

# Title

**A guided journey into the power of being You**

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# Invitation

Let us be new

Karin: We are having coffee, after a both beautiful and delicious lunch. A lunch which we enjoyed, indulged in, united with in every bite. In the emerging dialogue, I share: "I just got such a clear wish in my mind. In my heart. Let us always be new to each other. No, rather: Let us always be new."

As I share this Niklas responds: "What I see when you share this is that we will always be new. As long as we continue to embrace our path and let go. As long as we keep opening to that which has not yet manifested. Opening to the unknown, to the next step that is ours to take. And as long as we keep letting go of that which no longer serves us. Without always having to know what that is."

We see how this is the natural process of being. Always experiencing ourselves as new. I'm always becoming new. I wake up in the morning, curious of who I am today. Curious of who you are today. And only if we see ourselves as having reached our destination, we will stop being new. Like "Now I know who I am. Now I know who you are, who we are." So we continue to give ourselves. We continue to let go. We continue to open for the unknown and the continuous becoming of who we are...

*When we had walked the path of depth to its very end.  
When we had travelled the path of oneness as far as we could..  
Another veil fell,  
And beyond it we saw the path of depth and oneness winding into the  
future, toward eternity.  
Us, standing at the very beginning of the same.  
Not knowing how to walk in this new world, we gave ourselves and flew into  
the dark.  
Into forever. Toward eternity.  
And when we reach there, another veil will fall.*

This book holds an invitation. An invitation for you. We welcome you to our journey. To share our journey. To experience it. In longing. in joy. In sadness. In anger. And in this, we invite you to explore your own experience while reading. Awake to what is born in you. Because this book is for you. For you to find passages to your Self. To your own path. To your own truth. To more nuances of your true, whole self. Where that may lead you, we do not know. No one does. But we know that if you are open to meet yourself, things will happen as you do. And you will become more of who you are. And less of the fears and patterns holding you back from being all you are.

In life today, we are mostly in a state of deep listening. Listening to guidance from whatever it is, on how to move forward. For guidance on the next step on the path that is ours to

walk. We experience this guidance getting clearer and clearer the more we listen and follow. From this deep listening, this book is written.

In life today, we experience a state of deep unity. As being one. And in this oneness, being two polarities. We experience the union between the divine masculine and the divine feminine in a sacred bond. In this union, we experience deep, deep meaning and clarity. From that deep unity, this book is written.

In this we also experience a deepened unity with everything. We have more and more moments where the veil between our physical bodies and the surrounding nature falls, and we are one with everything. Deeply peaceful moments. Where everything is one. Outer, inner do no longer make sense. I don't end, and you don't begin. We float into each other. We are one. From that oneness, this book is written.

*Out beyond ideas of wrongdoing and rightdoing,  
there is a field.  
I'll meet you there.  
When the soul lies down in that grass,  
the world is too full to talk about.  
Ideas, language, even the phrase each other  
doesn't make any sense.  
- Rumi*

### **Who are we, inviting you?**

We are both engineers by education. Having studied a lot of science, mathematics, physics. We are also both human beings born with a sense that there is more to this life than what we see. That there is more to being human than these sciences can explain today. This curiosity has driven us, or should we say, this calling has guided us, pulled us, called us to where we are today. Through deep dives into what it is to be human together. Through a range of scientific fields, and global certifications with leading researchers. Through practising, experimenting, learning what works. In ourselves and in the field. As coaches, as leadership trainers, as parents, as human beings with other humans.

We are also both married separately, living with our families. This is important for us to highlight, as we experience that making our stories even more accessible for more people. In our work today, we guide human transformation. In programs running live and virtual. We guide people through transformative leader programs at multinational industry corporations, at university incubators, at small and mid size tech companies. We invite anyone to our open programs, to retreats, to pilgrimage walks, to awareness stays in nature. All this is built and created in deep listening. In guidance in how, and what to do. In how to design programs, practices, explorations to enable for people to unlock the door to themselves. And, we learn what works. And we see the astonishing effects this has in people's lives. As leaders, parents, as spouses, as brothers and sisters, as friends. This is part of what we want to share in this book.

## **Now, over to you**

But that is enough about us for now. Let's shift our attention to what is really important. To YOU. For this book is to you. For you to find your way back home. To yourself. In all the magnificence that is you.

Now, please pause here. Just briefly. Pause and centre yourself. Get in contact with, and open your heart to really take in the following paragraph. This paragraph may be the most important paragraph in this book. And it is for you.

“Your gift to the world is being you. Being all you are in every situation. You will never have to be anything more or anything else than what you are. But you do need to step in to your full self, being all that you are in every moment.

Your gift to the world is being you. Your gift to others is being you. Your gift to yourself is being you. With this gift comes a responsibility! A responsibility to be just that. Fully you. And to make aware and articulate what you sense, what you see, bringing that into the collective awareness. Showing what is possible. “

Your gift to the world is being you. And to become more of you with every breath. And in that process of becoming, to spot and let go of fears, norms and constructs that hold you back from being you. And enjoy the beauty in this process of becoming. Where the inner journey will manifest in the outer world in ways surpassing your wildest imagination. Until a point where the borders between you and others start to fade.

This book is about that process. About our own discovery of that process, and our discovery of how to open for this process to unfold in others. This book is also about our journey- our inner journey, into this and other worlds. Starting with a journey into the self. Into the depth of being human. Until we dissolve.

For us, the inner journey is not about changing anything in yourself, it's not about becoming something that you are not. Your inner journey is a journey home, a journey in becoming everything that you are.

## **Invitation on how to read this book**

Regardless of if you read by yourself or with someone, we invite you to read this book, not to achieve something, not to become a better version of yourself, not to reach any specific targets or goals. Really not to reach anything. We invite you to read this book with an open, unfiltered curiosity about yourself. To read this book as if it is the first time you see yourself. As it is the first time, you see the facets that will show themselves to you. To read in curiosity and awe for yourself. We would like to invite you to read this book as an inward journey without a beginning, and without an end. Without a specific purpose, other than exploring what is showing itself to you.

We also would like to invite you in this reading to open yourself to receive what comes in this process.

We can read a book in different ways. We can read through our mind, trying to understand what's written. Trying to map what we read into our existing models of reality or shape new ones. Or, we can read through our heart and soul. Really opening for the words to touch us. Deeply. In the way we are ready to be deeply touched.

In the process of reading this book. Or actually, in the process of being you, maybe the most important decision you could ever make is the decision to open to truly meet yourself. Open to truly see yourself.

If you read this book, not being open to see yourself, this book may be just another book in your bookshelf, having informed your mind of new ways to see reality. Without having opened for anything new.

But if you let the words touch your heart, and open your soul, the reading can be a transformative experience. Showing you ways back home to yourself.

Sometimes you may think that we repeat ourselves. And we do. Because the truths we have been shown come in different contexts. Still being the same fundamental truth. So when you read something that you recognise, read it as if it is new. New in this new context. New to this new you.

Some of our programs we run two times a year. Some programs ran over the period of nine months, several cohorts in parallel, holding three sessions, the same week with the same content. Still, we participate in every practice, in every session, every time. This means that with that we do the same practices, sometimes twice a year, sometimes three times a week. And we are still fascinated by our experience: every time meeting, and see discovering new facets of ourselves. Nuances that we haven't seen before. We experience really is that we meet these practices as new every time. We are in you. Practice is new. And then this new things show.

In doing the same practice is over and over again we also experience meeting ourselves in layer after layer. Then we meet the same stories, the same figures, in deeper layers every time.

We see that this is made possible when we enter each practice fully open to watch my show. Also fully present to this current moment.

Practice: See yourself as a blank page.

Start practising to see yourself as an unwritten page. As an unwritten chapter. As new. Every morning. Every moment.

Meet yourself, knowing that you don't know anything about who you are, what you are,. With a completely open blank mind. With no preconceptions or known constructs or notions of what it is to be human. Of what it is to be you.

When ideas of who you are, or how things work, arise anyway - because they will inevitably appear in your mind - meet them with an open heart silently asking yourself: “what if that is not true?”

## Reading together

### Reading by yourself, with your Self

Reading by yourself can be a beautiful experience. In many sections we have added individual reflections and practices to deepen your exploration.

### Reading in a developmental friendship

Some things we can easily explore in ourselves, by ourselves. Some things we see in ourselves through the eyes of others. Some things in ourselves we more easily spot in others. Therefore it often deepens the inward exploration to share it with someone. In a developmental friendship. For us, a developmental friendship is just that. A friendship to explore and develop together. To share one's own experiences, and to be mirrored in someone else's. If you feel drawn to it, read this book in a developmental friendship.

If you do, we recommend doing the practices and reflections suggested on your own at first. Then share and explore in dialogue.

A beautiful way to start such a sharing is in self inquiry, described below.

Practice: Witnessed Self inquiry

[Person A and B, 2 rounds]

Start connecting in silence with each other, for half a minute to a minute.

Person B: just hold space and listen while A shares.

Person A: For 5 or 10 minutes. Share insights, inquiries and experiences within yourself when reading the chapter, or reflecting on the practice. Talk for the entire time, but don't be afraid of silence. There are no rights and wrongs. Just share what you feel, sense, experience, wonder about, realise.

### Reading in a reading circle, or a group

This book can also be read in a reading circle. In which you reflect on each chapter together.

## Your path is yours, and yours to find.

Gothenburg 2003

Karin: I remember myself slowly fading. My passion, my commitment, my true colours, everything that made me feel truly alive, fading. Most of all, I remember the feeling of me fading into nothing. I was working as an engineer, and although this was a job I had chosen



carefully, something was slowly dying. I felt as if I was being put in a box, a very square box. And within that box I was shrinking, becoming smaller and smaller. My path was clearly calling me, but I didn't listen. I could hear its calling, telling me to find a deeper meaning. Telling me to really start making a difference. It got me questioning what I was doing, questioning how we live our lives. I was desperately seeking to find another way, but with a never ending line of questions and very few answers, I couldn't seem to find any other way. So I stayed where I was, continued what I was doing. I stayed in that box. And there, I was slowly fading, slowly fading into nothing. I came to a point where I didn't feel like doing anything at all. As if nothing mattered, nothing held any meaning. All I felt was this complete emptiness. A complete silence, as if both the questions and the rare answers were gone. And in that void it all shifted. Being in that void, I could finally hear the whispers of my soul. I could hear the longing of my heart. I could feel the deep knowing of another path for me, of a greater purpose. And I remember making a very clear choice: To start to listen to and follow my heart. This choice made all the difference. As I let my heart lead the way, my joy and passion for life were slowly starting to come back again, the colors of life returning. I found a new clarity and power within, guided by a deeper knowing. I didn't need to have the answers anymore. I could live in the question. And I started to follow the path that was calling, step by step. Without knowing where it would take me. I was listening and following, and I was fully alive again.

We believe - it is also our absolute physical and spiritual experience - that every human being has a path. We believe, and experience, that our path will unfold as we start to walk it. We experience that we can't see our path in full, because it is not predestined, but that we can learn to listen for the next steps. And as we choose to follow these next steps start to show themselves more and more clearly.

We believe that following our path is the only way for us to be all we can be in service of this world. We believe, and experience, that following our path also is the only way for us to reach personal, divine fulfilment. Fulfilment in which we, in every step, have arrived. In which we, in every step, are new. In which we, in every step, start a new journey. Fulfilment in which you in every step continue the deeper listening for the next step unfolding.

We believe, and experience, That we all, every human being, is gifted with the ability to listen. The ability to listen to their path. We believe that when we do, when we listen and start to follow, the voices get clearer and the path will show itself in increasing clarity.

We believe that if we could individually and collectively cultivate a deeper listening and surrender to the following of our individual unique paths, we would see a different world. We would see a world in harmony, in love, in abundance.

The universe speaks up.

February 4, 2011. At home.

Niklas: I am putting my middle daughter to bed. Sitting there with this miracle, with this beauty of life, I start crying. Tears rolling down my face. Feeling empty. I have hit the wall. After a too long period of grit, being the ripe of our current paradigm, the ultimate achiever, I have finally collapsed. Under the pressure of being someone I am not. Being something I am not. Something inhuman. A machine.

I met the exhaust depression with curiosity, and for this I am utterly grateful. Having the sense of this being important for me. Still fighting with my mind, and emotions. Not knowing if I will laugh or cry in 30 seconds from now. Every now. Battling with the fatigue. And constantly battling my thoughts. With my previously perceived strength to be able to think about everything all the time, constantly. (Which I truly saw as a big asset). To get peace from the constant noise of my mind, I start meditating. And meditation gives me peace after a few months. And it re-opens me to a wider reality... This exhaust depression made the old empires holding my reality fall. Into pieces. And it was a hurtful falling. Also these years slowly opened a new world to me. A world that would remind me of what I have always known and felt since I was a little boy. A world and an expanded being leading me to where I am today. This was the first time the universe spoke up. And I started to explore how to listen.

We also believe, and experience, that the universe is constantly talking to us. (We say that the universe is speaking. We use this as a term for the greater unknown. What exactly is happening is not important or of interest to try to explain. But to honour the experience of that which IS happening, we believe is important.) We experience that we are in a flow of constant guidance. Guidance to show us how to become all that we can be. Becoming more of what we already are.

We see, though, that we are not trained at listening. And when we don't listen, the universe keeps speaking. Many of us have experienced running into the same conflicts, the same problems, the same kinds of relational dynamics, the same problems, the same irritating persons, boyfriends, girlfriends over and over again. This is the way for the universe to speak to us. "You have something to heal here. You are ready to leave something behind. There is change waiting for you. Meet yourself in this. Love yourself in this. Love what you meet." But we so easily stick with what is. Balming the circumstances, or people around us for how we feel. Not opening for the healing, or change, ready to be received. Sometimes, and it happens more often than we may see, the universe speaks up louder. Raises its voice. To make us hear.

Many people having had exhaust depressions tell the story that that process was a blessing. Despite the pain, sadness, the fatigue, or maybe thanks to, the process often afterwards is experienced as a deeply transformative and healing process. Helping us to let go of what is no longer serving us. Helping us to read old patterns, old fear, holding us back from being all we can be.

### Our first meeting 2012.

Karin: In autumn 2012, I was invited by Niklas to a meeting with him at his current employer. We were to explore possible collaborations. The moment he walks into the room, I feel this instant connection. A deep knowing: I know him. And yet, I had no idea who he was. An experience far beyond the regular. The meeting lasted for about 45 minutes, and at the end of the meeting Niklas told me that he was about to quit his job. That someone else would continue to shape this collaboration together with me. A few days later, he sent out the regular email "I'm changing jobs. If you want to reach me, here is my private email address." Very nontypical of me, I responded. Guided by a strong feeling that this is a connection I want to keep. At that time I had no idea how important that

feeling was. I couldn't imagine the significance that this relation would have for us both, for our gifts to the world, and for our worldly and spiritual journey.

The universe speaks up. Again.

April 2018. Norwegian mountains.

Niklas: We are heading uphill, towards the second peak of the day. To ski down the sunset. The mountain is calling me (I have held conversations with mountains for years at this time), telling me "You should not be here. It is not safe. You can go there- By these rocks, a few hundred metres further away. But you should not be here." The message is clear, and repeats three times. And for some reason I do not listen. I usually do, but not today. Suddenly my blood freezes to ice. "This is very bad!" My expedition partner's words right behind me create a feeling of fear that knots in my stomach. The ominous sound of collapsing snow floats like a dull rumbling sigh across the hillside. I feel the earth starting to move. Moving, undulating, softly, slowly but relentlessly, running down the mountainside. Increasing in strength, increasing in speed. Faster. Faster. The scenery, which just moments ago was a still, magically beautiful, silent, white mountain has transformed in a second into a white, wild, roaring inferno. Into a trap of death. We are caught in an avalanche. being dragged down the mountainside.

During the 600m or so I am caught in the avalanche before it stops, I just know that this is not it. The experience, awkwardly enough, is peaceful, even beautiful, filled with intense white light. I am fighting the raw, brute powers of the mountains. Also I am floating in this raring inferno in complete stillness. Experiencing a silent presence stronger than I ever experienced it before. And somehow I know this is not the time for me to leave. Not yet. I am not done. When the avalanche comes to rest, it covers an area of 900 times 150 meters. Huge! When we finally find and dig out our friend being buried in the masses of snow and ice alive, we take a sigh of relief, and tears start pouring down my face. We have all survived this white monster.

The universe have spoken again. With a clear message. "Why don't you listen? I guide you, and you still don't listen. Clearly, three times I told you to get out of there." The message stretches far beyond this event. For a few years, I have known that I am not following my path. That I am staying in my current job out of fear of leaving. For a few years I have known that I am asked by the universe to do something else. To really let the gifts that are mine to give to this world get space to blossom. And still I haven't listened and followed. "The choice is yours, Niklas. You are free to do what you want. You can keep going, listening but not following. And the voices will fade. And more avalanches will come. And you will not understand why. Or you can choose to listen and follow. The choice is yours."

This was a turning point for me. After this experience, and these clear messages, I could no longer compromise with my path. This is the point where I really started to pay attention, to listen and follow.

The Universe speaks up. Again.

December 2011

Karin: When starting to listening to my heart, everything shifted. My sister and I started to work together. We started our own business in coaching with the longing to open for others to live their full lives. It was amazing. We shaped our work together, we deepened our

relationship with each other and we grew together. And we did it with so much joy, laughter and a deep sense of meaning. Still, from time to time I could still hear that calling. The calling saying that this is not enough, this is not why you are here. But I love working with my sister, I love to spend all that time with her. So I choose to stay, again and again. In December 2011 the Universe speaks up, clearer than ever. I start to face what at first seems like physical challenges. Starting with back pain. Extending to my hips. Getting worse and worse until I can hardly walk at all. This is a terrible and terrifying experience. Because all the examinations say that nothing is really wrong. It must be inflammation in various muscles. And still, I can hardly walk. For a few years, I go through all different examinations and treatments. And slowly, through the gentle guidance of this amazing woman practising Chinese medicine and acupuncture, layer after layer unfolds. Slowly I am letting go of the attachments I hold to what is. Slowly I start to open for what wants to come. It is not easy, it is sometimes a deeply painful process. I am about to leave the partnership I have with my sister, and it hurts. I feel so much resistance. And it takes years before we decide to stop working together. But at this point, I know I have to go my own way. I have to follow my own path. Looking back, I see how the Universe speaks to me: "Hey, you are not following your path. You need to stop walking!". Since then, I sometimes get a notion of the old pain, hindering me from walking. And every time I ask myself: Am I not free to walk my path? Many times this has brought clarity, making me find the next step that is mine to take, on the path that is mine to walk.

As we have said, we believe that every human being has a path. And that the universe is speaking to us, guiding us toward that path. We also believe that we can learn to listen. And when we do, and start to follow, the voices get stronger.

Your path is yours and yours to find. Your path is also yours to give yourself to. In the current paradigm, it's so easy to get diluted, to believe that my path is something that I myself need to see or even create, from a conscious level of mind. What if that is not true? What if our entire Selves, our full physical and spiritual self, holds vastly more information than what we are cognitively aware of. What if the only way to walk our path, to truly walk our path, is to fully, unconstrained, in faith give ourselves to the path without having to know where it will lead. What if, when we start to listen, the guidance will get clearer, and following will be easier with every step.

We know this sounds terrifying for many. Letting go of the idea that "I am in control of my life". But, we don't ask you to do that. We believe that you, from these three dimensions, are not in control of your life. We also believe that you, in all dimensions you exist in, have access to vastly more information than you are cognitively aware of. As of now, physicists need 11 dimensions to mathematically explain the universe. That means that every cell of your body, at every moment, exists in 11 dimensions - and possibly more.... Giving yourself to your path really is to give yourself to yourself. To ALL of your Self.

We also do not ask of you to resign or turn your life upside down in search of your path. (Well, if that is what you are called to do, go do it!) We invite you to start to explore how to listen. To listen, and to start following. And the path will show itself, as you overcome your fears of letting go. So, let us begin this journey together.

## **Every step you take is a physical and a spiritual step**

*Particle or light is not the question.*

*The question is why search the truth in one before the other.*

*As if we would describe a life as being day OR being night.*

*So come, unite with me and dance,*

*as particle and light.*

A first unified experience. Autumn 2011

Niklas: After a conflict at home grabbing me deeply, awakening sadness, anger and desperation, I go outdoors to find peace. Going up to the nearby lake in the dark. Why going to the lake I don't know, but I have the sense of being called to, pulled to the lake. This is the first time I feel drawn to a specific place this strongly. I stand on a rock by the lake looking out over it, over the forest surrounding it, over the sky. I stand completely still and just look, exist, in a meditative state.

After a while, I don't know how long, everything gets a little blurry around the edges. I get a very startling feeling of dissolving. That the boundaries between me, the rock, the lake, the forest and the sky are fading, vanishing. A feeling of an energy that binds us together. We are no longer rock, lake, forest and man. We are one. In this oneness I stand. How much time passes I do not know, but when I return to my awake, normal state I am filled with harmony and calm presence. Carrying the strong felt sense that this marks a beginning ...

We all are human beings in matter and spirit. Every step we take is taken as a step in matter and spirit. As a physical and a spiritual step. There is no separation. As we start to open ourselves, as we start to explore ourselves in matter and spirit. As we truly start to experience ourselves as physical and spiritual beings our life experience can take an unforeseen turn into more life. We often feel more whole. In this opening we will become more complete.

Sometimes, actually quite often, we hear stories of people experiencing a difficulty, a challenge, in truly merging the physical and the spiritual world. Many of us live a physical life, with an ordinary job, and have a spiritual life or practice by the side. In an experience that these are separated. In many ways, we are torn between two lives. We also see that these two lives are coming together more and more for more people. That we can live as our whole self in our whole life.

It will all become one. December 2017.

Karin: It is a week before Christmas and Niklas and I are having breakfast at a café. At this time I was still living in the experience of being two different me - my spiritual, whole self and my professional self. Even though I made that choice to listen to my heart and follow my path, I continued to hold back. I actually tried to bring my full, spiritual self to every part of my life, but it wasn't that easy for me. With friends and family I became more and more true to who I was, but at work I met resistance. Resistance in both myself and others, in the shape of wanting to be perceived as professional. Although I tried to allow for more of my spiritual self and more spiritual practices in my work, I was giving up again and again,

instead conforming to the more conventional practices advocated by others. Continuing to keep my spiritual self separated from my professional self. Then, during this breakfast, Niklas shares his experience of speaking to the mountains and it was the most remarkable experience for me. In that moment I just knew: "My spiritual self and my professional self is going to be one. All will become one". I could actually see it. It was a moment of complete bliss. I had no idea how this was going to happen, but it was such a relief. I knew that it would all become one.

Soon after this experience, our joint holistic exploration began. Together exploring what it is to be human beyond the veil. Beyond the three dimensions. For me, it held an immense power to share and explore my spiritual self with someone in my professional context. Merging worlds. All becoming one.

It is worth mentioning that we always are whole human beings. Our spirit and matter are intimately connected. This shows in different ways. For example: when we experience deep, spiritual healing. Healing of past wounds, of past trauma - the physical body needs rest.

Similarly in the opening of new spaces, in the falling of new veils, when we enter an expanded presence, a widened awareness, a deeper power or whatever it may be about - the physical body needs rest. Rest to let unfold the spiritual expansion. And, it is a bit wrong of us to separate these two here. Everything is one. There is no separation between our spirit and our body, so naturally, when one part has been "working hard" also the other part needs to rest.

As we start to meet life like this, that every step is a step in spirit and matter, we also start to see that everything is one. That all matter and all spirit are different facets of the same one existence. We start to experience living in this oneness. And in this oneness we more and more deeply care for the whole. For the whole is inseparable from the parts.

### **Listening for the next step and follow**

2023: Never again!

Niklas: "Never again compromise with your deep truth and authentic being. Never again let worldly matters come before that which is true. Before the path." This was the clear message in a joint healing exploration after a party we had both attended the night before. At the party I had held back on behalf of others. To not make others uncomfortable, or to not awaken triggers or wounds in others.

I entered into an old behavioural pattern: the caretaker of others at my own cost. This made me talk less with some people that I wanted to talk with. It made me dance less than I would have wanted. It made me become a smaller, more dull version of myself.

The morning after I woke up with a deep anguish. I felt so hurtful inside that I had a hard time to cope. I could not really put my finger on the anguish, and I called Karin. In the first seconds of this conversation we realise that we share experience. That these steps had been ours, not mine or hers. She too had the experience of having held herself back. Also waking up with deep, painful anguish.

We explored a little, and rather quickly entered into a session with the intention to embrace both emotions and active inner figures. With the intention of healing. With the intention to let go of what is ready to be let go of.

We invited healing energy to flow through us, revealing what was there to reveal. Healing what was there to heal. That's when the message came: "Never again compromise with your deepest truth and authentic being. Never again let worldly matters come before that which is true. Before the path." A very clear, and powerful message. My experience was that as we embraced it I could feel energy rushing through my body. From my feet, up through my body, out through the head. In this, I could also feel the anguish fade. And within seconds I was calm, in balance, happy, loving and content again. Karin's experience was similar. A dramatic shift in a very short time that really amazed us both. From unbearable anguish to peace, joy and life. Within seconds. This was the first time we momentarily experienced such a big shift. And a new insight may have started to form here: Healing does not always need to take time. We experience a before and after this event. This was a defining moment.

Listening and following our path can be challenging. We are taught that if we don't plan and control where we are going we just end up where we end up. We are taught to make plans, to start with the end in mind, to make a strategy to follow. With this backdrop, it can be uncomfortable or scary not to see all the way.

We believe that in following our path we CAN'T see all the way. Only the next step. For the path is not yet laid. As we meet and heal our fears, the next possible steps open for us. All we can do is listen, and trust our deeper knowing. Asking: Is this for me? And when it is, follow.

As we embrace in love the fear and pain  
it turns to grains of golden sands  
Laid out before us on our sacred path  
Leading to the promised lands  
Of unity

Life is a path we have never walked before. In a landscape that is continuously changing. And with the changing of the landscape, the path may also change. Thinking that we can know such a path, that we can see it before us or even plan for it does not make sense, does it? Similarly, it does not make sense to think that we can see the path that is ours to walk in life. In this uncertainty, some stop walking. Some don't. Some start walking. Some don't. Our experience is that as we start to give ourselves to our path, it starts to show itself to us. Step by step. And the more unconstrained we give ourselves, the clearer it gets. (Still, sometimes it is very fuzzy... Even with years of practice. But in retrospect, it gets clearer and clearer. And the faith becomes deeper and deeper.)

Karin: Sometimes you just know, without knowing. Looking back at our journey it is clear that we have been guided by a deep knowing about what is important to us. A deep knowing about what next step to take, without seeing the destination or even the steps following the very next. We get in touch with developmental psychology and we both know that this is important, this will be a key for us. Trusting that knowing, we indulge in the exploration of this field. We start to shape a leadership program, only out of our longing. A program that years later suddenly is requested by one of our major clients. Continuously listening and following our guidance. Following the knowing into the unknown.

Niklas: In spring 2020, our largest client is re-organizing in the face of the economic downturn stemming from Covid. We are running one year in a transformation leader program for them, and I do get a little bit anxious that they will close down. We are very eager to finalise the program. Both for the sake of the atom Deas having started their inner journeys. And for our own sake. This is our main income. Almost the only income we have at that point.

One night when I meditate on this I get a very clear vision. The vision is the exodus. The story of how Moses led his people through the Red Sea. I get that there is one detail in this vision that is important. The vision disappears and I haven't caught the detail.

The day after I'm in conversation with a woman that we worked with at the time. She says: I got the strangest picture this morning. It was from the exodus. When Moses led his people through the Red Sea. But that was not important. It was clear to me that one detail, and this view was important. But I don't know why.

I do! I said. This detail is for me. Please tell me what the detail was. The detail that was important.

She is fascinated by me having had the same vision the day before, and shares the detail. What was important to see, was that the water separated only when it has reached almost to the mouths of Moses of the people crossing. Like a test of faith.

The message is very clear to me. Stay on purpose! Stay with your gifts! It will turn out well. But it will be close. Have faith.

Half a year later, when this big company have decided to continue the programs with 2 new cohorts the following year, we get the first payment in advance. When it comes, I have 7000 Swedish kronor in my corporate account. I would not have survived one more month. It was close. But the waters separated just before it covered my mouth and nose.

### **Listening and following make the Voices clearer - experiencing guidance**

We sometimes get the question. "How do I know when it is true guidance, and when it is my mind, my fantasy, speaking?" In our experience, deep down, we simply just know. And as we start to trust that knowing, and as we listen and follow the guidance, the voices get clearer and the knowing deeper. In that, it becomes more and more natural to distinguish between the two. Similar to learning any new language. When we practise, we start to distinguish the nuances of the language that makes it come alive.

And, at the same time, in one way, we always know. Deep down, we simply just know what is fantasy and what is truth.

Almost at every moment, whatever we experience, we ask ourselves: what does this mean? What guidance does this hold? Sometimes we see clearly, and sometimes not. It can be things we meet in the outer world, or experiences in our body, like ache, pain, tickling etc..., or more subtle experiences such as energy and intuition.

Often, we hear, sense, see and experience things that guide us, or that tell us that "this is of importance". The weaving of this 3D reality and the more subtle layers of being is astonishing. Subtler hearing, sensing or seeing emphasising that something we encounter



in this world holds guidance for us. Everything really is one! How that hearing, seeing and sensing appears to us, we will try to share below.

Hearing guidance:

Niklas: For quite some time, I didn't have the language to describe how I experience hearing guidance. I often described it as hearing, and always knew it was not quite right. Then I read a book, where a man described a dialogue he had had in a close to death experience, and there it was. He described exactly my experience of hearing guidance. And with the description at hand, I was a bit surprised that I had not myself had the words for the experience. But sometimes, we are very constrained to the known space of things. Unable to go beyond.

So, get to the point, you might think. How do you hear guidance? Imagine yourself listening to someone. Imagine stopping time right after the one speaking has silenced. In that moment, you no longer hear any sounds, and what you have just heard have taken shape inside your mind. As if you have the message inside your head. You have also not started processing the information. It just is there. In your mind.

This describes how I hear guidance. The information just is there. As just having heard it, but without having heard a sound. In this state of listening, speed is immense. Since I don't need to hear sounds, my experience is that communication can occur in a speed 1000 times faster than when spoken. (1000 times is of course a metaphor. I haven't measured. But it is fast!!)

The same applies when I respond, ask questions or are in dialogue. I don't speak with words, but through my mind. And the exchange is enormously fast. Much faster than my mind can consciously cope with. So often, I find myself having had a dialogue, without having been consciously aware. Only after the dialogue, my mind starts to comprehend and decipher what was "said", both from me and from that with which I am speaking.

It has happened, but very rarely for me, that I actually hear sounds and voices. Always very short. In my experience, always to catch my attention to something.

Karin: Hearing guidance for me is somewhat similar. Full sentences or specific words that are just there. So clear, in an instant. Also, I get guidance in what I would describe as pictures or visions. I suddenly see what I need to know, the whole picture. Again, so clear, without any doubt. I just know. The knowing that my spiritual self and my professional self would become the same came as a vision. I often also have the experience of getting guidance in what my daughters are going through. It can be if one of them seems troubled by something but don't want to talk about it, then I can suddenly get the vision of exactly what is going on. Making it possible to reach her, opening for us to talk about it. Listening to this guidance is a way for me to truly be there for them. The deep knowing is somehow unquestionable, like it is just so obvious to me that it is true. In that, I have complete faith, even if I don't see the next step or know how something will work out. I just continue to listen.

Niklas: Images and visions are also a way for me to experience guidance. Things showing clearly, to my inner sight. Sometimes showing clearly what I need to see. Sometimes in the shape of a metaphor.

Seeing energy:

Niklas: Energy shows itself in different ways for me. I often experience the light from within a person, or a person's aura as a field of light around the person. Sometimes, I do really see the energy with my regular eyes. As a layer of reality interweaved with everything else normally visible in this 3D world. But more often I experience another kind of seeing. As if I have a separate eye able to see these energies. This is almost like an overlay, a filter added to the 3D reality.

Karin: Sometimes I see the energy between us, between me and others as we interact. I actually see how the energy flows and affects us, like an overlay to the 3D reality. It can really guide me in how to show up at that very moment, shifting the energy and affecting how we meet, shifting the very outcomes of that meeting.

Bodily sensing:

Our bodily sensing can have various forms and appearances. Bodily heat, sweating, goosebumps and dizziness are some regular ways guidance can show. Often one, or a few of these appear in connection with a message from the outer world that holds significance. Tears, being deeply moved, a sense of being in touch with the divine, often is a strong guiding sign.

Also the feeling of a wave of energy passing through, or starting within the body is strong guidance. We experience the waves differently from time to time. Sometimes smooth, sometimes hard, edgy, powerful, soft... But always distinct.

Karin: As we write these very words, we sit on the flight from Portugal back home. We have been visiting a friend creating new concepts to increase connection within leadership teams. It has been a week of a strong inner process. Deepening our sacred unity. Widening our awareness. Opening to a deeper power. It has been a process of giving birth to something that we, at this point, still do not see.

For some reason we engage in a conversation of our bodily sensations. Niklas shares that he has a tension, a pain in his ovaries (of course, he doesn't have any ovaries, but his experience is that they hurt) and that his root chakra is uncomfortable. Unsatisfied.

I share that I feel the same pain. And I've done so for the past hours. My root chakra is hurting. And my sacral. As if that which now wants to be born cannot be born in this environment. We both sense that this is telling us that the inner process unfolding does not get the space, the peace it currently needs. Our bodies are talking to us, very clearly. The same interpretation and insight come to us both, simultaneously: We need to make space for the inner process unfolding. As soon as we step out into the fresh air again, as soon as we step out into Gaia, the tension in our bodies starts to loosen. To ease. We are filled with

life again, like everything starts to flow within us again. The next coming days we make sure to make space for ourselves, spending time in nature and finding peace. This is one beautiful example of listening to the universe, and to make space for the inner process.

We all, every human being, receive guidance. From the moment we are born to the point where we pass on from this form to another. When we are born into this world, everything we have is present centred awareness and intuition. Simply, because we haven't evolved any other ways to navigate reality. We haven't even learned ways to navigate ourselves yet. As we grow up, we are socialised into structure and culture teaching us how to relate to reality. Teaching us knowledge, norms, social constructs, etc etc.... In this process, we make a shift from our intuitive present centred selves into a cognitive analytical self. We experience, today, an increased longing to re-explore and reconnect with intuitive parts of ourselves. To reconnect and re-explore the presence that we were born into. (It is also shown that a strong presence has a hugely positive effect on our wellbeing, happiness, health and long term "success".

Similarly, the more consciously aware we can make ourselves. The more we can make ourselves available to each step we take being a worldly and a spiritual step. The more vivid these both worlds become. And the more unified. The physical and spiritual realms will melt into one, Slowly, we expand from an experience of being both physical and spiritual beings into an experience of one wholeness where everything is one. Where everything is a part of the same greeter whole. In its own facet.

### The Intuition Walk

A practice we love is the Intuition Walk. Letting go of the wish for control, the strive to find answers, and open ourselves to that everything speaks. To be in continuous dialogue with nature, events we encounter, people coming our way, and to listen more deeply inward for guidance.

Sometimes we do it as the practice suggests: Going out into nature holding a question to which we would like guidance, with the intention of listening. Most oftenly we do get answers/guidance. It seems that the harder we look for answers, the harder it is to find them.

Over the years it has been a gradual deepening in a state of continuous listening. When an animal, a tree or a thing, catches our attention a little extra, we sense in – what does this mean?

If a text, poem or other event catches our attention a little extra - same thing.

If we are drawn or led to a specific location – same thing. What does this tell? What becomes clearer? (Often, when drawn up a tree, or a height, it can show the need of getting an overview, or to move the dialogue up a level in an organisation, or broaden the perspective...)

We sometimes are asked if we do the intuition walk practice often. Our response is nowadays: "No, not that often as a practice anymore. We experience ourselves being in a continuous state of intuition walk. As if the practice has become a state of being. Everything speaks. Continually."

Over time, the Intuition Walk has evolved into the way we move with the world. Everything speaks, all the time. And we always practise refining our listening. We are in continuous dialogue with each other about what we hear. Continuously articulating the guidance with each other. Often we have gotten the same messages. Very often we also get complementary views on things, or complementary pieces. As if we can only see the full view when we merge our separate guidance. Often we see in hindsight that we have been informed about events that have happened before they did. Often in quite great detail. Even if we don't always see this in advance. This has led us to believe that we continuously have access to wisdom about the future to a much deeper and more detailed level than we are currently aware of.

### Body heat and dizziness, inviting letting go and letting come

In one of the leadership program sessions we held, we explored sensing and knowing beyond the mind. One of the attendees shared: "I got all warm. Really warm inside my body. As if my body temperature has risen. Feels a bit like a fever, but without feeling sick." And another shared: "I feel all dizzy. Like, I mean, really dizzy. As if I have been riding a wild roller coaster, and my mind now needs to rebalance to the firm ground."

These are examples very close to guidance. Even if they don't point to specific guidance, both the heat and the dizziness indicates that something is happening. Inside. That a process of opening and healing is taking place. It can be slightly uncomfortable at first, especially when we don't understand or know what is going on, not having had these experiences before.

Our invitation is always to give yourself to the experience. Letting the inner process have its way with you. Give your permission and open to receive what is ready for you to receive, and give your permission to let go of what no longer serves you. Without the need to understand.

Karin: This story tells us that we don't always get clear guidance, that we can make cognitive sense of. But that we sometimes just are invited to let go and let come. Give the process space.

Niklas: Yes, we often have these bodily and mental conditions. The space-time dimension bending. It happens that the walls and floor of a room we are in starts to float, behaving like waves. Or trees and other "straight lines" start to bend and dance. Much like many describes a psychedelic experience. Some researchers believe that this has to do with the neocortex letting go of or re-shape current structures and connections. As if our brains open to the embrace of a grander reality. Open up for that which is just beyond our current reach or reality. And this is our experience too. That we, in these states of being open up. Open to things that we before were not able to embrace as reality.

Karin: Also, since we both were children, we have had experiences of this body floating out in space. Or rather, us losing normal connection with, or perception of the body. Sometimes the physical perception changes, and we get the feeling of e.g. our hands being huge. Or that we could easily touch the wall 3 metres away. Or other properties of the physical experience get twisted, amplified or fall away. Most likely, these experiences have always shown us of an ongoing inner process that we in younger years were unaware of.

### Practice: Intuition Walk

Practise your intuitive listening in nature. This can be surprisingly insightful!

It is an exciting way to engage and listen to your subconscious. Or your whole self. This is how it works:

1. Formulate a challenge, situation or question that you want to gain greater insight into. Just open yourself up to receive what you need to receive right now.
2. Connect with yourself for a while, meditation or intuitive body yoga are two ways. Let go of the world around you and formulate your intention to yourself. If you want, you can be inspired by:  
“I will do an Intuition Walk. I want to be free from mind and guided by my deeper knowing. I want to listen to the guidance to reach deeper insight into [your challenge/situation/question or whatever you need].”
3. Go for a walk. Don't set a plan for exactly where you want to go, but let your curiosity and intuition guide you.
4. Stay in presence and experience yourself and your surroundings.  
What do you see?  
What do you hear?  
What are you experiencing?  
What do the people you meet talk about (if you meet someone)?
5. What does what you experience mean - to you? What does it tell you? What you see, hear and experience? What insights and messages take shape? Sense. Listen

Trust what you see. The more you listen to your intuition, and follow what you hear, the more clearly the voices will get.

## You are complete

The fear of not being enough

Karin: For me, one of the most difficult fears to meet has been the fear of not being able to be who I need to be for us to follow our path. When this fear was awakened, I couldn't see how we would be able to continue at all. For almost a year, this fear is reawakened again and again. Every time I stay with it, trying to embrace the fear and myself in that fear. And a deeper knowing starts to show. I see how my mind is bothered by this future vision, how my mind fears me not being able to be who I need to be in the future. A future not yet having shown itself. From the current, I can't even imagine the future, or who I will be in that future. I can only see that future through the eyes I currently have. Through the present version of me. And this version of me can easily believe that I will not be enough in

any projected future. But, every step along my path will make me grow into more of who I am. Will help me let go of what is holding me back from being all that I am. And in this, I will be someone different - or rather - I will be more of my full self, with every step. So, the steps laid out before me will always serve my growth. And I will always be enough to walk them. I will always be who I need to be for taking the next step, for us to follow our path. In every moment, in every step.

You are complete. You were born complete. And you will be complete in every step of your life. Complete, having arrived at every step, but never being at the final destination. Always on your journey.

You are also held back by fear. Held back from being all you are. From letting that which is all of you shine, in its full light.

We see that our fears separate us from who we are born to be. From being all of us. As long as we let our minds tell us that we need to be something else, someone else, that we need to adopt or adjust... As long as our minds tell us how we should be, what must be, what we need to be, we will not find peace. We will not experience ourselves as complete. We live in an inner separation. Behind the veils of our fear.

But we can let these veils fall. By meeting every facets of ourselves. And let go of that which holds us back.

So, throughout this book, know this: You are complete. In every step. And when you meet your fears, embrace them and open to heal and let go of them, and you will grow into more of what is already you.

### **The current paradigm**

“When we are able to see, express and describe the current paradigm, the falling of that very paradigm has already begun.”

Our conscious thought is always one step behind what's actually going on. When we get consciously aware of something, it has already happened. Our conscious, thinking, mind lives in the past. Just slightly, but still.

The same is of course true for science. Research is always done within or on the edge of our current paradigm. So we do not, from a scientific point of view, understand our current reality. We understand large parts of it, but there are large areas of experience that cannot yet be explained.

But, even if we cannot explain our reality, our experiences, we can experience it. We can learn to trust that our experience is real. Not being in need of an explanation. We can experience the full richness of being human. Living a life beyond the borders and limitations of our current knowledge. Living freely, exploring the full range and beauty of being human. Starting now.

Every person is born brilliantly shining in their "true colours". It is easy in this world to be forced into the belief that we constantly need to improve ourselves. We are encouraged to look for our strengths and weaknesses in our quest to become better. On one level, we tell

ourselves again and again that we are not good enough as we are. Often we also tell others.

Imagine if you could face yourself in a different way. Imagine if you could meet yourself as perfect, just as you are. Right where you are on the journey that is yours. To let your "true colours" shine in all the nuances that are uniquely you. To let the light and the dark dance. To let all your colours be, held in love. Imagine that you are already perfect. You are already perfect. You are perfect.

The current paradigm is very much centred around Expert-Achiever. Where knowledge and performance is what counts. From early school, we need to deepen our knowledge, and to prove that knowledge through performance on various tests and exams.

This is by large a good thing. Knowledge and achievement is important to function together as human beings. Or at least to function together in the societies we have created. But it comes with a potentially huge shadow side... The shadow side, giving me the false belief that I need to become someone, or something, that I'm not. That I need to become better. That I need to find ways to constantly improve, to constantly develop into something else or something more than what I am right now.

This belief fosters the notion that we are not good enough the way we are. That we are incomplete. Imagine instead, living with the underlying truth that you are complete. That you are perfect just the way you are.

Karin: A while ago we were in a dialogue with a friend working with us. He said: "You must be thrilled to reach such powerful, transforming results from your programs. That must be very rewarding for you." We reflected around this and realised that we don't see it like that. Of course it is amazingly beautiful to see people being really moved, and open up to themselves. To witness people transform. And to witness the beautiful effects that brings in their lives. Both privately, and in their work life. But it is not the results that drives us. Not the effects. Our drive comes from a deeper place of truth. To bring the gifts that are ours to give to this world, in a sense of deep truth. In deep coherence. Being who we are and opening for others to be who they are, never wishing for anyone to be something else than what they are. And in this we touch people. Deeply. For we all are connected to the same deep truths. Somehow this is natural for us - and still it brings us into a state of deep gratitude and awe.

### **Embrace your completeness**

To see oneself requires courage. It can be difficult to dare to see what we label as flaws, imperfections and unwanted behaviours. What is even harder sometimes is to find the courage to see our greatness. To see that we are awesome, beautiful, divine beings. To see it, and to trust that it is true. Regardless of how big it feels.

Embrace that you are complete, just as you are. Start to tell yourself that story. Consciously. Embracing yourself as complete will give you the beautiful relation with yourself to meet everything there is with an open heart. When you embrace yourself as complete, inner

figures, triggers, fear, uncomfortable emotions, etc. can be met as a part of your complete self. Not as a flaw, or a failure. Can be met with the curiosity of: What does this part of me want for me right now? What gifts does it hold? What awareness does it bring?

This way of meeting ourselves, as being complete, also opens up for the process of continuous, curious evolution or development. In every moment we are complete, but we are never completed. We are never finished. In every step we have arrived. And yet open for the next step unfolding on the path that is ours.

**Practice. Embrace your completeness**

Embrace that you are complete, just as you are. Start to tell yourself that story. Consciously. Embracing yourself as complete will give you the beautiful relation with yourself to meet everything there is with an open heart. Meet inner figures, triggers, fear, uncomfortable emotions, etc. etc. as a part of your complete self. Not as a flaw, or a failure. With the curiosity of: what does this part of me want for me right now? What gifts of awareness does it hold?

## **You will never have to be anything more than what you are**

**Meeting the same fear, together**

Karin: I tried to meet and heal that fear again and again. The fear I shared in the beginning of this chapter, the fear of not being able to be who I need to be for us to follow our path. At one point, I felt almost paralysed. I felt that the fear was getting stronger and deeper for every time, having no idea how to heal it or pass through it. Simply not seeing any way forward, not seeing how to be able to continue. "I do want to meet and heal this fear, but I just don't know how to. I don't think I can."

**Sharing the same fear**

Niklas: We were in dialogue over the phone about this. About Karins sensing that she could not meet this fear. And I felt perplexed. Knowing that she needed to for us to move forward. Knowing that I could not do anything more to help her meet it. The fear was hers to meet. And I could just be there, hoping for her to find what she needed to meet it. In this I was deeply awoken in the same fear. Not to be the one I need to be, for us to move forward together along our path. I told her: "I have given all that I am. Give all I have. I have done all a can. I cannot be, give or do anything more.... [tears, despair, fear and anguish] And I know that we are here to give ourselves to this path, as one. I cannot do it alone. But I dont know what to do..."

In this, I feel something is opening. Like a light at the end of a long tunnel faintly shows in a distance. We ended our conversation, and a little later the same evening I asked the universe if I could share some of her fear. If we could meet this together. In an instant, I felt my inner state starting to shift from calm presence to anxiety. Getting darker and darker.



Allowing myself to move as far into the anguish and darkness needed for this healing to take place, I swiftly tumbled down a deep, black hole. That night was one of the darker ones of my life. But at the same time deeply important and meaningful.

Karin: And with that, something was opening. Like I could finally start to breathe again. And I could meet the fear. Opening for healing in a deeper layer.

And the important, deeply transforming insight in this is: Your path will never ask of you to be anything else than what you are. Every step will be perfectly tailored for who you are in that step. You will never have to be anything more, or anything else than what you are.

Again, we invite you to briefly pause your reading. Center yourself. Open your heart to yourself. Open yourself for these words, and let them land deeply in your being.

“Your gift to the world is being you. Being all you are in every situation. You will never have to be anything more or anything else than what you are. But you do need to step into your full Self, being all that you are in every moment. Your gift to the world is being you. Your gift to your others is being you. Your gift to yourself is being you. With this gift comes a responsibility! A responsibility to be just that. Fully you. And to make aware and articulate what you sense, what you see, bringing that as one of your gifts into the collective awareness. Showing what is possible.”

## A New Life

A central part of our inner journey has been to meet ourselves in love. It has not always been easy, or even possible, to embrace ourselves in love of all facets. But the unconditional self love has grown in us. And in that we have grown, as individuals and unity.

One thing stands out to us: We have always met *each other* in love and full embrace. Seen each other as being complete. Also, we have always held ourselves, and always owned our own experiences, reactions and triggers. Never projecting. Never blaming the other. Never judging the other.

This has created a deep space for growth. Being held in full embrace, acceptance and love. Enable us to dare to really open up to ourselves. To honestly look inside. And to explore that together. Meeting inner critical voices together. Meeting triggered inner figures together. Sharing also the most vulnerable insights and experiences, being held in a completely safe space. Knowing that we will never, ever be judged by the other.

Being invited to the most vulnerable parts of the other. Being invited to see patterns, triggers and fear in the other and embrace them, have also opened up to embrace the same patterns in oneself.

Being met by the other like this - without judgement, in a full embrace - have gradually helped us to meet more of ourselves in the same way. The love for ourselves has grown through the love from the other.

This mutuality of a full, loving embrace has helped us both to meet even our strongest, deepest dominating inner stories, together.

Maybe it is so that we as individuals have one dominating inner story, pattern, figure, wound, trauma, programming (there are many names...) that most strongly hold us back from being all we are. And that dominating inner story is the hardest one to heal, because we often have defined ourselves through it. It feels like a safe haven, a known place to be at.

And maybe it is so that many situations we encounter will awaken that inner story, repeatedly giving us chances to heal. Almost as we attract situations that will awaken this story. And there seems to be truth in that. Our dominating figure attracts our attention, pulling us to situations awakening our story.

And, maybe it is so that when we heal this story we go through a grand, liberating transformation in our lives. We have seen it happen around us. And we have experienced it from within ourselves.

**Niklas: The healing of our dominating inner stories came through one year of hardships. We have started a collaboration with a third person. Beautiful at start, but rather soon we experienced something not being right.**

**This person awoke my inner story of taking responsibility for others' wellbeing at the cost of myself. I fell completely into this story of mine, to the point where Karin many times was worried about me losing my own light.**

**In my inner world, my whole self battled with this figure in me. And I did not want to see it. Did not want to admit it to myself. It got me to a point close to depression, and one night I felt completely numb, empty. At the lowest I had ever felt. My daughter came up to me asking: "Dad, how are you?" I responded "I don't know. I feel dead. Or rather... I don't feel anything. At all. I am completely numb." "Oh, that must be hard, daddy." she replied.**

**I paused, and really connected with my felt sense of the experience. And replied to her, slightly surprised: "No, my love. It is not. It is actually quite restful." For the first time, I had stopped fighting my inner story. I had stopped fighting this figure in me, that I for so long had avoided to meet. I instantly knew that this was a defining moment. That this internal surrender was the start of a healing process of this figure, of this inner story. Resting in my numbness, a poem came to me:**

Here comes apathy, again.  
Like an uninvited friend. Pushing his way through the door.  
I don't resist.  
Rest with me, he says.  
I do. Fading away into his empty, black arms.  
Letting go of the world outside.  
Letting go of the world inside.  
Letting go.  
Watching it all from a distance.  
The world shifts to grey. Me losing my light. Fading. Dimming.

Welcome numbness!  
I used to be everything and nothing.  
Now I'm just nothing. Not even grieving the loss of light.  
There is rest here, too...

This moment was a defining moment. As I stopped resisting, all the pain and shame from this story being dominant in me for larger part of my life came to surface. It was dark times, and at the same time in a strange way extremely interesting. Feeling the healing process as it unfolded. For the coming six months I was in this process. Sometimes in joy, sometimes in darkness. The oscillations between light and dark continued, but diminished in depth, and half a year later the final healing came. I felt free from this story for the first time in my life. Free from taking responsibility for others' wellbeing at the cost of myself. It was an arousing feeling. An intoxicating experience. To finally be free. From this point, I stopped being attracted to situations awakening this story, this figure. Such situations did no longer carry meaningfulness for me. Did not activate this figure in its mission to carry others. For the figure was healed. Both me and my inner figure were free to be.

We ended this collaboration, and I am still very grateful for this person triggering my wounds, my story to the point where I resigned and had to face myself. With less struggle and pain, the healing may not have surfaced. Or at least taken much, much longer.

In this same collaboration, Karins dominant story, figure, wound was triggered too. To the point where that too was healed. This dual healing opened us both up for the spiritual connection between us to evolve. Being free, we could now give ourselves to our path in completely new ways. In a much deeper surrender.

Karin: For me, this healing was about standing up for myself. About standing in my truth. About holding myself sacred. Through this relationship, I was again and again given the choice to stand up for myself, for my truth - or to let myself down. I was clearly staying in a collaboration I felt was wrong. Tolerating things I felt was wrong. Giving our gifts in ways I felt was wrong. I did speak my truth, but I did also step back and let the other have it their way. Letting their truth become our joint truth, even though I didn't believe in that. Even though my heart told me it wasn't true for me. The turning point came in an open conflict. In a conflict where I felt so deeply mistreated, completely not listened to, and so unfairly judged. Suddenly, in the midst of the conflict, I saw the sky split in two. And I just knew: "This is over. This "us" will never be again." I believe it did have to go that far. To finally stand up for myself, I was ready to leave Niklas. Truly choosing myself. Holding myself sacred.

## The Golden Moment of NOW

Imagine being somewhere in total presence. Imagine everything that is not a part of your current, present experience, fading. Here, your previous concerns do not exist. Your worries and bothers about the future do not exist. Your senses deepen, sounds, sensations, energies, emotions get more vivid. Amplified. As if life itself grows, expands. All fragrances of reality manifests itself in a magnificence you have never previously experienced. In this place existence just is. There is no need to go anywhere. There's also no must to stay. You experience yourself as being totally free. Free from all that the outside world may want to lay upon you. Free from burdens you out on yourself. Here, at this place, you are just you. And you are everything. This is your experience of total presence. This is your experience in the golden moment of now.

The only thing that exists is NOW. What previously was does not exist, except in your mental projection of it. What may come, in a possible future, does not exist except in your mental projection of it. Other places, other experiences than the one you have right now do not exist, except in your mental projections of it.

The only place from which we can experience life is now. The only place we can shape life is in the now. So, everything starts now. In every now. How present are you to that now?

FIGUR???

Also, we actually get happier when we can be really present in the now. The more present in the current moment, the more we can experience what is, the happier. The less we think back, the less we worry about what will come. The less we think, it seems, the more present we can make ourselves. And the happier we become.

And, when we are really present in the now, we also get access to more of the signals, information, data, flowing within us and around us at all times. Access to more of our sensing. Access to deeper layers of being and listening, from where a more true next step can unfold. We love the "paradox" that a strong present centred awareness is a key skill for good long term strategic success.

Another leader, a technical expert, Robert, shared at the end of a year long program: "I have these moments of clarity. Where everything becomes crystal clear. I see everything crystal clear. I am fully present within myself, and fully present in the things, systems and people around me. There is no separation between anything, and I experience that everything is one. The same thing. These moments last for a short time, and from here I see how the next step or move on our technical development should be done. With complete clarity. These moments give me such a boost of energy that I always stay up very late working these days. I have so much energy, and as if I have so much to give, after such a moment."

"It sounds like a spiritual experience", we replied.

"Yes, it is a highly spiritual experience. And the temple if it all is a high tech R&D organisation. Isn't that awesome."

Practice:

This is meditation on the golden moment of now. We provide it in text here, and also with a link to the resources page of our homepage.



Land into your body. In presence. In awareness. Sense in to your self, and become aware of where you are right now. What is present, alive in you in this moment. Emotions. Bodily sensations. Presence.

1. Become aware of what you carry with you, from before this moment of now. From earlier. Events, feelings, experiences that are somehow alive in you.

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Let them take their space, let them grow, blossom. You might even give them more space! Become aware of how you are affected by them, by what you carry with you from before this moment.

---

Now, let these go, returning them to the past. Letting go.

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Now, become aware of what is present in you right now, that might lead your attention away from the actual here and now. Thoughts wandering, elsewhere. On other situations, other people. On what may have been. Comparisons with other events, other spaces. Maybe worrying about something that isn't here right now.

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Let them have their space, let them blossom. Giving them their full space. Become aware of how you are affected by them, by what you carry with you in this moment.

Now, let them go, release them. Letting go.

Become aware of any thoughts about the future that are present in you right now. Maybe thoughts or plans about what will come next, maybe worries or anxiety. Maybe hope, expectations. Thoughts about what will come later.

...

Let them have their space, let them blossom. Giving them their full space. Become aware of how you are affected by them, by what you carry with you in this moment.

Now, let them go, release them. Letting go.

Now become aware that none of what you carry with you exists - except in your mind. The more we nourish and tend to these, the greater the impact they will have on us.

Zoom out. Observe yourself at this moment. What do you carry that is not actually a part of this moment? What do you become aware of?

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## Living in awe



I was in awe

Watching the sun set on the horizon

Being the fullness of life  
Being  
As I thought of how to describe its beauty  
its richness, its divinity  
I lost it. Lost in the mazes of mind  
Bring me back to being  
In awe  
?

This is an attempt to describe a moment lived in awe. And in trying to describe it, we experience the difficulty of capturing in words something that is not possible to capture in words. But still words carry meaning beyond syllables. We invite you to open yourself and listen for that meaning. To open yourself to feel our words. Or rather, feel the experience beyond our words. Connect with your innermost self for a couple of moments, and open your heart to yourself, and to the experience of reading.

Imagine meeting life in wonder. To meet every facet in every moment with fascination and gratitude. Imagine to let yourself be immersed in that which is, not only not wishing for anything else but also embracing and being amazed by all events, all emotions, all responses for what they are. Imagine meeting others like this. Imagine meeting the world like this. In pure fascination. Where every moment is new. Where every moment is experienced for the first time. In awe.

In one of our programs we invited participants to a practice. To get a living thing from nature, and study it in different ways. First in analysis, then in awe, then in love. Daniel, one of the leaders, shared after the practice: "I was hesitant to bring the flower in the room. I felt it wanted me to, but if I would pick it I would kill it. And its purpose is to bloom, to spread its seeds so that new flowers can grow. But I decided to bring it in, and I really looked at it in awe. Like we connected. Looked at its beauty. Its complexity. And suddenly it spoke to me. Told me that I had given it a new purpose. In this practice. And that is a beautiful thing. And I realised that this is something that I also can do as a leader. Should do. In this reorganisation. Give people new purposes at work. Give people meaning. It was a beautiful experience. Being in deep connection with this flower. Speaking to it. Getting guidance in my work."

When in fight, when we fight something in our lives, when we're stressed, the room for awe shrinks. The room for life shrinks. Life shrinks.

When in awe, the room for fight shrinks. When in awe, the room for love expands. When in awe, and love, the room for fear shrinks.

So, how can we let go of fight? How can we more often invite awe? How can we give ourselves to the wonder of the details in life? The details exterior to ourselves, the details interior to ourselves, and the dance between the two. How can you?

K: Kräkningar på Caminon. Avskryvart. I skogen: bara en önskan om att överleva. Men när ambulansen kommer kan jag överlämna mig till livet, släppa kampen, och där skapas rum för förundran.. Och samtidigt djup förundran och kärlek över ambulansmannen som plockar skräp från Karins byxor.

Meeting others in awe.

We fully believe that we can meet ourselves in all facets of life this way. In awe. We believe that we can meet others the same way. In awe. At every moment. Regardless of who they are. How they are. How they behave. That we really can take our life experience back to ourselves and meet it in wonder. And as we do, our life experience will dramatically shift for the better.

Are we there? Not even close! But sometimes we get a glimpse. Sometimes we are in this state of being for short periods. Sometimes, we have the experience of meeting others in awe and wonder, regardless of how they meet us. Not wishing for anything else, but that which is. Just giving ourselves to the experience. And these are beautiful moments. And as we heal our fears and old stories, the time spent in awe can increase.

Being in awe opens our access to ourselves. To everything we are. At every moment. Being in awe of another, of everything showing in the other, at every moment, keeps us open. Keep our heart open to the other, and to ourselves. In this we can meet the other just as she or he is in every moment. Free from old truths, or preconceptions about how this meeting should be. Free from wishes about something being different from what it is. In awe, we can truly open up for a meeting. In meeting with an open heart, in curiosity, in exploration of what it is to be human together. In exploration of our own inner process. And of how the world looks through the eyes of the other. In awe, we can open up for a dance. Where every moment is new Being a discoverer facets of truth.

Peak experience and meeting what lies in between

Niklas: "A month or so from writing this, I was in a period of what I believe was a peak experience. A way to meet life showing itself to me, as a glimpse of what is to come. It lasted for a short time, and now, I believe I am facing the fears lying between me and the full stepping into this experience.

What I experienced was meeting another in awe, even in conflict, or when being subjected to blame, externalisation or 'attack'. Meeting the other, regardless of action or reaction, in awe of the other. Of the others being. Of what lies behind this reaction. Meeting myself the same way. My inner reactions. My emotional resonances. As if I met every moment for the first time. With the curiosity that you hold in meeting something for the first time. With the fascination of exploring something that is completely new to you.

Meeting the other in awe this way opened up an inner experience of every moment being a new moment. And in that, there was no history making the current story a "bad" or a "good" story. In that, there was only the current. And an immense curiosity on life was born.. How is this? How many nuances of this experience can I notice? And awe of experiencing life was predominant, prior to the triggered patterns reacting to being "under attack", or subjected to blame.

This, for me, was an experience of really living in awe. An experience shifting my perspectives on what is possible. And of how much beauty and richness there is, at every moment, just passing us by.

Now, I give myself to meeting the fear showing. Meeting the inner figures and stories showing. Giving myself to opening for the expansion ahead of me. Slowly entering into a new realm of existence. And slowly, this experience comes more and more often. It is still not effortless to hold it. But the ease of doing so grows.

Meeting in awe, however, does not mean that we always turn the other cheek, accepting everything that unfolds in our meetings. Meeting others in awe is about a balance, or rather an integration of holding and living our own truth and boundaries, and at the same embracing and honouring the others' truth at every moment. To view and meet both yourself and the other as sovereign, divine beings.

The power of naming:

In the chapter about fear below, we talk about the power of naming. When naming something, we kind of externalise it to ourselves, enabling for us to start having a relation with it. When "it" is a fear, this is a powerful way to disconnect with the fear enough to meet it. Naming fear, naming emotions, naming inner states and active or triggered figures is an awesome way to break the identification with the "thing" we are naming, and enable an explorative relation with it. Often leading to insight, and not seldomly to healing.

WHen "it" is something else, the power of naming may have other effects. Naming our experience before a beautiful scenery, or a situation we experience in awe can enhance the experience and presence. It can also have the opposite effect, as a friend shares below.

A friend, Patrik, shares his experience of the backside of the power of naming. "I love being in nature, just watching in wonder and awe the beauty. Watching the stars, or a sunrise can get me into a certain state of presence. Like I am connected in some way with everything. Sometimes I note that my mind starts to name what I am watching. Explaining what stars or constellations I see. Or explaining why the light shows in the colours of the rainbow as the sun rises, due to refraction of light in the atmosphere. When my mind starts to name what I am seeing, my experience vanishes. I am thrown out of my meditative, connected-with-all presence, and lose the awe. Sometimes it takes me a while to get back to the state of connected, silent presence."

Practice: to view a detail in awe.

A flower, a tree..... and see how this object views you in the same way. Experience yourself, using this object in all, in love. And at the same time experience this object, viewing you in all, in love. Stay in the experience of the two of you watching each other in mutual love, mutual immaturity, as one. What becomes present for you? Does anything become clearer? Any question arising?



## Meeting yourself in a full embrace

?

Do you dare to be naked to yourself?  
With all your flaws and imperfections.

Still perfect.

Do you dare to be responsible for you?  
Not blaming others for your pain or loss.

Still perfect.

Do you dare to love yourself?  
Fully, unconstrained, with all your heart and soul.

Still perfect!

Being perfect,  
Do you dare to be naked to yourself?

?

We both experience that we see things in ourselves that we sometimes find really difficult to meet. Still, regularly we run into things that we don't want to see. Inner triggers, reactions, inner voices about ourselves or others, behaviours etc, that we find challenging to fully admit to ourselves as a part of us. To really embrace. To really honestly confess to ourselves. (*Examples of these can be anger, jealousy, greed, talking behind peoples backs, etc etc, )*

For many years in life, we have experienced those as sides of ourselves, as parts ourselves, that we wish weren't there.

Now, before continuing your reading. Pause for a minute and reflect on the question: *what sides do you see in yourself that you wish weren't there?*

It will be a lifelong struggle to rid ourselves of traits, behaviours, thoughts, that we don't like. That we wish weren't there. Not only is it a lifelong struggle, it is also close to impossible. Trying to rid ourselves of that inside us which we don't like most oftenly don't work. We may hide it, but it will not disappear. And in the hiding, we close down parts that are authentically us. Parts also holding power. If let in. If we can integrate it as a part of us. We get access to that power.

What we label as triggers, reactions, inner programming, stories, unwanted traits most often stem from previous events in life. Inner psychological figures trying to serve us, trying to protect us. When we see this, we can start to view these in another way. When we can dissociate these patterns from our core identity it becomes easier to see them. To admit them to ourselves. If it comes easier to meet them. It becomes easier to explore what they try to tell us. The power of naming is a powerful tool here too.

Everything you carry has been created for a reason. Every reaction, trigger, behaviour, thought pattern is created with the intention to serve or protect you. Over the years, some of these patterns are no longer serving you. And some may be labelled as destructive.

Meeting these sides of ourselves this way, as patterns and reactions created for a reason, can help us to meet them with an open heart. To meet them in love and curiosity. As we do meet them, we can ask ourselves, we can ask them:

In what way are you trying to serve me?

What are you trying to protect me from?

What do you want to tell me?

We sometimes use the metaphor of our inner figures being like ordinary children. Children in need of love and attention. If we try to silence them, they will find other ways to get love, and if they can not get love they will get attention. Some get louder. Some become troublemakers. Some become quieter.. Some develop self destructive behaviour.

The same applies to our inner figures. If we try to silence them, to shut them out, they will not disappear. Instead, they will continue acting from our subconscious. Some get louder. Some troublemakers. Some become quieter.. Some develop self destructive behaviour. And from our subconscious we are chanceless. We will note that they have activated, but we haven't seen it coming.

But, when meeting them in a full embrace, allowing them in. Allowing them to share their fears with us. Allowing us to comfort them. They can become a part of us. Then, they no longer need to get loud, troublesome, quiet or destructive. Then, they can contribute with their gifts and powers to you. And you become more you. More of who you are. More free.

So again, no knowing that sides of yourself did you wish weren't there I was created to serve you or protect you, spend a minute reflecting on the question:

What sides do you see in yourself that you wish weren't there?

Then ask this side of yourself:

In what way are you trying to serve me?

What are you trying to protect me from?

What do you want to tell me?

K: Den ondskefulla lilla flickan.

Niklas: Some parts of ourselves may be hard to embrace. Or to even admit to ourselves. Even more so to others. A figure, a story I lived in for large parts of my life is the story that I am responsible for others' wellbeing. That I need to hold myself back for others.

This has, of course, been obvious to many of my close friends, but when they have pointed it out to me, I usually came up with a lame explanation (that I at the time knew was fake). The shame to admit to myself that I held myself back for someone else's sake, that I limited myself as a response to someone else's wish, was simply too heavy to meet, even in myself. And the fear of conflict if I would face this inner figure, this story.

Finally I was triggered so deeply in this story, in this figure, that I could no longer avoid admitting it to myself. And this was a turning point. Letting the figure, the story be there. Embracing it in love. This embrace started a six month healing process. And now I am still meeting new layers of this figure. Embracing every one of them. Slowly shifting to gratitude for this story, this figure, having been a part of me for so long. I'm still not quite there, work of embracing and loving this figure still remains. And with every new layer showing, a new embrace is needed. And with every healing, I become more free.

Sometimes, when these patterns show themselves to us, we remember situations or events having created them. We may remember an event in our childhood, upbringing or school years being the source of this pattern. We may see an event along our lifeline being the source, or an amplifier of this pattern.

Our memories, our brains, tell us why this pattern is created. Sometimes also who was involved and who is to blame. And it's sometimes easy to blame others for having created this trigger, wound or pattern in us.

Our memory is not like an aesthetic, painting, or narrative story, telling us what actually happened. Memories are reshaped, if ever so slightly, every time we think of them. Many, maby most of our memories are not entirely correct. What our mind would remember as the source our unwanted patterns, may not be true. We have many experiences both from ourselves and from clients having held memories of events that never happened. Memories that upheld a story of having created a pattern thay wanted to heal.

Nevertheless, our memory of a certain event holds symbolic meaning to us. And when we can come to peace with that memory, being true or not, we can also start the process of healing the pattern created. When we can meet our selves, and others in that memory, with love, in forgiveness, we can open up for healing. Meeting our memories this way, seeking forgiveness of self and others is an important step to heal the link between the memory and the pattern.

Meditation: VCC Chris. Återbesök situationen. Upplev vad du känner. Omfamna det. Det är din kärlek och ljus. Låt kärlek och ljus fylla dig fylla de andra fylla rummet fylla situationen fylla minnet fullkomligt. Åter upprepa tre gånger

## **Embrace Your emotions**

### **Healing through embracing emotions**

Eric, attending a 9 month leader program, shared in the last session: "Before the start of this program, I could identify if I was happy or angry or sad. Laughter. Now I have such a wide range of emotional experiences. It really adds a richness to life. And I also often notice that I hold several emotions simultaneously. What has made the most significant difference for me is to realise that no emotion is wrong. That has given me the habit to embrace what I feel. Often when I feel an emotion, especially a strong emotion, I really stay with it. I stay with it, curiously, exploring out fields, how it changes. This feels like a really healing practice."

Every emotion you will ever feel is born in you, grows in you, fades in you and dies in you.

This is the natural cycle of emotions. Some emotions we experience as more pleasant than

others. If we were free to choose, we might choose emotions as love, happiness, and joy.... We might not choose emotions such as sadness, anger, rage, resentment....

It is not usual that we develop habits, or strategies, to avoid the “unpleasant” emotions. Every time we do, the natural emotional cycle is broken. The emotion is born, it grows, but it’s not allowed to fade and die. Every time we break the cycle of emotions, we create emotional unfinished business. Every time we avoid a certain emotion, the pile of unfinished emotional business grows. As we live along, we learn to avoid larger piles of emotions, since these larger piles mean stronger emotions. As if an event does not only awaken the emotion of the current, but also reactivates the entire pile.

Instead of avoiding our emotions, we can choose to meet them. We can choose to stay with them. Stay through its growth, into its decline, and all the way to its death. Letting the natural emotional cycle complete. Every time we let the natural emotional cycle finish, the pile of unfinished emotional business gets a little bit smaller.

When we make a habit of staying with our emotions, we start to realise that unpleasant emotions are not dangerous. We start to get comfortable in meeting a wider range of emotions. In this we also often discover that our emotional range grows as we start to explore it. Many have the experience that emotional life gets richer, and once we start to really explore and widen our emotional world, many experience that life gets richer. That we can start to meet ourselves more truly, deeper. And that we also can start to meet others more truly. Deeper. And that we start to meet the world the same way.

### Emotions as a guide

Eva, also attending one of our 9 month leader programs, shared a shift in the course of the program: “Earlier, when I have been facing uncomfortable emotions, I have increased my force to get through it. In the program I notice a quite remarkable shift. Now, I pause when faced with feelings of discomfort or fear, asking: what is this trying to tell me? And I listen deeply, letting this inform my way forward. As if I now really can use my emotions as a guide.

With this in mind, all human beings experience uncomfortable emotions and feelings just as ... uncomfortable. There is a certain amount of discomfort attached to certain emotions. To this, there are various natural human reactions.

One natural human response is trying to avoid, or escape these emotions by distracting her attention somewhere else. Maybe picking up the phone, checking out what happened on social media. Maybe putting on the TV. Maybe switching the subject in the conversation. There are endless strategies to avoid discomfort and emotions by distracting ourselves.

Another natural response is to blame someone else for us feeling the way we do. Sometimes in an outlash of anger or sadness at that other person. Letting that blame justify, or even reinforce our emotions.

Another natural response is to try to find the cause. The cause of the emotion. What or who created this negative emotion in you. Maybe finding who, or what to blame.

Another natural response is to see who caused you the uncomfortable emotion. But instead of blaming, with empathy, trying to understand that person, and rationalise about why he or she did or behaved as he did. She must have had a bad morning. Maybe he did what he did because of...

Another natural response is to give up. To give in to the external events. Letting events just happen to us. Just floating along. In a state of victimhood, or passiveness. Being subjected to, or victimised in, a series of events that I myself cannot do anything about.

Now, pause your reading for a little while, and reflect:

We all have these natural responses. Reflect on which responses you recognize in yourself and how.

- When do you tend to distract yourself by shifting focus or doing something else?
- When do you tend to blame or out lash on others?
- When do you tend to find the reason? To find what caused you to feel the way you do? Watch external events, or actions from others, that made you feel the way you do?
- When do you search for reasons why people behave the way they do? Search for explanations that can *explain* the actions of others?
- When do you find yourself being the victim of surrounding events? Or just being passively following the flow or what's going on without really making an active choice?

All these responses may be justified in various situations. Sometimes we simply don't have the energy to meet an uncomfortable emotion, and the choice of distraction may be a way for us to care for our own energy. Sometimes we rightfully get angry or sad with people treating us badly. Sometimes we find reasons out there that we may be able to do something about, for the benefit of many. Sometimes, by placing our attention and empathy with another, we can actually help out and make a difference.

What we also see is that all these responses in one way or another, is an escape from ourselves. By placing our attention out there, we risk shifting our attention away from what happens inside. We risk leaving ourselves, not exploring or experiencing what is actually going on inside. In this, we will miss opportunities to see nuances of ourselves that are ready to show themselves. To explore and meet emotions, triggers, old stories, norms, constructs, inner figures that are ready to be met. To be integrated, or let go of. We may miss out on an opportunity for healing.

Niklas: I find it incredibly rich to really explore my emotions, as they come. But sometimes, especially with "unpleasant" emotions, I still have a tendency to escape. To blame something or someone outside of myself. Escaping the meeting with myself. As if I feel ashamed of my emotions, and want to hide them for myself. (Well, I may wish me good luck with that. It has so far never worked.) When I get to the point of accepting my own emotions, sometimes naming them, it is so incredibly liberating. Really as if the emotion lets go of me when it is accepted. That is sometimes a starting point of an inner exploration, that shows me new facets of being me. I love being emotional, with a wide range. That brings so much life to life.

Yet, sometimes, when I am overwhelmed by discomfort, fear, grief or anger I can wish for a short while that I was emotionally numb. That I just could escape it all. Usually that wish fades quite quickly, and an exciting exploration begins. And afterwards, I always find it incredibly rewarding.

Practice: The natural cycle of emotion.

Do this practice as you experience an uncomfortable emotion.

1. Place the attention of your mind inside yourself. Invite and accept the uncomfortable emotion. Allow it in. Allow it to expand, to take as much space as it wants to. Explore it. Where does it sit? How does it feel? Look? Does it have a shape? Texture? How does it move? How much space does it want?
2. Stay with it. Just let it be. Let it roam as it wants. Experience it. In curiosity. Even awe, if possible. With a silent mind.  
Staying with it will paradoxically make it shift. And eventually fade. Completing the natural cycle of emotion.

Practice: Indulge in your pleasant emotions.

Do this practice as you experience a pleasant emotion.

1. Place the attention of your mind inside yourself. Invite the pleasant emotion. Allow it in. Allow it to expand, to take as much space as it wants to. How much space can you give it?

Practice: embrace, and explore your emotional dynamic.

This is a practice you can do when experiencing uncomfortable emotions. To let them in, let them be, and also let them meet all the other motions also existing within.

1. Place the attention of your mind inside yourself. Invite and accept the uncomfortable emotion. Allow it to be.
2. Somewhere in your body you also hold love. Where is it? Where can you feel it? How does it feel?
3. Let the uncomfortable emotion meet the love. What happens as they meet? What do you experience? Stay with that exploration for a while. Not wishing for anything to change, just allowing for whatever happens to happen.
4. What other emotions do you hold right now in your body? Where can you feel them? What do you experience when the uncomfortable emotion meets those emotions? Explore the dynamics of your emotions for a while.
5. When you feel complete, just stay in silence. And stillness. For as long as your body wants to.

## **Explore your mind and thoughts**

We sometimes get stuck in our mind. In our thoughts. As if they take over, analysing, mapping, categorising, labelling and explaining our life experience. If only we could understand...

Read us right. Understanding and modelling our reality is something we naturally do, all the time. And our collective understanding of the world, through experience, through science, through sharing insight and experience, really evolves our understanding. And this in itself expands our awareness. Our consciousness. But if we get stuck there, in understanding, in analysis, in labelling, we miss out on the actual experience that life brings us in every moment. We also miss we out on everything that exists beyond what we currently know.

Beyond our current understanding and modelling of the world. We risk not noticing the wonders beyond...

When explored this piece of text, associations with the mythological usage of the word Hubris - transgressions against the gods, came up. And we explored it:

If only we can understand... is taking us away from the divine experience of being human. Getting us entangled in labyrinths of thoughts, models and explanations of why things are the way they are. Taking us away from experiencing life, in favour of explaining it. Taking us away from living. And that, one could argue, is a transgression against "the gods". A transgression against our divine self. Robbing ourselves of the wonders of our life experience. Of life.

Niklas:

I had a dialogue with a person close to me. This person told me about how the thoughts sometimes work. Waking up or being exposed to a negative thought, or a scenario not preferred that awakens fear. Thoughts so easily construct a reality which is true. The mind can't separate thoughts from the real truth. Within a relatively short time, can be a matter of minutes, the state can shift from peaceful every day, life harmony, into anxiety, emotions of fear, or disgust. These emotions intern can strengthen the thoughts which in turn strengthen the emotions. She also tells that this happens more often, and more strongly at night. As if our capacity to decipher which thoughts are true, or helpful, is partially disabled at night. As if we more easily I caught in this thought emotion loop at night. The story is a beautiful example of the negative reinforcement loop between emotions and thoughts. And our body cannot separate fantasy from reality.

Our mind can be a busy place. Sometimes we get stuck in thought patterns that we have evolved over years and years in life. Somewhere, we as human beings, holds a longing. A longing for silence, for peace. A longing to *experience and explore* life together, not only labelling and understanding life together.

In the peace that grows as our thoughts silence, we open for a listening beyond words. We open for a being beyond the mind. Where we can tap into a deeper wisdom. In the peace and presence found when the roaring highways of the mind of silence, we can get in touch with, and listen to the more subtle whispers, of our heart and soul. In this peace, we can also ask ourselves: the thoughts roaming in my mind, what do they want to tell me? What do these thoughts want to show me? And which thoughts are just habitual patterns, and noise drowning my deeper listening?

"What does these thoughts say about me? What am I meeting right now, through my mind?"

In this process of silencing our mind, opening up for listening beyond words, we don't leave our minds. We merely expand from mind or thoughts to be the single or primary source of information, to a much wider embrace of connecting with and sensing into the world, others, and ourselves.

The thought-emotion reinforcement loop.

We experience having the same process in two different ways. Something calls for our attention.

Niklas. The thought - emotion path

Thought- emotions. Thought rambling. Make that thought process aware. Then consciously shift attention to my emotions, inviting them to be there and take all the space they need, and in this silencing my thought. The invitation is key...

Karin: The emotion - mind path

All the emotions are there. But I don't know why, I don't know what they want me to see. I call for my mind to help me explore. What is there for me to see in this?

Practice: Ovan två vägar att möta känslan.

The habitual thought patterns, the stories we tell ourselves, are sometimes a strong force in keeping us stuck where we are. When we tell ourselves old stories, we reinforce old truths. Getting aware of the stories we tell ourselves can help us become aware of the voices from the past or current, the stories we live in, that we are ready to let go of.....

### **Attachments & Constructs**

We would like to introduce you to two new concepts. Constructs and attachments. We have found these to play an important role in the process of making sense of our reality. Of our interpretations of what is going on around us. In the process of how we make sense of the reality we experience around us, ourselves, and others.

Constructs.

As humans, we try to make sense of, and understand our reality. In our minds we constantly form constructions / models to understand and make sense of our reality. These are called 'Constructs'. What our constructs do for us is basically to simplify reality, so that we can relate to it.

Constructs can be seen as maps or models of reality. Explaining to us how we, others and the world works. They shape and re-shape throughout life and change as we gather more experience and wider perspectives. From the place we currently see the world, our constructs are truths. They are hard to spot as they are the models we see as truth.

As we develop, the way we understand and experience the world changes. In this, our constructs will shift from truths to limiting simplifications. The ones who used to help us, now may be holding us back. This process opens up for us to become more authentically alive and free. This process leads to constructs continuously changing and dissolving.

As we become aware of, and dissolve our Constructs, we often see that paradoxes - irreconcilable opposites - that were previously true, have now fallen, because they were the result of a limiting Construct. Of a simplification of reality that is no longer needed.



Attachments.

Attachments can be seen as a kind of psychological and emotional bond. We create attachments to who we are, to the image of ourselves, to what results we want to see, to how we are with others, to how others should be, to how our surroundings should be, meet us, act, so that we feel good. And that creates a sense of security.

Attachments fall throughout life in our ever widening experience of ourselves, others and the world. And we create new ones as we go along.

Challenging one's attachments can be associated with fear and discomfort, and it often also awakens longing. Like a feeling of a possible freedom, for example.

Seeing yourself through the attachments you are holding is a way of actively questioning your world view and open up. When we let go of our attachments, we become more free. Free from attachments previously limiting what is possible.

The falling of our constructs and attachments sometimes is connected with grief. After all, letting go of an old construct or attachment is letting go of a part that was previously me. Even if we see the liberation coming in the letting go process, It is important to give space for the grief. Mourning the death of an old me, to be able to salute the birth of a new me.

### **What stories do you live in?**

One way to see ourselves is through the different stories we live in. That we uphold for ourselves. I live in the story of who I am. I live in the story of who I want to be. I live in the story of what my role is as a father, as a mother, as a sibling, as a friend, as a lover... I live in the story of who I need to be at work.

As we grow out of our stories, we often see that the world is created in our mind. That the story happens more inside us than around us. This can be incredibly liberating.

Asking ourselves, and exploring what stories we live in can help create awareness of what sometimes only is creations of our mind, holding us back from being all that we are.

**Karin: storyn "du behöver ta lika mycket plats, och prata lika mycket som alla andra, föf att bidra och skapa värde..."**

We see a few general, collective stories that we live in, and sometimes suffer under. One is that doing is what counts. Activation is what is really important. Action is what creates value. Sure, stillness, awareness, meditation, present centred awareness is nice, and valuable, as long as it is not at the cost of the doing. We meditate to get more done. Or to rest ourselves, to be able to do things. We don't primarily engage in stillness to experience life more fully.

This is of course not true for everyone. Maybe not for anyone. And when we get into meditation, when we get more present - to ourselves and the world. When we start to experience the magic and wonders of life growing out of a still mind, it certainly becomes untrue. But still, "doing is what counts" is a collective story that we live in.

Another collective story is that we need to understand our reality to live it. The more we understand the better we can meet our world. And as all stories this too holds truth. But, as we previously have discussed, it can be a story we suffer under, when the understanding and explanation of our life experience robs us of the actual experience.

Niklas: in 2011, I lived in the story that I was in the middle of a career. I lived in the story that my mission at work was to succeed. That I had what it takes. That I was missioned to help our biggest development project in history to succeed. That I was there to see people, to create conditions in which people wanted to work, to create outcomes a little higher than reasonable.

I lived in the story about myself that I was invincible. That I had endless energy. And that I had a great benefit, compared with most other people: I could think of everything, constantly, all the time.

All these stories led to an exhaust-depression, which I have previously mentioned. A very healing experience. And also very tearing. I wouldn't want to have had it any other way, and I also wonder to myself: If I had seen these stories before the depression hit, would I have been able to heal in a more gentle, and consciously chosen way? Parts of me believes so...

Our human minds naturally seeks to confirm the stories we live in. Naturally seeks to uphold our world view. The stories we live in will affect what our brains pay attention to. The stories we live in, will also affect how we interpret reality. We will unconsciously interpret our surroundings, responses from the ones around us and from within ourselves, in a way that strengthens our stories. We will unconsciously disregard facts and experiences that may question or falsify the story we live in.

When we put our attention to something, that something will grow. That something will become a larger part of our awareness. For example, if you renovate at home, when you visit friends, you suddenly notice light switches, how cables are drawn. Flaws, defects and details previously unimportant or unnoticed to you suddenly catches your attention. From the attention on renovation from your own home project.

If you are pregnant, you suddenly notice pregnant women everywhere you go. You pay attention to baby strollers. Do details connected with having a child. Often this is true also for the father, not being pregnant but with the pregnancy and the process of having a child being in attention.

If you have recently pierced your ear, nose or other part of your body, you suddenly note piercings wherever you go.

This is a natural process, often unaware to some extent. What is interesting though is that we actually can choose what we want to pay attention to. We can affect where we place our attention. Hence we have an impact on which world we experience. Which interpretations we make. And how we experience ourselves, others and the world.

Now, we invite you to get curious about what stories you live in. The stories we live in are often incredibly hard to spot, since we experience them as reality. It is kind of like suddenly noticing a filter inside your eyes, colouring the world in a nuance you have always been

watching through. And yet, once noticed, you can never go back to not having noticed... It is very difficult to step outside of ourselves, to step outside of our minds, and see what filters we watch reality through. What stories we live in.

One way to explore what stories you live in is through your attention. When we get aware of where we put our attention, this can be a guide to what stories to live in. In my, Niklas', story above. The attention "I'm being the hero", "I'm having endless energy", could've guided me to the achiever story. I lived in.,

My, Karins', attention in the story above of needing to take as much space as everyone else, to be seen as a contributor, could have guided me to a story living outside of my true expression.

So we invite you to explore the stories you live in. The stories you tell yourself. The stories you have made up throughout life. And this can be detective work. Detective work requiring radical self honesty. Often, not all of our stories are that self flattering. But getting to spot them can open for real deep transformation. Letting go of stories no longer serving us. Letting come a new reality, that does.

Below, we invite you to a practice to explore your stories. It will create awareness. And awareness will grow into change where change is ready to happen. And, it is a practice worth doing again and again. Revealing new layers. Revealing new stories. Setting you free in new and deeper aspects as you go...

Practice: Your Attention. What stories do you live in?

Get still, and centred. Connect with yourself, and open. Open to see what there is to see. Open to a non-judgemental meeting with yourself.

Self:

Where do you put your attention in yourself?

What stories do you tell yourself about yourself?

Explore how these stories shape your attention, and how these stories shape your life experience.

What stories do you live in with yourself?

Your relations:

Where do you put your attention in your relationships?

What stories do you tell yourself about your relationships?

Explore how these stories shape your attention, and how these stories shape your life experience.

What stories do you live in with your others?

The world:

Where do you put your attention in the world?

What stories do you tell yourself about the world?

Explore how these stories shape your attention, and how these stories shape your life experience.

What stories do you live in in the world?

### **The power of attention**

“Because, you see, you are this universe. And you create it at every moment.”

These are the words of Alan Watts in one of his speeches about human existence in this universe. And how he shape our experience, how we create our universe at every moment.

It may sound as science fiction, that we create our own universe at every moment. Please, stop here for a moment and just imagine for a second that it's actually true. Imagine that you do create your universe at every moment. Let that view become the reality.

You are this universe, and you create it. At every moment.

How would that affect what you choose to put your attention on?

**Niklas: Creating this universe**

I have lately started to experience being the creator of my universe. That I actually do create the reality around me. The way I picture people. The way I picture how they meet me. The way I picture myself. The way I picture our meeting. The way I picture if we are in conflict or harmony seem to actually make a big, big difference. A conflict can turn into a dialogue in mutuality quite quickly when I see that happening.

I also have a strong sense of being at the very beginning of something. Exploring this as a new realm of being. A realm of actually creating our universe. I am excited about where this will lead. I am excited for a future in which we will be able to create more love. For ourselves and for more people around us.

I also see that the starting point of this is being true. Being authentic to our higher self. True to what we sense as deeply true. To what is part of our purpose and gifts to the world. The deeper we listen, the clearer the voices and messages of what is true for us gets. And the more we follow, the stronger we also become the creators of our universe.

### **Infinity 8**

The process of liberating healing and growth described by the Infinity 8 have become a central piece in our lives. Always present. Always helpful. Powerful and simple. We find ourselves to always be in the Infinity 8. This has become one of the central processes of development, through which we all live.

We believe, and experience, that as human beings we carry a longing to meet others. We carry a longing to truly connect with others. Heart to heart. Soul to soul. We experience, and observe, that our inner fears of showing ourselves lies between us and that longing.

We also believe, and experience, that we hold the same deep longing to meet ourselves. To dare to be vulnerable to ourselves. We also see, and experience, that we hold the same fear towards meeting ourselves. That we fear showing ourselves to ourselves. Sometimes afraid of what we may see if we really would take a look.

What if the fear of meeting ourselves is what really stands between us and the true meeting with another?

*“What if the fear of meeting ourselves is what really stands between us and the true meeting with another?”*

This dynamic, between longing and fear, is simply and powerfully described in the Infinity 8 model. As we lean into our longing, into an expansion or liberation about to happen (upper part of the 8), we meet resistance, hesitation, fear or shadow holding us back from that very expansion or liberation (lower part of the 8).

The resistance, hesitation, fear or shadow showing does so because it is ready for us to meet. Ready to be healed, and released. When we meet and embrace that fear it becomes less fearful, it can let go of its grip on us, and set us free to expand. When we meet that fear, it sometimes shows us an underlying wound or trauma that we are now ready to meet. Ready to heal, and let go.

Our own experience, both from our own process and from our work, is that we are continuously looping in the Infinity 8. Opening for the next layer of liberation or expansion, meeting the next layer holding us back.

## BILD FIGUR

We see that the process of leaning into our longing and liberation and continuously meeting and letting go of what holds us back, of what no longer serves us, of what holds us unfree, is ultimately the way for us to expand. This oscillation in the Infinity 8 is the way to liberation. To become free. To become all that we are born to be.

The Infinity 8 can reveal different things for us. Leaning into our longing, into an expansion or liberation about to happen is to lean into who we are becoming. To open for the emergence of new facets of our being. For us, this has shifted over the years into mainly a non-cognitive process.

Karin: We explore and give space to our longing in different ways. Sometimes in subtle ways. This is actually a bit hard to capture into words, due to the subtleness.

Some longings showing to us creates the sensation “ I have been longing for this all my life”. For example, the experience of being completely united with another and completely free at the same time. That deep sense of belonging, connectedness, Interdependence, and still in this being completely free. The longing was showing itself gradually, growing and taking shape. When fully sensed, it was exactly that sensation - this is something I have been longing for all my life.

Getting in contact with this longing awoke a range of old stories and fears for me to meet. The story that I ultimately have to deal with everything myself. The fear of being on my own. Also, the imposing fear of not being free. Of being constrained or compromising myself for someone else. The construct showing, ready to fall, was the construct that freedom and independence is in opposition to unity. In the expansion of this longing, and experience of unity and freedom, I have met these fears, and a few others, over and over again in layer after layer as the unity and independence expands.

Niklas: Another way we explore our longings is the continuous surrendering to our path. Giving ourselves to the unfolding unknown to us. Sometimes when a next step shows itself, resistance or fear is awakened. Or, norms and constructs that we are ready to let go of reveal themselves. What I find truly fascinating in this process is a total degree of non-cognition. Experiencing it as a completely spiritual practice, feeding the awareness in our mortal bodies and minds. We cannot analyze, or think our way to our longings, or the next steps. But when they show, we can choose to meet whatever we are ready to let go of, in order for us to grow in to another layer of a new reality.

Karin: the third way, in which we explore both longing and fear this through practice in the Infinity 8. When something shows that we sense that we are ready to let go of, we meditatively sense into the experience of letting go. From there, we sense into the longing awakened in the light of letting go. What opens in the light to let it go. What becomes possible.

From there we also sense into the fear awakened in the light of letting go. The resistance, the objections from our inner voices.

We then explore both sides of the infinity 8, meeting both longing and fear, meeting both liberation and what holds us back. Often, this is a beautiful practice that opens much deeper and more subtle processes in our bodies, beings and souls.

When leaning into our longing, into the emergence of a new self, we can also get aware of stories, norms, structures, constructs, attachments, beliefs etc that we have outgrown. That we are ready to let go of, in the natural process of consciousness evolutions. We all do this all the time, consciously and unconsciously.

The process of letting go starts with acknowledging and meeting what holds us back, to accept and fully embrace what is and what has been. This process includes staying with the emotions awoken in the idea of letting go, over and over again. This process often includes grieving what we now leave behind. Grieving leaving a part of our old self.

We can also meet fear or resistance showing us old wounds or trauma, as an invitation for healing. Fear showing us wounds or trauma. Connected to memories of earlier events in life. As we have mentioned earlier, the notion of memories of earlier events is very important. Our memory is not a data storage holding a true representation of what actually happened. Our memories change a little every time we think of them. This means that many, maybe most, of our memories are actually not correct.

Why we believe that this is important is that it makes us more free in connection to the memory, and in connection to the story told by the memory.

Still the memory of a situation having cause trauma or a wound still holds significant symbolic meaning. When we can get in touch with a wound or trauma through that memory, We can meet that part of our self, Embrace this part of ourselves with compassion, acceptance and love in its full experience. "I see you. I feel what you feel. And it is ok." In this, we can open for healing. When we can accept and embrace this memory,

and the others having been involved, no longer holding blame, aggression, or other “negative” feelings to it, the trauma or wound connected with this memory can heal in another layer.

The process of healing starts with acknowledging and meeting our wound, to accept and fully embrace what is and what has been. This process includes staying with and experiencing the, sometimes difficult, emotions awakened in meeting the wound, over and over again. We may encounter anger. Or even rage. And sometimes it is really helpful and liberating to let that reach out. Allowing yourself to be really really angry. We may encounter sadness or grief. We may encounter shame, guilt, blame dimension if you. Allow yourself to really feel all the emotions. To give space for them, acknowledging them, and allowing ourselves to feel and express them, is an important part of healing.

Often, this process also includes elements of forgiveness. Forgiveness of self and/or others. When we can forgive ourselves and others, healing may take place. And we can start to let go. Releasing back to the universe what no longer serves us. Giving back to the past what belongs to the past.

This process sometimes also includes grieving what we now leave behind. Even hurtful memories often have created stories that we identify with, and leaving them behind, healing them, can awaken grief, even if the process itself is liberating. Giving space for the grief, acknowledging it, and allowing ourselves to grieve, is an important part of healing.

Often, this is an iterative process, repeating in layer after layer. Sometimes creating the feeling that we never get free. That we heal the same wounds over and over again. But, if we zoom out, we often see that we do heal. Little by little. Layer by layer. And that we do become free from our wounds, more and more.

This process goes through the resistance. Not in avoidance of it. Goes through the fear. Not in avoidance of it. Into healing, expansion and light. Into getting more free.

Niklas: I see in our process the importance of creating space. Creating space for this process. I really believe that the process continues anyway, but if we create space, if we acknowledge it, it can grow in depth and power. One way we see this is in our own process. Every 3 to 4 weeks, we go away on retreats. Renting a place somewhere to get an uninterrupted space for work, growth and the spiritual process. And we start to see a pattern. Very often, the days before the retreat we are thrown into the lower part of the Infinity 8. Meeting fear, old stories, wounds etc opening up for the process of healing. And in the days preceding our retreat, we get a chance to really open, explore and be with what is awakened. During the retreats, we always experience a healing process. Letting all that have opened come to closure and heal. Often we encounter both personal stuff, and collective trauma that we are a part of healing. Often we experience that deep healing is only possible when we come together and make space for the healing. As a unity. When we make space for the process, it comes, accelerated in power and healing.

The process of unfolding, as human beings, of becoming more of who we are in an unbroken continuum, is an oscillation between expanding what's ready to grow and meeting what holds us back from that expansion.

Sometimes we wish to escape from the uncomfortable emotions, from fear, or from discovering new aspects of ourselves that we may not want to see. Our own experience, from our own process, and from witnessing the process of development in many others, is that when we stay with ourselves. When we meet, stay with and explore the fear and shadow showing we can start the process of integration. We can start to heal. And when we heal we open up for the expansion that is ready to happen. We become liberated. Liberated to more fully be who we are.

Niklas: We are in a continuous movement in the Infinity 8. At the time of writing this, we have been in an intense period for a couple of weeks. First intensively opening and expanding in deeper truths, more love, more intense life and wider powers. Then meeting that which holds us back from that expansion. Fear, old wounds, old stories popping to the surface. Some days we have made a full loop in the 8 in just an hour: expanding something, meeting what holds us back. Embracing that darkness, healing to expand fully in a new light. Intense, a bit of a struggle, and hugely rewarding. Some days we have been in both expanding light, and dark for longer.

Karin: It can really be intense. In these times the model is very helpful. Knowing that we are in the lower part kind of adds meaning to all the discomfort. And I have somehow always deeply known that everything that happens is a part of our path. Not necessarily predestined, but everything adds to the path. Looking back, that sometimes becomes clear. And I want to share another thing we experience in our expansions. After a big expansion, we both often feel disconnected. like a bit numb. Disconnected from the whole. From the larger reality. Disconnected from our spiritual self. But we have learnt that we are not disconnected. It is as if the available space has expanded. And in that new space, our connection to the larger has not yet expanded equally. This makes the connection feel poorer, when it is just the same as before. It is the available space that has expanded. Over the coming period, we can almost experience how we fill out this new space.

Niklas: Yes, that is actually really cool. As if we can feel the expansion. Also a shift in what before the expansion felt too small. Too tight. Like we didn't fit. To an experience that there is plenty of space.

Another experience of expansion is when we have a peak experience. An experience that is beyond our current range of experience. As if it shows us what we are about to open, Beyond the next veil. And then, having had this peak experience, we can choose to give ourselves to it. Give ourselves to this opening. And then, we meet all that lies between us and this state of being. All the fear, shadow, old stories. And as it heal, we expand into the peak experience.

Could we have chosen not to give ourselves, not to expand into the peak experience. And stay where we are? I guess so. And in this, we would probably not have met all that lies in between. Of course, we also would not have expanded. .. we have never made that choice, though. To not give ourselves.

Practice:

listen to the void



Infinity 8, explore longing and fear.

### **Liberation through closure**

Another thing that can really hold us unfree is what some call unfinished business. Situations with another, or ourselves for that sake, that is open. Not settled. Where dialogue still needs to happen to get to a closure. To get peace. Anyone that have had such a situation and has come to peace with it knows the immense liberation of that.

And here we have a story to share. A story from a beautiful man having attended one of our programs, who after the program shared an insight that really made a big difference for him. The insight was born in a session where we explored the cycle of emergence. The cycle of emergence is a model of how we as human beings constantly sense, into ourselves and our surroundings, then how part of that sensing grows into awareness, and from that awareness we can choose to activate or not. This is the natural cycle of moving from sensing into action.

BILD??

The insight he shared was born in the step following activation: closure. When activating, consciously or unconsciously, we allocate attention and energy into that action. We open a process that will draw attention. That will consume energy until it is closed. That also will affect everything else that we do. Every interaction. Every meeting. And often, we are unaware of how.

His insight was about the importance of closure. Not to have a range of open processes. He shared how this impacted how he acts at work. How he leads his team. A big impact, making him more present to the current moment. Making him more available and energetic in daily life. But this was not the key part of what he shared.

“The insight on the importance of closure made me see that I had a lot of open figures with my mother. Not all that big, but still. And my mother being severely ill, I felt the need to speak to her about it. So I called her saying: ‘Mum, we need to speak. We need to speak about everything between us that is still open. That is still unsettled.’ She invites me over to the hospital and we sit for hours in dialogue. Surfacing everything. Sorting everything out. Letting everything come to light. Some things I have carried as an open process, she hasn't even taken notice of. But it makes such a difference for me to know that. Some things are the other way around.”

He continues to share... “My mother passed away just a few months later. I wouldn't dare thinking of how I would have felt if these conversations would not have taken

place. I miss my mother enormously!. And I grieve for her deeply. But I am at peace. We did get a chance to talk everything through. We took the time to close all open processes between us. We got peace. I'm incredibly grateful for the gift you gave me in showing me the cycle of emergence. I can now grieve my mother at peace. Knowing that when she left, nothing lied in between us."

Karin replies to him: "Wow, this is amazingly beautiful. I am deeply, deeply touched and moved by your story. Also, I see the enormous gift you gave your mother in this. Giving her the gift of dying without unsettled things between you. The gift to shift from this form of life into another, to leave this mortal body, being at peace with you."

Open processes can be created in a wide range of situations. A conflict with someone that is not settled. Something I carry that I long to share with someone, but don't. Something happening in an interaction with another, triggering something that does not get space to be shared. Compromising with yourself or your needs for the sake of another, and not sharing that for some reason.

Also, in different settings in life, meetings are ended in a way leaving most attendees with open processes. When we don't take time to summarise and close the meeting together, attendees will leave with different and unclear views of what was decided, of what needs to be done until the next meeting, and who is to do it etc etc. This will have opened processes in the attendees consuming energy and attention, affecting their coming interactions with others.

Practice: Open processes.

Reflect: What open processes are affecting you right now?

What do you need to close them?

## Your inner figures - a guide to yourself

In 2017 we were introduced to the research field of developmental psychology. The science about the inner psychological and psycho emotional patterns that every human being shares. The model describes seven patterns that exist in everyone. In all of us. We call these our inner figures.

Karin: Niklass were introduced to these frameworks by a researcher at Stockholm school of economics, researching how they correlate with and affect the way we organise and collaborate.

More or less on our way out from a meeting, he briefly shared with me. The few minutes of introduction to this field created a spark of life in me holding deep significance. As if I felt

a deep knowing that something important just had been opened. At that time, I didn't see how, but I knew that this would be a core part of our path forward. And trusting this knowing, we began to deepen the exploration of these frameworks together, and how to use them as guides into ourselves. Deeply into the core of being human.

Niklas: Since then, we have experienced, both in ourselves and in those we work with, the immense power and potential of this framework. Getting help to spot patterns in ourselves has been a great help in integrating and become more of who we are. I experience that every time I spot a pattern, and can connect it to an inner figure, healing can occur. I can embrace that part of me (well, not always at once, but always after some time), and it can heal and integrate. Just seeing and naming patterns is really powerful for me.

Each figure has its own view of the world. Carrying its own longing and fear. Acting from its worldview and perspectives. From this, all our inner figures do their best to help us, or to protect us from the threats perceived from where they view the world.

We all carry an inner Opportunist, our "inner six-year-old", ego-centrally watching over our uncompromised right to be ourselves, safe and free.

We all carry an inner Diplomat, our "inner teenager", caring for us to fit in, to belong, to be a part of our in-group.

We all carry our inner Expert, our "inner scientist". Eager to understand, to learn, to deepen our knowledge and expertise, and to share that knowledge with others.

We all carry our inner Achiever, our "lonely superhero", with the longing to perform, to advance, to create results and value, to optimise, to live up to one's own and others' highly set standards.

We all carry an inner Redefining, seeing the cracks in our current models of ourselves, our systems, and reality. Longing to find better ways for the future.

We all carry an inner Transforming, starting to see, embrace, and open for the collective power unleashed when we really come together, connect and move together in co-awareness. Enabling transformation of the current, where transformation is ready to happen.

We all carry an inner Alchemical, living in all dimensions, also those beyond the three. This part of us knows a truth so much larger, and enables that truth to manifest in this reality.

We clearly see that all of these figures are present in all of us, from a very young age. Some figures are more dominant in some people, other figures in others. We also see that they play out differently in us, over the course of the day, and over the course of a life. Getting to know one's figures have proven to be enormously helpful to see, understand and meet oneself. And have proven to be a path for people to open up for being more of who they are. For us, the inner journey is not about changing anything in yourself, it's not about becoming something that you are not. Your inner journey is a journey home, a journey in becoming everything that you are.

All of our inner figures are there with a purpose. They all carry their own gifts. They all hold behaviours, triggers and traits, some that we are proud of and some that we might not be

as proud of. Some of these don't fit with the image we have for who we wish to be. Some don't fit in the social constructions that we are a part of. Some don't fit in the societal norms we are brought up in. Often, we find strategies to avoid, or "handle" these aspects of ourselves.

In our work, we see a deep liberation when people realise that these unwanted behaviours, triggers and traits are patterns existing in every human being. "I am not a freak. And I am not alone in not being a freak." When we can meet ourselves in a full embrace, not wishing for any part to go away, our inner figures can rest. In that rest they can fully become a part of who we are. And we can let go of the struggle to be someone we're not. We can let go of the fears holding us back from being all we are. In this liberation we can become powerful beyond measure. In this power, we also liberate others.

Over the years, this scientific field really has become a centrepiece in what we do. We have been digging deep into the exploration of these frameworks in ourselves, and together with others. We have learned and experienced how these inner figures serve as a simple, very powerful way for us to meet ourselves. A way to meet and explore all the facets of who we are. A way to help shift our focus from what happens out there, to what happens inside. A way to help us become more of who we are. A path to a being without barriers.

### **Being without barriers**

Martin, a leader attending one of our programs, shared at the end of a full day session on the theme of our Alchemical inner figure:

"I have come to see my inner Alchemical as my full self without barriers or limitations. I have come to see my inner Alchemical as me in my full expression, when I don't put restrictions, limitations, or normative adoptions on myself. Enabling me to access all of my power, all of my deep sensing and wider knowing, all of who I am in every moment. Enabling me to bring all of me to every meeting with another. "

For us, he describes an integrated state of being. Without self restriction or self reducing filters. A being without barriers. Letting all of what is him be part of his being. Standing in his full power and wisdom. He tells us that when being without barriers he is able to flow more love, in a stronger presence. He is able to shape unity and coherence in a scattered management team. He is able to gather people in new directions, co-creating that which is needed to- and wants to be born outside the every day box, initiating needed transformation of his organisation. From this integrated being without barriers he is able to bring his full self, from a wider truth, to every situation, enabling that truth to manifest in this reality.

He later describes that these experiences come more and more often as he continues to meet and embrace all his inner figures. As he continues to meet and embrace the fear of these figures. Liberated from the fear of the fear, he can set a conscious intention not to hold back. Instead acting in line with his deeper knowing. In this, he unlocks a power. A power that is felt by others. That can shift the energy of a room in a moment. In love. We have followed him for a year, and we are amazed how liberating the process of meeting your inner figures and your fear can be.

We see, and experience that we all have within reach that which Martin describes. As we meet our inner figures, as we meet and embrace our fear, as we truly open ourselves to our inner process, healing what holds us back from being all we are, then we will get in touch with a deeper knowing. With a greater power. Untapping more love. More life. Reaching a wider and deeper truth. Opening for that truth to manifest in this reality.

Imagine a world where people live in this integrated way without barriers. Imagine a world where people have access to this deeper knowing. Able to manifest a wider truth in this reality. Imagine what such a world would look like...

Sharing exploration of our inner figures with another.

Karin: Embracing all of what we are, all of what we meet and see in ourselves is not always easy. Sometimes we see things in ourselves that awaken shame. That we rather would hide from ourselves, and from others. These figures and their responses may be hard to embrace. Just knowing that these figures exist in everyone of us makes the exploration of them easier, and very rich. For me, it has been enormously helpful to explore these together. When I see things in myself, Niklas sometimes notes similar things in him. This makes it easier for both of us to admit, explore and even embrace what we see. Being in this exploration together is always a beautiful deepening dance. (Well, occasionally in conflict. But a conflict that is not tearing, and always holding beauty and healing.)

From shame to sharing.

Niklas: My own experience has shifted lately. I have repeatedly had the experience of seeing something in myself that has awakened deep, deep shame. And I have had a hard time admitting it to myself. What is beautifully funny is that I in these situations have had an urge to share it with Karin. This longing has opened me for mutual exploration. The shame for myself has been big, but the urge to share it with Karin has been bigger. This beautiful dance has helped me to move through my own shame, opening up for healing.

### **Embracing every part of you**

We believe that as human beings we carry a longing to meet others. To truly connect with others. Heart to heart. Soul to soul. We believe that we also hold the same deep longing to meet ourselves.

As we let all our inner figures fully be a part of who we are, we make ourselves available to truly meet ourselves and others. Honestly. Heart to heart. Soul to soul.

Yet, this is sometimes easier said than done. We all hold fear, resistance and shame to see and embrace all facets of ourselves. How shall we then dare to show these facets to others? In part of this way is to see your inner figures in their longing and fear. To let everything be part of you. Embracing every part of you.

All of our inner figures also hold their own longing and their own fear. When a figure is triggered in its fear, it tends to act in force within us to defend its longing. In this, we shrink to become mainly this figure. Reduced to the worldviews and perspectives of this figure. Unable to be our full self.

The same can also happen when one of our figures takes the lead in us. Without

necessarily having been triggered, one figure can become dominant, kind of taking over the show, and this also makes us shrink to be mainly that one figure, missing out on our full range. The effect of this will be vastly different depending on which figure has taken charge. One thing is important though. As long as we blame ourselves for-, or are ashamed of our reactions and behaviours - of the reactions and behaviours of our inner figures - it will be difficult for us to meet them. When being blamed they risk hiding. Hiding, and acting from your subconscious, from where we can't reach them. Often strengthening the behaviour that we are ashamed of. As long as we blame ourselves or feel ashamed for our reactions or behaviours, our inner figures will feel accused or judged, and in need of defending themselves. Often we find the explanation for why we feel or react this way in external circumstances. But if we look inwards, we often find an inner figure feeling judged. Only when letting go of that judgement, we can start to meet them. Start to embrace them all. And only when we fully embrace all of our inner figures we can open for our full power and our full range.

### **Your inner Opportunist**

We invite you to read this chapter really, really slowly. Actively reflecting on what you read, and how you recognise the Opportunist in yourself. This chapter is loaded with information, and after 5 years of reflecting and exploring our own inner figures on a daily basis, we still discover new facets. There is astonishing depth in this model, and we invite you to give yourself full attention, space and time to explore inwards as you read. Now, let's go...

**Karin: Du sårade mig så djupt. Vi sårade mig så djupt. Rösten: men det var ju ändå han. Och i den rösten visar sig så förtvivlad opportunist. Förtvivlad över att inte ha kunnat skydda mig.**

Our metaphor for the opportunist is "our inner 6 year old". An ego -centric figure with the sole purpose to care for YOU, your needs, your safety, your freedom to be who you are. Also with a very short term focus, looking for immediate wins.

When our Opportunist believes that any of its purposes (your freedom, your safety... ) are threatened (which, of course, is not necessarily the case), it risks acting out towards others in force. Not at all caring for their well-being or needs. When acting from Fikre, Opportunist often acts in force, without consideration for others. Often we can get ashamed of ourselves, of this behaviour after such a situation. Thinking to ourselves: I need to stop acting like this. I need to find a way to control myself.

What, if what you really need is to learn to listen to your opportunist. To make it more fully a part of who you are. So that it can serve you with its purposes, not having to act in force.

**Niklas: When I was younger, my inner opportunist (power avoidant...caring form y freedom, short-sighted)**

Nowadays, when my opportunist is triggered, and takes charge of me, it is almost always because he feels trapped or threatened in being unfree. Sometimes unfree in being me, sometimes unfree in making independent choices. He is strong, and forceful, and will defend me with all it takes. I have actually shifted to really love him for this. He is my defender! In this process, he feels safe to be loved and included, and acts much less forceful. This is a very good positive spiral, which makes us trigger in the opportunist much less often.

He has also taken a role of supporting my post heroic figures. Standing up for my Alchemical self to be allowed to take all the space I wish for him to take. This is a dynamic I see also in others. The opportunist as a protector of sovereignty, makes our post heroic figures able to act more coherently in love, without holding back.

For our inner opportunist the world is all about ME. About here and now, short term safety, wins and pleasure.

Our inner Opportunist views power as unilateral, often executed with force. Power is something that I hold over others, or that I am subjected to from the one with power. Rules are often seen as a loss of freedom. The Opportunist sees two main options with regards to power: to grab power, to get it, with force if needed, or to find ways to avoid people with power over you.

Power is totally connected to the degree of freedom for self, and the sense of having control. Control over your situation, and over others making sure they do what you want.

When things don't turn out your way, the opportunist finds the cause outside of yourself, externalising blame. Asserting that you are the victim of external circumstances. And the Opportunist finds ways to stay clear, to sneak out of it. Not to get involved in the investigation of who is to blame.

There is a paradox of the opportunist: when using force to stay free and safe, we create a truly unsafe environment. For others, and ourselves.

**Karin: Opportunist. Power- Freedom. Everyones freedom to be free, and fully them. Triggat: när andra tycker att jag borde ha kontroll på mina barn. Eller när jag är förminskad av någons expert, eller någon som är överlägsen.**

As we let our inner Opportunist fully be a part of us something shifts. It will still protect your right to be fully you, free and safe, but without force as the primary strategy. Instead making us aware of when we feel constrained, unfree or limited to be all we are. Then leaving the decision and action to our full self. It will guard all your inner figures' right to stand in their full expression, and, if needed, it will fight for your freedom to be all you are.

Sometimes it is easier for us to spot, and get in contact with Opportunist in retrospect. In a situation, where it is actively triggered, our opportunist is not always super interested in holding a dialogue with us.

But with practice in just that: holding a dialogue with the Opportunist, we more and more often can meet it, and get in contact with it also when it is triggered.

If the Opportunist is awakened in fear of not being free, of control or getting your needs met, it can easily get triggered and take the lead within us. It can also take lead just by being dominant to the other figures. As our default pattern, or situation specific. We can recognize that in various ways.

Signs that our inner Opportunist has taken the lead:

- ... sensing "I am not 'allowed' to be all of me"
- ... blaming others for your experience or how you feel.
- ... avoiding authority, to get it your way.
- ... egocentric – "as long as I get", without concern for others.
- ... feeling threatened or unsafe.
- ... taking power or using power with force – "...because I say so"
- ... going for short term wins or immediate fun without concern of long-term consequences.

Practice: Get to know your Opportunist

1. Think of two others.

What parts of the Opportunist can you recognize in them?

How can you meet them in love when their Opportunist show?

2. Think of yourself

What parts of the Opportunist can you recognize in yourself?

How can you meet your Opportunist in love when it shows?

Practice: Dialogue with your triggered Opportunist

When you note that your Opportunist is triggered or active during the day, try to pause.

Invite it to a dialogue asking:

- What are you afraid of?
- What do you long for?
- How can I meet you in love?

The ask yourself:

- Do I have what I need to feel safe and free right now?

## **Your inner Diplomat**

We invite you to read also this chapter really, really slowly. Actively reflecting on what you read, and how you recognise the Diplomat in yourself.

Our metaphor for the Diplomat is "the inner teenager". A group centric figure with the sole purpose to care for your belonging, your inclusion, your association with your group. The



shift from the Opportunist to the Diplomat is rather big. From “it’s all about ME” to “it’s all about others”.

When our diplomat believes that any of its purposes (your belonging, your inclusion...) are threatened (which again is not necessarily the case) it reacts with different strategies to fit in and belong. Often by shrinking ourselves, holding back our authentic truth, compromising our needs or boundaries in order to fit in, to belong.

Niklas: I remember my childhood as bright and happy. I always describe it as a very good childhood. Two loving parents, and a loving family. Still, I got from my childhood and upbringing a very strong diplomat. I can clearly see the dynamics and reasons that created that strong diplomat. Being the oldest sibling. My mother also taking care of other children during the day. I had a lot of energy, I was an inventive and creative child. This often put me in the position of leading this crew of kids and all the different games and play that took shape during the days. These dynamics, among others, created in me a strong diplomat. an urge to take care of others. As a grown-up, I discovered that I have developed a habit of taking responsibility for others people's wellbeing. And I could go a long way past my self to keep others content. The fear of conflict was very present in me. Also hints of the fear of not being included, should I not take responsibility for the others well-being. As a grown-up, I finally healed these fears. I will feel more about that in the chapter about healing fear.

The story with Patrik. Holding back my truth to care for his well-being, and belonging. Meeting my own old diplomat in another layer. Exploring this in the unity. Calling Patrik with a thank you and an apology. And it shows that he himself was uncertain of his own opinion, firm in my efforts to care for his well-being, not, expressing my opinion, he didn't express, or explore, his opinion, deeper neither. I had truly robbed him of an opportunity to meet himself.

Längtan efter just det här. Över en djup, djup samhörighet. Längtan efter att du ska vara lycklig bara över att jag är den jag är. Sorgen över alla gånger som det inte varit så.

For our inner Diplomat the world is all about belonging. About finding strategies to fit in: unreflectively following group norms, obeying rules without questioning, talking, dressing, acting like the others in the group. Maybe somewhat counterintuitively, the Diplomat can talk badly about people not being present, or about other groups of people, to strengthen the bond with the ones we speak with. The impression of the common “enemy” creates an illusion of stronger connection, so badly longed for. Everything that may risk our belonging is to be avoided: conflict, diverting opinions, questioning group norms, being different. Our inner Diplomat gladly falls into jargon, or irrelevant chit-chat about unimportant things, to avoid conflict or to avoid discovering diverging views.

For the Diplomat power is relational and informal. The high status individual in the group holds that power, and sets the tone for how to fit in. What to do and what not to do. What to think and what not to think. What to be and what not to be.

The paradox of the Diplomat is that holding myself back out of fear of not being included, will result in me never being fully included for who I am, since I don't show myself. That is, the longing of the diplomat will never be fulfilled as long as we keep this strategy.

Karin: känslan av att inte passa in. I det att hålla tillbaka mig själv. Till insikten blir sann i hela mitt being. Den metala insikten har funnits länge...: jag kan aldrig nå det jag längtar efter genom att hålla tillbaka.

Niklas: guidning i diplomaten med Ventures.... Jag är så trött på att hålla tillbaka. På att göra mig mindre än jag är.

As we let our inner Diplomat fully be a part of us something shifts. It will still care for our belonging and inclusion, but it does not hold us back from our true expression as a primary strategy. Rather, we start to more carefully choose the groups where we all are willing to show ourselves and be included as all we are. While being true to oneself, we also need for others to show themselves for us to create connection and truly meet.

If the Diplomat is awakened in fear of not belonging or being included, it can easily get triggered and take the lead within us. It can also take the lead just by being dominant to the other figures. As our default pattern, or situation specific. We can recognize that in various ways.

... holding back yourself, your opinions or ideas, to fit in...

.... or even lie and make things up to do so.

... talking in clichés or changing subject to avoid tension or conflict.

... talking in clichés to avoid opening up vulnerability (to avoid discovering differences...)

... talking badly of others, groups or individuals (to bond with someone(s) )

... seeking approval from the high-status individual.

... feeling anxiety / fear of not being included, belonging, part of.

... adapting to norms / values / behaviours of a group, afterwards realising "that was not really me".

... given away your power, "I don't know. What do you think?" even though you had an opinion.

Practice: Get to know your Diplomat

1. Think of two others.

What parts of the Diplomat can you recognize in them?

How can you meet them in love when their Diplomat show?

2. Think of yourself

What parts of the Diplomat can you recognize in yourself?

How can you meet your Diplomat in love when it shows?

Practice: Dialogue with your triggered Diplomat

When you note that your Diplomat is triggered or active during the day, try to pause.

Invite it to a dialogue asking:

- What are you afraid of?
- What do you long for?
- How can I meet you in love?

The ask yourself:

- Do I have what I need to feel included right now?

## Your inner Expert

We invite you to read also this chapter really, really slowly. Actively reflecting on what you read, and how you recognise the Expert in yourself.

Our metaphor for the Expert is “the inner scientist”. A knowledge and expertise driven figure with the purpose for you to learn, to deepen your knowledge and knowing about everything that you find interesting. To understand the models describing the world. Holding the purpose for you to be the expert, and to share that expertise. To know, to have the answers. To know. The shift from the Diplomat to the Expert is rather big. From “it’s all about others” to “I want to stand out - for my expertise”.

When our Expert believes that any of its purposes (being the expert, having the answers,) are threatened (which again is not necessarily the case) a few different scenarios may be likely:

- we start to close off, get silent, and withdraw, in the fear of being wrong or not knowing. This is also a typical response in an unsafe environment, holding us back from presenting ideas that are not completely thought through or finished.
- we start to close off to the others’ perspectives, in search of arguments that will help you remain the expert. That will help you win. Typically when a dialogue suddenly turns into an argumentation or a discussion with two opposing sides.

After all, the Expert is holding the purpose for you to be the expert, and to share that expertise. To know, to have the answers. To know. (Now, your inner Expert probably notes, and maybe objects to that this sentence now occurs for the second time in this text.)

Niklas: We were in dialogue, Karin and I. Exploring something in a session about the inner Expert. I cannot recall the details right now (and my Expert is OK with that:-) ). But the exploration was as always a dance. We had two different perspectives, had different views, on a specific topic in this exploration. Without noticing, suddenly I find myself looking for the next argument. I have all of a sudden the experience of being dismissed. That my points of view are not properly listened to. I find myself wanting to convey my opinions to her. I find myself feeling that it is important to win this. The dialogue, the dance have shifted into an argumentation, a battle. The magic is gone. The connection is gone. Mutuality is gone. And the chances that we will arrive at something greater is rapidly approaching zero. My

inner expert has gotten triggered and has taken over the show. And he is convinced that we will win this.

Karin: I also shared the experience of being dismissed. Not being listened to. And it feels so deeply unfair. In that my Expert is really triggered, being convinced that I am being dismissed, that Niklas is not listening to my perspectives. I can feel my heart closing.

But when we began to share that over lunch, something started to open again. Seeing that we both held the same experience, seeing the other in my shoes, was an opening for healing.

For our inner Expert the world is about understanding, about details, about deconstructing realities and stories to understand or find the truth. about what is right and what is wrong, about doing things right. (And right always wins, right?) And our Expert gladly falls into exploration of what is right, or into details on any topic.

For our inner Expert power is unilateral, and is equal to knowledge, expertise, facts. This makes us listen primarily to the ones with deeper knowledge in my areas of competence. For the Expert, feedback can only be received from a more senior master than myself. Additional perspectives are not valid per se, if not coming from a more senior master, or at least an equal to yourself.

When listening to another, our inner Expert is really drawn to facts, details, and the correctness of the story. This can make the Expert listen with a very critical mind, or from a place thinking about the next argument or contribution in the discussion. Any of these may risk us not truly listening to the other.

For our inner Expert emotions are not important. Or even a disturbance in the fact driven world. Also, deeper contact with others is of less interest, which makes interaction with others centre around exchange of information, and doing things right.

### Niklas: The enthusiastic boy

During the process of writing this book, we held a half day session exploring the Expert with a university startup incubator. As always, we participated fully in all the exercises throughout the day, and in a guided, meditative, inner journey to meet our inner expert I saw a new perspective of it. I call it my enthusiastic boy. It is a facet of the Expert when not triggered in fear, but rather the opposite. He is super enthusiastic about sharing something. In his eagerness to share what he has seen, or what he knows, he does what a triggered Expert would do: Closes off to others. Holding the truth "The more I can say about this, the better." In this, he often makes people feel unheard or unseen. His eagerness to share totally takes over. Sensing into the present does not get space.

I have seen this pattern before, but never connected it to the Expert. In this session the connection was obvious. And I felt such deep love and empathy for this little boy. For his enthusiasm to share. Will all good intentions. Still hurting people that feel unheard.

I experienced that healing happened instantly. I am very grateful for this little child of mine. And very curious for how he will act next time I get into a situation that risk trigger him. 'Love to you, my dear, enthusiastic boy. I love you.'

The paradox of the Expert is that closing off to others, not listening because I think I have the answer, will also close me off from learning new things. From deepening my expertise.

A triggered Expert also easily triggers others' Experts. Dialogues in which we together could have expanded or deepened our common knowledge rapidly turn into argumentation between triggered Experts wanting to win.

**Niklas: The shift of the Expert.**

Maybe 6 months ago when writing this In a full day session exploring the Expert with an international Automotive manufacturer, my inner Expert expressed a longing for a shift. In a guided practice my inner Expert told me: "I am so tired of argumentation. To be in resistance. I don't ever want to be there again. I long to dance. To dance in our differences, explore and let things grow from there. I am so tired of argumentation."

This moment turned out to be a healing moment. Healing the shadow side of my Expert. Healing the Expert paradox. And during the 6 months passing from this moment, I note a significant shift. I (almost) never anymore participate in argumentations. They simply lack the life and mutuality I need to feel fully alive.

**Karin: Experten som värnar om öppenheten, om flera sanningar**

As we let our inner Expert fully be a part of us something shifts. As if the expert gets tired of argumentation, tired of opposing standpoints. Shifting from conveying the truth, to sharing my opinion. Shifting from finding *the* truth to standing up for the "truth" that there never is a single truth.

If the Expert is awakened in fear of not being seen as the Expert, not having the answer etc, it can easily get triggered and take the lead within us. It can also take the lead just by being dominant to the other figures. As our default pattern, or situation specific. We can recognize that in various ways

... interrupting stories someone tells you, to make sure that you get all the details right.

... interrupting to question facts or events in a story that seem questionable to us.

... being so focused on what you know, that you don't really listen to others.

... micromanaging – since you know how to do things right.

... fighting to win an argument with facts and data.

... finding yourself in a "facts-against-facts" discussion or argumentation.

... using facts or references to specialists to dismiss others.

... holding back from sharing an idea or thought, because it is not ready.

... neglecting feedback or ideas from someone because that someone isn't knowledgeable enough to listen to.

... avoiding to show yourself vulnerable.

... avoiding to show that you don't have the answer ... or even making things up to pretend that you do.

Practice: Get to know your Expert

1. Think of two others.

What parts of the Expert can you recognize in them?

How can you meet them in love when their Expert show?

2. Think of yourself

What parts of the Expert can you recognize in yourself?

How can you meet your Expert in love when it shows?

Practice: Dialogue with your triggered Expert

When you note that your Expert is triggered or active during the day, try to pause.

Invite it to a dialogue asking:

- What are you afraid of?

- What do you long for?

- How can I meet you in love?

The ask yourself:

- Do I have what I need to listen and share my knowledge right now?

## **Your inner Achiever**

We invite you to read also this chapter really, really slowly. Actively reflecting on what you read, and how you recognise the Achiever in yourself.

Our metaphor for the Achiever is “the lonely superhero”. A performance centred figure with the purpose for you to perform, accomplish things, reach goals and targets and to make sure that you live up to your own and others highly set standards.

When our Achiever believes that any of its purposes (perform, achieve, live up to standards) are threatened (which again is not necessarily the case) it often responds with “harder, better, faster, stronger”. The recipe for success for the Achiever goes through working or trying harder, becoming better, running faster and getting stronger. And this can be a very tearing response, slowly wearing us down.

Niklas Om jag inte är den som drar. Som skapar energi. Som är glad, positiv och optimistisk. Som får saker att hända. Då är jag inte värd kärlek.

Achievern tar även min diplomats uppdrag som sitt. Prestationen att hålla andras behov. Att ta ansvar för andras välbefinnande. Och det är DÅ jag skapar värde.

For our inner Achiever the world is a competitive place. And to stay in competition, we need to level up. Constantly improving. Constantly optimising. If we finally succumb to the fact that we cannot add more hours to the day, we need to find ways to get the most out of the hours available.

For our inner Achiever power comes with formal role. Our inner Achiever, in contrast to the Expert, values collaboration and wants to delegate, but keeps control. "If the delegated responsibility is within my role, I better keep control." Or "Since I really know how to do this, I want to make sure that things are done in the best way." In this our Achiever keeps interfering, telling how things should be done. Not letting others do things their way.

Our inner Achiever operates within the system. Within the limits of the system our inner Achiever is a master of navigating existing rules and structures. Bending, but not breaking them.

Our Achiever can often put a heavy burden on us. Equalling our self worth with our performance. Having a strong, self critical voice.

"I am what I perform". At home. As a spouse. As a parent. At work. This can easily create a feeling of never being enough, never being good enough. This is heavy to bear.

Another interesting aspect of the Achiever is the relation to growth and development. The achiever likes to make plans and set goals for our own development. That may very well work in sports, and other areas where we really are served with growing within the Achiever world and paradigm, but it does not work when it comes to personal growth or expansion. Quite the opposite: applying Achiever strategies for personal growth instead strengthens the Achiever. We cannot expand our full self through the strong domination of one figure, whichever that figure is.

We also see the paradox in holding a desire for others' growth. Our Achiever has found *the way* - meditation is the way... studying eastern philosophy is the way... understanding complexity is the way... - and is eager to show this way to others. Our eagerness to guide, coach, support along *the way* we have so clearly seen risks robbing the other of the opportunity to find their own path, to deepen their listening to their guidance, to discover their truth. We so clearly see that the freedom to discover our own path, our own truth is the only way to truly grow

Our Achiever sometimes even takes the responsibility to make others grow. Very common in many relationships, both private and professional. We just want to repeat: we so clearly see that the freedom to discover our own path, our own truth is the only way to truly grow

**Niklas: i min egen länkning släpper jag önskan för E att läka, växa...**

We see a few paradoxes of the Achiever:

One paradox is the Achiever's strive for development, and the way we set goals, craft strategies and make plans to grow. Applying these strategies of the Achiever will strengthen the Achiever, and from there we will never be able to expand beyond the Achiever paradigm. This will impede the very expansion strived for.

Another paradox, as described above, lies in holding the same desire for others' growth. Taking responsibility for the growth of another *will* hold that person back from authentic growth.

A third paradox of the Achiever is the knowing that together always wins - but still being "the lonely superhero".

Karin - Achievern jag behöver lösa allt själv- The lonely superhero. Vändpunkten när jag inte längre kan.

As we let our inner Achiever fully be a part of us, something shifts. As if the Achiever can rest from having to perform. From having to live up to our own or others- standards. gets tired of argumentation, tired of opposing standpoints. Shifting from conveying the truth, to sharing my opinion. Shifting from finding *the* truth to standing up for the "truth" that there never is a single truth.

If the Achiever is awakened in fear of not living up to standards, not performing etc, it can easily get triggered and take the lead within us. It can also take the lead just by being dominant to the other figures. As our default pattern, or situation specific. We can recognize that in various ways.

... You feel the need to perform, optimise and deliver, on the cost of human connection or human needs. Maybe thinking "Only this time..."

... you don't really listen, because you know the way forward, the plan.

... you don't take the time to actually invite more perspectives, because you have a set agenda, a goal to reach, a decision to make...

... you feel that you're not enough. That you're not being enough in who you are.

... you're worried of not living up to your own or others' standards or expectations.

... you feel a worry for not growing/developing.

... you feel worried for not advancing. Not getting more...

... you are chasing time. Stressing about not getting done all you must do.

... you feel that time simply is never enough.

... you have used your formal role (with force) to get it your way

Practice: Get to know your Achiever

1. Think of two others.

What parts of the Achiever can you recognize in them?

How can you meet them in love when their Achiever show?

2. Think of yourself

What parts of the Achiever can you recognize in yourself?

How can you meet your Achiever in love when it shows?

Practice: Dialogue with your triggered Achiever

When you note that your Achiever is triggered or active during the day, try to pause.

Invite it to a dialogue asking:

- What are you afraid of?



- What do you long for?

- How can I meet you in love?

The ask yourself:

- Do I feel that I am enough right now?

## **Our Heroic Figures, and our Post Heroic Figures**

The first four figures, the Opportunist, the diplomat, the expert and the achiever are called our inner heroic figures. Heroic, because the notion of a hero is in many ways central to these figures. Sometimes we want to be the hero, getting the medal when having led our army to victory. Sometimes we need a hero, or believe that a hero is needed. A hero showing the way. A hero to ask, get answers from, and to follow. Our heroic figures carry the notion that the hero plays a central role in any social dynamics.

Our heroic figures have in common that the world is a bit black and white. A bit either-or. And that they try to simplify reality to understand it. Often simplifying too much. And as Einstein said:

“Make everything as simple as possible. But not simpler.”

We experience that our heroic figures often are driven by fear. The fear of not being safe, of not belonging, of not knowing, of not being enough.

When our heroic figures are triggered in fear, we easily revert to become mainly that figure. Our full self is diminished to only one facet of who we are. As we have mentioned: embracing them in love, letting them fully be a part of us, is a way to integration.

When we start to listen to our post-heroic figures, and when we let all of our figures sit around our inner round table, fully being a part of us, something shifts. The shift from our heroic to our post-heroic figures is a shift from me to us. From being the hero to serving the world. From searching for the answers to searching for, and holding questions. To shape awareness. Knowing that awareness is the initiator of all change ready to happen.

Giving our post heroic figures space is when we really open up to explore what it is to be human. Leaving simplified models behind. Exploring the experience of being human. Trusting that experience to guide us, together with all known models and scientific frameworks. But knowing that the models are just incomplete explanations of reality. And the world is so much larger than science can yet explain.

Today, there is a global, measurable shift going on. A shift in awareness. A shift where humanity as a collective shift from viewing the world mainly from the heroic figures, to view the world mainly from the post-heroic figures. A shift from “me” to “us”. A shift from individual benefits to collective sustainability.

Our societal and social systems, however, are built upon heroic principles. And these have a big restraining force on us. Holding us back, or at least creating friction, as we shift from the heroic self into the post-heroic common.

So, as you continue your reading, we invite you to embrace that friction. Embrace the friction created when opening for your post-heroic figures. Friction manifesting at the lower part of the Infinity 8, showing you what you are ready to let go of. Leading you to what you are ready to let come.

### ... Redefining

We invite you to read also this chapter really, really slowly. Actively reflecting on what you read, and how you recognise the Diplomat in yourself. This chapter is loaded with information, and there is astonishing depth and complexity in this model. We invite you to give yourself full attention, space and time to explore inwards as you read. Now, lets go...

Our metaphor for the Redefining is ...

When our Achiever believes that any of its purposes (perform, achieve, live up to standards) are threatened (which again is not necessarily the case) it

**Karin: The redefining som den som ropar. Det här räcker inte. Du lovade att du skulle lyssna.. Telling us when we are not at our path.**

For our inner Redefining the world is about

For our inner Redefining power is

When integrating...

i. Redefining in hiding:

Self:

Have you held back or avoided deeper exploration of aspects you note in yourself due to objections from the voices of your heroic figures (e.g. voices of heroic fear), or due to restricting norms or culture?

Other / System:

Have you held back or avoided to share or speak of "a crack" that YOU note with others or in the system, due to resistance from others or due to restricting norms or culture: where you feel that you could have created more value "for the many" but avoid to address it?

ii. Fear of what to see/fear of letting go:

Self:

Have you avoided self exploration out of fear/worry of what to see if you would explore?

Have you avoided self exploration out of fear/worry of who you would become if letting go of your current self (the known, often heroic, patterns)?

iii. Redefining in action:

Other / System:

Have you actively questioned the status quo, the current, with the intention of seeking co-awareness with others?

Have you spotted cracks in the system, and initiated dialogue around them?

### **... Transforming**

You Transforming serves you with t... f

... Our metaphor for the

When triggered in fear,

From the worldview of our inner Transforming

When integrating...

### **...Alchemical**

Now, go explore the non cognitive experience of being human. These were the closing words from Bill Torbert on a session where we explored the Alchemical Experience.

When opening for our inner Alchemical we really make the leap from the cognitive into the non-cognitive experience. Into in Intuitive Deeper Knowing, from a strong Present Centered Awareness.

Listening deeply for the gifts that are yours to share with the world, from a longing to give yourself to the path that is yours to follow. Knowing that following your path is the only way for you to be everything you can be for this world. Giving yourself to your path will also lead to your fulfilment, where you in every step have arrived.

Seeking the transcendental reality. Without name. Without form. Contemplating that I'm manifested. Beyond the reach of thoughts and a feeling.

Bilen mot säröhus. Det här kommer ta form. Men det är inte på vi tror att vi ser idag.

### **Healing dialogue with your inner figures**

Niklas: I sat in my car on the way to Karin, I needed to change lanes. In front of me was one long trailer, and behind me was another long trailer, and the traffic was dense. There was big enough space between the trailers for me to change two lanes to the right, so I did. Using my blinker, being cautious I'm not getting too close, I changed. When the trailer behind me approached, I was now in the lane to the right of him or her, he honked his horn at me. For long! He blinked with the 'working lights' on the right side of the trailer, and let them lift, my interpretation was that he was angry. Upset about my lane change.

Immediately I get aware of feeling a slight sense of guilt. And experiencing being judged. Unfairly so. My Opportunist reaction was to mumble to myself: "Fuck you! There was enough space. Get yourself together. It's your fault." Then I burst out in laughter. Obviously, my inner opportunist is trying to protect me. Harshly with force. The laughter had a

soothing effect on my Opportunist. Through the laughter, I could embrace my inner Opportunist for being there. Also holding him in love so that he could rest. The feelings of guilt, of being unfairly judged, lingered for a while. First, I tried to just send love to the driver. Then I thought: "what about myself?" So I started sending love to myself. Sending love to my inner diplomat, afraid of not being included. To my inner Opportunist feeling unjustly judged. Just holding them. Not even certain of what figures were active in me. Also feeling that I did not need to understand that..

I also embraced my emotions. Staying with them. Sensing into them. Sensing them shift and fade. And within a minute I was completely calm again. From that place, I could now honestly send love to the driver of the truck.

The story highlights to me that sometimes I might know which figure is awake, and sometimes I might not. And the key part is not to understand. The key part is not to be able to decipher in detail what happened in my interior world. Sometimes it helps me. But the key part is to embrace whatever is there inside. Both emotions and inner figures. In love. In this example, in the story, I did both. I embraced all my emotions, and let them all just be there. I embrace the inner figures being awakened without really knowing what was going on. And these embraces had a healing effect.

Niklas: Clinging on to feeling sorry for myself

Yesterday an old story awakened in me. I'm not sure what figures are involved, but the story is about me not being worthy of loving, for that who is me. Not having had a place to rest, ever. I experience huge resistance in even admitting to myself this is awakened. When I finally admit it, and give myself to the healing process, I find myself not really wanting for the healing to happen. As if my mind clings on to the wound. A part of me is indulging in feeling sorry for myself. Another part of me fights that part, to make all of me surrender to the healing. And then I sense the shift. WHEN I am ready to give myself to the healing process, without resistance.

Often, as I meet something deeper within, I can sense resistance at first. I can also sense when the shift happens. That I am ready to give myself. And as I do, I can sense the start of a deep healing process.

We are constantly, in one way or another, in dialogues with our inner figures. One way to do this is to invite them all to be part of the continuous dialogue. If one of them is triggered, or dominant, we give that figure extra attention and love. Holding a dialogue with it as explained in the sections about our inner figures above. But on a daily basis, it can be beautiful, and often quite fun, to involve all of our inner figures in an ongoing dialogue. (Once you get to know them, they can be hilariously funny, in their reactions, spontaneous inner outbursts and jokes...)

In addition to this, we also very actively embrace every emotion awakened within us. Letting everything that be a part of us, not wishing for it to go away (even though that intention sometimes is difficult to uphold). We try to curiously meet every reaction, and trigger, and let the figures be included in the curious exploration of our inner world.

A friend of ours has an inner round table, where he sits together with all of his inner figures. King Arthur style. Letting them all speak. Striving for equality, and mutuality. Not letting anyone alone take the lead.

Holding this kind of dialogue serves you with better getting to know your figures. It is in itself a healing process. It also serves you with the full range of perspectives and powers that you hold.

The practice below is a simple way for you to start experimenting with us.

#### Practice: Asking all your inner figures

When you encounter fear, or in any situation that you may feel is challenging or a bit stuck, asking all your inner figures can shape a new clarity, bringing you out of the often narrowed down perspectives of the most strongly active figures. This is a powerful, simple, practice.

Ask all your inner figures:

What does my inner Opportunist say?

What does my inner Diplomat say?

What does my inner Expert say?

What does my inner Achiever say?

What does my inner Redefining say?

What does my inner Transforming say?

What does my inner Alchemical say?

## Surrender to your fear, and longing

We may not be used to thinking in terms of fear. And fear may have different, many different names. I'm not comfortable doing that. No, that's simply not the way we do things here. Oh no, that's too new for me....

Every fear we hold limits us. Limits the options we give ourselves. Sets a boundary which limits our life space. With every fear we heal, we get freer. Freer to more life. To more options in life. Freer to be alive. Really alive.

One way to explore our fear is through the fear of our inner figures. These are fears that we all carry. Everyone of us. In different shapes. Revisiting the fears of our inner figures to widen our understanding of which fears we may encounter can be very helpful. Like enriching our palette of available nuances to describe our experience. Then, "Asking all our inner figures" is a powerful practice.

Asking all our inner figures will also widen our experience of this fear. Often the fear we meet is connected to one or maybe a few of our inner figures, while the other figures may have very different perspectives on this fear. Inviting every part of us to share their experience of the fear may completely shift our whole experience. Recognising both our scared figures and the ones that are not scared by this particular fear will gift us with a more whole experience.

Karin: I have a very clear memory from my fifth birthday. I remember lying in my bed, my parents and my two years younger sister are singing Happy Birthday and I am filled with excitement and joy. It's my birthday! I open my presents, and one is a beaded necklace. I remember it so clearly, the feeling of disappointment. I don't like it, I think it's ugly. I don't remember what I said, but I must have said or shown something about how I felt, because my mother explained how she and my sister bought it for me, and how they thought it was really beautiful. This memory has stayed with me over the years, awakening so much guilt and shame. My mother and my sister are the kindest people I know, and the thought of hurting them is really painful, especially when they really wanted to give me a beautiful gift. Through the years I have tried to heal this memory in so many ways. I have talked to my mother about it (she did not even remember the situation and has no sense of being hurt at all). I have written about it, brought it to different healing sessions. But the pain remained. Until I shared the story with this amazing, spiritually connected coach. She looked at me and said: "So, Karin, the truth you made in this is 'When I am being my authentic self, I make others disappointed'." In that moment, it was like all those painful emotions of guilt, shame and grief poured through me, like a rain they flew through me - and out of me. In that moment, I knew this was the truth that I had been living in. This was the truth that made me hold back, made me not show my full self. The truth of how I, when being my authentic self, make others disappointed. In that moment I knew that I was finally ready to let go of that truth.

. Men omedvetna rädsior men som blir väldigt tydlig när du väl såg den.  
Rädslan av att inte vara fri. Rädslan över att vara instängd, begränsad.  
Rädslan att vara själv..

We all meet fear. Whatever we call it. Fear can be paralyzing and hold us back. Fear can be activating, and make us act in force. In our internal process, we will meet fear again and again. Same fears again and again. Until they are healed and have faded. When we let the natural cycle of emotions complete, we heal a little every time.

Sometimes it may feel as if we never move through the fear. That we keep meeting the same fear again and again. Sometimes we need to meet a fear again and again for it to let go of us. Sometimes, we have learnt, we meet the same fear again, but in new or deeper layers. And finally we experience that it heals. That it let go of us. And we get free from its grip. That can be an exhilarating and profoundly liberating experience.

We experience that this is a central process for inner growth. To meet, stay with and heal our fear. To become liberated from them. To become free. To unlock the inherent expansion ready to bloom.

## **Fear of the fear**

Story N rädsla på Volvo. Jag följer inte med dig ner...

Ena änden ligger rädslan att möta rädslan. I andra änden ligger ingen rädsla emellan alls.

Historien från systrarna Werner. Där Niklas talar in Och vi ser att så här kan inte beskriva det. Nu är vi tillsammans pratar om nej det kan vi inte. Det skapas medvetenheten att det

finns ingen rädsla i att göra fel att vara fel. Det finns inget som blockerar för att vara allt jag är. Är det skönt djupare givande till juristen. Det är också ett möte som hela tiden djupnar fortsätta uppstå.

On the spectrum of fear, we can imagine two end points. At one end, we hold fear of the fear. We are afraid of meeting fear itself. And we do what it takes to avoid meeting our own fear. We engage in a continuum of distractions to avoid meeting ourselves. To avoid risk meeting fear. This is a very common state to be in. Being afraid of the fear. Often we are more afraid of meeting the fear, and of that which we fear.

At the other end there is fearlessness. Or rather no longer fearing meeting the fear. Here, we can unfiltered experience ourselves through fears that we meet. We can meet and embrace the fear showing, moment by moment. No longer being afraid to meet or fear, we are liberated from the restrictions, and barriers that our fear can hold on us.

Embracing us being afraid to meet our fear, and opening up for that meeting fear is not so fearful, is a liberating step to meet more of who we are.

Practice: Meeting the fear of the fear

What fear can you identify within?

Imagine meeting that fear in complete calm. exploring it, in curiosity.

### **Fear closing us off**

Karin: Recalling how I experienced fear just a few weeks ago, we realised that even if we are not afraid to meet the fear, the fear itself can close us off. Can create a state of comfort in numbness. Being closed off, I found no reason, no rationale for meeting the fear. Why would I, when I can stay here? Closed off in comfort, being comfortably numb.

At first, I experienced a paralysing fear. A fear of being abandoned. A fear that Niklas would create and give his gifts without me. Or find others to give his gifts together with. An old fear of being abandoned re-manifesting in a new layer. Ready for yet a deeper healing. The fear was at first paralysing. But after a while I just felt numb. Cut off from myself. From life. From contact with the ones around me. And the funny thing is that I felt it could be OK to stay there. I was not afraid of meeting this fear, but I was truly tempted to stay in that numbness. Being cut off from most of my emotions, and from my connection to a larger, deeper reality, I simply found no reason to meet the fear.

Our process anyhow led me to meet the fear. To make the choice to meet the fear. At first nothing happened, nothing changed. And I was actually a bit surprised by that. Often, we get quite immediate responses in our process of meeting fear, inner figures, or shadow.

The process of meeting this fear was quite intense, and stretched out over several days.

In the process of healing, a new reality started showing. A reality in which our sacred unity was deepened in yet another layer. In which I grew into the experience of not being replaceable. In this new reality the fear was no longer relevant.

In this new reality, of not being replaceable, freedom, power, love, life and truth was expanded. It truly is a completely new experience of reality.

What we want to share with this story is how fear can close us off. Close us off from life.  
Close us off from the very meaning of meeting the fear.

But what we also want to share with this story is that when we meet and heal a fear, a new reality can open. A reality that we often could not even imagine from inside the walls of fear. A reality where the fear is no longer relevant. A reality holding far more life, love, and freedom than before. An expanded reality, expanding who we can be. Expanding who we are to more of what is authentically us.

☐

Every act of love is a healing act.  
Every thought from love is a healing thought.  
Toward self and toward others.  
Only love can heal our fears.  
And that of others.

☐

### **Healing through meeting fear**

When we meet our fear, we can heal. For us, healing is mainly a non-cognitive process. We cannot think our way to healing. Sometimes we benefit from actually understanding the fear. From seeing what triggered it. From seeing what inner figures are involved. But mostly, this is not as necessary as we tend to believe. Healing, as it has shown to us, is very much about staying with the fear, letting it be. Meeting it. Embracing it, and consciously opening to let go of it. Even if the cognitive process of knowing and understanding plays a certain role, the main healing process is non-cognitive.

How does that land in you? What fear does it awaken?

Another thing in meeting and healing fear is the immense power of naming. When naming a fear we hold inside we make it tangible. We move it out of ourselves. And we can start having a relation to it. When naming a fear, it immediately lets go of some of its grip on us.

**Komma tillbaka till berättelserna om rädslor vi burit. Och hur vi lekt när vi mötte dem.**

Johan, a program participant from a 9 month leader program held for an international industry, asked in a session around fear: "But do I really need to meet all my fears? Is that even a good thing? In all occasions? For example, I am afraid of heights. Would you suggest that I start to climb mountains to meet that fear? :-)."

This is a question that we sometimes get in various versions. And we share this question to highlight what we see as important facets of meeting or fear. For us, meeting fear is an inner process. The process of consciously shifting our attention inwards. Experiencing the fear. Not wishing for it to go away. Even befriending the fear. Exploring how it shifts, how it transforms, and how it finally fades.



Anna, another program participant in the same program, shared in the final session of the program how her approach to fear had shifted significantly. “Previously, I was avoiding fear at any cost. This made me run into the same fears over and over again. Meeting them, or rather not meeting them, in the same way. Now I experience a transformative shift. When I face fear I pause, sense into it and ask the fear: ‘hey, what do you want to tell me?’ I move consciously and deliberately with the fear, each time healing a bit of myself, and a bit of my fear. In this experience, I notice how I become more free every time.”

Every time we face our fear we have a choice. The choice to meet it. Experience it. To stay with it. To let it stay in us, exploring, what that feels like. We also have the choice to ignore it. To avoid it. To hide from it.

Every time we make the choice to let the fear exist, and move forward together with the fear, we heal a little. Every time we get aware of this choice point, and choose to meet the fear and stay with it, we heal. We get liberated, little by little. Into more freedom. Into more life. Free from the grip of our fear.

Niklas: remember my strong diplomat. The pattern of taking responsibility for others' well-being.

This fear, and strong pattern, was with me for many many years. A major healing came in my mid 40s. That healing has made me see myself. See how this pattern created an attachment based on that fear. An underlying attachment to taking responsibility for others. But not only attached to that fear and that behaviour. Taking responsibility for others' wellbeing also created deep meaning for my inner diplomat. Hence it created a deep meaning for me . In one way it gave me one more reason to exist. When healing this fear of conflict, when healing, the fear of not being included, I could, finally heal the psychological pattern of taking responsibility for other people's well-being. No wonder it was a hard fear to heal. No wonder it was a hard psychological pattern to heal, since it gave a large part of me a deep meaning to exist. Being freed of those fears have opened up for that energy, for the power spent in this pattern, to be directed elsewhere. In other ways and directions. Where it can create deeper meaning and value for more. And I have become freer.

Fear, as every other emotion, follows the natural cycle of emotions in your body. It is born in you, grows in you, peaks in you, declines in you and dies in you. Every time we escape the fear, every time we break this natural cycle of emotion, we reinforce the fear. We tell ourselves that the fear actually is something to be afraid of.

Every time we let the fear exist, every time we let this natural cycle of emotions complete, we heal a little. Building the habit to let our fears exist, to meet them, we also build a habit of continuous healing of our fear. A habit of continuous liberation.

Practices:

The power of naming.

When you meet a fear: Name it! Out loud. Name it, and let it just be. Named. And note what happens.

Naming it out loud to someone further strengthens the power of the practice of naming.

### Stay with your fear.

Staying with your fear. Letting it complete the natural cycle of emotion, will have a healing effect.

Practice to stay with your fear. To explore it. Shift your attention from your thoughts to inside of your body, and explore how the fear feels. Where can you feel it? Does it have a shape? A color? Texture? Does it move? (This is done within seconds when used to it)

Now, invite the fear to take the space it needs. Invite it to expand into your entire body, if it wants to. And stay with it. Just observing. Until the natural cycle of emotion is complete.

### Exploring your fear through the infinity 8

When exploring a fear, through the infinity, eight, the truth, or a being beyond the fear may show.

When you are at peace, wanting to explore a fear, connect with the fear you want to explore. Make it clear to you. Sense into it.

Now, imagine this fear to be completely healed. Imagine that you are completely free from this fear.

Explore the upper part of the Infinity 8. Being completely free from this fear: what opens for you? What longing is awakened? What is made possible?

Explore the lower part of the Infinity 8. In the light of letting go of this fear, in the light of the longing awakened: what opens in that? What resistance can you sense? What objections? What new fear shows?

### Expanding a reality beyond the fear

When we let our reality expand beyond the fear, we may get in touch with a truth, a being beyond the fear. Something grander making the fear no longer relevant.

Imagine a grander reality in which this fear is no longer relevant. Who are you in this grander reality? How does it feel to be you? What beliefs shape this reality? What beliefs, or truths, are the foundation of this grander reality?

### Attachment to the fear

Sometimes we hold attachment to our fear, or to patterns stemming from our fear. Attachment keeping the fear and pattern alive. (Such as my Diplomat fear and the pattern of taking responsibility for other people's well-being.)

Is your fear leading to behaviours that create meaning for you? **NF**

What reasons do you see to hold on to this fear?

Holding on to the fear, what strategies have you developed to avoid meeting that which you are afraid of? **NF**

### Living in the story of a fear...

Sometimes we live in the story of our fear. We identify with the fear to the extent that we may not even see the fear itself as a fear. "This is who I am."

Niclas: as I have mentioned, I lived for many years in the story of the fear of conflict. In the story of the fear of rejection. In the story that others wellbeing was my responsibility.

Connecting with your fear: what stories or behaviours connect with that fear? In what ways do you identify yourself with this fear? Or with behaviours triggered from this fear? What stories of fear do you live in?

### The purely spiritual practice inviting healing, letting go and letting come.

Some fears we don't need to understand to heal. Sometimes it is enough to open up for that healing. Inviting healing. Giving our permission to let go. And open ourselves to let come what is ready to come.

In deep meditation or another spiritual practice of yours, invite the healing of the fear. Open up and give your permission to let go of that which you are ready to let go of. Open up to let come that which you are ready to receive. Open up and give yourself to the work of the spiritual helpers you have with you in your spiritual journey.

### **Fear of letting go...**

Sometimes we get the question: "Why do I meet the same emotions and fear over and over again? Why don't my fears subside when I meet them? Why does it keep coming back over and over again?"

Our response is usually twofold:

What are you holding onto that does not let you fully let go of that which is triggering your fear? And...

Is that really true? Are the emotions and the fear as strong as they were just a while ago?

## **Meeting others & the world - life as a mirror**

Introducing this chapter, we want to offer you three perspectives to bring with you. We invite you to reflect on them, deeply.

Firstly:

We see that most of us have two different relational dynamics that we would benefit from healing, and let go.

Projection: "You are responsible for my inner state. For how I feel."

Being the victim: "You hurt me when you say or do that."

What if this is not true? What if everything that happens within me, mainly is created within me, as a result of my inner stories? And that these are opportunities for healing?

Secondly:

We see that we usually hold these beliefs. Beliefs affecting how we meet others, and that we would benefit from healing, and let go.

The belief that we know what is best for us.

The belief that we know when others do things that are hurtful to us.

What if that is not true? What if the deepest healing comes from things we initially resisted?

And thirdly:

We see that we sometimes hold expectations or demands that we would benefit from healing, and let go.

We expect, or even demand, of others to be in a certain way not to hurt us.

What if everyone actually are always doing their best? Trying their best; given the stories, triggers and state they are in. What if we could meet others, and ourselves with empathy? Seeing that both us and the others are trying our very best, in every given movement.

Pause here, and reflect on the above three perspectives again. What becomes clearer to you as you do?

☐

I lay no blame on you, for hurting me  
I set you free from guilt  
Release you from your bonds  
And when I do  
my bonds and shackles open  
My heart gets light  
And I am free

☐

The only place from which you can meet yourself is within yourself. As soon as we start to search outside of ourselves for the reason or explanation to why we feel as we feel, or as soon as we lay the blame for our state on something or someone else, we close off from meeting ourselves. When we place our attention out there, outside of ourselves, we justify and reinforce our reactions and emotional response. And, we may miss out on the opportunity to meet and explore what is actually going on inside. When we take it back to ourselves, seeing life as a mirror, we get a chance to see ourselves: What stories am I telling myself? What truths I am telling myself, or reinforcing in this situation? What figures are triggered? What are they telling me? What fears and objections are triggered?

Something happens when we invite and give space for whatever we meet, whatever we find in ourselves. When we let our feelings, our fears, our objections, our triggered inner

figures, our inner stories get space. When we are able to meet ourselves in compassion, with love, we initiate the process of healing. Every time we do this, we heal a little.

When we meet ourselves like this: inviting whichever experience that exists in us to take the space it needs. Not wishing for any aspect of our current experience to go away, or to be something else, instead, exploring, and embracing all that is. When we meet ourselves like this, and owning our own experience, then we can also truly meet another in a full authentic meeting. Then, and only then, we have enabled ourselves to take full responsibility for us, and in that to let the other take full responsibility for them. When we can start to meet like this, meetings will open up to becoming a dance. A dance in which all experiences of life get space. Where life is allowed to grow. To flow. To bloom. In an ongoing flow of ever deepening experiences and explorations.

All this being said:

Sometimes, though, our inner responses tell us that we are in a situation that is harmful to us. Where we risk psychological or physical abuse. A situation from which we should get away.

Niklas: Lastbilen. När att krocka. Stannar upp, möter honom i ögonkontakt och tackar. Öppnar för två saker. För honom att möta sig själv och inte bara skylla på den där cyklisten. Kontakt läker också avstånd mellan människor. Ögonblick av kontakt är ett transformerande ögonblick.

Practice:

What are you running from?

Open yourself to the words of this text.

Everything is about you. Your whole life is about you. Everything that happens in you, arises in you, grows in you, declines in you and dies in you. Sometimes we leave ourselves. In the belief that our life is about someone else. We are out there looking for explanations for why we react the way we do, feel the way we feel, act the way we do. Every looking for the explanation out there, every projection is an escape from ourselves. A missed opportunity to meet yourself in one of all the beautiful facets that are you.

Sometimes we run from the shame of seeing ourselves, in a projected, normative image of how we should be. Sometimes we run away from joy and happiness, in the belief that I must not show myself this happy.

Sometimes we run away from the fear we carry, to avoid facing it. Sometimes we run away from liveliness.

Sometimes we run away from anger, rage, sadness... Sometimes from love.

Reflect on these questions:

- When do you leave yourself?

- What do you run away from?

## Life as a mirror

Every day, every hour, every minute we are subjected to events and things in our surroundings that awaken emotional responses inside us. Our inner emotional responses show us and tell us a lot about what's going on out there. And a lot about what is going on inside. Showing us both the known, and the still unknown territories of our interior world.

Our inner emotional response is showing us something about the situation. When we get aware of what is going on inside us, we can ask ourselves: what is going on here? What does my inner response tell me about this situation? What do I become aware of? What is true for me in this? We can use ourselves as a mirror of the situation. Share what we see and what we sense in order to shape awareness. When we do, we often realise that we are not the only one seeing what we see, sensing what we sense. Us sharing can open for and deepen our joint awareness about what is actually going on in this situation. Within us, and between us.

And, our inner emotional response is showing something about ourselves. So in the same situation we can also ask ourselves: what is going on here? What does my inner response tell me about *me*? What parts of me am I meeting? What longing? What fear? What nuances of me are showing themselves to me? What do I become aware of? The situation is also a mirror for us to see ourselves. An invitation to meet ourselves, again and again.

Practice:

Life as a mirror

In various situations in daily life, experiment with really sensing into your inner experience. What does your inner response make you aware of? Try expressing and share what you see, what you sense. And stay alert to what that sharing opens for and shapes in your situation, in your group, and in yourself.

Also, continue to explore what your experience tells you about yourself. What parts of you do you meet in this situation? What does it tell you about you?

Practice: Labelling, Comparing, Judging

- Create awareness of when you are putting your attention out there. Labelling or explaining reality.  
Shift your awareness to yourself: what does this show me about myself?
- Get aware of when you are comparing. When are you comparing your situation with someone else's? Maybe in a way that makes you feel discontent about yourself, or your own situation.

Shift your awareness to yourself: what is awakened in you? What emotions? What figures? What does this comparison tell you about yourself?

- Create awareness of when you are judging others.

Shift your awareness to yourself: what is awakened in you? What does your judging tell you about yourself?

## What if we always speak about ourselves

?

What if life, how fierce or soft it ever flows,  
is always showing us ourselves.

What if life in every facet holds a gift,  
A mirror of our inner universe.

Showing who we are.

Showing the way home.

To ourselves.

?

Karin: The dream about houses being bombed. Falling floor by floor. Just witnessing.. Getting back her friend trying to escape. Showing the inner meaning: the falling of empires. Inner empires. To make room for new ones. Stop, resisting. Let go of the old.

We attended a program with an international researcher within our field. In one of the sessions, she said: what if we always speak about ourselves?

Since then, that question has come to us over and over again. Sometimes we experience that this perspective has made it easier to meet others. And to see things in ourselves. It has created a comfortable distance for us when meeting things for the first time. Enabling for a softer encounter.

From the start, we saw this being true in people around us, which often made it easier for us to meet them in empathy. Or simply to bear with the situation.

Over the years, we have come to see that this is valid for ourselves more and more often.

Most likely more often than we still find the courage to admit sometimes. Probably, the process of seeing this pattern in others has helped us to open up to see it in ourselves.

What if we actually *always* talk about ourselves? In one way or another.

Practice?

Explore yourself through the lens of what you say about others, or things out there. In what facets are you too always speaking about yourself?

Practice 2: Listening to another, in what facets are they too speaking about themselves?

## **The golden moment of now**

The only place we can truly meet another is in the golden moment of now. Where all that is present in this now gets space. Where we can meet in everything that we are in this very moment.

As mentioned above in the golden moment of now chapter, we often linger in the past, or the future. When it comes to meeting another, the same seems to apply. We linger in the past. We think we know who the other is, we think we know how the other is, based on history. We think we know who we are together. Of course, there is some truth in this. But there is also a risk of overlooking what is going on in this moment. In this now, who are you? In this now, who is the other? In this now, who are you together?

Who am I?

Both of us often wake up in the morning asking ourselves: "Who am I" Not only who am I *today*, but more widely. Who *am* I? Both of us also experience that we can start to really explore the answers to that question only when we meet. When we meet in the golden moment of now. When we meet free from our past. Free from "I know you" Free from "I know me". in our unity. Connecting in only this moment, we can mutually explore "Who am I". Often to large extent a wordless exploration. In realms beyond these three.

In this world it may seem odd to ask someone you have a close relation with "Who are you?" But we truly find it very liberating. To be free from someone else's preconceptions of who you are. Being free to shift into whatever form or shape the now brings. Being held in that. In love.

## **Truly wishing for the other to be everything that they can be**

We want to share a story. A story from our own life experience. An unusual story. A story of mutuality, and a deep true desire to see every facet of the other to grow into whatever colour or shape it is meant to.

Since the day we met we have lived in the truth of truly wishing for the other to be everything that they can be. Without any restrictions. Without the thought of how that may affect ourselves.

How liberating that is. Both for oneself and for the other. To hold that wish for someone else is truly liberating. To be held sacred in the same way, someone else truly wishing for you to be and become all you can be, without any constraints or self interest is truly liberating. And in this our life experience widens. In this we experience a flow of life that neither of us have ever experienced before. More beauty, and richness in every facet. And in this, and only in this, we can truly meet. We can truly walk together. We can truly grow together into all that we are. Into all that we were born to be. Then, and only then our true gifts can grow, unconstrained.



## True Freedom for self - from liberating others

?

Your wounds do not hurt less,  
because you make someone else feel bad for making them.  
Let love free yourself, and the other.

?

Niklas: I was in a dialogue with a person very close to me. A dialogue in which that other person shared, feeling sad, feeling a bit lonely. In the dialogue I got aware of a feeling inside of myself. A tension in the centre of my stomach, and in the solar plexus. It was an unpleasant feeling really calling for my attention. I explored it, asked what it wanted to tell me. What came to me was the question. 'Am I in some way being held responsible for the feelings of the person I am talking with?' so I asked. "Is there some part of you blaming me for how you feel? Is there some part of you holding me responsible for your emotions of sadness and loneliness? Is there a part of you being the victim, picturing me as the villain?" The response was swift: "No!" A few moments of silence followed. "... or, maybe a little." More silence. To shape the space to really sense in.", well, yes. Part of me is really blaming you for how I feel. Part of me I'll see you accountable. Part of me claims that I am the victim as you are the villain."

The feeling in my stomach and solar plexus disappeared immediately. Also, the emotions of the other lessened. As we laid on the table what was really going on, we also made it visible to each other and to ourselves. In this act, we could liberate one another from any responsibility for our own feelings. I could liberate the other from holding me accountable. The other could liberate me from being the villain. From this point on the dialogue became a beautiful dance in mutual exploration. In mutual freedom. Arising from liberating each other.

In any given situation, you have three choices. You will always be in one of those choices.

These are acceptance, change or suffering. In any situation, we can choose to accept that situation. And with acceptance we mean to fully, completely embrace it. Accepting and embracing every facet, every part, every nuance of that situation. Not wishing for a single detail to be different. Anything less than that is not acceptance.

If we don't accept the situation, we still have two choices left. To change it, or to suffer. To change it is about changing the circumstances. It can be about moving yourself to another situation. Removing yourself from the situation that you don't accept. Maybe we can change things in this situation. Maybe we can change things in ourselves, in our attitude towards something, or in our acceptance. One thing is clear though: change can never be about another. We can never want, hope or wish for another to change without holding both ourselves, and that other unfree.

Our third option, if we don't accept the situation, and we cannot or don't want to change it.

If we still choose to stay, we choose to suffer. Suffer in a situation that we don't accept. That we don't embrace. In a situation that we cannot or will not change.

This simple model may sound too simple. But we actually find it incredibly helpful. Always being in one of the choices: Accept, change or suffer.

### Practice: Acceptance, Change and Suffering

Find a situation in which you feel stuck, or uncomfortable.

Look at yourself from the lens of Acceptance, Change and Suffering.

- What is it that you still do not accept? Are you willing to?
- What is it that you are trying to change, that is not yours to change? Can you let go of this?
- In what ways have you chosen to suffer?

The headline of this chapter: “True freedom for self, by liberating others”, is central in this model. As written above: we can never want, hope or wish for another to change without holding both ourselves, and that other unfree.

Sense into it. If you are with someone, and you wish for this someone to change - you are unfree. You are somewhat limited by your wishes for the other. Also, in this you also hold the other unfree. Under the burden of your wishes for change. In this dynamic, you both will be unfree. And you will never be able to meet.

Sense into it from the other end. Being with someone that wants you to change. Someone not accepting you for who you are. That wishes for you to be someone or something else. Such a relation can never be built on mutuality. You both are somewhat caged under the wish for something else than that which is.

Moving into acceptance of the other, completely accepting, embracing every facet of the other, will set the other free to me authentically them. It will also set you free.

Niklas: I have been in a relationship in which I have not been embraced for who I am. I believe everyone has. As I got deeper in touch with myself, this became more and more painful, and slowly tore me apart. I felt such a deep sorrow for not being loved, not being embraced for who I was. I cried over this. Sometimes, I still do. Healing tears. Often I could hear my inner child crying. Not understanding why he could not just be free to be him. Why we cannot just be us.

For quite some time, this was very subtle to me. I was not quite aware of my own feelings. But with deeper awareness coming from both meditation practice and inquiry into the self, I grew into clarity of what I felt. Of what I needed. And most importantly: I got clearer on who I was. Initially, this did not make things easier. Being seen as the one changing. Fighting through resistance, from many directions, I slowly come out on the other side. Hurt, but not wounded. Healing. Growing deeper into who I am. Still grieving. Now with the uncompromisable truth to be worth loving for who I am, and standing the full, uncompromisable right to be- and express all of who I am.



Collecting bars.  
Building a fence, ... a cage.  
A cage of fear.

A cage of norm.  
A cage of other peoples' liking.  
And to fit me in they want to cut.  
Cut off what does not fit.  
Cut off what is not norm.  
Cut off what triggers fear.  
And leave me bleeding on the floor.  
I'm hurt, but not wounded.  
I heal.  
I do not fit.  
I will not fit.  
I shall not fit!  
Because I'm free, I'm strong. I'm me.  
And I am worth of loving.  
And we have work to do!

?

As human beings, we care for each other. We truly care for each other. We want our friends, family, children or parents to be happy. To be content, to be successful, to be...

In this deep caring, we sometimes hold wishes for the other. Wishes for the other to see something. To realise something. To feel something. To know something. To act differently. Or to be something else. With only the best of wishes for the other.

Sometimes we believe that the truth we have found also is the truth for others. Sometimes we believe that "if only I could show you my world and you could internalise it, you too, would be as content as I am." These wishes for the other, from the best, most loving intentions, hold not only the other unfree, but also yourself.

We have come to see that we all have our own path in life. That no one can tell me what my path looks like. In this, I can never wish for anyone else to see what I see, to feel what I feel, to experience what I experience, and still being true to letting the other walk his or her own path. In holding wishes for another, I also hold a hidden belief that the other's path is the same as mine. In this holding the other unfree to find his or her own path. And, in this also holding myself unfree to continue listening to the path that is mine.

### Freedom to be exactly where we are

Karin: We meet up to write a chapter of the book. Niklas is in a really good mood. Full of life. Full of energy. Full of love. Dancing with every nuance. Eager to share this experience of life. I am in the opposite mode. Feeling fragile. Feeling sad. Feeling vulnerable and lonely. In this meeting, we just meet each other as we are. Not wishing for anything else, but that which is. Niklas can be fully alive. Sparkling. Energetic. Letting me be mellow, sad, fragile. I can be fragile, sad and feeling lonely without wishing for Niklas to change. Without wishing for myself to change. Everything gets space.

And in this space a completely new chapter of this book is born. In this space, we don't need to take us to a specific inner state of being to be able to create. We can allow for creation to happen in truth, whatever the truth is in that particular moment. We leave this session with the feeling that everything is possible from every state of being. This writing session, in strong emotional polarity, was a beautiful, and enlightening experience.

## Who are you becoming

One way to view ourselves is through the perspectives of opening or closing. We can live in an opening mindset. We can also live in a closing mindset.

Or you could say that we may live in a story of opening to the unknown, the story of constant rebirth, a story of emergence, the story of leaning into the ever-changing future, always becoming something that not already is. Leaning into the ever-changing and expanding self. Always exploring the self, and letting come more facets of what is truly, deeply me. Continuously, letting go of that which is holding me back from being all that I am.

Or we may live in the story of staying with what is known. "I know who I am. I know what my closest relations are like, and with whom they are. I know what my life is, and I know how I would like it to be. I'm searching to know where I'm going, or maybe I already know. I have settled." The known seems to bring a pleasant rest, and a calm in which I can find peace.

All of us live in both of these stories, to various degrees in different parts of our lives. As we get curious to where in life we hold a closing mindset, and where we hold an opening mindset, we can come to see, and know ourselves more deeply. We can come to see parts of our lives where our closing mindset gives us comfort, and other parts of our lives where our closing mindset holds us back, limiting us from being all we are.

We have seen, both privately and professionally, that as we adopt an opening mindset, we are liberated. We become more free. And in that liberation, we will invite and experience more life, more joy, and more love.

### Practice:

View yourself from the outside. With an open heart, without judgement.

In what parts of your life do you live in the story of opening to the unknown, and in what parts do you live in the story of staying with the known?

How is this for you? Who can you be in that? Who do you become in these stories?

In which areas or aspects of your life do you long to become more free? To experience more life, more joy, more love?

In these areas or aspects: what makes you cling to, or prefer to stay with, the known? What fear in yourself makes you stay?

## **Stepping in to the unknown**

Karin: "I wake up one morning, after an intense period of meeting fears and opening to let go. Suddenly aware of how small these fears seem to me now. Like I've outgrown everything that previously was. And now, I am ready to let go."

If we look around us, into the natural world, into nature, what do we see? Think about this for a moment before continuing your read.

We may see beauty, we may see life, and we see constant change. Nothing, not even the smallest thing, remains unchanged for very long. Well, what is very long may be significantly different if you are a rock or if you are a dragonfly. But the same principle remains: everything is in constant motion and change. Nature, life around us embraces that change. Or rather, it's the natural state of being. Being in change. Being in constant transformation. Leaving some of what you are behind, letting go of some of what was. Opening for what wants to come. Becoming something that not already is.

Something seems to be different with us humans. We seem to have evolved a mind that can make us believe that we don't need change. That we can stay unchanged. Drawing us toward the known. Yet the same mind strives for change and development all the time. Bringing humanity to where we are today.

We often see that when it comes to things really important to us, change is unwanted. Or at least not preferred. We seem to make ourselves believe that we can stay in the status quo. In the safe haven of the known. The question is, can we?

## **Open to let go, and to let come**

Our beliefs and our preconceived truths and constructs often hold us stuck in the 'safe haven' of the known. In the current or in the past. Preventing emergence of a sometimes needed new.

When we are able to suspend our judgement, our prejudice and our known answers, opening our mind to the not knowing, we will sense and shape awareness more openly. We can start to accept the possibility of a new reality. We can start to open up for letting go of our current and old truths.

When we also open our hearts, connecting to ourselves and others empathically, really trying to see with new eyes, really trying to see through the eyes of another, we can start to embrace the possibility and beauty of a new reality unknown to us. We can start to embrace the not knowing.

Opening our will to a deeper listening and guidance, we can let go of our idea of needing to know what's to come. Trusting our ability to sense and listen from a deeper awareness, we can take the next step showing. Continuously listening for the next step of our path, not seeking the entire route. We can open ourselves to let come that which we are ready to receive.

We see the process of letting go as a central process in human, inner development. To become aware of what is holding us stuck in the past, or current, and open to let go of that. Opening our minds and our hearts to let it go. Opening to set ourselves free.

Dancing with the process of letting go, is the process of letting come. As we let go, we create space. Space for something new to come. For the emergence of a new self. We can give ourselves to this process. To let go, and to let come. Give ourselves to the faith in a deeper guidance. Letting go of control will lead us to where we need to be.

This process can be a beautiful dance. It can also be frightening. Letting go of our past and current opens a space. A fertile void in which the new can grow. Staying in this void can awaken fear or resistance. It can bring the feeling of being thrown into the unknown.

### The act of letting go and letting come

Letting go and letting come is for us not a passive act. Almost every day, we intentionally open ourselves to let go of what no longer serves us. And we intentionally open to let come what we are ready to receive. This too, is for us mainly a non-cognitive process. Sometimes we feel the letting go as something actually leaving the body. A swirl of energy leaving. A thorn being pulled out...

Sometimes we have similar experiences in receiving something new. As if something is actually poured into our body.

Sometimes we sense these processes over an extended period of time. Maybe days, or even weeks. Over all this time, we actively hold the intention of letting go, and letting come. As a conscious, active intention of giving ourselves to the path. To the unknown.

### The grief process of letting go

The process of letting go is also sometimes connected with grief for us. Tears have a healing and liberating power in letting go of that which no longer serves us. After all, we are letting go of a part that was previously us. Even if we don't see what we are letting go of, tears are healing, and it is important to give space for them. Mourning the death of an old me, to be able to salute the birth of a new me.

### Listen to the guidance

One facet in which we constantly open ourselves is deep listening. The listening to our souls, to the subtle whispers of the universe. To voices from beyond the veil. Listening to the guidance. We begin to see and experience that everything speaks. And we mean everything. In a state of openness, we can receive guidance from everything. Events, natural things, man made constructions... everything.

As we move through our days, we open ourselves to receive guidance in an ever deepening listening.

In this, we also experience that we get more sensitive to our interior state. To emotions of all kinds. And to the inner state of others. We get more sensitive to energies around people, and in different contexts. And we consciously choose our environments.

### Listening and following make the voices clearer

For quite some time here, we have noted a pattern. We have noted that as we listen to the deeper guidance we are faced with a choice. A choice to make that listening come alive. To believe. And to follow. Or to label the listening and messages a fantasy. More of a hallucination than reality. More of daydreaming than an actual conversation with the universe.

We also see that when we listen and articulate to ourselves, and to each other, what we hear, the voices get clearer. Similar to learning a new language. If I learn the language and never speak it, the learning will be limited. When I get to speak the language, when I get to practise with another, my skills in this new language will grow more rapidly.

A difference, of course, in this kind of language is that it is not spoken. And that may trigger fear or objections in us. Fear or objections that this may not be for real. That it is just us making things up. That we may make a fool of ourselves if articulating these fantasies to another.

And, of course, sometimes our minds create truths, messages, that may not come from deeper listening. Practising listening and articulating what we hear also helps us distinguish between what is deeper guidance, and what is our mind wanting to control us.

So when we can face our fears, and start to cultivate our silent listening. Articulating what we hear, and follow the guidance, the listening gets deeper. The voices get clearer. The nuances in the dialogue get richer.

## **The future that stands in need of you**

Imagine that you cannot truly get to know someone only from meeting and this reality.

Imagine a meeting with another. Another whom you have never met before. Imagine meeting that other with the feeling of knowing each other. With the sensation of an openness, mutuality, and deep, deep connection on planes far beyond. As if you are connected in dimensions beyond those we can cognitively comprehend and experience.

Imagine a society, a world, built upon these kinds of meetings. Where people actually meet, deeply. Free from the assumption that we need to know a lot about each other to know one another. Free from the assumption, that we are more separate than we are united.

We believe that this reality is coming. Because we experience these kinds of meetings with other people on a regular basis. With people that we have never met before. People that we in this world would call strangers. And in these meetings we often experience a deeper sense of knowing each other than with people we have known for many, many years. Even though we hardly know anything about one another.

Establishing deep connection, and a sense of unity can be done within minutes. When both parties are open to themselves. And where we choose to open to one another. When we meet like this, we are far beyond the point where it is possible not to care for each other. When we meet like this, we are far beyond the point where it is possible not to feel love for the other. Not to love each other. Because the experience is that we are parts of a greater whole. Different facets in the same kaleidoscope. Different tones in the same piece of music. And our coexistence is what makes the music come alive.

When we meet like this, a deeper sense of meaning is born. Deeper sense of unity. Not only with each other in that meeting, but with everyone, and everything, in the experience of being one with all, a deeper care is all support. The care For the ones around us. I care for the ones far away from us. The care for the earth, for the animals, for nature. A cure for the coming generations.

In these meetings, in this experience, it becomes clear to us that we don't primarily need to search for and strive to *do* a lot of things. We don't primarily need to find fixes and solutions to the challenges that we face today.(read us right, we are firm supporters of all initiatives that can help us address our great challenges.) What we see with clarity is that we need to start from the beginning. With widening our consciousness. From that will grow ways to relate with and care for each other, and the world, in ways that we cannot imagine or see today. We need to open ourselves to ourselves like this. And that We need to open ourselves to others like this. To dare to meet, deeply. To be naked to oneself, and in the same way, nakedly meet another. When we collectively start to meet like this we will grow a new world.

A world built upon these experiences is a world that we long for. A world that would look significantly different from the world we see today. A world that we could be proud of and safe in leaving to our children. This world is approaching. And we all, me, you, everybody, can do our part for the arrival of this world by starting to meet ourselves. By starting to meet each other this way.

The future stands in need of you. How do you show up to serve it?

## Beyond the veil

?

When we had walked the path of depth to its very end.  
When we had travelled the path of oneness as far as we could..  
Another veil fell,  
And beyond it we saw the path of depth and oneness winding into  
the future, toward eternity.  
Us, standing at the very beginning of the same.  
Not knowing how to walk in this new world, we gave ourselves and  
flew into the dark.  
Into forever. Toward eternity.  
And when we reach there, another veil will fall.

?

A description of how we experience reality can be in layers of veils. In this moment we have one experience of what is possible, what is real, how things flow, interact and dance. One experience of reality. We experience, sometimes very vividly, sensing a veil hiding from us what is beyond the currently lived reality. Beyond that veil.



We also experience a continuous process of veils falling. In our own inner process of meeting, embracing, and being freed from fears holding us back, freed from attachment, and from constructs. Opening ourselves to receive what we are ready to receive. In this continuous process of letting go and letting come, the next veil falls. Revealing for us the next expansion of reality. Revealing for us life beyond the veil. Also, that new reality is veiled, by the next veil that will fall when we are ready to receive what is hidden behind it. Again and again.

## The Sacred Unity

We experience the two of us being in a sacred unity. Not only being in a deep spiritual connection with each other, but also holding the Divine feminine, and the Divine masculine in that unit. When we meet, and we mean when we meet physically, every day, it is like coming home. It is like something broke gets mended. It is like finding the part missing from our full being. From being fully alive. From being fully in connection with the deepest parts of the universe, of existence, or ourselves.

We experience this unity as sacred. The unity between the Divine masculine and Divine feminine that is the source from which things are born. This unity between form and the formless. In this unity, we can hold space, see things, give birth to things that we can never even come close to on our own. That we can never, ever come close to you if we were to construct these things from the mental realm.

Our experience has deepened and grown, expanded it into the sense of being more like one being than two separate beings. Still with two very distinct polarities within this one being. From within this experience of being one, we can open and heal things that we could not have approached alone. Fear, sadness, or trauma that would be too large to meet ourselves. Or trauma in the collective field. That is far bigger than any one of us. That we simply wouldn't have the courage, the faith or the love to heal on our own.

The sacred unity. Unityn mellan det maskulina och det feminina. Det finns en knowing väldigt tidigt...

N lämnar samarbeten som ifrågasätter K. Utifrån en spirituellt vetande. Om du försöker sära på oss kan vi inte längre jobbe ihop.

Niklas: an insight is born from after the latest passage. From after the faling of the latest file. An insight that costs light on my life up until this point. I have always been outside of the norm. Always stretching. Always searching...

And on the life going forward from here into the unknown, I need a manifestation of the Divine feminine standing in her full power. I need her to be sovereign in her own right. Independent. Powerful. True. I need her at the same time to see me the same way. To meet me a sovereign. I need her holding embrace, her holding power, her sovereignty to be able to expand into everything I was meant to be. I have seen this

picture before, but this time it gets clearer than ever before. Ask, the gin and yang symbol asked meeting as one, and it's two players does, but then that one. There cannot be dependence between us. There cannot be independence between us. Did you need it? I need goes far beyond both of those. For me asked if I mescaline to become everything that I am. To become all that I was meant to be. To fulfill the reason of which I am here,(which I'm still giving myself to come out without having to find the answer) I need to be in a dance with someone holding the same love, the same power, the same, uncompromisable truth. Then and only then we can form into a sacred unity. Sacred unity from which are gifts can grow. Only from there we can, as one, help decipher what is hudance and what is mind.

## **Life beyond the veil**

Stories...

# **How this book came to life**

The idea of this book has been whispering to us, calling us, for three years. But nothing till this spring. The spring of 2023 it was clear dressed, and now is the time. Our biggest science initiated a big re-organization, and we realize that, there will be some free space created in our work calendars the second half of autumn. Consciously we did not plan anything we did not fill that void with anything just opening ourselves to what wants to be filled in that void.

We carried the sense that the void will be filled with something important, and we had a lot of ideas of what it may be.

Staying open one day we ran into Isse. Isse, helping people with a message, with soul, purpose, to get that story down in a book we met him a first time, and everything just clicked. It was not clear to us. This void is created for us to write a book.

Beskrivning av hur vi har skrivit den här boken. Vi djupt lyssnade till vad som vill fångas. Djup kontakt med varandra och med universum. Ofta upplevelsen av att Karin hör orden som jag sedan uttalar. När vi talar in text i telefonen. Karin har orden, jag uttalar precis samma ord ögonblicket efter.

Någonting vill föras in i boken. Oj vad spännande vad är det för design? Bilden om över kapitlet cycle of emergence dyker upp. Kapitlet som är tomt. Oj vad vill födas in här? Berättelsen om Henrik kommer. Mamma.

We sit down to write the chapter about life as a mirror. We haven't really selected the chapter today, the external events that we have experienced in our own lives the past week I've really appointed us to that this is what wants to be written right now. Life has given us input, stories, events to explore, and to catalyze into syllables, words, sentences. Slowly things are taking shape. We just let Flowood wants to float. A big variety of facets and perspectives take form and we have the sense that it doesn't quite stick together. period but that does not concern us. We keep writing in faith of the process. We don't see how this will shape together. How this will form an actual chapter of the book. It will let things flow, trusting that the guidance will take us where we need to go.

The Contin does not flow in a continuum. A piece comes out. We sent in again. Another piece comes. And at times we can feel the frustration, or even feeling a bit lost, what is it that wants to be told here? As if we are held in darkness. Trusting the process, not having to see the road, nor the destination, we continue. After a while, we sense him. What is the story longing to be told here? How does all these fragments weave together. And in that process of sensing in the story starts to reveal itself. Now, instead of continue write Dean, different fragments, different aspects we start over. Have you seen the story that wants to be told. The different facets, the different fragments, the different aspects are now woven into one. One story that becomes true for all the different aspects. One piece of text only is reused. And fits perfectly at the end I would know has taken shape. Everything else is written from scratch. A beautiful process starting in one point spreading into the corners of the universe, only to postulate back into the center. Into one coherent hole.