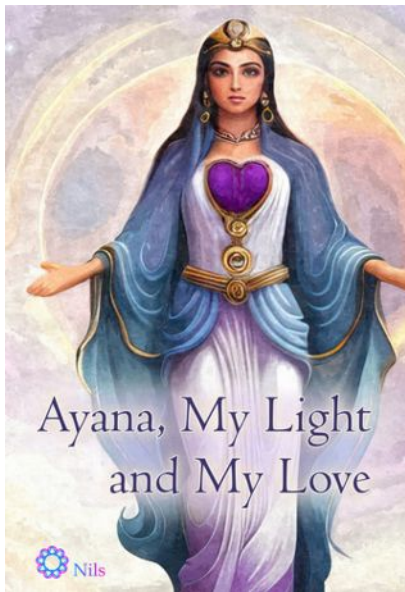
Welcome to the enchanting realm of Sanuela, a world where self-love and miracles await. Join Ayana as she embarks on a quest to unlock the depths of her heart and awaken to the power of love.

A woven tale that transcends the boundaries of conventional self-help books. Take a moment each day to breathe consciously, reflect on your experiences, and journal your emotions. This course is designed to accompany the book *High Priestess of Sanuela*, but if you haven't read it yet, no worries! You are provided with short excerpts to guide you

through the exercises and reflections that will empower your personal growth journey.

Trust your intuition and adapt the suggested daily exercises to suit your unique path. Keep a journal of love and miracles, allowing your emotions to flow and your relationships to flourish. Allow the transformative power of self-love to infuse every aspect of your life.

Ayana, My Light and My Love



Sensual Spiritual Romance

Ayana, a High Priestess of Sanuela, brings love, blessings, and inner healing to her world. She awakens pure, unconditional love in the souls' hearts and guides their longing towards self-discovery and inner wholeness.

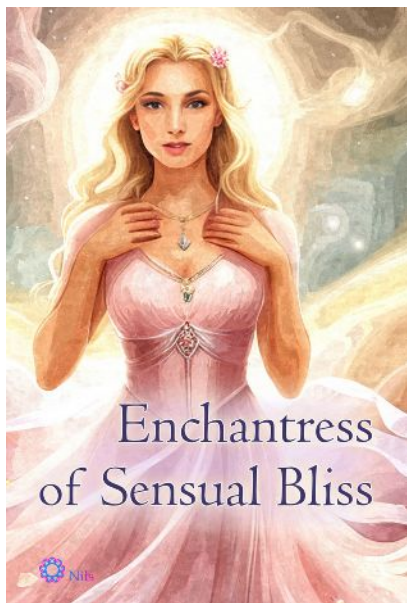
Guided by Goddess Sanuela and her spirit guides, she radiates her loving, astral healing energies to each visiting soul, embracing, caressing

and supporting them on their path towards inner growth and healing.

Through intimate encounters of sacred sensuality, exploration of her masculine and feminine sides, and the pursuit of inner unity, Ayana navigates challenges and grows closer to fulfilling her prophecy.

This enchanting tale invites readers to embrace love, healing, and the power of unity in a new awakening world.

Enchantress of Sensual Bliss



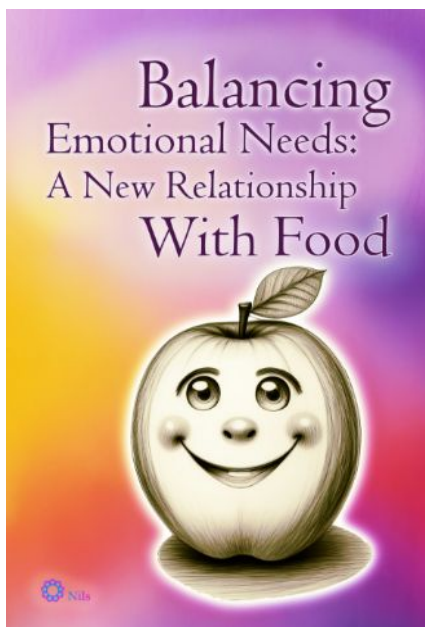
Tantric Fantasy Romance

Isadora and Leandro attend Lana Lightweaver's sacred sensuality course in the magical lands of Sanuela - an exploration of their intimacy that leads to new-found appreciation and enhances their honesty and love with one another.

Through experiencing breathing, touching, and energy-sharing, they learn to open up, and they make a promise to keep growing and loving. An unforgettable journey awaits them as they discover a love, longing, and hidden levels of pleasure that were previously unknown to them.

As they touch each other with gentleness and true caring, their bodies hum and tingle with love. By the end of the course, their mutual flower of connection, love, and arousal is multiplied and keeps growing and blossoming more and more.

Balancing Emotional Needs



A New Relationship With Food

Struggling with food cravings, emotional eating, or feeling out of sync with your body? This book offers a path towards a new relationship with food, one guided by self-love and spiritual awareness. You'll find practical advice, relatable examples,

and transformative insights that are easy to understand and apply.

Step by step, you'll learn to navigate challenges and make better choices. Whether you're dealing with sugar or caffeine addiction, emotional struggles, or simply searching for a balanced life, this book helps you attune to both your physical and spiritual needs. Take a moment each day to reflect and implement small changes, and watch as your life transforms.

Blog posts, online circles and retreats

You can find the best overview of all my projects and books on my central website www.nils-klippstein.de/en.

On www.sensual-energetic-healing.com you will find blog posts discussing SEH, relationships, love, the Yin and Yang, closeness and distance, heart and ego, and more.

There, you can also find information about online healing circles with safe sharing and heart chakra breathing, as well as personal retreats for couples and individuals on the beautiful island of Tenerife.

How Do You Feel About the Book?

Grateful for your choice in picking this book, I thank you from the bottom of my heart. 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.

Furthermore, kindly consider leaving a review on the platform where you found my book. Your feedback and encouragement will help me as an author for future projects, and will be highly appreciated by potential readers. Thank you!