

MAITREYI D. PIONTEK



A MANIFESTO
FOR SPIRITUAL REBELS

Avertura Publishing

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MAITREYI D. PIONTEK

THE FEMALE RESET

A Manifesto for Spiritual Rebels

Dedication

This book is dedicated to all the spiritual rebels out there who have the courage to be truthful, natural, and authentic.

Your support and input are needed to give birth to a new Femininity, to initiate a joyful and real female reset. That's why I give this book to you as a gift. You are most welcome to share it with your friends. Still the book is copyrighted, which means it is not OK for you to use it for commercial purposes or to rip it apart to just use parts of it. Just share it for what it is. If you want to have it as a real book or if you want to support our activities, you will find the addresses in the back of the book.

Stay courageous and happy and don't give up on your values.

*Maitreyi
Switzerland, 2021*

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This book has been carefully prepared. Nevertheless, all information is provided without guarantee. The author cannot accept any liability for any disadvantages or damage resulting from the practical advice given in the book. This book is intended as an informational guide. The approaches, hints, and experiences described herein are meant to inspire you and to supplement, but not to substitute for professional medical care and treatment.

First Edition November 2021

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First published in 2009
as »Weibliches Manifest« – lebe anders, lebe wozu du bestimmt bist.
by Ansata Verlag – Random House, Germany.

Editing: Faye Roberts
Cover-Design: Karo Bradler
Production: Buch-Werkstatt GmbH, Bad Aibling
Layout: Buch-Werkstatt GmbH, Bad Aibling
Print: on demand

ISBN: 978–3-033–08754–5

Content

| | |
|--|----|
| Dear Reader | 13 |
| Preface | 17 |
| Your Own Female Manifesto | 26 |
| In the Age of Deception | 31 |
| Femininity Today | 33 |
| Courageous Women are Needed | 34 |
| Your Contribution Counts | 35 |
| Forgotten Feminine ABCs | 37 |
| On the Pyre | 38 |
| Setting Your Priorities | 40 |
| Wounded | 43 |
| The Ocean of Femininity | 43 |
| In The Age of The Big Deception | 46 |
| Lifting the Veils | 48 |
| Trust Your Feelings | 48 |
| Sexual Intelligence is Missing | 49 |
| Let's Face It! | 52 |
| Real Woman's Power | 52 |
| The Aim of this Book | 53 |
| The Art of Distinguishing | 54 |
| Feminine Liberation | 57 |
| We Are All So Different | 59 |
| Our Adversaries | 60 |
| It Is Time for the Next Step | 62 |
| Detect Your Masculine Patterns | 64 |
| Polarity | 67 |
| Separate Ways | 69 |
| Basics | 69 |
| Feminine or Masculine | 71 |
| Wired in Masculine Patterns | 72 |
| The Miraculous Feminine Potential | 72 |

| | |
|--|-----|
| Opposites: Feminine or Masculine? | 73 |
| Strong – Weak | 73 |
| Water – Fire | 75 |
| Inside – Outside | 77 |
| Depths – Peaks | 78 |
| Relaxation – Tension | 81 |
| Guidelines for Relaxation | 82 |
| Slow – Fast | 84 |
| Emptiness – Fullness | 86 |
| Feeling – Thinking | 88 |
| Intuition – Logic | 89 |
| Enjoying – Training | 91 |
| Devotion – Control | 92 |
| Natural – Technical and Artificial | 94 |
| Reality – Fantasy | 96 |
| Estrogen – Testosterone | 100 |
| Being – Doing | 101 |
| Nourishing – Activating | 103 |
| Blood – Energy | 104 |
| Content – Form | 108 |
| Religious – Political | 110 |
| Wisdom – Knowledge | 113 |
| Feeling Good – Being Good | 115 |
| Silence – Noise/Movement | 116 |
| What do these Polarities Mean to You? | 118 |
| How to Begin Your Female Journey | 118 |
| From Female Strength | 120 |
| Masculine Survival Strategies | 120 |
| The Masculine Handicap | 122 |
| The Way of the Water | 123 |
| Female Expedition | 125 |
| You Are It | 129 |
| Humanity is Suffering | 130 |
| Women’s No | 132 |
| Yes or No | 133 |
| Explore Your No | 134 |
| Independence | 135 |
| Do I Really Want to Let Go of The Old and Well-Known and Grow Into Something New and Unknown? | 138 |
| The Risks and the Chances of Self-Healing | 138 |

| | |
|---|-----|
| The Laws of Femininity | 141 |
| Pregnancies | 142 |
| How To Realize and Manifest Your Projects | 143 |
| Being Bullied – Your Great Chance! | 144 |
| Don't Be Blinded by Success | 145 |
| Meditation and Therapies are Different | 146 |
| Feminine Traditions | 147 |
| Esoteric and Exoteric | 149 |
| Feminine Foundation | 151 |
| Celebrate Disappointments | 152 |
| Your Way Home | 153 |
| Get Ready for Your Mission | 154 |
| Know Your Weaknesses | 155 |
| Crises and Miracles | 157 |
| Obstacles | 160 |
| Tests | 161 |
| Get Ready | 162 |
| New Old Ways | 165 |
| The Collective Suction | 167 |
| Abused | 169 |
| Your Own Way | 171 |
| Healing Happens Within | 173 |
| The Feminine Language | 174 |
| Divine Magic | 177 |
| With the Steadiness of Water | 178 |
| Material, Emotional, Sexual, or Spiritual? | 181 |
| Being in the Right Mode | 183 |
| Each Plane has Its Own Gate | 184 |
| Our Software | 187 |
| Dissolving The Cause | 188 |
| Behind the Curtain | 190 |
| About Inner Planes and Different Bodies | 192 |
| Different Concepts of Life | 192 |
| Using the Right Currency | 193 |
| Material Body | 195 |
| Money Rules the World – At Least the Material World | 195 |
| Making Money – Spiritually Correctly | 198 |
| Prepare Your Body | 199 |
| Spiritual Bodywork? | 200 |

| | |
|---|-----|
| Spiritual Earthquakes and Tsunamis | 201 |
| Work On the Female Body | 201 |
| Prepare Your Body for Miracles | 202 |
| The Will | 205 |
| Guidance for Enhancing Your Feminine Will | 207 |
| Energy Work | 210 |
| The Emotional Body | 210 |
| My Perspective | 212 |
| Feeling Is the Base | 214 |
| Here Are Some Symptoms of Wounded Feelings: | 214 |
| Emotional Wounds and Traumas | 216 |
| Recognizing Emotional Strain | 217 |
| More Reasons for a Disturbed Emotional Body | 218 |
| Emotional Stimulation | 219 |
| Being Emotionally Intoxicated | 220 |
| Sensitivity | 221 |
| Common Reasons for Emotional Contamination | 221 |
| Guidelines for Emotional Healing | 228 |
| Transformation | 229 |
| The Astral Plane | 230 |
| Creativity | 234 |
| The Intellect and the Mental Body | 238 |
| The Great Awakening | 239 |
| Mental Body | 239 |
| Feminine Meditation | 241 |
| Feminine Medation | 242 |
| The Spirit/Spiritual Level | 243 |
| Guidelines to Your Spiritual Body | 244 |
| The Soul | 244 |
| Feminine Mysteries | 245 |
| Don't Starve Your Soul | 248 |
| Polarities Between the Levels | 248 |
| Spiritual Centers | 250 |
| Your Life-Center | 251 |
| Your Feminine Center | 254 |
| Your Womb Consciousness | 255 |
| Gate to Heaven and Hell | 259 |
| Be Aware | 261 |
| How the Collective Works | 262 |

| | |
|---|-----|
| Let's Go for It! | 265 |
| What Is a Mystery-Training? | 267 |
| The Concept of the Ego | 269 |
| I Learned to Keep on Searching and Never Stop | 273 |
| Get to Know Your Ego. | 275 |
| Ignoring the Ego | 277 |
| Protect Yourself from Your Ego | 279 |
| Moon Sphere. | 281 |
| Spiritual Masks. | 282 |
| Ego Trap | 283 |
| Egos are looking for Empowerment | 286 |
| Psychology of Emotionally Hurt Women | 288 |
| Egos and Success | 290 |
| Traditional Spiritual Learning. | 292 |
| Your Travel Arrangements | 295 |
| Start Your Feminine Healing | 297 |
| Some of the Many Advantages of Feminine Healing | 298 |
| Check Your Motivation | 299 |
| Set Your Focus. | 299 |
| Goals Make Your Way | 303 |
| Be Healthy | 304 |
| You Need to Protect Your Body. | 305 |
| Healing Miracles | 306 |
| The Art of True Healing | 307 |
| Understand the Language of Your Body | 309 |
| Basics of Feminine Self-Healing | 309 |
| Feminine Roots and Centering | 310 |
| Emotional Healing. | 312 |
| Dissolving Patterns | 313 |
| Your Witch's Broom | 314 |
| Inner Healer. | 316 |
| Cleansing. | 316 |
| Sexual Liberation. | 317 |
| Finances. | 318 |
| Leader And Seducer | 323 |
| Do We Need a Teacher? | 325 |
| Entering the Emotional World. | 326 |

| | |
|---|-----|
| Again, A Question of Level | 328 |
| Transmission and Spiritual Tickets | 329 |
| My Indian. | 331 |
| The Journey Begins. | 331 |
| A Group or a Single Journey? | 333 |
| Women's Groups Today. | 334 |
| Group Souls. | 338 |
| Group Spirit. | 338 |
| Protected Spaces. | 340 |
| Western or Eastern Ways | 341 |
| New Ways | 343 |
| Important and Necessary Detours. | 345 |
| My Female Exploration | 347 |
| Do I Need a Teacher or a School? | 350 |
| Egos in Spiritual Robes | 352 |
| Male Helpers | 353 |
| Prince Charming the Savior. | 355 |
| Support | 356 |
| This is about You | 358 |
| Esoteric Jumble. | 360 |
| Give Your Femininity A Chance! | 364 |
| Female Learning | 365 |
| Closing Words | 369 |
| Epilogue | 371 |
| Acknowledgments | 377 |
| Addresses | 379 |

Dear Reader

The impact that sexual behavior has on humanity is immense. Most people neither realize nor know that because they simply have never reflected on it. They were never initiated into the great Mysteries of sex, nor have they invested time in developing their own sexual intelligence. Our sexual energy is the power of creation and it is given to every human being. This magical tool is not just capable of reproducing our species and giving pleasure but is also responsible for the development and the consciousness of humanity. For us to grow and evolve, the sexual force needs to be in a natural, liberated flow. Sexual perversion is unnatural and prevents our growth; it is the real pandemic and has an enormous negative impact on humanity.

Most people don't even consider that there is a sexual intelligence or a sexual consciousness. Without a sexual consciousness, you do not realize how unconscious, destructive, and often even illegal your sexual behavior is, or what effect it has on a personal and a global level.

Hard core porn, sex trafficking, and sexual perversion are spreading all over the globe. This is a real pandemic. Violent and abusive sex is considered by many to be the new (ab)normal. Because so many others are doing the same, you may have the impression that all is OK. But it is definitely not. We all can do much better than that. The fact that we are ruled by a bunch of traumatized leaders who are emotionally and sexually retarded is not an excuse for failing to heal and liberate ourselves. It is a pity that many are so caught up in their groups and brotherhoods and have no free will. Often, they have been brutally manipulated into those vicious power games and as individuals they are too traumatized to step out. But we can!

Over the past few years many women have gathered their courage and stood up against sexual violence and the injustice to which too many women are still exposed. It is important to solve these global problems at their roots. Through my work in psychiatry and as a sexual consultant over nearly forty-five years, I have dealt with sexual harassment and abuse. What many people do not know is that for many years I worked predominantly with men who came to me seeking new ways of dealing with their sexual problems. As a medical sexologist, I also specialized in Oriental healing love techniques and, because I

was the only one covering that field at that time, men from all over came to me for consultations. As a result I am very familiar with men's fears and hardships and I understand how destructive sexual patterns like rape and other forms of violence and perversion can develop and take over.

While doing this work with men I realized the necessity of developing liberation and healing programs for women, because women also play a major role in the sexual healing of men. Actually, women carry the key for global sexual healing within themselves. Each man has a mother who carries him under her heart for nine months and imprints his being on the deepest levels. All the destructive collective patterns of male sexuality are stored in the womb of every woman until she has thoroughly liberated and healed her womb. If a mother has not really liberated and healed her own femininity, her suppressed feelings and undigested emotions are passed on to her child during the embryonic phase.

As long as these parts are not healed and liberated inside a woman, she carries the memories and images of sexual violence and perversion and unknowingly passes them on to her unborn child. We are all born with this toxic seed. It is up to us whether we nourish or neutralize it. This is what sexual education is all about, initiating humans into the art of healing, love, and the Mysteries of sexuality, and teaching them to deal with this magical power in a creative way that will benefit the whole and enrich us all.

The sexual pandemic toxifies people at large with selfish, destructive, and violent sexual behavior. This is much worse than a pandemic caused by physical viruses because it enters people's brains and hearts. It kills their empathy and feelings, their spiritual longing, and their will to liberate themselves from all that. Emotionally undeveloped people get hooked on the intensity of those heavy, dark emotions, which are created by abusive and perverted sex. This strengthens their egoism and nourishes their greed and their hunger to be powerful and mighty. Male sexuality has become so weak, miserly, perverted, and out of control that there are increasing numbers of men and women abusing and torturing children and women to feel sexually aroused, powerful, and almighty. When women move in male patterns they also start to get hooked on abusive sex. So many women were inspired by the movie *Fifty Shades of Grey* because it's easy to put images into people's heads when their sexuality is unconscious. That's how people are manipulated to remain ignorant and dull.

If women stand up now in utter hate and disgust to oppose the violence and injustice done to women, this does not make a big difference. That's because it is the same kind of energy. Rather than change the violence and injustice, it

will eventually strengthen those destructive patterns even more. It also does not help much if feminists bathe in the spotlight on talk show discussions and blaming men for their personal and global misery.

To change sexual patterns requires a new spiritual feminism that comes through a grounded individual inner liberation – a female reset. We do not focus on the question »Who is guilty?« Rather, we support the process of awakening in creative, joyful, and effective ways.

Not only women but also men are needed to take part in this very important process of liberating our spirituality, emotions, and sexuality. We need to work in unity and unfold the tremendous potential humans carry within. As long as sexuality is led by our unconsciousness, it just multiplies all the images stored in the collective where there is so much violence and pain. Instead of clearing out those old memories and bringing sexuality to a new level, people learn to tap into those collective emotional places and traumata to get sexually stimulated by those toxic energies. This nourishes people's egos and personalities and is not the path into a new divine consciousness.

The world is undergoing a huge change right now. Everyone can see that. There are individuals – men and women – focusing on their sexual liberation. Each individual matters. To liberate sexuality from unconscious emotions and images, it is necessary to liberate true spirituality from its millennia-long suppression through slavery and bondage. Only authentic spirituality can show us the way into a new consciousness and the way to handle sexuality. But don't get me wrong: sexual liberation does not mean to act out all your neuroses and imprinted fantasies. Neither does it provide a free ticket for pedophiles. It means to heal your emotional traumas and liberate your sexuality from all those images, fantasies, and fixed ideas so it will find its natural flow. This power is needed for your spiritual liberation.

I am very confident. The seed for a new healing of sexuality has already been planted. The Femininity is growing constantly and strengthening itself in secrecy. It is so strong already that its development cannot be prohibited anymore. It just needs more time until the new healing and joyful Femininity manifests on earth.

This is very promising. Because our world urgently needs a new Femininity now. But it is so new, no one really knows it, even many think they do! Be open and allow yourself to be surprised. Be aware that the unknown mystic Femininity will only show up if it has a serious and binding invitation from you. The more people who fully welcome her into their heart and let themselves

be transformed and embraced by her, the more powerful the new Feminine age can manifest itself.

As liberated and free people, let's get ready for a big, transformational female reset so we will be guided into a new dimension. All the mind-blowing technologies that are gradually revealed to us need to be handled by mature, wise, and emotionally fit people who are in contact with their spiritual selves and have developed their sexual wisdom. A new Femininity is needed to end this abusive dark time of deception and corruption, which has blocked our spiritual development for so long. A new Femininity will launch the great female reset, allowing us to manifest our true values and leading us into an authentic and joyful spirituality.

Don't waste your time. Nothing is more important now than preparing yourself for this enormous adventure. You are so important, and your input is needed.

Stay healthy, stay with it, and enjoy the ride.

Take good care of yourself.

Maitreyi

Preface

More than thirty years ago the gates to the Feminine Mysteries opened and allowed me in for the first time. There are no words to describe this unexpected, new, and totally different experience. It was overwhelming and a convincing invitation to reach out for more, to explore and celebrate the unknown treasures within. Entering the feminine sphere – a state I later started to call the »Femininity Mode« – initiated a profound change in me. It turned my whole being and my perception upside down. I began to see and understand life from an entirely new perspective.

But this powerful opening did not happen out of the blue. For as long as I can remember there had been a deep, insatiable thirst in me to explore the Mysteries of life and there was a deep longing to go to the Himalayas to meditate. At that time meditation and spirituality were not yet in fashion as they are today. I had no idea about what such an adventure should or would be like. When I was old enough, I took off for Bombay (now called Mumbai), India. That was the beginning of a long, exciting, and rewarding adventure.

At the time I had my precious, transforming feminine experiences, I had already been focusing on my spiritual and sexual liberation for many years and had learned to align my inner compass toward the unknown most high. Spending years in India with Osho, an enlightened master, my daily meditations, holistic healing, and tantric sex had become fixed parts of my spiritual search. Looking back, I must say that I was well prepared for the unexpected to happen. But I never expected that the unexpected would surprise me with a mystic Femininity.

It had never occurred to me at a young age that feminine healing and liberation would be important and necessary issues for me. Why should it? I thought my life was spiritual, sensual, adventurous, and intense. From Osho I learned to continue meditating in good times and bad. I also learned that mystical and spiritual experiences always sneak in through the back door; they surprise us where and when we least expect them and, for each of us, it will be a different surprise. While you are liberating yourself you will not have the same experiences and the same insights as I have had. That's why being open, natural, and authentic is so essential for a spiritual seeker. If we are not our true selves there is no way that our potential will ever unfold. It is simply not possible. Of course, the religious leaders and politicians know this. To prevent our spiritual growth they control us by forcing us to take on all sorts of fake concepts, ideas, and rules. Vaccines are another method of suppressing

our spiritual growth. Rudolf Steiner, one of the great teachers and the founder of anthroposophy, warned us of this more than one hundred years ago. Our natural individuality is the base of our true spirituality. That's why we definitely have to liberate ourselves, leave the falseness of hypocrisy behind, and reach out for new authentic ways.

We have all learned to deny ourselves by fitting ourselves into concepts, ideas, and social constraints. We do this to become the person we think we should or want to be, to be loved, or to secure our survival. It is time to undo all those conditionings and traditions, to allow ourselves to become and to be what and who we are.

This sounds very easy but if we recall to mind that we have been manipulated, conditioned, and repressed by hypocritical people and their hypocritical religions and politics for so long, then becoming authentic and truthful is equal to a major inner revolution. My work is to prepare you for your inner journey of liberation. When it comes to spirituality and meditation, unrealistic and misleading ideas are so widespread that they twist and blur our perception and prevent our actual inner growth. Spiritually we have been brainwashed, manipulated, and deceived for so long that we cannot see how cut off we are from reality. Everything looks completely different from what it actually is. It is time to wake up and see that there is much more than we think there is. But this will not happen just because the stars are in a certain constellation, or the divine goddess comes to save you. We all need to focus, to heal, and to liberate ourselves – we all need to wake up and face the reality we all live in.

I was so blessed to have the opportunity to learn from the best. Being with a spiritual master is always tough and often a rough ride, but it is also indescribably rewarding. If you keep seeking, and if you stay with the meditation and the devices given to you by your teacher over a long period of time, the moment will come when you reach the point of no return. That is when the Mysteries take over and start to rule your life. My beloved teachers have gone to the other shore; now it is up to me to keep that sacred flame burning and to pass it on to the next generation, teaching them to make sure they can then take over and carry on.

It is time to go deeper and to look behind the curtains. It is very helpful to learn feminine self-healing and to meditate well, to be able to take care of yourself and not lose your orientation even in the most difficult and confusing situations – such as we are facing right now. These times come to challenge and test you; this is part of the game. I will make sure that you are familiar with

the pitfalls that you will encounter on your journey and that you can recognize and dissolve inner and outer obstacles, to be safe and ready to go.

Just yesterday a Qigong teacher wrote to me saying: »I want to meet you, because I am interested in your ideas and I want to learn your exercises for my work.« This is how we have been conditioned. We have a very superficial and mental approach toward spirituality and learning. Learning, for most people, means mainly memorizing and copying, taking on ideas and methods from others. Most people assume that spiritual teaching works the same way as professional training and teaching in our regular schools. But Mystery-Work has an entirely different approach and works entirely differently from the business world and from the schools we are used to. It is existential and goes much deeper than the professional approach most people take as their reference point. On your spiritual path you need to allow yourself to be touched and to allow it to happen. It is aligned to the spiritual laws and these are different from the laws that rule the material world in which we function.

The purpose of the spiritual Mystery-Training we are talking about here is to bring out your individuality and uniqueness and to awaken the unconscious areas and psychic powers that are hidden deep within yourself. This inner work takes place on a different level than you are used to and these inner spaces are reached with different methods than all the educations and professional training we are accustomed to. Gurdjieff, a great mystic, once said, »You can never awaken with the same method, which had put you asleep.« That makes spiritual learning and teaching unique and that's why spiritual teaching has been very much misunderstood until now. People are drawn to the old ways and methods they know and with which their intellect can cope. They are looking for understanding and for nice therapists, coaches, and teachers who will comfort them. To leave the cozy comfort zone is scary. So is the way into a new Femininity. To enter the spiritual world, we first need to change our mindsets and our mentality to open up for the new.

This feminine approach is new to our mind so it is never the way we expect. It is not like learning a certain technique or a new method well; it is about exploring yourself, getting to know your true self, and giving yourself the space to grow and to discover your hidden potential and talents, whatever they may be. A Mystery-Training is about opening new channels and developing your higher, unseen bodies, which will expand and change your reality. It is the door into a new dimension in the here and now. Discovering new areas inside yourself and learning how to enter the inner, unseen worlds is a big adventure full of surprises.

The journey will be much different from what you might expect and very much different from what others do or think you should do, feel, and experience.

As a very private person, I never had the idea or intention of becoming a teacher or a writer, nor did I desire to go public in any way. Dedicating my life to the Mysteries brought me in contact with a new kind of responsibility. During my years of intense training, I learned to cope with my psychic skills and powers, which was necessary for me to be able to take on that given task. The same seems to happen with my long-term students. Once they are rooted deeply and firmly in their Femininity and truly dedicate their life to the Mysteries, miracles start to happen. New interests and talents start to unfold. Then suddenly the point comes where life takes over and starts to take the lead into the world of miracles. You also start to see the world as it is. This can be pretty shocking, or we could say *awakening!*

The feminine lies much deeper than words can ever touch and the spiritual lies much higher than words and your mind will ever reach. While reading this book, give yourself a chance to go deeper. While you read do not focus on what you think, rather focus on your feelings or emotions and reactions and allow yourself to be touched. A new Femininity is not a concept or an idea; it is a different quality of life and a new perspective, a new way of life, which grows out of your own spiritual and sexual liberation. This is the beauty of it all: in each one of us slumbers a different seed, which will carry a different potential and a different flavor. To give birth to your own potential and your higher consciousness and to get in touch with your own hidden treasures, that is what this Feminine Mystery work is all about.

Over the last two decades feminine issues have become very popular, and a wide variety of women's groups, sisterhoods, and teachers are popping up. They all work differently, and they are all using different methods and different teachings. Be aware that many of them are still working within traditions and therapy systems, which will not lead you into the birth to a new liberated Femininity, because they are operating in male energy patterns. Don't assume others know better than you. Get down to it yourself and become an expert unto yourself.

To really focus on a new Femininity is a beautiful challenge. Many women will say, but this is what I am already doing. Yes, many women are interested in femininity. But to actually heal and liberate one's own femininity to be able to make the reset is a whole different story. Our egos will fight this venture with thousands of tricks to prevent us from opening up to new experiences that could transform our lives. More on that later.

Building up our feminine path on a solid feminine foundation makes the

spiritual work enormously powerful and effective. So much is needed to finally leave that old, blurry, and fake spirituality behind. For this you need to be rooted solidly in your femininity and to initiate these sensitive inner processes very carefully and consciously, step by step on the right plane.

This book, like all my other books and workshops, prepares you for a transforming feminine reset. We shall never forget: women have been sexually, emotionally, financially, and spiritually repressed, exploited, and abused for so long that the first necessary step is to recover one's wounded and repressed femininity. This healing must happen in tune with the universal laws. In therapy this is not the case because therapies are operating on the personality level. This is a major difference that must be clearly understood if it is to happen. And, yes, for this you need to dive a bit deeper into your femininity to investigate the difference for yourself.

Ok, let us go back. With the experiences – let us call them »mystical feminine experiences« – that I mentioned before, everything I knew was turned upside down. Not one stone remained on top of another. My whole being went through a major change and had to be newly adjusted. Touched, surprised, and at the same time very curious, I began tuning in to this new reality and, eager to experiment, I led myself on an adventurous mysterious journey.

Back then femininity was not popular as it is nowadays. There were only a few women who made a serious effort to liberate themselves sexually and spiritually. Femininity as such was not an issue back then. I guess, after centuries of sexual suppression and spiritual hypocrisy, women never suspected that there would be so much wisdom and power hidden in the feminine sphere. Most women would never expect that even ordinary mortal women could find an entry into the mystical world – and the majority of women still do not consider that even today. They continue to run to the churches, even though they know priests are abusing their power and even sexually abusing their children. To me, this is simply indigestible and intolerable. But that's what brainwashing and mass manipulation is all about.

When it comes to their own spirituality, women are educated to be humble and modest and to be satisfied with very little, even if it is just a little dream or hope to hang on to. So they are already happy with some phony phrases and a bit of consolation. Reading a spiritual book or participating in a spiritual gathering is unfortunately the end of the spiritual search for many women. Most are unaware that we have been cut off from authentic spirituality for thousands of years and that it is necessary, first of all, to liberate ourselves from all these various patterns of repression and lies.

You need to be critical, and fundamentally to question all methods and practices; in fact, question everything you know. The toughest part is questioning one's self – that's what many women are so afraid of. They are afraid of drowning in their own emotions and negativity. Realizing that we are actually caught in our own prison is not very pleasant, but it is a needed realization. Without it, we do not have the necessary longing to set ourselves free. For a new feminine awareness to arise, profound spiritual liberation – as well as sexual liberation – needs to happen. That's why you need to go slow and prepare yourself well.

We are so accustomed to being ruled by our unconscious conditioning and by masculine principles that most women do not even dare question whether they are ruled by masculine or feminine patterns. They assume that, because they are women, they are already in a natural state of femininity. So many women think that they are on a feminine path but they unknowingly apply therapeutic and »healing« methods, which activate and strengthen their male forces. Unfortunately, this will never really work out nor will this bring them back home. Feminine healing is ruled by FEMININE WISDOM, not by assumptions and fantasizing. Like everything else, it needs to be properly learned and deeply understood. With this book I want to inspire you to refine your skill of distinguishing. This skill is needed to see and to make a difference, to avoid getting lost in the fake world of hypocrisy and deception.

Even then I was already a »good meditator« – meaning I enjoyed tuning in and sitting in silence – and I was living a pretty liberated and natural sexuality. I soon realized, though, that there was a much bigger potential related to the femininity still lying dormant within me. I was facing my own feminine reality. I had to admit to myself that I had been moving, like most others, in male patterns. I also had to admit to myself how hurt, traumatized, unconscious, and weakened my feminine parts were. Of course, I was not thrilled about this insight. Actually I was astonished. From then on, healing and liberating my unconscious femininity, which was hiding in the depths of my being, became my top priority. I did my utmost to make this happen.

Most people are so used being cut off from their inner treasures and from the world of miracles and mysteries that they do not even miss them. Instead, they assume that their unhappiness and frustration are caused by the outside, by their partners, their jobs, or their sexuality – millions of reasons can be found. For this they keep looking and searching in the wrong direction. Because everybody else is also moving in this same direction, they do not even consider questioning that. That's why rebels are needed so badly.

With this book, I do not want to block your search by giving you ready-made answers, or by giving you the impression that you already know what will happen to you and how it will be. As I was challenged by my teachers, I want to raise questions in you as well. Questions function as an opener; ready-made answers and concepts close the doors to the unknown.

I had the best spiritual master and, over the years, I was prepared well for my spiritual journey. But when I came to the door to the Feminine Mysteries, I had to enter alone. At first, I tried to talk with other women and to share my experiences, but soon I realized that this was not a good idea. They looked at me, puzzled because they could not understand what I talked about. So, I kept it inside. I learned to protect my treasures and to give them space to grow and expand. The Mysteries cannot be described or explained, only experienced. When you have a true experience in which understanding arises, you will know what I am trying to bring across. For many years my feminine adventure was a very private project. I had no guidelines or ideas on how to walk this new path and had no idea of what to expect. But there was this deep trust inside me.

Back then, there were no other women, guidebooks, or teachers whose experiences could have given me any directions! This was my luck: nobody could lead me in the wrong direction or block my way with ideas, dreams, and concepts or by knowing it better. Especially among women, it happens so easily that they obstruct each other's way to a new femininity. Mostly very extroverted and male-dominated women take on the lead and, in the name of femininity, lead others deeper into their masculine patterns. Women were repressed for so long and now they are excited about the multiple possibilities available to us. As a result, they just move, share, and love to go crazy, not caring whether women's activities are ruled by masculine or feminine patterns, or whether they are celebrating their unconscious or new femininity, even when they are guiding other women.

I had none of that. This was my great chance. My path was unwritten, undefined, and absolutely open. I was not sitting in a cozy women's circle, holding hands and celebrating togetherness. I had to rely on my intuition, my spiritual sources, my feminine power, and my new feminine tools as I moved through all those different experiences. To step out of the strong collective feminine patterns was an enormous empowerment, which gave me the courage and the strength to swim against the stream. This unconventional adventure led me deeper and deeper into the mysteries of Femininity. It brought me to places that I had not dared to dream about, as they were so overwhelming.

My journey took me into the deepest abyss of my soul, to places of con-

fusion, powerlessness, and doubt. These spaces are known as dark nights of the soul. Dealing with these painful areas is an important part of our journey of discovery. Time and time again I was facing tests and crossroads, having to decide anew whether I really wanted to take this unknown path into a new consciousness or rather hang out with so-called nice people and friends.

All the overwhelming personal experiences I had inspired me to also surrender my professional work to the feminine principles. At that time, in my work as a holistic sexual consultant and as a group leader, I was very successful. In addition to my meditation and my spiritual practice, I underwent a long and intense Taoist training, which involved various physical exercises and inner work, like energy work, Qigong, and Tai Chi. I studied Taoist medicine and nutrition and I was also initiated into the Taoist healing love practices. I could work with all those tools very well and on a superficial level it worked out fine: people were interested in my work and I could also make a very good living from it.

But from my newly gained insights and experiences, the Taoist approach was neither compatible with my personal spiritual path, nor with my profound professional understanding of feminine healing. For me, that meant that I not only had to renew my personal life by dissolving old patterns but my professional life also had to undergo a complete change. A total reset was needed to be able to build a new foundation in harmony with the feminine principles.

On the one hand I was very fond of Chinese medicine, its medications, herbal lore, and dietary teachings. On the other hand, I realized that the Taoistic exercises and the so-called spiritual practices, which were aimed exclusively at the masculine energy system, were having an adverse effect on my feminine healing process. Also, around me I could watch the long-term effects that Qigong, energy work, and yoga had on other women. What I could see confirmed my own experience. Over the years now, women think that they have adjusted their teaching to the feminine by doing their exercises just a little slower.

But it is a bit naive to think that, by changing the speed of an exercise, you can change the essence of the teaching and turn the masculine into the feminine. There is much more to it than just that.

The deeper I surrendered my life to the feminine principles, the easier, more natural, and joyful my feminine liberation became and the more clearly I could see and distinguish between masculine and feminine energy patterns.

In 1996 my first book, »*The Tao for Woman*,« was published; the title means »the path of a woman.« It contains the foundation of holistic feminine self-healing. Even though this book was a fundamental critique of the Taoist practice

and other masculine approaches for women, I did not find it necessary to formulate the negative aspects and my criticism in detail. I presumed that a woman who is into healing her femininity would naturally get in touch with her inner wisdom. I assumed that offering my readers a friendly, alternative perspective on holistic healing in the form of a guidebook, explaining how to find one's own individual feminine path, would be enough for women to reach out for a new liberated and joyful womanhood. But I learned the hard way that this was not enough.

I underestimated how deeply wounded and repressed womanhood is on a collective and a social level. These unconscious patterns block and prevent the inner journey of each single woman. They even prevent their search.

Femininity needs to be ruled by a new consciousness. It requires an individual effort from each one of us, so we can open up those blocked channels and reach down to the depths of our being to unchain and set ourselves free.

Women's sexuality and spirituality development have both been prevented and abused for so long that it is not only very unfamiliar but also very scary for women to move into the feminine sphere and to be in touch with those frightening wounds. For each of us this is a delicate venture. That's why women today have established their lives successfully within masculine energy patterns; it gives them the impression of being safe. Moving within male patterns keeps women away from that scary feminine zone where the personal and collective feminine tragedy is stored. But all our precious treasures are also hidden there. If you want to enter the Feminine Mysteries you have to dive deep and at the same time to fly high to make the miracle happen.

Leaving the crowd behind and taking individual steps is still very new for women. Out of fear, they obediently followed and learned to be good girls! Of course, now we have to learn to be rebellious and naughty but, unless the old memories have been cleared, we will always be pulled back in crises or weakness to those old patterns. Nevertheless, we now have the opportunity to go new ways and to do things our own way. To prevent us from falling back into the old female pattern, we need to prepare ourselves well for this great adventure.

For centuries, the tremendous secret mysteries of Femininity have been protected, hidden by countless veils, lies, deceptions, and confusions. These misleading veils must be lifted before Femininity will reveal her hidden secrets. It is actually not a surprise that, by approaching Femininity, we encounter so much confusion, misunderstanding, and manipulation time and again.

Even though my books became international bestsellers, for many years I

had to witness that the Feminine Mystery work I am sharing being completely misunderstood and cut into pieces. The deeper I went into this subject, the more I realized that it was not just my project that was being misinterpreted, manipulated, and exploited; the same thing seemed to be happening in all areas of femininity. From my own experience, I know how tricky it is to deal with the unconscious and how much mindfulness and practice it takes to find the way from the unconscious feminine collective into a new feminine consciousness. But the reward from gathering all one's energy and focusing on our liberation to find your true home is more than worth it.

For too long women have been excluded from the inner circles of our religions. They neither received inner training nor were initiated into the secret spiritual sciences. In all the major religions of the world – Christianity, Islam, Buddhism, Judaism, and many of the brotherhood which are in power – it was forbidden for women to be part of priesthoods or the inner circle until today. For this reason, women are not accustomed to doing inner work or developing their unseen bodies; they have neither learned nor been supported to meditate and to reach a higher consciousness.

Such experiences and learning processes are not yet anchored within the feminine collective. That's why women do not miss them and are not searching for them. Mostly they content themselves – I am sorry to say that so directly – with a very superficial, underdeveloped, spirituality. Now the time has come to change that, to move on to an entirely new Femininity. And women play a major part in this. Women need well-founded inner training to free their feminine spirituality from its never-ending captivity.

With this book I want to inspire you to go deeper and further in the search for your lost authentic spirituality. I want to encourage you to walk this challenging – but at the same time pleasurable and joyful – feminine path.

Your Own Female Manifesto

Intentionally this book, unlike my others, is not a practical workbook. Over the years, I have realized how important it is for every woman to develop a deeper understanding of the feminine, not to get trapped in seductive and promising half-truths or new dependencies or to accidentally strengthen the old femininity. Before you do any exercises or even a spiritual practice, it is important to understand what it is all about. Especially when it comes down

to the feminine path, everything works a bit differently from what you are used to; you need to understand this difference or you will miss it. Before taking practical steps, take the time you need to encounter your own reality and then prepare yourself well before taking off. You need to get to know your feminine reality to be able to change it.

If you are unfamiliar with the difference between feminine and masculine in all areas of life, you will not be able to apply it. Feminine ways are not just about doing an exercise or a meditation. The most important thing is to apply the feminine principle in your everyday life. Doing things halfhearted simply does not work. If you reduce your feminine path to just exercises or rituals, it will not transform your life and you will become unmotivated and discouraged.

This manifesto does not glorify women, nor does it draw you in with unrealistic images of perfection or dreams of the ideal spiritual woman. Instead, you will be encouraged to encounter your own feminine reality and to start the journey from there. The feminine path is unpredictable and always different from what you are expecting. It is an individual journey. It is your own private journey.

In this book you will get hints and guidelines on how to invite a new Femininity into your life. Techniques have no priority on this path, because we as humans are just too small to create something new. We need to allow things to happen that are bigger than us.

I wrote my first book, »*The Tao for Women*,« for my students as an extension to the practical work to keep them going after the seminars. I had not expected that so many women all over the world would read my books. In contrast, this book is meant to be an addition to the practical healing work. Mainly I want to provide you with helpful background information, so you get a bigger picture of this new Feminine Mystery work.

For words to reach your femininity, they must originate in femininity, which means they must flow out of intuition and originate in a real personal experience. This does not match the logical, objective, scientific, male, or professional approach of most texts you read. This difference first needs to be understood and our old patterns and habits need to be dissolved. To leave a lasting trace, even in the hardest stone – or in our case, patterns and beliefs – the feminine path is ruled and symbolized by the qualities of water. Personalities and personal patterns are often as hard as stone. To reach out to your locked-in feminine soul I will intentionally need to repeat certain messages again and again. This may annoy or puzzle you, but this is good. In this way your personality gets stirred up and hopefully, sooner or later, it will allow itself to be touched and

transformed by new impulses. Be alert not to just block or destroy the new and unfamiliar with your sword-like mind.

Again, it is not my intention to give you answers to your questions. Rather the opposite: I want to raise new questions within you. I do not want to cover up and dissolve your possible insecurities with tips and suggestions so that you no longer feel them. I want to activate the seeker, investigator, adventurer, and spiritual rebel in you – so you can look out for new possibilities within and without. Don't stuff yourself with answers and ideas you have just picked up somewhere. We need questions to grow, not ready-made answers and concepts that only block our search.

If you try to approach the feminine world merely through your intellect, of course contradictions will arise. That what's the intellect is all about: analyzing, classifying and judging, dividing and ripping things apart. Life is not meant to be lived through the intellect. The intellect is definitely the wrong software to grasp and understand femininity and spirituality. Nevertheless, it is also important to include this level. Without being able to distinguish and critically analyze the circumstances in your life, you will not be able to see the reasons why it is so important for you to focus on awakening a new consciousness. As we need to liberate our sexuality, spirituality, and emotions, we need to free our minds from all the brainwashing and mind control, to be able to have our own true thoughts. But before we can do that we need to heal and liberate our emotions. We can do just one step at a time. If we try to take a shortcut and jump over an important step in our development, sooner or later we will bounce back and need to start all over again.

There is a big wave of so-called spiritual communities spreading the message that we are all already enlightened or are goddesses and that all we need to do is celebrate it. This sounds like a lot of fun, but it is a pretty powerful method of keeping people away from their inner search and preventing them from developing their inner power and independence. Especially in women's circles it is very popular to celebrate the blurry, cozy, unconsciousness of womanhood. But a new feminine consciousness can only be unveiled to you by your own spiritual search, your own feminine experiences, and your own meditation.

I can only share my own feminine treasures and experiences with you by trying to put them into words, although words are not the right medium to pass on an experience. But hopefully my words will give you a tiny glimpse. As long as you have not had your own feminine experiences, you will not be able to understand. You will interpret these words somehow and will just think

or fantasize about what it means. While reading this book, experiment with the different states or modes of being that you can be in. Don't make it just an intellectual discourse, but a real experience.

Reading this book may, at times, become a bit unsettling or even annoying for you. This is part of it. I need to puzzle and challenge you. I also need to mention issues that we have neglected and avoided successfully. It is not my job to preserve you. If I start saying what you like and expect to hear, then it is time for me to stop and be quiet. We need to deal with the reality we are living in, even if this will at times be shocking and confusing and we do not like it.

This book is not about getting to know me, nor about liking or agreeing with me; rather it is about getting to know yourself. When I held lectures and seminars, many women who had read my books came just to look at me, to check me out. This always made me sad. Many still are looking for a perfect role model who impresses them; they are looking for a teacher they can imitate and look up to, somebody who understand them and tells them what to do. For this I am definitely the wrong address. I do not stage the perfect femininity. I just allow myself to be the way I am. For example, it does not feel right to me to offer a pampering and grooming service for depleted and dependent women. Because I know women carry such wisdom and strength within, I am trying to make space and not stand in your way, so you can develop in your own natural way.

We are running a Mystery School for responsible women who want to liberate themselves and are ready to actually put their time, energy, and heart into it. Of course, we teach and support them personally: this is an important part of the training.

Women are so accustomed to being comforted, conciliated, coddled, and pampered by their teachers and therapists; this is a very common method to keep them small, insecure, and independent. On the other hand, there are so many abused women who are left alone in their pain, so we need to learn to distinguish, knowing that each woman has a different path and needs to be supported in a different way. This is the art of holistic self-healing. I believe in profound woman's liberation, no matter what you have gone through in your life. I know women have inner strengths, and the world needs independent, creative, naturally courageous women. My unpopular job is to question and trigger old feminine patterns in you, to help you get to know yourself and solve them to move on. To create this effect, throughout this book I will confront you with questions. At times I will even provoke you a bit. This phony fussing

with each other, especially in the areas of esoteric and therapy, is so counter-productive for our liberation. It is time to be real.

Know thyself. This was written at the gate of the ancient Mystery Schools. Still today exploring this mystery of knowing oneself is the base of all spiritual teaching. Keep focusing on this main question, the »Who am I?« It is best if you get yourself a diary to write down your insights. Keep asking yourself this question, not just during meditation, but apply it to your everyday life. It is all about knowing thyself, not in an intellectual or analytical way, but about bringing that quest into your being on a deep, existential level.

Down the ages women were denied spiritual trainings and the world was, and still is, run mainly by brotherhoods. Most women were used as servants or sexual objects for ritual purposes, but spiritually they never were given a leading role. That's why today we need to go slow, because there are so many traumas and issues of abuse stored in women in connection with spiritual work. It is necessary that we create new ways and trainings for women, which are different and in harmony with the feminine nature, and which include dealing with all the problems women carry within. We need new ways that support women in profoundly healing and liberating themselves.

Unexpectedly I was able to go an entirely new way, which of course pushed outwards to be shared with others. To my surprise, my new approach also worked for others; I assume this is because it is an individual approach, unique and different for every woman. It supports you in becoming yourself, by connecting with your true nature. It is all about being responsible for yourself, including emotionally. The fact is, no one can really please a woman on a long-term basis – but as a woman you have the power to change yourself. (If men are reading this, here is a well-meant hint: Please relax. You are not responsible for the happiness of a woman. You may, however, love her, honor and spoil her, and take her as she is.)

In this book I cannot cover all feminine subjects and aspects. It is advisable to have a diary at your side so you can add subjects that are important for you to investigate and so you can keep track of your personal insights and your own wisdom. Your diary is meant to become your own personal »Female Manifesto.«

Wishing you much joy and inspiration in exploring your own female treasures.

Maitreyi Zuerich 2009

In the Age of Deception

Femininity Today

In the world we are living in, things are not the way they appear. For a few euros, a bit of sex, or a better reputation people cheat, manipulate, and deceive each other. Especially our politicians, the ultra-rich, popular stars and wannabees, Big Pharma and the weapon industry, and many more are playing by their own rules, with the blessing of the Pope or the mullahs and support from other members of their brotherhoods. Women want to be seen, loved, and taken care off, so to attract those men they sprinkle artificial pheromones around their bodies, enlarge their breasts and buttocks, inject Botox, and take stimulants or downers to alter their moods. Fake packages are the agenda and are common in all areas of life. We got used to the fact that doctors aren't healers and yoga teachers are no longer real yogis, and that celibate priests keep sexually abusing our children – killing children is even on their agenda. At the moment, more and more of these really shocking atrocities surface and luckily a few survivors find the courage to speak up. So, we cannot wipe those crimes under the table. Definitely the time has come for a change.

Also, the fields of esotericism, spirituality, and femininity are being intoxicated, commercially exploited, and abused to such an extent that it is not easy to find orientation in this motley labyrinth of holy promises, especially if you do not know where you want go. Cool gurus, magic healers, exotic shamans and sexy mediums, mega therapists, and charismatic tantric teachers give you that ever-shining, hypnotic smile and offer to show you the way to happiness, success, eternal bliss – and of course to find your sexy soul mate and enormous wealth. In this big jungle of multiple offers, where do you go and whom can you trust? How can you distinguish whether an offer is spiritual, sexual, or commercial? All those offers are so promising and enlightening and the teachers, therapists, or group leaders are so nice that it is difficult to see whether it is true, holy love or just a great big bluff.

It is part of the social game that people present themselves as different from what they really are. We train our abilities to twist, blur, and veil our reality in a most creative and tricky manner, to look good or to look the way we think best suits our image or sells well.

For most people all that exists is what can be perceived by their senses, what they can measure, count, hear, touch, and photograph. The material world

is the only sphere they know and that interests them. But this is changing as people read many books on spirituality and the esoteric and attend seminars. Up to now, actually exploring the hidden Mysteries and the unseen worlds has not been so popular unless you think you can gain personal powers or make a business out of it. Because there is so much misleading information, people are not really aware of what the spiritual path is all about or that often so-called spiritual methods are actually used to prevent people's spiritual growth. Many just meditate and practice without being proper instruction, therefore they don't know the pitfalls that they need to watch out for and don't realize that they are being manipulated and used.

Being constantly flooded by so much information, by so many webinars and posts, we became accustomed to being fed ready-made answers and to decorating ourselves with insights from others. We are so full of the theory of spiritual concepts and knowledge that the desire to go on a personal search has been suffocated at its root, before it even started. People are overfed with countless amounts of knowledge and ancient wisdom. To go on a spiritual search, one needs a deep hunger and longing. If we enter the spiritual path without that hunger, not much will happen. But by meditating and healing with a clear purpose your femininity and your perception will clear up and your psychic powers will unfold naturally. You will develop the ability to look behind the veils; this will help you trust your intuition to prevent being manipulating, abused, and misled.

Courageous Women are Needed

The big secret is, to find the way out of this fake and confusing world, you need to heal and restore your femininity. In other words you need to develop and strengthen your emotional body, which contains all those important abilities. This will empower you and give you the strength to assert yourself against the collective currents and hidden manipulations. Women like you – women who see the urgency to heal and liberate their femininity are needed because a new consciousness has the potential not just to give you more freedom and joy, but to stabilize and harmonize our world, which is obviously moved by some very destructive forces. Women are needed to counteract the madness happening on this planet, by truly nourishing their feminine values within and not just talking about it.

If women unconsciously move in male patterns, they are just support the

present situation. That's why it is really crucial that women wake up and heal their wounded femininity so they can actually live in harmony with the feminine principles and not just dream about it. The world is craving feminine healing and transformation. The age of the feminine has already started. It is time to go deeper to manifest those needed qualities. By healing and liberating your femininity you will be able to see life from a new perspective. You will wake up from your dream and you will be able to see the reality. That's why I am determined to challenge you in learning to distinguish and in preparing yourself well for that journey. I want you to succeed and to be a joyful, responsible woman, able to use your feminine treasures to make a difference. I know you can do it!

Many women find themselves in the same position I did before I started my feminine journey: they are not aware how masculine they are actually functioning. We are so used to a lifestyle that strengthens the masculine and does not support women in unfolding their nature. Femininity has been and still is so heavily manipulated and distorted that we don't recognize it when it knocks at our door. It is crazy how far we have moved away from our feminine roots, and it is shocking that so many women have accepted half-truths, meaninglessness, and mediocrity. Too many women have buried their deepest dreams and desires and cheated themselves throughout life. I want to encourage you to never give up on your ideals and dreams. You can get it if you really want, but you must try, try, and try.

Your Contribution Counts

If you knew how important the role is that you are playing and how precious your contribution is, I am sure you would give it much more attention. Just keep in mind the power one mosquito has if it is locked in with you in your bedroom overnight. Or how one fart can change the atmosphere in a room. Or how the laughter of one person can infect all the others around. On the feminine path, it is not a question of whether others are on the same path. The feminine way is not a mass event or a shared activity.

It is exclusively about the individual steps you are taking from the land of unconsciousness into a new free, happy, and divine Femininity. Even by little, inconspicuous trivialities you can cause something big. You have many more possibilities and more power than you can imagine. Besides the possibility of becoming a mother, being equipped with the ability to give birth to something new – not just on the physical level but also on the spiritual level – means to

carry the potential to give birth to ourselves and to a new higher consciousness. As women, we can change our thinking, our emotions, our patterns, and much more. Changing and healing ourselves means changing the world.

It is not difficult to be a happy, fulfilled, and independent woman. This is part of a woman's nature. However, women have moved so far away from their true natures that this homecoming neither happens spontaneously nor intuitively. But if you focus on it and you really want it, you can get it.

FEMININE WISDOM

The Feminine nature needs feminine ways to unfold her treasures; she cannot unfold her potential by masculine methods nor by moving in masculine patterns.

The world needs sensual, natural, independent women. The new generation brings forth courageous women, who take the risk to go on their feminine adventure and to explore unknown areas within and without. Through my students, I have learned that the feminine path does not work only for me. The feminine treasures are available to all women who are willing to invest the time needed. Also, feminine healing is very crucial for men; it enables them to use their magical wand (their penis) with dignity, love, and respect.

Since the release of my first book, *The Tao for Women*, in 1996 in Germany, much has happened in me and my work and many women have become interested in feminine ways. I would never have dreamed of all the treasures the feminine path has revealed to me. The gate to the Feminine Mysteries has opened. Tremendous powers have continuously streamed into my being over the years and my feminine projects have allowed me to carry it further to complete what I started more than thirty years ago. It is my deep desire to share these precious feminine treasures with you. I am reaching out to touch your feminine soul – frankly, uncensored, and naturally – in the hope that together we will be able to manifest those precious qualities, to stabilize and harmonize a world that is being manipulated by very nasty forces. Let's initiate a profound female reset and manifest our own female vision. We do not need to invoke in a secret area hidden like in the Bohemian Grove, but to celebrate joyously in an open space in the beat of the bohemian groove.

FEMININE WISDOM

*Like all good things on Earth, the feminine path requires sacrifices.
It requires courage, sincerity, and the willingness to completely
surrender yourself to your feminine healing. If you just nip a bit on the
feminine now and then, the gate of the mysteries will remain closed.
This is good so the treasures are well protected.*

Forgotten Feminine ABCs

It often makes me sad to see how women are disconnected from their true nature, their wisdom, and their feminine power. Today the majority don't know what it means to have feminine roots or to be in harmony with the divine Femininity. Most women don't know the language of their blood, nor do they know how to nourish or heal their femininity. They are afraid to feel, because they do not know the art of joyously integrating hurt and negative emotions, the wonder of sexuality, nor their precious feminine treasures. They have neither learned to be alone nor to enjoy silence, nor are they in contact with their mystic home. Women are so busy and engaged in the outside world by socializing and getting involved in other people's business that their insides stay empty, cold, and insecure. They are proud of their masculine qualities and unknowingly banish the feminine from their lives.

Too many women:

- ♥ Have turned their backs on the feminine world.
- ♥ Are abusing their own femininity.
- ♥ Sell their souls and their ideals for money, approval, and commodities.
- ♥ Pretend to be different from the way they really are.
- ♥ Invest their energy, time, and money acquiring a beautiful mask.
- ♥ Are indifferent and apathetic and take the most convenient way.
- ♥ Give up on their visions and values.
- ♥ Are so occupied socializing that they don't have an inner magical life.
- ♥ Block and prevent their feminine growth and therefore stay dependent, underdeveloped, and unconscious.
- ♥ Take their thoughts so seriously that they don't feel anymore.
- ♥ Don't know the secrets of femininity.

- ♥ Have lost the connection with their feminine home.
- ♥ Regularly take sleeping pills or psychotropic drugs – is it because they can't bear themselves?
- ♥ Don't have access to the feminine mystical world and are trapped in the materialistic male world.
- ♥ Advise and guide other women without being rooted themselves in their own spiritual femininity.
- ♥ Stop their Feminine path before they have even really started.
- ♥ Only think they are on the Feminine path, not realizing that it is about making it real, and that this is a totally different dimension.
- ♥ Have become accustomed to hypocrisy, fake spirituality, and fake teachers.

Most women have become used to this unnatural state of being. This is no surprise. Women have a long history of suffering and repression, which cannot be resolved from one day to the next. Still today, too many women and children are being abused, tortured, and even killed. That's why it is so important, that when it comes down to feminine healing and liberation, we all need to give our best. There is no good reason to give up on feminine healing and turn away. We owe this to all other women, and to children who do not have the possibility because their rights have been taken away. Right now, many of us are still in a situation where we have the freedom to heal and liberate ourselves and where we can choose how we want to live. But we cannot take this for granted. There are strong forces, which are working to take away our freedom. Let's focus on our Feminine liberation as long as we have the opportunity to do so.

On the Pyre

Neither society nor religion nor anyone else has a true interest in you becoming a strong, independent, and joyful woman. We tend to forget that it was only a bit over two hundred years ago that in Europe special, unusual, beautiful, and smart women were tortured and killed. And still today this keeps happening. I don't know how many women, together with their cats, ended up on the pyre. The atrocities done to women by the Christians and all the satanic churches have jarred and traumatized the collective feminine soul and have left deep traces. Unfortunately, violence against women is still happening all over the globe.

Not only women but also children and men were victims of the cruel witch hunt that was carried out over a span of four hundred years. These memories have neither been healed nor neutralized. On the unconscious collective level, they are still there and are affecting us all. This is one of the reasons it keeps happening. Those experiences and traumas are being passed on from generation to generation. It is our responsibility now to neutralize those horrible memories within, at the place where they are stored. This is a challenging venture, which needs to be learned and done properly. We need to neutralize those memories.

These wounds are so deep and such unconscious, unprocessed emotions always block our natural development. Emotions, sexuality, and spirituality cannot flow naturally and unfold their true potential. Unconscious fear or even panic, distrust, anger, and similar emotions stored within are preventing us from going to the depths of our being.

To me it is shocking that women all around the globe keep worshiping religious leaders and institutions, knowing these leaders have performed so many atrocities against women and their children. Hurting – or even worse – killing other people, especially children, for »religious reasons« is one of the biggest crimes. (Just a few months back in Belgium, the bodies of hundreds of babies and infants were found buried in the courtyard of an institution run by the church; these were all children from single mothers who were brought there during pregnancy for their delivery. And this is not just a single case!)

But the collective memory does not forget: deep inside women are so scared of spirituality, magic, rituals, and all the areas that relate to these. Therefore, their approach is very superficial and unconscious because they are driven by their fears, which are easily triggered.

I can understand this. Being a woman myself, I know about these hidden fears, aversions, and traumas in connection with spirituality. If you are disconnected from your femininity and your roots where all those memories are stored, you do not feel or realize how much they influence you. That's why women love masculine methods and masculine ways: living in male patterns, we do not get in touch with that accumulated pain. But if we live in male patterns, we remain insecure and dependent. As soon as your femininity is touched, though, those heavy, undefined memories can also be triggered and awakened. This is bound to happen, and it will keep on happening, again and again until we have healed those wounds.

That's why it is so essential that you learn the art of feminine self-healing well, that you are able to deal with this dark heritage in a joyful way in order to

solve it. I had to deal with all these unpleasant parts within myself to heal and liberate my spirituality. And I see it in other women as well. You cannot really go deep by avoiding those areas and emotions. But often those memories are so terrible that they have become frozen or petrified inside a woman. That's why it is so important that you determine the speed of your own healing and that you understand the mechanism behind it. To be able to enjoy feminine healing makes life as a woman much easier. Over time, in the name of religion and occultism, to gain personal power and sexual lust, so much abuse and cruelty have happened. Still today it is happening at large. Actually abuse and violence have come into fashion. This is so sickening and perverted! There is an alarmingly large community out there working very hard on the legalization of perverted sex and of sex with children. They are infiltrating these ideas very subtly in children's books, movies, and advertisements to make people believe that this is the way it should be. In fact, they are just promoting and spreading their wounded, neurotic, and unnatural reality because they never learned how to heal and liberate themselves. Get me right: liberating sexuality is not acting out your traumas and violent fantasies and abusing others. It means deep emotional healing and spiritual liberation, which allows us to experience sexuality on a new, deeper, and fulfilling level and to use it as a magical tool for unfolding our true potential.

These unconscious traumas and wounds need to be healed, so that we as a humanity can move on into to a new dimension. The feminine blood stores the entire drama of our human race, and it needs to be transformed into healing blood now. Our blood needs to be purified on all levels. This needs to be done by every woman on her own. The time has come to end that emotional feminine tragedy. The unconscious feminine cycle has to be broken and renewed from scratch.

Setting Your Priorities

The fact is, for most women turning inward and exploring themselves is not really on their priority list. They are so used to focusing on their children, their relations, their love, gossiping, socializing, and entertainment. They run for approval, for power, for money, for sex, and so on. Femininity as such is not a real issue that interests them or that they want to go for. To be able to give birth to a new Femininity, a conscious decision needs to be made. Otherwise, you do not have a real chance to withdraw from the constant suction of the

collective, and to walk your individual path into freedom. Having the opportunity to do this is new to women. Therefore, we all need to be a little patient with ourselves. At the moment, our freedom is at risk and if women just keep trotting along and adjusting as they have learned, this opportunity will be gone. Women have the power to change everything, and we are so many. It is up to you now to take on that needed challenge.

FEMININE WISDOM

The pattern of »liberating your femininity« is not installed in women yet, because women have not done it before. Take your time and first give it some thought before you start your journey. But then go for it!

Women have the habit of being motivated for change and healing themselves or wanting to become »spiritual« mostly out of suffering whenever something has gone wrong in their lives or if things are not the way they like or want them to be. This happens when they are heartbroken, or they feel lonely or unattractive, or it would benefit their work or improve their relationship or save their marriage, or they might look better or make more money. I don't know how many women I have met who declared themselves as »true spiritual seekers« and, as soon as they fell in love, that was the abrupt end of their search and their spiritual practice. At least temporarily they have found God in a man or in another woman. Women know how it feels to be wanting a relationship. To get a partner they are ready to invest a lot. The same intensity and the same desire is needed for your feminine liberation and your spiritual search. There is no need to choose between the two. Meditation, sexuality, and love need to be united; hand in hand they support each other to grow. Solena, a girlfriend of mine, once put it very nicely: »Women who are good and happy meditators simply are the better lovers.«

There are also many women out there who have gone through hell who really want to find ways to heal their profound wounds. Carrying the patterns and story of an unhealed abuse inside can attract therapists who will take advantage of you again. Feminine self-healing is the safest way to step out of being a victim by going your own healing way.

Being on the feminine path does not mean to either love or meditate, but rather to love as well as meditate, and to love meditation as well the art of

turning love into a meditation. Women who enjoy silence and who are able to let go and dive into a deep state of meditation have a greater chance of experiencing profound moments through sex and love, than do superficial women who have not learned to enjoy turning inward, relaxing, and enjoying stillness.

On the path to a new Femininity, relationships are important. But first and foremost it is about the relationship with yourself: you can rely on yourself and become your own best friend. It is also about your relationship to the inner world. Whether a woman is at the same time in a romantic relationship has no importance. I am not saying relationships and love affairs aren't important. But a relationship should never keep you from following your own spiritual path. By adding spirituality into your life, you also give your relationships a chance to move into a new dimension, even if your partner is not interested in this at all. There is no need to be a missionary: allow the spark to jump over to others very naturally. If they are ready, they will get it. If not, at this point they obviously need other experiences to grow.

In our society at least women can get a good education and make a career. More and more women use that chance as men do, and are thriving in achieving power. Gaining male power seems a very seductive, effective, and fast way of empowerment, much faster than healing feminine wounds. That's why many women choose to follow the trail of power, and often by even selling their souls. Frequently, only many years later, they realize that the price they paid was very high. The male path makes women calculating, ambitious, and dominant. Their lives are ruled by their minds, not by their hearts or intuition. In the business world this approach seems to work very well, but it does not lead women to the depth of their being, to the inner place where miracles can happen. In the long run it makes women empty and frustrated. They can reach power and make lots of money, but this does not make their lives happy and joyful.

Unfortunately, there are always dominant, »masculine« women who push themselves up front and set the tone. Over the past years these women have also discovered the feminine in their own way, not to heal and liberate themselves, but as a business concept. It has become very popular for women to offer therapies, coaching, seminars, or products for »healing femininity« without actually knowing their own femininity. But they are good businesswomen. Do not let yourself be impressed by others. Don't forget: we are living in an age of deception, where things are different from what they appear to be on the outside. That is the reason why I emphasize a new femininity. It is important to step out of all these habits and patterns to make space for the new.

FEMININE WISDOM

The Feminine path is not about passing on ideas, concepts, or dreams; it is about inspiring each other to go to the depths of our being to explore new places and spaces to give birth to something new and unexpected.

Wounded

Throughout this book, I will be talking about feminine injuries and wounds. Let me explain what I mean by this: As I mentioned before, the centuries – or probably even more of suppression and abuse of women have left their traces. Now, some of us may have more rights and the ability to live more freely, but still today so many women and children are being trafficked, abused, and even murdered. These collective wounds grow deeper and deeper. I regard feminine wounds as a state of unconsciousness, which all women carry within. Those physical, emotional, and spiritual wounds affect all of us and, as long as we do not recognize and neutralize them, they will diminish our quality of life. They can manifest in so many ways, and they create so many behavioral and emotional patterns. There is a huge range of unconscious parts in us, which keep us from experiencing life in its fullness and from realizing our individual potential. The limited, wounded state will last until you consciously free and heal the locked-up feminine parts and they have been processed and integrated.

Femininity is a complex affair because it happens on different levels. It is, on the one hand, concerned with the inner state, with how you feel inside yourself, and how deeply you have healed and liberated your feminine parts. On the other hand, it depends on your physical and hormonal states and on the degree of your sensitivity.

The Ocean of Femininity

Femininity is like a vast ocean from which countless beings emerge that we call women. Venus is one of our feminine archetypes who represents this phenomenon. She is also called »Venus, born from the seafoam.« Botticelli's well-known painting of her presents our Genesis, her coming out of a seashell very beautifully. The huge collection of experiences ever made by women is called

the feminine collective. A major part of our human conditionings and imprints originates there. For example, all the pain and agony women have gone through over time is stored there. The collective is the memory of humanity. Women all over the globe are passing those unconscious and unprocessed memories on from one generation to the next through the womb and via the blood. That's why a reset and a new start is needed – not to be ruled by the old, but to find new ways.

Not only negativity is stored in the collective. Also, all spiritual experiences, the archetypes of the feminine gods and the entire FEMININE WISDOMS are buried in this unseen reality. Besides that often painful unconsciousness there is another sphere, the so-called superconsciousness. One of the important goals of spiritual work is to get in contact with the superconsciousness, to get access to the universal wisdoms and to enter a higher reality. Becoming aware of your unconscious personal parts and learning to assert yourself against the underlying powers of the collective will expand your personal consciousness. But the gate to those two different realities is a different one.

FEMININE WISDOM

You don't get in contact with the superconsciousness by entering and working on the unconscious level. It is about joining up the unconscious with a superconsciousness.

Every single woman is connected to the collective primal mass by something like an umbilical cord. No matter what, we are connected to that unconscious reality, and this is like a constant pull, either slight or strong. That's why people love to be unconscious. Giving in feels so cozy and warm, because this unconscious space is familiar; it is the reality we all come from, and we all know it. Don't mix these spaces up with feminine healing. Taking a bath in the cozy collective ocean can feel very powerful, but tapping into the collective is not the healing we are talking about here. Rather, this will reinforce the old blurry and emotional femininity. I have noticed that often, when women talk about feminine healing, they use the term »female power.« It is easy to get in touch with the female power, but this strengthens the old patterns and will not lead into a new liberated femininity. First, we need to unfold a higher consciousness and only then tap into our strength. If you just energize yourself to get power, that power will feed and enhance all your old patterns without you realizing that this is happening.

The feminine path we talk about here will lead you into a new consciousness; this is a totally different area. For this to happen we need to get in touch with the higher consciousness and to learn to prevail against this pull of the collective, and not to drown and be swept away in the unconsciousness.

Every moment you can participate in global feminine healing, simply by diving into this depth and hooking up with a higher consciousness and with love. As long as you are not consciously rooted in your femininity, you have no real chance of liberating yourself or others from this unconscious swamp. Due to the unconscious collective panic, which lies dormant in the deepest abyss in all of us, women are avoiding the feminine depth, the place where also the feminine treasures are hidden. To get in contact with this unconscious feminine pain and to avoid drowning in this inner emotional swamp, women change over to the masculine camp. But as long as we are living in masculine patterns, we can only temporarily avoid getting in contact with this Feminine Mystery.

For many women, living in masculine patterns is a survival strategy. In this way you can temporarily avoid getting in touch with your wounded femininity, but the unconscious feminine parts are like bombs ticking inside every woman. They are waiting to be dismantled by you. Until you have taken care of them in the right fashion, they will come up again and again, and always at a most inconvenient moment. Life for many women is a constant diversionary maneuver, trying to escape the old feminine tragedy by all available means.

When I talk about feminine injuries, I am referring to these collective wounds that are usually accompanied and enforced by corresponding personal wounds. They are always pulling us into an unconscious state. »Unconscious« means that you have dissociated and cut yourself off from certain parts within you. As long as this is done unconsciously, there is no chance to change anything about those parts. The unconscious parts are still active and rule your life without being noticed. This makes feminine healing work very tricky, because we do not realize when we are ruled by our unconsciousness.

FEMININE WISDOM

Basically, women need to be taught to meditate and to be trained to get in contact with a higher level, so they will be able to influence their feminine reality. To be able to see, we need to light the flame of the higher consciousness that will bring light into the darkness of womanhood.

In The Age of The Big Deception

There is enough evidence that very highly spiritually developed civilizations have existed on our planet. There are also clear signs that our civilization is now cut off from these qualities and consistently pursues different minor goals. In ancient Egypt as well as in India clairvoyants and initiates predicted there would come a long period of darkness, when people would be cut off from truth and spirituality. The Indians called it Kali Durga. This is a time of spiritual decline where people are ruled by materialistic desires and are moved by egoism, selfishness, and evil forces. They called that time »the age of the big deception.« It doesn't take psychic abilities to see that today we find ourselves in the middle of such a destructive and confusing time, where things are different from the way they are presented and appear to you. Watch out! People are part of this and present themselves differently from what they really are, so it is not so easy to see their agenda and their true intentions behind their actions.

Be aware of philanthropists and nonprofit organizations that often have a hidden agenda to which not even the employees are privy. It is not really smart to believe the »well-meant« nice talk of others and to obey them, because you do not know why they are telling you certain things. Most likely it is not for your benefit, but for their own. The coronavirus situation is the best sample for this. To see how easily people are being manipulated with obviously false and misleading information is very shocking. That's why the wise ones keep saying that learning to distinguish is one of the most important skills to learn well. It will help us to wake up from that deep state of being deceived. Maybe this is the big awakening, to see how we have been deceived and how fake and unreal is the reality in which we believe. We are living in a very significant time, which is very crucial for the development of humanity. So, let's stand up for our values for the truth and the manifestation of a new liberated Femininity.

Living in such a confusing time makes life very tricky and full of misunderstandings since not everybody on this planet is on the same mission or has the same vision. In an age of deception and materialism it is all about having and getting money and more power. To get that, people learn to fake, to cheat, to deceive, and manipulate. In times like these, truthfulness and honesty are not very popular. For people living on the dark side, truth and love mean nothing. For them these are just weaknesses. For them being evil, cruel, and manipula-

tive are signs of strength and independence. I know this is hard to digest. But there are all kinds of people out there. I just want to make sure that you start to develop a sensor so you will be safe.

Yet truthfulness is the main nourishment for spiritual growth. There is nothing wrong with pursuing material goals as long as you are clear about that and are aware of all the manipulation going on at this level. There are some really clever and tricky salespeople around. They are well trained to get people's money and their souls and they are able to influence your thoughts. The skills of advertisement, public relations, and propaganda are extremely advanced. Eye-catching glossy brochures and impressive websites are a mild version of this. In advertising, symbols and other technologies are used deliberately to influence people on a subconscious level and at higher energy levels. Salespeople are being trained in methods such as neurolinguistic programming (NLP). They learn to influence indecisive customers subtly to reach their sales targets.

At first, I was shocked when I realized how many people achieve their goals by using magic or other powerful methods of manipulation. Even our world leaders perform magical rituals. Every year they gather in a place called Bohemian Grove to perform big rituals where they invoke entities and demons. You might think my claim of their gaining and maintaining power in the areas of spirituality, religion, economy, and politics and the methods of mass manipulation they are using is just a weird figment. Sometimes I wish I could ignore this reality as well. But there are too many people – mostly men – highly skilled in magic, who are performing mutual rituals to imprint humanity with their plans and their agenda. On the other hand, there are women performing their rituals and cacao ceremonies in such a dilettantish and naive way, often not realizing that their impact is promoting just the opposite of what they intended because they have not been trained and lack the know-how to counteract those powerful, often abusive forces.

The less you have developed your own individuality, the more easily you will become a victim of manipulation, the more you are ruled by collective powers, and the more you are at risk of being imprinted with ideas and emotions. (Development of the personality is never a substitute for the development of individuality; throughout this book you will hear more about this important subject and learn to distinguish these two from each other).

Lifting the Veils

Each of us is responsible for lifting the veils to see the hidden reality behind them, for gaining access to the lost spiritual values and qualities. Many women know – or at least suspect – that there is something else more than what they can see (of course this is also the case for men) and they start their search. During the age of deception this is not an easy undertaking. In this maze of endless possibilities, it is a complex task to identify the seductive and corrupt power structures and the convenient half-truths without and within and to have the courage to be truthful.

The areas of sexuality, therapy, esotericism, and »femininity« are just as infiltrated by disguised intentions and manipulative practices as are the business world, politics, and churches. Esoteric and women's groups and others are often not used to awaken people, but to put them in a dreamlike state. I know this all sounds a bit strange and shocking, but this is what the time of deception is all about. And we really need to wake up *now!* It is especially confusing to see this happening in the areas of religion and therapy because here one does not expect them. This is a reason why people need to be trained properly in this field, because it is so easy to be misled. People who have not learned to look behind their own screens and who do not know the weakness of their egos will not realize these manipulative mechanisms. The areas of counseling, therapy, spirituality, and religion are especially delicate. When you reach out for help, you already feel insecure, and your helplessness and hopes blur your perception. That's why it is so helpful and necessary for you to know feminine self-healing well to set yourself free.

Through their inanimate feminine parts women are especially vulnerable and are easily misled and exploited. Out of fear and insecurity they willingly let themselves be seduced and deceived by any caring and charming great teacher, understanding helper, charismatic authority, or nice helpful women. Looking behind these veils to see the motor of your doing is part of the feminine adventure and female awakening.

Trust Your Feelings

Not trusting your own feelings can have serious consequences. Remember the Austrian woman, Rosemarie Fritzl? For more than twenty years her husband imprisoned his own daughter in the basement of their house and raped her

countless times. While she was down there, she gave birth to several children. Had Rosemarie learned to trust her intuition, something like this could not have happened. Too many women are emotionally insecure and filled with unconscious fears, hate, and despair so that their intuition is out of order, and they are not able to protect their children as they deserve, especially in abusive situations. You may be familiar with the grooming technique used by child abusers to gain the trust of a child and that of their mothers and fathers. If you are not familiar with this behavior, look it up so that you will recognize it when you and your child are exposed to it.

Not all women have the same resources and capacity to free themselves. Therefore, women who have the necessary prerequisites need to go for it for we are all interconnected through the great feminine ocean. When you dare to free yourself, it may be that because of your efforts a woman who is lonely and suffering somewhere suddenly has the strength to change something within herself and her life.

Just today I was reading an article about ten-year-old Nojoud Ali from Yemen. A few years ago, her father forced her to marry a man who was twenty years older than she and who raped and abused her. This little girl fought all by herself against a form of society which she considered unjust. One morning, instead of going shopping, she took the bus into town, went to see a lawyer, and told him she wanted to get divorced. And she went through with it. She is a true hero who bolsters other girls. It is motivating that more and more women dare to break free from existing structures and forms. Still too many young girls are forced to marry older men and there are many groups who work to legalize pedophilia. Our children need to be protected, not exploited.

Sexual Intelligence is Missing

I don't know about you, but when it comes down to sex, I find our society very pathetic. The way people at large are living their sexuality – the enormous amount of hard-core and often illegal pornography consumed all over the globe, all the child trafficking happening every day, the number of rapes and all those bizarre sexual practices to which people are drawn – is not only miserable and unnatural but also is extremely harmful to many. The worst part is that we are getting used to it. To me, the most disturbing aspect of this is that perversion has become the new normal as more and more people are sucked into this very toxic and destructive sexual behavior.

Sexuality is the foundation of our lives and the direct access to the collective. It not only reflects the inner state of every individual but it is also the barometer for our society. Also, the thoughts, fantasies, and fears around it as well as the ways we perform sexually have a major impact on our lives and contribute to our reality. All that crap dished up to us daily by the internet speaks for itself. My book on female sexuality deals with all this in more detail.

Okay, we can turn away and say: It's the others, the evil ones, the perverts, or the criminals or those who are frustrated. Commonly men are blamed for this sexual development. Or society may be the scapegoat and be made responsible for the sexual reality we live in. Such a perspective may give you the idea that you are not part of this, but you are. We are all in this together. The fact is, most people do not have the resources or the intelligence to participate in the big project of healing sexuality on a very deep level. For many women the sexual reality has become so incomprehensible and so difficult to deal with that often the only way to cope with it is by turning away. But the more we turn away, the more it gets out of control.

The high speed with which sexual violence and disrespect are spreading around the globe is seriously alarming to me. We need to be aware that destructive sexual behavior or negative sexual experiences have a deep impact on an individual level as well as on the development of our humanity.

Imagine the feelings of a woman or a child who is being raped: absolutely horrifying! And imagine there are people who, on top of that, record such acts and have no scruples marketing this. And others pay to watch such cruelty and get sexually turned on by it. This is all beyond words. But it is happening every day to so many innocent beings and they are being wounded forever. And others get sexually turned on by torturing and killing children! How deep have we fallen? I mention all this just to show you how important it is that you don't turn away, but start to heal yourself in order to heal the world.

With everyone who uses such an atrocity as a sexual stimulant, as well as everyone who suffers vicariously, the pain gets engraved deeper and deeper into the collective memory of humankind. This means that this reality grows within each of us. How can we help or stop that, without drowning and getting sucked into this collective pain? That's what this Feminine Mystery work is all about: it is a founded training that will help you to cope with your own feminine reality and eventually to develop solid roots which enable you to expand your spiritual healing work on a deeper level and affect the big feminine ocean. But, as I said, it is tricky and needs to be learned well so that it actually will be beneficial and healing.

The less our individuality is developed – and individuality is not the same as the personality – the easier we are ruled and manipulated by the collective. Because so few people really know how to nourish and grow their individuality and spirituality, we have many sheep and fellow travelers. When it comes to sex, it is alarming to see how people are unable to resist toxic fantasies and do not even resist illegal or harmful activities. Just start to observe your own thoughts; then you may realize that suddenly there are strange thoughts in your head and you wonder where they are coming from. It is a lot easier to watch it in others. Suddenly there is a trend, and many people start doing the same thing.

Fantasies and visualization, when empowered by sexual energy and emotions as happens when people masturbate, for example, are thoughts that will grow into thought-forms and become very powerful.

If you are suddenly flooded by a certain idea, a violent sexual fantasy, or a weird day dream, the cause could be a very strong sexual fantasy, which has already been established in the minds of many other people. These thought-forms, as we call such creations, have become so powerful that an untrained individual cannot recognize them as such, nor can they neutralize them or even push them away.

A woman I know kept having a very weird sexual dream. She had been trained in our school for many years. So, she knows herself, she knows her shadow sides fairly well, and she knows how to deal with phenomena like this – but in this case nothing worked. Then she found out that the house next to hers was a brothel where clients were received mostly during the night.

Sex and sexual fantasies are so powerful, and they can influence our reality.

If many people all over the globe use the same fantasy as an image for masturbation, charging up that fantasy with their life force, then those thought-forms become very powerful creations. They become so strong that they can survive the moment and can affect and infiltrate other people again. This then may cause anxiety or nightmares in a nearby woman or a child. It is also possible that people suddenly find themselves being other-directed and notice thoughts or feelings that have very little to do with themselves, just by picking up one of those powerful thought-forms. Strong thought-forms are the base for manifestation. That's why sexual magic is performed in occult groups, to empower their work and manifest their intent and agenda.

Sexual fantasies are so strong that they build the emotional reality on our planet. I hope you see now how important it is to develop and heal your femininity, to have the strength to face reality. But go slow in this. I can understand

if women refuse to look deeper. Without my self-healing skills, I would never have been able to face reality and look at those dark sides of humanity yet still feel happy and creative. That's why I keep emphasizing the learning of feminine self-healing. To deal with reality you will need it.

Let's Face It!

Having worked as a sexual consultant and psychiatric nurse for many years, and having worked with prisoners, I am of course more sensitized than others to the various facets of sexuality and perversion. A famous prostitute once said in an interview: »If the wives of my clients knew all the things husbands want from me, they would be very grateful that we exist.«

The sexual reality in which we are all living is more complex and much more severe than it appears on first sight. This is the bad news. The good news is that you can make a difference by healing and developing your femininity through healing and neutralizing destructive patterns, fantasies, and acts on the personal level as well as on the collective level.

The new spiritual feminism does not focus on changing others. The new woman and the new man first of all dissolve their own patterns within; they heal their own emotions and liberate their own sexuality and spirituality. This is the most effective global healing there is. On our website you will find more information and instruction on global healing.

By the time you are strongly rooted in your new spiritual Femininity and you have received the necessary training to work on higher levels, you will be in the position to consciously influence collective conditionings. But at every stage we have good possibilities we can apply.

Real Woman's Power

Women are driven from a deep desire to fight and eliminate negativity, suffering, and evil powers. There are and have been different levels and methods to do this. Some time ago, when a gruesome war was raging somewhere in the world, where I was living people hung small, colorful peace flags outside their windows. Women lit candles and many people all over the world met for world peace meditation. At the same time there was a beautiful exhibition in Zurich showing Indian goddesses. Some were wild and terrifying ladies, whose

intention it was or is to protect humanity. Goddesses like Durga or Kali – these powerful, armed, terrifying creatures – fight evil by all possible means. This is the so-called dark, hidden aspect of Femininity, the strength of the Black Madonna, the power of black Isis. These are primal forces, which are buried in the depths of every woman. These powers are unconscious, and women need to learn to use these merciless and harrowing feminine swords in a healing manner. They are a part of Femininity. These powers are needed to liberate our spirituality.

In an unconscious state of femininity these powers can be very harmful. They should never be used to reach selfish, egoistic goals like aiming for power, getting rich, or putting a spell on somebody. But that can very easily happen when people start to work on their sexual energy with methods like sexual yoga or Taoist practices, modern Tantra, or sexual magic without having a foundation in spiritual training. Then the unconscious parts are strengthened and will slowly take on the lead. These techniques are for real spiritual seekers; in others this can be very tricky. Women especially are prone to aim for power without being really interested in a spiritual search and spiritual practices. Since women at large are not used to meditating or to following a long-term inner training, working on their sexual energy is always a risk. Dealing with highly unconscious energies is a skill that needs to be learned in ways that do not harm you.

There is a huge power lying dormant in every woman and waiting to be freed and used. Women have the power to change the sexual reality and much more. We are the ones who can do this, but this liberation needs to start deep within ourselves. As long as you turn away from your own shadows and from unpleasant situations instead of focusing on your own healing, as long as you put all your energy into changing your husband, your children, or healing others, our reality will never change. It is about your own liberation. For you – this I can promise – it will be the most powerful thing ever. *If not you and I now, then who and when?*

The Aim of this Book

With this book I to clear unrealistic fantasies and confusing ideas revolving around spirituality and femininity. I would like to motivate you for your feminine liberation and to prepare you well for this exciting journey. I want to show you how easy feminine healing is and how the feminine potential naturally

develops as soon as you start to walk your own feminine path. I would like to inspire you to free your femininity from blockades and misunderstandings so that it can grow naturally and to sensitize and encourage you not to settle in comfortable half-truths, but to start on your own path exploring the hidden treasures within. I want to point out misunderstandings and signs of abuse in dealing with femininity, which have been established over the past years in the areas of therapy, counseling, and esotericism. We do not want to get in touch with femininity just to celebrate unconsciousness, coziness, and old traditions. Now is the time to take it further, to free yourself from old habits, conditionings and traditions to be able to give birth to a new conscious Femininity. That's what the world needs now, and it is up in the air how much time we have left.

The Art of Distinguishing

During this age of deception, we need to learn to distinguish the real from the unreal, the feminine from the masculine, and much more. The Feminine Mystery-Training includes a sensitivity training to increase and alert your perception. I want to invite you to investigate your own reality. It is a process that will confront you with your own boundaries and shadows; by leaving your comfort zone you will probably discover unexpected treasures. I would love to motivate you to a deeper understanding of the feminine principle and the foundation of feminine self-healing so you will recognize when others want to push and manipulate you into a different direction. From a social and economic point of view, there is no interest in seeing that you or any other woman becomes independent and happy. A world in which people predominantly pursue selfish material goals needs people who put their effort into finding ways to step out of this limited lifestyle and reach for new dimensions.

Copycats, hypocrites, and materially oriented women have neither the prerequisites to free their femininity nor the ability to guide other women into a new mystic womanhood. We have to look carefully under each stone, and to question our own patterns, our own reality, and our social behavior to make space for something new. The cards of your feminine reality need to be reshuffled according to the truth for a real reset according to your own plan. If you do not have your own plan and vision, others will impose their agenda on you. The reset should be an expansion of your own consciousness, not somebody else's plan that will be forced on you.

FEMININE WISDOM

The rehabilitation and healing of the feminine is a project that concerns us all; through the feminine primal ocean we are all interconnected. Up to now the world has been ruled by old brotherhoods and the ultra-rich who wanted to own the power over the world. It is time for a reset that is initiated by spiritual rebels who promote a new feminine reality led by wisdom and respect!

You need to consciously feel your feminine parts or, in other words, to be rooted in your emotional body, to be able to influence or change it. Even though this is a mutual project, it is necessary that every woman walks her path alone. The female reset is neither a sect nor a community nor a lodge. We are all free beings and will contribute what feels right to us. On the female path, nobody will ever push you or put you under pressure to do certain things. That is the old way and the common way brotherhoods are set up.

Look at our world leaders: many are highly decorated with all those awards and titles from all sorts of important brotherhoods and associations. The leaders look unhappy and unattractive, but they have learned to play their role well to impress people. They are being artificially empowered by their positions, their parties, and their brotherhoods; they have not gone on an inner journey to find their wisdom and peace. Mostly, with a few exceptions, they achieved careers because they were easy to manipulate and were easily handled by a group. About twenty-five years ago (in 1997) back in Cologne at the museum of ethnology, there was a great show called »He and She in Cultural Comparison.« As they always do there, they made a great book for the show with much background information on brotherhoods from all over the world. Seeing that the world is ruled by unions of men was very revealing to me. Since then, I have kept my eye on this. It is very interesting to see the dynamic of such groups. From a few courageous insiders and survivors, we know that those brotherhoods – especially the secret ones – use blackmail and other threats to tie their members to a certain idea or pact. Individually and on their own these members, who are mostly severely traumatized, are weak and insecure, actually real cowards. But the group makes them strong. Unfortunately, these groups are mostly very traditional and not focused on finding new ways. They want a new world order and all-mighty power, but they want to achieve that with new technologies. The female way is to promote

us as new men/women through healing and inner liberation to expand our consciousness by our own effort.

The brotherhoods who still run the world do not focus on emotional healing or liberation work, without which you cannot develop your true individuality and independence. To escape and compensate for their inner emptiness they become very ambitious and push for power and recognition. They do anything – even selling their souls and values – just to be part of and accepted by their supporting groups. There are also many women in this, especially among the younger leaders. None of them has the courage to speak up for the truth. They are ambitious and want to climb up the ladder to achieve a great career. They have never learned to distinguish or to trust their intuition; they are easily impressed by powerful, rich, and famous people. They have never learned and were never encouraged to heal and liberate themselves, especially from their fears and traumas, so that frantic fear remains inside and they stay insecure and are easily manipulated and used.

But today we need real people standing up for their values, people who are not so weak that they are pulled into that old game of deception and manipulation. As we need a new femininity, we need a new masculinity, courageous people who are able to take responsibility to serve the nation, instead of exploiting and deceiving others. We need leaders who care about others, who do not abuse their power by putting pressure on people and spreading panic and fear to oppose their hidden agenda. Organizations like the World Health Organization and others are capable of getting nearly all the countries of the world to participate in a big propaganda, to inject an unknown substance that has not even officially been approved into people's bodies, against a disease for which there was no attempt made to find and develop medical treatments. They spend billions on dubious measures that nobody knows whether they can really increase the health of our population. Everybody who questions their action is declared to be a conspiracy theorist, even if the questioner is a highly skilled scientist and doctor who has been working in virology for a long time. Every critic is put down as fake news and, in some areas, even declared to be a terrorist. These are very powerful organizations and institutions that can do all that. One should expect them to have the power as well to stop wars, stop hunger, slavery, and genocide on this planet, because these have definitely been going on for too long.

Our world leaders don't want to change that; they cannot change it because that's all they know. That's what the traditional brotherhoods have been doing

down the ages and the young leaders are trained and manipulated in this same old direction to maintain their agenda. Keeping up the old power game is all they are capable of doing, because they do not have other experiences; they do not know what liberation and personal freedom feel like. They do not know how to feel or how to heal their emotional wounds and traumas and they obviously never experienced the sweetness of spiritual ecstasy. They never had the time to heal and develop their sexuality for it to be the gate to a new dimension.

Female ways are different. We have nothing to hide and there is no need to pretend to be something that we are not. To be yourself brings forth the real strength in you. As we need a new femininity, we urgently need a new masculinity and together we can create the new world in a natural and easy way.

Feminine Liberation

The term feminine liberation also needs to be freed from distorting ideas and images. Many believe feminine liberation is something for women's libbers, feminists, and man-haters or, as they are often dismissively called, »problem children.« Yes, those extroverted fighters who battled like men for women's rights were needed. Women were needed who would sacrifice their femininity to take an effective stand against injustices and the discrimination of women. And that fight still needs to go on because there is still so much to do. Now women who engage in this kind of demanding work no longer need to dedicate their femininity; with feminine self-healing they can keep their inner balance. For feminine liberation, all these steps were and are necessary. On a global scale this liberation is a holistic project, which needs to take place on all levels. Every country and every culture require different moves and actions. Therefore, all forms of liberation have their place. We all know now that this is needed more than ever, only the efforts need to become much more efficient. For this to be achieved, all your contributions need to be rooted in the feminine.

The new spiritual feminism is based on individual feminine healing and liberation; it is not an external fight. At first it is an inner process of transformation to awaken the rebel in you. To think that through external changes the internal will also automatically change would be pretty naive. It sure works the other way around. Now is the time for the fine tuning and for adding the essential missing piece. This is the quality and strength of the new Femininity, and it contains the much-needed power of healing and manifestation.

There are still far too many women who haven't yet realized that times have changed for us and that today we have new possibilities. Trapped in the collective without real questioning, they trod along; they do just what their mothers and all their friends are doing and what they have been taught by society. But there are also those who are aware of this great opportunity and who are looking out for new ways and who want to explore the feminine.

That's why this book emphasizes a new Femininity, which is a path of love and personal liberation. It is important to become aware of the differences between old and new. The path into a new Femininity is a path for rebels and lone fighters who stand up, proud and joyful, for their values. Don't expect applause, admiration, or support from others. As a rebel you do not get that, and you do not need it. You do it because it needs to be done and you feel it. It will give you such deep satisfaction to make your contribution to the big work that we all need to do. You will do it all by yourself without any audience, just in deep communion with the love for life, which gives you the courage to go on. The more women step out of the old and walk in new ways, the easier and more natural it will be for the coming generations.

I know how much strength is needed to liberate femininity from old habits and fetters and how much courage it takes to swim against the stream to reclaim the feminine soul. On each woman, who stands up against the collective conditioning, energetically sticks the weight of all those women who remain in their unconscious conditionings. That's why, at the beginning, the feminine path seems difficult and tough. So much »foreign weight« makes feminine development a bit harder at first. But taking these first steps makes you strong and independent. Feminine liberation – and this is not so well known yet – is always a sensual and joyful process. Once you have taken the first steps and you feel that you can actually do it, it is so much fun and really feels very good. Feminine healing is so easy! Once you have established a solid feminine foundation within, it will become the most natural and rewarding thing in the world.

FEMININE WISDOM

*The feminine path is easy and natural enough to be understood.
Whenever things are complicated or incomprehensible,
this simply means you are not rooted in your femininity,
but are still ruled by male principles.*

We Are All So Different

Over the years, we have trained many women to prepare them for their spiritual adventure. There are quite a few tricks and precious bits of know-how included in this training. The better you are prepared for the journey, the more joyful and rewarding it will be.

I want to be honest with you: this does not work for all women. There are different kinds of women with different lifestyles, different orientations and priorities, and different levels of intelligence. And of course, we all are in a different phase of our personal development. Whether a woman is bisexual, heterosexual, lesbian, or celibate does not play a role here; just keep it natural and easy. If you should ever doubt your sex, stay relaxed, keep things simple, and don't make a head-trip out of it. I know quite a number of people who tried to change their sex by hormones and operations and it is not a good idea. After a sex change operation, they are never able to have a natural, fulfilled sexuality and they can never really unfold their potential. Allow yourself to be yourself and don't force or manipulate your nature. Who you are is such a unique gift! Learn to accept and to love yourself the way you are.

Don't make your life endlessly complicated. One of my best friends was a surgeon, the first here in Switzerland who performed sex changes. He was very famous for that.

Now he is in his mid-eighties. Just a few weeks back we talked, and I asked him if he would still do these kinds of operations today. He said »No way.« Instead, he would help those people to accept their nature. He said none of his former patients ever had a happy, fulfilled life or sex life after their operation. Just keep things natural and easy and be unique. Oops – I got a bit carried away. So, let's go back to the subject.

Every woman needs to heal her feminine parts. There are women who go for it and others that don't. There are a huge number who have no idea that this is possible and that they can do it. I also address this book to those women to inform them. There are also many lazy and ignorant women who just do not like to work and simply don't care, or they are so busy with themselves. Usually, women who do not like to work or don't want to work bumble financially through life. They look for easy short cuts, often ending up as yoga teachers, therapists, or coaches. Mostly they just go for trainings to get certificates or to acquire labels they can use for advertising purposes on their website.

There is a woman I have known for many years who claims to be very spiritual.

She smokes dope and, when she gets her panic attacks, she takes tranquilizers. She loves to socialize and brags about how spiritual she is. She has already quite a collection of certificates. Yesterday she posted her latest achievement. Now she is a certified Tantra teacher. She attended a five-week training to earn it. Five weeks to become Tantra teacher? WOW!! And there are people who are impressed by that!

Many like this run women's circles and groups to make their living. But the feminine needs much more than that. You cannot get it by paying a high fee and attending a five-week seminar. Before leading women into a new Femininity, you need to have reached that place in yourself – not just as an idea or dream, but as a deep, transforming experience.

There are some precious jewels, women who want to get to know themselves and reach out for their true potential, no matter what. These are women who are eager to align their lives with the universal laws and to live in synchronicity with their higher self, women who are willing to lift the veils and to face their reality. Luckily there are many like this; unfortunately, many also have been misled and now read this book feeling fooled and disappointed that they have been moving in the wrong direction. But that's ok, because from this a deep longing arises in you to find your way home. All I can say is: go for it and you will get it if you really want it! You can do it! Feminine self-healing is very magical and can transform unjust or negative experiences into precious female wisdom.

Our Adversaries

At the moment, the feminine healing process is severely blocked. Actually, we are being blocked and repressed from all sides. As I write this, we are still in lockdown that has continued for more than a year now. All restaurants must remain shut down, many shops have closed, and children have started to exhibit severe behavior problems. Each day we are more controlled and repressed by our governments who have this unrealistic idea that they are responsible for our health. But is it really about our health? I do not buy this because in this we are not all getting stronger and healthier, but weaker and more unnatural. Just now, in this very minute, the news came that the European Court of Justice has given the green light to force people to get vaccinated. What's the rush? What is the real so-called »green« agenda? They call it »the big global reset.« Apparently according to the initiators of the World Economic Forum (WEF), their Agenda 21 is already in full swing and is being enforced all over the planet.

Coronavirus is just a tool to initiate all those changes. The rumors say that there is a big attempt to control people and put them back in slavery. Now in this step people are manipulated to give up their own will. Many have already given up and given in, just doing what the government tells them to, without questioning it. To have no rights and to be controlled is definitely not my plan and I don't think women have been fighting for freedom just to become slaves again. This is definitely not our plan, and we have not even been asked. That's why spiritual rebels are needed now. We need to stand up for our values and our rights. There is no excuse left for postponing your own healing and spiritual liberation. It is so important that you really work on your own healing and integration now. Why? Those precious treasures and experiences enrich your soul and by integrating them into your being they will be a fixed part of you that no one can remove.

Focus on your own agenda and on your own plan to initiate your personal reset. With the help of a new Femininity, you will give birth to your own spirituality. Over decades many of us have been experimenting with health issues, healing, and meditation so, of course, we are much more confident than others when it comes to sickness because we have learned to strengthen and heal ourselves. Many of us are trained to take responsibility for our own bodies. Most politicians and average people do not have such precious experiences nor are they meditators. They have not learned how to heal themselves, especially not their emotional bodies. They are in a pretty miserable state and of course they are insecure like this and cannot really make wise decisions. So, it would not be smart to give up your precious values and to take the steps recommended by these insecure people; once these steps are taken, they cannot be reversed that easily.

First of all, we need to recognize our own internal adversaries, the tricks our ego is playing on us to distract us from our spiritual growth. Mostly we prevent our own development unconsciously or even, in the name of femininity, we actively steer ourselves in the opposite direction. This is rarely done deliberately or out of maliciousness, but rather out of a very old habit or from overconfidence. Overconfidence easily grows in women who have never really learned to distinguish male qualities from feminine ones and who, for professional purposes, are working with male techniques and methods that mainly strengthen their ego, their personality, and their income.

To be a woman is such a gift because we are equipped with so many wonderful abilities. We just need to free them and allow them to enrich our lives. But because we have been imprinted by so many false and misleading images

and ideas, a profound personal reset is needed. Since all these images and ideas are stored in the emotional body, feminine healing done the right way is very liberating and naturally initiates a reset.

Because we are imprinted with so many unconscious collective conditionings, those who are not on the path to liberation, who do not know themselves, and who do not meditate on a daily basis will identify with these distorted images and habits without reservation. With this book, I want to create more transparency and to support you in viewing things from a feminine perspective.

So many women now are drawn toward the feminine and circle around the feminine issue in one way or another. Women's groups and circles shoot out of the ground like mushrooms. This is very good: that women start to look for new ways and a better quality of life. Looking more closely, the engagement with femininity is still done in mostly masculine ways, because that is all women know and all we have learned. For example, many attempts to solve feminine problems are addressed on the relationship level, through communication and analysis. It is very common to openly display feminine sexuality in a therapy context; I consider such an approach to be a »masculine« way, which does not match with the feminine nature.

To be able to heal, feminine sexuality needs a protected, intimate, and private inner space. I am aware that therapists and so-called Tantra teachers and many others do not share this view; they operate out of a male perspective, which is also mostly business-oriented. Instead of meditating and liberating themselves they just take on a therapeutic conditioning and therapeutic concepts. The Feminine Mystery work is different; we do not aim for good business; we run for the big miracles. For this we do not just do a little lifting or some counseling sessions, but a profound reset. We need to install a completely new software. A strong, healthy emotional and spiritual body is needed to move on to a new level.

It Is Time for the Next Step

The time has come for the next step. Many are ready for it and would love to make their feminine contribution. They merely lack support and practical know-how and they keep being pulled back by others who do not have the urge to go in a new way. An example of this is a discussion I had just a few days ago with a man who said, »I do not want to change. I just want to have it as it has always been.« There are also Mystery Schools, especially in England, that emphasize

keeping traditions. There are many cults and systems that emphasize keeping traditions. Yoga is one of these, so yoga and feminine liberation (which involves sexuality and emotions) do not support each other. But of course, by adding feminine healing into the yoga classes, teachers of yoga hope to attract more customers. That's why I tell women on the feminine path not to get mixed up with other ways. The feminine needs an entirely open and free space, not tied down or involved in any old systems or traditions.

During the age of deception, differentiating between the real and the unreal is quite tricky, internally as well as externally. We are just at the beginning of a major change. The coronavirus was just the kick-off. Much more will follow as we are about to enter an even more chaotic time. Chaos is always needed first to stir up the old so something new can grow. For this reason, living today is a real challenge and an opportunity. We have been living with suppression, dependencies, and lies for so long that now a reorientation, a reset, is needed. We cannot just put the new over the old. The old must go and make space for the new. The development of a healthy, independent, new Femininity takes time to grow.

Out of old insecurities and habits, women are looking for role models who claim they can do it better and know better than them. Out of respect for yourself, you must throw these ideas overboard. This is all about getting to know yourself and unfolding your own potential, so copying others and doing as they do will not work for you. At first this is certainly unfamiliar to you. But after a while being yourself is such a relief, so relaxing and a lot of fun. No one should obstruct your spiritual and feminine path any longer, telling you what to do and how to do it. But please don't stress yourself. Take the time to come to grips with the subjects of this book, until you understand the feminine laws.

FEMININE WISDOM

Femininity has been relegated to the underground for such a long time that it has become a big stranger. When it knocks at your door it will be unknown to you. You will turn up your nose or feel a slight discomfort.

When the new Femininity knocks at your door, you will realize how intimidated and insecure your own femininity is. We need to learn to open up and love and welcome the new.

Detect Your Masculine Patterns

To become an expert in femininity is like becoming an expert in any other field: The more you get into it, the more you learn about it. The more you explore it, the more you will get to know it and the more comfortable you will be with in it. This is one of the really big feminine secrets! I am sure that had you invested as much time in exploring the Feminine Mysteries and meditation as I have over the last forty-five years, you would be able to write this book yourself.

Being consciously connected with the feminine world gives you a natural, intuitive access to life – an advantage that women who operate in masculine patterns will never have. They can read as many books as they like, they can exercise and train, but Femininity can neither be read up on nor can it be copied or manufactured. The feminine perspective unfolds exclusively through the most intimate and purely feminine experiences. I wish all women would rediscover the gate to this lost mystical world.

Because the world is ruled by male principles, all we see around us is aligned to that. At first you need to realize the masculine ways in which you function. But – a very big but – your masculine mind clings to your well-known masculine qualities and methods by all means and will defend them with all its power. Male ways are lucrative, which makes them very attractive. Male ways are the reality we know, which conveys a feeling of familiarity. Male ways are logical and understandable; they convince the intellect and therefore give themselves authority. Masculine methods strengthen the man in the woman and, because many don't know feminine strength, they are happy about this and proud of it and even think it is their feminine power. In the following chapters, you will be introduced to the different attributes of the masculine and the feminine. I want to sensitize you to the differences that you will learn to distinguish. You need to know for yourself what strengthens your femininity and what weakens it.

Please, don't get me wrong, I don't mean »masculine« as a curse word. I love masculinity, very much so, but not as an attribute or a compensation in a weak, unconscious, and depleted woman. We are all sitting in the same boat and are challenged to throw old patterns overboard. This requires courage. Women have been known for their courage since time immemorial. That's why we are chosen for this huge task. The feminine path works for women because it is individual and unique for every woman and because it supports you to truly be yourself. That's why we need to learn the art of feminine

self-healing – so that we not only know it better, but that we also have the ability to do it better and to manifest new qualities. If we all start to invest in our feminine healing – you in your healing and I in mine – this is already a big (r)evolution.

Polarity

Separate Ways

The natures of a woman and a man are ruled by different energy patterns. Nevertheless, over the past centuries women's sexuality, health, and spirituality have been shaped and ruled by masculine energy patterns. The fact is, today there are no paths available that are aligned with the feminine energy patterns to promote the unfolding of the true feminine potential. But don't worry – this is not the end of the road. In the following chapter I will take you into the world of duality so you can develop a deeper understanding. Get ready to go on a deep quest.

FEMININE WISDOM

*You need to go your own natural, feminine way to find yourself and to unfold your true individuality.
Being unnatural makes you confused and insecure.*

Basics

Water is the ancient symbol for the feminine. We can say that the feminine is ruled by water while the masculine is ruled by fire. Water needs to flow and fire has the urge to expand; thus both need to be channeled properly and kept under control, not to unfold their destructive powers. Just as water continuously flows downward to rest at the lowest point, so healing of the feminine happens inside, in the depth of your being. Femininity is a state of being and not an activity. It needs sensitivity, naturalness, and space to flourish. The more a woman controls and manipulates her energies and emotions, the weaker her femininity gets. The more you operate in masculine patterns, the more you are controlled by them and the stronger your masculine parts will become.

Just because women have a feminine body does not mean they are automatically on a feminine path. Having a fun night out with the girls or being in a group of women practicing yoga or Tao exercises has nothing at all to do with feminine healing. At the moment, we as women must assume that we have moved very far away from our feminine roots. This is not from our own

decision but because women have been imprinted with so many images and clichés, rules, and prohibition. Our rights and dignity have been cropped very disrespectfully, leaving deep traces in us. At this point it is essential to find our strength and our own selves. All this needs to happen within our femininity; this is the part that has been denied and deliberately weakened. It is inevitable that first of all we must look deeper, without any sentimentality or prejudices, into the world of dualities to discover what femininity is all about.

FEMININE WISDOM

*Your femininity does not heal spontaneously or intuitively.
It is necessary for you to make a clear, conscious decision.
You need to create the right conditions within yourself
for your femininity to grow naturally.*

During my work in psychiatric institutions, a few times I had patients who had undergone a procedure for a so-called sex change from being a man into a woman. In their medical file, they had a woman's name. They had breast implants, wore women's clothes, and asked me to have a chat between women. Every morning they got their dose of feminine hormones and the shaver. Each time I entered the room I had to concentrate very hard to address the patient as »Mrs.« instead of »Mr.« To me, they were still men on the emotional level. I couldn't do anything to change this feeling; it stayed. Frequently I have to correct my gay friends when they say »I am so feminine.« A gay man is not really feminine. He might act like it, but he is a man; being feminine for him is just an idea and not a natural state of femininity. The sexuality of gay men is mostly driven by testosterone.

FEMININE WISDOM

*Femininity is not a weaker form of masculinity. A woman, after all,
is a woman and not just a smaller, weaker man.
Putting a gentle, nebulous veil over masculinity does
not make it feminine;
at the most it makes it foggy and blurry.*

Feminine or Masculine

Femininity and masculinity are opposite poles. Femininity has her own quality and identity, which differ fundamentally from masculinity. A feminine path is ruled by feminine energy patterns and it is nourished by feminine roots. Therefore, the first thing for you to take care of is growing yourself a strong, firm feminine foundation; this process starts on the physical level. Likewise, when building a house you need a solid foundation as the base. You don't start building the house by putting up nice curtains or painting the house. A foundation has to be built from scratch. To build a new foundation, old belief systems, ideas, and habits have to be sacrificed and thoroughly removed.

Through the media we are fed and influenced with so many fake images and clichés about how a woman should look and millions of women make themselves up to look like those staged videos and photos. This is not a new liberated femininity, rather it is an artificial one. Real femininity cannot be made, nor will she grow strong by putting up a mask, by training or by exercising, nor is she a reaction that is triggered. She simply is and carries the potential to grow something new inside her very naturally. This is her trademark.

The feminine path is a path of self-discovery and love. One of the main differences from the masculine path is that the feminine is nourished by one's own feminine and spiritual experiences and is not driven by great flashes of insight, genius concepts, or visualizations. This makes the feminine path very real and gives women the chance to implement their visions in a practical way in their everyday lives. Intrinsic feminine experiences enable women to dispose of their old role as a helpless victim. These experiences provide us with the strength to do what has to be done and what we are meant to do. A woman wired in a masculine way cannot allow herself to be authentic and real. She always acts like a business woman or a politician and stages her life. Out of fear of losing herself she tries to keep her life and her surroundings under control. This is very tiring and frustrating.

FEMININE WISDOM

*For the intellect, the feminine is and stays
inconceivable and indescribable.*

Wired in Masculine Patterns

As I already mentioned, simply having a female body does not necessarily mean that women are on their feminine path. A masculine upbringing, a masculine lifestyle, and hobbies that strengthen and promote masculine qualities do not bring out the natural woman in you. Also, energy exercises and meditation practices as they are taught in most established occult and spiritual systems were developed predominantly by men and geared toward male disciples. Naturally these practices have a very different, if not opposite, effect on the sensitive energy system of a woman. A superficial, extroverted, and unnatural lifestyle has caused a kind of energetic reversal within many women, so that many are energetically wired in a masculine pattern and, accordingly, their feminine energy system is in a major state of confusion. In this chapter, we will examine the polarities a bit deeper. Distinguishing between masculine and feminine is an important prerequisite for you to find your way back home into your feminine homeland. You might think now that you already know. I am sure you know a lot, but give yourself the chance to go deeper, to not just know, but to integrate your insights so they transform your life.

The Miraculous Feminine Potential

As a woman, you can receive sperms. If one of them makes the run, it can initiate a pregnancy; the rest will happen all by itself. You do not have to manufacture your child cell by cell on your own or engineer it with the help of a business plan or a great modern DNA design. Miracles always happen by themselves. With gratefulness, we may receive these gifts. Feminine growth is subjected to the same laws as a physical pregnancy. We just need to transfer this quality to a higher level. Once you know the feminine principles and you have integrated them into your life you can initiate a spiritual pregnancy to eventually give birth to your new Femininity and your spiritual self.

FEMININE WISDOM

Femininity can neither be activated nor awakened; it simply needs to be nourished and allowed the right space to grow naturally all by itself.

Consequently, it is part of the feminine responsibility to search for new ways that correspond with the feminine principle. In the following pages, we will look at the opposites to investigate what those differences could possibly mean for you in everyday life. It is an attempt to grasp the Feminine as the opposite of the masculine, knowing that Femininity stays ungraspable and indescribable. It does not make sense if you just take on my findings. I want to invite you to check your own life, to find out what kind of adjustments need to be made, and to invite a new femininity into your life. The secret is not to just do this like an exercise, but to invite the feminine to rule your entire life.

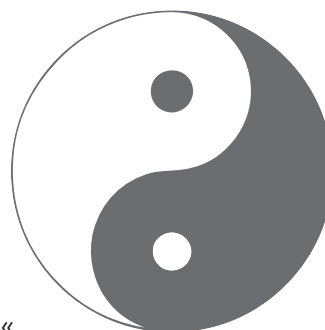
Opposites: Feminine or Masculine?

Strong – Weak

Even if you have seen it a thousand times before, take a closer look at the depicted symbol. On my female journey it was my major guideline. I love this symbol. It contains so much wisdom.

Internationally the term »the weak sex« is a label for women and the term »the strong sex« is used for men. In this context I consider these terms »weak« and »strong« as incomplete. When we use these in the common way, they only describe half of the truth. The yin-yang symbol, as it is called, shows a small dot in the centers of the white and the dark parts. These dots represent the unconscious and the hidden parts. The dark dot in the white is the feminine within the male; it symbolizes the inner sensitivity and vulnerability hidden within the masculine. The darker part of the symbol with the white dot is just the other way around; it represents the inner strength and the treasures that lie hidden within the feminine.

Unconsciousness refers to certain areas and qualities of our being that we are not aware of it and are disconnected from. To get in touch with ourselves we need to meditate and to explore those hidden worlds within. For a woman or a man to get in touch with the spiritual plane, they need to be in tune with their own nature and to learn how to build up the unseen bodies properly. And, yes, meditation is a skill to be learned from scratch. There are different forms of meditation and different types of training. Meditation is always a long-term project.



For men to get in touch with their inner world is a totally different story; they do not find strength and power in meditation as women do but get in touch with their sensitivity and vulnerability. Of course, this is a different approach. But in any case, being natural and authentic is the base of meditation. To build up meditation on a twisted and repressed personality is unhealthy. Beginning to meditate will not make all your problems automatically disappear. When we come to the functions of the different bodies, we will look at this a bit deeper. In any case, the best foundation you can have to unfold your potential as a woman is to be rooted naturally in your femininity and for a man to be rooted in his masculinity. If you are not yourself in the beginning, everything you will add will make your state even worse.

Weakness Turns into Strength

The yin-yang symbol contains the complete signpost for you to get in touch with your hidden self. To find your feminine treasures, you need to dive into the deep unconscious waters of your femininity, until you have reached the lowest point. This point is pure light, clarity, strength – whatever you want to call it. This is the way of the water, which leads women back home into the light, into the highest consciousness. To be able to go to that deepest point within and not to be drawn into the troubled waters, we will first install the tools of self-healing to keep you safe.

FEMININE WISDOM

Femininity equals externally weak and internally strong.

You Need Strength to Explore the Weak

The masculine path works the other way around. The black dot within the white area stands for the dark feminine within the masculine. Tapping into this sphere, which represents unconscious emotions and also vulnerability, is a completely different task from tapping into the masculine within the feminine. These different goals aren't just approached in a slightly different manner; they must be approached in an entirely opposite fashion.

A man needs to be in contact with his masculine power to enter his unconscious inner insecurity and sensitivity. I am deliberately using the word »insecurity,« because this part within a man is conditioned through the unconscious – and in most cases injured – feminine parts of his mother. For men to

cultivate masculine strength, countless methods have been developed in the East and the West. Qigong, Taoist practices, sexual yoga, physical training, magic – actually most methods that are being practiced today – serve to develop this strength within men, strength a man needs before he can even start letting himself into the inner abyss. And, of course, a man needs to choose to go on a spiritual path. As it is in women, if men are getting in touch with their power without being on a spiritual path, without learning to channel and refine their energies, the powers are likely to get out of control as will the ego. In any case, men and women are poled in an opposite way for getting in touch with our true natures. Women need to go in opposite ways that are in tune with the feminine principles.

FEMININE WISDOM

Women living in masculine patterns reverse their polarity, cutting off their access to their inner source and drying out their feminine powers.

Masculine energy patterns make women strong on the outside and weak inside. Over time this makes women weak inside and weak outside – this we call a feminine burnout.

Water – Fire

Water

Water is the road map to femininity. Liquid and fluid, it shows us that our feminine blood, our energies, and feelings have to be in a natural flow. Being in flow gives women a basic feel of womanhood. Femininity does not require manipulation, activation, nor awakening. Like water, femininity is a state of being and not an activity. For feminine healing and transformation to happen, there is no need for constant therapeutic or energetic interference. Femininity has the potential to unfold naturally. The more you stimulate and push it, the more confused your feminine parts will get and the less your treasures will be revealed.

Water has further qualities that are very interesting: Like the primal ocean, it is receptive and stores all kinds of stuff. It stores environmental pollution just as it picks up and absorbs emotions, vibrations, and thoughts. This happens inside of you too, within your water, whether you are aware of it or not. The water can turn into a stinky swamp or become as crystal clear and pure as

possible. The state and quality of your water depend on how you nourish your femininity and how you take care of it and purify it.

FEMININE WISDOM

Through an active, masculine lifestyle, many women don't just vaporize their blood; they also vaporize their femininity.

WHO AM I?

- Reflect on the qualities of water and the meaning it has in your everyday life.
- How does your water feel and what does it store?
- Do you take care and clean your »inner water?«
- What methods for cleaning your water are you familiar with?

Fire

The way of fire is the path of masculinity. Fire blazes up and seeks the highest point. It constantly urges a climax. Fire is extroverted and needs to expand. It is active, moving, and intensive. Many women are addicted to this energetic and fiery way and hoping in vain that the exciting, extroverted, and superficial way of the fire will bring them in contact with their femininity.

FEMININE WISDOM

Women who are ruled by the fire energy need strong feminine roots not to lose themselves or burn out from their intensive soaring and high-energy adventures in flying high.

WHO AM I?

- What is your connection to the quality of fire?
- What's more natural and easier for you, living with your water or with your fire energy?
- Do you know ways to balance fire energy and intense phases of stress and activity in your life?

Inside – Outside

Inside

A woman's sex organ lies protected deep within, where her womb is safely hidden. Every woman carries a wonderful gift within herself: the magical cauldron, which gives her the ability to give birth to something new. Femininity is an inner state. Feminine healing and liberation only happen inside. In practical terms this means that you can grow and heal your femininity regardless of whether you are supported from the outside. From your nature you are an independent, autonomous being who carries the wisdom of the whole world within. That's why it is so worthwhile to heal and liberate your femininity.

FEMININE WISDOM

To relax and rest inside of yourself and to animate your feminine soul are the keys for your growth.

WHO AM I?

- How is your access to the inner level? (I do not mean your thoughts.)
- What's the easiest way for you to enter?
- What do you do to deepen your inner journey?
- In which moments do you most enjoy your inner world?

Outside

A man's sexual organs are in a different location. They are reversed and are on the outside where they live an extroverted, more exposed life. They are constantly on the go and focused on finding a shelter somewhere, on gaining approval, or on finding some great excitement to feel alive. This is a totally different starting point. Masculinity is extroverted and always connected with some kind of dependency. It is amazing, for example, how much money men spend on sexual aids. Of course, women also spend money for their sexual toys, but they spend far less. This could give the impression that masculinity is always searching for the missing peace. The male principle is extroverted; a sexuality ruled by the male principle is outgoing and extroverted. In my work as a sexologist, I saw that for sexual healing men need to relate; they need somebody else. Women, on the contrary, need to heal themselves on their own. Although they tend to hand over that responsibility to their partners or therapists, this is just an old habit.

A social- and relation-oriented life is an extroverted life. The lives of many women are too outgoing and extroverted to support feminine and sexual healing. Because of this, these women remain cut off from their inner treasures and true power.

FEMININE WISDOM

It is not forbidden to live an overly active, extroverted, and superficial life (as long as it fits with the coronavirus restrictions). But you should know what effect it has on you. It will increase the male qualities in you and move your feminine treasures out of reach.

WHO AM I?

- Are you a woman who is more introverted or more extroverted?
- Do you spend more time being social or being by yourself?
- Are you capable of keeping the two areas in balance?
- Does it work for you?

Depths – Peaks

Depths

Water always flows down, searching for the deepest point to rest there and regain strength. As a woman, you need to retreat and go really deeper to empower your femininity. The feminine path is like a depth expedition. All the feminine treasures are hidden in your own depth, covered up by emotions and ideas that are actually a lot of garbage. Also, your feminine sexuality originates from the depths. It is interesting that many women measure the quality of their lives and of their love lives according to the depth of their experience. Significantly a tantric orgasm is called a »valley orgasm.« It does not climax out of the excitement; it is rather an infinite melting in the deepest valley of relaxation.

Countless women are dreaming of the ideal of a deep relationship with their soul partner.

If you are longing for a deep relationship with deep feelings, it is your responsibility to let those qualities flow into your relations. If you are cut off from your feelings, probably you just want to protect yourself; you need to take care

of this yourself to get ready for deep love. Repressed emotions always block your way to your depth. No one can solve this but you. You have the power to change that; you can heal it and free your trapped emotions, opening the way to the depths.

Women have learned many ways to avoid their inner tragedy and to compensate or replace their missing depth and ability to feel. For example, female hormones – also called the »feeling good« hormones – can temporarily put you into a state of sensuality, which is sometimes misinterpreted as feelings. It is very common to confuse stirred up emotions, like jealousy and possessiveness, with love. Some have learned to substitute sentimentality or emotionality for love. Women enjoy reading romantic novels or watching movies or soaps that give them goosebumps and tears. Let's not forget our drama queens, who are continuously stirred up emotionally and caught up in their dramas. You may have a girlfriend like this and wonder why she does not really want to let go of her dramas but continues to create them. Usually, drama queens do not feel themselves; they are cut off from their feelings. By creating dramas, they stir up emotions and this gives them a sense of feeling themselves and fills up their inner emptiness.

There are also women who carry the lifelong pain of a lost love within their hearts. A woman I know lost her one-month-old baby more than forty years ago. No doubt this was a big shock and very sad. Still today she is often in deep grief about it and shares her sadness on social media. She definitely does not want to let go of that pain; she justifies her emotions by declaring that the pain is still there because her love for her little girl is so big and always will be. If you really love somebody, you send them your love and not your sadness and your grief. These should not be mixed up.

Others have a piece of music or an unfulfilled love, which triggers that pain; their silent suffering gives them a deeper sensation.

FEMININE WISDOM

*Reaching the depths is never an intellectual activity;
it is a vivid experience.*

WHO AM I?

- How deep is your capacity to feel?
- Are you happy with the way it is, or do you wish to go deeper?
- What is the easiest way for you to reach a deep state?

- Do you use triggers to reach it?
- What could help you to deepen that state?
- What is the value of depths in your life?
- How important are depths in your relationship?
- What is the value of depths in your sexuality?

Peaks

Female strength rises from the depths; male power unfolds by striving toward the peak. People who are ruled by the male principle are unremittingly striving from one climax to the next. This can be achieved through sex, but also through money and sports. For example, power games can create a climactic feeling. Pedophiles always have, among other issues, a problem of weaknesses and self-esteem; using and abusing children makes them feel strong. Of course, this is also the case when a man abuses a woman or a mother abuses her child.

Go visit the stock market and you will see what I mean. This is not just about money; it is much more than that. It appears to be about life and death: to be or not to be.

One of my neighbors, a musician, explained male behavior to me very clearly. He is one of those attractive, charming womanizers. He needs women and sex for his self-esteem. This type of man is very common in cities. In the many years I have known my neighbor, he has usually had a girlfriend or a lover. But it's not just that, as he revealed to me. He also always has a couple of girls »on the grill.« When he first he told me, I did not understand what he meant. He explained that this is a saying among men: to keep women in a nonbinding way or »warm,« in case something goes wrong with the present woman because one never knows. In a man's world, simply knowing one could have a woman is already a little peak, especially for men who are continuously being put down by their mothers, wives, or girlfriends.

There are countless possibilities for experiencing a breathtaking climax. For a hunter, it may be shooting a deer. I live in a small mountain village where shooting a Capricorn deer is the peak of a hunter's career. For someone else, the peak may be winning an eBay auction or a ticket for the world championship final. And let's not forget, of course, cars: showing off in a Porsche or a Lamborghini is for some boys the supreme masculine empowerment. Those magical tricks can turn a loser into a hero, at least for a few seconds. Just look around and you will discover many more of these peak patterns.

Striving for another climax, being driven by the male principle to be higher, faster, and better is always an attempt to escape the fearful inner abyss. A

peak-oriented lifestyle is part of the male survival strategy. There is nothing wrong with a woman also developing male qualities. There is nothing wrong in having a good climax or a great orgasm. But if you are also deeply rooted in your femininity, then the experience will be that much more powerful, lasting, and nourishing. Having an orgasm while being in a male mode is like an explosion; when you're rooted in the Femininity mode it becomes a transforming implosion.

WHO AM I?

- Do you identify more with peak or depth experiences?
- According to which criteria do you judge your sexuality?
- Are your relations ruled by peaks or depths?
- How are your climaxes?
- How would you describe your ability to have orgasms?
- Do you need a climax to have good sex?

Relaxation – Tension

Relaxation

Relaxation is the alpha and omega to becoming natural and growing; it is one of the basic healing tools in a woman's life. As long as you are tense, the free flow of energy, your feelings, and your blood will be weakened and obstructed. As a tense woman, you are not really open, nor can you reach your depths sexually, emotionally, or spiritually.

Here comes a very crucial difference between female and male approaches: as a woman, first relax. When you are relaxed and connected to yourself, only then start the doing and not before. Get out of the habit of having to do something to relax. Relaxation means melting your tension while doing nothing, but simply relaxing. To actively do something to relax is not relaxing; it is doing something to exhaust yourself. These are not the same.

Activating the male energy works the other way around. First you build up tension by movements, activities, efforts, or sexual arousal, to name a few. These will eventually lead a man into the redemptive relaxation. The relaxation must be compiled or earned. The feminine pattern works differently. You relax until it feels good. Only in this state does it make sense for a woman to build up her energy. For a woman's well-being, her activities need to be rooted in a deep relaxation.

In such a subtle way, male or female energy patterns can either be fixed or prevented.

Many sexual and other female problems are caused by or cause tension and stress, which prevent women from being natural and at home in their femininity. Tension pushes women into male patterns. To be able to relax your body completely wherever you are, is a skill that belongs in a woman's carry-on bag.

For your well-being, it is recommended that you practice your relaxation on a daily basis so that it really works for you anytime and anywhere. Many women come to me and ask which practice they should start with. When I tell them to start with relaxation to really learn that skill, they find this waaaaay too boring. They consider themselves to be so advanced and they want to learn exciting advanced stuff! But none of them has a feminine foundation to build up because they were too tense and driven. But as long as a woman cannot really relax deeply, how can she go deeper into any feminine process? Women have become so accustomed to following the path of excitement and fiery energy; these do not provide access to the female world. For this I keep saying: »First of all, the mindset has to change and you as a woman need to develop a deeper understanding.« As long as you are tense, you cannot feel nor enter the »Femininity mode.« And everything you do out of tension is building a castle on sand. This is a major point to be understood.

Guidelines for Relaxation

- ♥ Relaxation is not an activity; it is a state of letting go, of melting, and surrendering.
- ♥ Relaxation should not be linked to activities.
- ♥ Relaxation should not happen as a reaction to tension, physical effort, or activities. Exercises like Qigong or Tai Chi are as unsuitable as workouts, Trance Dance, sports, or breath sessions.
- ♥ If you want to do sports, yoga, or similar activities, these should also be applied to active meditations; take your time to relax deeply and connect with yourself *before* you start.
- ♥ Using methods like autogenic training, self-hypnosis, or carefully selected relaxation breathings can be very helpful.
- ♥ Many people use sex as a sleeping pill or a tranquilizer to relax themselves. Learn to relax as deeply as you can, so that for you sex does

not need to act as a tranquilizer or sleeping pill but can lead you into a transcendental experience.

FEMININE WISDOM

There are different kinds of relaxation. Enhancing your feminine healing requires relaxation, which influences your physical body. Don't use a relaxation technique that leads you into the world of images or fantasy.

WHO AM I?

- Do you consider yourself to be a relaxed woman?
- How can you relax the best?
- Can you deliberately relax your body?
- Do you know a relaxation method that works for you in case of emergency?
- If yes, how often do you apply it?
- Would your life change if you were more relaxed?

Tension

Tension is assigned to the male principle and for the male population the power of tension has a very crucial meaning. It is the barometer for masculinity. Masculinity revolves around this precious strength, which provides a man with courage, power, and self-confidence. But what promotes the masculine in general weakens the feminine. An exciting life full of tension will block a woman's access to her femininity and to her deeper level.

FEMININE WISDOM

If you have a fast, tense lifestyle or are having a stressful phase in your life, give yourself enough time to relax and sleep to balance out those male forces in you. The longer you are functioning in a tense masculinity mode, the more difficult it becomes to be in touch with your feelings and to have a deeper perception. Staying in tension can make a woman irritated, emotional, or out of touch with her true nature and it prevents emotional healing, integration, and meditation.

WHO AM I?

- How much stress and tension do you have in your life?
- How do you deal with stress and tension?
- Do you enjoy tensions?
- Is your life exciting?
- How do you react to stress and tension in your surroundings?

Slow – Fast

Slow

The feminine grows slowly but steadily. A fetus needs nine months to grow and to be born as a baby. A mother could actually just sit back, relax, and enjoy herself and the baby would grow all by itself. A mother cannot say: »I want to have the baby faster. Let's hurry up. Nine months are too long for me. I want to have it already after six months.« It takes as long as it takes. Feminine growth and feminine healing are ruled by the same principles. That's why they cannot be pushed or speeded up. They happen so slowly and naturally that women often do not even realize how much they have actually changed.

Please don't get me wrong, this does not mean that women should just be lazy, and indifferent or sit the whole day in meditation. Modern women have responsibilities, projects, and much more. Use your free time or make yourself empty spaces in which to do nothing, to slow down and relax. To move in high gear all the time is draining and it strains your femininity down to the bones. Only use the higher gears when it is really necessary.

Slow also means that your feminine growth is a long-term project that does not happen overnight. Our body, for example, needs seven years for all its cells to be renewed. Be realistic and give your feminine liberation the time you need.

FEMININE WISDOM

Some women block their feminine growth by trying to speed it up. At least they are trying to. But the more you hurry up, the longer it will take.

Some take to heart the advice to slow down, which is actually good. But it is just one aspect, not the whole package. Slowing down is one of the things that

appeal to women. The common mistake is that women use methods, which have been developed for men, just a bit slower and then declare this to be the feminine way. Just slowing down does not make a masculine activity feminine. Beware of falling into this trap. This would mean that the feminine is just an attenuated form of the masculine. And this is definitely not the case.

Doing something slower has never transformed the masculine into the feminine. But in the Taoist and yoga scene such a superficial approach has become very popular, but this has nothing to do with a feminine way of healing. If the masculine can be activated and cultivated, this means it can *be made*. The female is the other way around: it does not need to be activated or made. It grows naturally! By just doing a male exercise slower or softer you do not give justice to the female principle at all. The female pattern functions entirely differently.

In strengthening your femininity, such small details matter. Over the centuries wrong ideas about the feminine have been established. It's time to go deeper and to find new ways, which are in synchronicity with the feminine principles and are not just imitating men in an indifferent and non-reflective way.

WHO AM I?

- Are you rather slow or fast?
- Do you have the choice of doing something slow or fast?
- Are you more patient or impatient?

Fast

Masculinity develops fast and is activated by speed. We all know those men who buy a fast car that makes them feel like an omnipotent superman. I know this is a reference to cars again, but in a man's world – for many – this works. Or there are those expensive workshops that promise you a superfast spiritual breakthrough within a weekend. From my perspective, this is definitely too fast for women on the feminine path. People who are rooted in their feelings always need more time than those who are rooted in their thoughts and imagination.

This is a different reality. »Feelers« are different; they are deeply connected with life. Therefore, they need enough time to integrate all their experiences. Integration is the precious food for inner growth. Head-centered people are so busy thinking that they do not have time for the emotional involvement necessary to experience life. For them everything needs to happen instantly. We need time to feel and love.

WHO AM I?

- Look at the speed of your life. Do you live according to your natural rhythm and speed or do you move at an unnatural speed?
- Are there moments when you would love to change gears?
- Which areas of your life are ruled by your own rhythm and in which do you take on another speed?
- Is it possible for you to synchronize the speed of your lifestyle with your personal rhythm?
- Is there anything you could change to achieve that, without quitting your job?

Emptiness – Fullness

Emptiness

Femininity needs empty spaces in which to grow. »Less is more« is a major feminine principle. To heal, discover, and enjoy your feminine treasures, create lots of free spaces for yourself. When women are working together, especially in groups, it is important to provide enough space for each woman to have her own individual space around her. It can be unhealthy for sensitive women to have other, less sensitive women sitting in their aura. For meditation and healing it is especially important to have lots of empty space. We all need empty spaces and time to digest and integrate all the experiences and impressions we have day in and day out. This is essential for our emotional fitness. If you are living in a relationship, it is good to have separate rooms where you can retreat whenever you need.

WHO AM I?

- Do you have enough time?
- Do you have enough space in your everyday life?
- How do you use your empty and free spaces?
- Can you enjoy these spaces or do you need to fill them up?
- How could you make new spaces for yourself?
- When was the last time you de-cluttered your cellar and your attic?
- How about your house? How many things have you collected that you are not really using?
- How about your circle of acquaintances and your friends? Do they all still fit into your life?

Fullness

Fullness is a state of having. In the material world in which we live, it is not about just having: it is about getting more. The one who has more than others is considered to be better than those who have less. I have come across some very rich people, some of whom have the idea that they have more rights and are more important and are even worth more than others. Some think they have the right to treat their workers like »slaves!«

For many people, it is not enough to have some friends; it is the fashion to have as many friends as possible. Some people want to be popular and loved so that many will show up at their funeral.

How would it look if nobody showed up? Even in spiritual communities it is very common for people to spend time socializing instead of meditating.

It is not enough to simply enjoy working to make a good living; no, people want to become rich. It is not enough to simply love someone; today people want to achieve mutual multiple orgasms. Many believe that crowds of people at a spiritual gathering or a seminar packed with people prove the quality of the gathering.

The feminine journey is never a mass event or a group activity. It is just about you, a single person, taking one step after the other to expand your consciousness. One individual taking a single step to heal and liberate her femininity is more effective than thousands just talking about it. The lives of many women are stuffed with activities, liabilities, social contacts, family matters, relationships, and a rich and varied entertainment program. When lives are so overfull, there is no space for new experiences.

WHO AM I?

- In which area of your life do you accumulate the most things?
- Do you have many friends?
- Do you have a big stock of food?
- In your closet, how many clothes do you have that you never actually wear?
- Do you have much money?
- What are you missing?
- What would you have more of?
- What kinds of activities do you stuff your life with?

Feeling – Thinking

Feeling

To do something without feeling is harmful to yourself; this includes sports, exercising, sex, and gossip. Strengthening your femininity always means to first be aware of your feelings, then go into action – not the other way around. That is the way to strengthen your male energy patterns. Feelings are independent from any activities. The kind of feelings we are talking about here involve a deeper sensation; these feelings are rooted in your emotional body. Feelings cannot be triggered, and they are not a reaction to stimulation or activity. Unprocessed or suppressed emotions – such as anger, desperation, and frustration – can be triggered at any moment. Please note that in this book I distinguish between feelings and emotions. This is not an official differentiation, but I hope it makes it easier for you to understand this important issue. We will come to that later.

Many women have learned to cut themselves off from their true feelings, because they have never learned to heal their emotional pain. As long as her wounds are not healed, it is impossible for a woman to really unfold her sexual and spiritual potential, to benefit from a highly sensitive perception, or to rely on her intuition.

Make space and invite your feelings. Just let them be and explore them. Healing your emotions is essential to enter the Mysteries of Femininity. Feelings must be healed and cleared so they can take on their important role as your guide. Emotional healing is a project that takes place in different stages. The first steps are, of course, to allow your feelings to be. Practically speaking, that means to wait as long as it takes, until you really feel your feelings.

FEMININE WISDOM

If you don't feel it, don't do it.

WHO AM I?

- How is your access to your feelings?
- Are you more a head-centered person or a feeler?
- Do people close to you share this opinion?
- What most restricts or limits your ability to feel?
- When it comes to your feelings, is there anything you want to be different?

- What helps you experience emotional healing?
- Do you have good tools to successfully heal your emotional wounds?

Thinking

Of course, it is best to feel while thinking. In that way, your mind stays connected with reality and does not wonder off on its own mission. Thinking always activates male parts in you and women who are ruled by fire usually have a very active, dominant mind, which cannot be stopped. As long as a woman remains in this pattern, thinking will be fast and loud and feeling will be very difficult. Missed feelings can never be replaced or healed by thoughts, fantasy, or visualization.

FEMININE WISDOM

The feminine world of feeling can only be entered by feeling and not with the mind. A thought is never a feeling. Analyses and talking are not the suitable way to get to know or to get in touch with your feelings; neither can the emotional body be healed in this way. Feelings are and stay indescribable. They can only be explored by experiencing them.

Intuition – Logic

Intuition

Intuition rises from your inner wisdom and cannot be explained or rationalized. Intuition is one of the great tools given to you as a reward for your feminine emotional healing and meditation. But it takes courage to leave behind the controlled mind and fully trust your intuition. Women who have not healed their feminine parts will project instead of being really intuitive. To project means to transfer your unfinished unconscious stuff to another person or situation. Jealousy, for example, is a high concentrate of insecurities, fears, and anger. Maybe you have been jealous and are familiar with that emotional state. It is so horrible that you try to move away from it as fast as you can. Projecting would be trying to make your partner responsible for your negative emotions by creating a scene, by punishing him, or declaring him to be guilty. If, out of desperation you bad-mouth other women, such behavior is called a projection.

If you have been listening to your mind and the minds of other people for many years, it takes courage to follow the craziness of your heart and even

more courage to trust your intuition, which does not appear to be logical and reasonable. At first, contents coming from intuition may appear strange or awkward. But that's just because they are different. As long as you want to control yourself and others, you cannot follow your intuition. Many women don't follow their intuition because they are afraid to make a mistake or to look stupid in front of others. But the one who risks will win. The Feminine Mystery path is not about perfection; it is about being natural, being authentic, and getting to know your true self.

Of course, when making our training videos and the videos for YouTube, I need to be in Femininity mode. I need to be in a state of letting go, so every time it is an adventure; I never know what behavior will come out. I don't stage the videos and we never cut them. The results are never perfect and often things come through that I never heard in myself before. My intuition keeps surprising me. Sometimes I look good and sometimes I don't. The videos are never complete and perfect as they would be if I had set them up using my male parts or a business mind. I don't do that on purpose. I want to share with you my honesty, my naturalness, and my authenticity to inspire you and to give you permission to do the same.

FEMININE WISDOM

*The purer and clearer your water parts are,
the more accurate your intuition will be.*

Logic

Unlike intuition, which originates from the supernatural and your higher self, logic rises from your mind. In our society logic is valued much more than intuition, which rules the feminine reset.

Before I wrote my first book, experienced author proposed that we co-write a book together. Up to that point I had never written. It hadn't occurred to me to write a book so I was open to that idea as a new adventure. After a few days of working together, my male co-writer was totally annoyed and angry at me. He accused me at the top of his voice: »Maitreyi, you're so illogical! That's not the way one writes books! You need to be logical!« After only four days he abruptly stopped our collaboration because I did not work the way a writer was supposed to. There I was with a signed contract to be fulfilled, not

having a clue how to perform such a miracle as writing a book. I had to rent a computer because back then I did not own one. Because I had no clue how to write a book. I just sat down and allowed my intuition to flow and take over. That's how my first book, »*The Tao of Woman*,« came into being. Probably because it was written in this way and because it evolved out of my own authentic feminine and spiritual experiences the book became very successful. It has been translated into twelve languages and now, after twenty-six years, Random House is still selling it. Even today when I write I use my intuitive channel and not my intellect. Therefore, my texts are not so structured and logical. I can only write when I am relaxed and connected with the higher source; then it happens all by itself.

FEMININE WISDOM

Your intuition rises from your superconscious, your projections mirror your unconsciousness, and the logic comes from your mind.

Enjoying – Training

Enjoying

Feminine healing always feels good when it is happening. If it does not feel good, it is not healing. Discipline, hard training, and emotional pain are not necessary to nourish and heal your femininity. They are definitely the wrong motor. The way into a new Femininity is the way of the water; this is an adventure for those who enjoy meditating and healing themselves in silence because they feel it is important to do so. It is a way you choose out of love, responsibility, curiosity, and the desire for more.

WHO AM I?

- Do you enjoy your life?
- What do you enjoy the most?
- Do you enjoy your femininity?
- What most burdens your ability to enjoy life?
- List the ten things that are most important to you!

Training

Training and a disciplined approach are essential properties for the male way. Male sexuality is ruled by fire. Whenever a fire gets out of control, it can become very destructive. Therefore, men need very disciplined training to learn how to keep the fire under control and how to manage their energies and sexuality well so they do not run off the rails.

FEMININE WISDOM

For women, going the way of discipline and hard training does not make sense, at least as long as they are not rooted in their own nature. (We are talking here about feminine healing – of course in the professional field you need to train and get stuff done.) Maybe in a male way they will reach the top, but they certainly will not reach their inner home and their inner ecstasy.

Devotion – Control

Devotion

Devotion happens when love flows; it cannot be forced. Devotion means surrendering to the moment and allowing inspiration and new experiences. It happens out of trust in yourself, in life, and in the here and now. Devotion has nothing to do with subjection or conformation. Openness and surrender are prerequisites for letting yourself into your inner adventure. Devotion is the quality of allowing yourself to surrender to a deep inner experience.

There are different ways to read my books. Some women take my work as an inspiration, letting the words sink in and watching their effect on themselves. Others have an intellectual approach; they read and immediately want to argue, without surrendering to a personal experience. The female path is not about being right or wrong; it is about having your experiences. Just start watching how you are reading this book, especially noting what happens when you read a passage that at first goes against your ideas or your present belief system. Do you allow yourself to be touched emotionally on a deeper level to get in touch with your own reality, or do you block your own experience? Many women are accustomed to reading with just their intellect and they completely miss the intent of this book and the feminine path. They fear their lives and their per-

sonalities will be questioned and become out of control, so they try to keep it together. Actually, they are right – this will happen. Allowing the feminine to touch you and take the lead will turn your whole life upside down!

Femininity is a state of devotion. This does not mean accepting everything and keeping quiet. It means to put yourself in the service of a divine Femininity. It means to allow life to touch and inspire you and show you your way.

WHO AM I?

- Is the term »devotion« in any way charged for you?
- Take your time to reflect on that term and write down a few lines.
- How is your devotion?
- In which area of your life is it most easy for you to surrender?

Control

Women who have been imprinted by insecurity and hurt are often a type of control freak. It can be difficult for them to relax and surrender or to allow themselves to have new experiences that go beyond their minds and their conditioning. For those women, life is a constant dispute with arguing or nagging. Many of them are cut off from their ability to feel and experience. Women who want to be in control of themselves and their environments are often ruled by their minds and their fears. As I mentioned earlier, for men it is important to be able to control themselves, just as fire needs to be under control. Those who want to play with fire need the skill to control it. Male sexuality needs to be controlled but nowadays it has gone completely out of control.

For women, it is the other way around. Controlled femininity loses its natural flow. For a woman, continuously trying to be in control is very exhausting.

FEMININE WISDOM

*Water has the task of keeping fire under control,
on the inside as well as on the outside.*

WHO AM I?

- Are you a control freak?
- What's easier for you: letting go or controlling?
- Are you afraid of losing control?
- What kind of fear is it? What are you afraid of?

- How easily can you give up your control?
- Are there people you want to control?
- Are there people in your life controlling you?
- How do you react when people want to control you?
- Reflect on that controlling/surrender issue in connection with your sexuality.

Natural – Technical and Artificial

Natural

Femininity grows naturally and it needs naturalness, truthfulness, and authenticity to unfold. This means far more than just drinking an organic peppermint tea, eating health food, walking barefoot, wearing secondhand clothes to support the climate, or giving your yoni a sunbath. Being natural is much more. It means to be who you are – not the way you have been conditioned or trained to be. It is about finding your true individuality. Basically, it means finding out who you are and giving yourself the space and the permission just to be the way you are. The Feminine Mystery path is the way of self-awareness and self-discovery. Trying to change or shape your femininity through exercises or other techniques means blocking its natural growth. Sexuality, menstruation, fertility, and pregnancy are natural parts of your femininity. The more artificial and staged a woman's life is, the more complicated she will be. There are many women today who, out of vanity and a fear of being natural, decide the exact day and time they will deliver their baby and book a cesarean far in advance. Even feminine spirituality has turned into a controllable compulsory exercise instead of a very natural love affair with the divine. In a natural, authentic person, sexuality and spirituality unfold very naturally just by themselves. Controlled and repressed people need to compensate and pretend. Instead of being natural, they become hypocritical. Give yourself permission and space to be the natural, unique being you are.

WHO AM I?

- How natural are you and your lifestyle?
- How naturally do your feelings flow?
- How natural is your sexuality?
- When do you feel most natural?
- How would your life change, if you were to be more natural?

Technical

»Which exercises do you recommend to strengthen my femininity?« As you know, this is one of the standard questions I am asked repeatedly. My answer is always the same: femininity cannot be made or manufactured. Energetic physical exercises and trainings are methods that bring forth male properties in men and in women. Professionalism also belongs in this category. Nearly every profession involves certain techniques and skills. It is very promising that modern women are becoming more skilled and professional but, to remain natural and sensual, they need to learn to counteract and balance the male side effects of their work. That's why I am so focused on sensitizing you to distinguishing clearly between male and feminine qualities, so you do not accidentally use male methods, not realizing that you are actually strengthening them. Women also constantly ask me if Tai Chi and yoga are good for healing and strengthening femininity. My answer is always that women do not need to learn to move in prescribed patterns and structures. We have been doing that all our lives and know well how to adapt. Women need to learn to move naturally and freely and this is not what exercises are all about. That is why exercises should be embedded in a holistic, feminine approach and why you need to know exactly why you are doing an exercise. Exercises are never the first or the most important step on the feminine path. Unless you have a strong feminine foundation, exercise and training do not make sense.

I have come across so many women who have reversed their feminine yin nature into the masculine yang through exercise, energy work, sexual practices, and sports. Today's active, intellectual women who are successful and powerful are ruled by yang nature but are still considered to be the feminine role model. They have become a measuring scale for so many women, even though they are ruled by male patterns. Other women are impressed by such masculine-wired women and, at the same time, feel inferior and insecure around them. Please don't! Just stay with what you feel and do what feels right and natural for you.

It is very common that instead of healing and developing themselves, people focus on developing technologies. The World Economic Forum (WEF) people plan to insert chips and software in people to increase our health and skills so we are more easily monitored. The COVID-19 vaccination is just the introduction to this plan. Because our leaders do not know how to deal with their own emotions, (at least that's how it looks.) If they would, they also would lead in an entirely different way. They assume everybody else is as helpless and limited as they are and that only controlling people with new technologies can bring

humans into a new world order. But to achieve such a big plan also needs new people with a new consciousness. So this is what we need to focus on.

WHO AM I?

- What is the value of techniques in your life?
- Do you know ways to balance out your profession?
- Do you apply your wisdom?
- How can you prevent male methods from weakening your yin?

Discipline

Discipline is another counterpart of naturalness. Self-discipline is an excellent tool for developing male qualities. For women it is much more uplifting to move from curiosity, devotion, joy, and love, or from a feminine responsibility.

Being Artificial

Being artificial is the opposite of naturalness. Growing naturally and being strong require a natural body and a natural lifestyle. Being artificial and manipulating and interfering with our nature makes us weak and insecure. Be alert that you are not overruled by people who want to exploit you or push you to use artificial methods and substances that make you weak and dependent. Be aware of foods and other products that are chemically altered. Be aware of air and water that are full of chemicals. Just keep it natural and enjoy being a natural woman.

FEMININE WISDOM

Discipline strengthens the man in a woman.

Reality – Fantasy

Reality

The starting point of our feminine path is always our reality, a place which we have tried to avoid for centuries. Until we have reached the grounds of our reality, we will keep getting disappointed but disappointments will lead you into your reality. Each time you see a bit more of the place we call reality, it is like a little birth; it can be bitter and painful or even shocking as when you find out that your man is cheating on you and you realize that everything you

believed was an illusion or a deception. This is especially true now as we are in this demanding time of the big shift and about to move from darkness and deception into a new consciousness.

Many people I know are too afraid to face reality and are stuck in their ideas. Others have courage to investigate and search for the truth even when it is painful and shocking to them. These brave people are rewarded with so much energy and joy, even though facing reality is shocking to them. When we start to see reality as it is, we can influence it. Then being on this planet makes sense. To initiate a reset and create our new world is so precious. And we are all needed. Be prepared!

Pain is part of our lives and our growth. You cannot undergo a therapy to get rid of it, because it is an essential part of our development. The pain will come until you have understood the lesson; then you are ready to move on. The pain will help you open the door to new places. There is a big difference between rooting yourself in your reality or in fantasy. Rooting ourselves in the feminine reality makes us strong, effective, and real women. Moving and acting in reality is the basis for integrating and manifesting the new femininity. Facing the sexual or political reality at times can be tough – and I mean REALLY tough! – but it is the only way to influence and liberate it. For this we learn feminine self-healing that enables us to face reality without being intoxicated or dragged down by it so we can remain easy and light.

In the age of deception everything is presented – not the way it really is – but in the way people want you to see and believe it. Looking behind the veils to discover the hidden reality is part of the feminine expedition. Don't be discouraged if you suddenly see things that are shocking to you. Many women have not wanted to face reality out of fear; this is one reason why the world has become what it is today. But avoiding facing reality will not change it or remove it. As long as nobody looks or cares or objects, it will remain the way it is. It will establish itself and grow stronger until it has the power to influence people at a very deep, unconscious level.

Take your courage and deprogram yourself so you can heal your wounds and you will be able to see reality as it is and you can influence it in your own way. That's what the female reset and authentic spirituality are all about. Our liberation is needed because we are all so brainwashed and manipulated. A female reset is needed. To make it happen, we all need to put our minds to it. We need to wake up from our dream, which keeps us from entering reality in the here and now.

WHO AM I?

- How do you deal with disappointments? Name a few of your strategies.
- Are you trying to avoid disappointments?
- What was your biggest disappointment and what have you learned from it?
- Was it possible for you to heal that pain completely or are there still leftover toxic particles inside of you that, when triggered, cause distrust, fear, or other emotions in you?
- How do you try to escape your reality? Name a few of your tricks.

Fantasy

Fantasy is the ticket into the world of dreams. But this colorful, beautifully decorated train will never bring you into reality. Emotionally wounded women are very easily seduced and taken into the world of dreams and magical fairytales. There are men who are really good at that; they tell women beautiful stories that suit their fantasies, just to get them into bed or to get their money. In the case of Michael Jackson, he groomed mothers of little boys so innocently and skillfully that those mothers entrusted their little boys to him, never assuming he could be a pedophile. They were so blurred by their own dreams and fantasies that their sons would become famous and their families would be rich because their sons were so special.

That's why novels, soaps, and social media are so popular. People love to be deceived into avoiding their reality. This is most obvious when it comes to sex. Sexual fantasies and staging's promoted by the internet are enormously popular, with the result that it is very difficult for people to have real, natural sex in the here and now, detached from fantasies and mental stimulation. Feminine healing cannot be performed in fantasies or the imagination. Feminine healing leads women out of the land of deception into a deeper reality.

Using fantasy and imagination for healing purposes is very tricky. When women are cut off from their feminine reality and have not solved their patterns of dissociation and restored their sensitivity and wounded feelings, it is counterproductive to use visualization for healing or as a spiritual practice. In emotionally wounded women, symptoms are easily reinforced and fixed such that feminine healing then becomes impossible. Wounded women and women who move in male patterns have learned to distance themselves from unpleasant and unprocessed emotions by cutting themselves off from that sphere. Avoiding pain is part of their survival strategy. Instead of feeling their

reality, which is unpleasant or often horrible, they switch to dreaming their lives instead. One of my friends, as a child, was abused by her father. She explained to me in detail how, to escape that brutal reality, she created fantasy friends to whom she would talk and with whom she would play. From other women, I hear similar descriptions of how they coped with a reality they could neither understand nor handle. This is how patterns of dissociation are installed; people then use these patterns their entire lives, unless the wounds behind the patterns are processed and healed. But we do not need to be abused to move in such patterns; there are many different ways in which people escape reality.

To a degree most people develop a fantasy world – a kind of parallel world – in which they live. Sexual fantasies are an obvious area, but it can be done in other areas as well.

Usually not every part of a personality is affected. The dissociation patterns are individual and manifold. Not only are sexual and erotic fantasies very popular but people also create esoteric and spiritual fantasies to avoid their reality.

Feminine healing involves healing your personal patterns of dissociation to become whole again.

The purpose of meditation is to find the way out of the dream world into the divine reality, to move from the yesterday and tomorrow into the now. That's why it is so important to have good guidance on the spiritual path to establish the meditation practice on the right level. The dream world is a waste labyrinth of millions of possibilities and it sounds so promising and beautiful. Finding the right gate out of the personal dream world and into the unseen spiritual world requires advanced skill. As long as we are unaware that we are dreaming and cut off from our reality, as we have been brainwashed to do, meditation indeed can be dangerous. That's because unresolved, unconscious issues can grow in the depths of our being and start to influence or even rule our lives. When you have worked through this book yourself, and not just flown over, you can begin practical work to establish your healing tools. In my other books and in our online seminars, you will find the instructions for going about it. However, first it is good to give some thought to your female journey.

For a long time, I worked with psychiatric patients. I have seen down in their unconsciousness and this happens more often than you would think. That's why I want to prepare you well for your journey. In the esoteric field, there are many who are cut off from reality, just fantasizing their spirituality; this is unhealthy. We are here to make a new Femininity come true; for this we need to make sure we no longer exclude or avoid the unpleasant. Only you can

discover your own patterns; you can see if it is real or just an assumption, an idea, or a dream.

Take your time to investigate your own patterns. Take your time to discover, to heal, and to integrate them. Don't use pressure or triggers because this needs to happen softly and gently in your own natural rhythm.

FEMININE WISDOM

Fantasies or the imagination are never a substitute for a real feeling. People who link sexuality with fantasies in the long run will encounter severe difficulties in becoming emotionally free and unburdened and in diving into the ocean of infinite love. The Feminine Mystery path is not about repressing your fantasy. It is important to have your visions. On this path we are here to manifest your visions in reality so they become true.

WHO AM I?

- Write down in your own words the difference between reality and fantasy and what feminine growth means to you.
- Are you really interested in encountering your reality? If yes, to what degree?
- What have you done so far to discover your reality?
- List the ways in which you avoid your reality.

Estrogen – Testosterone

Estrogen

The more you nourish your femininity, the more estrogen your body will pour into your bloodstream. It has been scientifically proven that feminine hormones make woman more sensitive and masculine hormones like testosterone make people duller. Feminine hormones are also called the »feeling good« hormones and having them is very supportive. It is also very helpful to know how to neutralize the male hormones that you may have activated during work or other activities. Learning to do that is all part of feminine self-healing. My book *The Tao for Woman* covers that important topic in theory as well as in practice. It is available in so many languages but I always said I wanted to write the English

version myself. For the past twenty-six years I did not have the time, but after this book is done, I will finally do it. This is a promise.

FEMININE WISDOM

Being indescribably feminine is a hormonal state.

Testosterone

There are several studies proving that sports and martial arts activate male parts in women causing the development of a higher level of testosterone in a female body. Testosterone brings out the man in a woman. More than thirty years ago I made a study of women – mostly trainers and teachers – who were very involved in Taoist energy work. The sad but revealing fact was that none of the women I interviewed anonymously could really heal or solve any of their womanly problems through energy work. A high energy level promotes male parts in a woman. It was also interesting was that their talking was different from their anonymous answers. That was when I became aware that many women in the esoteric field would share their fantasies and wishful thinking, instead of their reality. Let's just be open and persist in finding new ways, which really work for women on a deeper level.

FEMININE WISDOM

Methods and lifestyles that stimulate the testosterone production in the body have become very popular among women. Testosterone gives women the impression of being superficially strong, without the emotional level being touched. Testosterone helps women avoid their inner reality and their repressed and wounded emotions.

Being – Doing

Being

Femininity is a state of being, not an activity. Therefore, femininity cannot be made. We all have been brought up in a way that puts us out of touch with our inner world and our natural feminine state of simply being. We have been taught to be superficial extroverts and to ignore and to be cut off from our

true nature. This has created an artificial image of women, which causes lots of confusion, problems, and misunderstandings.

One big misunderstanding is that femininity can be expressed. But femininity is not an expression; it is an impression. Femininity refers to a woman's inner chemistry. It refers to what a woman is, not what she is doing or what her surface looks like. It indicates the quality and quantity of her water. To be rooted in your femininity means to be consciously linked to your inner state of being. At first this happens just temporarily. Over time, when you deepen your meditation and your feminine healing, it will become your permanent state of being. To have strong and solid feminine roots does not mean to slink around the supermarket in a slow-motion walk to conserve your femininity. Women who are strongly rooted in their femininity are powerful and lively with a very pronounced creativity.

FEMININE WISDOM

Be feminine! Don't pretend and fake it. As long as femininity is calculated and used to serve a certain purpose or to achieve something, it is not natural or feminine enough. Women living in male patterns tend to stage their femininity and to make use of it, instead of being natural and authentic. Women who are rooted in their femininity can enjoy the luxury of being the way they are.

WHO AM I?

- Do you identify yourself with what you do or with how you feel?
- Can you enjoy being alone without doing anything, or is this too boring for you?

Doing

By being active and always doing something you are preventing your natural flow. Keep an eye on the difference between doing and allowing your flow. Often women do not feel themselves because they are cut off from their emotional levels. They try to fill or bridge that inner emptiness with activities and socializing. Of course, this blocks their feminine growth. Good sex is not made; it happens. Miracles are not made; they happen. Letting love flow is different from just making love.

UNIVERSAL WISDOM

Doing is the way to prevent the here and now.

Al Huang, a Chinese teacher, once said:

»We are be-ings not do-ings!«

WHO AM I?

- Reflect on your doings and beings and write your insight in your Female Manifesto.

Nourishing – Activating

Nourishing

The Feminine is the nourishing principle. The Feminine needs to be well nourished to gain or maintain its strength. On the physical level you can nourish your feminine parts, such as your blood and bones, by choosing the right foods. Women who have lived in male patterns over a long period of time are often burned out on physical and emotional levels. The first step on the feminine path is always to build up the feminine by nourishing and building up the yin.

FEMININE WISDOM

The Feminine needs to be nourished to grow naturally by itself.

The Feminine cannot be awakened, activated or made. If women use active methods, they are just masculinize their femininity and guiding their energies in male patterns. The feminine needs to be nourished to gain substance and power.

WHO AM I?

- Are you able to nourish yourself?
- How do you nourish your femininity?
- Which kinds of food does your being most lack?
- Which areas of your life could use more nourishment?
- What's your femininity's favorite nourishment?

Activating

Fire is light and masculinity generated and awakened it. The term »to cultivate« is linked to male sexuality and energy. Again: to awaken or to cultivate femininity means to masculinize it.

FEMININE WISDOM

Masculinity spices up our lives with explosive material and intensity.

WHO AM I?

- What do you understand to be the difference between nourishing and generating?
- What could that mean for you?
- Which is easier for you and more familiar?

Blood – Energy

Blood

The quality and quantity of your blood plays a major role in your life. Blood is the feminine essence, which carries all the information and nutrients that make us what we are. Through the blood all human experiences and patterns of humans are passed on from one generation to the next. The quality and quantity of your blood make up your feminine foundation. Some cultures say that blood is the home of our soul. Blood deficiency, polluted, or hot blood are always causing some kind of emotional problem. Therefore, when getting ready for the Mystery work, it is extra important to take care of your precious blood by cleansing and nourishing it and also by learning to understand the language of the feminine blood.

In my nursing training I had to learn how to draw a patient's blood. To puncture a blood vessel for the first time is quite an intense moment. The nurse in charge was a sixty-year-old woman, one of the »old school« types. For my first time, she made it very difficult for me. She sent me to an extremely overweight woman of approximately 150 kilograms (330 pounds) with no veins to be seen. I took all my courage and – like a miracle – on my first try I hit her vein. Proudly I went to hand the tubes of blood over to Sister Margrit. She looked at me strangely and then asked, »So, what does that blood tell you?« I was puzzled at

her question. Up to now for me blood was blood. Then she said emphatically, »Look – this blood is dark, nearly black. That means that woman needs fresh air.« I was very impressed that one could tell such a thing just by looking at blood. From that moment on, I looked at blood from a different perspective and I was fascinated by that mystic red substance. I also started to observe my menstruation blood. Unfortunately, years later I got to know the language of the menstruation blood in a more detailed way. But at that time there were no books out yet on that important issue because Chinese diagnosis was not known in Europe then as it is today.

Chinese medicine's understanding of blood is remarkable. Of course, Western doctors also look at the blood, but in an entirely different way.

There are so many nuances of feminine bleeding. I am still impressed by the variety of ways in which the blood can express itself. I used to do seminars on the mystery of blood and in each group there were never two women bleeding in the same way. A woman's menstruation gives detailed information about her physical and emotional state. We also know this from blood tests and how much the blood's chemistry can reveal about a person. And there are many more possibilities for testing the blood. The Information stored in the blood on unseen levels has not been investigated much so only people with extrasensory perception have access to that sphere. But since most people are cut off from the unseen reality, they just make fun of people who are more sensitive and who feel things that they don't. But even if scientists don't acknowledge this reality, it does not mean that the unseen world of Mystery does not exist.

Feminine patterns and feminine wounds are being passed on from one generation to the next. It is part of this feminine project to break through those patterns and to enrich the blood with new healing qualities to renew it. Feminine blood carries important information that can guide our way to health and more harmony. The mystery of blood contains the basic preparation for the feminine journey. Take care of your precious blood and make sure you do not evaporate it in a fiery masculine lifestyle. Building up the feminine essence takes much longer and takes much more effort than evaporating it.

Every woman should know how to build up her yin to nourish and cleanse the blood well. Learn to brew your own power soups and grow your own herbs that are most important for building up your blood. Strong, healthy blood is one of the most precious treasures for making your Feminine Mystery path possible. To make space for a new femininity it is your challenge to transform your blood into divine healing blood.

FEMININE WISDOM

Your blood speaks the forgotten feminine language and gives you important hints that reveal your inner state. Your blood is talking to you through your monthly bleeding.

WHO AM I?

- What is your relationship with your blood?
- How is your menstrual cycle? Do you bleed regularly?
- How long do you bleed?
- How is the flow of your blood?
- What color is your blood?
- What is the consistency of your blood?
- Does your blood smell?
- Do you have pain before, during, or after your menstruation?
- If yes, describe your pain.
- What is your emotional state before, during, and after your menstruation?
- In which phase of the moon does your bleeding take place?
- Do you feel your ovulation?
- In which phase of your cycle do you feel the strongest?
- Have you noticed anything special in addition to the above questions?

Your blood booklet

It is helpful to observe your menstruations and to record them in your blood booklet. This will help you to decrypt the language of your blood. There are also various helpful apps that can be downloaded.

Energy

Here we are talking about energy as the opposite of blood. Just as the quality and quantity of blood rule your femininity, so the energy level can either empower or weaken a man's masculinity. Just as blood is nourished, energy can be activated or generated. It is very easy and fast to activate masculinity; this happens by sexual arousal, energy exercises, and sports, just to name a few. It is also very common to use special intense breathing techniques to raise the energy level. To enhance male power, different cultures have developed

different systems and methods. Although activating male power is fast and easy, dealing with this power in a responsible and creative way is a different story. It is so important and necessary for men to learn to keep that immense firepower under control and to guide it into healing and spiritual channels. Feminine healing – cleaning and developing the emotional body – is also the key for men.

Energy work, originally developed for men about twenty years ago and started to hit the market. Energy work, Tai Chi, Qigong, Reiki and several breathing techniques were then discovered with enthusiasm by curious and adventurous ladies. They have been told that energy work is the answer for so many women's problems, but it is not. Running after energy, however, can turn into some kind of addiction. There are many women I know who measure their well-being according to their energy level. Without an intense sensation of energy, they feel empty and bored. They do everything to raise their energy levels.

Activating the physical body on the energy level puts women into a masculinity mode. When women emphasize activating their physical body and energy level, there is always the danger of weakening their blood and overpowering their wounded emotions so they are no longer felt. In the long run, it becomes difficult for them to find their way into their Femininity mode. The feeling of energy for many women has become a substitute for real and deep feelings. Energy can activate your intellect and make you emotional, but it cannot bring women into the depth of their being or connect them with the female wisdom.

FEMININE WISDOM

Energy has the ability to overrule true feelings and sensitivity. Masculine women especially love it, so they do not get in touch with their feminine vulnerability. Superficially it will work for them. Many women get trapped in this big temptation of gaining male ego power by raising their energy level. Unless you are searching for the Feminine truth, you will not even realize this.

WHO AM I?

- Take your time to explore the differences for you between energy and blood.
- Reflect on how you can nourish and protect your blood while you are in the masculinity mode.

Content – Form

Content

The Feminine is like the content, which fills a form. Spiritually this means to contain oneself and to be yourself; it is not a formality or a concept. For example, Magical Rituals, as performed in churches are very formal and structured. It is important that they are set up very carefully. But this is only one side of the coin; then the structure needs to be filled. And this is the real art. This is basically about consciously animating and developing yourself on all levels to be able to do the real work within this structure – not to focus on ready-made structures, theories, nor formalities. On the female path we do not need to focus on forms and structures, but to make sure we contain and are ourselves.

Everything that helps you to root yourself in your being and to expand within is beneficial. To be able to change the quality and quantity of your water means to change your inner chemistry; this requires your inner presence. For this it is important that you feel good inside yourself. Otherwise, you will not want to stay there but will need to escape again by cutting yourself from your inner world. This is a kind of vicious circle.

It is part of feminine maintenance to clean your inside, not just your surface and your outside. If you do not clean and detoxify your inner self on a daily basis, of course you will start to stink. Repressed emotions and toxins have a very particular smell. And who likes to be a swamp?

As long as your inner physical and emotional water is troubled and polluted you will not be able to enjoy your femininity and you will leave that place as fast as you can. But if you are not emotionally present in your inner world, your content will be easy to manipulate and you will remain other-directed – by your mother, partner, girlfriends, celebrities, teachers, priests, collective imprinting, fashion, and so forth.

FEMININE WISDOM

Some women are busy with their packing to such an extent that they do not realize they're empty inside, and that they are actually missing.

WHO AM I?

- What does the quality of your content feel like?
- What's the content of your life?
- Are you happy with that?
- Do you feel responsible for your own content or do you make others responsible for its quality?

Form

Women are loved, wanted, abused, and sold for their beautiful forms and packing. The idea that one needs to be beautiful and to please others to survive is deeply rooted in women's collective mind because for centuries it has been like this. Still today beautiful women are used as status symbols or accessories for the male ego. Many women invest so much in their outer appearance that their inner is in a desolate state. Fortunately, more women are realizing that the times have changed and that they can choose a new orientation and new values. Of course, it is great to look good and take care of the outer, but to feel good inside is much more important. When I was about twenty-three, one of my male friends who was already forty had a serious talk with me and my girlfriend. He said: »Girls, now you are naturally beautiful and juicy and you can have the guys you want. The time will come where you are getting older and your beauty will be gone. If you by then not have developed good quality within, you will be in big trouble. Use your time when you are young and beautiful to grow this inner quality. Then even when you are older your inner beauty will reflect in the outer.«

Now the time is mature for inner healing. There is a new generation of woman. They are our future and they need the best possible spiritual training and support to be able to carry on that great responsibility of guarding the Female Mysteries and to be able to pass them on.

The new women are beautiful and happy. They have good professional qualifications and they are looking for a new spirituality. I am very happy about this. They are not beautiful because they are having endless cosmetic treatments, or because they keep emptying their garbage in therapy sessions, or are using Botox, silicone, or oxygen to revamp their facades. They are beautiful because they are lively and self-confident and they have esprit and rebellious spirits. They care about a new femininity.

There are many so-called beautiful women who are most desired in the male world. They are flattered and blinded by their own attraction so that they

don't care about healing or a new liberated femininity. People try to replace their inner emptiness with beautiful things, nice words, and also with humor. Turn on your TV and you will know what I mean. The majority puts form above content; this is the fake reality we know. Form does not just mean the outer appearance. It also means formalities, forms of society, and forms of therapies. I personally cannot stand spelling and grammar rules; I never did and I never like to move in this mode.

As a writer, if you do not move in these formalities, you are not worth much. You are condemned. On purpose, I do not send out perfect invitations for seminars to keep away those women who judge me by my individual spelling style. There are many who judge me and the quality of my work from a missing comma. This is not about being right or wrong; it is about finding new ways out of your global conditioning and about all these forms and formalities we are being pressed into. The feminine work is focusing on the essence and the essential. We do not create forms for our bodies or our souls. We focus on the seed, so it can grow very naturally and easily, eventually surprising us with its individual form.

FEMININE WISDOM

To let the feminine energy flow naturally and freely strengthens your femininity. If the content is missing there can be no flow.

Overemphasizing outer forms and formalities compensates for inner emptiness.

WHO AM I?

- Take your time to reflect on the difference between form and content and its practical meaning for you.
- Scan your life for formalities and find moments where you are just pretending instead of really being.

Religious – Political

Religious

The religiosity and spirituality we are referring to here is aligned and in tune with the spiritual principles. They need to be liberated from political, diplo-

matic, and commercial abuse to prevent their use as an instrument to gain power over others. A liberated spirituality is the expression of independence, authenticity, purity, and devotion. A new liberated femininity needs not just sexual and emotional liberation; it requires freedom from institutionalized religion, politics, pseudo-esoteric and therapeutic concepts, and commercial exploitation – and of course from repressed spirituality.

Enough of the manipulative hypocrisy and corrupt abuse of power abuse that have been and are being done in the name of »God« and politics. The new Femininity is an expression of a deep YES to life. Silence is her home and surrender to the highest truth is her compass. She is enfolded in an overflow of joy and love.

The life of a spiritual women is ruled by the heart and a desire to serve the divine (and never to serve people). For this we build our temple within ourselves, the house for a new superconsciousness. In contrast to a politician, a spiritual woman is not a fake package who just diplomatically pretends and, if necessary, cheats to reach her goal. She is a truthful woman who stands up for her values and lives her life in tune with the spiritual principles.

FEMININE WISDOM

This is the generation of the new priestesses, the guardians and protectors of the female treasures. These women are not part of any power structure or organization. The new priestesses are »normal« women like you and me, who are standing in their lives and doing what is needed. They act out of a deep connection with the divine. These are women who work in the background and don't make a big fuss about it. These are the spiritual rebels who will give birth to a new consciousness.

WHO AM I?

- What does spirituality mean for you?
- How important is your spiritual growth to you?
- How much time a day do you invest in your spirituality?
- Take your Female Manifesto and write down all your insights and findings.

Political

Political is the counterpart of the spiritual. Politics is a game of power; it is about controlling, deceiving, and manipulating people. And down through the ages it has been like this. It is not about truth, love, or getting in touch with a higher consciousness. Neither is it about health and freedom. Among women there are many politicians who are not actually in politics. These are the diplomats and manipulators who sell their souls to get something, even if it is spiritually incorrect. These are the »nice« women who flatter others with words to be popular, trusted, and loved. They are very calculating and cunning.

Businesswomen need to understand and to be able to play that game. And it is important that they play it well. I think it is great that women have learned to move successfully in the business world. Unfortunately, politicians and businesswomen are taking over the areas of healing, therapies, esotericism, and spirituality. It is reprehensible, though, when politics and business happen in the name of charity and spirituality, manipulating and exploiting people in need. Their doing is covered up so nicely with understanding and care that nobody even questions it. If I had one wish to change something in this world, it would be that no one would be allowed to make money on health, spirituality, therapy, and the esoteric. This would have such an impact; it would give us a chance to become real and authentic and to be much more effective in really helping people.

FEMALE WISDOM

Inside every woman there is a small or large politician and a businesswoman who needs her playground. Be honest enough to give those parts of yourself the space to act out in a way that neither blocks nor harms others nor abuses their trust in you.

Be aware of nice people. Seek out the company of people who are authentic and honest and who will tell you things that at first you might not like to hear, but which will bring you in contact with your reality and some of your unconscious areas. Avoid triggering unprocessed emotions in others. But since most people are not aware that this is actually a gift, they are helpless in dealing with their emotions. They don't know how to process, heal, and integrate emotions; they need education and clearing so they understand this mechanism. When people are »nice« and phony, they have neither a chance to grow themselves

nor to support you on this path. But this is not the goal of a political person. People who are insecure and living in fear are easier to rule than people who have developed emotional intelligence by healing and processing their emotions. That's why politics never emphasizes emotional healing and authentic spirituality, even if these were easy things to teach. Their effort is to keep us all small and dependent.

WHO AM I?

- Are you in contact with your inner politician?
- Scan your life to find episodes where you acted like a politician.
- Are you successful in politics?
- How often did you cheat or deceive somebody to get something you really wanted?
- It is also possible to act this way to protect somebody. Do you recognize that pattern in yourself?
- Do you feel guilty in doing this or can you enjoy the game?

Wisdom – Knowledge

Wisdom

FEMININE WISDOM has nothing to do with accumulating and gathering information or knowledge. Wisdom always arises from your own intrinsic experience. It is important that we leave our comfort zone and open up for the new. Of course, not all steps or all new experiences are jackpots that give us wise insight right away. Experiences need to be digested and integrated first. Some of your experiences need healing; for example, pain and emotional wounds need to be transformed into wisdom. This is very easy. But if emotions stay undigested inside of you and are shuffled into the depth of your being, after some time this will turn you into a frustrated, unhappy woman.

Often disappointment and frustration originate out of unrealistic expectations or misunderstandings. For example, there is a common idea that projects or businesses you start up need to be instant successes. Too often when women start a business and find it difficult, they throw in the towel. When setting up a business, encountering unpleasant and unfair situations is often part of the game. Dealing with these situations will make you strong and wise. I always say you have accomplished a great deal if 50 percent of what you do is running smoothly and is successful – but to expect 100 percent? Plan for a miracle, but

if it does not happen do not be disappointed. Expecting or dreaming of even more creates frustration. Many also have a dream of a big eternal love with their soulmate and a tension-free, forever loving relationship – keep on dreaming!

We all need friction, tension, desperation, and pain to grow deeper and to unfold our own wisdom.

FEMININE WISDOM

Wisdom is neither logic nor right; FEMININE WISDOM just is.

Knowledge

Knowledge is the male aspect. As my beloved teacher, Osho, always said: »Knowledge is borrowed and secondhand.« Knowledge can be copied, gathered, and logically filed. You can read many books on femininity and spirituality, and you will become well read and knowledgeable. You can share all those borrowed ideas and insights with your friends and colleagues and impress your customers. But this will not bring you in touch with your own wisdom. That's why I do not like to give answers. I get so many emails from women asking me questions. Giving people answers means blocking their search and growth. Gathering knowledge clutters the way to your own wisdom. With knowledge, you can circle around your femininity; it is neither the way to enter the feminine world nor the door to FEMININE WISDOM. That's why I encourage you to write your own insights into your own Female Manifesto so you are led by your own wisdom and experiences.

FEMALE WISDOM

There are people who can impress others with their powerful intellect and their enormous knowledge. Don't let them make you feel insecure.

On the spiritual path, it does not matter how much information and knowledge you have gathered. What counts are all your own unique feminine and spiritual experiences. They reveal themselves in silence and not in beautiful words and flashy appearances.

WHO AM I?

- Are you easily impressed by people with great knowledge and speech?
- Does this make you feel insecure?
- Are you easily manipulated by great talkers, celebrities, or others?
- Which do you trust more: a person who is a skilled, charismatic speaker or your inner voice?
- Can you distinguish between wisdom and knowledge?

Feeling Good – Being Good

Feeling Good

As a woman, it is important to feel good. Feeling well is part of the foundation for a woman to be good. For example, in sex for woman it is most important that it feels good. If a woman feels good, she can also be top in her job and deal with the most difficult situations. Sometimes it happens that career women in their forties realize that success and money don't make them happy and fulfilled. They feel empty and like they are missing something. Too often a baby is the solution to fill in that gap and is expected to help an unhappy woman to become happy. (Ouch!)

FEMININE WISDOM

For a kid to have a mother who does not feel good within herself is a big handicap.

WHO AM I?

- How good do you feel with yourself and inside yourself?
- What do you do to feel good?
- What do you buy to feel better?
- What works the best for you?
- Can other people influence your well-being in a negative or positive way?
- At present, what is preventing you from really feeling well?

Being Good

And the boys are really doing it! After sex there is this famous question: »Was I good?« And not the question: »Was it good for you?« or »How do you feel?« No, the question is »Was I good« or »How was I?« And this should remain among us. If the next time the question arises, don't laugh. The masculine is achievement-oriented and there is nothing wrong with that. The more women move in masculine patterns the more achievement-oriented and competitive they will get. Today there are more women asking the question »Was I good?« That is an indication that femininity is dying of thirst and is craving special care and nourishment.

FEMININE WISDOM

*The masculine needs to be good,
to be able to feel good.*

The feminine needs to feel good, to be good.

WHO AM I?

- Is it more important for you to feel good or to be good, or are these two linked?

Silence – Noise/Movement

Silence

Whenever you are in trouble or you think you have a problem and you want to consult somebody to help you change your situation, try this: Just take a break, sit down, and listen to the song of *silence*. Silence is always there, but we are used to focusing on sounds. If you cannot hear silence that means you are not really in tune with the feminine frequency. Take your time to turn inward and tune your whole being into that space of silence and enjoy it. It is always there. By just doing this you will get in touch with your inner wisdom. Your universal healer, all the forgotten wisdom, the eternal truth, unseen helpers, your spiritual teachers, guides and protectors – they are all hidden in the depths of silence. One of the main goals of the Feminine Mystery way is to get in touch with the wise ones of the inner levels. As soon as you become still you can start to reach out to your inner guide to ask for teaching and to find solutions for your problems.

FEMALE WISDOM

Turning inward and experiencing stillness is not the goal of the Mystery way; it is the prerequisite to be able to take on your feminine and spiritual journey. Stillness is not a reaction to physical or energetic activities; it is another state of being. Stillness and retreat are balm for your soul.

WHO AM I?

- Do you enjoy silence?
- What was the longest time you have actually spent in silence? (without TV, internet, or phone)
- Can you hear the sound of silence?
- How much space for stillness do you have in your everyday life?
- What prevents you from enjoying your inner silences?

Noise/Movement

Sound, noises, and acoustic streams like music, TV, and other tunes overrule and overpower your stillness and your inner voice, until you cannot hear it anymore. I do not want to label music as noise, but we definitely cannot call it silence. Music and rhythm always trigger a reaction. That's why we enjoy them. Do you use music for stimulation, to dream, to celebrate, to get in touch with sentimentality or sadness or romantic feelings, or as a distraction? Learn to choose and use music consciously. A constant stream of music can weaken, irritate, and overstimulate your energy and prevent you from getting in touch with your own rhythm. Some women are very sensitive and easily disturbed by noises that are imposed on them from outside. This can also be a signal of a body that is blood-deficient. This should be taken care of and healed. You will find more on the signals of the feminine body in my book »*The Tao of Woman.*«

WHO AM I?

- What's your motivation in listening to music?
- How does music affect you?
- How often do you fill your space with music?

What do these Polarities Mean to You?

I picked just some of the polarities to sensitize you to the everlasting interplay of yin and yang. Reflect on them to get a deeper understanding and to be able to distinguish them from one another and, most importantly, to recognize these polarities within your life. I suggest that you scan your activities and your lifestyle to get insights on how you move within the polarities. This will help you to make the alteration needed to prepare yourself for your female reset.

This is not about judging yourself. Just watch yourself to realize when you are moving in male patterns. The first step toward a new Femininity is to get to know yourself and to get in touch with your own reality

This first phase of reorientation is needed and will enable you to look at your life from a new and different perspective.

How to Begin Your Female Journey

With this book I am reaching out to your own intelligence and your own wisdom. That's why I am not serving you pre-chewed, ready-made dishes. I am just sharing my experiences and feminine treasures, to inspire you to go on your own inner expedition to find out what's hidden in your feminine treasure box. You will hardly find concrete advice on what, how, and when to do it. Instead, you will get guidelines. This may puzzle you at first, because you are used to being told how to do things the »right« way. But ready-made templates do not work for women. To press a woman into a system, a pattern, or a sequence of exercises overwhelms you with practical hints and prevents your feminine intelligence from growing and taking over. It is important that you have your own thoughts and come to your own conclusions and not just take on what others tell you and what they want you to believe.

It is your task to transfer the presented feminine guidelines to your everyday life. By reflecting and meditating over the polarities, you will find your own way. Your personal debate is needed so that something new can grow out of it. This is essential. Only you can do that reset and build up your life on a new feminine foundation. A substantial phase of reorientation involves becoming clear about your motivation. Here we go:

WHO AM I?

Take the following questions in and let them sink deeper and deeper. They should not be answered quickly. Instead, take them with you on your life journey.

- Why do I do what I am doing?
- Where do I want to go?
- What do I want to achieve?
- Why do I want to heal my femininity?
- Do I really want to liberate myself?
- What does spirituality mean for me?
- Who am I?

Women have all kinds of dreams and are astonished when they suddenly find themselves in a totally different life situation in a life that they did not really want or expect. Continually and consciously asking yourself the above questions will help bring your visions and dreams down into your reality where they can manifest.

This does not mean that your feminine path should be controlled by your will to reach your goals. Setting your goals consciously within your femininity will allow you to relax, to trust the feminine, and allow growth. Eventually life will present you with a solution that you would never have come up with. For me this always works. Without a strong alignment, I certainly would not be able to write any books. That's also how I was guided to develop this entirely new approach to women's work.

If a woman uses her feminine treasures while being ruled by masculine patterns, of course the results will be totally different and they will not support the growth. Often just the opposite will happen. During the years many women were just copying or quoting me instead of going into their own feminine healing process, much of the original feminine treasure was unfortunately diluted and destroyed; it was put into a different context without any real experience behind it. That's called faking!!

That's why I have decided to write this English version of the book myself, so all women have access to the original. I started this work more than thirty years ago and I feel, in a time like this now, it is important that women get the background information needed to enter a new dimension of femininity instead of just getting stuck celebrating their feminine unconsciousness.

Keep asking yourself those previous questions again and again. Answer them honestly. Especially if you should work in the therapeutic field, then it is even more important to keep questioning yourself. Without this focus on the spiritual

path, nothing really makes sense. Never forget that in your deepest core you will find the door to your eternal wisdom. In moments of insecurity, it is much smarter to turn inward and to reach for that inner place in yourself, rather than asking another woman for guidance and consolation or booking a therapy session. Most likely others are not connected to the inner wisdom and will just tell you what they have learned, read, or heard. Out of habit you may feel superficially understood, comforted, and secured. Never forget that only you can find the real advice, which brings you closer to yourself and the ultimate truth.

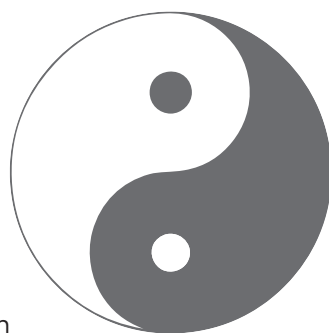
From Female Strength

Being on the feminine path does not mean just sitting quietly and still in your cozy temple, nourishing and protecting your femininity and doing your meditation – then forgetting about it the rest of the day. Rather, it means to be in touch with your femininity no matter where you are and what you do. For this you need to be able to clearly distinguish between feminine and masculine. Of course, retreating and meditating are needed along with stillness and self-healing. We all need to create the right space in ourselves, to welcome a new divine femininity so she can give us her strength, love, and wisdom. Those feminine treasures will give you the power and confidence to take on your feminine responsibilities with joy and enthusiasm, even if those responsibilities are sometimes really challenging.

Another important goal is to become your own best girlfriend. The more you start to rely on yourself, the more you will be able to trust your strength and intuition. Being in your Femininity mode and feeling natural, joyful, and happy is a very precious contribution to your feminine healing. *If not you now, then who when?*

Masculine Survival Strategies

Let's look again at the masculine. That small dark dot has a big impact on a man's behavior. Unconsciously man is driven to avoid that scary abyss within, that huge feminine maw. The dark spot within the white area of the symbol also represents the mother of a man – most likely an emotionally insecure, unconscious, and frustrated woman – or even



one who is very masculine-wired. For the fetus, the mother is the direct door to the collective. Personal or collective conditionings do not matter; during pregnancy those unconscious matters are transferred from mother to child. Especially for sons, the unhealed feminine parts of their mothers are drastic, equipping male children with a scary inner insecurity.

Women keep asking me how it would turn out if women were healed and whole. What would that dark spot feel like? Would it still be a place of utter insecurity or threat if mothers had been healed and rooted in themselves? Of course, a woman who has liberated her feminine sexuality and who is rooted consciously in her womb passes on a different quality of feelings to her baby; those feelings will most probably have a positive impact on her son's emotional and sexual development. But the confused inner state of most women today gives babies a very bad start. Later on in life it becomes very hard for men to deal with emotions or to trust women in general. To avoid that inner space of insecurity and weakness that is slumbering in their core, men become very creative and inventive. Such unconscious and repressed emotions are often triggered and used for sexual stimulation. In certain brotherhoods, negative emotions are even reinforced and perversely nourished to create powerful energies that feed their rituals.

Still, for many men, sensitivity, openness, and vulnerability – even empathy – are considered a weakness. Unfortunately, only a few men have a natural and easy contact with their inner femininity. It is as important for men as for women to get in touch with a new consciousness; for men that refers to their inner woman. From early on men are pushed to avoid and counteract that inner insecurity, and not to show or feel it. Repressing their insecurity has become a male survival strategy. It is an unconscious drive to avoid that highly sensitive core. No doubt this very sensitive part needs protection, but it also needs to be freed.

There are so many strategies to avoiding the inner abyss – as many strategies as there are men. But these are just temporary and not long-term solutions. On top of the list is sex as a way to get in contact with the masculine power fast; we talked about this before. It does not matter whether sex is only fantasized or performed in reality; it serves the purpose. Gaining power or money, succeeding in sports, or having a secret all seem to serve that purpose well, but being the president of the local rabbit breeders' cooperative can also take on that uplifting function. You will ask yourself how can all those activities protect the soft inner nucleus? It is all about being in power and about being recognized as important. It all helps men to escape that dark inner hole. In worst cases, there

are men who have been neglected and treated so badly by their mothers that over the years they develop a severe condition of personality disorder which draws attention by negative behaviors to produce this effect.

The Masculine Handicap

Femininity is nourished by being in the depths, by good feelings, by being in silence, by freedom and meditation. Masculinity needs peak experiences, success, and recognition to unfold its power. It does not really make sense for a woman who wants to unfold her feminine potential to follow that male recipe.

Let's be realistic. Even if there are great teachers and therapists who are brilliant and their performance seems impressive and completely credible, their male hormonal state always creates a little handicap: no matter what they are involved in, first they need to counteract, hide, or overpower their inner insecurity. In the male world the first thing is always about gaining power, sexual potency, and being recognized – the eternal playing with fire, always! Truth, integrity, or empathy must make space and stay behind.

There were times when I led seminars in corporations with male colleagues. At one point this became laborious, seeing how the guys always had to put themselves on stage to show off and to prove how good they were – and of course how much better they were than the participants. Their main concern was to gain respect and admiration from their female students. I had to leave those corporations because, for the work I am doing, it is a hindrance if a teacher must always dominate and be the center of attention. In teaching other men, gaining the other guys' respect may be OK and perhaps necessary, but in teaching women the mysteries of spiritual healing work, this method is counterproductive.

In working with women, you need to take back your personhood and your energy, to create space so the participants can make their own experience and have their own insights. Of course, male teachers can be charming, skilled, and a lot of fun and working with them can be very pleasant and cheerful.

There are too many women for whom it is enough to have a great charismatic teacher, therapist, guru, or priest they can follow and admire. This is very popular among women. As long as they can love and admire somebody, the world is OK for them. I was able to see this during my time with Osho. He was the

greatest mystic and an exceptional spiritual teacher who encouraged us continuously to explore ourselves to find the truth, to meditate, and not to fall into the trap of the ego. He encouraged us to be truth seekers and rebels. Around him there were so many women who admired him; they played the beautiful, surrendered, ecstatic disciple who wanted to be as physically close to him as possible. They thought that being close to him would be more effective than going on a spiritual search themselves. They focused on him instead of on their own liberation. Many of them got big egos instead of realizing their true selves or establishing a real connection to the spiritual world. That's why it was good Osho left his body quite early, so that people were shaken up. Some then got into their liberation processes and some just went to find the next guru to sit at his feet. Others are still bragging that they were very close to him, or even lived in the same house, which they think makes them special forever without having truly meditated or focused on unfolding their own potential. Some of them now blame him for abusing his power, just because they missed their chance and focused on pleasing him instead of liberating themselves.

From churches and priests over the centuries, women have been conditioned to dream their spirituality and to follow. That's how it has been; it's what women know and what they are used to. Unfortunately, it has nothing to do with feminine liberation or spirituality. The time has come to leave those patterns behind and make it real.

The Way of the Water

More and more women realize how much their feminine input is needed to counteract that controlling and repressing agenda imposed on us. It is shocking to see how fast many give in and how easily they can be deceived and manipulated.

The great reset needs to happen in harmony with the feminine nature. If women take care of their own matters and men take care of theirs, we can create a new world that brings forth our true spiritual potential, our creativity, and intelligence. To develop emotional, sexual, and spiritual intelligence are as important as inventing new technologies. Dealing with those powerful inventions needs emotionally balanced people, who are also able to deal with their sexuality in a responsible, creative, and empathetic way. This is what feminine healing is all about.

But feminine growth is not instant soup. With the constant power of water, the hardest structures and oldest patterns can be dissolved. Ruled by the mysteries of waters, your feminine expedition will become a profoundly transforming and healing journey, which has the power to stabilize and enrich the world.

Female Expedition

As you know from the previous chapters, the feminine way is different from the other ways we know. Since it has been repressed and manipulated for so long, today its healing and spiritual forces are basically out of order and need to be restored. That's what a reset is all about. Women have not just been cut off from their rights; still today in many countries and cults the genitals of women are mutilated to prevent their sexual joy. In many African cultures this is a kind of initiation for young girls. This is so violent and the most shocking aspect is that women are doing this to each other. They could just stop it – but they don't!

But by far the most effective repression of women has been to choke female spirituality at its roots. If the spiritual light is missing, people live in darkness and cannot see what's going on. That's why millions of people now do not realize what is happening.

Severely traumatized world leaders fear female power so much that they have kept woman small and dumb, manipulating them into male patterns, making them dependent, and abusing and raping them. Now they are even poisoning the children. And women just trot along and don't question; they do what others do. That's why spiritual rebels are needed to turn around this deadly mission that has already begun.

In the absence of the feminine over thousands of years, religious power structures were established and expanded, preventing authentic spiritual growth in women on the highest level. Cutting off women from rising to a higher consciousness is the real crime.

The spiritual repression of women is the main reason why so many women do not even see the necessity of liberating themselves. And those who have the desire to do so need strong determination and intention. To prevent their spiritual liberation, women are fed superficial and fake spiritual ideas and spiritual dreams. There are many women's circles that make others believe that they are already goddesses and have already achieved. They build up their own fantasies instead of facing their female reality, which in all of us needs healing and liberation to unfold the real divinity and its powers. These kinds of fantasies may give women some consolation, but now the real female power is needed. Just offering consolation keeps women small and insecure.

In my healing groups, it happens that a woman suddenly bursts into tears. This is a very good situation, allowing her to practice her new skills of self-healing. Because most woman are not used to healing their emotions, it is always a good opportunity for me to guide them through. But almost immediately another woman sitting next to her interferes by holding and comforting her. And

bang! The woman is out of her process again and prevented from having the important experience of self-healing. It is actually pretty easy to deal with one's emotions and to heal them oneself, but people make such a big drama out of it.

That's because emotionally undeveloped people are much easier to manipulate. You can make really good money with unsolved emotions, so nobody has any interest in seeing that you learn to heal your emotions on your own. Women have learned to keep each other small and emotionally dependent. For our spiritual liberation we need our emotional intelligence. Only an insecure woman full of fear can be part of a religion that is knowingly responsible for so much sexual abuse, so much killing, and many other crimes. Yes, this is all documented!

An emotionally insecure woman will not see the reality; she will see what others make her see. She will just trot along and believe what politicians and religious leaders and therapists tell her. Insecure people are so afraid, naive, and desperate; they think, hope, or dream that our leaders will do everything for our best interests and that they really care about us. But realistically look at our world history and world leaders. Have they ever been like this? They are good talkers and make us believe that they care, and sometimes they even act so. But if you have a close look, you see it is just to get across their real hidden agenda. We need to take care of ourselves and not hand over the responsibility to others.

I consider spiritual repression to be the main cause of women being caught in their limiting conditioning. To get out of this repression is our own job. There is no need to accuse men of not doing it for us. At this point not much would change if women could become Catholic priests or highly initiated Buddhists, mullahs, or world leaders. Women who achieve are not liberated yet; they just imitate men and cope with their corrupt power structures or many are still marionettes used for a certain purpose. Because women in power are not yet in their own strengths, they need to liberate and unfold their spiritual powers. We all need to find and go in new ways that really work for us.

There are many features that distinguish feminine ways from a masculine path. One main difference is that woman who are ruled by feminine principles do not need a hierarchy, an organization, nor any dogmas to unfold their true spirituality. Strict rules, concepts, guilt, and fear suffocate the feminine. Spirituality in a woman needs freedom, love, joy, and authenticity to grow and unfold. We do not refer to the abusive and exploiting way of so-called sexual freedom, where children are exposed to a sexual education that only serves

to fulfill the sexual desire of pedophiles and other perverts. Emotionally and spiritually liberated women have the power and the love for children to protect them from any attempts to legalize sex with children or to use and abuse them. Beware of the gender movements. It is so sad that this needs to be mentioned.

Let's talk facts: if government or religious leaders wanted to protect children, they could stop all the trafficking and child abuse. In a few seconds it is possible to detect texts opposing vaccines on the internet and block the poster's account. There are hundreds of policemen who just focus on whether people are wearing masks, even though there is no proof that masks prevent people from getting a sickness. And you tell me that they cannot protect the children! If they really cared about us, they would make protecting our children a top priority. But they don't care. Just yesterday a German judge was caught with a thousand photos of tied-up children the photos were stolen from his case files and were found in his house. This is not a single case. As I keep saying, the real pandemic is the sexual pandemic.

You Are It

No matter what you do, it is about your own experiences, your process of learning, and your growth.

- ♥ Don't let others make you insecure by analyzing you, judging you, condemning you, or putting you down.
- ♥ Others do not need to tell you what's good for you and what you should or should not do.
- ♥ No one needs to tell you what your ideal spiritual experience should be.
- ♥ Don't let others bad-talk your own real experiences.
- ♥ Don't let others prevent you from moving on.
- ♥ Let no one dictate to you what and how you should feel.
- ♥ Especially in sex, don't do things that do not feel right to you.

Allow yourself to be sensitive and trust your own experiences. For this you need to be in a state of relaxation; otherwise, it does not work. There is no need to do thousands of things that just keep you on the surface. It is enough that you do whatever you do totally, going deeper, discovering your own truth. You don't need to become a different woman: that would be an absolute pity. You already contain all that is needed for you to grow; you just need to allow it.

We all are perfect in a unique and imperfect way. That special and individual »you« is worth more than an exploration. For me as an older woman, I can say it takes time to become yourself. Usually, the process of becoming yourself lasts until you enter menopause. Then there is the important phase of integration and only then does a woman reach her maturity and wisdom.

On a feminine journey, it is not essential whether you can perform an exercise in technical perfection; this is never the essence of an exercise or meditation. Also, when you are doing techniques like yoga or Qigong the important thing is what happens in you while you do the exercise or meditation and your experience while doing it. What counts is that you expand within and that you reach a deeper layer of yourself and contact your higher self. These things are important and matter!

Humanity is Suffering

Our world is in the midst of a major change. Our greed and egoism have caused so much damage in all of us that we have become unnatural and fake. It looks as if this is just the beginning and nobody knows if humanity will survive this new phase – at least a humanity as we know it. Some powerful people have a vision of transhumanism through the creation of cyborgs, which are new, artificial, slave beings constructed by uniting humans with new technologies. By inserting certain chips with new devices into the human brain, they want to create machine-controlled super humans. I know this all sounds like science fiction, but the new technologies are already so advanced and one of the highest goals of the male mind is to control nature.

Of course, if the female energies are missing or are too weak, this gets totally out of control. It is interesting that these new neuro technologies are apparently financed by the US military and are officially being researched and developed for medical purposes by a start-up company called Synchrony. After passing a successful testing phase on animals just today they received permission from the US Food and Drug Administration to start their research on humans, implanting those chips and very small nanoparticles in the brains of people.

I am fascinated to learn what the new technologies are capable of. But I am also aware that those smart people dealing with these new inventions are people who are as emotionally, sexually, and spiritually retarded as most others. In those hands, great technologies can become unpredictable. Emotionally

immature people will use them to gain more power and to reach selfish goals. This makes the situation very dangerous for all of us. They plan to insert a certain chip, which provides a person with a certain skill or the ability to do a certain job. When the work is done, the chip is shut off, probably by remote control, and then the person is the same ignorant dummy as before. I believe that people can be trained in natural ways to unfold their natural intelligence. But our educational systems keep people small.

We can turn away and just go on dreaming and hoping that all will be good, but for many of us this does not work anymore. We are all one people. More and more are realizing this and have a deep desire to actively take on the responsibility for what is happening on our planet. Many are resisting and refuse to be reduced to slaves who are not allowed to have their own will, who have no rights, and whose bodies are altered and inserted with chemicals and technologies and God knows what.

Looking closer at these major global problems, you will recognize that these are all the result of a major imbalance of feminine and masculine forces. Now that you're more familiar with the polarity, reflect on this to get your own insights.

We are all asked to take on our responsibility to develop a higher feminine consciousness and nourish and stabilize the world with our own female qualities. The idea that a woman may and can do so is relatively new. But not many women have had the courage to step out of their cozy old collective patterns yet. Many still live in a social, familiar, and religious imprisonment and, with just a little pressure, they do whatever they are told. Of course, it takes strength not to be influenced and manipulated by the outside. This can happen in various, sometimes very subtle ways as, for example, by excluding somebody, by putting somebody down, by spreading lies about somebody or by bullying. Women need to start taking the reins in their own hands. But the liberation should be in synchronicity with the feminine principles and not ruled in a masculine way. This is the tricky challenge.

Just because women in our Western society have more freedom does not mean that you are free from old ties and dependencies.

We have learned to move in masculine ways to avoid feeling what happens on deeper levels of our beings. The inner liberation still needs to be done. The feminine process of healing needs women like you, who are making their »small« but real contributions. Feminine liberation is not an outer revolution

and is not a noisy, extroverted gathering of naked women who fight for their rights and against injustice. Of course, this is also needed and has an effect, but it is not enough because it does not solve the problem at the root. It does not change your life quality. The true feminine liberation is a very silent and private process, which takes place in the depths of a woman. For this you do not need to turn your whole life upside down, you do not need to get a new job, or to start a new relationship. It is enough to live your life with a different attitude, out of a new perspective, and to get a different feel for it. Only inside yourself can you change your feminine reality and initiate your own female reset.

By becoming a sacred feminine temple and nourishing and caring for your body, soul, and spirit with gratitude, you will give stabilizing impulses to the whole. Right now, humanity is like a severe plague for our planet, which is sick and weak. Healing and freeing our femininity and being in touch with the higher consciousness will be like a healing remedy for the suffering world.

FEMININE WISDOM

Feminine impotence and helplessness should not just be quickly replaced by male power, but healed with consciousness and love – this is real, sustainable female empowerment.

Women's No

At present, the situation for all of us is confusing: on top of the destabilizing coronavirus experience, women are in the middle of a major change and the new is knocking at our door. In some areas you have liberated yourself – you know what you want and even more what you don't want. Women have learned to say no. They are self-confident enough not to justify their noes. They say: »No, this does not feel right to me, period, end of message!«

In a restaurant, women complain if they don't like the food. Women question the quality of their lives and are improving their situations. They consult astrologers or healers. A few years back most women went to therapy, but that was the older generation. Modern young women now have lawyers and coaches and lots of energy and enthusiasm to carry out their agenda.

Women are experimental; they become artists and start up their own companies. If Mr. Right is missing they go to the fertility bank and buy a sperm to

have a baby. Women have a vibrator in their drawer and they know how sex gives them pleasure. Women can be bitchy and unbridled, and they know the skill of flirting to get what they want. Like everybody else, you genius super-rich and super-smart women need to renew yourself profoundly. We all need to recognize the old, to say no to it, and search for new ways. New means new: it is not just the old ways and the old mentality achieved with new technologies. We need a real reset and not just a repetition.

Learning to say no has brought a major change in women's lives. This »no,« this small or large rebellion has helped women break out of their powerlessness. Saying »No, not like this. I want to have it differently!« launched a new life. Women sense that there is still a lot of work to be done. Up to now not very many have lived according to their own potential, and they have not yet had access to their true, intrinsic feminine strength. But when you realize its importance, hopefully you and many others will focus on liberation to manifest a new feminine. It gives us hope that many are starting to wake up and see the bigger picture.

Yes or No

What a release suddenly to be able to say No! Saying no gives the impression that you are somebody. No creates a feeling of being able to cause something. By learning to say no, women experience a little taste of power. Like a wildfire, saying »No« has spread among women. Noes have entered women's lives and gained power over them. The result is that a somewhat negative attitude has been established in many women. There are women who, out of habit, first say no so as not to be overruled by a new idea or another person. Others say no, but mean yes. Your twisted yeses and noes must also be liberated to recover their power.

Among women it is very common to exchange negativities; gossiping about others and criticizing them is looked upon as evidence of trust among girlfriends. Interestingly, women often get together out of negative motivation, to discuss problems or to dissolve a bad state of affairs, and to mutually comfort and empower each other. These are unconscious feminine patterns, which are rooted deeply in the collective. The female reset is not against anything; it is for a new world order, which is really new.

WHO AM I?

- During the next weeks carefully observe the attitudes from which you do what you are doing.
- Are you more driven by positive or negative impulses?
- Remember situations where you were not authentic, where you said yes but felt no, or the other way around.
- Have a deeper look at your close relationships. Which ones are inspiring and which ones are dragging you down?
- Do the same with the other people you are dealing with in your everyday life.
- What's easier for you: saying yes or saying no? Or maybe you are the »yes but« type?

Explore Your No

Saying no confirms and strengthens your personality. The no was and is important. A toddler moves through a »no« or defiance phase as do teenagers; both are finding their own identity. These phases of rebellion can be exhausting for the people around them, but they are important for the development of personality. It is more worrying if a child skips those phases.

On the Mystery path, you will look behind your scene to find the roots of your nos. Each no stores important information about you. Before you donate your No to others, take a moment to discover the motor that drives you.

Your no is a powerful weapon. To use it deliberately you need to know all its different shades. As long as your no rises out of repressed and unsolved emotions, frustration, pain, or hate, it does not make sense to project it onto a person or situation. It is your task to heal all your noes from that unnecessary garbage. The liberation of a no lasts until you can say yes with all your heart and all your cells are melting in that yes-vibration. You don't need to turn into an uncritical yes-sayer. Your noes should just not be the expression of your hate and frustration, but should be used as a creative instrument. As a responsible woman, you should be able to use the power of the no when you feel it is necessary to serve for the greater good.

FEMININE WISDOM

The No always creates barriers and isolation.

A Yes is always an opening, an expansion, and an integration.

To find out what this means, try the following experiment. Say yes full-heartedly and feel the effect it creates in you. Then do the same with a very strong, convincing no. To have a truly life-affirming, accepting attitude does not mean to adjust and give in to everything that happens, but to liberate yourself and stand for your truth. Having a negative and pessimistic attitude means imprisonment.

When you are disconnected from your feminine roots, you are automatically ruled by your unconscious personal or collective matters and patterns. In women who want to skip feminine healing, their power will lock on to unprocessed emotions like hate, jealousy, fear, and vindictiveness. This explains why power brings out the worse in people.

Getting in touch with your unconscious should not be undertaken lightly. There is so much pain, negativity, and lots of miscellaneous stuff stored in the collective. If you call for the dragon, you need to be able to tame it again. Otherwise, sooner or later, you will be overwhelmed by various emotions or even by entities. To learn emotional self-healing well is liberating and greatly needed so we can finally leave this negative, destructive swamp in which we as humanity are stuck. This situation has been created by our world leaders who themselves are stuck in their unconscious emotions. Most of them are driven by evil emotional forces and this has a great impact on their way of handling world matters. They are not capable of solving the world's problems in their current emotional state, but they are really good at creating problems to maintain and expand their power. Remember, this is very common behavior in traumatized people who do so to avoid getting in contact with their own helplessness and fear.

Independence

It is so important for us to step out of these old, destructive global patterns and to learn to take responsibility for our lives, to be independent and to aim for financial, emotional, sexual, and spiritual freedom and a new liberated way.

Feminine independence means not depending on outer circumstances. Feminine independence is basically an inner state, which will manifest in everyday life. I am aware that independence and feminine liberation are not something many women are interested in. We have been brainwashed and programmed not to stand up for our values, but to keep quiet. But now it is necessary that we start to move forward, at least those of us women who are able to. Who knows how long we will still have life as freely as we do now, with all its opportunities and possibilities?

Give yourself a chance and look a bit closer to see what it could mean for you and how you can contribute to supporting this much-needed global venture. It is really not a good idea to just hand over this responsibility to those old, traumatized men and let them rule the world in such a selfish way. New and liberated ways are needed.

Many women are having children to give their lives meaning – at least this is the idea within our collective belief system. Others work for acknowledgment and approval. Still others are in a relationship because they are afraid of being alone. Unknowingly we are ruled by a million different unconscious patterns and conditionings, which prevent us from being ourselves. Woman's liberation means recognizing those unconscious patterns and imprints to dissolve or neutralize them, so that your energies and feelings can flow freely and your uniqueness can unfold.

WHO AM I?

Check through the different areas of your life. Grade yourself how satisfied you are in each area: 1 is especially satisfied and 6 is very unsatisfied.

| | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|
| How healthy are you? | | | | | | |
| How do you feel as a woman? | | | | | | |
| How satisfied are you with your body? | | | | | | |
| How is your contact with your feelings (not emotions)? | | | | | | |
| How is your sexuality? | | | | | | |
| How is your orgasm? | | | | | | |
| How are your sexual relationships? | | | | | | |
| How lustful is your life? | | | | | | |
| How is (was) your relationship with your mother? | | | | | | |
| How is (was) your relationship with your father? | | | | | | |
| Do you like your job? | | | | | | |
| Are you satisfied with your education? | | | | | | |
| How is your financial situation? | | | | | | |
| Do you have any retirement provisions? | | | | | | |
| How do you evaluate your friends? | | | | | | |
| How is your living situation? | | | | | | |
| How do you eat? | | | | | | |
| How do you sleep? | | | | | | |
| How do you experience your spirituality? | | | | | | |
| How well can you relax? | | | | | | |
| How persistent do you live your visions? | | | | | | |
| What about your life dream(s)? | | | | | | |

Please take care not to judge yourself while answering these questions. These reflections should help you by serving as a location determiner to provide some clarity on your life.

Do I Really Want to Let Go of The Old and Well-Known and Grow Into Something New and Unknown?

Do you want to set yourself free or do you still hope that outer circumstances, your relationship, your mother, your colleagues, or your neighbors will change? The big question is, are you open and ready to change your habits and your ideas?

WHO AM I?

- Do I really want to change? Without thinking, write down, the first thought entering your head.
- What am I willing to do and invest to liberate myself?
- So far what have I done for my own liberation?
- How open am I to the new and unknown?

The Risks and the Chances of Self-Healing

When it comes down to women's liberation, women are extremely modest. As soon as they get to know feminine self-healing and the first little successes show up, many are so happy and overwhelmed that they think they have undergone their feminine reset and already reached the end of the journey. Many declare themselves to be experts on feminine healing, not realizing that they are still functioning in male patterns and have not even started their real feminine liberation.

Often, they just feminize their masculinity a little bit, without actually touching the real thing. Because they have been so far away from real feeling, the slightest sensation of sensuality gives them the impression that they now know everything about femininity. In fact, they just had a little sip.

As soon as they have the first glimpse of femininity and see that their sexuality might be a bit more lustful, they are so taken by this that their male extrovert energy makes them feel like experts in feminine matters. Here in Europe, especially among housewives, this is a big hype. In masculine enthusiasm, proud of their tiny success, they want to pass this on to others and become teachers, therapists, or healers. Before liberating and healing their own femininity, without having a feminine foundation that enables them to be rooted in the Femininity mode, they start to work with others.

They are looking for a fast way to get a certificate; usually they first they

become a yoga teacher, a breath therapist, or a Reiki master to be able to go on their mission. They are so occupied with learning new techniques that the tender feminine seed is not even given a chance to grow. Instead of healing and liberating themselves, they focus on others. With such a superficial approach we cannot support the global reset; we are only enhancing the old pattern once more. Have the courage to go on a deep search and focus on your own deprogramming to be able to go in new ways.

To really initiate a reset, every woman needs a longer period for her reorientation, not just a mental change. Women who have given birth and raised children are depleted and need years to overcome their yin deficiency and to rebuild up a solid feminine foundation. And this takes as long as it needs. It is not done with just a half hour of meditation or exercise each day. In women who are especially burned out, it takes correspondingly longer – not just to recover the body, but also to then develop the emotional body and to allow a spiritual opening to bring forth a new femininity.

Male-programmed women move fast and efficiently. Because in the outer world they have been successful with their male approach, their personality is strongly identified with it and does not want to give up that lifestyle. Unconsciously their personality boycotts their feminine journey. Our unconscious is so tricky that it blurs our perception. This is part of the game. To recognize these inner oppositions is the main focus of spiritual training. That's why liberating the feminine needs to be inbred in profound spiritual training. Entering the feminine involves so much of the unconsciousness. If women are not prepared to deal with it properly, it blocks their spiritual growth at the root.

The resistance of a hurt woman can be extremely powerful and her unconscious defense mechanisms and patterns of dissociation can be pretty nebulous; you need to become a detective to grasp and dissolve them. While you are reading this book, I hope you will discover some of your resistances. Women who can see their own hidden patterns are most likely able to recognize the hidden agenda, into which we are so aggressively pushed and are more likely to have the clarity not to be manipulated.

For so-called power women, it is a big challenge to change gears and to allow one's own natural feminine rhythm to take over. At first this change can be unsettling and create insecurity, because the fragile and wounded femininity feels nothing like the male powers you are used to. Nourishing and taking care of your femininity will allow it to unfold its strength. Give it a chance to grow and heal.

Beginning to follow your intuition and not listening to your »all-knowing and judgmental personality« is a huge step. Over the years of being constantly ignored and pushed aside, your intuition became pretty weak. If your intuition does not get permission to be part of your life and eventually to take on the lead, she will remain silent.

To realize the poor, devastated state of one's own femininity is discouraging. I know this from my own experience. In the beginning, I was shocked to realize how male I ticked and how weak my femininity was. Believe me, I was not pleased about this insight. It takes courage to admit this to oneself.

I know many women who are ruled by male patterns, but they think of themselves as being liberated women who have done this already and who do not need any feminine healing. They think they know it all! Egos can be so tricky. Unless you are ready to face your reality, there is no chance to move on. After the first shock of encountering my feminine reality, I was also relieved. I knew that it was necessary to care of this for my spiritual development, no matter what. Indeed, for me, my feminine healing was the missing piece that boosted my spiritual growth in a most unexpected way.

At that time there were no books or experiences from other women that could guide me on that venture. I was in this alone and I had to tap into my own resources to find my way. But this was exactly my good fortune. From my own experience, I know now the kinds of power and wisdom that are dormant within every woman and I know you need to find your treasure all by yourself. This will be soooo rewarding!

Take time for your process of reversion to find your true nature. This is not an instant soup: like everything else it takes time to grow. You need time to change your perspective and to get a deeper understanding of the process you are about to enter. It cannot be forced but will happen naturally. The steadiness of the water will bring you back into your own precious flow.

The Feminine Mystery path contains immeasurable treasures. Down the ages women have been fobbed off with lies; they were intimidated, abused, and kept under control. When it comes to spirituality, we are all deeply traumatized. You will not even have assumed that the Mystery path could become reality and that you as a regular woman could enter a different reality full of magic and wonders. Even more unbelievable, it appears that the key to that treasure box lies in our own hands.

As a result of being traumatized, women are cut off from the spiritual reality, so most women today unknowingly just dream their spirituality.

I can see this in our Mystery School. We receive enthusiastic applications

from women who have been – as they say – meditating for years and who feel such a strong pull to be part of the Mystery School, because they really feel this is their way. But in reality, actually doing their daily meditation is the most difficult thing. The first six months are a bit sobering for most of them, because their daily meditations are not as they had imagined or dreamed. As a Mystery School, our task is to make sure our students learn to meditate on the right plane. And people just don't like to leave their dreams and ideas. To dream and to fantasize meditation is different from actually meditating. Really meditating is a skill that must be learned. There are so many meditations and spiritual concepts being spread that prevent people from getting in touch with a higher consciousness but instead only enhance their spiritual dream. Waking up from this dream is what is meant by spiritual liberation.

FEMALE WISDOOM

*The biggest obstacle on the feminine path
is to stop the journey before it has actually begun.*

The Laws of Femininity

A woman's life is imprinted by pregnancies and births. There are women who decide to be pregnant on the material plane and to give birth to a child. Other women decide to live out their feminine potential on a creative, artistic, or spiritual plane. It does not matter on which plane a pregnancy gets initiated or on which plane a woman lives: that potential and the laws of femininity are the same.

Feminine projects work the same way. They need to be initiated in tune within the feminine principle corresponding to the pattern of a physical pregnancy: First comes the fertilization followed by a phase of growth. For this, every feminine project needs a protected space, like the embryo has in the womb. After nine months it will be born. Then it will show whether it is strong enough to survive. Feminine projects like self-healing and self-liberation need space and time to grow naturally in a silent, protected space, where they are undisturbed. If a woman wants to control that phase of growth and keeps interfering, manipulating, and trying to alter and speed up the process of growth, the project will be weakened; the seed originally planted cannot really grow and will not have the power to mature and to manifest itself.

Constantly talking and thinking about a project and not giving it that protected, silent space in which to grow naturally is one of the big mistakes women keep making; this prevents the wonders of femininity from unfolding and surprising them. Of course, they can get things done and they can do stuff, but most of the real magic will be missing.

Pregnancy – the growth of something new within – is the expression of the feminine principle. It is the manifestation of the biggest miracle in life. A woman always has the possibility to either invite a pregnancy or to prevent it. I assume you know how to do this on the physical plane. When you become familiar with the Feminine Mystery work introduced in this book, you will be able to apply those principles to the other planes as well.

FEMININE WISDOM

The feminine principle is clear proof that women are meant to bring something new into this world.

Pregnancies

All your female projects need a protected and undisturbed space to grow strong naturally, whether this is a project of healing, giving birth to a new femininity, creating a new business, growing your spiritual embryo, or figuring out what to do with your life. If you skip or shorten the important phase of pregnancy, the prerequisites that your projects for success will be missing. All feminine processes need to be ruled by the feminine principles. They need to be nurtured and they need time to grow.

Female projects should not be pushed, manipulated, or altered; nor is it a good idea to try to speed them up. For example, if you keep interfering by continuously talking about your project, it will be weakened. Just keep quiet and meditate, giving it space inside you to mature naturally and become strong. A feminine growing process always takes as long as it needs until it is mature enough and has the power to manifest itself and to survive. Because feminine projects are ruled by the feminine principles, they are as strong-willed as women are. Feminine projects don't like at all to be manipulated or overruled by a woman's mind.

Men are ruled by different patterns. It is not their nature to go through a pregnancy nor to give birth. They carry different qualities. The more women adjust to

male patterns, the more difficult it becomes for them to go through a natural birth process and they miss that enormous advantage and support of being a woman. If women do not surrender their lives to the feminine laws, they cut themselves off from the world of miracles. They destroy the ability to grow something new inside by constantly managing and manipulating, preventing their ideas and projects from gaining real strength. They are constantly dictating and controlling to get their project moving in a way they think is right. This is unnecessarily exhausting. Being in a hurry to get a result, they pick their feminine fruits way too early, before they are ripe and mature. Then they add sweeteners and artificial flavor to their actually inedible harvest and wrap them up beautifully. It is even more common to skip that growing process, and just copy something and give it a new label. This is so boring. Allow your projects to mature and to grow into something really new. We need the new to move out of this continuous repetition.

How To Realize and Manifest Your Projects

- ♥ To have successful projects you need to be physically fit and in a good spirit and, of course, strongly rooted in your femininity. To take on a project out of fear and desperation is not such a good idea. Take care of your healing first.
- ♥ On the feminine path you do not create something by concocting your thought flashes intellectually; just take your time in hatching your projects (the way chickens do it).
- ♥ Each feminine project and venture needs a protected nourishing space and the time to grow strong.
- ♥ To continuously talk and think about a project weakens and strains it unnecessarily. No feminine project should be disturbed by constant activities and alterations.
- ♥ If a project is mature and strong enough, it naturally has the necessary force to survive and achieve.
- ♥ In most ventures, you will encounter obstacles and difficulties. That's part of the game. The feminine way is ruled by water. When there is an obstacle and you get stuck and lose your flow, do as the water does. Relax and wait until you regain new power and your life has the strength to flow again. Mostly the blockage is found inside ourselves. That's why it is good, when you encounter an outer blockage, to focus on getting back your inner flow and joy.

- ♥ Sometimes there is stagnation when nothing moves and everything seems to stand still. This happens; it is normal and natural. If you do not realize that this will happen, you may get nervous and start to act wildly to put the venture into motion again. There's no need to do that; doing so puts you back on the masculine track. Just relax and make sure that you feel well. Take the time to regenerate and deepen your healing, strengthening yourself in stillness. Again, when the time is ripe the natural flow returns.
- ♥ Another important prerequisite for your projects to come alive is to truly have the skills for what you want to do and not just run after an unrealistic dream you have picked up somewhere. Wisdom, and intuition are not enough, especially if you are aiming for professional independence. It is important that you have profound professional know-how. In becoming financially independent, it is always best to have a »day job« to keep you going until you know it will really work for you, until your project has gained power and can stand on its own feet. Women who are not really skilled in what they are doing tend to compensate for their incompetence by being very nice and manipulative. But being fake does not support their emotional healing and spiritual growth.

From my own, often very demanding projects, I know how much energy and physical strength are needed. If you are moved by your feminine drive, suddenly there comes a momentum, which is like a powerful, irresistible vortex taking on the lead. It urges you to move in its way to get the project into perfection in its own way. Such a phase can be very intense because so much power flows through you. Many artists know that energy. It is so important after accomplishing a project to take enough time for regeneration and to re-strengthen your yin. After each birth, there remains an emptiness inside. Allow yourself to feel it and give it time to be filled again. Especially if your project is successful, don't be blinded or impressed by it and think that now you are done. Take care of your feminine essence, retreat until you feel it again, and only then move on to the next challenge.

Being Bullied – Your Great Chance!

Feminine success is rarely recognized by others, and not many women are praised or acknowledged for their achievement. So, there's no need to expect

it or to wait for it. Often for successful women it is the other way around. They are bullied. But this is ok. Feminine success takes place within, independent of what others say about you or how much money you earn. Many successful women, including me, are heavily bullied by other women. Some are bullied because of their good looks, their intelligence, their money – you name it. But once you know feminine-self-healing, being bullied is just another chance for you to grow your inner strength. The first time you experience nasty bullying against yourself, it is a shock. But the good news is, after surviving these ugly moments successfully myself, I can tell you that those very moments were a powerful opportunity for my own healing and liberation. We are blessed that we are living today. Only a few hundred years ago we would have been burned alive. We are so lucky that we can heal ourselves and stand up for the truth, even when others hate us and mobilize others to direct their negativity toward you. Often desperate women tell me that they are in a bullying situation and do not know what to do. They want to escape and leave the situation, or they fall into a depression. But there are other ways. Just focus on your healing, stay rooted within yourself, and don't be infected by these toxic energies. This is learning by doing!

Don't Be Blinded by Success

To stay rooted in your femininity is especially important if you are financially successful. Too many women lose themselves because they think that they have achieved spirituality. Money and recognition are never the proof of spiritual achievement, evidence that you are better than others, or confirmation that the way you are making money is spiritually correct. Making money by giving people advice or by giving them therapy are not healthy ways to make your living. Women, like everyone, are easily blinded by success. They are driven to get more power and money and they are even willing to sell and sacrifice their tender feminine souls. This is sooo tricky. Many celebrities sell their souls to be famous. Therapists often give up their authenticity and learn to play the game – by being nice and understanding – to make their living. This is also selling one's soul. Just be aware that you do not end up in a situation where this can happen to you. As we know, money and power corrupt.

Meditation and Therapies are Different

There are so many methods of therapy, so many different trainings, seminars, and schools that bring forth therapists, coaches, and seminar leaders by the meter. Therapy is a huge market and a big business and many people are making their living through helping others. But a business is a business; it is always mingled up with selfish interests and takes place on the material plane.

For this, no matter how it is sweet-talked, therapy is never the same as spiritual work or spiritual training. In therapy, you are focused on problems, and you are trying to find solutions on the level of personality; sometimes this may include the body and the energy as well. But these work within the labyrinth of the personality and the unconscious. In the spiritual path you focus on developing your superconscious and your unseen bodies to unfold your true potential, to be able to serve the highest and to support the great work of developing humanity. The Mystery path is a profound learning process where you are introduced to the universal teaching; this is also the path of initiation and illumination. Each school and each teacher works in a different way and uses different methods of teaching. Spiritual trainings don't charge you a lot of money; usually you are asked to pay a small fee to cover the costs of the infrastructure and the production of the teaching material.

One main difference between the spiritual path and the ways of therapies is that in therapy you strengthen and consolidate your personality and your ego. For spiritual growth you need to loosen up your personality and detach from it to go beyond. For this you need to develop your unseen bodies. Unless you have developed your unseen body, you will be stuck in your personality. Be aware: a personality is always triggered by ways that do not give it attention and importance and it will boycott your real spiritual growths. The personality loves to be the center of attention. That's why it loves to spend lots of money on therapies. This is a great stage where it gets all the attention and confirmation, which it needs to feel important.

To your mind, meditation is puzzling. The intellect cannot accept such an illogical approach, where it is questioned and not nourished. But this does not matter. Your mind does not need to understand it. It will never be able to compete with your real being.

The Mysteries cannot be understood by your mind; neither can they be analyzed or categorized. This Feminine Mystery work differs completely from a therapeutically approach and the two cannot be mixed because doing so

would be a compromise and they will counteract each other. Unfortunately, most women do not undergo a profound spiritual training, so they do not know what Mystery-Training is all about. They just mix all kinds of information and methods and present the result nicely as they think it should be. But the Mysteries are always different from what we think they are.

Therapies and Mystery work have different goals and are done on a different level. That's why it is very helpful to learn feminine self-healing well; it is part of the Feminine Mystery work to avoid getting trapped in the labyrinth of therapies, most of which unfortunately do not help you to develop spiritually.

Female Mystery work is a path of teaching and meditations, which is aligned with the universal laws and supports your liberation, self-healing, and spiritual growth. It is a self-determined, individual way under the custody of your higher self, which will connect you with the inner worlds and guide you back to your spiritual home.

FEMININE WISDOM

Meditating makes you whole and wise.

Feminine Traditions

Since the beginning of time, there were women in search of spirituality to connect with the unseen world. There were always individuals, like priestesses, mediums, and oracles, who had access to the Mysteries. As today, these were women with a higher and more sensitive perception than their average fellow human beings. There have always been women who put their lives in the service of the great goddess, Binah, Maria, Isis or whatever you want to call that tremendous source of FEMININE WISDOM and inspiration. Probably it is not even necessary to give a name to the highest feminine principle or divine mother. How to handle this is up to you.

There were times when feminine spirituality, feminine cults, and feminine crafts like protection rituals, working with healing powers, fertility celebrations, or feminine initiation rites were a part of many communities in cultures spread all over the globe. Let's remember all the feminine knowledge, which midwives, nurses, and healers carried out for centuries. There were times and cultures where the feminine know-how and the feminine areas that women

today need to reclaim with great effort, were self-evident and natural parts of people's lives.

Over centuries women have been forced and manipulated into lives that prevent and repress the unfolding of their female potential. Women were kept away from the great Mysteries and the great wisdom we all carry within. Women have been left out and have not been trained or supported spiritually. It is very interesting that up to now many global leaders have been involved in occultism and secret societies and there are many skilled magicians among them or their supporters. Women have been left out except when they could be used in some way.

But I can assure you, the Feminine truth, the Feminine goddess, the FEMININE WISDOM, and the Feminine powers have not been removed. This other reality is still here. It is omnipresent and will always be here. It is just that women, out of fear, have turned their backs to this mystic sphere and to the feminine reality. It gives me great hope to see how many women now remember and are rediscovering the Mysteries again. It is our responsibility to liberate the Mysteries and ourselves from all those traditional conditionings to bring them alive and to a new level. We are here to create new ways. It is not a revival of the old femininity or the past. It is a profound liberation to make space for something new to come forth.

While looking for your own authentic feminine way, you will have to dive deeper until one day you find that forgotten, mystic land. But watch out. We cannot just take on old goddess traditions or do some pagan rituals and assume that now we are so feminine. It is not a ritual or a tradition that helps us find our way back home. Liberating ourselves within an old traditional system will not work. The old way will never bring you into a new consciousness. Traditions have a different purpose: they tie you to the old, and prevent you from moving on.

Old traditions are never the way into a new femininity. But if you are well trained, then old traditions can be used to tap into the power and lead to your feminine liberation. Without liberation, you will just strengthen the old unconscious femininity in you. Our global problem is that our leaders are stuck in the old traditions as well and for centuries they have been running after the same goals of power, money, wars, slavery – doing the same old rituals. They love to play gangsters, like all the boys do, and now by using technology they think they are so advanced. Until men also liberate themselves, they will not change or deal with the world's problems in a new, creative way.

Esoteric and Exoteric

When looking closely at all spiritual and religious movements – churches, cults, Mystery Schools, convents, brotherhoods, or others – there are two different areas or circles: an exoteric outer circle and an inner esoteric circle.

The exoteric outer circle is a more superficial and public area that is open to nearly everybody. Part of this outer circle are religious celebrations, feasts, processions, baptisms, services, singing, dancing, mutual prayers, storytelling, and various kinds of customs. These circles are for the majority of people so, even if they have had no spiritual training and have not developed the occult skill needed for work in the inner circle, they can be part of something greater. Usually, the outer circle feeds the inner circle with energy. Even those participating often do not know that. This is the so-called pyramid system, where the base strengthens the top. You can see it all over, especially in business and in churches.

The majority of people like to be part of the in-crowd and in groups; they are not really seekers or meditators yet, but somehow, they are drawn to it and like to be part of a greater vision. They go to a spiritual event to be with others and to meet friends but do not really have the ambition to take on a higher spiritual responsibility. That's OK because it can take many lives until a human being really has achieved and unfolded his true interest in occultism and meditation. But in any stage of our development, we can support spiritual liberation.

When I stayed with Osho through all those years, there were many gathered around him. He always said that only about 2 percent of his disciples were really interested in meditation and were real seekers. But many of the 98 percent were really good at celebrating, loving, singing, dancing, and sitting with the master. In the Mystery work it can be very important that people gather around a mystic or an initiate to provide a strong energy field so their work is empowered. We call those people in the outer exoteric circle the upholders. They function like pillars.

In spiritual communities, Mystery Schools, and brotherhoods the inner, esoteric circle is doing the actual work and the people in the exoteric circles may have no idea about that work or the intention of those in the esoteric circle. Of course, there are people who unknowingly are being used and abused for ideas they would never support. For example, the Catholics support the pope and the Vatican, which is one of the richest countries; in fact, the Vatican is a

real gangsters' paradise. You can do your own research on that. It is an open secret.

Freemasonry is globally one of the largest secret societies and is organized in a pyramid system. The low-degree initiate has no idea what a high-grade initiate is involved in. But the low-degree apprentices all support the hidden agenda. But of course, those energies need to be directed well and dealing with such high energies is pretty challenging; that's why many occult leaders have undergone a profound magical training to be able to do so.

On the other hand, mystics are solitaries and are not tied to a traditional brotherhood, so their teaching is often very unconventional and unique. Brotherhoods and secret societies are often very traditional and their work is not very creative or innovative, because they focus on maintaining their tradition and perform the same old rituals and festivities. Mystics are here to make a new input and contribution to raise human consciousness in their own way, to imprint the collective with something entirely new. Osho, for example, had a vision of the new man. For this he supported us in deprogramming ourselves from all old conditioning and liberating ourselves from traditions.

The esoteric circles traditionally are referred to as the inner circles. Esoteric means inner and the inner circle refers to initiates who have access to the inner world. It can also mean that the inner circle carries certain knowledge and secrets so its members are often the keepers and protectors of precious teachings. Today you can find occult knowledge all over, but without having the right key it is nearly impossible to enter the Mysteries. Those keys are well protected. With a Mystery-Training, the keys to working with the knowledge are handed from one generation to the next.

Because of their dedication to the great work and their long-term commitment, in time students are rewarded with admission to the inner circle and by initiation into the small and great Mysteries. These kinds of initiations are not to be mixed up with all those commercially based initiations like Reiki and others, which anybody can purchase on the internet or in weekend seminars.

True initiations into the Mysteries cannot be purchased; they take place on a deeper level. Seekers who are ready to take on a greater responsibility are recognized and chosen based on their dedication for the great work and for their contacts with the inner plane, their meditation and the grade of their personal development. They are being led to the right teachers and, step by step, are given training and initiation into the great secrets of humanity. This is a process, which generally takes place over a period of several incarnations.

My intention is to motivate you to not be satisfied with the superficial, commercial exoteric – which, strangely enough, today is called esoteric – but to deepen your search to discover the gate to the Mysteries of Womanhood.

Hidden Wisdom

The feminine way back to the eternal hidden wisdom, to raising a new feminine consciousness, is an individual process of lifting the veils, which conceal the big secrets of the feminine, the so-called big Mysteries of Isis. It is an inner expedition for women who suspect there is more than we can see and measure in the material world. The feminine journey is for curious women who are willing to learn, to move freely and responsibly in the seen and the unseen worlds. It is for women who are willing to put their lives in the service of the divine Feminine. It is for women who want to take on their feminine responsibility joyfully and who are ready to do whatever is needed to serve the whole.

In fact, every woman can contribute, no matter her situation in life. There are always thousands of reasons why it is not possible to meditate. For the ego, it is always the wrong timing. But there are women who do it anyway and who find the time for their precious inner journey. That's how inner strength grows. That's the big secret: do it anyway, even if the mind makes all those arguments against it. The feminine doors start to open by this willingness to surrender to one's own feminine healing and to penetrate deeper layers while at the same time reaching out to a new, unknown reality.

FEMININE WISDOM

Your feminine growth should always be put in a bigger context. Your individual steps need to be carefully aligned and adjusted to all areas of your life. This is one of the major guidelines on the feminine journey.

Feminine Foundation

To prepare for your feminine journey you need to understand the basic feminine principles and their requirements. This involves going into an intellectual discussion, as well as understanding the feminine approach and its peculiarities on the energy, emotional, and spiritual levels. Give your feminine project a chance to grow and build up a solid feminine foundation. Without a solid feminine foundation on the physical as well as the emotional levels, no feminine

journey is possible. In my other book on feminine self-healing you will find all the practical information on how to build up your feminine foundation. You cannot build up your feminine temple on a masculine foundation or a weak femininity. No matter how hard you try, you will always fail. Even this simplest truth, which is the basis of the feminine work, seems to be the most difficult thing for women to really understand.

You will only understand what it means when you have established your inner base. Then you will know how it feels. Like everything else on the feminine path, it cannot be understood by the intellect; it needs to be experienced.

You need to be solidly rooted in your femininity because:

- ♥ How would it be possible for you to go deep, without losing yourself in the vast ocean of collective emotions?
- ♥ How could you follow your individual path and resist the suction of the collective without a solid foundation?
- ♥ How can you consciously draw strength from your feminine roots without first having feminine roots?
- ♥ How could you, without a feminine foundation, heal your deep hurts and wounds?
- ♥ Without a solid feminine foundation, how could you enjoy your feminine independence?
- ♥ How could you heal and free yourself from inhibitory patterns without a solid feminine foundation?

Celebrate Disappointments

The Feminine Mystery path is a journey of self-exploration. It is the journey to your most inner core; it is an expedition into the depths of your being. It is the process by which you leave the world of your dreams to discover your femininity and to encounter your own reality. Your search for truth will guide you in and through all degrees of disappointment. Disappointments are needed and are to be welcomed with open arms; they are the key to your reality.

Until you have faced your own reality, you will be disappointed over and over again. Disappointments have great abilities; they can lead you into your depths. Whenever a dream breaks, an expectation is unfulfilled, a hope wipes out an illusion, or a deception is dissolved, there and nowhere else you will

find those precious pearls and jewels. Like a birth, at first this can be painful. The deeper you relax into this very precious moment and welcome it with an open heart, the more opportunity you will have to look into your reality face to face and embrace her dearly. Your new femininity is like Sleeping Beauty awakening.

FEMININE WISDOM

Disappointments are not negative nor are they a disease or a problem that needs to be worked out therapeutically or wept over. Just celebrate them joyfully; they are always gifting you with a new beginning. There is nothing more liberating than getting in touch with your own truth.

Your Way Home

To seek your spiritual home and to find it is the engine of the spiritual expedition. You can only find your spiritual home by going on with your search and by not giving up before you have really found it. Don't stop your search by borrowing intellectual knowledge or answers. Again, here is the art of distinguishing the key, not getting stuck in a spiritual dream or beautiful concepts of how your spiritual home will be. Don't underestimate how brainwashed we all are when it comes to spirituality. We have been programmed to hope, dream, and fantasize our spirituality for so long that we are used to it.

The deeper you heal yourself and peel off all those old, unconscious patterns, concepts, and belief systems – layer by layer – the more joyful and inspiring your homecoming will be. Establishing a strong bond with your spiritual home will give you the freedom to be yourself and to do what you are determined to do. All those who have said yes wholeheartedly to their home journey know what a daring and crazy adventure it can be. Mastering that mission looks to your intellect like a crazy mission impossible. Like Hercules and all other spiritual seekers, we will face obstacles, risks, tests, and temptations, which will challenge us again and again.

A spiritual path is a very complex venture. Over thousands of years, those who are really determined to go that way will be trained hard, in monasteries, ashrams, and Mystery Schools, and personally guided by a feminine or male enlightened master, by a priest/ess), Mystic, or magician. But still today many of the Illuminati and Initiates try to keep the real wisdom for themselves. In the

name of religions major efforts are made through spreading wrong information and building traps into esoteric teachings to keep regular people away from occult skills. Most people do not realize that. They just take on esoteric and occult methods and teachings from books without scrutinizing them. The time has come for us to make it real.

Get Ready for Your Mission

When going on an expedition to the Himalayas, of course, one prepares well. Even super-trained mountaineers prepare for years and every year quite a number of them don't survive the climb. I am sure you would not dare to go alone of your free will on a glacier expedition in your posh designer shoes, without an ice pick, a rope, a compass, or a map. You would not say to the experienced mountain guide: »I know what I am doing. I feel this is right for me, and have already consulted my therapist about it.«

The journey into your unknown consciousness is as demanding as a Himalayan expedition, which requires long and thorough preparation. To expand your consciousness means to go beyond your limits, and you will always have to deal with your tricky unconscious parts. You will encounter difficult moments as well as moments of ecstasy and bliss. You will encounter your deepest abyss and you will have to cross the dark night of your soul on all levels. But there is no need to be scared. Your soul needs those dark spaces to grow. You will be so rewarded by accepting and welcoming them.

There will always be sweet, promising temptations, which try to lead you off track and seduce you with material benefits, a superfast shortcut to enlightenment, or some fascinating entertainment. And of course, your personality will happily welcome all those temptations. Stay attentive and alert to get to know your weaknesses, your patterns and your inner resistances, which need to be resolved for you to move on. »Know thyself« is engraved on all the doors to a real Mystery School. No matter what you are encountering on your Feminine Mystery path, the highest priority is to recognize yourself even – or especially – if you are a teacher or therapist! No matter what, this is about getting in touch with your inner voice and making space for your higher consciousness. You need to recognize all the patterns of resistance your personality produces to blind you and prevent your spiritual growth.

It is so necessary that you give yourself the space to be yourself. Don't press yourself into a system, an exercise, or even a relationship that requires you to

cut yourself off from your inner feelings. It is always your inner voice that is actually giving you clear hints and even warnings.

You will not learn to move freely and naturally in this world by focusing on given structures and using them as templates. That's why it is essential to become sensitive and to learn to meditate and gain a sharp perception. You need to feel yourself as you are and not as a reaction to a trigger of energies or emotions. If you get in touch with a sensitive inner perception, it will escort you through whatever you do or don't do. That's why we ask our students in the first years, besides the given tasks, not to get involved with any other systems, exercises, techniques, or therapies to have the open space that is needed to refine your perception on a deeper level.

FEMININE WISDOM

The Feminine path is not a path of exercise that can be created or manufactured. It is a joyful inner letting go, which will bring you back to your true mystic home.

Know Your Weaknesses

We all have weaknesses, and we all have strengths: this is our human nature. Even so we all have learned to hide one or the other. The male way is, to put it a bit strongly, the way of the omnipotent superman. This is presenting one's strength to the max, covering up weaknesses and pretending they do not exist. This can be seen best in people in power positions – teachers, bosses, therapists – and especially in spiritual circles. So many people pretend to be perfect. That's how hypocrisies evolve and grow.

Women have adjusted to that way and emotionally this gets very confusing. Many have the wrong idea and think that, to be in a position of power or to help others, one needs to pretend to be the perfect superwoman and have the right answers and solutions for all. This gives the impression that they are perfect people. Of course, we are all perfect – but in a natural, imperfect, and individual way. But working with women is not about giving them your answers and solutions. It is about supporting them in finding their own ways and their own wisdom.

Often when women come to a seminar, they want to learn to be self-secure. They think their insecurity is the root of their problem. I find it very healthy to

feel insecure and vulnerable; this means you are staying open and receptive. Who am I, as a small being among billions, to be secure of anything? It is just good that you are aware of these insecurities and weaknesses and accept them so that they do not go into hiding and play tricks on you. If you are out of touch with your weaknesses, you can be easily manipulated. We can see at present how easily people can be manipulated through their fears.

If you know your weaknesses, you also know how people can get to you – how they can impress, groom, blind, or manipulate you. There are people out there who love playing those games to achieve their agendas.

I know a very cunning journalist who sells himself as a highly spiritual teacher. I had the opportunity to watch his behavior a bit closer. In his so-holy lectures and workshops, driven by his urge to be recognized and admired, he came on to women, but in a highly spiritual way, of course. For his hunt his most successful keyword was »soul mates.« An attractive young girl sat in the audience. Usually, he picked out a newcomer to the spiritual scene. In the pause, this holy smooth-talker approached the girl directly because, as a highly spiritual person, he could sense other highly spiritual beings immediately. *This happens only between true soul mates and this is something extremely special*, he slimed along. Which innocent woman would assume that this is just the slimy pick-up strategy of a dirty old man? Of course, the girl addressed felt flattered and recognized in the depths of her soul. *Finally, somebody sees who I really am*. I could fill books with that topic because I have seen so many horny men playing that spiritual guru game.

Here is an example that still makes me laugh so I will share it with you, just for fun. While renovating my farm, I had some guys from the Caribbean helping me. The construction went on over several years, so of course you get to know one another well. Caribbean men love to love and picking up girls for them is a way of life. Two of them were kind of nice-looking guys, but one of them was definitely not and he looked wasted from smoking pot all day long. But even so he was able to pick up nice, proper Swiss girls. Of course, he also tried it on me – that's why I know his trick.

Here is his secret: He came up to me and looked very deeply into my eyes and, in a very solemn tone, he whispered. »Hey, empress, how are you doing? It is my deep honor meeting you.« I could not help, but crack up laughing. This was too good a turn-on attempt. It even turned me off. But for a lonely woman living in the city meeting a guy like this at the bus stop, hearing words like this does something to her. There are so many manipulation strategies. And they are used everywhere!

What I have experienced over the years has often been shocking, but at times also very amusing. I just want to emphasize how important it is to know yourself well, especially your longings and weaknesses. Actually, I would have enough material to write a comedy book, with all those situations.

WHO AM I?

- Write down some of your weaknesses and also your dark sides – but only in a dose that you can take it. If it is too much for you, postpone it until later, when you already have the experience that self-healing works for you.
- On which plane (physical, emotional, etc.) and in which area is it easiest to influence you?
- How can you be impressed?

Crises and Miracles

Some women are puzzled that in this book we also touch on issues that at first may sound a bit negative. I even get letters from some women, telling me that it is not spiritual to write negative stuff or to be critical. Spirituality is often presented to us, wrapped in love and light with forever-shiny faces radiating on flyers and through the internet. But these offers are not really addressed to spiritual seekers. These are commercial business concepts to reach customers.

This provides you with a very one-sided, superficial image of spirituality and does not prepare you for your inner journey, with all the required phases and states you will need to pass through. On each spiritual journey, there will be crises; this is part of the game. Crises and questions about the meaning of life are essential parts of your growth. There will be those phases of self-doubt and despair and times you feel hopeless and alone. You will encounter your own limits and you may get frightened and want to turn back. But you do not know where to go.

There will be times when you are part of the collective confusion and the collective pain. You will feel confused and powerless, not yet seeing the light at the end of the tunnel. These states are part of it; that's why people who really go on that adventure are getting a profound training, so they learn healing ways to deal with all those challenges. It is very important not to get sucked into the collective unconsciousness. This requires strength and training.

If you are well prepared, you can relax and learn to trust your inner voice. You

will recognize the pitfalls, because your teacher has mentioned them to you. You have established a solid feminine foundation and you have developed the basic feminine tools. You know the holistic feminine self-healing well enough that you can deal with even the most difficult situations in a natural way. There is no need to run to the psychiatrist or therapist when something a bit different shakes up your life.

Now you probably think, what if I have not learned the feminine healing yet? This is the big trick. In those horrible moments, focus on your healing, focus on establishing your tools like relaxation, centering, spiritual alignment, or opening your heart – not on your drama. This is not difficult. You just need to allow yourself to step out of your drama and choose the road of healing. Just remember we have been programmed to be weak and dependent. This is just a conditioning. But now you have the choice to step out at any time.

The feminine path is not just about learning to deal with crises; it is also about being prepared for the greatest joy and ecstasy. Be ready, so that when love knocks at your door you can receive it and enjoy it fully and let the wave carry you to unknown spaces. Regular people just dream of love, but when a miracle actually happens and wants to take them on its wings, they are not ready for it and get scared.

Too often women become shaky and scared when something new or deep happens. Then they easily forget their inner powers and their meditation. They do not realize that what is happening to them is actually something good. The more you focus on your healing and on your daily meditation, the faster you will remember your state of meditation and your former successes in feminine healing. There is nothing better than, when you are in a state of emergency, being able to count on your inner strength and guidance. The path of love will always bring you beyond your limits. That's what feminine spirituality is all about.

Mara, one of my long-term students, found herself in a very dark inner space. Interestingly, she did not inform me. She went to her doctor and told her about it. The doctor wanted to admit her immediately into the psychiatric ward. She told Mara that she was suffering from a depression and that she needed to have a treatment and good care. Like being stung by a bee, Mara suddenly realized what was happening and very abruptly left the doctor's office. She went home, remembering what she had learned. She took her time for this real and important transformation process. Alone, renewed, and full of power, she

came out of it after a few weeks. But I need to emphasize that Mara had been working with me very intensely for a few years and she had learned feminine self-healing and the art of meditation well. You need to have the strength and the tools to be able to move through those spaces and not to get stuck.

I have seen it time and time again. If you put your mind to it and you take the time to learn the art of feminine self-healing, you will be prepared for the best and the worst cases. You will lose the fear that something terrible could happen to you. You can enjoy the luxury of letting life surprise you. The only big disadvantage is that you need to actually practice it yourself until you are good at it. Self-healing needs to be trained, like everything else you want to be good in.

One of my students spent a few days on an island. She was a very sporty, active woman and went for a long walk in the fields. She came across a road where there was a whole swarm of beetles, which were unknown to her. In an attack of compassion for those animals she started to save them from the road, so they would not be killed by cars, even though there were hardly any cars there. When she started back to the hotel, she suddenly had an allergic reaction. Her body started to swell up and she itched terribly. She could see her hands, lips, legs, and her whole body growing bigger and bigger. She felt horrible and had the impression that she would die. Because she was way out alone in the fields, she could not call or expect any help and this was way back, before we all had mobile phones. She was so weak that she had to lay down. Suddenly she remembered my voice and in her delirious state she started to breathe and center herself as she had learned. She went on and on for about two hours. Then she finally found the strength to get on her feet to walk back to her hotel. Imminently she was brought to the hospital by ambulance and the doctors were very astonished that she had survived that.

Another woman had a frantic fear of water and wanted to learn to swim. One of her dreams to swim with dolphins once in her life. As part of her self-healing, she took swimming lessons and then, with her newly gained courage, she registered for a trip to meet dolphins in the ocean. When her great moment came and she actually swam toward the dolphins, a panic attack suddenly overcame her, in the deep waters. But she also remembered her skills. She was well prepared and knew how to get out of this space. She was able to dissolve her panic and fully enjoy the big adventure and her step into a new freedom.

Obstacles

Each path is paved with obstacles. We need those challenges to grow beyond our limits. As in your everyday life, you will also find obstacles on your spiritual path. In a spiritual training, obstacles are built in to prevent people with the wrong motivation from moving on.

Some obstacles are a chance to grow and some function like a test. It is always interesting to see how an individual reacts to an obstacle that seems to block the way.

How do you react when it gets difficult? Do you stay rooted in your femininity and continue your spiritual practice, or do you cut yourself off from your feelings by switching to the male camp, or do you start to act nervously? Some continuously talk and think about their problem. Do you reach out for help or do you sit down and meditate to connect with your inner wisdom?

Many women, as soon as they get in contact with their resistance or are confronted by an obstacle and feel their inner barriers, have the habit of changing the direction, the method, or the teacher.

In women's groups, often those with the same inner resistance tend to match up and, instead of dissolving their inner issue, they start to project their negativity outward and talk and bad-mouth about it. This is a very common way in which women prevent each other from moving on into new areas.

If obstacles also appear in very difficult and dark moments, they are always a challenge and an invitation to stand up for your values. Obstacles and resistance are there to bring out the best in you. And these steps need to be taken alone.

WHO AM I?

- How do you deal with inner and outer obstacles?
- List a few strategies you normally use when it gets difficult, or your way seems to be blocked.
- Would there be a different way to try next time? What comes into your mind?

Tests

The deeper you get into your femininity, the more you will be in contact with your inner power. The more power you have access to, the more you will be tested. You will be tested to see if you are responsible enough to use that power wisely. Those tests will come directly from life. The more you will be needed and trained for a certain work or task, the more difficult the tests will become. You can be sure you will only get tests that you can handle. But usually, this insight comes only afterward. Life only has one goal: it wants you to learn and evolve. And for this purpose, all levers will be set in motion.

Those tests always appear in places and at moments when you least expect them and when it is very inconvenient for you. It can be a challenge at work, a loss, a relationship, children, mothers, a toxic neighbor, a bullying situation, a husband who makes a beautiful girl pregnant – you name it. They all serve the same purpose: they want you to grow, they want you to wake up. They are here to destroy all the castles you had built in the sand, in order for you to become real. Believe me I know what I am talking about. My life at times has been a pretty rough ride and I keep encountering some pretty heavy-duty tests.

A few months back, for example, in my neighboring village a woman – an artist – stirred up a whole village against me. She did not know me personally, but she wanted to get a house and the owner did not want to give it to her, but to me. The joke was, I did not want it. I just went to look at the house to check it out for somebody else. Driven by pure greed, this woman even pulled in the local pastor to help her go around and spread lies about me. They spread the rumor that my plan was to open up a bordello in that house. They made a flyer with phrases copied from my website (of course totally out of context) and distributed it in the village. They gathered a mob of people and went to the house owner to threaten him. Then he threatened me. It was a very weird situation, because I really had no interest in the house at all. Of course, at first, I was shocked, and very, very old stuff came up. But I had not the slightest desire to get caught up with those people emotionally. I just focused on my own liberation to heal a very deep wound in me. Some past-life memory came up, which obviously needed to be liberated. While I was healing myself, suddenly the house owner phoned me to apologize. He said this was a mean witch hunt against me, and that I should make a report to the police, and that he would support me.

I just relaxed and centered myself and did not give that woman or that situation any of my energy. Instead, I gave myself the time to heal and to dissolve

all those negative emotions, which had been projected onto me. The more you apply healing skills to yourself, the easier it is to counteract forces you are exposed to and to dissolve inner blockages. Later on, this woman was rejected by the village people and nobody liked her. Eventually she moved away from the valley.

That's why it is helpful to learn the skills of feminine healing well, so when you need them, you have them ready and can heal yourself. Then you can move on and let others be where they want to be. I have gone through many tests and each time they become more challenging. That's how I became an expert on feminine self-healing: my life gives me so many opportunities to grow my feminine tools.

FEMININE WISDOM

The art of feminine healing is not to close your heart even in most impossible situations of injustice and bullying, but to keep enjoying deepening your own healing.

WHO AM I?

- Remember at least five tests that life has offered to you. Note down what you have learned from them.
- Try to remember a test that you did not want to take on, because you were afraid and felt this would be too much for you. It can also be that you did not recognize the situation as a test and you might have tried to fight it or escape it. Maybe you felt like a victim and had the impression that life was against you.

Get Ready

A solid preparation for the spiritual journey usually takes a few years. This has always been and will probably stay that way. I am not just making this up. This is true in any tradition all over the globe. This also applies to the Indigo Kids who are highly sensitive, extraordinarily intelligent, and possess a special psychic perceptions. They need to be trained well, so that they learn to deal with

their abilities, to cope with being different, to unfold their talent, and to take on their higher responsibilities.

Today there are schools, most of which are selling some kind of training and where you can acquire – just by attending a few seminars – a certificate calling yourself a teacher of meditation or yoga. These are business concepts and not spiritual trainings.

There are also methods that promise clients immediate action and claim to transform people – for lots of money – into spiritual masters and impressive healers. Now it gets even wilder. There are very clever and rich people who have a plan to implant some new technologies into our bodies to give us instant enlightenment. What they are not aware of is that, unless people have healed and developed their emotional body, such an experiment will be very dangerous and is bound to get out of control. Emotional intelligence can never be replaced by technologies. And without developing our emotional body, we cannot really achieve spiritually.

To be able to live on a higher frequency, which happens when your channels open up, you need to have the right software installed in you so you are able to handle it well. By software I do not mean an inserted chip, but the process of building up your unseen bodies that enables you to operate on a different level and provides you with a different perception. For sure there are many different ways to go to different places and reach different goals.

To be and act as a spiritual master and healer is something major and more and more people are attracted to this kind of work. They do not realize that the spiritual areas have been infiltrated by some very vicious people whose intent is to prevent spiritual growth by spreading false teachings. This sounds so unbelievable, which is the reason they are getting away with it, because no one would think anyone could do that. When it comes to spirituality, peoples' minds have been twisted, manipulated, and disconnected from the real world so they do not realize how spiritually brainwashed they actually are. That's why so many teachers and seminar leaders unknowingly help spread fake spirituality. They have never really deconditioned themselves, so they just pass on ideas and dreams that have been put into them.

A real spiritual training helps the students to see and to undo all that misleading conditioning. Being able to do it requires a solid preparation. Before you teach or heal others, your own energy system needs to be prepared for a higher energy level. To be able to tune in to the spiritual worlds, everybody needs the time to develop the unseen bodies they need to grow a higher

perception. As long as we move within our personality, we cannot trust our perception, because the personality is not the right tool for this. You need to develop your unseen bodies and spiritual vessels properly and this takes time. People who have not developed that higher perception don't understand that the unseen worlds really exist. And seeing all the others selling promising shortcuts, they just go along spreading spiritual dreams.

If people are turned overnight into »spiritual« teachers or healers, without having been well prepared for it, this is unhealthy and will block their own spiritual growth. In a later chapter, in which we discuss the function of the personality, you will learn more about this important issue. Be aware that many teachers today are on the commercial path and think what sells is right and good. If you have not undergone a profound spiritual/esoteric training yourself, you will not be able to support and teach others. When you are trained in one of the connected Mystery Schools, you are not allowed to pass on the teaching until you are ready and are asked to. Not all students of the Mysteries are meant to teach. There are so many other areas that need to be taken care of.

On the feminine path, everything takes as long as it needs to grow. All inner processes need time to be manifested and integrated to become real. Less won't do. The duration of such an inner process depends a lot on someone's age when the process is initiated. A spiritual training for a young woman is much different, of course, than training for a grandma. Their learning behavior is different, their body chemistry is different and so are their priorities. In elderly women, building up the feminine essence on the physical level is already a huge challenge, mainly because after a certain age the female hormones are too weak to support the feminine healing. But the biggest challenge is loosening up and dissolving all the personality patterns they have established over the years. It is necessary to let go of the comfort zone paved with old habits and ideas and to open up for something new, but for older women, who have not yet healed their femininity or liberated their sexuality and their spirituality, this can be very scary and often is too much.

Also, women who have worked on their personality, energy, and emotional body with therapeutic and esoteric methods need a steady, long-term phase of deconditioning themselves to be able to step out of their male patterns and build up a solid feminine foundation to find their natural feminine flow. The transitions from doing to undoing, from controlling to letting go, from the mind into the depth of true feelings, is a big one. This is the female reset, which needs to be initiated to give the new femininity a chance. If you want to

enter the Feminine Mysteries truly and not just in your fantasy, it is necessary to reverse your energy from masculine to feminine. When this has happened the Feminine Mystery work can begin.

New Old Ways

Today we have access to a huge flood of old knowledge and wisdom from all times. An enormous choice of spiritual and religious teachings is available. In addition to the New Age movement is continuously launching new ways, mostly combinations of ancient teachings peppered up with some modern therapy methods.

Across the globe mediums are popping up, all claiming to be in direct contact with some ancient soul or master. Shamans from different corners of the world willingly initiate new students from any culture into their tradition. At the moment, ayahuasca rituals are very popular. They originate in the Amazon and are performed under the influence of psychedelic herbs. Many modern, so-called spiritual or esoteric schools lure their clients by promising that they can become a spiritual teacher or healer in no time and offering them initiations and certificates. No matter whether those ancient practices are coming from the Incas, Egypt, or directly from the palace of the Chinese emperor, such declarations are not proof of their quality; neither is this a guarantee that such a way is suitable for you.

Don't be blinded, but learn to distinguish the real from the unreal and be aware of what we talked about in the previous chapter. A real spiritual training, first of all, will support you in undoing your conditioning; it will help you lift the veils so you can see the reality yourself and learn to establish your own connection with the higher worlds. It will not fill you up with new or old ideas and beliefs; it will not force you to do anything; it will not tie you up and it is not connected with financial obligations. Nor are you asked to do weird or illegal stuff to prove that you are on the path. Being initiated does not involve having sex with the teacher. This all happens – hopefully not to you – but there are many women who are spiritually abused, so I have to mention it here. The thing is that women are often pressured not to talk about their abuse, and to keep it a secret. To protect others it is necessary for you to have the courage to speak up. But make sure you do it in a way that you are safe and protected. There are many survivors out there and more and more are speaking up. We need to support each other to move into a new area and leave behind the old

traditions, which too often operate on the dark side of life. We need a true, authentic, and free spirituality, which is not based on power games and abuse in any way.

But many of those special, »highly developed beings« as they claim to be, are very charismatic and sexy, or at least very interested in sex and power games. Actually, there are many psychopaths among them. When it comes to hormones, it all gets a bit blurry. Just watch out what for you are getting into and listen to your inner voice. Getting in to something is easy, but to pull out again you need power and strength.

I do not want to put down or question the value of precious treasures from different cultures and different traditions. But if you want to heal and liberate your femininity, it would be great to approach your spiritual search a bit more realistically and not to constantly fill yourself up with old stuff. Traditions are containers for so many emotions. They carry history and so many memories and they have a deep impact on those getting involved. Today we are different people, and we have a different lifestyle. We have a much longer history than the people from earlier times who brought forth the ancient techniques and rituals. People then were in a different stage of evolution and their lifestyles were different from what we know today. Over time, women have suffered from so much abuse and cruelty in connection with churches, witchcraft, and cults. All those memories are stored in ancient traditions and those memories and habits make the traditions. For this reason we cannot use old traditions and expect to find there a new liberated femininity. For us it is all about de-conditioning and liberating and opening up for the new.

A few years back some of my students were strongly pulled to a healer in Brazil. Earlier we had talked about being resistant to healing and liberating oneself, and women always hope they will find somebody who will do it for them. When they told me that they wanted to go to see him, I did not have a good feeling about this man, but I don't interfere in the private affairs of my students. They all need to make their own experiences. They even went twice. It twisted my stomach, but that was my problem. Anyway, it turned out that this super healer abused many, many women and children. He was even involved in a terrible kind of child trafficking. He will remain in jail for the rest of his life.

One of the women told me later that whenever she saw him, she saw this darkness around him, but because the whole room was so full of light, she did not pay attention to the darkness. She learned the lesson and was in such a shock. I am not saying that all healers are like that. It is just smarter to overcome

your resistance to healing and liberating yourself, than to hand it over to a man. This particular »healer« transferred the divine healing power by blow jobs. He claims that this is the most powerful way of healing. I know of other gurus using the same kind of pick-up styles just to get a blow job! And of course only very special women were chosen and had the honor to receive such a precious divine treatment. Unfortunately, she was not one of the chosen ones, because she was there with her husband. So, she missed her instant enlightened! (LOL)

Before you get into some cool spiritual adventure, first of all solve your neuroses, your emotional and sexual blockages, and your everyday problems. This is especially valid for women. We are living in a world where even today, for most of the spiritual traditions, women have little or no access. I am not even sure if there are traditions that really adjust their teaching to the new situation in which women are living in today and that consider the spiritual history of women with all its trauma. When it comes to femininity, so many women orient themselves using old concepts and old rituals, not realizing that to become free we need to liberate and decondition ourselves from the old to be open for the new.

FEMININE WISDOM

Now women participate in spiritual and other trainings, which have been created for men. By ignoring our feminine history and our spiritual traumas, we are preventing our own authentic and profound spiritual growth. After such a long time of spiritual repression, we cannot just move on like nothing happened and without any preparation, healing, or liberation.

The Collective Suction

In my long-time work in psychiatry, I kept seeing patients who were admitted after some kind of therapy session or group activity that had triggered very strange spaces in them. It kept happening but the doctors could not really diagnose them as psychotic. Still, they were in a pretty weird state. Looking closer, I could see that they had somehow drowned in the vortex of the collective. But since doctors are not familiar with this kind of reality, there was no need to argue with them; I just made my observation. In places like psychiatric hospitals, if you talk about your extraordinary psychic perception, it is very

easily misunderstood so I kept quiet and observed. I could see that those particular women had no barrier against the collective ocean. They were mostly physically burned-out women with a chronic blood deficiency. Women in such a state are highly sensitive, permeable, and extremely emotional; that's why they seek help. Their problem is that they do not have the strength to separate themselves from the collective. They are usually very yin-deficient and have no inner boundaries to protect them. They get literally sucked in by the collective and are flooded by all kinds of emotions and influences. One could say that the personal and the collective are separated by some kind of unseen membranes, which in weak and burned-out women are very fine, often almost perforated. This state is very delicate. In a Mystery-Training, you first learn to build up your foundation and install your tools and skills before you enter the unconscious. In that way you are just not able to open those inner doors and channels without also being capable of closing them again. That's why we do not apply powerful and forceful methods for getting in contact with the unconscious, because you can easily be injured or wounded on the unseen level. Extreme emotionality and irritability are usually among the symptoms.

One important principle of feminine healing is to only guide women into their unconsciousness if they are physically in good condition, and have a solid yin foundation, and are capable and knowledgeable about closing the channels to their unconscious again. It is so important to teach people a secure way of dealing with the unconscious.

The aim of many therapy methods is to bring clients into contact with their unconsciousness parts in one way or another in search for the cause of their problems. In depleted women, when the self and the physical body are so weak, this is dangerous because then a woman can easily slide down from her personal wounded femininity into the collective layer. If this happens, women drown in the world's pain and collective suffering and confusion. They experience such tremendous pain, which cannot really be solved by modern therapies. So, they are given psycho-drugs to become dull and not feel that pain anymore. Don't forget that the pharmaceutical industry is just slightly behind the arms trade as the second largest branch of business worldwide. The Coronavirus idea was their masterpiece and they keep making such a financial turnover. It was very easy for them because people are so readily influenced.

That's why I keep emphasizing this issue and recommending that women get their act together. The tools of self-healing are needed to prevent you from getting trapped in unhealthy dependencies. Make sure that you are and stay

healthy. That's the reason I stand up for a holistic approach, because all areas of our lives are interconnected; keep them all in balance to stay fit. Since most of our doctors are sponsored by the pharmaceutical industries, our therapies are very one-sided and their goal is to make money.

When a woman is emotionally out of balance, this is not the moment to go deep in search of causes. Doing so will just destabilize her even more. This is the moment to take a break and to build up your physical foundation and to develop and install the healing tools within. You always need resources and strength to process and integrate unconscious emotions. In a weak state, you might fall apart and then you will end up going to a doctor and you will be given pills.

Make sure you don't depend on others. Focus on developing your own inner healing skills. I consider it to be imperative that before starting your excursion into the land of unconsciousness, you must make sure you are fit for it. That means to have established an inner life-center and a reliable bond with your spiritual home. These are basic security steps so you will not lose yourself in the deep waters of the unconscious.

Blood-deficient women are especially prone to drowning in unconscious states as are intellectual women who have moved away from feminine nature. Before you experiment with the unknown layer of your femininity, prepare well – even or especially if your excursion is guided by a therapist. Clients are often much more sensitive than their therapists. Therapists, whether male or female, are not trained to develop the supernatural perception that is needed to move into the different layers of the unseen worlds. They have learned to focus on concepts and symptoms at the personality level and that is not the same as dealing with the unpredictable powers of the collective and helping their clients to move on to higher ground. To slip into the collective layer within a therapy session happens more often than you would imagine. On the spiritual path you need to develop the corresponding inner software, which enables you to deal with the collective forces in a healing way.

Abused

Because we all come out of the vast ocean of the collective, we all carry certain feminine patterns, such as memories of being abused and being a victim. Because of this, nearly all women identify themselves with abuse. All women

feel abused as a victim now and then, because we are all imprinted with these very humiliating and painful experiences. In a therapy session, bringing a woman into contact with this reality and encountering her with a feeling of abuse that might have happened to her in early childhood is not a heroic deed or the successful healing by a skilled therapist. This is very easily done, for example, by using certain breathing techniques and body postures and other techniques. I consider such proceedings, which unfortunately are very common in therapy, as highly insensitive manipulation and an abusive situation. An intense and forced approach never leads women into real, profound feminine healing, because it is done on the wrong sphere and will not reach the depth where feminine wounds are stored. Triggering intense emotions in a woman is not an act of feminine healing; again, this is hurtful. It is like when you have a bloody wound and, while it is healing, you keep scratching the scab away until it bleeds again.

I do not recall how many women have come to me, desperate and confused, because their therapist assumed that they had been abused in their childhood. For a therapist to tell a client something like this is crossing a massive border and an absolutely no-go. It has become very fashionable to work with women on sexual abuse. Here too, instead of profoundly healing one's own feminine wounds, women tend to become therapists and hand over the problem to their client. Many celebrities go public and write guide books on sexual issues using their own sexual abuse to get publicity.

Yes, it is shocking and absolutely intolerable that there are so many children – girls and boys – being sexually abused and trafficked. And yes, many of the victims do not recall those memories, but these so-called superficial healing approaches often make things worse. To work on sexual trauma, the person affected first needs to be well prepared and to build up their physical strength. It is essential for women to learn to develop the tools of self-healing so they can process their emotional wounds on their own without needing to depend on somebody else. Therapists need profound know-how and sensitivity, and they need to be healthy and in balance themselves. A therapist who has not healed and developed her emotional body will always block the emotional and sexual healing of her clients.

I have been working in this field for more than forty years. Sadly enough, it has become in fashion to work with women on their sexuality. Many think their own interest in sex makes them an expert. But frankly, what I keep seeing twists around my stomach. Here is an appeal to all abused women and men:

learn to listen to your inner voice and feelings and trust your own perception to avoid being abused again. In the healing work, with women in general and especially in the healing process with abused women, it is never, ever about what therapists, healers, astrologers, or clairvoyants, or whoever sees, feels, thinks, assumes, or projects. You need a protected and neutral space to find your own rhythm, to connect with yourself in your own individual way, and to recognize your patterns of dissociation. You need to decide for yourself which parts and issues are important and right to be healed. If you get your space and learn how to meditate to connect with a higher consciousness, then when the time is right you will recognize the hidden shadows within. You also will be capable of dealing with them on your own in a natural and easy way. And of course, you need to learn feminine self-healing well and to develop your own healing skills and tools. To take your time for that needed preparation is more than worth it. It will give you the possibility of putting your life on a solid, fertile ground and to transform your pain into wisdom.

Unfortunately, manipulation and abuse in the name of therapy is very common, not just among women. Children are also at risk. Healing and developing your femininity strengthen your intuition; this helps you not just to protect yourself, but to back up and protect your children as well. There are too many children growing up unprotected. We know only rudimentarily how many children are being sexually exploited while being in the care of religious institution, shelters, orphanages, teachers, and other confidants. It is time that women find their feminine power to be able to take care of and protect the children of this planet. They deserve it.

Your Own Way

This is the reason I am writing this book. I will ask you to reflect and make your own thoughts. It is important that you learn to work out and understand things on your own, to get your own insights and your own opinion. Women are so used to behaving like parrots; they copy others and take on others' ideas and then they show off the borrowed knowledge. This is the undeveloped, old, and boring femininity. Now it is the time to get in contact with the rebel in you to make your own experiences and to use your own intelligence to have your own understanding and come to your own conclusions.

It does not matter how ancient the method you want to experiment with may be, whether it was used in China 5,000 years back, in Africa or in Peru by

the shamans. Jumping unprepared into such adventures – without knowing who you are, what you want to gain and where you want to go – in times like these is pretty risky.

A few months back one of my girlfriends suddenly had the urge to be initiated by a shaman from Peru into his tradition. Up to that point she had never had anything to do with shamanism nor Peru, but she always liked drugs. She was touched by a flyer hanging in the health food store and she went along with that pull. After the initiation with psychedelic herbs, she started having strange dreams with symbols and people that she described as very dark and weird. What had happened? By initiating her, the shaman from Peru had connected her with another reality and with his tradition. Since she was just at the beginning of that path, but had already been meditating for many years, she was able to close that connection again by asking the shaman, who suddenly appeared in her inner world, to leave her again. But it took her months of sleepless nights before she succeeded. I should mention that she is a rather yin-deficient woman and very easily influenced.

Therapies, esoteric techniques, energy work, magic, and sexual experiments can be a very risky venture without first having knowledge and sensitivity of the different inner planes and spheres. Most of these offers are reaching out to clients to give them an intense experience but those who make the offers are not equipped or trained to teach students or to prepare them for their spiritual journey. Being a good business person does not mean that someone is also a good teacher.

C. G. Jung warned Westerners seeking to use Eastern meditation and esoteric practices. Today, decades later, after all the experiences and observations I have made, I can only confirm that. The ancient practices from the east or from South America are not aligned to the »neurotic« personality structure of modern Western people nor to the sensitivity of a feminine energy body. If we keep ignoring all our personal patterns of dissociation, the tricky compensations of sexual repressions, emotional problems, psychic diseases, and personality disorders, they will be also transferred into your spiritual practices. They will for sure find their way to a higher level where they will even be reinforced and perverted. And then you really have a very severe problem.

Often people become interested in spirituality and esoteric when they, in fact, have emotional or sexual problems. As soon as those problems are solved, they turn their back on the Mystery path and unfortunately this is often the end of their spiritual journey.

FEMALE WISDOM

*Spiritual rebels learn to take care of their feminine essence.
They know how to build up and nourish their yin, so that even in old
age they enjoy their lives with all their multiple responsibilities.*

Healing Happens Within

It does not matter which path you are taking. If you have learned the art of feminine self-healing well, you will be able to solve problems and difficulties as soon as they appear. Everywhere, no matter in which profession or in which difficult and impossible situation you might end up, you will have the choice of taking on the challenge to learn and grow, or you can refuse and miss this challenge. The worst thing then would be for you to give in, if you cannot accept the situation or are not ready to change your opinion or your feelings about an unpleasant situation you are in. This will burden your heart and a heavy heart cannot fly. Feminine self-healing means to take each challenge as an opportunity to learn and grow, to expand within and to unburden yourself. Sometimes this can also mean standing up for your values and speaking out the truth! Shooting YouTube videos for me is also an act of healing. Sometimes it feels so liberating to speak up. It is very important to use the opportunity to speak up as long as we still can. We seem to be slowly moving away from a democratic society. On social media you cannot share your thoughts freely anymore. I am being censored very strongly and only a few people can see my posts. I have been warned that next time I post a text that does not correspond with the common ideas, my account will be deleted. But still for me sometimes it is very healing to speak up and to encourage others not to give in or give up being themselves.

OK, back to feminine self-healing. What does this mean practically? If your boss or your partner, for example, is continuously causing stress in you, this could be a hint that your relaxation skills are not good enough and need to be deepened. Instead of getting upset, focus on your relaxation and center yourself. Approaching life in this way means taking on responsibility for it and standing up for your own values. The spiritual path is always about opening up, refining, cleansing, and clearing your emotions and installed patterns. The big trick of feminine healing is to keep the focus on healing yourself, no matter what. Do

not let the unresolved emotional stuff in you pop up and then try to change your outside and others, who might have triggered or caused the emotion in you. We see this in our students. There are some who are so focused on changing their partners or their children, instead of focusing on taking care of their own healing and liberation. Then they become so frustrated that the partners are not willing to meditate or to see their negative pattern. If you are not ready to change that habit of being superficial and nagging, you will miss the point.

Nagging women or drama queens never really want to learn to heal and liberate themselves. First, they nag about their partners, then about their job. Often women with such patterns come to seminars, which actually is great, but if they are not ready to let go and dissolve their nagging pattern, then they will also do it during a seminar they attend to learn about themselves. But their ego patterns prevent them from learning and moving on. Then they complain about the food or their roommate. And of course one of their favorite scapegoats to complain about is me.

In the long run, if you repress, ignore, or cut yourself off from your negative emotions, sexual powers, or your problems, they will gradually turn against you and will subtly start to rule your life. They will eventually rebel against you and boycott your inner growth. This can lead into a depression or some kind of psychic problem. It can also be that a woman starts to feel harassed by some kind of strange energies, not realizing that her own unconscious is fighting her.

The Feminine Language

To achieve profound professional qualifications and know-how in any field takes years. For all of us it usually starts by learning to read and write. After years of learning, training, and repeated testing, the time comes to start our professional experiences. More and more women today are willing to take on all those struggles, to work really hard to qualify for a good profession, and to become highly qualified in their jobs. They are ready to take on their responsibilities. There is joy and hope in seeing how women – especially younger women – truly engage themselves enthusiastically in their education. I always say to my students, to have a good profession and to be good at what you are doing is an important pillar for your feminine liberation.

The Feminine Mystery way is to learn the science of life, and this requires the same input. But when it comes to feminine healing and spirituality, women

expect instant success. When they do not see results on the spot, they believe what they do has no value.

They expect great results, without putting the time and effort into their spiritual growth. I have met so many women who skipped their apprenticeship and immediately started with their mastership. Instead of following the Mystery path themselves, they start teaching and coaching others. That's why there is so much hypocrisy. If you are not good at what you are doing, you will start being fake and hypocritical in an effort to dazzle people, so they do not see the real you. Women get stuck in male energy patterns and systems because, with these methods, you get an instant energy sensation and are able to easily impress people. For many women this is the only thing that matters and of course from our history this is understandable: it is all about survival and financial success.

To be financially independent is an important step for a woman. For those who are skilled in their professions, it is much easier to be truthful and authentic. In a survival situation, truth or profound feminine healing are not on the priority list. You will do anything just to get by. Worldwide many girls are still denied a good education and in this way they are kept small and dependent. But there are also those who are lazy and don't like to work, who look for a rich man to take care of them.

FEMALE WISDOM

To be truthful and real is the real luxury today.

At this point there are still many forces preventing feminine development. Especially there are women who, in the name of Femininity lead others, often very unknowingly, in the opposite direction. In this way femininity does not gain the power to stabilize the masculine power and keep it under control. We have been misled and controlled by a fake and hypocritical spirituality for so long that people just accept untruth without questioning it.

We need to wake up our inner rebel and have the courage to question everything in and around us and to focus on our liberation so we can become natural and authentic women with the power to influence our world.

The spiritual liberation work for women is still, as we say in German, in its children's shoes. This means it is at the very beginning, and it needs time to grow to maturity. People today are in such a hurry. They do not have the time

to invest years in discipleship and spiritual training from experienced teachers in order to develop the esoteric skills and experience needed to support their way into a new Femininity. It is necessary to rely on your inner voice and to make your own experiences to learn to distinguish. This is a skill you really need so you can step out of the world of deception – the matrix in which you are tied up.

Therapies and women's groups working on sexuality, body, energy, and spirituality need to be truly in harmony with the universal feminine principles to lead you into a new Femininity, and not just strengthen your old femininity and your ego. Unless you are really sensitized and have developed the skill to distinguish, you will not notice a difference and you will just go along with the mainstream. That's why true rebels are needed more than ever.

We are so used to moving within the already known and just stirring up the old, analyzing and reshuffling it. This can be great entertainment because you will have sensual and intense experiences and feel so much love and comfort within the circle of your soul sisters. But this has nothing to do with spiritual liberation nor with a new Femininity. Mystery Schools work on a different level. To be trained in the Mysteries you will need to alter your mindset in such a way and build up your inner tools and unseen bodies so you are able to receive new impulses from the inner world and eventually able to manifest something new. This is the way for rebels who are ready to swim against the stream and stand up for their truth.

A new Mystery School is neither built on »good ideas,« enlightened theories, or spectacular techniques, nor are they here to impress you. This was the way Mystery Schools were set up. The new schools are connected with the inner plane; they are supported and fed with new ideas and inspiration, which are not necessarily logical and may not make sense at first sight. That's why teachers and priest/esses) are also being trained in mediumship and other psychic skills, so they are able to receive the teachings from the inner plane and are able to translate them into our reality. The deeper you enter the Mysteries the more life will surprise you. You would be surprised to know that our planet is ruled by initiates. Unfortunately, there are also initiates who work for the dark side and abuse their great knowledge.

We are living in the age of deception in which things and people are not the way they seem to be. We are ruled by corrupted people who have no empathy or sense of social responsibility. They lie, manipulate, and abuse others to gain power and wealth. The manipulations are done on such a high level and in such a sneaky and cunning way that most people would never even dream that this would or could happen.

We have no other chance except to take care of our own development and

search our own individual path of healing. Have the courage to make space for your own authentic path. Don't be so naive and give up your reasonability, because at first sight there seems to be an easier and a more appealing way. Use your common sense and don't let pressure or threats make you feel insecure.

Learning the »feminine language« is like learning a foreign language because we are living in a world ruled and created by the masculine mind. All we know is the »masculine language.« The feminine language is the language of the heart and is our true mother tongue. But it has been replaced by heady intellectual talk. Hearts have closed down and we do not understand their magical songs anymore. The feminine language has become strange to us. We need to learn it from scratch starting with the ABCs.

To learn a new language always takes time but the more often you use it the faster you will understand and the better your communication will be. The feminine language is the language that life speaks. By learning it you will start to understand life, not intellectually but rather on a very deep existential level. You will start to feel a totally different way of communication is possible with women who speak this language compared to communication with women who speak and act only from their ideas and personalities. Understanding the feminine language enables you to see things differently. You will be able to lift the veils that blur your vision and reality. A new understanding will arise, which will open up a totally new perspective in you.

Divine Magic

The art of feminine healing could be called divine or white magic. For this magic to unfold your sexuality also needs to be liberated and healed. Your traumas need to be healed. Sexual power is the base of femininity and also the foundation of our spiritual growth. Sexuality is broad and should not be reduced to only erotic moments. Pregnancy, menstruation, and magical powers are parts of it. With the repression of the feminine – as when women were burned as witches, for example – our magical powers were also been burned. Instead of healing and performing their magic, women today learn to analyze, psychologize, and work on their personality in therapeutic ways. But again, this is a business that has been created to keep women small and needy and away from their truth. First women are pushed and programmed into a lifestyle that prevents their own intelligence and wisdom from growing. Then therapies and treatments pretend to help them out of their misery, but actually they just ex-

exploit women even more. This is a vicious cycle that needs to be broken. Those superficial methods will not help to recover our lost spiritual powers. We need our magical powers; they belong in every woman's medicine cabinet so she can take care of her children and her loved ones.

Mothers are building the foundation of society. With the giant responsibility of giving birth to children, the development of humanity lies in your wombs. Divine magic means to consciously change and transform your inner chemistry so that the divine can act through you. To heal, clean, and refine yourself on all levels is also an act of your divine magic. It means to free your soul so that you can melt with the infinite and sway in the pulse of the great goddess.

With the Steadiness of Water

As we know, each journey starts with a first step. You also know that it is smart to prepare well for that great journey because it is easy to get lost or led away from your own path, carried away by the vast labyrinth of millions of possibilities. It is very common that women who are not well prepared for their spiritual journey to have very unrealistic ideas how spirituality should be like. Fantasies of salvation, which are common, give women the hope that the spiritual path will instantly dissolve all their problems and that a teacher or a god will perform miracle for them.

Also, on your spiritual journey you will encounter difficulties or resistance; these are part of the path and invite and challenge us to step out of the role of helpless victim and to unfold our own power and intelligence. But spiritually we have all been conditioned differently; being independent and strong does not match the spiritual fantasy, which we have been fed over centuries. So of course, when it gets difficult, women assume that this is the wrong path and change direction. Women have been conditioned and imprinted with ideas for so long that they need somebody who will save, rescue, and comfort them. But these ideas are just another example of fake conditioning intended to keep us small and dependent.

That's why in this book I want to give you a more realistic access to your spirituality so that you will become more courageous and able to step out of all these old, limiting feminine patterns to focus on your process of deconditioning. We have been blinded for so long by fake, hypocritical spirituality and we have all learned to dream spirituality instead of really liberating and manifesting it. But first you need to recognize the chains attached to you and get rid of them. You need to get to know yourself well so that you will recognize the resistance ambushing you from within.

Too often, when women are confronted with something unknown or are in touch with personal inner shadows or resistances, they will say: »Ah, this path is not the right one for me.« Then they turn around to search for an easier way or a »nicer« teacher. Every path is a challenge. To liberate yourself is a big adventure. The better prepared you are, the easier you will recognize your own defense patterns, which for certain will be there. You will know how to deal with those inner and outer obstacles and you will not get discouraged by difficulties and injustice. Rather you will take them as an opportunity to strengthen, to learn, to heal, and to grow strong. The first book I ever read as a kid was *Pippi Longstocking*. She was my ideal. One day, she went out on a boat with her friends. A heavy storm came up and her two friends said fearfully, »Pippi, the wind is continuously getting stronger.« Pippi replied, »It does not matter to me!!!!«

To get you ready to sail in stormy waters, I have created *Feminine Jewels*. They are summarized in one of my books and contain helpful tools and the know-how you need for your inner expedition. (This book is not published in English, but we are about to create an online workshop with its contents.) Well prepared with a good first aid kit in your travel bag, you have an excellent chance that your venture will succeed. You will not be frightened by obstacles, personal problems, or fiddly situations and will not immediately run to your therapist seeking comfort and security. You will know that with the steadiness of water the impossible will become possible. No matter what, just stay tuned and focused on your feminine healing.

FEMININE WISDOM

- ♥ *You need a solid inner center, which you can rely on in case of emergency.*
 - ♥ *The feminine path is the path for joyful meditators. Enjoy your ride because it might take forever.*
 - ♥ *The spiritual rebel is a healer who has learned to deal with negativity in the outer and inner instead of being broken by it.*
 - ♥ *Spiritual rebels keep cleansing their being on all levels to have access to sensitivity and intuition.*
 - ♥ *Spiritual rebels meditate every day to nourish their higher self so it will grow strong.*
-

Material, Emotional,
Sexual, or Spiritual?

Being in the Right Mode

We humans are multidimensional beings, and we all carry great possibilities in us. We can develop unseen bodies to unfold different functions and powers. We can think, feel, and want, and multiply by having sex. In this chapter, we will look at some of the functions and the different bodies that are all interlinked. I will limit the information to what I consider to be important for your feminine healing and spiritual growth. You are most welcome to supplement whatever is important to you for your own experience and your own research. Remember, with this book I want to inspire you to deepen your spiritual search, to make your own experiences, and to have your own insights.

Like computers, we humans have the ability to operate and function in different modes. Each mode will give you access to a certain plane and different abilities. Each mode has its own characteristics and is made for specific functions. To have access to a certain plane and to be able to influence it, you need to be in the corresponding mode. We need to build up the corresponding bodies or software to enter and use the different levels consciously. For this it is essential to learn to distinguish effectively between different spheres and different bodies. Developing this ability is part of a Mystery-Training.

The different bodies and their functions are like the different software of a computer. If you want to write a text, you install a good word processing software and use that. To create a complicated chart, you choose an appropriate program. I am sure for bookkeeping you would not choose Photoshop, and you would not use your calculator to administer your addresses, would you? If you want to watch TV, you would not turn on your oven, even though your oven is also equipped with a big window. Humans function the same way. You have legs for walking, an intellect for thinking, and different forms of equipment for feeling. Of course, to heal your wounded feelings, you would not put a Gips bandage on your foot.

Once, just after finishing my Chinese medicine training that included herbology and nutrition, I held a seminar on nutrition only. Up to then in my work I had emphasized emotional healing, sexual healing, and meditation.

Nutrition plays a major role in Chinese medicine and it is indispensable in women's healing work. At that time the five-element kitchen and the nutritional

aspect of traditional Chinese medicine were still fairly unknown here in Europe, so there was quite a rush to that seminar. The participants were exclusively people who would never have come to one of my seminars on spirituality, sex, or emotional healing. That weekend, I learned that there are people who try to solve or cure all their personal conflicts and problems via nutrition. For them it was extremely important to know whether they should use red or yellow lentils for their stew or how to cut their potatoes in a potato-friendly way.

The participants urgently wanted to discuss these kinds of food issues with me. I was speechless. It was obvious that, for most of them, nutrition was neither the root nor the medicine for their problems. On the other hand, in men who come to me for sexual counseling, their diet is often a major cause of, for example, their erection problem.

That's why I love to work with a holistic approach – to have a whole range and to find the right mode and field in which to work so the healing becomes most effective.

Life is too short for unnecessary detours. The more sensitive and differentiated your perception gets, the faster you will recognize the core and location of a problem. In this chapter you will gain insight on the different bodies and modes. We will not cover the area of holistic healing because I have explained this already in detail in my other books and online seminars.

Each Plane has Its Own Gate

You always need to be in the corresponding mode to have influence on a specific plane. For example, to clean, nourish, or develop a certain body, you need to be in touch and connected with it. To heal your feelings, you need to be rooted in the »emotional body«; that means you need to be in contact with your feelings and really feel. As long as you are cut off from your feelings and are rooted in your mind or in your energy body, you will be limited in your actions and not really able to heal your feelings. Be aware: to trigger emotions with exercises and breathing techniques is not the same as being rooted in your feelings. We will get to that later. Of course, you need practice, to clearly distinguish the different modes, bodies, and levels. It is so sad to see all those motivated people who have not learned this properly, and keep meditating and »healing« in the wrong mode, a mode that does not help them grow spiritually but instead strengthens their ego and personality. The tricky thing is that you can only recognize this difference once your unseen

bodies are developed and your psychic abilities are restored. Then you will be able to distinguish.

Most people are not interested in a spiritual training because they do not know that this really exists, and they don't know why it is even needed. So, they just copy others and imitate their ways and assume that's the way to do it, remaining in their fake spirituality. I do not say this as an allegation but that's the way we all have been conditioned by our leaders.

So, most people do not realize that they take on ideas that sound good but are not rooted in a real experience. These empty ideas are very common in books. Just a few weeks back I bought a book on a subject I was really interested in. After a few pages, I realized that the book was not written by an expert but by a journalist. It was just a collection of superficial general information, which did not really cover the topic. I cannot stand that. But there are so many books like this – just nice words, often copied from another source. When my book on female sexuality came out, I shared things I had experienced and never heard anywhere else. So it was an entirely new approach that inspired many women and, over the years, many of my insights that I shared inspired many women. The expressions I created appeared all over the internet and in many new books. A few years back a woman bought my book and left a review on Amazon. She wrote that she was annoyed that she could find nothing new in the book that she had not already seen in other books. I had to smile. I realized the power books can have and how effective my work has been, even though I am not credited for it.

Today so many people write books by just collecting the interesting thoughts of other people. But only a few are really expert in their fields. Many authors just write books with their minds; they research in other books and make it all sound good. Since so many teachers get their knowledge from books and YouTube, the main ingredient is missing. In this way so much misinformation is spread. I know a woman who considers herself a feminist and claims she loves my work. In all the years I've known her, I did not sense that she had entered the Femininity mode in any way. She is just intellectually inspired by my work. So, every time I write something or give a talk, she gets new ideas and reformulates my words and publishes it as her new text. But there is no personal experience behind it; she only thinks that she is a real feminist. Actually, I have a bunch of freeloaders and copycats. Unfortunately, they miss it all. They work with other women and just use my words and my insight as an advertisement, not really knowing how powerful and magical the new femininity could be out of their own experience. There are many motivated people being misled by

untrained or commercial teachers and therapists. That's why our world is in such a mess: our female potential is being repressed instead of supported by hypocritical and fake people.

One of the most important issues in spiritual training is developing the ability to distinguish. Start your own training now by reinvestigating the male and feminine patterns and the different modes. This is a good beginning. We need to develop this ability to be able to step out of this fake, superficial approach, which prevents our true evolvment.

I want to motivate you to stay with it and to go deeper to become an expert for yourself. It is good to have some knowledge, but you will only understand all this when you have experienced it yourself and your femininity has recovered.

We have a physical, material body, which we know well. We can see it, feel it, move it, measure it, and even weigh it. Besides this dense material body, we have several unseen subtler bodies. Each body provides us with certain abilities. That's why it is necessary for our spiritual development to learn to nourish and grow the unseen bodies. This will provide you with a higher perception, which regular people who have not developed their unseen bodies usually do not have. This is important because the unseen bodies are also the bridge to the higher spiritual worlds. To liberate our spirituality means to connect directly with the spiritual reality. For this the proper spiritual software is needed and this must be created and properly installed.

As we develop our unseen bodies, the psychic powers and a new consciousness unfold naturally. When this happens in a student it can be felt and seen clearly. On the other hand, it is obvious, when somebody is pretending to be in contact with the supernatural and pretending to be very spiritual and super holy. Spiritually we have been fed with dreams, hopes, false ideas, and fear. The result is that most people just dream their spirituality. This is very common among women, and it corresponds with a pattern of abuse that is manifested by leaving reality and creating a holy world in one's dreams. It is our responsibility now to heal those deep feminine wounds to be able to access the real spiritual world. As long as women have not healed their deep wounds, they are prone to a fake spirituality, which leads them into their dreams, instead of to their reality. To enter the spiritual plane, you need to develop a new and different internal software; as long as the wounded patterns and personality are all you have, you have no choice. The more you use your old software, the more you are getting used to it. It is time for your female reset and for you to install the required new software in yourself.

Our Software

Humans can be in a range of different modes. These include modes that are physical, energetic, feeling, or intellectual as well as modes that are based in masculinity, personality, spirituality, or femininity. And let's not leave out the survival mode: this is a very tricky one. That's why it is so important for women to have a good profession. As long as a woman is struggling to survive, her life is ruled by fear; authenticity and a new femininity cannot really be added to her agenda.

These modes correspond to the standard human gear. There are more than these, but we cannot get into them all. You can do your own research to go deeper into that issue. Developing the higher bodies only makes sense and is only possible when there is a solid base. For a Feminine Mystery-training, this means to prepare your lower bodies in such a way that they will support your spiritual growth naturally. Many esoteric seminars focus on the higher planes before they have even established a base and have cleared their physical, emotional, and sexual issues. The result is that the work only happens in their dream world, not really in the higher plane, so the work is not effective. We need to upgrade the quality of our spiritual work to be able to move out of this fake state.

This means to align your whole life and all your lower bodies to the most high, so they can evolve naturally into the right direction. This also means to balance out malfunctions, weaknesses, dissolving disorders, and patterns of compensations, which might have blocked the development of your emotional body and your sexuality. For women, this means to reverse the male patterns in which they are moving and return to their own nature. It is also necessary to dissolve conditionings and believe systems that limit your feminine growth.

To be able to do all that, you need to know which methods are addressed and are working on which body and plane. You need to be aware that the cause, the action, and the most effective cure can lie on different planes. Over time, when you have developed your unseen bodies, this will become obvious and you will understand it. For untrained people, the different modes are mostly like a blurry, mixed pulp and their efforts at healing and liberating themselves are very random.

As mentioned before, developing your unseen bodies will provide you with a differentiated perception and you will be able to clearly distinguish between the different planes and control the effectiveness of your healing actions. In the

personality mode you only think and dream your result, but you do not have a reliable instrument to allow you to actually notice it.

For example, if you spill a pot of tomato sauce on your white kitchen floor, you have different possibilities for dealing with that mess. You can sit down and take on your holiest meditation posture and visualize a perfect, flawlessly clean floor. While you are in a deep meditation, the tomato sauce thickens and becomes sticky. Other than that, though, the degree of dirtiness has not changed. Next you can try a healing ritual or an emotional clearing, or you can call the great angel of purity for help. Last, but not least, you can blame your partner for not doing the cooking. None of that will make the sticky mess disappear. Whether you want it or not, there is no chic or subtle solution for it. You need to get down on your knees and scrub the floor until it is clean again.

Dissolving The Cause

Healing your femininity works the same way. You need to identify the plane – inside or outside – where the trouble, problem, or disharmony is hiding and which body needs to be taken care of. Whenever you want to heal or change, be precise! Take your time to have clarity on this.

The quality of feminine healing is often very poor, unclear, and incidental because women just assume that they are healing but they don't really know the skills. I often hear women saying you just need to trust the healing energy to go automatically to the right place. But unfortunately, this is not the case – especially for people with many different personality patterns, dissociations, and traumas. If you just dream or visualize your healing and take on such a belief without questioning it, you will not realize what you are causing. Only people without a deeper understanding and sensitivity come up with such an undifferentiated and superficial approach. Don't buy this. It is simply a cheap excuse by people who do not know what they are doing. Healing is a very complex skill that needs to be studied and learned well and it needs to be aligned with the universal laws. Less won't do!

Learn to distinguish whether you need to cleanse, dissolve, nourish, integrate, or whatever else needs to be done. I do not know how many blood-deficient, physically burned out, exhausted, wasted women I have seen, who were into energy work, Qigong, sports, you name it, hoping their condition would improve by intense physical activities. In addition to that they were often in a

psycho- or other kind of therapy or were taking homeopath globules to come out of that desolate state. This is so stupid. But nobody wants to clear that misunderstanding, because so many people make money in this way. If you are burned out, you first need to build up your feminine essence – like your blood, bones, and inner organs. You need real nutrients, power soups, and good food as well as lots of rest and good sleep. Energy work and homeopathy operate on a different level. They cannot supply the body with the needed nutrients. As long as you do not build up your yin with food and herbs, you will remain weak. If you want to build a house, you need good building materials. You can motivate your workers in the best way possible and make sure there is a great working atmosphere. Of course, it is possible to charge a weak body with energy. But as long as the substance is weak, the body will remain weak in its capacity to absorb and store energy.

FEMININE WISDOM

Feminine healing is not an unfathomable secret. Like everything else in this world, it is ruled by the universal laws. If you go a bit deeper into these issues, you will recognize those underlying patterns.

As I mentioned earlier, it is not my intention to serve you an instant meal. Even if I wanted to, this is not possible because you need to open up to have your own insights. What I can do is to provide the background information you need for your feminine project or research to succeed. Of course, certain things will puzzle you and you will need time to reflect on them. Develop your own thinking and come to your own conclusion. Most importantly, make your own experiences because that's where your new insights will arise. The Feminine Mystery path is not about copying others nor about doing what others did once upon a time. FEMININE WISDOM is not the result of aping or parroting somebody nor about decorating yourself with feathers that belong to somebody else. It is about healing and developing yourself to change your perception and expand your awareness to get in touch with your own wisdom. This will happen to you through your authentic meditation and your own intrinsic feminine experimenting and experiences. It is not about being thrilled about any great teacher and doing things the way she or he does. How boring it would be if there were just copies and clones!! I cannot stand people who always quote others and share impersonal posts.

This is about allowing yourself to be who you are and exploring your talents and your potential to tap into your own feminine intelligence and your precious uniqueness. Go girl!

Behind the Curtain

In general, you can only see the surface of a person or a subject. You can look at things but not into them. Those beautiful, superficial masks and beautiful words can easily impress some people. And of course, there are people who can play that game well. To grasp the essence or the core of a person or a subject you need to develop a different perception, which does not depend on your senses but on your psychic abilities. A Mystery-Training will help teach you to unfold your psychic abilities, which are dormant within you. Such training will refine your perception and enable you to look through all those shimmering facades of people. This is the process –as my beloved teacher, Osho, always said – of peeling the onion until nothing remains; then you will start to see reality and you will face the forces that are acting from within.

Unfolding supernatural powers is, so to speak, a byproduct of the Feminine Mystery path. These powers unfold very naturally in women who meditate regularly and heal their femininity in the right mode on the right plane. To generate psychic powers is very trendy these days. There are techniques, detached from any spiritual qualities, which are offered to awaken those powers.

In someone in whom the unseen body has not been properly prepared to deal with those supernatural perceptions, this can be very disturbing and unsettling. Then other parts, like the personality, will take over. This can easily poison the ego and make people feel overconfident. The outcome is that we have so many self-proclaimed spiritual teachers and so much corruption, because people are not capable of guiding their powers in the service of the divine.

There are highly sensitive people born with such abilities. I know myself how difficult it is to learn to cope with this. Since other people don't see or feel what you are perceiving, you are continuously misunderstood. Often you do not speak up, because others think you are crazy. It took me years to really trust my psychic powers, because I was living around people who constantly denied my perceptions, especially my then-boyfriend. This was very unsettling for me. Finally, at the end of that relationship, it was clear that my intuition had been always 100 percent right. This was one of the happiest days of my

life – to know that I could really trust my intuition and my perception. This was the biggest relief and the biggest gift ever.

Eventually I was admitted to Mystery School and there were others like me. This helped me get a deeper understanding of the different states of consciousness we are all passing through. Over the years I was intensely trained to understand those different spheres and powers and to build up my unseen bodies and to use them properly. For my work, of course, this is very helpful and needed. To support others on their way, you need to see the bodies and energy patterns in which they are functioning.

Stimulating your energy centers and opening energy channels to trigger psychic effects before you have even developed your unseen bodies, your chakras, and your energy centers will destabilize you. I have talked about people who, after therapy sessions, ended up in psychiatry. States of psychosis can be triggered like this and I have seen this several times.

Doing energy work, I know it is very popular to manipulate the subtle body, especially among women who are cut off from their emotional body or have so much mucus in their body and therefore have become dull. By using so-called esoteric methods, they finally feel some sensation and that convinces them that they are on the right and – they assume – spiritual path.

There are many Facebook groups where you can see people who are involved in such activities. It is shocking to see how many are offering to help others for money using such a superficial, unreflective approach. No wonder spirituality and the esoteric have such bad reputations. But this is what our global leaders want: to keep people small and ignorant.

It is a challenge to use higher powers in a responsible and healing way and not to use them for selfish purposes. Supernatural forces should only be used to serve the great work, not to gain personal power, to become wealthy, or to be loved.

I am aware that spiritual powers are abused all over, and this gives others the impression that it is ok to do so. But it is definitely not. It is easy to activate supernatural forces and impress people in this way. That's why it is important that you start to see behind the curtains to find your own truth and not to be blinded or impressed by others who have a totally different goal from yours. If you are meditating regularly, your perception will change. You will see things differently and you will feel more intensely than before. It will be possible to recognize the principles, powers, and personal motivations that make your world what it is. There are too many people abusing their power so they can manipulate and control others. That's why we need a female reset to counteract those vicious energies.

About Inner Planes and Different Bodies

As you already know, human life takes place on different planes, in different worlds, and in different bodies. The material world, which your physical body is part of, is the manifestation of all the different forces that are acting through you: your thoughts, your emotions, and all the collective and other influences you are exposed to. In liberating and healing yourself, you always need to be aware of the plane on which the work needs to be done and of the principle that needs to be applied. There are so many good-willed people trying to heal the world but unknowingly they are reinforcing the root of the problem instead of dissolving it. This is because they are not aware that there are different planes, different bodies, and different causes that one needs to distinguish to make healing and liberation really work.

WHO AM I?

- During the next weeks and in different situations use your higher perception to scan a situation or a person. Try to feel behind the mask or package and become aware of a different reality. There's no need to talk about it or to tell the whole world about your experiments. Just do it for yourself. This is all about your experience.
- Second, watch yourself in your everyday life and keep asking yourself: Why I am really doing this? It is especially important to look behind one's own screens, to find out who you are and what moves you.

Different Concepts of Life

Down through the ages many different models and systems have been developed to explain the miracles of life. For spiritual seekers, understanding the different states of consciousness – through which all humans have to move to evolve – has always been a major interest.

In this chapter I want to introduce the model of the different planes from the Western Mystery tradition. This is a collection of universal insights and experiences that have been gathered by initiates and enlightened people on their personal search finding the truth. Usually, the Kabbalistic Tree of Life is

used as a helpful signpost or map to orient you in exploring the unseen and unconscious worlds. I am not saying that this model is the only or right one. In practical use, this perspective inspired me and has given me important insights; therefore I took it further and adjusted it to the Feminine Mystery work.

In this chapter we will look at the different bodies and their functions and how they are linked to the corresponding plane. All those different modes, or functions of a certain body and of a certain plane are ruled by universal principles. Also, they appear differently on each sphere. These principles and insights are like a manual that enables us to move safely on to a higher consciousness. As long as your unseen bodies have not been developed yet, you do not have the necessary finer perception to see and experience all this so it may all seem a bit complicated. But in reality, it is not at all complicated; writing it down just makes it look that way. The deeper you let yourself in, the clearer you will be able to distinguish one mode, one plane, or one sphere from the other. Hopefully it will help you as well to get a better orientation in the big jungle of »esoteric« and life-help. To me these universal wisdoms are helpful and inspiring tools. Translating them into your life will help you avoid pointless effort and idle times to make more time for the essential.

Using the Right Currency

One of the universal laws is that everything has its price. When it comes to your feminine healing and spiritual growth, it is exactly like on the material plane: nothing is for free. For everything you want to have, or you want to achieve, you need to be ready to pay or to sacrifice something. To sacrifice does not mean to get rid of your old junk or to end a relationship you were fed up with. It means offering something that is meaningful and precious to you.

Like in the material world, the unseen worlds and unseen bodies also need their corresponding nourishment or payment. Neither in the unseen worlds do you get anything for free nor will you get something if you pay with the wrong currency. For the inner world, money is definitely the wrong currency. This is why spiritual matters should not be mixed with material intentions. I know there are people who will tell you the opposite, mostly because they are after money and want to sell you a spiritual training, an initiation, or something else.

You cannot buy a real spiritual initiation with money or sex or by doing something very bad like killing or torturing a living being. That I mention this will probably shock many of you. It is shocking! But unfortunately, there are far

too many associations, brotherhoods, cults, or gangs that ask their future members to do all sorts of very cruel and perverted – often illegal – stuff as proof that they are worthy to be initiated. Those kind of »tests of courage« are often filmed so the member can be blackmailed. Out of fear, they stay and take part.

In our fake world it is also very common to sell initiations. Spiritual work should never be abused for making money. As soon as spirituality becomes a good for sale, it loses its purity and its magical essence. Offerings and sacrifices should always come from the heart and should not be negatively stained by guilt, fear, or cunning. Making an offering is a joyful gift made from love and thankfulness. If it is not done with joy, it does not work. It is not like a business deal nor should it sound like a pitiful begging letter. The word »sacrifice« often has a bitter taste because it has been used as a punishment, or to put somebody under pressure or it as the trademark of a heroic martyr. We all know accusatory sayings like »I have sacrificed my whole life for you.« Down the ages in many cultures humans were ritually sacrificed. Still today very cruel and power-hungry people abuse and kill children and »sacrifice« them in the most horrible way. To sacrifice human life is one of the biggest crimes, especially when it is a horrible slaying by power-hungry monsters.

But somehow evil people have an entirely different opinion on that even though they know that it is not right. Predators know that; that's why they are doing it behind sealed doors.

Just few weeks back I saw a documentary from Ireland. On the grounds of a monastery, a grave was found with hundreds of skeletons of children and babies. Investigation revealed that single mothers were kept there for delivery and then their babies were taken away. This happened in a time after the Second World War. Still today children are being tortured and sacrificed in horrible, perverted, satanic rituals. Worldwide every day so many children disappear. This is shocking and should not happen. We only know what happens to them because of brave and rare survivors who come forth to share their story. They want to inform and help other victims, because most people still do not believe that this is actually happening and that there are such evil people around.

Offerings and sacrifices made in a destructive and abusive way will always – in one way or another –backlash to the perpetrator eventually. But this will not help a victim to heal. Young women are being recruited with all kind of promises and seductions. Watch out: the borders are very diffuse. At first a woman unknowingly moves into a gray zone, maybe by some ritual, and then very slowly she is pulled into the dark side and gets involved into very dark magic. There are so many forums for occultism and witchcraft, and so many innocent young

girls asking questions. Immediately there are »helpful experts« sending private notes offering to help and to get in contact with the girls. I want to shake you up so that you realize what you are doing. Become more precise and alert in your actions and learn to protect yourself well.

Material Body

Potential: Health, your feminine temple, enough blood, strong bones

Nutrition: Food, air, housing, clothing

Currency: Money to survive to pay for your needs

Sacrificial Offering: Making money, working

The material plane is the tangible, dense, manifested world, which you can see. It is the world made out of atoms and chemical conjunctions. She is formed by the four elements – water, earth, air, and fire – and keeps going by the eternal living in a physical body. You need to deal with the material world. You need to make sure you have enough food, that you have a roof over your head, that you have clothing, and that you can stay healthy. As long as you are in this body, you need money. This is part of the mundane, earthly game.

This plane is like a jungle and pretty confusing. For people without a spiritual orientation, the material world turns into a huge labyrinth in which one can easily become lost. In the age of materialism, the time we are living in now, most people are cut off from the higher spiritual planes and do not have the perception to experience themselves as a part of the whole. For these people nothing exists that they cannot see, measure, or count. Their lifestyle is focused and limited to material values and social security.

Money Rules the World – At Least the Material World

The first steps of your feminine healing take place on the material plane. Many of the dependencies and fears are linked to naked survival. They need to be solved on this plane as well. There are many women who are not aware that they are driven panic-struck for survival and that their unconscious striving for money and power actually rules their lives. Many have learned to cover up their true motivation by acting kind and caring while others hide behind pho-

ny, holy, spiritual masks. I know this may sound a bit harsh. But again, we are brainwashed to be this way. These patterns need to be detected and cleared. That's why I keep saying we need to know ourselves, including the qualities we do not particularly like and that we are trying to hide from ourselves and others. Especially around money we all have unconscious patterns. I mention just a few to give you an idea.

There are women who dare not dream of being financially successful. Some might repress those ambitions and dreams and some might be too timid because this is new to them. The weird thing is that many women have the idea that having money is not spiritual. Of course, money is not spiritual, that's why we need to meditate. But while we live in this world, money is part of the game and we all need some. Getting to know all the ideas and patterns we have around money is a very interesting investigation. When it comes to money, we get to know people. For example, when a couple separates or gets divorced, they suddenly get to see a different face of their ex.

We need to unburden our relationship with money, to become relaxed and easier about it. I know many people who are so obsessed, constantly thinking and worrying about money. But then to actually have money is again a big challenge. Money can bring out the worst in people.

We all have to learn to deal with money and power with heart, integrity, and awareness. To be helpless and timid when it comes to money is an outdated pattern, which needs to be erased. I see it when women have to negotiate about their salaries, how easily they give in and how great their fear is to stand up for what they actually deserve. Christianity has left deep traces in our society and within all of us. Humbleness and charity are still qualities women like to be decorated with, to increase their esteem, to hear others say »Oh she is sooo nice, such a lovely, humble person!« These beliefs have been imprinted in women, so we stay weak and dependent. Of course we are all nice and loving, but we all also carry the other side.

For a woman's spiritual growth, it is helpful – actually, I would say necessary – that we have a good profession, that we can work hard to be able to make our living and that we are able to enjoy it. We all have a materialistic woman within, who needs to take care of our survival. Not having enough money and not having a good education prevents women from being authentic. Then they have to play nice, or look nice. They have to pretend or be fake just to survive. Still many women are hooked up in this, especially mothers. In the material age of the big deception in which we are living right now, it is our task to realize

our motivation in connection with our finances and also to heal and liberate our relation with money, to be able to deal with the material world in a relaxed and easy way. Let's pray for all those women living in countries where their education is denied, where they are punished for being educated. All children should have the right to have a good education!

FEMININE WISDOM

Be aware of nice people!

The material plane is about business. The clients are the queens and kings and everything is done to catch and seduce them. To reach material success, cheating and deception seem to work well. That's why it is done everywhere in skilled and tricky ways. Politicians continuously get away with it and this encourages people to improve their own cheating and lying skills. On each plane, different values are valid, whether we like it or not. What brings you short-term success on the material plane, may block your growth on another plane. On the material world this saying applies: The one who is paying has the saying and the one who has money is mighty. That's business! That's the world of tricksters, criminals, and clever manipulators, the world of deception, the world of public relations and glossy brochures and promising websites, the world of polished, fake concepts and the world of half-truths, cheating, and shame. Every time I pick up a free magazine at the health food store it makes me laugh. The PR texts are written so well that there's an immediate urge to buy that new product. (LOL)

Advertisers and journalists are not health experts. Magazines and newspapers are not the well of FEMININE WISDOM or competent health consultation, nor are the gossip magazines you can read at your hairdresser's. But all these methods are mild compare to the many manipulations we are exposed to by social media. It is pretty scary to see what influence they claim.

I am writing this English version in the time of the so-called pandemic. We see how panic gets stirred up in people and how politicians and many others are being manipulated. On the other hand, it is pretty unsettling to experience the power of rich people and big companies to influence and censor us, allowing us to only publish what suit their agenda. I have been shut down by social media and only a limited number of my posts are shown. That's why I am happy when you support this work with your people and show others our website and this books, when official channels won't. This project is not a

business. We all put our energy and our heart into the female reset because it is needed so much. So, let's all make sure it will not be abused.

Many women don't realize that we are constantly being manipulated and deceived. But there are sensitive women who can sense that something is not quite right. Unfortunately, they tend to be insecure and to question their own perception rather than questioning a so-called person of authority, a printed text, a trend, or an absurd hint on how to enhance their feminine sexuality.

Making Money – Spiritually Correctly

Although each plane has its own currency, it is important for people on the Mystery path to keep the spiritual orientation, no matter on which plane they act. In the material world, you can successfully and cleverly manipulate and deceive yourself and others. But this will have an impact on the other planes and will block your spiritual growth. While making money, it is recommended that you behave spiritually correctly; that means you are truthful and authentic. That's why it is so necessary to investigate your own relation with money, so you get to know your unconscious moves and drives. Many women have already blocked their spiritual growth on that lowest material plane, by selling themselves and their soul, by deceiving themselves and others just by being nice and obedient.

To deceive and mislead others in the spiritual world counts as a big crime, which always has consequences, especially for people acting in the spiritual and esoteric field and those who are selling therapy sessions and healings. We all need to be true and authentic and to only pass on to clients and students what we have experienced ourselves and not what we believe, have read or copied, or what brings the best income. With such deceitful, confusing behavior, we do not just lead people in the wrong direction, but we infect others with an attitude that approves deception and hypocrisy.

To avoid this, we teachers need to be continuously alert and to keep checking our own reality. There will be times in all of us when we are out of touch with the inner mystic plane. And then it is a no-go to work with others. That is when you need to focus more on your own path. Until we have liberated the feminine, there will always be phases like this. Be honest enough with yourself and take a break from working with people until you are spiritually connected again. For their own protection, for women who really have that inner calling to work with people, I recommend having a worldly profession besides their Mystery work, a

profession that does not depend on their spiritual connection or authentic femininity. It can be something very down to earth, like working in a garden, shop, or office. Besides working with people, I have often had construction projects going on. Building and renovating houses with the guys kept me down to earth. Also working on my books always gives me a good break from teaching. For many years, I would do night shifts in a psychiatric ward and I was teaching CPR and first aid to nurses and doctors. For me it was always important that I was not financially dependent on the seminars and so I could work in the spiritual field only when it felt right. I have paid attention not to manipulate or push women to come to my seminars. Of course, in business all those methods are being used, but when it comes down to spiritual work any kind of manipulation is a no-go. When you are writing an invitation for your next seminar, do it with more awareness and sensitivity. Don't use manipulation, just information. Just give it a try and treat people with respect. On the spiritual path we evolve naturally; all inner and outer manipulation only blocks our spiritual growth.

Prepare Your Body

A further symptom of our material lifestyle is the exaggerated body cult, which many people are hooked on. All kinds of physical exercises and trainings are popular for this sport. Endless varieties of exercises are being performed to become fit, sexy, beautiful, and strong. Women are so obsessed with those imposed ideas that they do not realize their impact as they mostly bring women into a state of masculinity. (More on that later.) On the Feminine Mystery path, bodywork has its place. It just needs to be in harmony with the female principles, not with masculinity as is mostly the case.

These are the priorities for the work on a woman's body:

- ♥ Be relaxed and rooted in your body
- ♥ Maintain a healthy body with enough blood and female hormones
- ♥ Nourish and maintain your female essence
- ♥ Cleanse the inner and outer body
- ♥ Sensitize your body
- ♥ Prepare your body for your spiritual work and your inner journey

Working on a woman's body means to transform it into a fine, sacred, feminine temple.

Spiritual Bodywork?

Among the big flood of physical exercises being offered is an increasing amount of bodywork which is promoted as »spiritual.« Just that label gives the consumer the impression that this is something really special. Let's have a closer look. Is there such a thing as spiritual bodywork? Bodywork is acting on the material, physical level. There is work on the body that triggers emotions by stimulating special points, zones, or hard muscles. It is highly unlikely that applying those bodywork methods and physical exercises automatically develops the spiritual body. Let's look, for example, at physical yoga exercises. Their main purpose is to prepare the body to be fit for the actual spiritual experiences, which will evolve from the spiritual practices of a Yogi. But the spiritual practice takes place on a higher level, not on the physical plane. The great yogis knew that true spiritual experiences could be so strong that an unprepared body would not necessarily be able to survive it. Therefore, they focus on this long-lasting physical preparation. Actually, all true spiritual trainings focus on a good, profound preparation, which usually takes years. Taoist physical exercises including energy work (Qigong) can also fulfill this purpose. But let's not forget that all those systems were developed for men and the male body and its energy balance.

Even if you do physical yoga exercises or Qigong on a regular basis, their main purpose remains body work and body work is not a spiritual practice as such. If a woman wants to practice the true path of Yoga, these kinds of body works are only a minor matter. Meditation and spiritual work are the main centers of attention and these take place on a different level, not in our visible bodies. Most yoga classes are commercial and do not qualify for spiritual work.

Spiritual practices function on the spiritual level and are addressed to the spiritual self or to one of the spiritual bodies. As this level is not identical with the material, physical level – as every clairvoyant and mediumistic person will confirm to you – these exercises are only body work. There is no such thing as spiritual body work or spiritual sex. It is possible for a human being to have a spiritual experience by having sex, but then it isn't a sexual experience anymore. These are differences that need to be distinguished to be able to develop your unseen bodies properly.

Some kind of body work is important to stay flexible and loose. But to overemphasize the focus on the body and leave out the development of the unseen bodies is too one-sided and incomplete. It does not support spiritual growth or feminine healing.

Spiritual Earthquakes and Tsunamis

The spiritual path, as I and many others have experienced and characterized it, is not a smooth and easy ride. It will not come to you like a mild breeze nor in a mild homeopathic dosage. It can happen that when your spiritual centers and channels are about to open and you are suddenly connected to the inner world; tremendously strong forces will flood your body and your whole being will be deeply shattered. The first time such a state happened to me, I was humbled by the experience and was left with a deep-felt respect for the spiritual work. It was also clear to me that I wanted to get back there. I realized that this would require very good preparation from my side and also that it would take me some years. But for me it was definitely worth it. Actually, thinking back, I realize my feminine healing was the best preparation I could have had. I would have never dared to go back to those inner places without a solid preparation. I truly understood the necessity of preparing my body physically and energetically for the spiritual journey. The body has to be well prepared to integrate strong spiritual experiences. It is ideal to go slowly and step by step to prepare gradually for these different energy conditions and states.

Work On the Female Body

There are many advantages to living in tune with your feminine nature. To use these advantages fully, your body needs to be in the Femininity mode. As long as your body moves in male energy patterns, there is no way to get in touch with those precious feminine benefits. In the Femininity mode, for example, you are more open and receptive; therefore it is easier for you to get access to the spiritual world. A woman's nature carries the potential to integrate spiritual experiences naturally; possible side effects, such as too much inner heat, fire, or ego issues, are minimized. For women living in male patterns, all those side effects can happen very easily. Spiritual powers are seriously hot and powerful forces. Women in their Femininity mode are able to absorb much more of these energies without overstimulating or confusing their bodies, energy systems, or emotions. You often see women who are doing »spiritual work« getting very emotional and out of balance. This happens when they are not rooted in their feminine nature and do not have a strong, solid foundation to counteract all those intense forces.

Women who are living a fiery, intense lifestyle and then in addition are charging up their bodies with energy exercises and intense body work, are usually not happy, natural women. By doing all that, they masculinize and overheat their bodies, which causes emotional irritation, restlessness, and ego problems. Their thoughts get louder and louder and cannot be stopped.

To let something new grow inside you, like a new femininity or spirituality, you need to transform your interior into a quiet, loving, and relaxed inner space. Women who are not prepared to deal with high energies cannot maintain a high energy level, so they escape into activities, such as drugs or sex, to get rid of these intense energies. Through the Femininity mode a woman is able to keep these spiritual powers in and it will be possible for her to eventually conceive a spiritual pregnancy. I dare to claim that this is what happened to the Virgin Mary with her immaculate conception. She was experiencing and living through a spiritual pregnancy and therefore she was able to bring a new consciousness, the Christ-consciousness, down to earth.

FEMININE WISDOM

Women need to be very sensitive and careful with body work and physical exercises. Therefore, you need to distinguish between whether you are strengthening your male parts through energy and vitality, or strengthening your feminine nature through nourishing your deeper feelings. If the fiery male parts are activated, the tendency grows to overemphasize the material alignment and to nourish material interests. The longer women stay in such a state, the harder it is to get in contact with an authentic spirituality and a new liberated femininity.

Prepare Your Body for Miracles

The feminine body should be healthy, and it needs to have a good base, a so-called foundation. This means on the physical level that the body needs enough good blood, strong bones, and healthy inner organs and glands. We give our soul a home and the opportunity to grow through good nutrition and a healthy lifestyle. For the feminine to unfold its potential, it is essential that the body is rooted in the Femininity mode. That's why it is so important that you study the polarities well and take your time to weave the feminine healing thread into your everyday life.

How to Nourish the Feminine Body

- ♥ Live your personal intrinsic rhythm and do not force yourself into a lifestyle that doesn't correspond with your nature.
- ♥ Harmonize your menstruation and synchronize it with the cycle of the moon.
- ♥ Grant yourself good and restorative sleep; the feminine body needs enough rest. Take adequate free space for relaxation to be able to digest all the impressions, effects, and experiences you make every day.
- ♥ Learn to understand your body language. This also includes so-called overheating symptoms – restlessness, sleeping problems, or dryness of the mouth – these are typically body signals of too much heat. It is possibly for heat to arise through a male lifestyle, most likely in combination with wrong nutrition, intense body training, and energy exercises or it may arise through exhaustion of the Feminine substance such that the body is not able to contain the energies any longer.
- ♥ Nowadays many women are physically depleted so first and foremost they need to build up their physical essence. As long as their femininity is weakened at the physical level or, as we say, »burned out« through sickness, blood deficiency, bone weakness, an unhealthy lifestyle, and so on, it doesn't make any sense trying to heal femininity, emotions, or sexual problems. If the physical feminine foundation is weak, it has to be built up, until the feminine substance is strong enough again; only then can the emotional healing start. Women over forty especially need much time for this essential process. The faster you want to do it, the longer it will take.
- ♥ Learn to eat and drink in a way that nourishes your blood and your bones.
- ♥ Connect with your inner organs, until you can clearly feel them. This process does not happen by visualization, but by sensitization of your perception and your ability to feel. This has to be done until you are really connected. Visualization techniques work on a different level.
- ♥ Your feminine body needs feminine hormones. If you live your life within male patterns and you train your body with techniques and exercises that promote male energies, of course your body increases its level of male hormones and your body will masculinize. And you are wondering why you do not feel so indescribably feminine? You may be, like most other people, convinced by the male way, male values, and male activi-

ties; maybe you are a follower because this makes you more popular or it increases your business. That's why rebels are needed, not just people who trot along, but who take on their responsibility and stand up for their own values and their truth. However, if your lifestyle is stressful and very extroverted, male patterns will solidify in you. From now on, before you do any exercises or use any techniques, make a quick check for yourself to see if this is in harmony with the feminine laws.

- ♥ The more you force your body into male patterns, the weaker your femininity will be.
- ♥ For feminine healing it is essential to be rooted in the material world and in your body. It is a healing remedy to rest joyfully in your inner temple, in your body, in utter silence, to allow your sensitive perception.
- ♥ To heal and feel your feminine body, there is no need to stimulate or trigger your body to get a sensation. On this plane it is important to be rooted within yourself, to be connected, and to evolve your sensitivity so all can happen naturally.
- ♥ If you like to do body exercises, they should be done smoothly and with a lot of feeling. Don't do exercises to feel something; make sure you feel well before you start an exercise.
- ♥ Learn to balance your lifestyle. If you are an active woman, then focus on relaxation and receptive moments. If you are sitting most of the day in an office, for example, than balance yourself through movements.
- ♥ It is important to detox and cleanse the feminine body on a regular basis. If you look this up, you'll find a number of different herbs. I always change my detox cures. Sometimes I will do one for my liver, next time for the blood and on another day I'll choose a tapping massage with a little self-sewed mung bean bag or I'll take a bath of sea salt. It is good to have a certain repertoire and to stay tuned. These cures are especially effective in spring.
- ♥ Every so often, treat yourself with a nice massage or take a wellness day at the spa.
- ♥ Relax deeply on a regular basis to stay open and receptive. You have to find out what works best for you, without getting active. Autogenous training can give you a good start.
- ♥ Osho's Kundalini meditation is a wonderful method to get the female body loose and fluid, to ground oneself, and to finally relax the body deeply.

My first book »*The Tao of Woman*« covers all the health issues in theory and with lots of practical hints and exercises. Hopefully I will finish the English version soon. Actually, it has been on my to-do list for 25 years.

WHO AM I?

- How well do you understand the language of your body?
- What are you doing for your feminine body?
- Do you see additional ways in which you could support your feminine body?

The Will

The will is a very important life principle, and it affects each and every one of us. The will is strengthened by energy and the body; this is why I mention it here in this place. It is important for me to grant this subject adequate space. Let's have a closer look at this powerful and mighty instrument.

Potential: Power, Transformation, making a difference

Nutrients: Energy, sexual power

Currency: Breath, movement, discipline

Sacrificial Offering: Sport, breathing exercises, energy work, body exercises, martial arts, sexual excitement

It is important to guide and develop the will consciously, otherwise this very useful instrument becomes an unpredictable and dangerous weapon, particularly if the will is ruled by unconscious parts of your personality. The potential of the will is power. The power to change and to make a difference also contains the potential to feel mighty. For many women, the words »will« and »power« have a bitter aftertaste. They feel that the will has something to do with being hard and masculine. Because they fear their own strength, women remain in their helplessness. On the other hand, women can be thrilled and easily carried away and fall in love with their own power.

Power as such is neither good nor bad. It depends on the consciousness level of the person using it and how it is being used. Some women, while searching for new ways, discover their male power and male will, they get a taste of the energy of male power and start to like it. The will has the ability to push insecurities back into the unconscious, giving women a glimpse of power. If the

will is not consciously rooted in love and compassion and subordinated to the higher self, it is likely to mislead women. If a weak person has sensed power, they usually want more. Often enough they are more than willing to sell half-truths or to even sell their souls for a little bit of power and success. We see this in politics and the economy, and often also in mothers. It is not only that a big stage makes power difficult to handle, but it can also be difficult to deal with it in smaller surroundings. Almost on a daily basis we see how people are broken by their power, how they lose their ethics and their dignity, how they become corrupt and abuse their status and their power.

Over generations, the will of women has been broken and disrespected. It is understandable that many are will-less and just participate and follow along. The will is a life principle. No matter whether male or female, we are all ruled by a will. Since we are living in a material-oriented society, we are most familiar with the will being used in combination with egoistic and personal motives. But the will can be used differently; for this to happen, we need to heal it. Let's have a look at what can weaken and break our will.

- ♥ Traumas, indignities, injustices, and helplessness
- ♥ Spreading fear and panic
- ♥ Being threatened and blackmailed
- ♥ A depleted body or a serious illness of the body
- ♥ Being manipulated
- ♥ Projections
- ♥ Being part of a crowd or a strong group
- ♥ Exposure to bullying and being put down
- ♥ And many more ...

As in everything else, the will has two sides: masculine and feminine. As in every other area, too, the quick development of the will is the male principle and the slow, deep, profound way corresponds to the feminine principle. It is especially important for women to get to know the different facets of their will.

To handle the will, which usually we only recognize as the male power, the following is important: the will as male power is strengthened by physical vitality and energy. This means body exercises, sport, breathing exercises, and other techniques that function exclusively in this polarity. These activate the male power of the will. Energy work belongs here as well. All these various forms and practices operate on the energy level and are created through exercises

involving the body, breathing, or concentration. With all these methods, any human being can easily experience power and strength within minutes.

In particular, women who are not rooted in their femininity can overcome their helplessness very quickly by using »male« techniques. Without a feminine foundation these can lead you from your paralyzed helplessness into an uprooted overestimation of yourself. This is because the wounded feminine feelings are once more skipped over. By activating the male principle with energy exercises, sexual exercises, and body exercises, the old patterns and feminine wounds, are pushed away not to be felt on one hand; on the other hand, they are being reinforced, which makes them even harder to heal.

FEMININE WISDOM

By energy and other powerful vitality exercises the male parts in you are empowered. Emotional wounds will not be healed but rather pushed deeper into your unconscious, because these exercises are not at the right level, where deep emotional healing can happen. With »male« methods, women learn to avoid their wounded and insecure femininity. This blocks their way into a new liberated femininity.

Guidance for Enhancing Your Feminine Will

- ♥ It is only advisable to get involved in techniques that activate the masculinity in you if you are rooted in your femininity and if you are able to recognize and counteract the effects that energy work and other intense physical activities can create in you.
- ♥ Your feminine will grow by your feminine healing, slowly but steadily.
- ♥ Generating and activating power and energy have nothing to do with feminine healing as such. Neither will they be of any help in putting you in touch with your female will. For your will, you need to apply the same feminine principles we have been discussing.
- ♥ To become a strong woman with your own will and your own thoughts, you need to have a solid feminine foundation, to be able to connect and root them firmly. Otherwise most likely your will just strives unconsciously for power. If your power is not rooted in your femininity and not aligned to a higher consciousness, it corrupts and disconnects from any higher values and spiritual reality very easily. On the spiritual path we do not run

for power; we just use our strength in tune with the universal laws to do the work that needs to be done. A spiritual person never aims for power to be in power. That's what is behind the saying »thy will be done«; this means to put your will in the service of the most-high.

- ♥ As we can see all over the globe, in unconscious hierocracy and in traumatized people, power corrupts very easily.
- ♥ When it is unrooted, the will tends to take on the lead. The will is not intelligent as such; therefore, it is important to connect it with FEMININE WISDOM and a compassionate heart.
- ♥ People who work with powerful methods or who are in a power position need to be especially careful and should insinuate their work under the divine will. This is the only way to prevent personality problems. We have so many ego-cooperatives, who are just using their will to become more powerful and rich; it is definitely time to invest in new ways. As mentioned before, a common female pattern is to cover the striving for power with a nice, humble, or even spiritual personality. The hunger for power can have many different faces. That's why the female reset is so needed: to help us to bring forth a new authentic spirituality.
- ♥ Energy exercises and sexual practice will not just give you power; they also intensify all of your characteristics, good or bad, conscious or unconscious. This means that all your patterns of disconnecting, your negative personality structures, and your feminine wounds are all being boosted or increased. Energizing reinforces them all.
- ♥ Energy work is not a spiritual act because it takes place on the energetic and material levels. It is about power and not about consciousness. It is not a tool or practice for feminine or spiritual healing.
- ♥ If applied selectively and with good instruction, energy work performed with awareness can be a valuable instrument. It can be very helpful on your spiritual path, especially in association with purification, cleansing, and protection. But until the feelings are healed and the emotional body is restored, energy work is counterproductive for women, even though they may feel very powerful and rejuvenated doing it. Just be aware that energy has the ability to suppress and weaken your feelings and can push your wounds even deeper inside of you, where they are out of reach.

FEMALE WISDOM

Be aware that feeling energized is not the same as being in contact with your feelings. Feelings take place on a different level and in a different body.

We can assume that we all have been manipulated and brainwashed in one way or another and are not really moved by our own will. Because we are so used to being manipulated, we do not realize that this keeps happening all the time and on so many different levels. To develop our spirituality, we need to liberate ourselves from all those conditionings; we need to wake up from this kind of dreamy state to free our will. For this we need to realize that we have been and that we are being manipulated and brainwashed. Without the realization that our personality is a kind of unconscious, random dreamy construct, we have been manipulated into believing »no one has the urge to free oneself.« Propaganda has such deep impact on people and the techniques that are used on us are increasingly subtle. Of course, most people would never assume that leaders, especially religious leaders, would work with methods like this. That's why they are getting away with it.

We need to liberate ourselves from the belief system and patterns we are from, to be able to see the reality and to move out on our own free will.

A person who has not freed and developed her or his own will, can be very easily influenced and manipulated. There are highly trained people who are very skilled manipulators. As we mentioned, creating fear in people is one of the most common ways to manipulate them. That's why it is such a blessing that on the feminine path we learn to heal our fears. Brainwashing or propaganda is constantly used to manipulate humanity. Dig deeper to recognize you own fears. Fear is the door to manipulating people and to easily imposing any idea onto them.

MARK TWAIN'S WISDOM

It is much easier to deceive a person than to convince them that they have been deceived.

Energy Work

Because so many Chinese friends are streaming into the West founding schools and offering trainings, a lot of these very powerful exercises get ripped from their original context and meaning and have become a good business. Just because Qigong, Tai Chi and other Eastern methods are so popular and widely spread is no proof of their quality or that they actually support your spiritual growth and feminine healing. For many years I was involved with the Taoist practices, and I knew many Western Tao teachers, but personal liberation was never an issue in their teaching. It was all about getting better and having more energy and getting more students. With Qigong and sexual yoga exercises you can raise your energy level to the max. Over the years I could observe the long-term effect energy work has on people's personality: energy work is a real ego boost. Having been so many years with Osho before I was introduced to the traditional Taoist practices, my life had a different focus. I was on the path of liberation and meditation, and I had to learn that energy work did not support me on this way.

If a woman is solidly grounded in her femininity and has liberated her spirituality, she will be prepared to experiment with different energies, because she feels how they affect her. With the skills of feminine healing, you can balance out any side effects. But for others, especially beginners who have not yet healed their emotional wounds and traumas, it is not recommended, because the energy strengthens the pattern of dissociation and the unconscious, enhancing and consolidating all the hidden patterns and beliefs of your personality. In feminine healing, we move in the opposite direction; we want to recognize and dissolve the patterns of our personality and pay attention so we do not accidentally reinforce them.

The Emotional Body

Potential: Happiness and joy
Nutrients: Love, silence
Currency: Feeling
Sacrificial Offering: Creativity, creative activities

People put tremendous effort into coping with their emotions. They do (almost) anything to get emotional, to feel different, to feel good or at least to

feel something. Some avoid unpleasant emotions, suppressing and changing them or projecting them onto somebody else. Many people are so numb that they have even lost their natural sensitivity and their ability to feel. Therefore, they do anything just to get in touch with emotion and sex, just to get some sensations. There is great helplessness in dealing with emotions and feelings.

For our spirituality to unfold naturally, we need to deal with our emotions in a way that clears and nourishes our emotional body. That's the essence of feminine healing! Repressed, negative, and perverted emotions need to be freed and healed, and this needs to be done in a way that actually nourishes the emotional body. In fact, this is very easy. You just need to make sure to process your emotional healing while being rooted in your emotional body and aligned to the female principle.

Unfortunately, people do not learn to deal with emotions in a natural way, so they are emotionally underdeveloped and retarded. People remain stuck in their traumas and wounds; this has a big impact on humanity. Emotional healing should be the first thing children learn. Then so much pain, crimes, unhappiness, and deep dependencies could be avoided. But methods like feminine self-healing and meditation will not be promoted as long as we are ruled by emotionally retarded and traumatized leaders and psychopaths. Emotions are too big a business and there is too much money involved, so nobody has an interest in methods that promote your independence, emotional intelligence, and fitness. Too many people make money on emotional problems. The sales of psychopharmaceuticals is one of the largest businesses. Of course, the interest of big industry is to promote other therapy methods that give people the impression they work while actually they are superficial and ineffective. There are so many therapies and methods offered to help people deal with emotions, but it is very rare that clients who are being treated with those methods are able to get in contact with their emotional intelligence and emotional fitness.

You need to question all you know about working on your emotions. Most likely a technique is just a method to keep you occupied and make you hope and think that it is working. If you start to look closer, though, you might realize that it does not really make sense. It may all sound good but that's because it corresponds with your belief system.

My Perspective

So that you can understand where I am coming from and why I am so determined and precise about certain things and why it was possible for me to develop this new approach to feminine healing, here is some background information. I was always a rebel and not really pleased with our society. I felt most people were just sheep. School was so boring and just prevented me from being alive. I hated it from the first day until the last. But I was very curious to find out how we humans function. I was interested in people who were different, and I was very fascinated by the various states of consciousness. For this reason, I decided to become a psychiatric nurse. I was experimenting with drugs and then I discovered meditation. Since I was still too young for the training, I bridged that time in an anthroposophical institution for handicapped people. It was a little village that was run by a nurse and she introduced me to the natural ways of curing people, which then were not known to the public at all. It was a big revelation to me to know that there was a natural and differentiated way to look at humans and their illnesses. There was a deeper knowledge of healing and a way to treat people holistically. I was deeply relieved to see that there were other ways of living. This was fifty years back and then in Switzerland alternative medicine was only allowed in one small canton and most people frowned on it as charlatany.

When I entered my regular nursing training, Rudolf Steiner's extraordinary approach helped me tremendously in coping with the therapy methods that are commonly used. But it was an approach that did not convince me at all. I still worked in regular hospitals, mostly in psychiatric emergency wards, where I could learn a lot about the different emotional and spiritual stages of the patients. It was all about emotions. Parallel to that, I went on my private search for new ways of dealing with emotions.

At the age of twenty-one, I met Oslo. Finally, I found a person who had an approach to life that was similar to mine. He was very critical and could also see how crooked, hierocratic, and corrupt society actually was. He encouraged us to go deeper, to detect all those patterns inside us, and to dissolve them. In his presence at that young age, I learned to meditate and to liberate myself. I stayed in this process for many years. At that age most young people go to college and undergo a very profound conditioning to fit into society. I was just doing the opposite. For years I focused on deprogramming myself to become a natural and authentic being.

My perception got sharper and clearer, and my psychic abilities grew to a

point where it became difficult to cope. For everyone it takes time to learn to handle hypersensitivity and extraordinary perception. Then, by healing my femininity, all fell into place and I was able to integrate all my experiences. This gave me a real boost and I was able to work from an entirely new perspective. Over the years I had been investigating my own emotions and I could see how my patients and friends and people I worked with would deal with their emotions. I realized how awkward and overwhelmed people are in dealing with their emotions. Over the years I could see that therapy had turned into an enormous branch of business and did not really help people to grow their emotional intelligence as most methods declared. So many people make their livings from other people's inability to deal with emotions. Sustainable emotional healing is also the major key into a new liberated femininity for men. Emotional self-healing is so easy, but people are conditioned in such a way that they cannot see that. We need feminine self-healing to free ourselves and our society from all the unnecessary violence, traumas, and dependencies. We need emotional healing to enter a new consciousness and to initiate a female reset.

We all have been trained to cut ourselves off from our emotions and feelings. We are trained to apply methods and habits to move unwanted emotions or memories into the unconscious area, not to feel or show them. These patterns of disconnecting can also happen by traumata, all kinds of abuse, and chronic pain of the body or the soul, to name a few. But also our school system and our educations are greatly responsible for our inability to deal naturally with our feelings, as are social media and movies. To heal yourself and to become whole, you need to recognize all those different patterns of dissociation in you.

As I mentioned in the previous chapter, if we do not take care of these wounds, being torn and disconnected and, for example, we are working on the energetic level, these conditions will be enhanced and pushed even deeper into the unconscious where they will be out of reach.

A stressful male-dominated lifestyle prevents your ability to have deep feelings. Of course, in the military men are trained to be tough and cold-blooded, so their training emphasizes destroying and disciplining feelings until they are no more. So, men are used to this forceful, unnatural way of cutting off their emotions. And women have adjusted in a more subtle way; for example, they tend to dissociate from their feelings by analyzing and talking about them.

There are a lot of ambitious mothers out there who push and manipulate their little girls into something that they are not. These mothers are jointly responsible when their daughters cut themselves off from their feelings, even before the emotional body has evolved. If mothers push their daughters into

endless activities, sports, music, and multiple entertainment programs, the girls have no space left to be natural and to follow their own feelings. In these cases, the emotional body has no chance to grow. To develop the emotional body takes just as long as developing the physical body. If development is blocked in the early years, then later on in life a tremendous effort is required to make up for good!

Feeling Is the Base

If you dissociate from your emotions and from feeling, you are cut off from your emotional body and it will not get the nourishment it needs to grow and unfold such skills as emotional intelligence, intuition, psychic abilities, and the ability to be natural and authentic. A weak and shrunken emotional body cannot really enjoy love and happiness; rather, it gets emotional and cannot protect you from emotional contaminants. The more you feel and the more you heal and integrate your repressed and avoided emotions, the stronger your emotional body will be. Your emotional body can grow or shrink. It can be wounded and can even be perforated or confused or stirred up. It carries different colors, vibrations, and moods.

A strong and well-evolved emotional body is the door to a new dimension of femininity and gives you inner strength. It leads you to the gate to the spiritual world. Wherever you look, the emotional body is the missing piece, but it is the magic remedy that makes feminine healing so powerful. We talked about the energetic body before; this is the carrier of power. What makes the emotional body so crucial is that it is a carrier of consciousness. This is a big difference. That's why it is so important to heal the emotional body properly, because this will transform your life and will give birth to a new and higher consciousness. Without consciousness, it is very dangerous to deal with power. That is why power so easily corrupts people whose emotional intelligence is missing. To heal a wounded and hurt emotional body and to restore its capacities, we need to understand what it means to have wounded feelings.

Here Are Some Symptoms of Wounded Feelings:

- ♥ A limited or missing ability to feel
- ♥ Being emotional and out of balance

- ♥ A loud and controlling mind
- ♥ Living life as a dream
- ♥ Unable to see reality
- ♥ Fear of surrendering to feelings
- ♥ Being cut off from feelings
- ♥ Distrust
- ♥ Anxiety
- ♥ Compulsive behavior
- ♥ Feeling guilty and ashamed
- ♥ Depression
- ♥ Easily manipulated
- ♥ Aggression
- ♥ Self-hate and self-destructive behavior
- ♥ Dissociation
- ♥ Being overly adjusted
- ♥ Sexual problems
- ♥ Psychosomatic problems
- ♥ Perversion
- ♥ Being artificial
- ♥ Manipulative behavior
- ♥ ... and many more

There are multiple causes of emotional wounds. Observe what hurts, humiliates, or triggers emotions in you. You already know that love is the soul food for the emotional body. Therefore, it is essential for a child to be loved to grow and evolve naturally. On the other hand, children who were neglected, abused, or just had an unhappy childhood or were brought up by untalented, uncaring parents, learned to cope with this often painful situation in a very complex way. They develop personality patterns that can be very unclear, complicated, and also (self)destructive. Nowadays there are also parents who overemphasize ambition and who intellectually push their children into endless activities, never addressing a child's feelings. Children who live with adults who lack the ability to feel, rarely develop the ability to feel on their own. Spending time with animals can help both children and adults to develop empathy and a strong emotional body.

As adults, we are all responsible for nurturing and cleansing our emotional bodies and for the quality of our own feelings. The more you are cut off from your feelings, the less nourishment the emotional body gets. It needs

good food to evolve and grow strong. A weak emotional body has neither the capacity nor the strength to process emotions or to integrate them.

Emotional Wounds and Traumas

Almost all emotional wounds have their roots in undigested experiences. They can result from a shock, from psychic or physical violence and abuse, and from stress. These are a few of the most common causes. If a difficult or painful experience or incident has not been emotionally digested and integrated, it will hide unprocessed somewhere in the emotional body. This is not only the case for extreme experiences but it is also true of trivial everyday life experiences and even movie scenes, gossip, news, and so on. Every day we are flooded and manipulated by impressions, information, and symbols. All that needs to be emotionally processed, integrated, and cleared so that your emotional body can function properly. In the long run it is possible for unhealed parts to nest in the physical body and pervert into a physical problem or an illness. All this happens unconsciously without our knowing. But keeping all those unwanted »dead corpses« locked up in the cellar is very straining and uses up a lot of energy.

An emotional wound can be seen as a dark stain – so dark that you cannot even see it. This stain can transform into some kind of a vacuum and attract similar negative emotions, which might be triggered by a movie, or by a lover, or something else. In this way, inner wounds are nourished and grow. I call these collections of unconscious emotions »emo-bumps.« Like a boil, when triggered the emo-bump bursts and all the unconscious emotions are released and spread within you in a climax of an emotional outburst. Or, if you are more introverted, they just make you feel very bad and shaky. Other unfinished emotions stick in the emotional body like a stinger. They can actually cause energetic holes in the emotional body. Very often repressed emotions can build like a hard dark crust in a person's aura. I see this mostly in people who are full of mucus because of their bad eating habits. You can see it also in people who are into hard-core pornography. Those consumers keep charging up their system with heavy negative emotions. This feels very icky. Such dense, crusted emotions prevent people's ability to be sensitive and to be in contact with their feelings.

Recognizing Emotional Strain

As you know by now, it is important challenge to liberate and restore your emotional body. All these processes are unconscious and happen inside you, so you are the only one who can possibly recognize and restore them. Usually, the moment you express a triggered emotion and start to project it out or think about it, it is beyond your control, and you can no longer change it. Feminine emotional healing means to become aware, to grasp hidden emotions and really feel them, and to be able to process them. Feeling and healing do not mean analyzing or throwing out emotions.

To heal emotional wounds, you need to have an open heart and to feel love. A healthy emotional body is able to digest emotions and experiences, and it also can protect you from emotions to which you are exposed. But this ability needs to be restored. For this you first need to develop and install your healing tool. And that's why it is so essential to nurture and cleanse your emotional body regularly.

Many of us live in an emotionally polluted environment. This of course affects our emotional body. The weaker it is, the more vulnerable and more porous it becomes and the less you can cope with emotional situations. Then you tend to feel and absorb emotions from others. If you are in a profession as a nurse, a doctor, a healer, or a therapist, and are working with sick people, this is a tremendous emotional strain. But also being constantly surrounded by emotional, bitchy colleagues or neighbors is a constant challenge. I know what I am talking about. Since 1974 I have been working with people in psychiatry as a sexual consultant and in the field of healing. To balance all that out, I had to invest a lot of time and energy in developing a big repertoire of healing tools within myself. I keep seeing the impact of emotional strain in others when they do not know how to heal and clear their emotions. To develop your healing tools is really helpful especially if you are around negative people. As I said, emotional pollution can also energetically encrust the emotional body. This makes the affected person very dull. Those who are constantly exposed to negative emotions through their professions, need a much bigger effort to first develop a strong emotional body and second to keep it in good shape.

Learning to meditate should always be the first step in healing your emotions. To bring light and consciousness into your dark spots helps you to perceive them. In this case, invite consciousness and light inside you so you can see the unconscious parts in you. Furthermore, it is important for you to learn to clean your inner and outer worlds on a regular basis. Create an oasis of well-being

within yourself and around yourself, where you can bathe your emotional body anytime in this healing energy to nurture and comfort it.

To initiate your emotional healing on a deeper level, you need a solid life-center, a place for healing and integration, so you can process all your unconscious and undigested parts, which are all stored somewhere within. In this way they are no longer hidden in the dark, but become a part of you. Each emotional wound you have healed will be transformed into wisdom. Step by step you can heal your emotions and restore your emotional body in your own rhythm. I can recommend also doing Osho's Kundalini meditation on a daily basis; this will be a great support for this empowering liberating inner process. It will keep you loose and in the flow.

More Reasons for a Disturbed Emotional Body

Emotional imbalance and irritation and lack of access to deeper feeling, can have various causes, including:

- ♥ Stress
- ♥ Too many activities
- ♥ Drugs
- ♥ Chronic conflicts
- ♥ Planetary constellations
- ♥ Dissatisfaction
- ♥ Electric smog
- ♥ Bad company
- ♥ Water veins or other interference fields in their homes
- ♥ Chemical food additives
- ♥ Not feeling and experiencing life
- ♥ Unnecessary talking
- ♥ Destructive and violent sex
- ♥ Social media
- ♥ Disturbing films
- ♥ Bad eating habits
- ♥ Burn out
- ♥ Not enough rest and relaxation
- ♥ Chemical substances
- ♥ And many more ...

Emotional Stimulation

Since people with a shrunken and weakened emotional body do not really have the capacity to feel, they stimulate the physical and energetic bodies to trigger emotions. Feeling is a natural gift we have; it is not a reaction and it does not need to be triggered to be felt. It just is. But people who dissociate from their feelings, or those who have become insensitive, use all kinds of stimuli and triggers to get into an emotional state to at least feel something. But this is neither healing nor does it nourish your emotional body. I have three cousins who love soccer. Once in a while they take me to a game. After a game that was – to my taste – a bit nerve-racking, one of them said: »Oh, wow! This game was so great! There have been so many great emotions!« Yes, screaming and shouting wildly and loudly, a hot dog in one hand and a beer in the other, they follow the game and feel so alive. In the breaks they are upset and outraged over the umpire's decision and they enjoy being very emotional. Sports events trigger emotions and people love it. They need them to feel alive.

People love to watch movies just to experience emotions. Others read books and still others have a constant drama within their relationships; jealousy, for example, is a very powerful emotion. Extreme sports like bungee jumping or other tests of courage help people feel alive. Humans with a shrunken emotional body are not especially picky; they are just happy at least to experience something. The more the emotional body is stimulated, the more insensitive and weaker it becomes. It is a dead circle: the more insensitive it becomes, the stronger the stimulations needed to get a feeling or sensation. This could be a possible explanation why so many people use perverted sexual fantasies to feel at least a little bit. If the fantasy no longer serves the purpose, it is exchanged for one that is even worse. The daily newspapers are full of sexual atrocities done to children and women.

But there are also many therapy methods by which emotions are triggered. When this happens to a weakened emotional body, it becomes more weakened and wounded. This has nothing to do with feminine healing. Temporarily it gives people an intense sensation; they think that this is healing. Triggering emotions and declaring this to be healing is one of the big misunderstandings of feminine healing.

FEMININE WISDOM

*To heal your emotional body, good feelings are needed.
First and foremost, your own gentle feelings of your
heart can perform this great miracle.*

Being Emotionally Intoxicated

Nowadays most people run after materialistic goals and are driven by selfish interests. While doing so they are very stressed. This overemphasis on material values cuts people off from the subtle, unseen worlds, like the emotion plane. Most people are not aware of the emotional dump surrounding them, nor do they realize how this emotional swamp affects and influences them. Take a big city like New York. The emotional contamination in cities is so strong that it is like a dirty, gray, blurry dough enwrapping every human who lives there. The senses are contagiously overstimulated and the subtle energy channels are clogged. Some people become crazy, bewildered, insensitive, dull, or deeply frustrated because of the constant emotional contamination. But it is not only happening in the big cities but has affected the whole planet.

In occult traditions, it is secretly known that »mentally ill« people are not sick but rather extremely sensitive. These people are not able to clear negative emotions and thought-forms from their system or their surroundings; this makes them »crazy.« In addition, the doctors diagnose them and give them the label of »schizophrenia« or a psychosis that will make them even more insecure. Their self-esteem goes down the drain and those toxic patterns are sealed and cemented deeply into their being.

This is only one possible way of seeing it and it cannot be taken for granted for every sickness. Each problem is so individual, that's why we need to have a great repertoire to find the real cause of a problem. But through my work I have seen many cases where sensitive and open humans as well as animals react strongly to such emotional contamination. Cats are an exception – they become stronger and more vital when exposed to negative vibrations. It is their talent to clean negative vibrations from our houses. It is healing to share your life with them. Dogs also react to contamination, but they tend to become sick for their owners.

Sensitivity

Through my work, I have been in contact with highly sensitive people and many of them were labeled by society as psychotics. Most of them weren't that crazy but rather they had highly differentiated perception. Often these people have a special paranormal gift: they see things that others don't. But they need to learn to cope with this ability to distance themselves from all the negative thought-forms they pick up and to learn how to cleanse themselves from emotional pollution. Neither should they identify themselves with the »sickness« label given by society. This is difficult because they get too many projections from others, so over time they take on those projections. Of course, this needs a lot of strength and requires courage. But that doesn't mean the unique path should not be taken. Some of my former »patients« have shown me that it can work quite well.

Common Reasons for Emotional Contamination

Who's to Blame?

We are all responsible for our own emotions, no matter who or what triggered them! But growing up in a Christian culture we are programmed differently and in emotional situations the question of »who to blame« always arises first and wants to be cleared. Finger-pointing and blaming others are outdated; they represent an absurd habit of giving away your own power and escaping into the role of a helpless victim. With such an approach, every attempt at dissolving and healing one's own negativity is suffocated and you give someone else power over your emotions. Blaming others increases negativity. In my village is a lady who is originally from Eastern Europe. She came to Switzerland to find a rich husband, but she definitely picked the wrong man. Sh-- happens! Now she is in her fifties and is a very frustrated and angry woman who keeps charging up her emotional body with her negativity. She is always very angry, like a ticking bomb, and constantly projects her anger at others. Of course, she often uses me, as her close neighbor, as the target of her anger. But the less I react to her negativity, the angrier she gets. It is so sad to see that she is so brainwashed and believes that others are responsible for her misery and her frustration. Believe me, I tried everything to get her out of this state. But no chance. I am happy that at least I can clean, heal, and protect myself.

From very early childhood we are conditioned by such misleading claims as

when mothers make their children responsible for their mother's frustration, stress, or sadness. Now during the coronavirus time, children are imprinted with fear that »because of them, their grandparents could die.« If we don't get shots, we are considered to be asocial and a danger to others. We are imprinted with many crooked patterns of feeling guilty or making someone else responsible for our emotions or our health. Check for yourself how this conditioning is ruling your life.

Many people are so tied up in their blaming conditioning that they are unable to step out and go in new and different ways. As soon as an emotion is triggered in them, they immediately need someone or something to blame. In your personal surroundings there may be old-fashioned people like that, telling you that you are responsible for their misfortune, their frustration, their sadness – you name it. Do not get irritated by that and do not take in that projection. First and foremost, don't be impressed and allow those people to put you down. They are trying to transfer their negative emotions to you, because they are so helpless and do not know how to deal with them. Narcissists, psychopaths, and sociopaths have mastered the skill of intoxicating others by subtly transferring their emotions to their chosen victim. They are real masters of twisting the emotional reality and transferring their insecurity, faults, and blame to somebody else. Usually, you can see that they installed that pattern during their childhood as a survival strategy to deal with rejection abuse, neglect, and other difficult situations.

Luckily, you are learning to heal and clear emotions, so there is no need to play ping-pong when somebody is blaming you. The most important thing in such a situation is to learn to heal and clear your own emotions so you are able to move on, even when others blame you. Through my work, I am very exposed, and women keep using me as a garbage bin for their emotions, instead of healing their own negativity and frustration. This is the old way. Not all women have discovered the art feminine healing yet.

Projections

Projections come hand in hand with blaming. In moments when we direct our negative emotions, feelings, denunciations, or criticism toward someone else, we transmit our negativity to that person. This is called projection. Projections are always some kind of a defense mechanism. They can even be positive, as when you transfer all your love to somebody. Projecting your negativity on somebody is never a constructive contribution to improving a situation.

Too often we hear people say: »In the name of justice.« But this is no acceptable argument to put your hate, your aggression, or your destructivity against others. Violence and negativity are in no way a wise or meaningful way to deal with violence – not even in the name of justice or in the name of God.

Women also tend to roll off their positive emotions such as love. We make others responsible for love – lovers, teachers, superstars, therapists, and so on. Projecting all your positive feelings onto another person will leave you feeling empty inside and you will need other people, stimulations, or situations to fill you up again with positive feelings and appreciation. That's how we get into emotional addictions and dependencies.

Entertainment

The purpose of entertainment is to create emotions and moods. All the violence and negativity in shows, films, and video games that fill peoples' living rooms and even their bedrooms every day have a huge impact on their emotional condition. Even if you do not feel it, it is a big strain for adults to be exposed to constant streaming. It is even worse for children because these kinds of vibrations go deeply into their cells so that violence and negativity become fixed part of their beings. These pictures and impressions are all being stored in our unconsciousness. Unconscious actions and reactions are being nourished and become unpredictable to a dangerous extent.

Later in life this can cause severe disturbances and those who are affected seldom seek help from a therapist. In therapy you may as well work on personal patterns that were acquired in childhood, but dissolving imprints is in a different league. These pictures are imprinted very deeply into our unconsciousness. Only through meditation and inner presence will you have access to these layers. In your spiritual training, you will learn to neutralize and transform such imprints on deeper layers and to develop a new software to move in different patterns and channels. For now, concentrate on cleansing your environment, including the emotional level, by burning incense, getting lots of fresh air, and experiencing good vibrations and sounds.

Sexual Fantasies

Stimulated by the internet, more and more people do not live sex in reality within a real relationship, but rather in their fantasies and in cyberspace. So many templates and occasions for masturbation are being offered that more and more people are addicted. Pornographic material – very often with violent

or perverted content – is spreading all over the planet. Child pornography, abuse, and child trafficking have become the real pandemic. Sadly, I have to say most people have such an unconscious and undeveloped sexuality that they do not know what they are doing and have no clue about their impact on the subtle, unseen levels – neither for their own development nor the big impact this has for the world. By our sexuality we are creating our reality and indeed scientists have already discovered that in humanity the IQ level of people is dropping dramatically. As long as we as a humanity do not invest in promoting sexual intelligence, it looks pretty bad for our global development.

The world is full of ignorant, dumb people who have no sexual awareness and take no sexual responsibility, who have no clue how many magical treasures are hidden in our sexuality. Running after some poor sexual fantasy is the only thing that keeps them going. They have no energy left, so all they can do is spend their free time in front of the TV or on the internet consuming more emotional garbage. And the girls get themselves going by presenting themselves on social media like an irresistible appetizer on an hors d'œuvre platter desperately craving some likes and attention. All they are getting is dick pics! I am not saying that everybody is like this, but more and more people are getting sucked into this dull and miserable lifestyle. Dalai Lama once said the problem today is that people need to be loved and things should be used and now it is the other way around. Sexuality needs to be liberated from destructive patterns and fantasies. Its time people were initiated into the Mysteries of sexuality to be able to use their power wisely. Many of our world leaders are sexually and emotionally retarded and of course they spread their toxic energy all over the planet. It needs emotional healing and meditation to bring people in contact with their sexual intelligence. That's why feminine healing is so important. We also need courageous women – survivors of sexual slavery and trafficking – to speak up so that the world starts to awaken and realize what is actually happening here on our planet.

Drowning in Darkness

To experience a few moments of sexual excitement is only a small glimpse of the immense magical power sexuality contains. The secrets hidden in our sexuality are much, much bigger but first sexuality needs to flow naturally. In most people sexuality is inhibited and repressed by unprocessed emotions, fantasies, conditionings, and all sorts of beliefs so that it gets stuck on one level or another. As mentioned before, repressed emotion and repressed sex make people dull and insensitive. To get in touch with their repressed sexual-

ity, people use stimuli like drugs or trigger negative emotions, often through violence and abusive fantasies or actions, just to create a sensation of intensity and excitement.

Sadomasochistic practices have become very popular and an increasing number of people are involved in satanic communities where they perform sexual magic. Such practices involve very perverted and often highly abusive sexual practices. Most participants taking part in such dark events are driven by their greed in the hope of getting more money, more power, more fame. Such practices, especially when done by so-called leaders, have a deep impact on humanity.

Watch out that you do not sell your soul and your values and that you heal your emotional wounds and sexual traumata, so others cannot manipulate you into that destructive darkness.

Too many people have drowned in darkness and fallen into depression and hopelessness and cannot really develop themselves or pull themselves out. Then out of fear they trot along. I know this all sounds terrible, but we need to face reality. Then you will realize why it is utterly important for you to liberate yourself. Women have the habit of decorating the unwanted reality with beautiful flowers, so it looks good. It is time to go deeper and to wake up to see reality – to really change it internally and externally.

Creating thought Forms

Especially people who are disconnected from their feelings do not have ways of getting in contact with their sexuality in a natural, joyful, and loving way. So, they use their fantasies to create pictures and situations to trigger an erection. This is pretty normal. They first stimulate themselves with some harmless images and memories. But once they enter the world of porn they are easily infected with the hard-core stuff. And it affects them, triggering very strong arousal and heavy emotions. This opens the door to a very toxic world. You probably will ask yourself why I am making these claims! I worked as a medical sexologist for many years and the first few years my clients were mostly men. Because of my former work, still today people approach me to discuss sexual matters. This has given me insights and information that most women do not have.

By masturbating on a sexual fantasy or a porno movie, thought-forms are created. That means an image gets empowered by emotions and sexual energies so that it actually comes alive on the unseen level. We call those creations thought-forms. Thought-forms can become powerful tools to influence people, especially if many people are visualizing the same images and charging them

up with their life force. Then thought-forms have the power to survive the moment, spreading and influencing people on a very subtle level.

Most likely others unconsciously pick up or at least are affected by such vivid thought-forms. In children, this can happen even when they are awake. Suddenly they are afraid of something or become angry because they picked up a thought form. This can lead to fear, insecurity, and even to dreams or nightmares, as in the case of the friend I described earlier. If a person uses somebody as a masturbation template, it is possible that the person used has periodic weird dreams or thoughts. Since they are not aware that it is somebody else's fantasy, it happens that they think it is their own sexual desire. That's how people become infected with weird and perverted fantasies.

Children or sensitive people, while awake, feel when others think or talk about them or project negative or positive emotions. It just takes a little practice to distinguish the different emotions and energies to be clear what is what.

Back to our children. They also need to be protected during their sleep. It is very effective to do a little ritual or prayer with them before they go to sleep.

But this is the way we create our world. This is sexual magic. Some use their sexuality very unconsciously while others use it very deliberately to manipulate people. For myself I have chosen the tantric way, where you unite your sexuality with spirituality and the divine. For this I need to keep all the levels of my being as pure as possible and to heal my emotions to be able to enter that unlimited and open space.

For us women it is so important to develop, refine, and train our perception on the subtle levels. If you are not aware of what is going on inside you and you do not know yourself well, your perception gets very blurry and unclear. Instead of really knowing what is going on, you are just assuming or saying what sounds good. If you are not really centered in your being, most likely you will be manipulated in your feelings and thinking without realizing what is happening. If you have not really liberated and explored your sexuality, it can happen that suddenly you are possessed by certain sexual fantasies you never had before. Maybe you will try to get rid of it, but as an uncentered being you do not have the power to do so. That's because thought-forms can be so powerful that you can neither send them away nor ignore them. Secretly such thought-forms settle in. You might be affected and become curious, and you may get sexually aroused. Then you might get a new intense experience. This happens to billions of people, who are permanently imprinted by negative thought-forms and have become hooked. Violence on our planet becomes stronger and stronger with every negative sexual fantasy. And there are very

nasty and power-hungry people among us, who are skilled in these global manipulations.

Be Sensitive

One of the biggest problems we are facing in our society is the lack of sensitivity. Dull, blunted people are such a burden, because they do not have a finer perception and therefore have to live their lives only from their minds. They are not able to sense different vibrations, moods, atmospheres, or emotions to enjoy all those spices of life.

By their nature, women are all more or less sensitive. But since we do not really learn how to cope with our vulnerability and psychic powers, many become so overwhelmed by all those sensations and feelings that escaping from their true nature seems to be the only possibility. A very common way of avoiding so much feeling is to switch to male patterns and activities. Through a male lifestyle, women produce more testosterone and become less sensitive and more superficial. Each woman has her own mechanism for shutting off her sensitivity. It is worth finding out how you cut yourself off. What are your patterns? To be able to restore your sensitivity, it is important to heal your feminine wounds. Through emotional healing your sensitivity returns and becomes your compass for your feminine journey. But women do not know that. Instead of healing and restoring their true nature, women just stimulate their bodies, their emotions, their energies, and their senses to get some sensation. But the more you stimulate yourself, the duller and emotionally out of balance you will get. The duller someone is, the more additives and stimulants are needed just to get a little feeling. This also applies for therapy and sexuality. There are many methods available to trigger intense emotions, but if you look a bit closer they have nothing to do with emotional healing. If you do not feel it, you cannot really see that.

Society has no interest in stopping this development. Dull people are the best consumers and patients, and they are very easy to manipulate because they do not feel what is really happening. They do not have access to the inner worlds or to a finer perception; and without this they do not feel or see what is really going on. For them being alone and meditating is very boring. They always have the idea that something is missing; for that reason they keep running after something. They love to consume, they need entertainment, they get addicted to social media, videos, and TV – or they become energy junkies and do sports. They are hooked on social activities. If they are interested in the esoteric, they run from seminar to seminar and from teacher to teacher instead of healing themselves and restoring their sensitivity. To avoid feeling empty

and dull, they use alcohol and drugs. All this is because they do not know how to deal with vulnerability and their emotions.

The question is: »How is it possible to heal my feelings if there is a constant flood of negativity around me?« The answer is: »Stay on the track and be creative!« Here are some guidelines.

FEMININE WISDOM

The first step against inner and outer emotional pollution is to restore your own sensitivity. A wise beginning is to start focusing on cleansing all inner and outer levels. Start with your flat or your house and other situations in which you are involved that need to be cleared.

Guidelines for Emotional Healing

- ♥ Restoring your sensitive perception is a major task on the emotional level.
- ♥ Healing hurt feelings happens on different levels of your emotional body. Just watch to become aware of those different layers.
- ♥ To heal your feelings, your heart needs to be open and to overflow with joy.
- ♥ For emotional healing, it is a big advantage to be a woman.
- ♥ To support your emotional healing, it is important to build up your feminine foundation (blood, bones, and organs) so your level of feminine hormones will also increase and will support your emotional healing and nourish your emotional body.
- ♥ Healing your hurt feelings will only happen while you are in the »feminine mode.«
- ♥ To heal feelings, no stimulation is needed; neither do emotions need to be analyzed or explained.
- ♥ Never replace a missing or hurt feeling with a visualization. This will pervert and block the natural evolvment of your emotional body because it enforces your pattern of dissociation.
- ♥ For your emotional healing, emotions do not need to be triggered. Go deep and search the place where emotions are hiding to dissolve and integrate them.

- ♥ Emotional healing needs to be in tune with the female principles to nourish and enforce your emotional body.
- ♥ Restoring your emotional body is the essence of feminine healing; therefore you need to be able to distinguish clearly your energy body from your emotional, so you can strengthen and clear your emotional body.
- ♥ Make sure that during your emotional healing you do not switch to a different plane, but stay rooted in your emotional body.
- ♥ Meditation is the main ingredient for your emotional healing.

Transformation

It is not the goal of feminine healing to trigger suppressed feelings, to stir them up and then to work with them, or to talk about them. Feminine healing happens in the depth of our being. It needs the flame of your consciousness and your love to flood your wounds until they are healed. This is also called transformation. There are a few therapists who disagree with me; they obviously have never tried it themselves. This is a spiritual process, and those skills need to be learned and practiced. Therapists argue that it is important for women to learn to express suppressed feelings.

My experience is that, as soon as a woman is in contact with her depths and her inner strength and she has developed her life-center, she will be empowered in a natural way. Then there is no other way but for her to stand up for her values and rights; she will be able to deal with her suppressed emotions and wounds in a healing way. It is so important that you learn to heal and empower yourself and this should happen in life, not in an artificial therapy session.

As a woman, you are able to empower yourself. However, because you have always been kept small and dependent, you will hear the opposite from people. It is such an old female habit to be helpless and needy and to look for somebody to help you. It is time to be courageous and smart. Use this chance. Those who are walking the path of Mysteries, who have experienced the power of feminine self-healing, will know what immense and unimagined possibilities are dormant within a woman. Feminine healing can reveal these possibilities to really initiate a female reset.

Here I will share some of my experiences, which to me were very important:

- ♥ Thinking without feeling will hurt and weaken the emotional body.
- ♥ Verbalizing negative emotions, talking about them and analyzing them has nothing to do with feminine healing.
- ♥ A woman who does not feel has no protection.
- ♥ On your Feminine Mystery path, you need profound healing. This will enable you to nourish the emotional body and help it grow. The emotional body is part of the astral body. An astral body that is underdeveloped and loaded with negativity and emotional garbage is a huge handicap for women who want to explore the unseen worlds.

FEMININE WISDOM

Feminine healing involves cleansing and liberating your emotional body from burdens and strains. All dark and rough energies need to be refined until the emotional body is a clear and reliable vehicle again; this enables you to move lightheartedly and safely into the unseen spiritual worlds.

The Astral Plane

I will add some words about the astral plane within this chapter on emotions. However, it should be more the other way around: the emotional body should be a small part in a book about the astral plane. Books could be filled on the subject of the astral plane and you will find plenty of information. I will keep this short and incomplete, referring mainly to issues that are important for our feminine liberation.

The astral level is subtler than the physical level but denser than the mental plane. The astral mass is like a big memory and collecting pool it contains images and experiences from all times and places. All earthly manifestations arise from this astral mass, but the impulses and plans are coming from somewhere else. Within the astral plane, new shapes can be brewed and created.

During all my experimental and spiritual work, I could clearly see and experience the womb as the gate to the astral, which at times is also named the collective.

In all of us there are parts, some we are aware of and others we are cut off and disconnected from. The personal and collective unconscious in us is

separated by something like a fine, unseen membrane or a gate. We need to be careful with these borders so we don't hurt them. That's why we need to take precautions when dealing with our subconscious and approach it with tenderness. We need to keep those borders closed and strong so they are not constantly flooded by collective matter. It takes strength to do that. In yin-deficient women and often in women who are older, those boundaries can be very weak. In this state they do not have the prerequisite to do any womb work or sexual yoga. Even guided meditation into the unconscious area is often more harmful than beneficial.

FEMININE WISDOM

*Just getting in touch with unconscious emotions
has nothing to do with (feminine) healing.*

Down through the ages, spiritual seekers on their search for the big mysteries of life were drawn to explore the astral plane. Knowing about the danger of being lost or blinded within the vast astral world, they were properly trained and guided. In a Mystery-Training, you learn all the precautions needed to move safely within the astral. Before you do any astral travel or other excursions into your unconscious, you need to learn not just to open the inner gates to the unconscious, but even more importantly you need to be capable of closing the gates again. In yin- and blood-deficient women, those separating membranes are very porous, and they get flooded with all kind of impressions and images from the collective area, which makes women wrongly think that they have become very spiritual, because they see and feel so much. They look for like-minded people and often find them in »esoteric groups« and trainings, where they learn methods of becoming clairvoyant and how to channel or to become a medium for some kinds of spirit or God.

It is very easy for yin-deficient women to open up their inner channels and gates and then feel supernatural. Nevertheless, in such a state they do not have the strength to close those doors again or to integrate their experiences, nor are they able to distinguish clearly the different sources those various impressions are coming from. It is a skill to function as a medium, but weak and untrained women often lose themselves because they have no control over the inner gates and channels. That's why we need training and the right tools to explore the inner worlds. I do not know why this is so difficult to understand.

To close the gates again after the inner work has been done is important, otherwise we would be continuously flooded by unconscious images, emotions, and ideas, which are very confusing and emotionally disturbing. It is not unusual for this to lead into a psychotic state or a major depression and usually it starts with severe insomnia.

Back to the womb. When you are connecting with such a powerful zone, you need to be well prepared. Entering subconscious areas is a tricky thing. In ancient Egypt, for example, they called that zone the underworld. In most ancient cultures, they had guards and guides to protect and guide them through those wild, dangerous journeys. In Mystery Schools, we are trained to enter those areas with the necessary precaution so we are not lost or harmed.

That is why I keep warning women against doing uterus work without being well prepared. But unfortunately, many therapists and group leaders think they know better and push women into those unconscious areas just to make them emotional. This not only happens in womb work; there are different breathing methods, which open up the gates to the unconscious very easily. The more you open these channels, the more difficult it is to control the gates. To force people into a state of such dense and intense emotions – even if it is done lovingly – has nothing to do with feminine or spiritual healing. When it comes to the tools we need for our spiritual path, the knowledge has been kept from us. Lots of the techniques and texts that we were given were twisted and incomplete, just to prevent our growth and our liberation. It is time to catch up.

For therapeutic purposes, strong and insensible techniques are used to trigger emotions in people. Even when these techniques are wrapped in understanding and kindness, they are more harmful than healing. Don't be blinded. It is interesting that many therapists and group leaders use my books to get some ideas for their work, but they do not actually liberate and heal themselves. They just take on the idea. In this way, profound feminine healing can never happen. It is time that women wake up and really put their minds into healing and liberating their own femininity, instead of pampering and comforting others to make a living and to strengthen their self-esteem.

The womb takes on a major role in feminine liberation. I regret deeply that I shared my precious spiritual womb experiences in a book now already twenty-six years ago. I never expected that women would use what I shared about »working with the uterus« in such a superficial and counterproductive manner. That's what happens when insensitive women just copy something without really feeling and seeing the effect they are causing, just to impress their clients

and to give them some emotional moments. Fishing some emotions from the collective is a very common way of convincing clients how much therapy they need. This has nothing to do with feminine healing. This is not just stupid, it is massively outdated. We need spiritual rebels, sensitive and smart women who are deprogramming themselves to go in new and responsible ways that support the global healing. By truly healing and liberating your wounded, emotional body you will be able to do so joyously.

Women are so hooked onto the old womanhood that they keep building women's circles to tap into that unconscious, powerful state to celebrate their unconsciousness. This feels so cozy and familiar. Nevertheless, it will not lead us into a new consciousness. This is preventing women from moving into new zones. You need to be able to stand up against the collective powers so you are not continuously reinfected by the old, unconscious patterns.

Astral travel is another psychic skill that more and more people want to experience. They want to walk around in the unseen worlds because of curiosity, because of wrong guidance, or because they think doing so will make them spiritual. It is very easy to get lost entering the astral if you do not know where you are going and go there without protection or a good guide. To travel in the astral world without picking up stuff, a woman needs to be emotionally fit with a strong physical and emotional body. Moreover – believe me – there is stuff out there you do not want to carry around in your system, especially in this time of deception and darkness.

It is a great risk for women or anyone who may be emotionally hurt or cut off from their emotional bodies to move within the unseen astral world. If you are weak and emotionally hurt or have not really developed your sensitive perception and the ability to distinguish, you will neither have the accuracy to evaluate certain situations and dangers properly or the power to get rid of stuff. People like this attract very unhealthy and dark stuff.

I mention this because often, through sickness or physical weakness or emotional stress, someone suddenly ends up in the unconscious or even collective worlds. The barriers get so thin that suddenly they break down. This can get really scary and confusing and often people cannot free themselves from that state by themselves because they have neither been really prepared nor learned the skill of self-healing. I know I am repeating myself, but it is very dangerous to go on an expedition in a depleted and unhappy state. To do this properly, learn to truly center yourself truly and to develop a strong center so that, no matter what happens to you, you can pull yourself out and close the doors behind you.

Creativity

Creativity is one of the healing remedies for our emotional body. Creativity is like a pregnancy and needs to come out naturally. The seed for a new project needs to be planted in the dark soil, in the depth of our being. It does not matter what will grow or be created inside you – composing a song, designing clothes, growing a beautiful garden, writing a text, cooking a beautiful meal, or healing yourself. There are no boundaries for creativity. Feminine creativity is ruled by a certain principle, which is:

FEMININE WISDOM

If you don't feel it – don't do it.

Real creativity means to create something new. Copying something or restructuring some ideas you have seen somewhere else is not the same. Feminine creativity always brings forth a new creation, which you would not have come up with. That's what the new femininity is all about. It will always surprise you. But you need to align your projects to the Feminine principles for its potential to unfold fully. A woman is like a cauldron and a woman's creativity should be like a pregnancy.

That also means to be open and receptive to being fertilized by an idea or an impulse. Then let it sink deep into your inner happy place, the place you have prepared well. In this protected, silent space you need to nurture it with your love and with the power of water and let it grow. I have seen so many women who had good ideas and then they continuously talked about it. »Do you think this is a good idea? What do you think? How shall I do it?« They go on and on and on ... and of course the project then fails or is only a cheap copy. A project needs a silent and safe place to grow. There's no need to continuously think or talk about it. Let it grow inside you, let it grow strong, and then when it is strong enough it will have the power to manifest itself and to surprise you.

I talk here about creativity, but not about business, which also needs creativity, of course. As soon as you want to make money with a project, it loses its pureness and its beauty. Because there is another intention behind it, you will interfere and manipulate your business concept according to your own ideas. Here we talk about allowing something totally new to grow inside us. This is what women need to understand about this work. I am sharing my own

experiences. The Feminine Mystery work, which we are talking about, grew out of my own feminine healing and spiritual work, which I aligned with the feminine principles.

When I published my discoveries and experiences for the first time, this was a totally new approach. My intention then was to inspire women to heal and liberate themselves, to bring out their own potential, and to then be able themselves to give birth to something totally new. Of course, in you the outcome will be totally different from what has grown out of me. When you apply feminine healing, you will not give birth to my experiences and my insights. Allow yourself to unfold your talents and don't try to influence this process with your ideas and concepts. Most probably your own creation will have nothing to do with the feminine healing that I am sharing here. We all carry a totally different potential within us. You are a different person, with different talents, different skills, a different profession and different resources. You might think now, »Oh, I do not have any talent«. But believe me, the terrific thing about the feminine healing is that, when you truly heal your femininity, something new will grow inside you, something that will surprise or even shock you. At least my feminine healing keeps surprising me. In the long run the spiritual work brings out the natural psychic powers in people.

I have met many women who made a profession such as dancing, painting, acting, or meditating from their creativity and passion. I always advise women to have another paying job as a main pillar, because nothing is worse than having to be creative. You always need breaks and phases of deep relaxation to gain new power inside you, to keep your creativity alive. It is like ebb and flow, like the four seasons. Being creative all the time is neither natural nor realistic.

I know many artists. In my village there is even a project that invites artists to come for a stay to be creative. So many of them are empty, burned out, and exhausted. Then their creations lose their beauty and uniqueness. All becomes a bit sought-after and artificial. True feminine art is not artificial or staged; it is a miracle, which very naturally manifests itself. I always tell my students we are not artists; we are naturalists because our lives are naturally ruled by our feminine, not artificially manufactured and pressed into ideas.

I love projects and often, when I am relaxed and have more time to meditate, my inner channels open up and so many great ideas pop in. Unfortunately, I can only take in a few and give them the space to grow into something powerful and new inside me. Each project you are giving birth to needs lots of energy and heart blood. Once a project is growing strong inside you, suddenly there is

a pull and this feels a bit like a possession, which – at least in my case – totally overwhelms me and takes over.

Then I know the project wants to come out. I become a channel for that new something that wants to manifest. This, then, becomes a female manifest.

The great reset promoted by the World Economic Forum and associates is a very ingenious head birth; it was created by some smart masterminds over a long period of time. They basically want to replace, enhance, and control humans through new technologies and to feed us with newly invented chemical nutrients, to inject us with all kinds of pharmaceutical products, and to implant chips in every human so we can all be easily monitored and controlled. At least that's what they have published on their website.

That's why the female reset is needed so much. Our society needs emotional and sexual intelligence, and the great reset, as it is planned, is completely disconnected from that. Those ambitious businessmen and politicians did not have the time to learn, to deal with, and to solve their emotional traumas and to develop their emotional body. They did not have the time for emotional and spiritual liberation, so they are all depending on their supporting groups, brotherhoods and other occult associations. They feel stronger when they get approval from other rich and royal colleagues. They play their power games of corruption by controlling and creating the world order in their own way. Actually, the world has always been ruled like this and all they created was chaos; even though they keep meeting to solve world problems, they have not been able to do so. The opposite happened: it got and is getting worse and worse; ongoing wars, child trafficking, sex trafficking, hunger, corruption, addiction to alcohol and drugs, internet, and sex as well as sexual perversion and much more have become the new normal.

We are still living in the age of deception. The female reset is needed now to enrich the world and to balance out those megalomaniacal, crazy boys. (They are also training girls to support their plans.) They have obviously lost all their common sense and gone wild, driven by their insatiable greed for power, wealth, recognition, and some abusive perverted sex. They are so much in love with their cunning and »smart« ideas about creating a great reset and with their hidden agenda, which is disconnected from all female values. They seem to enjoy fooling the crowd because this makes them feel powerful.

It is your responsibility to give birth to your own femininity to initiate your female reset. This will be such a powerful and magical happening but one that also needs your physical strength.

On the physical level, a pregnancy needs a good physical condition, although it also works in depleted women. On the higher levels, initiating a spiritual pregnancy needs a good amount of physical power as well as a strong emotional body.

In a depleted or burned-out state, the magic of feminine manifestations will not work. From my own experience I know, after going through an entire process of creation until the miracle is completed, a good regeneration phase is necessary to build up my yin again. The older I get, the longer these phases need to be.

More and more people are not really bringing out something new; they simply do not have the energy or the skill to do so. However, we do not have much time left so there must be learning by doing to give birth to your new powerful and unique femininity.

Some people have the idea that getting rid of their inner garbage is creativity. This is not creative because nothing new comes out of it. It just reinforces and spreads their negativity. Give yourself a chance to upgrade your creativity to a new level. For many years I worked in psychiatry and the patients there also had art therapy. Everywhere on the walls you would see those ugly, sinister, and gloomy pictures. It was horrible and to me this felt so counterproductive. Then, as a nineteen-year-old trainee, I felt that if someone had just projected his inner waste and pain as a creative project, at least it should be burned afterward. But no, they put it up on the wall.

When people are not feeling well, it is more helpful if they are inspired to create something new, beautiful, or original rather than being continuously imprinted with their old stuff. One day the therapist was ill and I was asked to take over the group. I got an enormous piece of plywood and asked all the patients to create the most beautiful fantasy fish. I was so touched by their creations. In the end, we put it all together and what we created was absolutely wonderful. It was a colorful, cheerful, magical aquarium. It was not just therapeutic vomit; it was a real piece of art. Everybody was taken. Our artwork was so beautiful that the director decided to hang it up in the big entrance hall of the clinic. The patients felt happy that they had created such a wonderful picture together. The patients were so proud and happy that they brought all their visitors there to show them what they had created. There is no need to be an artist. Everyone can create something new, very naturally. Just allow it to happen.

The Intellect and the Mental Body

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|------------------------------|-----------------------------------|
| <i>Potential:</i> | Awareness, enlightenment, clarity |
| <i>Nutrients:</i> | Thoughts, symbols |
| <i>Currency:</i> | Wisdom |
| <i>Sacrificial Offering:</i> | Meditation |

The intellect strives for awareness, knowledge, and enlightenment. Just feel for yourself how deeply satisfying and liberating small and big insights are. For example, figuring out how to solve a computer problem or how to reprogram the clock on your oven are pretty liberating moments as is suddenly recognizing that one of your annoying patterns is holding you back from really loving someone. Having your own insights feels so liberating and great!

Often we have tiny enlightenments, those subtle moments when your foggy, diffuse perception vanishes because you suddenly understand or realize something. Remember how uncomfortable the not-knowing feels. Maybe you think your partner cheats on you. You want to find out and to know what is going on – you are searching for clarity and knowledge. »Who is it?« »Where do they meet?« »Does he love her?« You want answers. The uncertainty and the not-knowing drive you nuts.

Clarity and realizations happen through thoughts. But here we are not talking about ordinary thoughts. I am referring to wise thoughts – these flashes of insight. Meditation is the sacrifice and offering which will give you insights. Meditation connects you with the flame of consciousness to lighten up and clear your intellect from all the dust that you have gathered. The intellect is cluttered and blocked by all the knowledge you have accumulated through reading, learning, and copying the wisdom of others. But the intellect wants to be free and light. It needs to be open and free to be able to receive the precious gifts and miracles of the spiritual world.

The Great Awakening

For years people have talked about the upcoming great awakening and the female awakening. Right now, so many people are waking up. Suddenly they can see the reality. The challenge arises: how to cope with all those insights and realizations. There are so many rebels out there who can see things from a different perspective now that they have learned to look behind the veil. But there are also people who seem to live in totally different realities and who do not share the same truth. Actually, some are searching for the truth and are looking deeper and others are just taking on what they have been told by politicians, celebrities, and the media. The strange thing is that, although we are living in a democracy, right now we are no longer allowed to share other opinions and insights if they do not correspond with the mainstream media. They are only allowing opinions that support their agenda, so all the others are shut down. For many of us the whole coronavirus project, which was imposed on us all over the globe, caused a great awakening. Of course, many of us had a different idea of how the awakening would be, but life is always good for a surprise. And an awakening is an awakening and this happens on many different levels.

Mental Body

As humans we are provided with different functions, which evolve from our different seen and unseen bodies. To become aware of these different bodies and to train them properly, all their functions need to unfold. Besides the physical, the energetic, and the emotional bodies, we also have a mental body where ideas, pictures, symbols, thought-forms, and concepts are being created. Like the emotional body, the mental body has a personal and a collective part. From our first breath, we are imprinted by collective images, values, and concepts. This is the reason why the thinking and doing of most people is pretty similar, corresponding to their culture, the imprints of their family, their social class, and their religion. People who have not developed their own mental body are very easily manipulated and unknowingly take on those imprinted ideas. World and religious leaders are familiar with the techniques of mass manipulation, and they keep refining their skills by using modern technologies. And they are impressively good at it!

Our challenge is to become aware of all those unconscious conditionings and brain washings, to neutralize them and make space for our individuality

and uniqueness to grow. We need to step out of the collective brain to be able to grow an individual mental body to become a free thinker. Our mental body needs to be freed and we need to develop the ability to have our own thoughts. For this you need to have an open and empty mind. Of course, free thinkers are not easily controlled or manipulated, but a real democracy needs free thinkers. To develop us as individuals, as a society, or as humanity, we need to develop free thinking. We need to watch out that we are not repressed in this important process of individualization. After the emotional body has been properly developed, the next step is to develop the mental body, which opens up a totally new dimension. In most of us our thoughts are part of our personality and are caught in our unconsciousness. Mind control, visualization, telepathy, and mediumship are some of the qualities that grow out of a mental body. These are high skills that only a few people have been able to develop, because the natural growth of those qualities has been deeply blocked.

At the moment we can observe the politicians working hard to block and repress this development. In German they have a new term, the »cross thinker,« for people who have their own way of thinking. The media and the politicians have been using this expression continuously in a negative context; to be a »cross thinker« is considered to be something bad. People have started using this expression to put others down and to condemn them. Actually, it is very healthy and creative to be a free thinker.

Now free spirits turn into a »cross thinkers« and are declared to be bad and unwanted elements. This term is even used for highly qualified scientists, if they dare to be critical and reinforce their opinions with scientific proof. The term is used for people who uncover untrue and manipulated information. It looks as though we are becoming severely repressed. But this is nothing new. Many people down through the ages were killed because they had knowledge and had liberated themselves from the global brainwashing that has been imposed on us by politics and religion. Over the last twenty to thirty years, many people have been focusing on their liberation. Now it is obvious that action is being taken again to prevent this movement.

As I said before, developing the mental body requires installing a new software and not using the program that was preinstalled. This is one of the main purposes of the higher spiritual practices. In none of the schools are those practices taught publicly because a student needs to be ready and well prepared to actually raise his or her being to that higher level. To do so, the homework and requirements of the lower levels and lower bodies must first be accomplished.

Average people are just trotting along and do more or less what others do. Spiritual rebels are needed so badly. People are needed who will step out and become unique and real. The mental body needs support from the power of the emotional body. And an open heart is needed to liberate your mental body for it to be open and free.

Feminine Meditation

There is no protected term for »meditation.« There is an endless variety of offers in the name of meditation and spirituality. Some people think that there is no need to differ between male and female meditation because consciousness does not know duality and goes far beyond the body. I generally underline this. But today we are not living in a best-case scenario and people have moved far away from their true nature. Before you actually go into spiritual work and meditation, it is necessary to solve those problems, to deprogram yourself, and to become a natural and authentic person. To be able to evolve, we need to be rooted in our own nature. If this basic force in us is repressed or perverted, then we cannot develop our individuality and will be stuck in our personality; this is not the right platform for spiritual growth.

My work is, first of all, to prepare you for your spiritual path. The meditation we talk about here is a high skill, which needs to be learned properly and initiated on the right plane to lead you into a higher consciousness. To evolve spiritually, every being needs to begin in a natural state. For us women, the first priority on the spiritual path is learning to distinguish fake from real and to find our true nature.

Women have been so conditioned that they are living far away from their natural state in an unnatural state that vigorously blocks spiritual empowerment. Unless this confusing state is first cleared, you will never have access to the huge pool of FEMININE WISDOM. To meditate in a feminine way means to be rooted in your femininity and to subordinate all methods for expanding your consciousness to the feminine principles. But these are just the basic first steps.

For men it is also much more effective to meditate in the Femininity mode. The Taoist in old times were aware of that and tried to turn their nature inside out to initiate a spiritual pregnancy. In some monasteries, the monks meditate with a dog on their laps, for this makes it easier to connect with the heart, especially for celibate monks. This just emphasizes the importance of developing the emotional body for our meditation.

FEMININE WISDOM

The journey to the essence is called meditation. To meditate in a feminine way is the feminine journey to the essence.

Feminine Medation

If you are interested in meditation, first find out »why« you want to meditate. The real answer will not just come to you in a second; take your time to absorb this question and reflect deeply on it. Always be conscious of the fact that, as a woman, you carry all the wisdom of the world within you. You only have to find the access to the inner worlds again. Remembering this is a very deep and silent process – no words or exercises are needed. The foundation of feminine meditation is silence. Also, meditation and spiritual practices need to be aligned to the feminine principles, to really support you well.

This means don't meditate out of discipline, ambition, or a certain sense of duty. Meditate out of joy, thankfulness, lust, or sheer curiosity. One of my students always had a fresh rose in her meditation space so it was easier for her to access meditation. To begin, she always kissed her rose. This kiss charmed her and opened the gate to her meditation.

Feminine mediation has nothing to do with self-control or alienation. It has to do with integration, acceptance, joy, and love. It is a lot easier and more natural for you to meditate when you are in the Femininity mode, because this is a joy. In the feminine mode, energy flows like water from above to below. If you are connected to the spiritual world or the light, these powers flow naturally into your being and will transform you from inside out. In the Femininity mode you are in an open and receptive state.

This is the only guideline on meditation I want to give you here. Of course, there are other very effective methods working on this level, but they have to be embedded into a direct teaching given by responsible teachers to their qualified students. Only then is its benefit, and not harm, guaranteed for the student.

The Spirit/Spiritual Level

Potential: Eternity

Nutrients: Freedom

Currency: Truth, truthfulness

Sacrificial Offering: Letting go of all identifications, except identification with the highest consciousness.

Spirituality has a different personal meaning for everyone. The word »spirituality« originally comes from »spiritus,« which means »spirit« or »breath.« People live their spirituality according to their personal state of consciousness so there is no right and no wrong. I want to share with you the spiritual perspective that is aligned to the tree of life and the universal laws.

No matter in which state of development you actually are, always align your search and journey to the highest consciousness. Some may call it God or Goddess. For some this sounds a bit »beyond« or even kitsch. You can use a name or a label, a symbol or a gesture – this is nonessential; just handle it in the way that suit you best. Spirituality is like a spark or a sacred fire or a hidden sun.

We are all born with a divine spark within. This tiny unseen particle has the power to lead us back to our essence, to our divine self. This spark of light-consciousness inside you can blossom if you keep nourishing it properly. There are different theories about where this divine spark is located. My observation is that it differs from person to person and that its location can change throughout a person's development. I have known people whose spark was seated in the heart, in others behind their forehead and I have also seen it in the womb. In one of my friends the divine spark is seated in the vagus nerve.

Getting in touch with this spark for the first time is often a very memorable moment. It is like the first spiritual kick, which awakens your spiritual interest and connects you with another reality. It is up to us whether this little spark will shrink or grow. This little spark has the ability to transform you. It takes as long as it needs until the individuality in you is born and becomes an eternal light or a carrier of the higher consciousness.

Spiritual growth means to align yourself with the highest source, to unfold the natural potential of your being. But what has this to do with your femininity? I would say a whole lot. If a woman is in the Femininity mode, she is able to

become pregnant with the sacred flame of the highest consciousness and this is called a spiritual pregnancy. On the one hand, feminine spirituality means the journey to one's own essence. On the other hand, the manifestation of the new consciousness and Feminine healing power on this planet balance the predominant destructive and exploiting forces.

Guidelines to Your Spiritual Body

The eternal spirit (or whatever you want to call the highest principle) within you, needs good nourishment and liberty is its superfood. You will increase your liberation by being truthful.

- ♥ Truthfulness is new every moment.
- ♥ Truthfulness starts with self-awareness and ends in liberty. Liberty is your reward for your truthfulness.
- ♥ The spiritual path is your search for the truth.
- ♥ Feminine spirituality means to sacrifice your feminine imprisonment by giving up your cuddly, fake security. But this is not really a sacrifice; when you identify with the highest, this happens naturally out of thankfulness and deep trust.
- ♥ Feminine spirituality means to identify with the highest truth and to become a true servant of the divine.

The Soul

Potential: Infinity

Nutrients: Selflessness

Currency: Ecstasy

Sacrificial Offering: Prayer, Feminine Mysteries, celebration, temple work

In a way, the soul is the body of the spirit. Infinity, which is often symbolically represented by wings, is the potential of the soul. For the first German version (2009) of this book, we chose the winged Isis for the cover. Wings also symbolize protection, which is another attribute of femininity. The cover pictured the winged Isis as guardian of the gate to the inner shrine, the most precious

sanctuary. Isis, as the feminine principle, is one of the oldest keepers of Feminine Mysteries so I could not think of a better symbol for the book. It represents the feminine responsibility in its highest functions. Such symbols support the feminine soul as reminders of its initial task and glory.

The soul does not want to be trapped in a constricting personality or repressed emotions. The soul wants to fly infinitely. Because the soul is trapped by the ego and the personality, selflessness and modesty are needed for its liberation. The soul needs ecstasy to be able to merge with infinity. (This quality of ecstasy is not to be confused with sensual feelings, intoxication, or drugs – it is much sweeter.)

Nourishing the soul's prayers can also be extremely powerful. Prayers of thankfulness are very healing, as are chants, singing, and dances. Find your own personal ecstatic prayer, all for yourself. You do not need a group for your feminine soul work. Just discover it for yourself. Colors and sounds help to support the soul in its healing process. Sounds that are in tune with your different bodies, spheres, worlds, and colors can be very healing. Make sure your soul does not become overpowered; stay in tune with your sensitivity and tenderness.

Divine feasts are another possibility for celebration and healing. Find a new way to celebrate Christmas as a true light-celebration of love. I love to celebrate temple rituals. Although the preparation for a really powerful, effective temple ritual is very extensive and time consuming, it is always absolutely worth it because these rituals are so fulfilling and uplifting.

Feminine Mysteries

Celebrating the Feminine Mysteries is deeply rooted in our feminine souls. Being part of a procession for the Black Madonna, honoring the holy Cow Goddess, or getting together with a girlfriend to make a healing circle for agonized children and animals are all forms of expressing woman's spirituality. Find the form that delights your soul. This reconnects you with your own divine soul, the divine goddess in you.

Feminine rites and magical temple rituals can support the healing of your feminine soul – if they happen in a liberated the Feminine mode. They have evolved to bring us in direct contact with the Feminine powers behind the scenes. This is why they have a very deep impact on the human soul. Celebrating the Mysteries supports women in finding their spiritual home. If the

Feminine Mysteries are performed in the male mode, the opposite will happen and that is neither healthy nor healing. Be aware that temple rituals are powerful stuff. This is the reason why women who want to do this work must be instructed well into the art of temple work and then be initiated by a priestess who has undergone a real Mystery-Training. There are a lot of women interested in the Feminine Mysteries and their goddesses. But Feminine Mysteries and temple work are not a substitute for the individual feminine liberation process or for meditation. Women who want to go deeper especially need a good foundation, training, and preparation. Always make sure that you guide those old energies and templates into something new and accurate to initiate an opening.

All the elements of a ritual need to be cleared and liberated before they are used to avoid reinforcing the old. For women who are not initiated and trained in inner practices, it is better to leave this kind of activity because you can easily pick up old female patterns and traumata. It would be better to take a walk in nature or go swimming in a lake.

We need to distinguish between activities that are appropriate for all women and those that require special training and preparation. On one hand there are feasts, festivities for women, and wonderful rituals of passage to celebrate the entrance into a new phase of life like the first menstruation or entering menopause. This all women can do; such celebrations should be part of all our lives,

On the other hand, there are magical rituals – for example, healing rituals, shamanic rituals and temple rituals – where an experienced teacher or trained friend is definitely needed to make sure everything is safe and performed up properly, especially if you want to liberate your femininity and to get rid of all those old constricting traditions. Be aware that, down through the ages, children and women have been abused ritually. Rituals are very emotionally charged and you first need to develop your psychic powers to make sure you do not get trapped and imprinted by those strong unconscious shares.

I know there are many women's books with recipes for performing rituals. But from the letters I receive from women and what I see in all the forums on social media, women do not really understand what magic is about. Especially in the Wicca scene there are so many self-made witches who are not really trained or skilled in what they are doing. If you want to be active and perform magic, first heal yourself. Learn meditation to raise your consciousness. If you are performing magic and healing just for selfish reasons, without being on a spiritual path, very subtly your perception becomes blurred and shady. Without

realizing it, you end up on the dark side, which is called the path of gray, black, or satanic magic. And to get out of this again isn't easy.

Since the old times, lots of water flowed down the gages. We cannot pretend that we are still the same people performing the old rituals. We cannot reach out to call the goddess and celebrate the old magical rituals and pretend nothing has happened in the past centuries. The long-lasting witch hunt that took place here in Europe deeply wounded our feminine soul. These wounds need to be healed first. Trying to skip the individual healing and meditation and heal your femininity by a ritual is far too risky a venture.

Why? Feminine healing requires that you take your own individual steps to uplift and expand your consciousness, consciously tapping in and out of different spaces and spheres. In a ritual, especially if different kinds of powers are invoked, you will be taken by the high level of group energy and the spirits. If your system has not been prepared and you cannot guide those forces, they will hook up with your unconscious and this is unhealthy. The unlucky thing is that, if your unconscious is enhanced, you will not realize it; because it is unconscious, it is not on the radar of your awareness. Luckily most rituals performed by untrained people are not really powerful. But the power can accidentally flow in, creating confusion and emotional problems in sensitive women; it can be difficult to get rid of these problems. Some invoked energies or spirits stick to people. Untrained women have no chance of getting rid of them again, at least not on their own. Acceptable rituals can create a special momentum, but you always need to know what you are doing and give your work a real focus.

We cannot just graft our Feminine Mystery work on top of all our old personal and collective wounds and patterns. The power generated by rituals will just cement those patterns even deeper into the unconscious. For women, too much went wrong over all those centuries. We first must create a divine Feminine environment inside us, a good atmosphere to invite the great goddess so she will show herself. A profound feminine healing and liberation, actually a real female reset, is definitely needed.

If you celebrate the Mysteries, you need to expect that the goddess will shatter your whole being until you dissolve in her pulse and you become one with her. I always tell my students that the Mystery work we are doing is not like a workshop in make-up nor is it like homeopathic treatment with sweet globules. With this I am saying that spiritual work is not like a gentle breeze or a lovely dose of flower power. These are just spiritual fantasies that are spread to prevent you from developing your spirituality and your psychic powers. The

spiritual path is more like a massive earthquake, like the eruption of a volcano or a tsunami. The better you are prepared and the more profoundly your feminine parts are liberated and healed, the easier it is to deal with extraordinary powers and the more powerful and effective your spiritual work will be. I have seen many unprepared women who, when those powerful changes took place, immediately ran to their therapist or healer, crying for help. That of course interrupts their deep transformation process. This needs to be powerful as a birth is powerful. By pulling yourself out before really moving through the process, you interfere with and block those processes required for growth. You will be thrown back into your well-known comfort zone with all the old patterns of your personality along with your old, wounded, and limited femininity.

Don't Starve Your Soul

In a male-imprinted, material-oriented lifestyle, not only femininity but also the souls and emotional bodies of many humans die of starvation. Take care of your precious soul. Make sure you don't sell it or starve it. Honor and celebrate it. Spread your wings and fly!

I would like to suggest that you take your time to find out for yourself how to nourish your soul so you can grow into the powerful, skilled woman that life needs you to be.

Polarities Between the Levels

This is about the interaction and understanding of the four levels – the physical, emotional, mental, and spiritual – so you will understand what makes the Femininity mode so special and supportive for your spiritual growth. Ignorant people say healing is healing. I wish it were that simple, but this is not the case. Many people all over the planet are into healing. With such an enormous healing input, the planet should be »over-healed« by now. But in reality, it is getting worse and worse. This fact should motivate us to look deeper into our attempts and activities to find more efficient ways.

In the second chapter of this book, we compared feminine and male polarities. In the same way the different levels and bodies are opposite each other. For example, if the material-energetic body is active, bright, and male, it po-

larizes the next level; in this case the emotional body is automatically poled to the opposite and will be open and receptive because it is ruled by the feminine principles. The mental level is poled active and the spiritual level is passive, open and receiving – this is how the polarities are when we are living in the masculine mode.

Being in the »Femininity mode« means that the material-energetic level is poled as feminine and therefore is open and receiving. The emotional level will be active and strong, as it supports emotional healing and enables women to move easily in the unseen world. The mental level is poled feminine; again, this makes it easier to open up to the spiritual powers. If the mind is too active, it is a great barrier. It can be seen as strength when the spiritual level is active. Because of the »Femininity mode« the spiritual level is active; this means it is easier to get access to it – the level is stronger and more easily recognized.

Femininity Mode

- + Spirituality
- Mentally
- + Emotions
- Physically/energetically

Male Mode

- Spiritually
- + Mentally
- Emotions
- + Physically/energetically

What is the conclusion? If a woman is in the »Femininity mode« she is in her strengths and has natural access to the spiritual world. If she functions in male patterns, this is not the case: she is cut off from spirituality. At the most she will have intellectual spiritual ideas or she be dreaming her spirituality. This shows how essential it is for women to know ways to strengthen and restore their »Femininity mode.« This is the way the female potential can unfold. The guidelines in this book will help you enter and restore your »Femininity mode.«

In this chapter, we have talked about the different levels and modes. The following pages will be an addition and deepening of these universal laws. You gain insight into other life principles and functions, which are essential for your feminine journey. Once you work with it, it will be much easier for you to categorize the different states and practices by the different levels. Probably only then will it make sense. It is so difficult to put all this into words. And I am aware that it is not possible to really understand all this, unless you have your own experiences. All I can do is encourage you and tell you there is so much more and you can have access to it by yourself. I can point out all those fake ideas and pitfalls that prevent you from going on your search and

really liberating and healing yourself. I am trying my best, but we cannot really grasp femininity and spiritual processes intellectually because it is different and it needs the real stuff!!

FEMININE WISDOM

In spiritual female healing work, it makes a big difference whether a woman is poled as male or a female. Spiritual practice must always be in tune with personal energy patterns. For women who are male-poled, female healing work can be harmful. Therefore, women who want to embark on the feminine path should take enough time for preparation, as much as is necessary, so that they develop a solid feminine foundation and become deeply rooted in their femininity.

Spiritual Centers

Our subtle, unseen bodies are equipped with the possibilities of developing and unfolding different centers; all those centers will serve a certain purpose for your spiritual work. In their primordial state, they are neither inner power places nor spiritual centers; they are just there as possibilities. But in many books, you can read about the centers as though they already existed. You often see, when authors write about such things, they did not really experience them themselves, but just copied from somebody else and passed on the idea. As we know by now, many people just dream their lives and their spirituality, so then it is easy to dream some energy centers. There is so much misleading information, especially when it comes to inner work. This is not only because these authors do not know. Down through the ages the doors to spirituality have been sealed and strongly protected strongly by the spreading of false information with the intention of leading people in the wrong direction. This was so the knowledge could not be used by unauthorized and untrained people. The real keys are handed over from one person to another. And this is still so today.

Assuming your spiritual centers are already developed will lead you in a wrong direction and keep you on the wrong plan. This also applies to the Indigo Children of the New Age. Even though they are gifted with an extraordinary

perception and powers, they need to be trained to develop their unseen bodies and spiritual centers so they can use their skills properly and not be broken on them. If the centers are not really developed in a person, they cannot serve their real purpose. Fantasizing or visualizing a center is not the same as actually developing them on the right plane. Of course, developing all those centers requires time and inner work.

Those centers are inner opportunities or we could say »empty containers.« One important part of a spiritual training is developing the spiritual centers. Some become gates for certain qualities, connected with different experiences and states of consciousness; some are more like receivers and others are transformers. Such spiritual centers are also called »chakras.«

During your spiritual training, these centers slowly become alive. There is a purpose for their development. On one hand, they enable you to get in contact with the unseen spiritual world and on the other hand they are your tools to absorb the unseen spiritual powers.

We need to be prepared for these high spiritual vibrations and for the intensity of the clearest light, so we can transform them down and absorb them. That's one of the functions of those centers. The spiritual centers are the bridge between a human being and the spiritual world. Each and every center has its own key. Within each center hides a different experience and information to be discovered.

Your Life-Center

In both Western and Eastern traditions, the first step of any spiritual training is always to develop your life-center, also called »hara,« »the middle,« or »Dan Tien.« In a certain place in your body – mostly in the belly region – where it is possible to install a neutral power field, the life-center will be grown. Developing your own center within will give you inner support, the freedom to be yourself, and much more. It will bring forth the power to manifest, as your own life-center manifests in you. Not all traditions publicly share how this inner alchemy is properly performed. Lots of public instructions are incomplete and misleading.

The term »middle« is extremely fashionable nowadays and I am sure some of you have tried to feel the middle. Maybe you already felt something, or you didn't. One characteristic of the different spiritual centers is that they only grow slowly through your inner practice. At the beginning these places are empty and mostly imperceptible. Developing a solid life-center is both good prepa-

ration for your spiritual journey and an important safety measure. It's especially important for a woman to have a strong life-center to be open, sensitive, and in the flow, without losing herself.

I have met a lot of open women, who have trouble really letting go in sex because they were afraid of losing themselves. There are those who can let go very easily, but become so open that they »dissolve« and become very dependent on their sexual partners. In women, there is that deep desire to become one with the universe and their partners. If this deep fusion really happens, just think what that actually means. To develop your center, it is good to be prepared for mystic experiences, especially if you also need to function in the material world. If you are an open and sensitive woman, such an experience can pull the floor away under your feet and you will space out. Even if you don't want it to, if you have no life-center your partner's energy will take over and he will become the center of your life. This will lead you into dependency and a lack of autonomy. As soon as you have developed your life-center, you will be able to live a self-determined life. This life-center is not just developed through energy exercises as they are taught in context with Eastern practices and energy work. It is rather a much-differentiated process of holistic integration. Especially for sexual healing and womb work, you need a strong center in order to not get sucked in by the collective.

Spiritual centers do not evolve by energy or body work because these are not the right methods and not the right levels where this can happen. As I keep telling you, we need to approach our spiritual journey with know-how and sensitivity. When rough, unrefined energies are pressed into those sensitive places, these delicate areas will be injured. This is also the case when you do it with a good intention. If energy work, intense breath exercises, or sexual yoga are not done carefully, women can prevent the growth of their spiritual centers and the unfolding of their psychic powers. As our physical and emotional bodies can be wounded and abused, so can the subtle unseen bodies. On this level, most people do not realize that this is happening, because they are not consciously rooted in the unseen bodies. To heal those wounds, you need to become aware that it happened and to realize this you first need to have a certain perception and presence on those levels. This is a bit of a hamster-wheel situation.

That's why it is smart to listen to the advice of those who have gone down this path before us. Today we have all those charismatic business people who

impress and seduce others with great words, convincing them to blindly follow their advice and their method. If you are really interested in growing and learning, take your time to find a good teacher or school. Basically, they all say the same. I always worked with teachers and their advice would trigger resistance in me. That's what good teachers do.

In the beginning of my time with Osho, when he would trigger something unpleasant in me, an inner voice said: »It doesn't matter whether he is enlightened or not, he is just an old Indian man, so what does he know about the modern approaches to healing?« But my trust in him was bigger than my resistance. Even though his advice at first did not make any sense to me, I followed his recommendations. Often it happened that many years later I would suddenly understand his message and then my gratefulness was so overwhelming. That's what working with a teacher is all about: he will protect you from your ego, if you allow him to. Teachers are here to confront you with your reality. Without getting to know your shadows, your patterns, and your own resistance, you will not get very far. But make sure you choose the right teacher or group. They will not put you under pressure, they will not manipulate you to come to their seminars, and they don't tie you up in a contract. They will give you the space to make your own experience.

We are contacted by many women who feel that their spirituality is very advanced. Over years they have run from one teacher to another method or training. Their yin is totally depleted, and their unseen bodies are in a desolate state of confusion from manipulating their bodies with all those exercises, energy works, and esoteric and therapeutic methods. It is sad to say, but in the Western world many women are in such a mess from all the efforts they have made to heal themselves. In this way their femininity has no space to be and turns into a major problem. I hope women in other areas of the world will not make the same mistakes. Most women work with teachers only temporarily, often just for professional purposes to get a certificate. Jumping from one event and one technique to the other is too much for a sensitive feminine energy system. It will be overpowered and overruled, hiding in a deeper level. This is especially severe when the subtle unseen bodies are affected. It can take years of profound feminine healing to recover. Often, I see this in therapists and group leaders who work with powerful methods and have not developed their own higher bodies themselves, so they do not have a clue what those methods are causing in their clients and in themselves. As I keep saying, we are just at

the beginning, and you first need to learn how to distinguish and restore your sensitivity. This is the first quality you need for your spiritual journey.

This also shows how important it is from the very beginning of your journey to protect the sensitivity of your feminine energy system. The purpose of a real spiritual training is not to become superman or superwoman, to show off and sell your psychic skills. It is not about having intense and exciting experiences. It is getting to know thyself and developing the different subtle bodies and centers to be able to get in contact with the higher worlds so you are able to grow. Each individual step of a woman on her female journey is valuable and counts.

FEMININE WISDOM

*On the feminine path it is a no-go to stimulate the subtle centers.
Stimulating the centers is never necessary. They do not grow
by stimulation. A center is not a reaction; it is inner alchemy.
Through your personal feminine healing and your spiritual practice,
they will grow very naturally.*

Your Feminine Center

Your feminine center is the gateway to your feminine spirituality. Being a woman does not make your spiritual experiences into a transforming feminine experience automatically. If universal energy flows through your head centers or chakras, this might cause new ideas, ideologies, visions, or even good insights or moments of enlightenment – but you will not have a transforming feminine experience that gives birth to your authentic feminine spirituality. If your emotional body is wounded or shrunk, energy will not flow naturally through your centers.

For your spirituality to evolve naturally, it is important that your life force flows freely through your feminine center. To do so, it needs to undergo a profound transformation. Your feminine center needs to be well prepared, open, and strong to become your gateway to the Feminine Mysteries.

FEMININE WISDOM

Being feminine is not the same as being ruled by feminine ideas, dreams, or concepts. The more women talk about their femininity – the less they are really connected.

Your Womb Consciousness

At one point in my own healing and liberation process, during my meditation my uterus suddenly was very present in such a strong and irresistible way that I had no choice but to give in to that pull. I was very curious what this was all about. I would never have dreamed of all those precious treasures, which were revealed to me on that deep and unexpected adventure. But it was a lonely journey. This was more than thirty years ago, when nobody knew about womb work yet. Even reaching out to other women, searching for others who also had this kind of experiences and revelation, I could not find a single woman. Those to whom I mentioned it just looked at me, bewildered. But from that moment on I was never alone; my womb was there for me and protected me and guided me to all those unknown miraculous places and spaces. Allowing my womb to take over was the big turning point in my life.

According to my perception and experiences, the womb is the feminine center for healing, transformation, and magic. Because of this and in the decades since, womb liberation has been an essential part of my spiritual work. Liberating the womb may sound a little odd to you. But the womb is not only a precious caldron from which something new can emerge; it is also the gate to the astral world. This makes working on the womb very tricky, because unconsciously we are continuously influenced by our subconscious. One of the most crucial tasks of the feminine evolution is to transform this important feminine center into a spiritual one – in other words, to transform an unconscious and suffering womb into a sacred place.

It is very sad to see the state of most uteruses. So many diseases – tumors, myoma (fibroids), cysts, menstrual and sexual problems, just to name a few – make the womb into a very unhappy place of suffering. This shows in the desolate condition of femininity at large. Every fourth woman has even had her uterus removed.

Liberation means to restore the womb's ability, not just to give birth to a child, but to take this ability to a new level, to use that potential for our own

development in emotional healing and spiritual growth. It means to allow the womb to give birth to yourself and to manifest a new conscious Femininity. For this to happen your womb has to undergo a deep liberation process.

It is very common for a womb to unconsciously pick up all kinds of vibrations and emotions. In many women, the womb becomes a dumping place for unprocessed emotions. Over the years many wombs turn into a filthy cloaca or cesspool, rather than into a celestial palace. We see so many, especially older women, who are bitter, negative and frustrated deep inside, just because they do not have a womb consciousness and never really properly cleansed and liberated their wombs. Of course, during sex your womb can also be exposed to negative emotion or stress. As long as a man has not developed his sexuality, he also tends to use sex to get rid of unsolved emotions and inner tensions.

That's why it is so important for sex needs to be healed, liberated, and uplifted to a new level. And men need to learn to use their »magic wand« in magical and healing ways. As with everything in and around you, the womb needs constant nourishment, protection, and cleansing. The womb needs healing on the physical, emotional, and mental levels.

But be careful to go slowly and don't work with the womb directly. Rather, focus on cleansing your material unseen bodies. Learn the skill of self-healing well, until all your feminine tools are well installed, and you know how to use them properly. Before working with the uterus, you need to have a solid yin foundation and the power not to get sucked in by the mighty collective. Working with your womb before you have accomplished all that will just make it worse for you.

To heal your womb, you need to be rooted in your femininity and also to have a strong connection with the spiritual world so that you don't drown or get lost in the unconscious ocean of emotions. When I first shared this kind of healing and liberation uterus work, many group leaders and women were inspired and started to work with other women on the uterus. They were so excited that they started working directly with the uterus cloaca, without preparation and without first learning the skill of feminine self-healing, as instructed in my books. Unfortunately, they were driven from their minds because they were not yet rooted in their femininity and they mixed the womb work with therapeutic techniques they already knew. Of course, with the male approach that rules such therapeutic techniques, women can easily be put in touch with strong emotions. Working with the womb is about feminine heal-

ing and this is a deep and tender spiritual process. Using male therapeutic techniques for your womb, even if they are applied slowly and softly, will not open the inner gates to the Female Mysteries; instead, the wounds are likely to grow even deeper.

Unfortunately, over the years this superficial approach of working with the womb has become established in women's circles. To work with women seems so easy and natural that most women do not see any necessity to learn the skill of feminine self-healing and do not know that entering the unconscious requires good preparation. They do not know that there are real Mystery Schools that provide a profound spiritual teaching. They are so used to being left out and fed with fake spirituality and shallow esoteric that they just can't believe there is more.

Unconscious women are spreading and enforcing an old, unliberated femininity and are calling it the new way. Unconsciousness means we do not realize what is happening in us or what we are doing. The more you work with your uterus disconnected from true spiritual training and feminine self-healing, the more unconscious and insensitive you will get and the stronger your ego will become – just by entering your uterus. That's why I keep emphasizing this issue again and again and again!!

There is such potential within us and we should not mess with it without really knowing what it is all about. It is urgent that we unfold that spiritual potential and give birth to a new conscious femininity.

You need the sensitivity to clearly distinguish one mode from another and before working with the uterus on a subtle level. If you are not capable of doing so, this does not mean that the different levels do not exist. They cannot be compensated by visualization. Then again you would end up in the world of dreams. The emotional and mental liberation of the womb is a spiritual and feminine process that needs to be guided slowly and carefully, so the womb consciousness can evolve naturally and lead you into a new dimension of femininity.

Over the years, I have prepared many women for their uterus liberation and guided them through the process. It took me a while to realize how important the personal transmission is for a uterus to become awake. A liberated uterus can give another uterus the impulse of self-realization, if the uterus is open and receptive. In contrast, a wounded, unconscious womb can spread

so much negativity and toxicity. That's why in my seminars I always make sure that every woman has her own space. Personally I know how easy it is to pick up the suffering from another womb. This is the reason I do not meditate with women who have not liberated their womb, because my uterus immediately picks up the vibe from the others. In the actual womb liberation seminars, it has always been very helpful to have some of my long-term students there as well, so our wombs could create a powerful energy field to give others a good start.

Today I know that spiritual womb consciousness can be passed on from one womb to the other – from woman to woman. But because the womb liberation is your own consciousness process, it cannot be done for somebody else. Another liberated uterus can just give you a glimpse, but the liberation and healing are your responsibility.

This also means healing rituals for a womb do not really make sense if they are done, for example, on abused women who have no access to their uterus yet. Then the opposite occurs and they just get in touch with the negativity stored there. If you do not yet know the feminine self-healing well, you will not be able to transform those negative energies; they will just go back inside you to find a good place to hide.

If a healer has no consciousness of her own womb and is not rooted properly in her own femininity, the wombs will burden each other even more. In fact, this applies to therapists, teachers, priests, magicians, shamans, and so on, who perform their work in higher spheres. This is not enough! Only if you have healed and liberated your womb on the physical level is it possible to transform her into a spiritual center. Only then can the first feminine initiation happen. This is the minimum standard for a woman who wants to work with other women. Believe it or not, there are now men who are offering womb work for women. And of course, women are so impressed and taken that those seminars are so popular.

The womb also has different spheres. This is why her healing and liberation has to take place on all of these levels. Then it is possible to unfold her full spiritual potential so she will be transformed into a holy grail, the divine cup, or the celestial palace. This is the place of birth for the new feminine spirituality. My book on feminine sexuality covers the practical aspects of this important feminine liberation processes.

Gate to Heaven and Hell

Your womb can be your gate to heaven. But unfortunately for most women, over the short or the long run, it is the gate to hell. Being fake, superficial, and just putting on some make-up are female habits that need to be broken. You must go deeper to get in touch with your womb to really feel it and take care of it. If you do not do that, it will turn into an inner swamp, full of emotions and dark, blurry energies. All the stuff your unconscious picked up and all the stuff you did not process will eventually be stored in your uterus.

That's why so many women, when they are older, become depressed, negative, or frustrated. Some can keep up their nice facade, but if something scratches the surface – they can get very nasty and toxic.

Just yesterday I had a sample of it. I said goodbye to my guests, a couple in their mid-fifties and their son, who had rented our vacation apartment. Since their arrival, the woman never spoke to us. She kept turning her back and walking away. In coronavirus times, you get used to this kind of behavior. But this last time she stayed next to her husband while he asked me if he should put the pictures and statues back. I was puzzled and did not know what he was talking about. His wife stared at me with so much hate in her eyes that her face looked like she had a huge slice of lemon in her mouth. She was projecting the full dose of her hate and frustration onto me. He continued by saying, »We are Christians and we really don't like other symbols at all.« Then he pointed to a large poster I had framed from a Buddhist exhibition in Zurich. During their stay they had hidden that poster behind a cupboard. Then he opened a drawer and took out a beautiful, colorful Indian garland with some pictures of Ganesh on it, and a very small statue of Anubis. These had been in the apartment and they had hidden them during their stay. I have no problem with that. I have taken down pictures in places I have stayed in. But the hate that woman poured over me because of this was so powerful and so toxic and in no proportion to the situation. Obviously our house and my presence triggered something unconscious and violent in this woman. As a true Christian, you are taught charity and love. But she had lost it completely.

That's why it is so important to get to know yourself and to learn to deal with your unconsciousness and shadow sides. If you want to be a loving Christian, then you need to learn to deal with your emotions and heal your wounds. And you need to step out of this guilt/blame pattern. But since guilt and blame are major tools used for repression in Christianity, people get stuck in their emotions. Also, Christianity needs to be healed and renewed. But they do not

focus on that; they just ignore their negative emotions and hide them behind their spiritual masks. Then a small symbol or a word can trigger a massive avalanche of toxicity. Because they have not learned to deal with their negative emotions, they blame others for their own negativity. This is a never-ending story: blaming – feeling guilty – taking revenge – pretending to be nice ... it is time to end that emotional pollution.

There is absolutely no need to pretend that you are good and perfect, because nobody is. Pretending is often your ticket to hell. But instead of accepting and healing their own reality with all the unsolved emotions, people go on pretending and infecting their surroundings and other people with their toxicity. Most people do not know how to heal and transform emotions because they've never learned it. They blame others and project their emotions. That's why we have so many fights and violence everywhere, and not just by men. Men have already been fed these emotions and impressions within the mother's womb. We need to train our self-healing abilities and tell others about them. Actually, this should be one of the first thing kids learn in school. We had talked about this before, but it is so important that I need to repeat it again. One of the biggest global problems is the inability to heal and integrate emotions. We need to develop our emotional intelligence so that our emotions do not overrule us completely. In fact, this is already happening. We are in the middle of a big mess already. If the womb is the collection point for negative emotions, of course you will be pregnant with this quality and eventually you will give birth to the frustrated woman in you. In my environment there are some women like this who are constantly sour, angry, and frustrated. This is so tiring, because they cannot stand those of us who are happy women. There is not much we can do about it except to make sure not to be infected by this emotional toxicity and not to get involved. Yes, this is very boring, but we need to accept that everybody has the right to be the way they feel is right for themselves. It is helpful to protect your womb while being near those toxic women. As a protection, you can use the Female Reset symbol we have created.

Over the years I have come across many older women who become hostile with just one wrong word. They dismiss you as a teacher and they hate you forever. As a teacher, it is my job to trigger the personality of women, to help them to see and to get out of their comfort zone. But it is only possible to work with people who are open and are willing to truly know themselves to escape the

trap of their personality. Still many are not, because they are so imprinted with those old, weakening, and deceptive patterns.

It is important to remind each other that we are responsible for our own emotions, no matter who or what triggers them. Women are so used to being in the role of a victim instead of healing themselves, so they are looking for someone to comfort, console, and understand them. To break out of those patterns is very demanding, but that's what female liberation is all about. That's why it takes spiritual rebels who will do it anyway because they know it is needed so much. Once you understand, it is super easy!

What does all this have to do with the uterus? Unless your womb is liberated and you have developed the inner strength to stand against the collective vortex, you will be continuously flooded with unconscious contents entering your being via your uterus and the patterns of an old wounded femininity will be reinforced within you. As we all know, the main function of the uterus is similar to that of a cooking pot or a cauldron: we can brew and cook something and then give birth to something new. On our spiritual path the uterus is a very helpful tool for healing and eventually giving birth to ourselves and to our spiritual being. For this it needs to be a conscious, liberated, empty space.

Be Aware

In those who do not liberate the uterus properly, it continuously feeds them with old, unconscious patterns. In fact, although this sounds strange, regular women are continuously being pregnant with unconscious emotions, impressions, and ideas. This makes it so hard for them to go new ways, because they are continuously being imprinted by their own unconsciousness. That's why women on the spiritual path need to liberate their womb, so they are no longer captured and tied to the old.

Many women have the idea that feminine healing means to get in contact with, to feel, and to express their wounds – and that's it! For this they dive deep into their body and look for negative emotions using all kind of methods. This has nothing to do with feminine healing. Doing so reinforces unconscious patterns. We need to have the inner strength to resist and defy the constant negative inner pull from the unconscious and we need working tools to be able to recognize, transform, and neutralize unconscious patterns of the personality. If you do not develop and install the healing tools of self-healing within yourself,

you will be flooded and carried away with the collective wave and you will be just a boring fellow traveler moving along with the mob.

Womb work is dealing with the unconsciousness; therefore it needs to take place within a real spiritual process where you get in touch with the supernatural forces. Don't underestimate the power of the unconscious. You need to be well prepared to explore these spaces. Without being able to tap into a higher consciousness, a woman has no real chance to defy the pull of the negative collective. This deep and profound feminine process cannot just be integrated into therapeutic energy or bodywork because the spiritual training – the main ingredient for this work to happen – does not take place within a therapy situation. They both serve very different purposes and have a different focus. Even though your therapist may tell you differently, this is just because he or she never had a real Mystery-Training himself/herself. If you have not undergone a profound Female Mystery-Training, which takes many years, you will have no idea what it is all about.

Those subtle feminine processes need to take place on a corresponding level. If they are initiated in the male or personality mode they will not work and are likely to have negative consequences for your own spiritual growth. However, unfortunately, most people do not care about that, as long as they make money and get some recognition – that's all that is important to them. There has been so much fake spirituality and half-truths spread around that fake has become the new truth. This is not good! We have to make sure that the flame of consciousness will not go out. Our task is not to spread the Female Mysteries and sell them to others, but to protect them, so they will survive this difficult time. We need to teach at least a few spiritual rebels, who are dedicated and responsible enough to put their lives in the service of the divine. They will be gifted with so many treasures.

How the Collective Works

As we all know, we are here to learn. Life is often quite inventive in making sure we get a new insight or a deeper understanding. Gaining a new insight can be painful and shocking. I would like to share with you a story that touched me very deeply.

It happened years ago on a five-day retreat on feminine self-healing. The first evening, while we were becoming acquainted, a woman introduced herself,

saying: »My name is Liliane, I am Jewish!« Over the years, many women of different cultures and religions have come to my seminars, but never before had a woman introduced herself by mentioning her religion. It was a bit surprising to me, but I did not give it any special significance. During the seminar, I noticed that Liliane was not really participating; in particular, she did not follow my instructions for the exercises. During the meditations and healing sequences, she just did other things. This seminar was about learning the art of self-healing and this is a skill that needs to be learned from scratch. As in all other areas, details matter for it to really work. As a teacher, of course, I am concerned that each student understands it well. It is my responsibility to make sure they get it. In the beginning, it is often very difficult, because feminine self-healing goes against the common ideas women have about how things should be. So they need to be open and to allow themselves to do things differently from what they are used to.

I asked her what the matter was. She reacted very testily, telling me that she could do what she wanted. I reminded her that she had come to the seminar to learn self-healing and that it was important to understand it well to be able to use it in everyday life. I kept trying to motivate her to be fully engaged in the seminar, but she refused in a very harsh way. She became more and more negative and generated a kind of aversion against me.

One of the main focuses in these basic seminars is the teaching of the life-center. Establishing a solid life-center is the foundation of self-healing; without it self-healing does not work. Dealing with unconscious forces of any kind especially requires a solid center. Because of this, in the exercises and meditations I repeat – over and over again – that the centering needs to happen below the navel, but above the womb and *NEVER* in the womb.

This is such an important part of the instruction that I do not get tired of repeating it. I need to make sure that women – especially those who are new to this – avoid centering themselves in their wombs because that would open the door to so many emotions and negativity. As a beginner, you do not have the tools nor the healing power to avoid getting sucked in by that overwhelming ocean of unconsciousness. When I lead meditations as a teacher, of course, I need to feel whether people are following and whether they understand. I can sense when there is a woman in the room who is in a different place, so I repeated this warning once more and explained again how important it was to distinguish between the life-center and the womb. Liliane looked at me, very astonished: »What do you mean, not in the womb? I have always centered myself in the womb!«

Immediately I understood. Unfortunately, it was already too late, Liliane was in a negative, hostile state and tried to incite the group against me. The healing space turned into a very toxic environment.

I spent more than an hour trying to explain to her that there was a wound which was triggered in her uterus and that we were here to learn how to heal. There was no way to reach her and she became increasingly hostile. I could not see any other way but to give her the choice of either fully participating or leaving the group. Liliane didn't want either way. Therefore I had to be very clear with her and told her to leave. I saw no other option to stop this enmity and especially to be able to continue the teaching they all came for. If she did not want to learn it, that was her choice. To avoid unnecessary discussion, I refunded the money she had paid for the seminar.

I was still puzzled about that incident and I took it into my meditation to get insight on what this was all about. Some hours later, I realized what had happened. Another participant, who had a very sensitive perception, had exactly the same realization. Most of Lilian's relatives, as she had told us, were Jewish and had been killed in concentration camps. This is part of her history, part of her blood and a deep and painful wound; those dreadful memories are all stored in her womb. I am a blue-eyed, blonde woman. My father is from Germany and, as a child, he was part of the Hitler youth military and at the age of fifteen he was fighting in the streets of Berlin. Of course, I carry the German history in me. Usually in a circle of women, we connect on a level that is deeper than any race, religious imprint, historical incident, or social position. But if a woman defines herself as a Jew, automatically she will connect with the German Nazi history in me. Through our wombs these collective and unhealed memory imprints can be activated at any time. That's why we need to take precautions and be very sensitive about this work. It is so powerful!

This experience shattered me. I realized the dimension in which feminine healing was actually needed, for all racial, religious, and political wounds to be healed. As long as we do not consider and heal these deep areas within, union and peace will not be possible. I am very sorry that I couldn't go through this process with Lilian because, at that time I was not yet ready to address the problem. I deeply apologize for that! But as long as women are living in male patterns there is no possibility of overcoming these deep gulfs. The time has come to dissolve these deep canyons made by society and heal the negative enmity between people, especially among women. We do not need others to heal this. The place where those memories are hidden is so deep inside that only you can reach out and heal it.

Let's Go for It!

Doing this work, I have experienced many miracles, but tragedies as well. From this I have gained a deep respect. I am sharing all my precious experiences with you, in the hope that this will help you to give birth to a new femininity and not to get stuck in the old feminine tragedy. For this, I am very precise and committed about working with the womb. This is one of the reasons for writing this book – because I know what potential the womb carries within, the miracles and the pitfalls. Nearly thirty years have passed since I first introduced womb work to others. Many women have been inspired and it took off with momentum. Unfortunately it then got ripped apart and disconnected from the holistic spiritual healing work I originally discovered, developed, and presented.

Now many women offer womb work, and it has become obvious that, if you do that work disconnected from a well-founded training, it cannot unfold its potential. To see women spreading this precious information in such superficial and insensitive ways makes me very sad. This was the reason I stepped back and stopped teaching in public. Women did not come to me because they wanted to liberate themselves. Instead, for many I became like a pool for business ideas they would use to promote their therapeutic work. I never expected such a superficial and intellectual approach. But as long as women are moving in male patterns that's how they approach even feminine healing. However this was with the older generation who were so stuck and limited in their conditioning that this was the most they could do.

As the years have passed there is now a new generation of women, so I feel it is important for me to come out again and speak up. We need to initiate the female reset and this needs to be done so that it works and unfolds the power and qualities that are so badly needed. So please share this book with others and pass it on so more women get the information directly.

Let us initiate the female reset now in a way that it will bring you and others into contact with all the hidden feminine treasures. Again, for your own safety, it is important to really learn to distinguish between male and feminine patterns – not just as an idea, but as an integrated reality. Many women assume they know already, and therefore see no reason to explore it further. Be aware that mostly this is just your personality setting you up in a trap to prevent you from really transforming your being. Don't fool yourself!

You need to be deeply rooted in your femininity, not just for a few moments in your meditation, but in your everyday life. You need an open heart, a true

spiritual alignment, and a solid feminine foundation to stand up against the astral mass, to which we are continuously exposed through our womb. This is even more so during sex or when doing inner work. Unfortunately, in the past therapists and teachers read my books but did not follow the instructions. Neither did they take into consideration the personal instructions that I had developed and shared for the precious spiritual womb work. Actually, many of them wanted to come to my womb seminars. But to be able to do womb work, you need to have a solid foundation and to know feminine self-healing well, that means they first need to attend a seminar to learn the basics tools of self-healing. Very rarely would one of them want to do that, because, as they said to my big surprise, they were so advanced that they did not need to learn the foundation. But without a solid base, women are not able to work in the deep feminine layer where the healing needs to be done. They remain in the superficial personality mode. Since women do not have the experience to have a solid foundation, they just assume they know.

The fact is, most therapists or leaders of women's circles do not focus on aligning their work with the feminine principles. Most women working with women are not really interested in their own spiritual liberation or personal feminine healing, even if they declare that is what they do. Mystery work is not popular among women, because: a) you do not get a certificate for it; b) you actually need to learn and heal yourself and meditate every day and do your daily homework; and c) in a Mystery-Training you always have a personal supervisor, who accompanies you and makes sure you stay on the right track, that you are safe and protected, and that you are actually doing the work, not just dreaming or talking about it.

Give yourself the chance to build your internal female software, which will enable you to heal and liberate yourself. This will be like an inner revolution. In almost every seminar a woman asks me how I know that I am in the Femininity mode. When you are there, you will feel it; you will know it without any doubt.

For therapists, womb work is a great discovery. Exploring the uterus with their clients gives them endless opportunities to stir up emotions on the collective level – fear, abuse, anger, you name it. In this way they can »prove« to their clients how much the therapy is needed. In no time you can create an emotional intensity. This is the power of the collective; it gives women who usually do not feel much at least an experience. To stimulate their sexuality,

it is very common for people to tap into the collective to hook up with all the unconscious emotions. That's why so much ugliness, violence, and confusion happens in connection with sex.

Getting in touch with the collective tragedy has nothing to do with feminine healing. In the womb is stored all the abuse and the cruelty done to girls and women. We all carry those memories and experiences inside. It is not a great feat or a demonstration of therapeutic skill to hook up a woman with this kind of intense emotional experience.

Even today, after so many years, it is still very troubling, to see that all my precious feminine experiences that I shared with others were not used as an inspiration to liberate and raise up others' femininity to a new level. In particular, male-imprinted women – like instructors in Tao, Qigong, and Yoga – have used my work just for their public relations and without any interest in their own feminine liberation. Since my books were and are still very popular, to get more clients these instructors just tell women that they would do exactly the same work as I describe in my book, but the reality is they aren't even able to distinguish masculine from feminine. Many women still do not dare dream that a new dimension of womanhood is really possible. The fake approach to healing and meditating has prevented feminine healing at its core. Most women still only dream their healing. It is time now to make it real.

Women who have healed their femininity function differently. They are authentic, more responsible, and more sensitive and they have developed the ability to distinguish. And they do not talk about their femininity and spirituality. They just do what they are meant to do. Learning to distinguish is one of the first steps on the spiritual path.

For so many years I kept silent about all this. But to protect my readers and because of my dedication to authentic Feminine Mystery work, I have decided now to point out these things very distinctly.

In my other books and in our online seminars, you will find the practical preparation for the Feminine Mystery work. At the earliest stages of your development, it is necessary to line up your inner work with the universal principles.

What Is a Mystery-Training?

After reading my book, women write to us that they want to be admitted to the Mystery School. Let me explain what it is all about in a few lines.

You go thru a Mystery-Training because you are a spiritual seeker. You have been exploring life on your own, have been reading different books on spirituality, and you like to meditate. Our Mystery School is a real, connected Mystery School. It is not a business and you don't come to our school because you want to be a teacher or because you want to get a certificate or qualify for a profession. Real Mystery-Work is not a profession; it is an inner calling. You learn to serve and to do what is needed. None of us is paid for the work; we do what's needed to keep the Mystery School going. The money we get is used exclusively to maintain the infrastructure, to provide the equipment we need, and to pay our webmasters and graphic designers. We all earn the money for our living apart from the Mystery School.

These days the main responsibility of our school is to protect the feminine treasures. And we are training women who are able to do that.

A Mystery School is not a reception camp for depleted and needy women. Most women applying for our Mystery School have never really reflected on spirituality, nor do they meditate. They want to come to solve their sexual or relationship problems, or they would like to work with women as their profession. Most of them are so depleted and have not put any energy or time into building up their yin again. But such selfish motivations are not strong enough for long-term Mystery-Training. That's why many give up on their studies before the actual training has started. True neophytes want to learn to serve and focus on their training.

I remember a time when I was in India at Osho's ashram where I stayed for many years. Everyone there was just happy to be able to learn and meditate and work to keep those great and unique opportunities alive. It would have never occurred to me to do all the inner liberation work to get a certificate or to make money from it. It was not my intention to become a teacher or even to set up a Mystery School. Unfortunately, there are not so many who go through a long-term Mystery-Training. But the work needs to be done. It needs to continue and to be kept alive by people who are ready to take it further with their own treasures they have discovered on their inner path. When you have been trained over so many years and have received your initiations, it is your responsibility to train at least one or two others.

Back then, when we were around Osho, we were rebels and seekers. We invested our lives in exploring the mysteries of life. The modern lifestyle has become so short-lived and superficial that people are stuffed with answers before they have even raised a question.

A Feminine Mystery-training is for spiritual rebels who are willing to heal and liberate their femininity to be able to support the spiritual work needed. It is for women who are ready to leave their comfort zone to explore new places and spaces and who want to take on their feminine responsibility. It is for women who dedicate their lives to learning to serve and helping us protect the Feminine Mysteries, keeping them alive to enhance and balance the great male-dominated reset with stabilizing and healing female qualities. Without emotional and sexual intelligence, a reset that is based on digitalization and new technologies will become out of control and unfold its destructiveness unless the fire is balanced by water. Those smart boys who want to take over the world need to understand that a great reset needs to be feminine and spiritual in order to enrich humanity and our planet. But since they are cut off from those qualities, they have no idea what this means.

The Concept of the Ego

A major focus in every true spiritual training is recognizing the concept of the ego. Down through the ages all the wise ones have warned us not to get trapped in our personalities, but to recognize them as a big illusion that blocks our spiritual growth and prevents us from being truthful and real.

It is essential for a spiritual seeker to understand the concept and tricks of the ego to avoid getting lost in it. All spiritual teachings focus on that important matter. Again, there are endless great ready-made answers around and, in theory, many people know about the pitfalls of the ego. But being a parrot is not the same as being the real thing. Wisdom only arises from your own quest, from your own investigation and your own true experience.

Yet this is one of the most difficult things for us to understand. I remember, as a young woman, hearing my teacher say things like: »Just watch your ego. Don't identify with your ego. Drop your ego.« I was trying so hard but I just could not understand what he meant.

Of course, intellectually, I got the message. But I also knew that there was much more to it on the existential level. I had no idea how to get into such a state to really see it. I stayed with this quest for years, because I knew this was a major key for me to unlock the spiritual door. It took me many, many years of meditation and reflection. Now, about forty-five years later, I will do my best

to describe the indescribable. I will try to sensitize you for this confusing and challenging construct so you can go on your own quest to recognize and explore the tricks of your ego and to build up your unseen bodies to go beyond.

As with everything else written in this book, I am referring to my own personal experiences and my own perception. Nevertheless I know that no words can explain this perplexing multicomplex called »ego.« Especially in this age of Kali Yuga, the time of the deception, the ego has endless playgrounds and stages for its performances. Actually, we are living in the age of the ego. Since everybody is playing that game, we all think that this is normal and that's the way it should be. All those egos keep acknowledging, strengthening, and celebrating each other, and preventing one another from going beyond and reaching out for the higher truth. In spiritual communities, people are not spared from this; there it is just a bit more subtle.

The ego keeps us away from real spirituality, but an ego is so skilled and tricky that it can pretend that it is really spiritual; this is called hypocrisy. The ego or personality as such is fake. It is such a good actor that it is really good at impressing and convincing others, but it is never authentic or real; it is in its nature to be an illusion or a set-up. That's why recognizing the construct of your ego is your most important task along your spiritual path. Again, this requires the ability to distinguish.

The word personality (ego) comes from »persona« meaning »mask.« Each human creates one or more masks to fit in and cope with society. It would not be correct to say the ego creates different masks because it is mostly a mask. People unconsciously identify with their mask, their image, and their roles (as a mother, wife, celebrity, etcetera). They also identify with their story, their profession, their opinions, and their misery. The more you are identified with your mask and your belief system, the more rigid and defined your personality will be.

It is very popular to charge up and reinforce the personality with energy, sex, or power; these are always successes for the ego, which only stays alive when it gets attention and constant confirmation. The confirmation can be positive or negative – this does not matter. For example, in sociopaths the confirmation is mostly extremely negative and toxic. The more an ego is approved and empowered – which happens very easily when someone is in a powerful position or makes good money – the more likely the ego will take on the lead and turn into a very complex, unclear, unmanageable, and ego-boosting entity. The ego is created by unconscious contents, especially oppressed sexual energy and oppressed emotions. It is often just a reaction to the fear of being really truthful and authentic.

Most people who think they are on their spiritual path are just goofing around within the shimmering labyrinth of their personality because they never really had training or were never instructed by someone who was really evolved. The great disadvantage is that the personality (ego) can neither see nor recognize itself.

Frankly, from what we know about personalities, the ego is unlikely to ever want to recognize itself or to realize that it is just an illusion. There's no way it wants to do that. It will continuously look out for possibilities, for activities that confirm and acknowledge it, so it can keep up its lies and its accustomed survival strategies.

That's why we need to learn to meditate properly and to build up our unseen bodies, so we can see our own personality from a higher perspective. That's why it is important to learn this well. It is so worthwhile because we have no other chance to liberate ourselves from our own ego. But people today are in a hurry: they want it all and they want it now. Therefore, most spiritual attempts and healing inputs do not really work, because they are initiated in the wrong plane. If people learn to meditate within their personality, spiritual growth will never happen!

That is why I am not fond of therapies. They all work on the personality level, mostly with the intention of strengthening and changing some pattern of the personality. This has a deep impact on a person because the personality mode gets denser and denser and is more convinced about itself. That's why I advise women not to become therapists but to focus on their own healing and spiritual growth instead. Especially for those who want to go on a spiritual path, being a therapist and making a living at it is a major obstacle if you are not yet someone who is truly dedicated spiritually.

In our society, people are recognized and rewarded for having a strongly defined personality. As we see in politics, those big egos are popular, untrue, unfair, and selfish – and sometimes even criminal. But other egos protect those egos, because they hope to benefit for themselves and they do not want to be left behind.

This is corruption and it's the major game played today by politicians and successful businesspeople and all led by the pope. They even initiate pandemics and other crises to suppress and manipulate people to extend their will and power. Big egos want to be right; they cannot give in and be humble or flexible. They fight for their kudos and their selfish goals.

I think one beneficial aspect of this political era is that we see how egos work. It is always easier to recognize a pattern when we see an extreme version

of something. The extremes in personality disorders are seen in narcissists, sociopaths, and psychopaths among others. It is very revealing to research personality disorders to learn how they operate. Unfortunately, we cannot go deeper into this subject here, but on the internet, you will find some very good explanations of it. Since there are so many people out there with personality disorders, it is very helpful to recognize the signs to stay safe and not be trapped or abused by them. These people can be charming and charismatic, so please watch out and take good care of yourself. They can also be dangerous. Moreover, should you already be caught in such a toxic situation, reach out for help.

It's pretty easy to recognize a big ego in others. It is much trickier to recognize one's own very subtle ego. Egos can cover themselves with a humble, nice-seeming mask. Actually, there are as many ways for the ego can present itself as there are people. A good way to begin shaking up your ego is by doing something your mind does not agree with, such as meditation. Meditation is a very big trigger for the ego. However, if you only meditate within your personality, then your ego is flattered and goes around letting all the others know how spiritual it is.

Osho always said that the spiritual ego is the worse. And now, so many years later, I can understand why.

I remember sitting with him when he explained the scheming of the ego this way. Early in the morning, when you have decided to meditate, just observe the kind of arguments your ego makes against it. The mind does not want to be questioned; it just likes things that empower it. So, your mind will sabotage your spiritual practice any way possible. This is the major obstacle we must get out of our way, again and again. The mind is a trickster. So Osho said – no matter what your mind says – just do it anyway.

From that day on I was amazed at how inventive my ego was. One day I was menstruating. The next day I had not slept enough. Then it was too cold to get up, then I needed to leave the house early, then I felt making love would be the ideal morning meditation – my mind kept going on and on. This became a joke to me. And I learned to meditate anyway.

Still today I deliberately do things that my ego does not like, just as an exercise to keep my ego flexible and open. Also, my own Mystery-Training was like this. It was so different from all the things I had known and experienced. This was many years after Osho had passed away and I had already written my first books. Being with Osho for so many years, I was used to a very open and unconventional spiritual lifestyle. After that came all those years of feminine

healing and professionally, I was a successful international bestselling author and speaker. Of course, all this did something to my ego. Even though I kept watching it and avoided being put on a throne, something in me was very self-confident and content, especially about all my spiritual experiences and my new approach to feminine healing. This was particularly true when it came to teaching. My personal life was not really affected by all that, because the boys I was living with were not the slightest bit interested in my work and spirituality was not an issue they would discuss. So, my private life was very down to earth.

I was very happy and successful in what I was doing and all those intense spiritual experiences were very nourishing. But inside me was a voice that kept saying that feeling inner ecstasy and enjoying silence cannot be the end of the road: there is much more to go. Actually, it felt as if all those years of meditation and self-healing were just the preparation. Only now was I really ready for my spiritual/occult training.

I Learned to Keep on Searching and Never Stop

When you are ready, the teacher is calling. To tell you the whole story would take too much space and time. To make it short, I ended up in a traditional English Mystery School. Deep inside I knew I had to be trained there, even though it was so much against my rebellious temperament. The teacher was a Christian pastor and the teaching was very Christian and British, very traditional, old-fashioned, and formal. But Ernest Butler had been trained by Dion Fortune, and I had always been very fond of her. All my years of intense sexual, emotional, and spiritual liberation had been manifested in my life and, of course, in my ego as well. My spiritual training at the Mystery School was the total opposite of all the values that were important to me. Even for me it was a very strange environment, I felt something very deep. I realized that the Mystery teaching was not about being a Christian or a modern woman or British or Indian. It was taking place on a much deeper level and it was universal.

Moreover, all those superficial structures and different ideas suddenly did not mean much but they helped me locate my ego again and again. The ego has its own ideas of how things should be and how things should be done. This was so precious. I learned to recognize and solve many of my inner resistances, because the training was not the way I thought it needed to be –

not at all. To be admitted to a Mystery School means you want to learn and learning happens on many different levels. In spiritual training you need to be ready to question your own mindset and your own belief system. To be able to learn, we need to be in a state of openness and curiosity, ready to make new experiences. In this totally different approach and environment, I learned so many important things.

On the spiritual journey, there is always resistance of the ego. This is part of the game. Not having any resistance means that you are just operating within the ego, and most probably your spirituality will remain fake. That's why we have crazy teachers like Gurdjieff and Osho. Real spiritual teachers and mystics are here to shake us up, to provoke us into shattering our egos, and to confront and confuse us regarding our belief system and our patterns.

To live in our society, you need your personality to get stuff done. It is a great tool if it is under the control of your higher self. For this it is important to remain open and transparent, to learn to change your mode, and to open up to a different reality when the work is done.

Our personality is made up of endless patterns and beliefs, which we have taken on, learned, and copied. It is like a machine that is made out of all our experiences, unconscious reactions, and multiple patterns of dissociation. All those issues, experiences, and reactions build your personality patterns, which force your life to move in a certain way, prevent your natural flow, and keep you from being authentic.

The fact is, our personality is an artificial construct. It is not our true self nor our true nature. That's why you are not able to grow while being rooted in your personality mode. When you are rooted in your personality, you can reinforce that artificial construct with all its facets, but you cannot develop your true self. Developing all the areas outside this construct – for example, your spiritual self – is much more important than developing one's ego.

On the spiritual feminine path, it is important to develop openness and truthfulness and to make sure you do not reinforce your ego complex and your behavior patterns. The focus of spiritual evolution is to nourish our spiritual self and individuality and to build up the unseen bodies and spiritual centers on the right plane outside your personality.

In personal development, which these days is a major movement, the goal is to change, strengthen, or improve the ego. Through personality trainings and therapies, you work on your masks so they are appealing and successful and so they will confirm themselves over and over again. This lifestyle has nothing

to do with spiritual development and has a fundamentally different orientation. Getting involved in techniques to improve your personality is a big hindrance for your spiritual growth.

Get to Know Your Ego

Here are some hints to explore the nature and tricks of your ego.

- ♥ The ego convicts, analyzes, divides, and criticizes.
- ♥ It wants to do things in its own way.
- ♥ It does not like new experiences or spiritual growth.
- ♥ The ego can be offended, insulted, and hurt.
- ♥ The ego loves controlling and manipulating.
- ♥ The ego knows things better and gets-off on being right.
- ♥ The ego tries to convert everything into its own belief system.
- ♥ The ego is looking for like-minded people.
- ♥ The ego gives, to get.
- ♥ The ego, with all its confusing mechanism, needs approval – that's its nourishment.
- ♥ Therapies are like a stage for the ego, allowing it to be the center of attention.
- ♥ The ego puts itself and its problems upfront.
- ♥ The ego boycotts meditation.
- ♥ The ego has a thousand excuses »why« things can't be done or why they must be done in a different way.
- ♥ The ego is smarter than you are.
- ♥ The ego forces you to remain in your behavior patterns.
- ♥ The ego lives in the past or in the future. It hinders you from experiencing the mystery of life in the here and now.
- ♥ The ego cannot engage itself in spiritual training because it does not want to leave its comfort zone.
- ♥ The ego needs attention and appreciation, no matter how it gets these.
- ♥ The ego does not have the ability to get in contact with the universe or with the inner world.
- ♥ The ego often blocks your feminine healing and spiritual liberation.
- ♥ The ego can pretend you are living, even if you are just in a fake dream.
- ♥ There are many more! You can add them yourself.

On the spiritual journey, the great challenge is not to be identified with this tempting and seductive illusion or with all the old patterns we have installed in us. This is one of the essential assignments of a teacher or guru: to sensualize the disciples for their ego complex and help them to find their way out of that confusing labyrinth. The famous »Zen stick,« which can be knocked down on the meditator, is just one of many instruments used to awaken the student and make him conscious of his sleepy state.

A real spiritual teacher, who wants to support you, is not nice and will not tell you what you would like to hear. Real spiritual teachers tell you things that disturb you and wake you up, shattering you at your roots or scratching your ego. You have to be courageous over and over to face your fears, your resistances, and your restrictions, which prevent you from unfolding your potential. Life is so kind and keeps presenting you with countless chances to do so. Over time, I have observed again and again that the more deeply a woman's femininity is wounded, the more pronounced her ego will be. The ego functions as a kind of protection, keeping you from feeling the wounds. But egos are not just strong and dominant; a strong ego can have many different shapes. It can also manifest as strong depression or helplessness. By »strong« I mean defined and fixed, or we could say »a closed unit.«

This makes it very difficult to work with wounded women, because their egos are like walls, not allowing that deeper layer of their being to be touched or to take in something unknown. The mind functions like a bodyguard who makes sure nothing comes close, protecting the feelings from hurt. However, to heal the feminine wounds you need to be open and to learn to cope with a state of being hurt.

Feminine healing work is like walking a delicate tightrope. It must avoid further petrifying the ego and personality. This is why it is important for women to go in feminine ways, so they can find a natural way out of their ego complex, if they really want to. This is always the question. Some women are hurt so deeply that their will is broken. In this case, it is necessary for them to first build up their physical yin and learn to feel themselves, to avoid strengthening their patterns of dissociation by emphasizing their personality. A deeply wounded woman is also very vulnerable and easily irritated. That's why self-healing is important for them.

Most therapists and teachers have not had spiritual training, so they have no other way of working with their clients except from the personality level. That's what they have learned and it is all they can address and communicate to their client's personality. When you are rooted in the personality mode, you

cannot reach out to the emotional body of someone, nor can you touch a deeper layer of someone else's femininity. You might be able to stir up some emotions but, as we have already discussed, this is totally different. Emotions need to heal in the emotional body and not transfer to the personality for analysis and discussion. This would strengthen the egos even more. Many women have healed themselves and their healing has always taken place outside their personality. Usually their spiritual alignment made it possible for them to see those strong patterns of a wounded personality, to neutralize those patterns, and to install a new software.

FEMININE WISDOM

Spiritual practices nourish the spiritual self. This needs to happen outside of the personality mode.

Ignoring the Ego

I do not mean to say that no work is needed on the personality level. I just want to point out that things can go wrong if the ego is empowered and takes on the lead, if it gets too much attention and food. It is also good to learn to ignore the ego and not to follow its ideas. You are asked to take precautions to avoid empowering the ego on the spiritual path. Originally faculties like psychology, healing, and health were taught and practiced by initiated priestesses and priests and embedded in their spiritual work and understanding. That is the way it should be and people need to be properly trained to do this. Unless a healer has developed his or her psychic abilities, the actual effect of the therapy cannot be checked. To work with people, we need these supernatural abilities. Otherwise you just apply concepts and ideas without realizing what they are really causing.

We can see what happens when businesspeople and politicians take over the field of health. They focus on profit and the interests of their own egos. They do not care much about people's health but they just focus on numbers and ideas. The sad disaster we are in now has been caused by the greed of some out-of-control egos that want more money and power and that intend to reduce humanity. This is so shocking, but it is what they say. This is ego power to the max. That's why feminine healing and spiritual liberation are so much

needed. We should not leave the world in the hands of such people. In such an unconscious state, they do not realize or care what they are really causing. If they do all this deliberately, it would be even more severe.

I advise people who want to go deeper on the female Mystery path not to get involved in mental methods and therapeutic concepts to avoid reinforcing and getting caught in the ego. I advise them to focus on healing their emotional body and to practice meditation to develop the unseen bodies. Personalities love to play smart, to analyze, to judge, to file, to discuss, and to be in charge. Moreover, the personality does not like to be questioned in its existence. Since it is impossible to see one's own personality from the perspective of one's own personality, our only alternative for solving this problem is to develop our unseen bodies, to meditate and to perform our spiritual practice. So far, none of the wise and enlightened ones have come up with anything else.

As soon as you have nourished and developed your unseen bodies, it will be possible to recognize your personality, to ignore it, and to avoid being trapped in its games. As soon as you no longer take your ego seriously and can laugh about its never-ending effort to be important, it will be possible to let go of your ego. It is great to have moments when you can step out of it, so you will become familiar with this state of being. When you are alert, you will find small loopholes within the personality mode that will give you glimpses or access into other realities.

The personality is an important and useful instrument when used consciously and with heart. On the other hand, it can become a dangerous weapon when it takes on the lead without being controlled or guided by a higher consciousness. Then it becomes a tireless warrior, fighting your spiritual growth. When this happens, your personality becomes your biggest enemy, slowly weakening and killing your soul. Then all that is left is for you is to cling to your ego and nourish it in any way possible. But this will never bring you inner peace and happiness. You will always be on alert, to make sure that your big lie is not be exposed.

Be aware that there are millions of methods that will help you create, uplift, and beautify your masks. We are constantly encouraged to create our beautiful, perfect ego presentation in different ways. No doubt, there are some very beautiful spiritual masks. Hollywood demonstrates how incredible a mask can be.

Actors master the art of creating illusions. I hope that they are conscious about their roles and can put them off after work. Most ordinary people play a role they have learned from childhood on but, in contrast to actors, they do

not ever take off their masks. The longer you carry a certain mask and play a certain role, the more you identify with it until you actually think that trained and conditioned pattern is what you are. This is why these patterns are also called belief systems.

FEMININE WISDOM

*On the Feminine path there is no need to play a role.
What counts is how natural and authentic you are and how
dedicated you are in doing what you are doing.*

Protect Yourself from Your Ego

No One is safe from One's own Ego. In many spiritual schools, once you have decided to be committed as an Adept, Disciple, Sannyasin, Shaiksha, Neophyte, or Novice, you are usually given a new name. This new name is a reminder of the new path you have chosen. Additionally, it helps you to recognize all the characteristics you identified in yourself from the past and helps you to step out of old patterns and let go of them.

Well-trained and serious magicians, priests, and healers are aware of the tempting trap of their personalities. Through their spiritual practices, they have access to enormous energies and powers. Those powers must not be allowed to dock onto your unconscious personality, but this can happen very easily. As we have discussed, the spiritual path is not about empowering the ego, but about recognizing it so we can go beyond. The personality is the biggest obstacle for spiritual growth. Many people get lost on their way, because they are blinded and seduced by their tricky egos. People are at risk of falling in love with their mask and with power.

It is not only material-oriented people who are prone to that; so-called spiritual people also wear masks. To protect yourself from such undesirable developments of your personality, embed all functions that lend you power within effective safety measures. Spiritual teachers and healers should know they are only the tools used by divine power so that their ego does not take credit for their healing actions. Some of them take precautions not to fall into the trap and others do not. But as long as we are living on Earth, the temptation to be blinded by our ego is always there, in all of us. It is trying to sneak in through the back door, dressed up as the holiest and kindest-hearted being ever!

Power, money, and sex in combination with spiritual —or more accurately, psychic – abilities are always high-risk-ventures, even for enlightened people, including initiates, priests, gurus, rising or ascending masters, teachers, and so on. Actually, being a mother is also a high-risk power position. As long as there are blind spots lying in the unconscious, humans are not safe from themselves. As long as you have a human body, you are part of the whole and – at least through sex – you are bound to the unconsciousness of humanity. The sexual and emotional unconsciousness and wounds are so deep, that everyone is in jeopardy of being manipulated through this back door. That's why, for spiritual seekers and teachers, sexual liberation should be on the top of their list. Up until now, this has not happened. Partly this explains the fallibility of so many spiritual teachers. In 1979, Osho shocked the world with his book *From Sex to Superconsciousness*. This was a new beginning. But unfortunately, his message still has not been understood, especially in spiritual communities. I could fill books with the abusive stories I have come across over the years. However, I do not need to do that because the media covers this issue quite well. But to give you a sense of what I am talking about, here are some examples.

I know an initiated priest who initiated his feminine students in exchange for sex, declaring sex to be a part of the initiation. A famous Brazilian healer declared to his female patients that he transmitted his healing power by his penis; as a result, many were willing to give him blowjobs. He got jailed. In addition to his so-called healing work, he was a big shot in a vicious child trafficking ring. It is said that he even had farms where young girls were kept to give birth to children, who then were sold – but not to nice families. For men especially it seems nearly impossible to be in a power position and to stay clear and not to mix up different interests.

Too many so-called spiritual teachers (men and women) declare that they have achieved, that they know and will show you the way, but their number one interest is power: to be acknowledged, to be famous, and to get sex. Over the years I have seen so many of them and, since I entered the spiritual scene as a very young woman, I know this from my own experiences.

Financial and personal successes achieved by spiritual powers are major traps and seductions along the spiritual path, as they are in any field. As I mentioned before, responsible magicians and initiates always use safety measures to protect themselves from abusing their own power. For example, for their spiritual and healing work they use a specially created personality, a so-called magical personality. They take on another name and wear special clothes (often

robes) that they do not wear in everyday life. When they have accomplished their work, they take back their own personality. It would be desirable if every human being in a powerful position – politicians, teachers, doctors, directors, gurus and mothers – would use such safety measures. Maybe that would help prevent the shameless abuse of powerful positions.

Moon Sphere

Many women fall into a trap. When women emotionally connect with the moon sphere – the sphere of Yesod in the Kabbalistic Tree of Life – which happens through sexual liberation or feminine healing, they enter a very delicate phase of their journey. Suddenly they start to feel and have access to female power. The moon sphere represents the unconscious. That's why I keep emphasizing how important it is to embed feminine and sexual healing in spiritual training. If women get into feminine healing without having a true spiritual alignment, their ego gets a boost. For so many, entering the moon sphere is the end of their spiritual search; they have entered the state of »knowing it all.« The moon sphere is the beginning of the spiritual journey and a big test to pass. For this delicate phase, it is good to have a teacher to guide you. But in their state of »knowing it all,« many students feel that they have outgrown the teacher and they know it much better themselves. Because they feel that they are so much more advanced, they think they no longer need a teacher and that they are capable of doing it much better than their teacher. I see this in my students; most drop out when they have healed their femininity, liberated their sexuality, installed their healing tools, and are finally ready to move on to the next step. Then they want to be teachers themselves but they stop their spiritual training before it has even begun. In retrospect, I can see that most of the women who come to me to solve their emotional and sexual problems are not spiritual seekers. They meditate to have joyful sex and a happy life. Of course, when they have reached their personal goal, this is the end of the road. I am happy for every woman who can enjoy her life. As a joke, I always say that when a man enters the moon sphere, that's the moment he declares himself to be enlightened. But this is just the beginning. People are so afraid to leave their comfort zone and move into a new dimension. But now it's time to move!

I just participated in a congress for women. It was called the return of the female power. Most lecturers kept talking about female power. But female

power does not change a thing; it just empowers that which is there already. We need to bring clarity and awareness into the unconscious moon sphere; this is a different road. When you enter the moon sphere, you enter the old, unliberated femininity and this is a powerful experience. But we need to find new ways. That's why meditation and deprogramming are so essential for all of us, so that the female reset will give birth to a new liberated and conscious femininity. On the spiritual path the moon sphere, which contains sexuality and feelings, is the big test that challenges us. But because it feels so good and cozy there, it is a very popular place to settle down and celebrate one's ego in all possible ways.

Spiritual Masks

In spiritual communities, it often happens that people learn to put up a mask that corresponds to particular behavior patterns, moral concepts, rules, and codes of honor that apply to the specific group or community. This strongly interconnects people within a group. To be accepted and fully integrated in a particular group or community, people tend to take on a suitable »holy« or »cheerful« personality. Some recognize these masks as hypocritical; others are impressed by them. As we know by now, most Catholic priests and religious leaders wear such holy masks, hiding their lust for power, their greed and dishonesty, and foremost their pedophilic predispositions. Since so many court cases have proven this, we need to speak out to protect our children and women. To avoid abuse within spiritual communities, we need spiritual rebels who are ready to be natural and authentic and have the courage to follow the path of truth.

Familiarize yourself with the methods of mass manipulation so you will not be trapped. Unfortunately, we cannot cover this issue, but there is lots of information on it on the internet. In addition, I have done some videos on this issue and you can find them on my website. As I have mentioned, my videos have been blocked on social media, so I am mostly using my own website now.

To be able to move in a new direction and to avoid such unjust, deceptive, and cruel behavior, we all need to help and encourage each other to be more truthful and real. Yes, at first it will be strange to be honest, especially with yourself. But believe me – this will be such a relaxing relief because playing a role and pretending are so tiring. I had a friend who was a pedophile but not

many people knew about this. When his former girlfriend gave birth to a baby girl, they were still very good friends and she asked him to be the godfather of the girl. When I heard that, I was shocked. I told him not to accept, but of course he could not refuse. Therefore, I went to that woman and told her to protect her daughter and not to do it. I said to her that if you do that, I will tell your husband, who was a very rich, well-known man. He would have freaked out and would have grilled that man. She knew that and gave in but she was very angry with me and is still angry at me today after more than thirty years. However, the girl was safe and that was all worth it.

We are all here to learn and life is always on our side, challenging us with suitable situations and opportunities to learn what we need to learn. According to our perception, it sometimes appears that life is overdoing it a bit or is even playing jokes on us. At least for me life is often pretty mischievous and challenges me with its jokes to remind me not to get too serious about life.

In Osho's commune, being natural and authentic was one of the essentials; it was the base of his teaching. The guys really enjoyed this and, in the name of being natural, they were farting everywhere – it was loud and smelly! The sound of a fart is disgusting enough, but the smell of a fart enriched with spicy Indian food and amoebas is an unforgettable and almost traumatic experience, especially for women who have a very discerning sense of smell. But this was not enough; life gave me an upgrade. The Chinese think burping is glamorous and polite. It seemed to me that it was a life task for my Chinese Taoist teacher to bring back burping to Western communities. During his lectures and exercises, he burped uninhibitedly and pleasurably into the microphone. His male students were delighted. Finally, they did not have to hold back but received permission to burp as loudly and passionately as possible. To my disgust, they even did this during our mutual meditations. I felt I was in a wrong movie and I longed to be surrounded by uptight, hypocritical, and well-behaved people. This was the time when I learned that everything in life has advantages and disadvantages.

Ego Trap

Material-oriented people function in the personality mode or are led by their survival instincts. As they increase in age, their personalities solidify and harden, losing flexibility and openness. This is why many spiritual schools or teachers

do not take on students who are past the age of forty-two. If somebody has not learned to loosen up their personality and to meditate by a young age, their personality will be so rigid and strong by then that they cannot be taught. They only can do things in their own way. It is irresponsible to pass on spiritual practices to people who are trapped in their personality. Spiritual practices need to be performed on the right plane and people need to be prepared for it. Today we can see many so-called teachers who work from their personalities; their own teacher did not know this either, so of course they could not pay attention to that. However, we need to make sure that spiritual seekers find their way out of their personality. This is hard work because there is so much resistance coming from the egos and guiding students through those phases is difficult. People do not want to question their beliefs and personal reality and to dissolving their patterns. At a certain age, this is the very last thing people want to do; instead, they want to be right and are looking for confirmation and comfort. They are massively stressed and overloaded by the intensity of spirituality. Instead it is much easier for them to question and fight the teaching and the teacher.

An established ego most likely will not allow daily practice and meditation or the surrendering of life to the female principles. Instead, those with such egos love to be teachers or therapists, handing over the responsibility and projecting their issues onto others. Of course, there are others as well, but usually they need to have their own space to do things in their own rhythm and in their own way.

It is certainly a benefit that today that we can constantly reinvent and redefine our personalities. We are given so many options. Women are extremely experimental and many have even made the spiritual journey on their own. Therefore, I feel it is important to give this important issue enough space.

A true spiritual training needs to challenge the student's personality so it will become flexible, permeable, and open. This is a very tricky and a tiring process because it is about encountering oneself and getting to know one's inner resistances. Often, when we do things on our own, we tend to avoid dealing with our own resistances and just do what »feels« right. We keep moving within our own patterns and our own reality. When it comes to spirituality, women tend to dream and fantasize it. The work of a spiritual training is to help the seeker move the meditation from a dream state into reality in the here and now.

For this we need to deal with all our resistances, to dissolve the patterns of dissociation, and to learn all the tricks the ego plays to prevent the unfolding of this profound healing.

Every Mystery School and mystic has their own way of helping their students or disciples to become sensitized to their egos. For this, you are taught, challenged, provoked, and confused to get out of your personality structure and open up to another reality. You also learn to build a bridge, which connects you with the spiritual world. Therefore, you will get in touch with your spiritual self and the psychic world by yourself. Meditation and spiritual practice are the main methods for all this.

You need to learn this skill from somebody who already has built that bridge himself or herself and has not just picked up the information from a YouTube video. In this case, it does not matter if it is a woman or a man. There are people around who can do that who often are not really teachers. They are more on the mystical path and they know that, but they can meditate on the right level and help you to get settled on that higher level. All they do is just sit silently and meditate with people: this is called Satsang. Of course this does not replace a proper spiritual training, but it is helpful to avoid getting stuck and to become familiar with the other planes. However, the willingness to recognize the ego's games needs to be there as well as your willingness to let go. One thing is for sure: your personality will always revolt and will prevent your spiritual growth by any means possible. It is one of the big tests to recognize this mechanism repeatedly, not to give in, to stop, or even to end your spiritual journey. Keep checking whether your meditation is really working or if it is just an idea or a memory. Meditation opens the gate to a higher level but the real test is in life itself, to allow your spiritual self to take the lead.

My job is to prepare people for their spiritual journey. This can be difficult. Women especially are so used to being treated as clients and being entertained, pampered, and handled with velvet gloves to be kept in a good mood. That's how you treat your costumers, so they will come again to take your service. People are so used to this hypocritical approach that they do not want to accept anything else. But a Mystery School is not a catch basin for needy, depleted women. Unless a woman has really healed her femininity, she usually is not really fit for a Mystery-Training. A Mystery-Training challenges you to move out from the well-known comfort zone of your personality and prepares you to take on a higher responsibility. A Mystery-Training shakes you up and opens your eyes, even when you then see things you do not really like and that may shock you. Your Mystery-Training will teach you to deal with reality in a healing way.

Because this is all new to women, only a few have access to the new divine Femininity even though many women are interested in spirituality. I hope that more will have the strength to break out of their spiritual dream and the power to liberate their spirituality. Dreaming spirituality is one of the tricky ways of resisting reality and preventing spiritual growth. But the personality is such a skilled trickster that, if you are not really alert, it will fool and mislead you. Don't be afraid to question your reality and your beliefs. Doing so is healthy and needs to be done. Keep in mind that everything could be totally different from what you think. The truth is always hidden so keep on searching and seeking. Moreover, enjoy the ride.

Egos are looking for Empowerment

I would like to point out another trap you could easily fall into. As I explained earlier, it has become very fashionable to work with all kinds of energies. Egos love it. With cosmic energies, sexual force, and the magnetic force, for example, it is possible to empower one's personality, to appear powerful and charismatic, shining and glowing. That is why energy work is so popular. I was trained in inner Qigong for many years. I was very attracted to the Tao, mainly because of Osho's beautiful talks on Taoism. After his death, I felt the urge to learn more about it and started my Taoist training, which focused on energy work. The longer I worked on this level, the more difficult it became for me to enter meditation. What puzzled me was that energy work was a spiritual practice for all the people I met within the Taoist community. But for me it was definitely not so, and it became clear to me that these skills had nothing to do with spirituality. However, I was all alone with this perception. Therefore, I had to listen to my inner voice and continue with my spiritual search. From those years I took some very important insights and experiences and I gained some useful tools for my healing work.

Looking deeper at this was an important issue for me at that time. I could see that most people had not developed the skill of distinguishing and for them energy work seemed spiritual. As we know, on our planet Earth there are people gathered who are all in different stages of their development. So this is their reality and I need to accept that. As we know, reality looks different from each level. Trying to convince somebody to look at life from a different point of view does not work because the ego is so convinced of its own way of looking at things. We are all where we are. There is no need to be a missionary. No

matter how hard you try, people will not understand you as long as they are operating on a different level.

People who have developed their emotional body and are connected with their spiritual self will look and experience life in a very different way from a person who is just rooted in the personality. They see and hear different things. As students of the Mysteries, we know that a high energy level is not proof of being spiritual and we definitely need to avoid falling into that trap.

The more you purify and refine your energy to build up your higher unseen bodies, the more sensitive, transparent, and unspectacular you will appear to others.

You will not be seen as a highly energetic, sexually charged, charismatic being, as we often see in people who are stuck in their ego and in their first chakra. Very often we can see this ego-power condition in people with personality disorders – like psychopaths, narcissists, and sociopaths who manipulate and pressure people with their charismatic, empowered ego. Of course, not all charismatic people are like this, but it is good to keep it in mind.

The fact is that physical exercises, sexual yoga, energy work, money, and any kind of power positions have a deep, empowering impact on personalities. For many women, especially beginners, at first it looks much more convincing and easier to empower the ego than to heal and nurture the wounds in their insecure emotional body. But it only appears to be this way. It is not really easier, just a bit different.

Women today strive to empower their personality. This is what's being promoted all over, this is what they see everywhere and is what they think they need to achieve as well, because this is all they know. They take male-wired women as their role models. That's why women are so hooked on activities that strengthen their male energies and their personalities. There are so many women now who are interested in spirituality, because it is *en vogue*. They read books and go to seminars, but when it comes to spirituality, they are not really interested in actually meditating or practicing or in getting to know themselves. They tend to hop from one spiritual event and teacher to another, as long as their egos are not questioned. That's how women are influenced and brainwashed not to unfold their real powers and psychic abilities. That's why it is so important that you awaken the spiritual rebel in you who wants more and wants to grow out of all these limitations.

We need to become aware of these ego traps. Our challenge is to unmask the ego, not to strengthen it. If you dedicate your life to the Mysteries and you want to get a spiritual training, then your ego will be challenged. Sooner or

later, it has to give in and subordinate itself to the spiritual self, who is the real leader. We all need to learn to allow that to happen.

If the ego takes on the lead, it will dress you up to be so incredibly feminine, to look so spiritual and so nice – but you will not be relaxed or authentic because the ego is on constant alert to being uncovered. Everything that could possibly expose the ego will be avoided, condemned, or put down. Then the ego becomes like a sword, cutting everyone or everything that could question it into pieces.

The fact is that you are only able to see your personality with its activities and patterns from a different perspective. The personality cannot see itself. If you want to have a look at your house, you need to step outside to be able to see it. By looking out the window, you cannot see it. To gain a different perspective from which to see your ego, you need to build up your spiritual body. Then you will be able to look at it from a different perspective. But the ego is so cunning: it will present all sorts of ego concepts to you. It will analyze your personality patterns with the mind to give you the impression that it is so spiritual and that you do not need to go on searching or meditating, because you are already there. This is a dead-end road.

This is the major problem that must be solved. Because we have so much knowledge and there are so many books, seminars, and videos on femininity, women now think they know it all already. Of course, the idea has spread and entered our mind, but this is just the first ignition. After that spark has ignited, the work starts and it is up to you now to make it your reality.

Psychology of Emotionally Hurt Women

Down through the ages women have been repressed, raped, sold, tortured emotionally and physically, abused, killed, and even burned alive. These horrible experiences are deeply engraved in the collective. Until now all those nightmares have not been healed or neutralized, but have been continuously enhanced. Dealing with this horrifying feminine reality is not easy. Each woman has developed an individual survival strategy to deal with it and to avoid that painful zone. Entering the Femininity mode is a very big step, which must be done carefully. Don't underestimate our feminine history.

Deliberately creating dissociations in people and children are most horrible methods to make them compliant and to abuse them. Such cruelties and crimes are more widespread than one would think.

There are more and more survivors who can remember the tortures done to them and go public with their experiences. With this book we hope to encourage many more to do so, to let the world know, what is really happening here on this planet. The feminine self-healing is supporting survivors to empower themselves and to heal their trauma and dissociations.

You need to understand all this, so you will know why it is important to build up your healing step by step. At this point all the details I emphasize here may seem unnecessary and exaggerated to you, but they will play an important part later on in your spiritual liberation and evolution. You must avoid activating and strengthening the wrong parts in you or the wounds will hide in an even deeper layer of your unconsciousness. It is always the unconscious part in you that docks onto the already unconscious personality complex, with all its patterns of dissociation. When this happens, the personality will again be the winner and it will fight with all it has to prevent you from getting in touch with the inner worlds.

Dissociative patterns will be reinforced if you keep ignoring them. Even when you are cut off from your repressed unconscious emotions, they can grow strong inside of you. Even without your focus and control they are able to take the lead and overrule you. That's what it means to be unconscious. You can see this in moments of drop-outs, when you are stressed, distracted, and unable to concentrate.

Suddenly you may realize that you are driven by something that you cannot influence, or that you are suddenly cut off from your feelings. Sexuality often is driven by such unconscious energies. Detecting and dissolving our varied patterns of dissociation is a major priority in feminine healing. Also femininity is one of the major aspects that women avoid being in contact with. That's why we need to be alert and really learn how to distinguish.

Those patterns of dissociation can be quite severe. They are also symptoms of child abuse. Later in life, former victims do things they are not aware of. I know a man who was severely abused and neglected as a child. Whenever he is confronted with something unpleasant, a switch snaps in him and he behaves very strangely. Afterward he has no recollection of what had happened or what he had said. To a certain degree, we all have those patterns and unsolved emotions within. Those emotions can be triggered any time. It is like living with a bombshell inside, which can explode any moment. All women carry such bombs – some smaller, some larger – because we all carry that collective wound in our womb. When they are cut off from their undigested emotions,

people often do not realize that they are led by their fear; this makes them at risk of being manipulated

Liberating your femininity is the greatest luxury you can have today. It gives you the inner strength to be authentic and natural and to allow life to seduce and inspire you. As a natural woman, you can let go and give up your control. You can take off the mask and just be yourself because you know anytime you can center yourself and therefore you will not get lost anywhere.

Egos and Success

Success, no matter what kind, is always a confirmation for the ego, which makes it believe that it did something right and, therefore, that it is right. This applies to good sex, popularity, making money, having a successful job, and so on. If you are successful at being dishonest, this is a strategy that works, and that's what counts because success is the measurement of the ego. Probably many of you wonder why so many people lie, especially in politics and business. The thing is, often they get away with it and, because so many have chosen that road, they need to cover each other.

When a pedophile wants good sex, using a child to reach this goal represents a success for him; he does not care about the child. Cheating to get money is a financial success for the ego, so for that particular personality cheating is OK. The personality makes its own rules. Let's look at people in power – they live according to their own rules but they are not up front about it. They cheat and twist reality to deceive others. Deceiving and tricking others has become a very popular sport. Our whole society and our religions are built up this way. But most people are so blinded that they cannot see that yet.

That is the danger of empowering the ego. It easily gets out of control, especially when its strategies are successful. That's why it is so important to stick to your meditation, not just when things go wrong. This gives your personality a higher alignment so it receives guidance and some protection from itself.

As soon as somebody becomes successful, the ego is proud and happy and has the impression that it is super great. It loves to rest in that wonderful memory of success. Women are not immune to that. Nowadays for many women financial success and a career are the proof that they are doing everything »right.« They

have forgotten all their ethical and spiritual values. Because their chosen road on the survival level works, the ego takes this as confirmation and praise; this gives them the impression they are very special. Of course, for a hurt woman the solution is to get out of the old powerlessness, helplessness, and impotence. All your coaches and therapists will support your personality in moving in this direction. But is this really where you want to go?

For many women who are not interested in feminine liberation and spirituality, their path will bring them into a dead-end road. Remaining disconnected from their femininity often leads them into burnout, especially when they enter menopause. Their male lifestyle burned off their feelings and their physical female essence. Being depressed and feeling empty, they desperately seek a fast remedy to recover and to return to their old lifestyle as soon as possible. Often at this stage they contact me because they are suddenly interested in femininity and spirituality. That's why I keep saying this is a Mystery School and not a catch basin for depleted women. Many women who are not interested in spirituality work with my books to build up their yin and that seems to work very well. A Mystery School is not the place to go just to get physically strong again. It is more suitable than going to a wellness parlor or to a Caribbean love island for a while. This work is addressed to spiritual rebels who want to go deeper, who want to truly liberate themselves to give birth to a new femininity.

FEMININE WISDOM

*Feminine spirituality is never professional;
rather it is individual, original, and authentic.*

WHO AM I?

- Think about all the masks you can put on and all the roles you can play well. Make your list and meditate on each mask, just for the fun of it.
- What is your favorite role? Are there other roles you like equally?
- What role do you play best?
- Is there a role you do not like to play?

Traditional Spiritual Learning

If we look closely at the different traditional Mystery Schools and spiritual trainings, we can see certain parallels. Students need to submit to a structure and hierarchy to be admitted as a disciple to receive the teaching. This is still the case in monasteries, ashrams, and in spiritual brotherhoods as well as in martial arts and other facilities. For a spiritual training a student needs the right attitude of devotion and respect for the school and the teaching. Not all people qualify for this. If people are not really ready, it can be very unhealthy, but a good teacher can see that. We have so many women who want to be trained, but they have not a clue what a commitment to the teaching is. Of course our schools also need to be renewed and set up in a natural way. That's what we are doing. The best preparation is to learn the feminine healing really well, to be physically and emotionally fit for your spiritual liberation.

A disciple needs to be open and humble to be able to receive the teaching to balance the strong powers, which are released during a spiritual training. That's why women need to heal themselves first. In a wounded and dissociated state, the personality does not allow the teaching. We can see this in our school. For women who have not taken their time to really heal themselves, it is difficult to follow a certain structure. They argue about training methods and are incapable of even doing their daily meditation. That's why women need to be prepared well for their inner journey if they are to succeed.

Most occult teachings are protected and are kept secret, not just to protect the tradition and the teaching, but mostly to protect people from themselves. Egos think they know it all and that of course they are smart enough to understand all the occult wisdom without being trained, just because they read a book or watched some YouTube videos. I have come across so many self-made teachers. From their attitude, most are not the kind of people who would be admitted to a Mystery School or would undergo a training, because they think they already know better. A Mystery-Training is for seekers who want to learn and to explore life. It is never about commercial or personal gain. You will be trained to be able to serve and take on your given task.

It is very easy to open up somebody's energy channels, to bring them into contact with supernatural forces to make them a super healer – as long as they pay. It is much harder to teach humans to meditate and to recognize their ego, to enable them to deal responsibly and to heal with supernatural powers in the way that naturally unfolds during a real Mystery-Training.

It does not make sense to open up somebody's channel before they are

well prepared. Traditionally it takes a long time for a student to be proven for a higher transfer of power, just as it does in a profession. Realistically, it requires ten to fifteen years. Most of these initiations and energy transfers take place when the student does not want them anymore, because he has found something within that is deeply satisfying and rewarding. This is how spiritual training works in every tradition, even today.

To transfer magical and paranormal powers to others is a huge responsibility. True spiritual initiations can never be bought. If the time is right for you, the unseen world will know and will make sure that you get a true initiation. In our school, even though I am in charge, I don't decide who will be initiated. I will just perform the ritual and act as a medium.

Usually, the first initiation is like a gift. For the second initiation, the initiate has to work hard, to prove that he deserves it and this goes on and on. Then you will be authorized to take your part in the great work. For this again you need to be well prepared. Mystery Teachers are just here to give you a good start and the training to prepare you well, so you will be able to communicate with the true masters from the inner levels. From them you will get your real spiritual teaching.

Your Travel Arrangements

I assume by now you have gained an understanding of what makes the Feminine way of healing, rewarding and necessary. Now in this chapter we will look more in detail at the preparation you need for your inner expedition to be successful, safe, and joyful. With all the time you have spent reading this book, your Feminine journey has already begun. As you already know, I do not want to block your journey by giving you ready-made answers or instructions for you to follow blindly. My intention is rather to give you a deeper insight into the Feminine world so that you get a taste of a new femininity. With the guidelines given here, you should be able to tune in and translate the Feminine into your own life.

Start Your Feminine Healing

Feminine healing happens in a state of being, in a state of non-doing, while you are rooted in your »Femininity mode.« Feminine healing happens by consciously applying and integrating the Feminine principles in your everyday life.

These are important characteristics of Feminine healing:

- ♥ Feminine healing always happens in a meditative state of joy.
- ♥ Feminine healing happens in deep relaxation.
- ♥ Feminine healing happens by integration, not by stimulation.
- ♥ Feminine healing is a very intimate, inner affair.
- ♥ Feminine healing requires a state of being centered and rooted.
- ♥ Feminine healing is soft and unspectacular.
- ♥ Feminine healing always feels good.
- ♥ Feminine healing is sexy and sensual.
- ♥ Feminine healing is a deep state of being.
- ♥ Feminine healing always happens with a good feeling and never through analysis or visualization.
- ♥ Feminine healing is imbedded in your body and your feelings.
- ♥ Feminine healing needs to be allowed, not manufactured.
- ♥ Feminine healing is a state of openness.
- ♥ Feminine healing grows naturally – it should not be forced or manipulated.
- ♥ Feminine healing happens in a place where neither words nor thoughts have access.

- ♥ Feminine healing is always aligned to the highest truth.
- ♥ Feminine healing needs a spiritual home.
- ♥ Feminine healing nourishes and heals your emotional body.
- ♥ Feminine healing is divine magic.

To be able to influence your Femininity, you need to be rooted in it. That means to be consciously connected and to truly feel and experience the healing. Feminine healing can always be felt and it feels good. But at first it does not feel good and comfortable; this is normal and why healing is needed. Stay with the unpleasant feeling and heal it, until it feels good and right. While healing, be aware not to cut off and disconnect from the bad feeling and be careful that you do not change your mode. Stay centered and rooted in your emotional body.

WHO AM I?

- Have you ever experienced Feminine healing?
- Why do you want to heal and liberate your Femininity?
- Are you in contact with your emotional wounds?
- What could possibly change for you by deepening your Feminine healing? List at least five points.
- What does healing your Femininity mean to you?
- What can you do in your daily life to support your Feminine healing?

Some of the Many Advantages of Feminine Healing

- ♥ Feminine healing supports your natural spiritual growth.
- ♥ Feminine healing enables you to become a happy, independent woman.
- ♥ Feminine healing brings out the natural and authentic woman in you.
- ♥ You will get in touch with your FEMININE WISDOM and the Feminine source of power.
- ♥ By healing your Femininity, you will liberate yourself from your old bonds.
- ♥ Feminine healing liberates and nourishes your sexuality.
- ♥ When your Femininity is healed, sex is much more joyful and fulfilling.
- ♥ Feminine healing helps you to free yourself from hypocrisy and to experience an authentic spirituality.

- ♥ Our world needs Feminine healing. If you do not heal your Femininity, who else will do it?
- ♥ Feminine healing gives you permission to be yourself; this is so relaxing and liberating.
- ♥ Feminine healing just feels very, very good.
- ♥ Feminine healing is needed to counteract those male forces, which at present worldwide are completely out of control and are disconnected from spiritual qualities like truthfulness, empathy, openness and wisdom.

Check Your Motivation

Check your motives. Why do you want to heal and liberate yourself? Your motivation is the motor for your healing, the inner drive for your spiritual path. Your motives are like the seed that you sow. They grow and prosper inside until one day you can harvest the results. Superficially it seems a lot of people do similar things, but their motivations can vary and so will the results. Unconscious motives have a huge amount of power and a deep impact on your inner journey. It is best to keep checking your motives to be clear about what moves you. Once in a while your motives may get blurry and weak, but this is normal. Then take the time to clear and strengthen them again and reinforce your reset.

There is a difference between training your body to become thin and sporty or preparing your body for your spiritual journey. There is a difference between working hard to gain a lot of money or to do a job for its ethical values. There is a difference between getting in touch with your feelings to analyze them or to heal and integrate them. There is a difference between wanting to heal yourself so that your man will not run away from you and wanting to heal yourself to be able to follow the spiritual path. There is a difference between choosing to be with someone because of love and choosing them because you can't be alone. Feminine growth needs a stable motivation. Your motives all dictate different areas of your life. Take your time to check out what drives and moves you.

Set Your Focus

Life on this planet offers endless possibilities for learning and growing. I highly recommend that you take this opportunity, which may be a unique chance. This exact situation, which is presented to you now, will never come again.

What is your alignment? Where is your main focus? Wherever your energy flows, that's the direction in which your life will move. This is a major question that we need to ask ourselves again and again. Reflect on it. What is your priority? If you want to liberate your spirituality, you need to align yourself with that goal – not just spend a few minutes each day during your meditation. Spiritually align your entire life with that goal. Less won't do! Look at the trees and observe how they are all aligned with the sun; they keep growing toward the sun. We are all meant to grow toward the light, but our lifestyle has taken a different direction. Spirituality is no longer number one in our lives. We have forgotten where we have come from and where we are going; this makes our lives unnecessarily complicated.

Feminine healing requires a constant spiritual alignment to naturally evolve into a new divine Femininity. Many women align their lives toward their children, their partners, the latest gossip, and their problems. Often I hear women say: »I want to find other women to be with and heal myself. I want to be in a women's circle to meditate.« Spiritual rebels are needed who have the courage to let the divine rule their lives and who no longer depend or focus on others, but are ready to move on their own. Meditation is not a group activity; just trotting along and being part of a meditating group will not automatically expand your consciousness. But if you get up in the morning and recognize your resistance to meditation, if you open your heart and welcome your day then suddenly the desire to meditate overtakes you and fills you with joy. These moments do not just make your day; they have a deep impact on your spiritual growth because you were able to initiate an opening and alter your state of consciousness.

Our life on this wonderful planet offers endless possibilities to learn. So, let's take that great chance. Especially for us women, at least in the Western world, we now have so much freedom to choose. Let's make sure it stays this way. We can make so many new experiences. We do not know how long this will last. We are facing a very chaotic time and we do not know where this will lead. So many different people, who are in different states of evolution and different states of consciousness, are romping about this planet, some with a purpose and some without. The destructive, negative, and perverted ways in which many people live their sexuality have brought darkness and destructiveness to our planet where it has spread like a wildfire. This needs to be stopped. Water has the power to control those destructive forces. That's why we need so much to liberate our female spirituality, to be able to move out of this dark time of deception and destruction into something new.

It is not always easy to recognize people's motives. It is very common for material-oriented people to wear spiritual holy masks as a business strategy and to pretend to be generous philanthropists. Especially among religious leader this is very common. The Vatican is a good example. The Vatican bank is one of the largest banks and the priests, bishops, and popes are very smart businessmen. The Vatican is run by its own laws and, when it comes to money, they have the freedom to do what they want. It is said that they are one of the biggest money laundering operations. It is an open secret that they work with the mafia and are involved in affairs that are illegal in countries outside of the Vatican. It is very suspicious that so many of their members are pedophiles and that the Vatican shows no interest in punishing those predators or really trying to solve that problem. These are not conspiracy theories but well-known and proven facts. Despite all this, so many women all over the world still support that criminal institution.

Priests speak beautiful words of wisdom and behave in a formal, spiritual, and holy manner so that hardly anyone notices their true motives often are to run after money, power, and sex. People do that and they love to deceive others because it makes them feel strong. That's why you find hypocrisy and manipulation in all areas of our lives. It is good not to be naive but to learn to read people. You do not have to worry about the motivation of others. Keep focusing on your own motives and know your intentions. Your priority on the spiritual path is to realize your own motives and to align your goals and values with the highest. Your spiritual alignment is like a compass that will show you the way. Of course, if you only meditate once in a while when you are stressed, or when you feel lonely or want to improve your life, it will not work. You need to align your whole being toward that goal. It may not immediately show you the way, but over time it will clearly make a difference and it will show you your way home.

What you have sowed inside yourself will grow, whether you like it or not. If you do not consciously declare and plant the goals, values, and ideas you want to grow inside of you, your unconsciousness and or ideas from others will grow instead.

Just look at nature! If you plant a carrot seed, it will never turn into an apple tree. You cannot change your carrot into an apple, just because you are not in the mood for carrots anymore. You can only start all over again, pulling up the carrots and planting something new. Then care for your apple seed, keeping it moist and protected. When it has sprouted, you can plant it in the earth. With

a little luck, it will survive and in a few years you can harvest your own apples. It is a beautiful symbolic act to plant a seed and to nurture it and watch it grow until you have your own tree. Just be realistic about how much time it takes to harvest a ripe fruit.

That's why your intention matters so much. If you are on a spiritual path, wanting to explore and get to know yourself, of course you will have different experiences in your meditation from those of a woman who practices yoga to have a young and flexible body that looks good for sex. If you are insecure and uptight during meditation and you are trying to do everything correctly, this will manifest as a motive. It is always interesting to see why women come to my seminars. Some are spiritual seekers and some hope for financial and professional success. Others just want to spend time with other women and still others want to spice up their relationship, or to experience something new. Your motivation needs to be clear and strengthened.

WHO AM I?

- Do you really want to liberate your Femininity?
- What are your motivations in looking for new possibilities for dealing with your Femininity? List at least four.
- Check your motives for healing your Femininity. How strong are they?
- Do you have the feeling that you are able to heal and evolve your Femininity?
- Are you allowed to heal and evolve your Femininity? Often on a deeper level there are some prohibitions installed, which need to be cleared.

It is possible that your true motivation is weak, blurry, or even buried so that you do not really feel it. Women have been punished and tortured for going their own way and for not following the mainstream. So to find your motivation to be free, you may need to dig a bit deeper to really find it and dig it out.

Take your time to free and empower your motives to make them really strong. Out of habit, your personality will probably revolt and will show off with some arguments to avoid going deeper. Here are some samples of how your personality may try to prevent you from going deeper.

- ♥ Oh, there are more interesting subjects than this.
- ♥ I do not have time for this.
- ♥ I already know this.
- ♥ I do not have problems with my femininity.

- ♥ I am already on the right path.
- ♥ She exaggerates exorbitantly.
- ♥ This is really getting boring!

Goals Make Your Way

Goals, just like motives, are important ingredients on the Feminine journey. Setting conscious short-term and long-term goals enables you to let yourself be guided by life. One of my seminars is on female independence. In most women, the striving for freedom needs to be liberated first. Many women avoid this subject when their feelings are involved; that means they are in the Femininity mode. As long as they do inner work within the masculine patterns, they are fine with it; this is just not very effective. They also do not like to work with goals, which they associate with the male way of discipline and control. But on the Feminine path goals serve a different purpose, one that has nothing to do with controlling.

Setting goals does not mean to chase after them in a dogged and tense manner. You must set your goals clearly and with determination, rooting them deeply in your being. Then you can let go and surrender to the natural flow of life. If you set your goals consciously, they will function as a guide. You can stay relaxed and trust that the river of life will show you the right way to your destiny. A constant need to control and manipulate your life, to keep from getting lost or carried away into something you don't feel is right for you, is very tiring. It prevents you from allowing life to surprise you.

Without setting your spiritual goals you are likely to end up just somewhere and doing anything – but not necessarily moving toward healing and a new liberated femininity. Many women end up having children and a family, not by their choice but just because it kind of happens. On the spiritual path things do not usually happen in the way you think they should, nor do they manifest instantly.

Neither your sexual liberation, Feminine healing, nor spiritual growth happen just like that. You need to put your mind to it and set your goals with an open and joyful heart to make it happen.

Be Healthy

Health and Feminine well-being are not incomprehensible secrets. Health only has one disadvantage: it is not as lucrative as illness. Never forget that our society is money-oriented. Health will only be promoted if it is profitable. Mostly health is just the flagship and not the goal. Besides you, no one has a true interest in your health. They just want your money. I know this sounds harsh because all those doctors and therapists are so nice and helpful. Today it is highly recommended that you take responsibility for your own health and do not give your power away. The coronavirus is a big wake-up call.

That doesn't mean that you shouldn't ask for help when it is needed. It means you should never act against your feelings, even though something is recommended to you personally by a professional or a chief physician or a scientist in a powerful position.

Back to coronavirus. All my professional life and in my private life I have explored natural methods of healing to discover the mysteries of life. Before I started my training to become a nurse, I did an internship in a beautiful anthroposophical institution inspired by the great Rudolf Steiner. It was a small village, where handicapped people and their caretakers all lived together in tune with nature and universal laws. At that time in most areas of Switzerland natural doctors were not allowed to practice officially, so natural healing methods were not as well-known as they are today. The time I spent there was very precious to me. I learned that there are other ways than just following the mainstream medicine promoted by the big pharmaceutical industry. I knew there were people out there who had a deeper understanding of health, an understanding rooted in a holistic view, and who considered humans to be highly sensitive spiritual beings. This helped me to survive working in regular hospitals. Actually, I learned so much during all those years I worked in traditional institutions.

I saw how our health system works and I never got used to it. Still today that one-sided, money-oriented approach is shocking to me. I felt this cannot be right, to just give people pills and operate on them. Human health is much more complex than that. As a young woman I was convinced there were other ways of dealing with physical and psychological problems. But this required looking at humans from a different perspective. Back then I swore to myself

that I would invest my life searching for other ways that would actually make us healthier and stronger and would help us to stay away from doctors. That was fifty years ago and, this is what I have been doing ever since: exploring health, healing, and consciousness in any possible way. Over the years, I was able to experience so much healing and ecstasy in my meditation and had so many insights that enabled me to create this new approach to Feminine self-healing, which I have been sharing with others for many, many years.

Of course, I have a different approach to healing and health from that of politicians, world leaders, and popes. I can draw from so many rewarding mystical, sexual, and healing experiences that I gained over all those years. Getting to know myself and liberating myself from so many imprints and conditionings and healing my emotions and my sexuality has been so rewarding.

If I could choose one thing to change on this planet, I would not allow a business to be made out of sickness, health, or spirituality in any way. I would want the entire health sector to be run by spiritually trained people and not by businesspeople. This is one part of my vision of a female reset.

FEMININE WISDOM

Sharpen the sensitive perception for your body. Stay connected and feel your body, no matter where you are and what you do.

You Need to Protect Your Body

Your body should be your temple, the place where joy, meditation, and spirituality can grow and manifest. To transform your body into a temple, it needs to be purified, honored, nourished, and well protected. If the doors of a temple are open, the hidden treasures inside need to be protected or the sanctuary could be damaged or smudged. There is also a danger that your treasures will be stolen and sold. In the worst case, your temple could be taken over by an intruder. This can happen when a chemical experiment is imposed on people by introducing a toxic substance into their bodies under emotional blackmail. It can also happen by sexual and physical abuse.

Learn to rest joyfully in your temple and to protect and nourish it by your presence and your love. You are responsible for flooding your inner self with light, sensuality, and stillness, so you feel at home and are able to regenerate in this healing atmosphere. This can happen independently of outer circum-

stances. The more you feel at home in yourself, the easier it will be to meditate and to access silence. Silence is not the end of the journey but an essential requirement for the Feminine spiritual path. Only in deepest silence will all the wisdom, which is concealed in your Femininity, be revealed.

UNIVERSAL WISDOM

Learn more and more to be silent, to be stiller and stiller. Enjoy silence and stillness. These are the main preparations to receive the highest guest. When you are in deepest silence you are able to receive the divine.

— Osho

Healing Miracles

From all the miracles, big and small, that I have experienced through spiritual healing, I know that much more is possible than we think. The strong healing powers provided by the universe are neglected and suppressed by our dark, material-oriented society and by the greedy, unscrupulous pharmaceutical industries. Right now, while I am writing this English version, we are in the midst of a global lockdown. The way this matter has been handled shows clearly that it is not about our health, but it is all about money, profit, and emotional blackmail. If you are concerned about people's health you make sure that they live a healthy and happy life. There are so many natural ways to improve one's health and to make sure viruses and other germs don't take over in our bodies. You will find more on that on our website.

I am not fundamentally against modern medicine. If used to complement a holistic approach, it can be very helpful. But the wheeling and dealing of the Big Pharma corporations is totally out of control. This is a reason to be really concerned. Too many people earn too much money from the sickness and problems of others. This is why they even create problems and diseases, so they can sell the cures as is often seen in psychotherapy. Therapists are trained to make a big issue and traumatic drama out of a very common incident in a person's life. They often use a manipulative questioning technique to get information out of patients. This is their business, because insurance only pays therapists if their reports and the medical history of their therapy sessions prove that the therapy is justified. That's why therapists and doctors

are so nice to you: you are their income. To really prove to the insurance company that you are ill and that therapy is needed, they prescribe pills. For insurance companies, this is the ultimate proof. Psychopharmaceutic is one of the fastest growing branches of the pharmaceutical industry. By now vaccinations have probably overtaken, but this is just my guess. By taking all those pills and vaccines, people are becoming effeminate. Their immune systems become weak, helpless, and confused so that they can no longer cope with common life situations. That's why we need to fight for our natural health and well-being. Nature and its healing powers are being replaced by artificial and gene-manipulated products and therapies, which do not really help solve problems but create more problems. Alternative medicine is devalued by fake news or even forbidden.

Just a few weeks I was contacted by an Indian whom I met twenty-five years ago in India. He is a skilled Ayurveda therapist and wanted my opinion. He was puzzled because he does not believe in chemical treatments. Then he said that there are such good natural remedies in Ayurveda medicine, but now the government forbids their use. But, he said, I am taking them anyway.

Many alternative healing methods, which actually are very effective, are made to look ridiculous or fake news is spread about them. We should be thankful that nature offers us its healing power. Nature is on our side. But politicians and powerful business people have definitely turned their backs on nature and its power of healing.

The Art of True Healing

Since the beginning of time – in ancient Egypt, Babylon, India, and China – healing powers were respected as being divine. Healing powers came from the gods and were transferred to chosen channels – like priests and priestesses who dedicated their lives to temple work – and to medicine men and women to heal the sick. Only chosen ones who had a noble character or were from a certain blood line were trained and initiated into the true art and acts of healing.

Today we live in a »do it yourself« time. In the field of healing there is so much bluffing, tinkering, and wild mixing of anything that might sell. Constantly there are new feminine and male gurus, healers, teachers, and life coaches popping up – with equal consequences. Performing the art of healing is hardly seen as a divine act or a service to humanity; rather it is used to fulfill the practitioner's personal interests and goals.

The beauty of living today is that we can break out of old structures and are allowed to experiment and define ourselves in completely new ways. I hope it will stay this way. We should definitely do this; it is such an opportunity. If we are doing this from a deep inner search for self-knowledge and real spiritual longing, nothing can really go wrong. As long as you stand up for your values and you refuse to sell your soul, life itself will protect you and support you.

The present times require that you follow your own instinct and don't give up your responsibility, especially when it comes to your health. Please don't become infected and made to feel insecure by all the manipulations and subtle, toxic, brainwashing propaganda, which is going on in the field of health. (You will see: next they will blackmail you with your children's health.) Remember, for so many people here on this planet it is all about their ego power, money, and sex. They do not care about you or others and they do not care about Mother Earth. They just want to get the most profit out of it. But there are also people like us and we need to support each other on this path.

It is so rewarding to become familiar with your body and your emotions and to understand your body's language and its needs. Learn the art of holistic Feminine self-healing well; that will get you safely through the troubled waters. It is best to learn while you are well, so when problems and sicknesses should arise, you will be well prepared. In an earlier chapter about the body, you had some suggestions for healing your body. My first book, »The Tao of Woman,« gives you a more practical introduction into holistic Feminine self-healing.

We need to get to the bottom of a sick or weakened body. If possible, the causes need to be removed. This serves not only your own well-being, but also your spiritual evolvment. All inner work, especially spiritual processes and growth steps, need physical power. Physically weak and burned-out women first need to gain back their strength before they can do anything. Only when the feminine body is strong and nourished can it start to make sense of focusing on emotional or sexual healing and spiritual liberation. Many feminine problems occur from chronic stress, bad eating habits, being negative, too little sleep and relaxation, and from being disconnected from our incredible female nature.

WHO AM I?

- What makes you sick? List at least ten points.
- How do you react to stress?
- How do you react to too little sleep?
- What do you do to stay healthy?

- In addition to that, what do you do for your good?
- What hinders you from taking good care of yourself?

Understand the Language of Your Body

A woman needs to know how to harmonize her body and her emotions. Before you get ill, the body sends out signals. If you recognize them, you are able to remove the cause before real symptoms manifest. For example, nervousness, restlessness, or heart palpitations may be showing you that your body is overheated and you do not have enough feminine substance, like blood, in your body. Cravings for certain food can show you a disharmony in a particular organ. There are lots of these interrelationships that you can explore for yourself. In Chinese medicine, for example, body signals are a very important tool for diagnosis. You will find the most common body signals listed in my book »The Tao of Woman.« It is essential for you to get to know the language of your blood. The way you are bleeding from your womb gives you detailed information about the state of your body.

WHO AM I?

- Do you know the signals of your body? List at least ten you have noticed and experienced.

Basics of Feminine Self-Healing

Self-healing means taking on the responsibility for your own health, developing certain healing skills and tools, and acquiring a deeper understanding of the universal laws and your feminine nature. The feminine part of the healing is synchronizing it with the Feminine principles.

This is all easy and learnable. You just need the deep longing to be healed and to liberate yourself. You need to put your mind to it and to take the time to actually do it. Building up your body and blood will help.

FEMININE WISDOM

To learn Feminine-self-healing is empowering yourself.

Feminine self-healing is powerful and effective because you can move along in your own rhythm, working on the issues you feel are needed, and applying it anywhere you are. You do not need anyone else holding your hand and telling you what to do and how to do it.

The feminine healing process is never other-directed nor is it performed as a group activity. It is very inner, very subtle, and a very private affair. For it to happen, it is essential that you create your inner healing space. You can rescue yourself from your old feminine helplessness easily and naturally. If someone else guides you, you never need to tap into your own inner strength. Seminars should only help you get started by teaching you to develop your own healing tools and skills so you will know how to go about it. But the transformation is all yours. You will be so rewarded for your input and the time you invested. Then it is your success and nobody else shall get the credit for it except the divine. This is the most important part of feminine self-healing. For many women, it is unfamiliar to meditate alone or to heal themselves. So just do it and get used to it. Women are more accustomed to participating and talking about things elaborately, to having somebody at their side to hold hands and give hugs. This is why few women have access to their Feminine power sources or find the entrance to the spiritual world. It is time to change that. Liberating yourself from personal and collective dependencies requires the individual steps of a single woman – *A WOMAN LIKE YOU!*

Feminine Roots and Centering

To be able to heal your femininity, you need to be rooted in your Femininity – not just for a few minutes but all day long. This big secret of Feminine healing needs to be internalized. But it is also the most difficult thing to really understand, because it is so natural and easy. Many women think they know, because they have heard or read it, but actually integrating and implementing this wisdom into your own life is a totally different story. For women, this can be a huge challenge because letting the Feminine really rule your life will make you question all your life concepts and will put everything upside down. To deeply root yourself in your Femininity is a profound process, which requires questioning your own mind, your ideas, and your belief system – in fact, your whole personality. From working with women for more than forty years, I have observed that they commonly skip this most essential part of Feminine healing. They will do anything else except synchronize their bodies and their lives

with the female principles. Please check again and don't let your personality deceive you.

At first, aligning your life with the Feminine will confuse you, but eventually that reset will transform your whole being. It all starts by nourishing your Femininity and then learning to deeply root yourself – including your emotional body – consciously in your femininity. When this has happened, your female journey can start. Up to this point is only preparation.

In this phase of transition, which we call the phase of reversal, it is important to not work with other methods, techniques, therapies, or any other paths. Because they are ruled by different energies, they address, nourish, or activate a different part of you and they will counteract your Feminine healing. The Feminine path is so rich and complete in itself that once you get it you do not need anything else. You will be in touch with your inner wisdom and happy with yourself. The more you follow that inner voice, the more you will be able to trust. You just need to give it space and don't let your venture be overruled by your ego. It usually takes some time until you have learned to really trust your femininity and can surrender to your intuition.

For the reversal to happen, you need to move from the outside to your inside, from the surface to your depth, from action into stillness, and from your head to your heart. Your inner roots need your presence to grow deeply. The more active, extroverted, and energetic you live, the more difficult it becomes to find your stillness and your Femininity. In your free time, avoid activities that keep you on your surface. Become, at least in your private life, a joyful, deep meditator and lover.

Women with a very active, extroverted lifestyle especially need to invite calmness and stillness into their lives. But some women are bored by stillness and are so overstimulated and yin-deficient that they cannot calm down or stop. Often, they are scared of being a boring woman, so they jump into endless activities.

I am very lucky that among my students are many original, adventurous, and creative women. At the beginning, for them it was almost torture to sit down and be still. But once they experienced how beneficial self-healing is, they are very happy to have found their missing inner home.

Feminine rooting is not an activity; it is a deep state of being. It is a conscious relaxation in the depth, until the roots take hold and connect you with your inner source of power. From the moment when your roots take hold, they keep you connected with your core deep within. This is your entry ticket to your personal freedom.

FEMININE WISDOM

- ♥ *Centering means to rest in your inner temple.*
 - ♥ *Centering is not an idea; it is being connected.*
 - ♥ *Centering is not an exercise; it is an integrating state of being.*
 - ♥ *Centering is neither an effort nor an activity.*
 - ♥ *Centering is a requirement for Feminine healing.*
-

Emotional Healing

A huge part of Feminine healing takes place on the emotional level as we have already discussed. Relating to your travel preparation, I would like to emphasize the following. You do not need to control or cut off your emotions. It is enough to heal and cleanse your femininity from old collective and personal wounds. For this you need an inner right to speak and you will get this when you are deeply rooted in your emotional body. You should be able to influence your emotions at any time, no matter what the situation. You need to be able to influence, harmonize, change, or dissolve them by going consciously into your depth, to the dark and unconscious spot where you can light them up with the flame of your consciousness and the love of your heart. Emotional healing is much easier than you think. In a state of meditation, it happens very naturally.

FEMININE WISDOM

As long as you think and try to analyze and manipulate your emotions, you prevent emotional healing.

The Feminine path is not about understanding and controlling emotions and feelings with your mind. Feelings are alive and want to be felt and experienced. Your personality tries to prohibit, lock up, and weaken your feelings in so many different ways. Liberate your femininity on the deepest emotional level, so your Feminine soul is able to expand into a never-ending infinity.

Letting yourself into the deepest emotional healing will open the gate to a new dimension of your female sexuality. Your emotional healing will allow you to enjoy your sexuality in all possible ways.

On your Feminine path, you will get in touch with your limits. These are

inner boundaries built by your unsolved and repressed emotions. To remove those boundaries your emotions, need to be healed layer for layer, so your emotional body can be light, unburdened, and strong. Don't be scared. On this path emotional healing is not hard work or stressful. It is a sensual process that is called self-healing for joyful meditators. If emotional healing does not feel really good, it is not really healing.

FEMININE WISDOM

*Emotional healing does not happen in the head or in the body;
it happens in the emotional body at the level of feelings.*

Dissolving Patterns

Dissolving inhibiting behavior patterns and repairing beliefs is another skill that belongs in your luggage. The Feminine path is paved by your insights, so you will always find new patterns blocking your way. It is so very handy to have the ability and the tools to just remove them when they appear.

It is very soothing to remove or dissolve behavior patterns that you have adopted or in which you have been trained. This enables you to walk your path without being held back by your old unconscious femininity. With each pattern that is successfully removed, you gain back a little bit of yourself. In contrast with healing and integrating your emotions, you do not need to feel those patterns, because they lie on a different plane. But emotions can be the result of those patterns. That's why it is so important to learn to distinguish and to be precise about the level on which your healing work needs to take place.

You can start by writing down each pattern you are aware of on a separate piece of paper. Once in a while, go out in nature and make a small ceremony of burning them and sending them off. Be creative! Of course, later on you will have more effective tools, but this is a very useful one. We have also created a »delete meditation.« Whenever you get negative or emotional about something you see or hear or that you cannot agree with, and for one reason or the other you are unable to heal or dissolve it, do the delete meditation. Visualize the »delete symbol« and project it onto that particular matter and on the unseen level; just delete. We also have made a sticker to be used in everyday life. You will find the detailed instruction for this meditation on our

website. I love to create fun gadgets to play with.

Your Witch's Broom

The »witch's broom« is what I call skills we need for our inner and outer cleansing, purification, and protection. Each woman needs her own »witch's broom,« which works for her even in the most impossible circumstances of life. The more sensitive you become, the more important this is for you. You cannot buy these precious skills and tools in an esoteric shop; they need to be cultivated and installed within you where they will grow very naturally during your healing and spiritual work. Believe me, it is so handy to be able to neutralize and dissolve the negative energies of neighbors, hotel rooms, group rooms, or even your office. The more you practice, the more effective you will be.

The trick is to be very specific in your actions. For this you need your sensitivity to the different levels and bodies. Whether you want to clear your space or you want to heal, you need to be specific. If you have not developed this awareness or skills yet, better stay away from these kinds of activities because you are likely to pick up harmful energies without realizing it. I have seen many women affected, especially young witches, who have never really been taught by someone who knows this stuff well. If you look at their aura, they are filthy and foggy and they usually become unclear, confused, and complicated. This is also often the case with therapists who do not cleanse themselves well energetically and emotionally after each therapy session.

A good cleansing is not based on vague guesses or a confused sentimentalism. It is important to be able to differentiate and to distinguish. You always need to know exactly where, what, and how to cleanse. The sharper your inner perception, the more accurate your results will be. The best way is to practice, practice, and practice. You can start with things like this: Before you walk into a room, be aware of your energy and feelings. Then when you enter, quickly scan to check whether anything changed and then feel the atmosphere and the vibration of the room or of a person in the room. It can be helpful to do this together with a friend and then share your experiences.

I am one of those hypersensitive persons, but I didn't realize this for a very long time. I was suffering because I was unable to distinguish between my vibration and the energy or emotions of others. Neither was I aware of all the finer levels where things were happening. Especially in my earlier relation-

ships, I tended to take on the unfiltered emotions and moods of my partners. I was very frustrated, because I was often emotional and out of balance, but emotional healing just would not work even though I kept trying. When we broke up after ten years, suddenly it was easy to heal my emotion. In fact, I was suddenly much less emotional. I felt so light and liberated. I had a tremendous amount of energy and was emotionally balanced and extremely creative. I was impressed, realizing that all those years I had carried the emotional baggage of somebody else. Looking back, I realized that I had been taking on other people's garbage all my life, even in my work. This was a big lesson. Since then, I have sharpened my perception and learned as much as I could about inner and outer cleansing. I started to choose the people I spend time with much more carefully. Of course, this is not always possible so we have a powerful cleansing kit to be prepared for the worst cases.

I recognized how people and places left traces in me. I learned more and more to distinguish between my own emotional garbage, what was projected on me, and what I just picked up from others. I was lucky or unlucky to continue to have neighbors who did not like me and who constantly projected their negativity onto me. These situations were huge challenges for me and I was forced to deal with cleansing and protection for years. The last thing I wanted was to be infected by those toxic energies. This challenged me to become creative and effective with these skills.

To me it is really important that the place where I live is my healing sanctuary. For many years I lived in the center of Zurich. To build up my divine healing temple, I had to neutralize all those negative vibrations, emotions, thought-forms, and electrosmog – which are highly concentrated in a city – in addition to dealing with my nasty neighbors. Now I have a huge repertoire for building up good energy fields. But the best approach to maintaining a good energy field in my flat were my cats because they have an unbelievable gift for transforming negative energies. My cats are my protectors, each in her special way. They not only help me to keep good energy in my flat, but they are irreplaceable in my work.

For example, Noreyia, my Abyssinian cat, looked like Bastet the cat-goddess and always appeared to have just flown in from another planet. She lived in another world or on another level. She actually could see energies and invisible beings; when this happened, that lovely sweet creature turned into a wild beast. She hissed and growled until that something was gone. She was a true healer; she could see when there were strange energies sticking to someone.

Then she would literally fight those energies until they were gone. This was very impressive to see and hear. In my office, she intervened in my work clearly and fiercely and was a big help. Unfortunately, she lost her healing power after having her kittens but two of her kittens took over and for many years they really enriched my work in a magical way.

Inner Healer

You do not need to consult any number of coaches, teachers, or therapists to get the right help and advice. It is best to turn to your inner healer; she has the best hints in the world for you. Once in while her answers may seem a bit awkward to you and you may need some time to understand them. But basically you can trust your inner wisdom. I keep getting suggestions that are very effective. I have had to accept that my inner healer has very unconventional ideas. But for me it works out pretty well. The more I meditate and the less I stuff my mind with borrowed knowledge, the better I am in contact with my inner wisdom. This connection is very precious and useful and it is most important for me to be constantly committed to maintaining it. Purification and cleansing therefore are a big must for me.

Cleansing

We humans consist of 70 to 90 percent water. Our femininity grows out of the water and we are made from the quality of water we carry within. If your water is pure and clean, you will feel entirely different compared to when it is polluted with undefinable emotions, strange thought-forms and so forth and, on the physical level, with toxins and chemical residues and heavy metals you have somehow taken in. If your water is dirty, it becomes like an inner cesspool and this is not the vibe to support you in celebrating your female sexuality.

It is understandable that under such circumstances you would not like to stay in your inner home and that you just want to get out of it. A huge part of Feminine healing consists of cleansing and purifying the different levels. People who remain in a toxic state for too long tend to become dull and insensitive. Their way of dealing with this state is not to feel it. If you want to enter a new dimension of being, you must inevitably focus on your purification. Just like brushing your teeth, it needs to be done every day and whenever

needed.

WHO AM I?

Ask your inner healer the following questions:

- How do I cleanse my body?
- How do I cleanse my energy?
- How do I cleanse my feelings?
- How do I cleanse my mind?

Sexual Liberation

If you want to develop your female spirituality, your sexual liberation needs to be at the top of the list. Your sexual energy has to flow natural and free for your spirituality to be authentic. As a preparation for your journey, it is necessary to free your Feminine powers: dissolving sexual problems, healing emotions, and neutralizing old inhibiting sexual patterns belong to that. Of course, liberating the womb and harmonizing your menstrual bleeding are a part of your sexual liberation. Enjoying the natural flow of your sexuality is the foundation for your spiritual work. This does not necessarily mean having sex or being in a sexual relationship. A liberated female sexuality is an inner state and an inner feeling of fluidity and also the door to much more.

Profound sexual liberation always needs a spiritual alignment and a spiritual home. Today it has become common to want to perform sexual healing within the personality mode. Unfortunately this will just cement your personality patterns and not lead you into another dimension. It will downgrade and limit your spiritual potential. Even though all the sexual games are played are inviting and seductive, be sure to check for yourself what kind of emotions are being activated and manifested in you. Just stay alert and connected with yourself. There is a lot to explore around sexuality.

If you would like to get deeper into your sexual healing, I recommend my practice book on feminine sexuality, *Exploring the Hidden Power of Female Sexuality*, or maybe a new version of this book, *The Miracles of Female Sexuality*, will also be published in English one day. The mysteries of sexuality are the gateway to spirituality. Because this major issue is neither understood nor experienced, spirituality remains fake and hypocritical worldwide. The way you live your sexuality – whether in your fantasy or in reality – creates your reality. To allow the divine to rule your sexuality is the key to a new dimension

of Femininity.

Finances

Money is part of the preparation for your spiritual journey: How natural and easy are you with earning and handling money? It has been shown that your spiritual path needs the support of a good profession and that to work and make your own living is a natural part of your life. Money is very powerful and tricky; it is a real challenge not to be ruled by it. Making money often turns into an addiction, an obsession, or a compulsion. To become conscious and relaxed about handling your money is a project of its own. Being rich can bring out the worst in you, because it is a powerful boost for the ego; when the ego takes over, people often get disconnected from their true selves and their values. We can see how people change when they make good money. But being poor also has a deep impact on people. When the survival mode takes over, people become very unconscious and do nearly anything to get money and friends; they even are ready to sell their soul and values just to survive. Others just give in and apply for social security. A very old female pattern is to look for a man with money to solve that problem. If you marry a rich man, often in return he wants his woman to look good and he wants a clean house and food on the table plus many more extras. I live near St. Moritz, a fancy place where the super-rich from all over the world come to spend their holidays and their money. This is a place where rich men take their beautifully made-up women. These women are constantly concerned about their looks and for this they need to shop in all those fancy boutiques. Even on their holidays they must have their hair, their nails, and their make-up done and watch out that their looks are not spoiled. What a boring life!

Money is a constant challenge and a big field for learning. Religions often deal with temptations and problems, such as sex and money, by avoiding them. Some religions preach that having money is not spiritual. The joke is that the Vatican is one of the richest country in the world. Of course, money is not a sign of being spiritual, but we all need to have money to live, even those who are on the spiritual path. Since religions are unable to help people deal naturally with money and sex, they have decided to take that responsibility away from people through rules and commandments.

In Asia there are begging monks. In Israel, the orthodox Jews and their families are supported financially by the government, so they can study the scriptures and don't need to struggle to make money. But this has become a major problem for the State of Israel where there are already 800,000 religious people who have an average of eight children, making more than five million people who need to be supported.

It is especially important for women to solve their own money issues. Being able to work and make your own money is healing and the base for being free, authentic, and natural. If you constantly need to run after money, you do not have the luxury to be yourself. Instead, you need to be nice, calculating, and manipulative to get your money. We need to deal with money in a spiritually correct way. I know many so-called spiritual people who are greedy for money but cover it up with slimy hypocrisy. As you see, there is a lot to be explored around money to be able to handle it well and easy so it can support your inner journey.

Over the years I have observed that hard-working women, who put their heart blood into their jobs and move on even when it's difficult, usually also succeed in spiritual work. They know that you need to put time and energy into any project for it to succeed. To enjoy your moneymaking job, you need to be physically and emotionally fit. We all need to know how to stay fit and happy, even when we face stressful times. That's what Feminine healing is all about – welcoming and enjoying each challenge.

Work is a great opportunity to learn. Often you are forced to deal with people you would avoid in your private life. Unless you are the boss, you need to follow other people's decisions and instructions; at times this will trigger your personality and your unresolved emotions. Work is a unique opportunity to apply all your self-healing tools so they can grow strong.

Throughout generations, nearly all women have been financially dependent, which has created tremendous suffering. Because of this, for many women the subject of money is still burdened with fear, helplessness, and abuse. Many unconscious feminine patterns are connected to money and survival. We all need to heal our relationship with money, otherwise our unconscious issues will keep popping up and will block our way.

Although money is a very big issue for women, few talk about the difficulties they encounter. We tend to keep money issues secret. I have noticed that, especially in spiritual communities, people are extremely confused and unclear about money. Probably the idea has been planted that spiritual people should not be interested in money, so it's best to just not look at it or talk about it.

The result is that many are uncertain and lack an awareness about dealing with money.

It is especially important for women on the spiritual path to develop a natural, relaxed, and realistic approach to money and it helps to have the experience of earning a good living. Women with a solid education, and who like to work, have the best chances to get an interesting job and to make money. Lazy women with little or no education often have to cheat themselves through life, copying others and pretending they are somebody they are not – just to survive. This is really exhausting. If they need to cheat themselves through life to get money, they cannot be authentic and natural.

Of course, it is not possible for women in every country to get a good education. Then you need to be more creative, and you need to put more effort into getting your education.

Having no money is very stressful and this fear infiltrates all levels of life. And women, please, before you give birth to children, make sure you are able to make your own living. I see so many mothers who are so stressed and burned out because they continuously run after money.

On the spiritual path, it is not forbidden to earn money or even to like it. Just be aware of your unconscious patterns involving money and how to earn it, and take a closer look so you don't abuse spiritual laws and cheat yourself or others to get money. To be fake and unreal is very unhealthy because it prevents you from growing. But, as we said, although there are many people around, only a few really invest in their spirituality. Most people just run after money, goods, sex, and entertainment, also in the name of spirituality and femininity.

WHO AM I?

- Characterize your relations to money. Write at least one page!
- What blocks your relationship with money the most?
- Do you love money?
- Are you greedy (for money)?
- Are you afraid of not having enough money to live?
- Are you good with money?
- Are you, in your relationship with money, a victim or a perpetrator?
Victims are those who are used and are ripped off. Perpetrators are those who are able to play the game of love for financial benefit.
- Do you have a good profession that you can rely on financially?
- Do you have savings?
- Have you set up a pension for your old age?

As you see, feminine spirituality is not an unworldly path. It is a down-to-earth, holistic project that includes all areas of life. It is important and necessary to heal and develop the abused and repressed femininity. The areas of sexuality and spirituality can only be integrated parts of our lives if they are embedded and supported by all the other areas. Go slow and take your time. Learn what is important for you to develop a deeper understanding. Your feminine path needs to make sense to you and it needs to correspond with your own nature.

Leader And Seducer

With the modern »self is the woman« mentality, modern women enter the path of Feminine healing and spirituality very self-determined. They attend seminars and spiritual events and visit healers. From this colorful and promising pot-pourri, they pick whatever fits their current mood. Their pilgrimage takes them from teacher to teacher, from one method to another technique. Often, they get involved in different concepts and teachings simultaneously: on Monday, Qigong; on Friday, Power yoga; every second week, a setting in kinesiology. These may be followed by a summer retreat with Rinpoche and back at home she doesn't want to miss the monthly Reiki circle. It is totally understandable that women now want to enjoy the liberty we finally have and are searching for new experiences in all possible ways. To find one's own path, it is important to take a good look around. You just need to watch out that you don't get bogged down or stuck on the surface. This chapter will give you some important hints to find your way. I would also like to encourage women who may be insecure – and who therefore may blindly trust authorities in therapeutic and spiritual fields and be impressed by beautiful speeches flavored with a good portion of sex appeal and charisma – not to fall into this trap.

Many women find themselves in a situation with an authority figure when an awkward feeling arises. The women immediately feel insecure and think this is caused by their own state of ignorance or weakness so they never dare to question their guru or therapist. In the following pages, you will find some orientation and hopefully you will be inspired to trust your intuition in the future.

Do We Need a Teacher?

We have access to so much esoteric material and to many seminars and healers. Do we need a spiritual teacher or spiritual training as well? The spiritual path is an individual path and we all have to walk this path alone. It is especially important for women who need to liberate themselves from that old helplessness and spiritual repression to have enough space to walk the path. At the same time, we need to learn. Ideally, we should have a spiritual mentor or teacher who will, for our own security, teach us and supervise our journey. We all need someone who can introduce us to the spiritual practices and make sure we are well prepared for the pitfalls we encounter on our journey. If you want to explore the unseen and unconscious realms, it is very precious to have

someone who knows those places well to support and provide you with the required know-how so you will not get lost along your way.

Real teachers will always give you the space and the freedom to make your own experiences. But they will also inspire and challenge you; they will share their wisdom and experience to teach you as they were taught by their teachers. Most importantly, they will continuously challenge you to recognize your ego and go beyond it. That's their most difficult task, because students do not understand this part. When their egos are questioned and triggered, students turn against their teacher and either move on alone or find a fake teacher who just confirms and comforts them.

Being admitted to and taught in a traditional Mystery School is an honor, but it is also a commitment and an obligation. You need to make sure that all the treasures you receive will be well protected. There are always some students who are picked to be trained as teachers. Their responsibility is to make sure that the teaching is passed on to the next generation in a well-guarded way.

Not all women, especially those who think that they want to be teachers, are meant to do that work. Amazingly, most of the women I have encountered who wanted to become teachers did not really want to be students and learn, especially with a teacher. Working with a real teacher is always a big challenge; you continuously encounter your limits and you are invited to leave your comfort zone to learn and to expand your consciousness.

Only look for a teacher when you have a deep longing to explore the mysteries of life and when you are ready to really question your habits and ideas. Being initiated and trained into the Mysteries is a love affair and a dedication to the big work. It is always hard. That's why women need to heal their femininity, to have the resources for their spiritual work. Before you look for a teacher, prepare yourself well for your spiritual journey. When you are ready, the teacher will appear.

Entering the Emotional World

Restoring, developing, and being consciously rooted in your emotion is an important step in your spiritual development. Emotional healing is all about restoring your emotional body; that's why it has to be done in a corresponding way. We have already talked about this. Most people live cut off from their emotional world. Being emotional is not proof of being rooted in the emotional world. Being emotional is always an indication of a weak, unstable, and

unconscious emotional body. It is best to surround yourself with others who are already rooted. Unfortunately, most people in our society are ruled by their personalities and are rooted in their energy body; this makes it much harder for you. It is very common for people who are cut off from their emotional body to choose the company of people with the same kind of pattern. In this way they can avoid triggering their traumata and hurts hidden in their emotional body.

We are all constantly triggering each other, according to the bodies we have developed and are using. If you have developed your emotional body and others have not, you can unconsciously trigger repressed emotions in them. This is often why people are bullied: they trigger other people's emotions. Most people are not so evolved that they realize that is a chance for them to heal and clear their emotions. They want to get rid of the trigger and mob up and bully against a person they could actually learn from. Anyway, to help women heal their femininity, you need to be very solidly rooted in your emotional body. If you move in your energetic body, you will block their Feminine healing. As a therapist or teacher, it is very easy to transfer your own unconscious and unclear stuff to the client. Sensitive women especially need to be aware not to be influenced or blocked by their therapists. You are much better off learning self-healing so as not to get infected and burdened by other people's unsolved problems.

To help others connect consciously with their femininity, you need to be firmly rooted in your emotional body. I have already led many women through their process of womb liberation, but these deep initiations are only possible when I am fit and in contact with my own divine womb power. It is my womb that shows other wombs the way. So, my womb needs to feel good and to be in good company. It has happened that, because of one negative woman in the circle who could not tune in to the process, the whole group was blocked. My womb refused to go on and we had to stop. It is such a delicate and subtle – but very powerful – process that women need to be ready for it to really benefit. Wombs are very sensitive and self-willed and they are capable of communicating with one another. When women are not well prepared and you lead them into the womb, they become emotional and negative and cannot get out of this state again. To open up the inner channels is pretty easy, but closing them again, especially in womb work, is very important because here we tap into the collective. This requires training and without establishing a strong center you are completely lost, for sure! Sex is the door to the collective; that's why you need to develop your inner power to stand against those powerful and destructive emotional forces, which unfold during sex.

Again, A Question of Level

Intellectual people trigger and activate your mind. This is why it is harder for you to get in contact with your feelings when you are surrounded by head-focused people. For example, if a head-focused therapist is constantly asking you how you feel, you will be confused and unable to feel anything at all. Out of pure desperation you may start to cry – and then the therapist will start to analyze those tears. It is also very confusing if you are guided through a meditation or exercise by someone who only describes the steps to you, but does not actually perform them himself or herself. It is very important that, when you are leading others, you are authentic and real and that you do not stage the meditations. Staged meditations are fake and give the wrong impulse to others. Just last night we had a discussion and we realized there are so many women meditating in a group just to make money, not because they really want to liberate themselves. This sounds pretty rude at first, but if all the women who meditate with their clients were really on a spiritual path, our world would be much different. Unfortunately, fake and staged spirituality does not have the power to change anything.

Remember, to support other women you need to be rooted in your Femininity and spirituality and to be authentic and real. Everything else is fake. Yes, this is a skill that needs to be learned and integrated and yes, this will take time to be really rooted and able to rely on your intuition and not your mind when working with people. But unless you have manifested that in yourself, it is unfair to guide other women.

It can happen that on the subway you end up sitting next to an angry person and suddenly you feel angry too. In a group of women there can be one woman who is not engaging in the healing process, but rather is spreading her toxic emotions into the group. This can happen when some unconscious stuff is triggered in a woman and she is not used to healing and processing her own emotions, but is accustomed to projecting them outward. One negative woman can poison her entire environment and block the healing process of a group. In an office, one negative or frustrated person can make the whole atmosphere very unpleasant. On the other hand, a positive, happy person smiling at you in the streets can be such a blessing and it can be infectious. Other emotions are infectious too. In apartments and streets, at events and even in work spaces there are continuous, unconscious transfers and imprints of emotions and thought-forms.

People in the personality mode can only communicate and address other

personalities. Only those who have already evolved their spiritual selves can support and trigger your higher self, if your personality allows it. The stupid thing about this is that you can only recognize those who are on the same level or a lower level than you. To see a person who is more evolved, you need to have developed your psychic powers to be able to recognize them. A woman who is living in the personality mode cannot recognize a spiritual person. She will orient herself on outer features and on her ideas of how a spiritual person should be. Fake spiritual teachers can, of course, stage all those attributes to be worshiped and adored. A woman in the male mode will measure femininity according to her ideas and images. She is unable to distinguish and will not know what an ingrained and liberated femininity feels like. I often find that intellectual women who are cut off from their femininity will downgrade and devalue authentic and natural women who do not fit the intellectual woman's concept of a perfectly trained personality.

For this it is essential to heal and strengthen your emotional body and to free your intuition. As long as your emotions are suppressed and unconscious and neither cleared nor liberated, you cannot trust your intuition. Your unconscious jams up your intuition with your own unconscious emotions. We need the accuracy of our intuition to more easily recognize teachers, situations, and people. In fact, if you want to be a liberated spiritual woman, you have no other choice but to heal your emotions and develop your emotional body with all its precious features.

FEMININE WISDOM

*Look for people who are united within their spiritual home,
you will find support in just sitting with them in silence and tuning in.*

Transmission and Spiritual Tickets

There are women, especially those who are psychic and sensitive, who learn by transmission, by picking up vibrations and energy. While meditating with someone who has already developed their spiritual body, you can come into contact with a quality that is unknown to you. When I was in India with Osho, the most precious moments were when I received Shaktipats. That is what Indians call the master's transfer of the divine vibe to his disciple. It is not the same as an initiation. At the age of twenty-one I was very lucky that Osho was still

personally available. I spent a couple of years there meditating in his presence for at least three hours every day. Every so often I received a personal energy transmission, or Energy Darshan, as we called it. This gave me a taste of the divine and somehow my inner compass was set. Sitting with an enlightened mystic is never a substitute for the personal search and personal meditation, but it is a boost. I remember the very first time I met Osho. It was like I was getting plugged into the universe. It only happened in his presence, but it gave me the push to keep going and searching, until I could plug myself into that vast, divine ocean on my own.

If you meditate with a person who is in contact with the light and who is plugged in, if you tune in, you can be put in touch with that quality temporarily. This does not mean that you have reached that level yourself, but at least you get a glimpse of it. Temple rituals and invocations properly built up can create similar energy fields to help people in uplifting their meditation. But the person in charge needs to be able to do that in a very secure way. Back to the new Femininity, it is essential that you liberate yourself first, before you work with others. For this you need to be critical with yourself. Still far too many women are just dreaming their divine Femininity, without being aware that they are trapped. Far too many women are still ruled by old feminine images and ideas, which block our female evolution. It is time for the rebels to come forth, ready to invest the time for their own liberation, to give birth to a new authentic spirituality, and to enrich the world with a female reset.

It is very rare that somebody reaches the higher spiritual levels all alone, without any guidance, training, or support. Many attempt that difficult journey all by themselves. Girls from the millennial generation, for example, believe they have reached a goal before they have even searched or worked for it. Dealing with difficulties or obstacles that block their way is not their thing. Instead, they just move on to the next. Their guidelines for their spiritual journey are: I do it all my way, the way that feels good. I know what I need.« That journey mostly ends in the personality trap. I have learned that each generation is different and that for the millennials, for example, it is very difficult to deal with any kind of negativity, criticism, or rejection. But these are part of the game that deals with all aspects of life. As their entry ticket into the spiritual world, people usually need a kick or push or a recommendation from someone who has already reached that world. Initiations can be a type of entry ticket. The initiator presents the student to the inner world: that's what the first initiation is all about.

The spiritual body of an awakened person can give a first glimpse to the spiritually inexperienced. Such an opening or first spiritual contact can also

happen in a dream, but mostly it happens through a meeting with a mystic, guru, spiritual teacher, or even through a book. Under special circumstances it is possible that certain sexual experiences, shocks, losses and near-death experiences create a spiritual opening. There are unseen helpers supporting us on the spiritual path. Those who have done spiritual work in their former lives are often supported by the unseen world. None of this causes an initiation; an initiation must be earned. Getting a spiritual kick is a huge present from life

My Indian

Some people realize immediately when such a first contact happens but for others it is rather unconscious. It may be possible that you only realize it some years later. For me it was like that. When I was about fifteen I was sitting in the train when I met an older Indian wrapped in orange clothes. Back then it was very unusual to see an Indian in Switzerland. Somehow, we started talking and he invited me to have Indian food with him. I did not even know that there was a vegetarian Indian restaurant in town. I met him three times. Each time he took a little bottle out of his leather bag. The bottle contained an intensely smelly sandalwood oil and very energetically he rubbed a drop of it into my forehead. He gave me a talisman and a piece of blessed sandalwood as a gift, and told me to keep both with me. For years, I did so. I neither knew his name nor did I know what brought him to Zurich. Twenty years later in a bookshop I saw a book with the picture of my Indian on it. He apparently was an enlightened spiritual teacher who had realized himself and who had written many books about Kundalini experiences and enlightenment. Obviously, I had met a great awakened guru, but to me he seemed like a very ordinary and humble man.

The Journey Begins

Often a person is not really aware that such an initial ignition has happened. But suddenly they become interested in new areas. This is the stage where you start to read a lot and look for a new orientation and new information. The interest in spirituality has awakened. The first spiritual spark has jumped over and functions like a lure. Now something like a spiritual hunger arises in you, and you start to feel a kind of homesickness, but you do not know where the home is for which you are longing. In me, this was such a deep, undefined,

insatiable craving. It was like I was infected and an unknown force was pulling and pushing me. We all have different experiences that open up that longing in us. This is a calling and means the time has come when you have to prepare yourself well for your individual journey back home.

At this point, your personal healing process starts. It is possible that you then will not feel the spiritual pull for quite a while, until you have reached a new level. This is normal. Feeling belongs to the emotional body and to become aware of the spiritual world you first need to develop your spiritual body. If your spiritual body is not developed, you are not yet aware of that level. That's what meditation and spiritual training are all about, to enable you to perceive and enter the spiritual world. This usually involves a longer dry spell and this is an important part of the game. This phase teaches us humbleness and consistency. In this phase people are prone to fake teachers who give them easy and instant substitutes and solutions.

Most women do not want to change their habits or to dissolve their resistance, and they do not really want to meditate. But when they learn to heal their femininity with all its spiritual and sexual trauma, this will change. Then it's possible to open up and welcome the unknown.

This crossroad is a very delicate moment. It is where you will set your course and choose between the well-paved main road that everybody else is on and your own individual and adventurous path. I am writing this book to make you aware of some subtle pitfalls. We are still living in a time of great deception; you need to take your time to reflect well on what you are doing and where you want to go. Do you want to take the well-paved road, which will be an easy journey into the familiar dependency, or do you choose the adventurer's unknown road into a new dimension? At every crossroad you reach, stop to align yourself with the highest consciousness to be able to make the right decision. Some decisions cannot be undone later and you will have to live with the consequences.

Now you need all your Feminine know-how. This first stage can realistically take some years. It is helpful to be in contact with other seekers and to find a spiritual teacher who can get you started. This is not yet the moment to look for a Mystery School. To enter a Mystery School, you must already be rooted on your spiritual path and you need to be used to practicing meditation daily.

We have so many women who want to enter our Mystery School. They feel that they are ready and spiritual, but mostly this is just their dream. To actually

make it real, we all must deal with our resistances and with our personality that boycotts our spiritual growth. For women who have not healed their femininity, this is an excessive demand. They are overwhelmed by their own emotions and then their ego takes over and finds a thousand reasons why this spiritual training is not the right way for them.

This first stage is about finding out whether you are ready for the spiritual world. Are you willing to do whatever it takes to move on with your spiritual journey? Are you willing to sacrifice and open up your personality to put yourself in the service of the divine and become a real priestess?

It takes time for the Feminine fundament to be built up and it takes as long as it takes until you have grown a solid foundation. There are always people trying to sell you a quicker and easier method. Your spiritual path is never the easiest nor the quickest or most comfortable way. It is your own path and it will provide you with all the important experiences, which you need to grow and to unfold your potential. Some experiences are bitter, some are sweet, some are enlightening, and some are pure ecstasy. We need them all to become whole. Avoiding a bitter experience blocks your way. If you are skilled in Feminine self-healing, you can welcome them all to be enriched with all possible situations.

A Group or a Single Journey?

Some women prefer traveling alone while others like traveling in groups. Both have advantages and disadvantages. Especially at the beginning of a journey, a spiritual group can be very helpful. When you start, it is important to get the right instructions for setting up your spiritual journey in the right mode.

Also, a personal connection with a teacher can be helpful. Dolores Ashcroft initiated me into the Mysteries and we spent much time just sitting together. She would tell me stories and for hours we would just talk and laugh. Besides my training, she taught me so many other things that I would not have chosen to learn, but now they make sense and I am very glad she taught them to me. In addition to all the things I learned from Osho, there were things I learned that I would have never have picked on my own and never suspected that they even existed.

At the beginning, it is also good to exchange with others on the path. But it is advisable to choose the people you exchange with wisely.

I spent many years in spiritual communities, and I have learned a lot. For me, the three most important things were:

To align my life to the highest truth, no matter what.

♥ That the experience of daily meditation is a must on the spiritual path.

♥ To enjoy silence.

For having been in the presence of the master for more than fifteen years, you may think this is very little, but for me these are enormous treasures.

A group or community is never a replacement for your own inner work. A danger in a community – where you do not meditate or practice alone – is that it takes less effort to deal with the pressure of a group than to deal with all the personal resistance and develop the force to do it alone. In spiritual groups, you always have a large number of participants who are there mainly to be socially lifted, to find friends with whom to share, and to be with each other. Many still do not have the resources to meditate and practice on their own. They just consume and are moved by the crowd. Osho always said only about five percent of the people in his commune were real seekers who came to him to meditate; the rest were there for different reasons. This is okay. A spiritual commune needs a good mix of people to keep it going.

At the beginning, it can be a help just to be part of something bigger, to absorb the vibe. Eventually it is necessary to meditate alone so that you are not blocked by picking up emotions and thoughts from others. That's why seekers always went to the mountains, to sit and meditate alone in caves. For many women, the most important thing is to belong somewhere and to be part of something bigger. But eventually for the spiritual evolution it is important to liberate oneself from social and collective bonds.

We need to learn to get involved in a training without any reservation, taking full responsibility for our own processes. Because the Feminine path is an individual path, there is no recipe as to in which order, with whom, when, or what must be done first. It is all yours!

Women's Groups Today

Women's circles have become very popular. Women gather and encourage each other to become strong and independent. Women still have the idea that

they need someone else to empower them. This is the reality of unhealed and unliberated women, but really it is just the other way around: women become stronger when they are doing it alone. Too often women influence and infect each other with old patterns and unsolved emotions, preventing each other from moving on. But spending time with others feels so cozy and comforting.

Let's have a look at the orientation and purpose of the various groups. Before you join a group, be clear about what you are looking for and what you want to learn or experience. And never give up the responsibility for yourself, even in a group. Groups can be so powerful that it is very easy to lose your own identity.

Experimental Groups

In experimental groups, women – usually friends – get together to experiment with certain methods or themes. In my early twenties, I used to be in such groups. We experimented with rebirthing and different forms of meditation. There are groups that focus on discovering their bodies and the circles of young witches also belong in here. It is very important that such precious women's groups have no commercial purpose. We were so lucky to have had the lectures of Osho who inspired and guided us and gave us spiritual direction, which none of us knew about then. It is very helpful in such groups to have spiritual guidance.

Healing Circles

In healing circles women gather to mobilize their mutual healing powers for a common cause or for somebody in need. Make sure you initiate your action on the right plane so that you don't unknowingly cause the opposite effect. Be aware that by creating positive energies you automatically nourish the negative energies as well. Polarities always come together. Healing is a powerful skill, but you need to know the universal laws well to really create a supporting impact and to actually heal the situation for the better. Feminine healing work on higher levels should not be linked to financial benefit.

Temples and Lodges

These are binding, spiritually oriented (women's) groups aligned to a certain higher purpose. Lodges often are part of a Mystery School. They also can serve a training purpose and, if they are part of an old lineage, they are keepers of the Mysteries. Most of these groups are traditional and do not support female liberation.

Satsang

Satsang is more of an Eastern tradition, which has also become increasingly popular in the West. A group of people gets together with an awakened person to meditate in silence. Mostly the awakened ones are not actual spiritual teachers or initiates. Satsangs are about finding communities around a mystic. I always loved Satsangs. It makes no difference whether the teacher is enlightened or not. It is always a good opportunity to align yourself spiritually and to meditate.

Teaching Groups

These are groups where women receive specific teachings in order to learn something new, such as Feminine self-healing, spiritual alignment, autogenous training, meditation, herbalism, and so forth.

Self-Exploration Groups

These groups – for example, Encounter, primal, or breathing groups – are here to give you a protected space to explore yourself and make new experiences. Ideally, they take place in a spiritual environment. Even though it is not therapy, the group leaders should be therapeutically trained. Self-experience groups are only stabilized and do not offer therapy or healing so only healthy women should participate. Power is needed to break through old patterns to make new experiences. Such groups can be a great opener, especially if they happen in a spiritual context.

Support Groups

Like-minded people with the same problem meet to exchange experiences and to support each other. You can find such groups in any field – groups for people with alcohol problems, for victims of abuse, for relatives of psychotic patients, you name it. These groups give affected people a certain hold in life but they are not a substitute for a therapy.

Therapy Groups

Such groups are led by therapists, mostly working with a certain method, and participants can work out their own issues. These groups are usually not very supportive of the Feminine healing processes or of healing feminine sexuality, because the groups are not aligned to the female principle and work on the personality level. They are here to help people learn to deal or cope with severe problems like addictions, constraints, and all kinds of personality disorders.

Therapy groups also give support in critical situations and crises and can be helpful for problems with male sexuality. Most therapists are trained to help you make an elephant out of a mosquito. If you just have a difficult situation or problem to solve, most women can solve it on their own, once they have learned Feminine self-healing. But out of habit, when things get difficult many women run to get help. This is a very old female habit of helplessness, which needs to be ignored. Just have the courage and give yourself a chance!

Celebrating Seasons

There are women who gather to celebrate different seasons, which is a lovely thing to do. Transitional rituals, the first bleeding, and entering the menopause are often part of such groups.

Circle of Goddesses

The goddess is back. Working with the ancient goddesses has become popular again. It is wonderful that so many women celebrate the return of the goddess with big festivals. Just be aware that invocations are very powerful and for untrained women this is not a good thing to do. The calling is easy, but then withdrawing again from these incredible powers is much more difficult. That's why we need to prepare well. If you do not have a solid center and solid roots, don't get involved in this kind of work. That's why I only do powerful rituals with women who are well trained. Over the years, I have come across so many women involved in so-called goddess practices who are loaded with all kinds of weird energies and fragments that they have picked up unconsciously doing this work. It is wonderful to tap into the old Mysteries and use that power for healing and liberation. But you must be prepared and learn it from scratch and really know what you are doing. Goddess power should never be used for one's own benefit. These forces always need to be dedicated in the service of the whole. Otherwise, it will backfire on you.

It does not matter which group a woman chooses. Femininity needs a protected, intimate, and silent room for healing. These are places you only truly find inside yourself. To be part of a group should never be a replacement for individual inner healing and spiritual work.

Group Souls

Each human has an individual soul. But there are also larger souls, the so-called group souls, which are containers for a number of souls. For example, each animal species is ruled by a group soul. All animals in a certain soul union show identical behavior patterns and go through similar evolution processes. There are group souls for cats, lions, salmon, and so on.

I was breeding Abyssinian cats and a neighbor of mine, a farmer lady, always had kittens from her farm cats. My Abyssinian cats had been domesticated for generations and they developed a certain behavior. The first excursion all my little kittens made when they were very small was a trip to the litter box. They went independently, whether their mother showed them or not, and it did not matter whether the litterbox had a smell. The little kittens moved directly to the litter box and knew what to do. All those years no kitten ever peed or pooped on the floor. The farmer's kittens are much different. In the beginning, they make their business anywhere, even though my neighbor provides them with a litter box too. All Abyssinian breeders I know have had the same experience that I did. For me this is a good example of the evolution of group souls. Suddenly a new behavior pattern evolves, and this affects each animal in this group soul, no matter where they are in the world. This phenomenon has been observed by scientists, especially within monkey groups.

Group Spirit

Whenever a group of like-minded people meets regularly for some purpose over time, a group spirit emerges. This is not a group soul but something similar. It bonds people together and forms the group with its own particularity. You may know the term »team spirit« in sports; this connects team members together. Some perform special rituals to consciously strengthen that bond. After some time, a group spirit can become so strong that it feels like it has its own soul and it develops its own dynamics. In a spiritual group, it is especially important that these occurrences are controlled and led from the beginning by one person, someone who is familiar with these kinds of phenomena. It can happen that a group spirit starts to reject a member of a group; usually this person then has to leave the group for one reason or another.

All spiritual groups, sects, and religions as well as countries and races have their own spirit or their own consciousness. Such a memory or spirit can sup-

port, influence, and protect an affiliated member of a group and can also attach them to the group. With time, the group spirit can grow strong and develop its own dynamics.

In a spiritual group it is very important that from the beginning those processes are consciously guided and controlled by a trustworthy person who is skilled enough to handle it; this is a safety measure so that the group does not get out of control. We can see, for example, in the neo-Nazi scene that a group of youngsters forms a kind of brotherhood. They often strengthen their group bond with rituals, which may be bloody, and with ceremonies and vows. Usually none of them is skilled or has a profound knowledge of dealing with such phenomena. That's why we keep seeing groups like this getting out of control. As a group, they do things that are incomprehensible and often escalate into violence. If you call the devil or other entities, they will come and take over, faster than you can think. A group can easily get out of control and members are led to do things that they would never have done on their own, but the spirit of the group drives them. It is very common also in religious groups and churches that there is such a strong spirit that the members cannot resist but blindly follow the instructions given. Not only the neo-Nazis but also the Nazis and many other groups were possessed by a group spirit. Still today it is very common for groups to gather and call on some kind of a spirit for help and power in achieving their mutual goals.

The world leaders and the rich who are their accomplices gather each year in a place called Bohemian Grove to perform offering rituals to a Daemon called Moloch. Yes, I was also shocked when I heard that. But that's obviously what they are doing there. And they do not make a secret of it. Even the location is very private and well protected so that only members have access. Women have no right to enter or to participate in their rituals and festivities. It appears they have skilled occultists who know their business well and who can guide those powerful rituals for their purpose.

Members of groups, which are not well set up and protected, can be easily manipulated by unwanted forces. We can see now in the coronavirus times how fragile humans are and how easily they are manipulated. The safe way to protect yourself is to really be aligned with the divine and to stay rooted in your authentic being. Just pretending to be holy and spiritually advanced will not give you the protection you need. Nowadays it is necessary that you have good protection. The planned reset of the world, which is in full swing, involves so much vicious manipulation and deception that it is good to take precautions not to lose yourself.

There are groups rising just by coincidence without any conscious intention, but there are others in which the group spirit is consciously created, nourished, imprinted, and applied by someone or another group of people. It is possible to influence the group members very easily via a group spirit. If a group operates without a leader and without protection because nobody in the group has the ability to take responsibility on a higher level, members are very exposed and vulnerable. You may wonder how weird this all is. There is a lot going on in the invisible planes. Just because you do not have access to that reality yet, does not mean that it does not exist.

For this reason, it is important not to fool around with occult methods and not to rip them out of context, detached from any credible spiritual training. Unfortunately, this is so trendy; that's why the esoteric and spirituality have such a bad reputation. Shamanism, magic, and esoteric work are all actually forms of healing. Especially when conducted in groups, these need to be done very thoroughly and skillfully and to be performed on the corresponding levels. Sensitive women in particular tend to pick up unwanted stuff very easily. To pick up or be invaded by some energies is much easier than getting rid of them again.

In groups, it is most important that at least one person is well trained and knows how to deal with such phenomena. I do not like to tell horror stories, but on my own long spiritual journey and also in my work in psychiatry, I have seen with my own eyes that a number of people are being invaded by some foreign energies or entity. They can become very ill and some are driven into suicide. I have seen many things I would have never believed if I had been told. This is also the reason why I keep insisting how important it is, if you want to walk that road., to take responsibility for your own journey, to through a profound training, and to become qualified for the work with the unseen worlds.

Protected Spaces

A real Mystery-Training offers students a protected frame for their inner work. That's what a school is for. If I get together with a group of people for a healing project, at the beginning we always take time to discuss the parameters. We promise each other to stick to our mutual agreements. In women's groups, discretion is important; no one wants those personal, private details to become gossip to others. I also never allow women to take photos of the others to share on social media. I feel people's privacy needs to be respected when you are doing healing and spiritual work. Of course, for people just working on

the superficial entertainment level, this seems to be the normal thing to do. I see even group leaders using pictures of participants in their advertisements in social media. That speaks for itself. In spiritual work this is a total no-go. As a teacher and group leader, you are here to protect others. I was part of a horsemanship seminar and one day the group leader came with his camera and started taking pictures of all of us without asking. Immediately I told him not to take pictures of me. Not only was he annoyed, but all the others looked at me bewilderedly. That's the dynamic of groups and why, in groups, women often just trot along and don't stand up for their own values. It has become too common to cross all the lines of privacy and respect; this has become the new normal. We need to establish our private and protected spaces. Women especially need to learn to protect each other and to protect their own space. Then they are also able to guard the Mysteries and to seal them with their silence and love. It has been shown that superficial women who cannot respect their own or others' privacy are not women who can protect the Mysteries. They just go around and sell and spoil the precious jewels.

Western or Eastern Ways

There are so many traditions and spiritual systems to choose from. Unfortunately none of them are tailored for women or consider all the spiritual traumas and repression we carry within and that need to be solved to develop our spirituality naturally. In any case, it is good to heal your femininity before getting involved in any of those traditional systems. Many Westerners for example, in search for answers, are attracted by Eastern traditions. So was I. Many years of my life were spent in India. Actually, I had always wanted to go to Tibet since I was very young; this was my deep longing. On my way to Tibet, I went to see Osho. I had read some of his books and felt that I had finally found somebody who looked at the world the same way I did. (I was twenty-one then and pretty rebellious and self-confident) When I met him, I immediately knew that he was my teacher. He was different from the traditional Indian gurus and teachers. To meditate in his presence was like floating in an ocean of love but, at the same time, he would send us on a merciless inner journey, to look at ourselves and to encounter the deepest abyss within. He encouraged us to liberate and deprogram ourselves from all the personal and social conditioning to become our true and authentic self. And to me this approach really made sense. His

teaching was not tied up in any tradition, nor did he preach any dogmas or doctrines. Osho was just a free spirit and he encouraged us to liberate our sexuality, our hearts, and our spirituality to be open and to celebrate life in the here and now with all its facets. This may sound pretty simple to you, but actually doing it is huge and overwhelming.

The only thing Osho asked us to do was to meditate every day. He had also developed special cathartic methods for Westerners as an opener for meditation. In the ashram, there were also Asian people, including Indians and some Japanese who were not allowed to participate in these activities. There were always some individuals who did not take his advice and those techniques triggered a state of a total psychosis in them. The methods Osho had created for us Westerners were not suitable for his Eastern disciples and he was very determined about this.

As Osho warned his Eastern students of Western methods, C.G. Jung warned Western people of Eastern practices. You can read Jung's comments on *The Secret of the Golden Flower*, a book translated from the Chinese by Richard Wilhelm. Now forty-five years later and with a deeper understanding, I appreciate and understand those recommendations. Western and Eastern people are different. So are men and women. That's why we need to be very alert and sensitive in dealing with all the different methods and to be clear on our intentions.

Chanting Indian mantras, for example, can bring you into a cozy, drowsy collective state. It brings you back into the womb of Mother India. Feminine liberation is not part of the Indian culture. That's why yoga seems to work with Feminine healing and Feminine liberation on the surface but on a deeper level those two do not support each other at all. Yoga has a very long tradition and in time has developed a very strong spirit that does not support emotional and sexual healing nor female liberation. As long as a woman practices Yoga, she will not be able to liberate her Femininity in a way that frees her psychic powers, and she also will not be able to realize that it is not really working for her. But the group spirit will give her a cozy feeling, like being in a mother's womb and often this is confused with Feminine healing.

Our task now is to liberate ourselves from all sorts of bonds to become free individuals and to invite a new consciousness. For this it is utterly important that you do not unconsciously tie yourself up in any tradition or group until you have healed and liberated your Femininity and your spiritual self. Those old systems and traditions are not here to set you free, but to keep you under control and to maintain and strengthen the traditions. This is the same all over

the globe. If you look at countries like India with their religions, you will see how sadly suppressed women are. By chanting mantras from India, you will empower that land and its religion, because they are interconnected. You need to be able to stand alone and not to be so easily manipulated and used. That's why it is important to develop your own healing power within, to be a spiritual rebel, and to become authentic and free – especially in times like these.

New Ways

We have reached a crossroads and we need to make a decision. We can choose the old – the old habits, the old patterns, the old womanhood, the repressed spirituality, and the old dependencies, or we can choose the new and unknown.

The work I have been doing for so many years is part of my own liberation. I feel it is so important for us as individuals and for us as humanity to find new ways of dealing with all the problems and with each other. Most importantly, we need to learn to live our sexuality in a healing and liberating way, to come out of this toxic perversion and violence where so many children and women are abused, tortured, and murdered. We need to find ways that support our inner nature and our planet in a nourishing way. That's what the female reset is all about. Going in new ways starts with the process of undoing all the old by deprogramming ourselves. We cannot just put the new on top of the old. This is too superficial. For a good and needed reset, we need to undo our patterns and dissolve our conditioning to reach the bottom of our being. We need to empty ourselves from all the garbage we carry around. The most challenging part is to recognize the games and the survival strategies of the ego and to ignore them and let them go. To make space for the new, the old has to go. I see so many women who just pick out some feminine jewels and integrate them in their old, established personality patterns. This is not the way that leads you into something new. This is jazzing up the old, mostly male-functioning personality to make it look a bit different, a bit more feminine, a bit more spiritual, and a bit hipper.

Osho has affected the world with his unique and much-needed revolutionary vision of a new man, to be born out of a profound personal liberation and an expansion of consciousness through meditation. I have never again come across such a remarkable being. Even though after his death I spent many years with a Taoist master and later was admitted to a traditional Western Mystery

School and was trained intensely for many years, I am still learning. But it is Osho's work and his vision of a new liberated man and woman that is the main focus of my personal life and my work. Osho was a mystic and being around a mystic is a mind-blowing and transforming experience. I was so lucky to have had this unique opportunity. To be in the presence of Osho was like bathing in an ocean of love but, at the same time, he would send us on a merciless journey to mirror ourselves and to look into the deepest abyss of our beings. He shattered all the hierocracy and doctrines that prevented us from becoming truly alive and free beings. He was a free being himself and he encouraged us to liberate ourselves from all conditioning, to open up to life and be ourselves.

Osho was the first Indian guru who created special techniques for Westerners. Some of them involved cathartic phases to loosen up our bodies and to stir up all our repressed emotions. I have done those for many years and they were real openers. I still recommend them to all my students. Before you go into any spiritual practice, it is so important to undo all those conditionings and to become loose, relaxed, and natural. Osho's Kundalini and dynamic meditations are an excellent tool for that. To free sex and spirituality from all ideas, emotions, concepts, and rules should always be the first step. As long as the sexual energy does not flow naturally and easily, it is simply impossible to have an authentic, true spirituality.

When it comes to women, we need to have a closer look. Especially when it comes to spirituality and sexuality, every woman is traumatized deep inside. We cannot use the same system for healing that broke us in the first place. Traditions, as beautiful they can be, are still a tradition and this is what has created the damage in us. Take the time to reflect on that.

Osho's work intended to give birth to the new man, who is free from all those old bondages, rules, and concepts and who celebrates meditation, sex, and work in the here and now.

Just be aware that stepping out of old habits and customs needs energy and a focus, because your ego will resist. Our minds and our belief systems are boycotting our passage into new and unknown ways. This inner resistance, made by all those unsolved and repressed emotions, is the biggest obstacle on the spiritual path.

Important and Necessary Detours

Our adventurous journey often turns out differently from what we expect when we allow life to surprise us. To become whole and wise, we need to pass through all kinds of experiences, both bitter and sweet. Your spiritual search will not be just sweet love and harmony. We will get to experience the whole package. The more energy you put into avoiding a certain experience, the more you will attract it. No matter what you need to experience to learn your lesson, it is very helpful to set your inner compass, so regardless of what happens and what you are going through, you will not lose your orientation.

All sorts of experiences are needed to get to know all the hidden parts and layers within yourself. Being in the marketplace offers so many possibilities.

Sometimes an experience does not make sense until a few years later. Or you may get into a situation knowing in advance that you will get in trouble, but you do it anyway. Life offers all kinds of lessons, and it is so much fun to take the challenge. We will all make stupid mistakes and will have some belly flops. We will keep failing and will have unpleasant experiences – like being cheated on, or left alone, being hurt, losing a beloved, being raped and abused, falling ill, or being bullied – you name it. That's part of life. But getting back up each time, healing your wounds, and then cheerfully moving on again will make the difference. Also, your inner ecstasy will be much sweeter and will bring you to places you would never have dreamed of.

If you just follow your own agenda and stage a perfect and controlled life for yourself, you will not be able to enter the flow of life; you will not have authentic experiences and you will not be able to grow. Basically, such people are frozen and afraid to live. We need to make mistakes to learn. If we were all perfect there would be no need to make any experiences, but we are here to live and to learn as much as possible.

All of us have to learn different things – that makes it so interesting. We cannot prevent someone from having a bitter or bad experience. We all have to learn by our own experience. Avoiding trouble and difficulties will not help you to grow. Because of this, I keep telling you to learn the Feminine self-healing well, so you do not need to be afraid of feeling hurt or being manipulated or bullied. You will be equipped to welcome it all and live it up to the max.

FEMININE WISDOM

*Spiritual rebels have the courage to be real
and use each situation to grow and heal.*

To live your life with all its particular detours, it is necessary to have your own insights and findings. Of course, in retrospect we are always smarter than we were before. I am very dedicated to Osho's vision and teachings and my life is focused on meditation and my own spiritual liberation. But for my development, especially for my work as a teacher, it was important to get to know other ways as well. After Osho's death I met a Chinese Taoist master and for many years I learned with him. This was a totally different approach from the spiritual path of liberation I was following. The deep confrontation with the Taoist tradition was a very important chapter in my life. As a psychic I have a different perception from regular people and am living in a different mode. To me there was a big difference between meditating with Osho and doing the Taoist »meditations.« I wanted to understand why they affected me so differently. I started to experiment with different energies and perceived that there were different modes. To my surprise, I discovered that there were actually different unseen bodies in me. At that time this realization was a very significant finding for me. Many years later I found old books on that issue, which confirmed my experiences that nobody understood back then.

I was able to trust my perception more and more. My most important discovery was that Taoist practices affected male and female energies differently. Up to that time this had not been an issue and in the areas of health, esoteric, sex, and therapy there was no female approach. I started to share my discoveries with others within the Taoist community, but the other women instructors just looked at me and were bewildered. However, my Taoist master encouraged me by saying that he could not tell, because he was not a woman and he pointed out the symbols of yin and yang to me. Reflecting on that symbol gave me so many insights.

This was a very big revelation to me. Since other women could not understand nor sense what I experienced, from then on I kept my exploration and insights to myself. I went on with my inner research, because I got so much out of it. At that time women were excited about energy work and different techniques and nobody considered that women would need their own feminine ways.

I kept focusing and trusting my experiences and my observations to solve that big Mystery, at least for myself. That was the beginning of my female adventure. I had to travel this part of my journey all by myself but, from being with Osho for so many years, I was well prepared for this new adventure.

My Female Exploration

The more I got into the Taoist practice, the more puzzled I was. Of course, all the energy work was very intense and overwhelming, but at the same time it blocked my spiritual channels. I could sense that the energy work interfered with my natural state of being a woman and moved me away from myself rather than bringing me home.

I do not write this to talk bad about Eastern methods or to criticize them. I am just sharing my experiences. I hope this will inspire you to check for yourself what methods trigger what kind of energies in you and what helps you to become authentic and real and connects you with the spiritual world. Unfortunately, many women today learn methods not to explore themselves, but to make their living. One of the old female patterns is that when women learn a new technique and something does not feel right, they assume that it is because they are not good at it yet and blame themselves.

They become used to this new method and acquire a certification. Even when it still does not feel 100 percent right, they are happy to have a certification. Without questioning, they start to pass on and sell those exercises and techniques, not caring whether they are beneficial to the Feminine nature or whether they put others in touch with an authentic spirituality.

It does not matter on which path you are. We all need to gather our courage to keep questioning our intention and our actions. The only thing that counts for your spiritual path is that which brings forth truthfulness and authenticity in you. This is the base.

Back then, for me to be truthful to myself and the Feminine path, I had no other choice but to distance myself from the Taoist tradition to deepen my spiritual path, even though at that point I had already put a lot of time, energy, and money into this path. In my work as a sexologist the Taoist tools, exercises, Chinese medicine, and nutrition had become very important and useful instruments. Working under the umbrella of the Tao superficially seemed to work well. My work was very successful, I was engaged for talks, was invited to conferences, and the media kept consulting me as an expert. But this was just on the surface.

Inside I felt something was wrong. My connection to the spiritual world weakened, even though I took enough time and space for my meditation. I felt disconnected from my feelings, I was very energetic, but I could not feel myself anymore. And my inner silence became very shallow although in the outside world I was very successful! I realized that the Taoist practice did not really support my spiritual path or my Feminine healing. It was not just that the practice was developed for men, I could sense that the entire Chinese tradition and mentality was woven into the Taoist practices and meditations. These had a very strange effect on me and did not support my individual path of liberation.

At first, out of commodity, I tried to ignore my inner voice – but it didn't work. This drove me to get to the bottom of the matter.

I realized being involved with the Tao in the traditional way hooked me up with the collective Chinese culture and the hurt of suppressed Chinese femininity, which was a different quality from the collective of Western women. Of course all women are wounded and hurt, and hooking up with any tradition – be that Christianity or Mohammedan or any of the spiritual brotherhoods – does not support our journey into a new liberated Femininity. Being a student of the Tao helped me to come to what was for me a very big and crucial realization. That's why I am recommending the way into a new liberated Femininity, a way for joyful spiritual rebels.

The more I deepened my Feminine healing, the more I realized that my femininity is rooted in the Western world. It became important for me to heal the cultural wounds and traumas, which had been passed on to me through the blood of my mother, my education, and my religious and social imprinting. We carry all those memories within our cells. It is one of my biggest responsibilities to neutralize and heal them, to be able to move on. As women, we encounter not only the challenge of healing our personal wounds, but also the cultural and spiritual wounds that need to be healed and new ways that need to be opened and cleared. The collective abuse, manipulations, and repression of women need to be dissolved where they are stored, within the depths of our being. But again, prepare yourself well; if you are not well equipped for that journey you can easily drown in this deep ocean of misery and pain. Why do you think so many women are depressed and take psychopharmaceuticals? They are all trying to avoid their inner pain. Why do you think so many women, especially when they get older, are so negative and frustrated? Don't underestimate the power of the collective. The earlier you start to deal with it in a healing way, the easier it is.

First you need to heal your personal issues and wounds, which come out of your culture. It is time for a change, for a big change. There is a beautiful aspect about traditions and all the festivals and rites that are celebrated. But they also keep imprinting us with old customs, old habits, and an old, unfree femininity. Osho actually talked about this a lot, but I had to make my own experience and really feel and see how we are imprinted and affected twenty-four hours a day.

From the moment I understood how much we all are continuously programmed within old traditions, I knew how important it was for all of us to heal and liberate our femininity. I made the decision for myself to take on the responsibility to liberate my femininity, no matter what it takes! From what I can see, Femininity needs an open, undefined, and empty space to unfold its incredible potential.

This Feminine healing cannot be part of any culture, club, sisterhood, or order. It is an inner journey of a woman who takes her individual steps. When my teachers asked me to raise a new Mystery School, I was not very enthusiastic about it. But a few years later I was driven by an unseen force to do it and writing all the lessons happened in no time. My teachers assumed that the new school, which initially had the name »New Daughters,« would be a daughter-school of their Western Mystery tradition. But to me this did not feel right. The female liberation work that needs to be done would not work if it was tied up in a traditional system or structure. There are so many people involved in the Mystery work who focus on different traditions, not on their liberation. And too many have dedicated their work to the path of darkness. This would not be the right platform and company to give birth to a new woman. Setting up our Mystery School, we had to find a way of providing that open space. We do not work with dependency or repression nor with hierarchies. To become new women, we also need new schools. Alice Bailey was a medium who was very engaged in spirituality and esoteric and was the author of many precious books. About a hundred years ago she talked about the need to open new schools that would work differently from the old, rigid structures where priests and gurus are the messengers of God. She said it is about becoming a medium oneself by listening to one's own intuition to connect directly with the inner world. Her vision corresponds with the Feminine way. But people are so used to being spiritually repressed and kept small. It is a big challenge to work without those old patterns and not to depend on spiritual middlemen, but to open up and connect and communicate with the divine directly.

I made my own decision not to be hooked up in any tradition and also decided that our school had to be independent. I felt that I was connected with myself again in a very nourishing way and felt light and free! I was led by my inner voice again and my womb cheered. But the rehabilitation and healing of my femininity took longer. There are no words to describe the rewarding and liberating inner journey I went through.

Don't expect that it will be the same for you. You are a different woman and you are going your own way. You will have your own experiences and your own insights and you carry a different potential within. I am sharing my experiences to give you an impulse and to remind you that it is worth liberating your femininity from old bondages. Allow yourself to be surprised.

Just once in a while question yourself and ask yourself if you are moving in the right direction and meditate over that. You are also allowed to change direction; sometimes even your spiritual path needs adjustment. That we are able to do so is also new for us today.

This applies to you only if you really practice meditation and if you are committed to your Feminine path. Many women constantly change direction, searching for a cozier and easier way that demands nothing from them. The big secret is, there is no easy way because it is new and we need to learn it.

The spiritual search is a deep confrontation with different realities. To find your spiritual home will take time. But aligning your path with the Feminine will make your search definitely much easier and more joyful. Your meditation will clear your perception and your mind. The great miracle is that transformation happens naturally on the female path, if you allow it – and you will feel so happy and rewarded.

Do I Need a Teacher or a School?

Do I need a teacher or a school? Looking for a Mystery School and for a teacher are only necessary when you have decided to put your spirituality first and you really want to know and learn to be able to serve. It requires, of course, that you are a meditator and that you are really interested in esoteric and spirituality as your main focus. A Mystery-Training is like a university where you learn the science of life. But from kindergarten you do not go directly to university; first you have to learn a few things, like writing, reading, math, and so on. The same thing applies in a real Mystery School. To commit yourself to

a Mystery-Training requires a good, solid Feminine foundation. But of course, the Feminine approach is new and most women have no idea what this means yet. Begin by studying books and attending webinars and spiritual events, just to get an idea. You will see each method; each school and each teacher think they are the best and most want to attract as many students as possible. This will be puzzling, but it is part of the game. You may learn how easily you are influenced. Take your time to find out what you want, where you want to go, and what your matter of concern is. Try out different meditations and when you are really ready, the teacher will appear. No need to rush! Use the time to heal your femininity and especially your sexuality. Learn self-healing to get ready for your spiritual journey.

For most women, a Mystery-Training is way too much of a challenge; they are not yet ready to actively focus on their spiritual growth on a regular basis or to learn to meditate in an autodidactic way. Spiritual training always has a clear structure, which needs to be followed for it to work. Students of the Mysteries are expected to learn, study, and experiment on their own, but having a mentor or supervisor who is at their side is very important. Feminine healing, on the other hand, needs its own open space. For women starting to get into spirituality, and simultaneously healing their femininity and liberating their sexuality can be too much. When your yin is weak, you do not have the resources for all this, and you need enough resources and strength for your inner work. Spiritual work needs power, sexual liberation needs strength, and emotional healing needs good self-healing skills. So there is no need to do it all at once.

That's why it makes sense, first of all, to focus on Feminine healing. Align yourself with the divine, do prayers and silent meditations and, of course, Osho's Kundalini and Dynamic – but don't get into meditation practices on a higher level. In spiritual work, having a solid foundation is the key. And this is exactly what nobody wants to focus on. But without a foundation no deep inner work is possible.

A Mystery-Training is for people who have done their homework, cleared their emotional, sexual, and financial issues, and committed themselves to their spiritual work. It needs to be the main focus in life, not just a meditation or a ritual with friends once in a while when you feel like it. It is for people who have this deep longing to learn and be trained to protect the Mysteries. Most women are too busy with themselves and with socializing; they want to enjoy their freedom and the endless opportunities offered by our modern lifestyle.

This is OK. I hope we can maintain the freedom we have and hopefully more women on this Earth will be able to have a life in freedom. But right now, it does

not look so good. In this absurd coronavirus time, we do not know yet if we will ever get our freedom back. Hurt women are used to giving in quickly and just adapting to new situations and new restrictions. That's why it is so important that we focus on our Feminine healing. As soon as your yin gets stronger, a deep desire will arise in you to liberate yourself and your spirituality and to participate in the great work to keep the Mysteries protected and alive. When this desire arises, you will be ready for your Mystery-Training.

Humanity is in constant change. Each generation faces different problems. A spiritual school has to be contemporary. It has to consider the problems and potential we are facing nowadays. Many women do not commit themselves to long-term training, because the teachings are very traditional and hierarchical. If they have not healed yet, it is too much pressure for them.

Many women are spiritually traumatized. They do not want to walk a path that is meant to repress them and to prevent them from growing spiritually. Women do not want to just be a support for the religious power structure and expected to honor their middlemen. They no longer want to follow spiritual ideologies and be fed with only hopes and dreams. Many women are really sick of hypocrisy and fake spirituality and lifestyles. I am sure that many of you do not meditate, because most methods apply to the masculine and do not support the individual growth process of a woman, especially when the emotional body and emotional fitness are ignored and excluded. For our world to rise to a new and higher level, we need to add the missing pieces of emotional and sexual healing. Without integrating them, we will remain stuck in old, destructive, and repressing patterns. Taking care of Feminine liberation is also important for the future of our planet. That's why it is essential that all women who have the capacity to understand the urgency get down to it and do everything within their capability to heal their own femininity, so they have the power to also liberate their spirituality.

I only can invite you – with all my heart and with each word in this book – to stay tuned! Don't stop! Do not back off! Stay! The female path is not like an instant soup. You have to go on a deep inner search and eventually you will be guided and helped to move on into a new dimension of your femininity.

Egos in Spiritual Robes

Once you have decided that you really want to commit yourself to the spiritual path, it is inevitable that you find a good teacher or a suitable school. Today

this is a very tricky venture. Some teachers can consciously move in different spheres and bodies and are connected with the spiritual world. They can do miracles in connection with their work, but otherwise they are very regular people. They do not pass on the teaching to just anyone. Usually, they have been trained in a Mystery School and also have taken an oath not to use the spiritual powers for personal empowerment and selfish purposes. They also do not set up their school and teaching like a business. They charge only enough to maintain the infrastructure to do their work. Then there are some mystics who claim to be in a constant state of enlightenment.

As mentioned before, sitting and meditating with such a being is very helpful and uplifting. Unfortunately there are many others out there who are power-hungry people with »enlightened« personalities. These kinds of people empower their personality with certain techniques – mostly energy work – so they appear powerful and surrounded by light. The exceptionally gifted spiritual healer Alan Hopking calls such people »workers of the black lodge.« This definition may be extreme, but there is much truth in it. We speak about impressively charismatic people with strong personalities, who are able to work wonders in the material world to impress others and gain their admiration. On the material plane they appear much stronger and more successful than real spiritual people. Newbies especially are easily impressed by such people who are charismatic and connected with their ego power so they are very popular and often quite sexy. But the thing is, they cannot touch your spiritual self or your divine spark; they can only activate your ego power and your personality. This will not support your spiritual growth but will only get you lost in your ego.

Male Helpers

About twenty years ago I attended a speech by Alexander Lowen, the father of bioenergetics. The liberation of sexual energy is an important part of his work. Back then, Lowen was already in his nineties. At the end of the lecture, I asked him if, in all these years of working with people, he could see a difference in working with men or women. He denied it and said for him there is absolutely no difference. That was his opinion, which I respected. But when he answered the room became very noisy and the other women attending were outraged. They insisted that this was wrong, and they accused him for saying that.

How can somebody declare somebody else's experience to be false? You cannot argue that the experience of someone else is not true. We are talking about the experiences of a ninety-year-old man. It was not his task to rehabilitate and heal femininity. He had another assignment. And his work belonged to another time.

I have known many male therapists and teachers of Qigong, Yoga, and other esoteric. Interestingly enough, none of them worked differently with men or women. OK, this was many years back, so hopefully by now this has changed – or will change.

It is our responsibility now to create ways that are in tune with our Feminine nature. To hand this task over to men is rather silly, but women keep doing it. Still, when a man is a teacher, he is much more respected by women than is a woman teacher. When it comes to Feminine healing, men should be kept out. This is not their domain or business at all. But they sense their chance. They enjoy giving women lectures and advising them how to improve their sexuality. They love to be a sexual consultant. The majority of the participants in seminars and workshops in the esoteric and healing field are women. Men love to be gurus. Being put on a pedestal and being admired by devoted and willing women is the sweetest balm for a male ego. My mother attended a regular Qigong class with someone who was, to me, a very questionable teacher. But he was sooo nice and understanding and my mother and all other women adored him. From what she told me, he was not that great at all, but his students were all age seventy and above while he was around forty-five. One day my mother said, you know this is strange: this man always has cold hands. From Chinese medicine we know that this is a sign that the heart channels are blocked or weak. I told her to ask him why he always had such cold hands, and she did. He replied: »Having cold hands is a sign that I am spiritually advanced.« I am not kidding – that's what he told her.

There are so many therapists, healers, and teachers out there getting off on a phenomenon I call »guru syndrome.« If you can make money with it and get women into bed – the male ego blossoms! And there are enough lonely and insecure women out there who fall into this trap. »He is so nice and understanding« is something I often hear women say.

No doubt men have their qualities in many different fields, but supporting women on their spiritual Feminine path and helping them heal their sexuality is not one of them.

Prince Charming the Savior

In the time of the big deception, so-called spirituality and esoteric events have advanced into a very lucrative crowd-puller. Esoteric mega happenings attract people into the big shows with dazzling and exotic gurus, charismatic star therapists, and sexy healers! I am not a show girl and such events don't make my heart beat faster. I usually consider such chaotic theater to be a waste of time. But once in a while it happens that an organizer or one of my publishers catches me at a weak moment and gets me for such an event.

They scheduled me for an esoteric congress in Rimini in Italy. I lived in Sicily for almost a year and for more than ten years in Switzerland just next to the Italian border. It is always a special pleasure for me to get together with Italians. The timing of this invitation to Rimini was perfect. It was spring and I wanted to buy some new shoes. My book had been published in Italy and I had already done some seminars and lectures in Milano. I thought I was prepared for what I would find in Rimini. I wasn't! This esoteric congress was far beyond my imagination. I regret even today that I had left my camera at home. Just seeing the poster for the announcement, they made was worth the trip.

International New Age and esoteric teachers were presented like pop stars. In the center of a flashy poster was the blonde Swiss sexologist (me) surrounded by pics of a handful of want-to-be-enlightened saints in their holy outfits. I could not believe my eyes. To make me fit into that illustrious company my lips had been colorized in bright fluorescent pink and my blue eyes were even bluer. They only kept the blonde natural. They transformed me into a funky eso-chick. I kept this bizarre poster and, when I am old and bored and sitting in a nursing home, I will have a good laugh.

My job is to support women to become independent, to empower themselves, and to discover their own spirituality. That's why attended that event. But my effort lasts only until an exotic guru or a uniquely dressed, charming psychic healer crosses their way, one who knows how to impress the girls with his energy and charisma. One of these – a fairly good-looking young man with long hair who looks a bit like a Jesus imitation – walked around surrounded by a group of younger women. Every so often he would stop his meditative, slow-motion walk and would hug one of the girls very deeply. They were so delighted and instantly fell into a deep state of bliss. Obviously little esoteric acrobatics are needed to reach out and the girls cannot resist. They are so relieved that Prince Charming exists. They start dreaming and are convinced that he will save them with his unconditional love. He is everything they have

ever wished for. They are so relieved that somebody will do it for them and that they do not have to do it on their own anymore. But as Osho said: »No messiah or savior will come! This is just another binding and part of the big deception! He told you he would come 2,000 years ago, but he won't. You have to do it on your own!« And that is so! Sooner or later, the girls will wake up from this beautiful fantasy and realize that they need to take on responsibility for their spiritual life. If it sounds too good to be true, it most likely is.

I love and respect men for who they are. I can understand why men like to be gurus, therapists, or teachers of women. And we understand that sex keeps them going. To support women on their Feminine healing path, though, men are not really suitable. But believe it or not: there are men out there telling women that they are working with my books, helping them on their spiritual Feminine path. But even more unbelievable to me is that there are women out there believing that bluff.

Over the centuries women have been so used to depending on men and male authorities. The time has come to break through those old patterns. To walk your Feminine path does not mean to be hostile toward men. It just means to be realistic and responsible and to be a joyful rebel.

FEMININE INSIGHTS

It is frightening how many women today still blindly trust authorities. This trust has been abused and exploited for centuries over and over again and it is shocking that most women cannot recognize it when it happens. This is an old habit we need to leave behind. Be aware: there are also many women in power positions, such as politics, who function as a servant of the male authority system and who do not really represent a new femininity.

Support

Women who are unique, successful, rich, or more beautiful than the average are able to move from the middle ground of womanhood to higher ground – but they are often fought and bullied by other women who treat them as betrayers. Women do not get much support from the outside when they are about to break out from old social patterns and comfortable deceptions and lies. As a helpless cry-baby you get happy conciliation and support from others but as

a woman, if you become extraordinary, you will not have many friends left and people will not support you. Rather they do the opposite: they put you down, spread lies, and bad-mouth you.

Of course, I am also exposed to that because for years many women have been triggered by me and my work. At first this was shocking and difficult for me, but I took it as a challenge and it turned out to be a blessing I could benefit from greatly. I was constantly forced to apply my healing skills and this made me strong and emotionally independent.

On your female journey of liberation you will not get much support from humans – but you do not really need it. It is your private affair. Besides that, Feminine self-healing is still too new and hardly any teachers or schools are able to support you on this path. For most schools and teachers, true Feminine healing is not at the top of their list. But that's OK; you can do it by yourself. I healed my femininity all by myself. Just get deeply into the subject and meditate over all the issues until you really understand the female principles. Then adjust your life to that and synchronize your entire life with the divine Femininity. I have done it, and you can do it too.

After a few years, when you have done your homework and have installed your healing tools, it is helpful to get spiritual training. For this, it is really recommended to get guidance. Mystery Schools are usually very discreet about their work. You do not see big advertisements and seducing posters. You need to dig a bit deeper and then you will find different schools. If they see that you have done your homework, and that you are willing to learn, you might be accepted.

A teacher does not need to have thousands of students or disciples to be a good teacher, rather the opposite occurs. A Mystery-Training takes time and energy from both sides.

Let's sum it up. First find out where you want to go and focus on getting help on your spiritual journey. If you truly ask the spiritual world for help, you will get it. Be open to unexpected opportunities and offerings. Spiritual teachers are never the way you think they should be. They don't fit the images of perfectly staged gurus used by fake teachers. They do not function like a professional teacher, nor like a therapist. Neither are they conditioned like a coach or a trainer. They are not here to fulfill your expectations. Actually, they always seem a bit strange.

They do not comfort you, nor do they support your inhibiting personality patterns. A spiritual teacher is not a politician; he or she does not need your vote. Neither do they work according to a business plan to get your money.

They don't treat you as a client and will not please you and fulfill your desires. A teacher is there to challenge you, to trigger your shadows, and to teach you to move safely in the unseen worlds. Other than that, they are normal, imperfect human beings just like you. Because spiritual teachers are as they are – authentic, individual beings – they never pretend to be perfect like fake teachers and priests tend to do. But they have gone a long way up the ladder and know the pathways to the different realities and know how to move in the inner and outer worlds.

Spiritual training will prepare you for your spiritual responsibility as a woman and will teach you to distinguish the different worlds, spheres, modes, and states of consciousness. A teacher helps you to see the illusion of your personality and may use, if necessary, unusual methods to wake you up from your dream. A teacher shows you how to move in the unseen world and supports you as you walk in your own way with joy and devotion. A teacher can only work with open students who are ready and willing to learn.

Over the years I could see that many women wanted to join our Mystery School but, at the end of the day, they did not want to do their share or to do their homework. Then they were astonished that we refused to teach them and that we were not willing to share our treasures with them. We are also incorruptible; we neither sell initiations nor certificates. We are here to protect the Mysteries and we train seekers who want to support this work.

This is about You

On the earthly plane in the long run, you will not find a perfect teacher. People are people. Each guru, enlightened or not, is still a human being. And this is very good. You are thrown back to yourself. You alone are responsible for your path! Only in this attitude is it wise to confide in a teacher.

Some teachers work in tune with the spiritual laws and others don't. This is an open secret. Some people are not credible, but they are great teachers. We all have our issues; that's why we – including teachers – have come here to learn. It is such a waste of time to analyze and criticize other people or your teacher, but it is very common to do so. Women especially, instead of looking at their own issues, their inner resistances, and their unsolved emotions often team up against a teacher or boss. I had two women attending seminars and they both wanted to join a longer training program. They both loved the same man. One of them was his wife and the other one was his secretary and lover.

They did not really get along well and the wife did not know about the affair. But the lover often spent time at that family's house as a friend and was even godmother of one of the kids. Before the training started, I talked with both of them and I said, if you want to attain, you need to clear this issue. To be all together in this deep healing process, this issue needs to be cleared.

When the training started, I was surprised that suddenly they were like friends and even wanted to share a room. When I asked them individually if they had cleared their situation, they denied it. After spending more and more time together, the two suddenly started to turn against me and against the work we were doing. They became very negative. After a few weeks, they decided to leave the group together and to stop the work. Eventually the wife found out and divorced her husband. The other woman took over and they have hated each other ever since. Both stopped meditating and turned away from the spiritual path as well. Their motivation was not strong enough to examine, clear, and heal the emotions they triggered in each other, even though we had a great opportunity. Since ancient times the guideline for the spiritual path has been »Know thyself.« This is not just for your meditation. This guideline is to be applied perennially, twenty-four hours a day.

If you are ready to learn and to grow, you can have important experiences and insights everywhere and triggered by everybody. But as soon as you focus on others, by blaming, criticizing, and condemning them, you will miss the chance. This is also valid when you fall in love and admire and worship somebody – don't lose that focus. It is not because of them; it is you.

Lesson number ten in our correspondence course deals with opening the heart. Our students do their healing and liberation of the heart on their own but are provided instructions and meditations. That's real female empowerment: realizing that you can do it all by yourself, that it is easy, and you can feel that it works. But what often happens – and this really makes me laugh every time – is at the end of this monthly lesson, the students report that they have met the love of their life. They are so in love and this man or woman is so incredible. I have now been guiding women through this particular process for more than fifteen years and that love has never lasted. What actually happens is that you heal your wounds and open up your heart so that love starts flowing through. Exactly at this point, a man or a woman appears in your life – it can be anybody. Your heart is so open and that person appears. By your love, any ordinary guy turns into the most wonderful, beautiful man, the man you always dreamed of. The fact is, you have invested a lot in your healing and now your heart is open.

The divine love flows through you and makes you feel so joyful and happy. But then you see this man and all your love flows into him so you give him all the credit for your love, just because you have lost your focus.

That's why it is so important for us women to learn to empower ourselves, because we have been trained and imprinted to give others the power over our emotions, our spirituality, and our sex life.

This is all about exploring and getting to know yourself, being in touch with yourself and trusting your inner voice, no matter what happens in your life. There are still far too many women out there being abused and brutally trashed because they trust others more than themselves. Sadly enough, some don't have a choice! We need to do this for those women who are not able to empower themselves, so this experience of healing and personal empowerment will be deeply rooted in the collective. In case you are caught up in a toxic situation right now and you're lost in it, please reach out and search for help.

WHO AM I?

Let your spiritual search for a suitable teacher be guided by the following three points. They will always protect you.

- Your personal spiritual alignment.
- Your authenticity and truth.
- Your steady striving to know yourself.

FEMININE WISDOM

Leading a meditation group is much more demanding than it may appear to the eye of a non-meditator.

Esoteric Jumble

It is such a crazy jungle out there. We need to watch out and not get lost or trapped in it. There are so many different possibilities, techniques, and traditions. Each tradition, each cult, and each church is consciously or unconsciously connected to the unseen worlds. Each spiritual community stores certain experiences and know-how and often traditional peculiarities. The practices learned from a teacher or a group are just the tip of the iceberg. Hidden below you will find symbols, powers, experiences, unseen entities, and much more. Not all of them are good or have a good intention. It is very common that evil

groups appear from the outside to be the most loving and caring ones. There are power-hungry, evil people, for example, using environmental protection as their flagship and cover-up, but they have a totally different agenda. They just pretend that they care about humans and environmental issues to get you into their boat. You need to heal your femininity to be able to trust your intuition. As long as you are afraid, insecure, and needy, the chances that you end up being used and manipulated in some way is huge.

Spiritual schools offer long-term teachings, which are not very costly. Their fees just cover the cost of the infrastructure and none of the teachers are paid for their commitment. After a few years, students who have reached a certain level in their training are invited to help in the school and to participate in the work. Each school has a slightly different focus and carries a different responsibility and assignment to fulfill. The contents and the method of their teaching vary according to the skills of the founder of the training and the purpose and work of the school. A Mystery-Training is a very subtle and deep process, which builds up step by step. Each school uses different methods of teaching and builds up its work within a different symbolism and its own group spirit. Those deep processes need the space to unfold and, to unfold their treasures, they should not be disturbed or confused with other techniques and other approaches.

Therefore, different trainings and teachings should not be mixed. For people who are involved in therapy, a Mystery-Training does not make sense, because in Mystery work you build up your unseen bodies while in therapy you have a different focus and work on a different level, which counteracts and disturbs those very delicate inner processes initiated by the Mystery-Training. I have seen many women who were interested in Mystery work, but at the same time were involved in other trainings and therapies, and in none of them could the Mystery-Training really unfold its potential. Every real Mystery-Training requires deep dedication and loyalty to the training and teaching. As students, we are asked to respect that and to protect the teaching and the Mysteries.

For example, if you are a Yoga student who meditates and practices Yoga exercises on a regular basis over time, you establish an inner connection, a deep bond with the great Yoga soul. This happens regardless of whether you are aware of it. That's what is happening when you move within a certain system or tradition. In the case of Yoga, you will be connected to all yoginis who went this way before you. This is how you receive the power to walk the yogini path. The important parts of the Yoga path are self-discipline and control of the body, mind, and feelings. The Yoga way in depth does not support your

female liberation. These two paths are very different from each other and actually counteract each other. But instead of accepting this, many Yoga instructors today try to make their classes more attractive by adding a wild mixture of other methods and meditations. Most teachers in the esoteric and spiritual fields have not really had a profound education and have not developed the psychic power to be aware of all that. But being unaware of something does not mean it does not exist.

If I wanted to learn Yoga, I would expect my teacher to be a real Yogi, who would do anything to deepen this way to explore its mysteries. There is so much in there. Today many »yoga teachers« are just businesspeople. Yoga is their brand but unconsciously they are bonding with the Yoga spirit.

Over the years many »yoga teachers,« shamans, and others have come to my seminars just to jazz up their own classes. I had to learn that there are different kinds of people. The majority are just interested in techniques to improve their professional skills or their relationships, not in liberating themselves or finding the truth. It is sad that all the yoga teachers who came to my introductory seminars just came for business inspiration, not because they were interested in healing and liberating their own femininity. After a two-day seminar they thought they knew what it was all about and passed on the exercises from my books totally out of context to their students. Trying to pass on the Mystery teaching to them is pearls before swine; they are just interested in the material world. That's why I have stopped doing my work in public. It just takes too much energy, and it does not make sense to share the teaching with women who have only a superficial interest.

True Yoga is a highly spiritual path and should not be reduced to a body workout once a week to get a slim and flexible body or to prepare for pregnancy. Yoga exercises are made to control and master the body and are just one part of Yoga. The most important parts are studying the scriptures and the higher meditation practices. The physical exercises are just the preparation for dealing with the energy level that will be reached by the higher practice. Buddhism is also very demanding and its teaching needs a binding commitment from its monks. Any Mystery-Training is complex and requires great dedication and respect.

The Feminine Mystery path is a joyful, authentic, and natural path of dedication. A Yogi sublimates his sexual energy and controls his emotions. The Feminine path works the other way around. We integrate and enjoy the natural flow of sexual and emotional healing. Mixing these two ways creates confusion be-

cause they are so different; you cannot submerge yourself deeply into either one so you will miss the benefits of them both. That always happens if you mix different systems – it creates so much confusion and murkiness. If you do not really commit yourself to spiritual and esoteric training, the doors to the inner sanctuary will remain closed. These differences are not visible to spiritually undeveloped people who have not been properly trained. They operate on a very superficial level and mix all those different methods recklessly. I have no problem with someone who wants to do that, but a teacher who works with people in this way is preventing their growth – that’s why I am speaking up. Its time women become more credible and move out of this superficial, esoteric handicraft corner they have been assigned to and become real experts in what they are doing.

The spiritual world requests a decision and dedication to one path at a time. Real spiritual training builds up step by step through subtle and interconnected processes that are all in tune with each other. They need a protected space to unfold properly. Insensitive, mediocre people do not realize that. To get some sensation and to trigger emotions, they mix cultures and techniques – but this has nothing to do with spirituality.

On Monday you have your Tai Qi or Qigong class that connects you with the Chinese Soul. Then Wednesday a friend gives you a Reiki session and places some symbols into your system. On Friday you meet up with some friends for a lecture by a Tibetan monk and the weekend is reserved for a workshop in shamanistic drumming to call the spirits. At one of the breaks a woman tells you about a goddess retreat in Thailand where you can be initiated as a priestess and if you book it straight away you will get the early-bird rate. Of course, you don’t want to miss that great opportunity and take the chance. Oh god, this week is so chaotic! It is getting too much for you so you call your therapist for a counseling session, because your relationship is getting so strenuous and complicated. Your therapist proposes that you come with your partner for sex therapy. Luckily, the therapist just finished a Tantra training and now has a certification to coach couples. You are so confused and lost so maybe meditation will help; you have that book, so maybe this would be a good thing to do. You cancel your retreat and apply for a Mystery-Training since your deepest desire is to work with other women because you are such a spiritual being and this is your destiny. Then you can finally quit your job and follow the desire of your heart.

Those are the kinds of applications we are getting for our Mystery-Training. My helpers are always shocked when they see such applications, because they thought when I told them about it I was just kidding.

They never expected such a poor spiritual condition in women. Or that there is such a discrepancy between what people say and how they present themselves and the way they actually are. That's why I am still doing this work, even though women, due to their profound conditioning, are so difficult to reach. Part of this conditioning is that many women think or dream that they are so advanced spiritually that they would never dare question their spiritual reality. We need to realize that we have been and are still spiritually manipulated, traumatized, and deceived and that first of all we need to focus on our spiritual liberation. Unless you have this insight, you will not want to liberate yourself, because you think you have already achieved. Placing false ideas like this into people's minds effectively blocks their search for the truth.

The fact is that we are just at the beginning. Superficially women have already reached out and a few already move a bit differently, but as long as this happens in male patterns, we cannot really transform and liberate femininity. A profound female reset is urgently needed to both counteract the out-of-control male forces while at the same time controlling the feminine.

Back off and untangle your life from all unnecessary activities and social contacts to make space for yourself. One good thing about lockdowns is that women cannot be all over the place and will find the time to relax, meditate, and reflect. Less is more – and in silence you will find many answers. The female path is deepening; it is not the path of multiplication and accumulation. It is enough to focus on one thing until you really understand it and have integrated it so it has become a part of your being. It is not about gathering knowledge and collecting certificates. It is about getting a real and deep experience that brings you into contact with your own wisdom.

FEMININE WISDOM

Less is more. The more you do, the less that happens.

Just let it be and let it flow and it will grow naturally!

Give Your Femininity A Chance!

Here are some hints for women who want to give their Femininity a chance:

- ♥ Focus on your Feminine healing.
- ♥ Don't experiment with other methods until you have a solid Feminine foundation and you feel at home in your Femininity mode.

- ♥ Your physical yin needs to be strong and your life-center needs to be manifested in you.
- ♥ Daily relaxation and meditation should happen naturally and self-evidently. This is necessary to get access to the Feminine world. This is what counts and you should focus on it until it has become real.
- ♥ Avoid methods that activate your male parts – for example, energy work and active sports – at least until you have found access to the mystical Feminine world. I am sure by now you have reflected on these polarities and are familiar with all that should be avoided. Your femininity needs this support and a chance to be able to initiate a reset.
- ♥ As I said before, a new Femininity needs a solid Female foundation. If you do the Female Work on male grounds, you are masculinizing yourself. Be aware and go deeper!

Female Learning

We all have different learning patterns. To acquire new knowledge and know-how we have mainly trained our ability to copy and memorize. This works for many areas of our life, but not in the spiritual or Feminine worlds. It is helpful to understand the difference in learning. When it comes to learning in school, you are trained to do things the »right« way. Of course, then there is the fear that you could do it wrong. You are tested on whether you have properly learned the material. And you are punished with bad credits if you were not good enough or you did it wrong. That's the pattern that is installed in all of us. Later on, you learn to debate to prove that your standpoint is right or better than that of others. Often, I have been invited to be on TV shows for a discussion with other experts. I never accept invitations for such discussions, because I am not »right,« and I do not represent the only right concept. All I can do is share my experiences, and no one can debate away my experience. Our material world is ruled by scientists and businesspeople and by the measurements, calculations, and results that prove the reality they rely on. This is a different approach. When you read this book with such a mentality, you will surely miss the point.

I do not write to be right, but to inspire you to make your own experiences. For this you need to be in a state of openness and rooted in yourself. I don't want you to agree with me; that would be the wrong mode. One moment you may agree and think: »Oh, this is a great book!« then on the next page I may say something you disagree with. Then you dislike the book or what I've said. Don't agree with

me – make your own experiences. In a Mystery School the most difficult thing is to help students change their mindset to enter the open learning mode.

Often when we are learning something new and we do not agree with the content or it does not appeal to us, we tend to close off and emotionally disconnect. We may even step out and quit and move on to something we like better and that we can agree with. But this stops us from learning new things and going deeper. This also happens to people in our lives: if they are doing something we think is »wrong,« we decide we don't like them anymore instead of learning and growing together. Right now our society is strongly divided between the vaccinated and unvaccinated people. We should not hate each other because we have different ideas. At this point nobody really knows what's right and wrong. We are all here to learn.

To be able to develop and unfold our authentic spirituality we need to dissolve our own resistances and our mental and emotional patterns, which prevent us from being in the here and now. Nothing can happen in a state of internal agreement. So many women write to me to thank me for the books, saying that the books confirmed their ideas. By confirming and agreeing we cannot grow or expand ourselves. The teaching or texts need to touch something on a deeper level inside you. That's why we need to adjust our mindset and to meditate as we reflect on the Mysteries of life for ourselves, to have our own findings and insights and not just agree with somebody else.

A spiritual teacher's job is to confront students with their own reality and their limitations so they get to know their own inner resistances and can dissolve them. We need to realize those places so we can move beyond our limits. That's why it is not possible to train yin-deficient women; they do not have the strength to deal with and heal their resistances. In their state of weakness, they are unable to move on; they either start to argue or they feel hurt and rejected. In any case, it is a reaction that prevents them from focusing on their own inner process. In a state of yin depletion, you do not have the resources and the power needed to process and heal emotions or to dissolve resistances. Too many people are caught in their resistances and in the world of right and wrong. In this state, you cannot really teach somebody. We need to recognize and dissolve our resistances and open up for the new. To be able to do that, yin-deficient women first need to build up their physical foundation.

Feminine learning allows you to be inspired by everything and to look at life from a different perspective to make new experiences. Feminine learning happens on the level of experiences. For this we do not need to accumulate

as much knowledge as possible nor to run after ideas. Just install your healing tools to have the luxury to enjoy your female journey as it is.

FEMININE WISDOM

Feminine learning is existential, not intellectual.

In the seminars, we often have participants who behave as if they were back in school. These are mostly professionals who work with people and don't come to really learn for themselves. They sit in the seminar like they are in school, writing down everything I say or do and noting every exercise precisely, just as they learned as kids. Even during meditation, they open their eyes to note down what I just said. When I tell them to relax, to allow their experiences, and to feel, they usually refuse to do so. I am sorry that they miss it all. It is sad that they abuse the Feminine work for their selfishness and do not support the now-important global process of Feminine self-healing. I hope you understand the value of Feminine learning and give it a chance. It is so precious and will open up so many new doors for you.

WHO AM I?

- Do you understand the benefit of Feminine learning?
- Take a close look. Do you recognize any imprints and conditioning from your days at school, at university, or in professional training that prevent your Feminine learning?
- Do you know how to put yourself in a Femininity mode, where Feminine learning takes place?
- How open are you to new and unknown situations and experiences?
- How do you prevent the new?
- List at least six of the defense mechanisms you use to avoid opening up and changing your beliefs and habits.

FEMININE WISDOM

As long as your intellect wants to be Number 1 and in control of your life and claims to know everything better, your feminine soul does not have enough room to make its own new experiences. Wisdom arises by allowing and integrating your own intrinsic experiences.

Closing Words

Epilogue

Our world is in the middle of a fundamental change. We all react differently to destabilization and to unexpected, surprising situations. You may be shocked, some are powerless and idle, and others feel insecure, frightened, or depressed while still others are angry and frustrated. Some just turn away and try to escape, not wanting to face reality. All sorts of different emotions can be triggered by these changes. This is the way we have been conditioned. But this is the old way.

We are definitely here to be more innovative, to create new ways of dealing with exceptional conditions. We are challenged to participate consciously in reshaping our world. It is our world. We are all challenged to make our own contribution, to raise and strengthen our quality of life and our joy, and to reach out and connect to a higher consciousness so we can set new impulses.

Everything must be set to open up new possibilities if we are to find new ways out of this insensitive, destructive, and sly mentality which has infiltrated our lives and our planet for way too long. We cannot leave the world to a corrupt crowd who cleverly wrap their selfish and misanthropic goals in deceptive visions of sustainability. They have disguised their true intentions and the »great reset« agenda they have been working on for many years.

The healing and development of our emotional body (which is the essential part of feminine healing) is central for everyone, not just for women. Achieving our own empowerment and liberation is one of our important tasks. The emotional body is both our weak spot and our great human potential. A developed emotional body is an essential prerequisite for our human consciousness to raise and unfold. As long as we are traumatized and cut off from our emotional body, it is impossible to unfold our true spiritual potential. A well-nourished, developed, and purified emotional body naturally but unspectacularly opens a new perspective. It opens new possibilities for us, especially the access to our independence and to the extrasensory perception that is so much needed. An underdeveloped, wounded, or even shrunken emotional body is like a prison. As long as you are stuck in your prison, you are emotionally insecure, manipulatable, and corruptible.

The task set for us is directed to all people. We all must liberate and deprogram ourselves. We must take full responsibility for our own lives and actions, especially for our emotions, sexuality, health, and spirituality. This is not really difficult, but so many people are unknowingly programmed to move in the exact opposite direction. Not only that, they justify what they are doing as they pull others along and encourage them to do the same. So many people just follow the crowd and do what others say or do, not what really works. As long as your emotional body is not developed, you are cut off from your inner wisdom and from your authentic spirituality; then the most you can do is just trot along and act like everyone else.

At this point, I would like to address therapists, teachers, coaches, and healers in particular – those who offer assistance to others in handling their emotions. Countless therapy methods and remedies have been developed, which should help people to cope better with their feelings. Therapies are a huge business. As long as people have not really healed – especially their emotional body – and developed their femininity, they remain needy. They are thankful consumers who welcome any kind of therapy and nonsense. And of course if those problems can be quickly removed by a pill, even better. Many of these methods are good business models, but they are not really suitable for helping people to become happy and healthy or for leading them into a higher consciousness and a new freedom. It is understandable that as a therapist or group leader you do not like hearing this. On reading this your first reaction will probably be, »I know what she means and I can see it in many others, but my work is definitely different and very important.« Have the courage to look a bit deeper. This can be a very complex issue for you, one that is likely connected with your survival strategies and self-esteem, which are very powerful unconscious forces.

Many therapists, coaches, and teachers have invested a lot of time and money in getting certificates for a certain method or occupation. In this case, you are certainly not likely to welcome the insight that what you are doing may not really be effective. Such thoughts will make you turn away and your personality will quickly justify what you are doing and tell you that your work is very helpful. Besides, there are so many others doing the same as you are, so this must be right. And who is the author of this book anyway? With these thoughts, the unpleasant issue is swiped off the table again in seconds. That's why we need rebels who have the courage to be authentic and truthful and to go deeper. This is essential to heal your emotions and to move out of the corrupt and hypocritical mentality, which forms our society.

The present time requires that we all look deeper to discover the areas in which we ourselves are corruptible and fake. Bribery and doing favors – in both large and small deeds – are also forms of corruption. Corruptibility and hypocrisy are very subtle and tricky. They are like a virus that has established itself in all areas of life. They can be found particularly in the fields of health, therapy, and medicine, as well as in alternative therapies, esoteric and the new age movement, and religions – areas where you would least expect them. Since birth we have all been exposed to cunningly hidden methods of manipulation. We are all conditioned and that's the only reality we are used to. But now our truthfulness and authenticity are urgently needed. We can no longer fool ourselves.

We have become accustomed to all the half-truths and cover-ups. We like to be dazzled and flattered so we make an effort to look closer at those dark and blurry areas. As soon as you get to know yourself and recognize your own corruptibility – and realize that you're being phony and fake – you will recognize these patterns on the outside and in others. That's the basis for a reset.

Looking more closely, we see that nearly all therapy methods and chemical treatments that are applied to dealing with emotions do not really achieve this goal of developing and healing the emotional body. For decades I have observed that the emotional bodies of people in therapy are often still injured and underdeveloped. In many cases new patterns of dissociation have actually been established by the therapy. There are quite a number of methods that make it easier to deal with emotions by weakening or even bypassing the emotional body. As a professional therapist who has read this book, you should now be able to distinguish and recognize these methods. If not, take your time to investigate this important issue a bit deeper, so that you really understand and can internalize it.

The offers of these half-truths are huge and nobody questions the effectiveness of the different methods. After all, one works on oneself and intellectually one gets new insight from it. As long as it is good business, who cares? Besides, this therapy is a popular stage for the ego. That's why people love to go to therapy, and why they are willing to pay high sums. In therapy the ego gets all the attention it is longing for.

Many therapists make their living from the problems of others. Therefore all therapy methods should be carefully and continuously examined for their ef-

fectiveness. This has not been done. Instead these methods are spread and promoted. (Actually, I need to write a book about the »maze of therapies.«) Especially when it comes to spiritual development, which is treated in in this book, therapies that deal with the psyche, emotions, and behavior patterns often become serious obstacles on the spiritual path.

The whole field of psychotherapy and other pseudo-therapies needs to be fundamentally revolutionized, renewed, and replaced by founded spiritual or occult trainings. This would allow us to unfold our potential and not get stuck in this half-hearted, top-heavy mediocrity. Everyone should learn about the universal laws and get the tools and knowledge needed to use our life force – including emotions and sexuality – with wisdom and creativity. We should no longer be prevented from getting in touch with our much-needed extrasensory perception.

I know so many therapists who have never liberated themselves but have merely adopted a therapeutic conditioning that they learned somewhere. And they make up their own world view that justifies their efforts. In this way they obstruct their own development and that of their clients. To get out of these patterns, you need courage and strength and, above all, the ability to heal your own emotions. This is a learnable skill that is more than just healing. It empowers us to become an independent person who can trust our common sense and stand up for our values. Translating the emotional self-healing and the major guidelines you find in this book into your life enables you to deal with the great challenges we all face with confidence and creativity. You will be able to tackle the responsibilities that life hands you with joy and enthusiasm.

Emotional liberation concerns us all, so I would like to ask each of you to take a closer look and to reach out for new approaches that will really bring us forward in a tangible way.

Take time to examine what you are accomplishing with your practice or work.

Ask yourself the following questions:

- On what level and in which body am I working?
- Can I recognize which mode I am addressing in my client/patient?
- What exactly do I want to bring about?
- How can I check what my work does in others?
- What is the goal of my work?
- Am I teaching concepts I have merely adopted, or have I experienced the healing and effects myself?

- What do I like about my work?
- How truthful am I in dealing with my clients?
- How do I deal with the negative energies and emotions of my clients?
- What do people learn from me or through me?

»Know thyself« is the most important guiding principle along the spiritual path, no matter where you are and what you are doing.

Especially when dealing with others, we must not turn away from this alignment, but rather continually deepen our own process of liberation. You are all so important and your efforts are really needed because, as long as other people are aligned with you, you have a huge responsibility.

It's also a joy – not just to criticize, nag, and turn away from the unwanted – but to actively participate in reshaping and manifesting your own values with relish. YOUR INPUT COUNTS! The intention of this book is to inspire you to go your own way – to become your own expert, your own therapist, your own healer, and your own best friend.

It is obvious that traumatized and emotionally underdeveloped people – like most politicians and leaders whose lives have a different orientation and who pursue different goals – have no idea of all these spiritual possibilities that lie dormant in us humans. That's why it's so important that we keep at it, that we as human beings don't atrophy even more, but become what we are destined to be.

This Mystery Work, is neither part of an organization, a fraternity, a cult, nor a club. We are a happy bunch of individuals caring about personal freedom, emotional intelligence, a healing sexuality and independent thinking and actions. New human beings cannot be fabricated by new technologies and chemical substances or by manipulation because emotional intelligence, empathy and spirituality are our true nature and our human potential. These precious treasures need to be welcomed and unwrapped because they can and will make the difference.

Watch out:

This book refers to healthy people who are willing to invest time in their own healing and liberation. As mentioned in the book, we all need a solid foun-

dition to prepare for this journey. If you have severe problems, then find a trustworthy therapist who will support you as you build up your foundation so that eventually you can walk on your own. First you need to become an expert yourself and to develop and install all your healing tools. Then you can begin to heal yourself.

On our website you will find additional information and also practical hints on how to safely and joyfully walk your path to a new freedom. You can also contact us by mail, if the internet should not work at the moment or if certain forms of access are blocked.

Dear Friends,

Thank you for taking the time to read this book. Sharing is caring. If you care, please share this book with your friends.

Maitreyi and Amidea
Switzerland 2021

Acknowledgments

This English version of my book, »Weibliches Manifest,« originally published in German, has only come into being because my dear friend and long-time student, Amidea, who has constantly urged me to finally get it done. For twelve years it has been on my to-do list. Amidea also actively supported me in the translation of the book and she is the driving force producing all our videos. After years of retreating from active involvement in working with women, I was persuaded by her to pick it up again and to move it forward to a new level. Seeing what is happening in the world now, I could no longer keep silent. I owe huge thanks to Amidea for being such a highlight and for doing so much important background work to make this all possible.

Working as such a great team definitely makes it easier to swim against the tide. Moreover, it's just a lot of fun to be able to share creativity, insights, and joy – and to be able to inspire others.

Beyond that, I want to thank all the people I have ever met. From each of you I have been able to learn something. I took it all in – the sweet and the sour encounters with you all. With the magic of feminine self-healing, it was possible to turn all these experiences into gold and confidence.

Much love to you all – keep with it. It is so much worth it.

Maitreyi

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Further Books by the Author

The Tao for Woman (Ariston, Germany: 1996)

The Book has been published in 13 languages. The English Version should come out soon. We are working on it *LOL*!

The Hidden Power of Female Sexuality (Samuel Wieser Publishing, U.S.A: 2001)

The Miracles of Female Sexuality (Heyne Publishing, Germany: 2009)

Female Jewels (Integral Publishing, Germany: 2000)

Your input and your joy make the difference!

This global crisis also has its good side. More and more people are waking up and starting to search for the truth and for new ways to actively participate in the reshaping of our sickly world. We are still in the age of the great deception (Kali Yuga) where things are not as they are presented – not in the fields of health, therapy, spirituality, nor anywhere else.

Healing our sexuality from its traumas and perversions is one of the most important things that needs to be done now. For this it is necessary to move out of that fake and hypocritical spirituality. A new liberated and natural femininity plays the decisive role, which enables us to move on to a new era.

This book sensitizes you so you will recognize the pitfalls and confusions that prevent you from truly evolving as a human being and as part of humanity. *The Female Reset* offers valuable preparation and support to guide you on your adventurous personal journey of liberation. It points out what to watch for so you will not get stuck or blinded along your way.

Maitreyi's tireless and refreshing pioneering spirit inspires you to explore new and unusual ways. The book shows you how to enrich our world with a new spirituality that is liberated, joyful, and authentic – to manifest the needed *Female Reset*.

Maitreyi's books are bestsellers and have been inspiring women since 25 years.

**Don't give up, stay tuned and enjoy your
unique and challenging journey !!!**

ISBN 978-3-033-08754-5



