

Research journey through your own soul 1+

**strengthening
self-regulation training
self-responsibility training
for children/teenagers/adults
from 10 years on**

Family- and school documents / large print A4
(Meditative reading aloud and reading to yourself,
Creation of a personal picture book,
Stimulation of profound conversations)

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but only unchanged!**

Preface

You probably know this: sometimes 'it' just does something to us humans and we don't even understand what is actually going on inside us.

For example, the alarm clock rings early in the morning and you know that you have to get up straight away to get ready for the day.

But often you don't feel like opening your eyes at all - let alone sitting up to get dressed, do you? So, you just lie there and continue to enjoy your warm, soft bed...

But if you're not on holiday at the moment, it's not a good idea to only follow your 'desire to have', because you're guaranteed to get into trouble with your fellow human beings soon...

It is therefore extremely important that you manage to pull yourself together and get out of bed in time to tackle the day ahead like a hero.

But how do you actually manage to do this? What is going on inside you, invisibly, until you can overcome yourself and end up eating your breakfast in the kitchen dressed?

You will learn this and much more on the following pages. Have fun!

Part 1 - Getting to know your inner self

1. Secret landscape

Welcome to the research journey through your soul, dear _____!

You are very brave for daring to explore your invisible inner self in more detail. Congratulations!

No one else has ever been in this secret world of your soul except you.

However, you have been inside yourself continuously since birth, and from here you experience everything that happens around you through your eyes, ears, nose, tongue, and the skin covering your body. Everyone feels this way.

However, nobody really knows where exactly our soul - also known as our psyche/spirit - resides within us. We only realise that we sometimes rather think and even feel from our head, but also often react from our gut or with our heart.

Our soul is therefore an intangible place within us, but it really exists - we experience this day after day! Without this invisible, psychic-spiritual part, we would not be living, sentient people at all, but only mechanically functioning, dead machines. The fact that we are allowed to have a soul is therefore a wonderful gift - a gift from our inventor, from God (no matter what you call him)!

And today you are cordially invited to take a closer look at this unique gift. Come along!!!

Firstly, switch off all music and other noise in your room or in your classroom/group room! And then ask your parents and siblings or your classmates to *leave you alone for a while*, because you

want to go on a research journey through your own personal inner self.

Lie down comfortably with this text on your bed or on a carpet or sit down in a soft armchair or at your desk! You will now only need your *outer* eyes to read on from time to time, but they are not at all necessary for the forthcoming 'soul-inspection'.

So, close your normal eyes now and look inside yourself with your invisible *inner* eyes! And there you are, inside your soul, looking around you...

Where you are in your imagination at the moment, a kind of *soul landscape* surrounds you and it is also as bright as day, isn't it? Because you have arrived in your *consciousness*.

This area is called this because in this place of your soul, everything is clear to you (bright!) and you *consciously know* what you are thinking or doing.

You are always travelling as a '*conscious self*' on this research journey anyway. You look exactly the same as you do in everyday life (as a boy, girl, teenager, woman, man) - only in your soul you are not really made of flesh and blood, but rather of your *imagination*, filled with your thoughts and feelings.

But as a 'conscious self', you are still completely real and genuine here in your consciousness - simply not visible to others. But you can feel yourself as a person very clearly and *know* with absolute certainty that you are now in your soul landscape and can clearly recognise everything around you.

So, take a *conscious* look around you with your 'self' in there! What do you see? What kind of landscape surrounds you in this conscious part of your soul?

Are there meadows, forests, lakes, and mountains in your consciousness or are you rather in a village, together with other people? Or are you perhaps in a pasture with lots of animals or

in a garden full of vegetables and flowers? Or are you in a big city in the middle of noisy traffic? Or do you live in the jungle or on another planet or somewhere on a mountain or by a big river or on an island far out at sea? Everything is possible here!

We humans have very different landscapes of consciousness within us - depending on which genes we have inherited or what we have already experienced. But in any case, there is always light in this area of consciousness for each of us, so that we have no problem recognising everything exactly.

So - take a close look at *your* very personal, daylight soul landscape! *Where do you find yourself* in it as a 'conscious self'? What lies to the right and left of you, what lies in front of you, under your feet, or above you? And is the sun shining or can you not see it?

Now close your outer eyes again and give yourself enough time to look at everything carefully! And then memorise the appearance of your personal landscape until you know exactly where you *are standing* as the '*conscious self*' and where which *part of the landscape* is located...!

When you have looked around enough, take a blank sheet of paper and, sitting at your desk or lying on your stomach on the floor, draw everything you can recognise in your consciousness with felt-tip pens or coloured pencils: first yourself, i.e. your '*conscious self*', and then the whole *landscape of your soul* all around you.

But don't worry, you don't have to be a great artist! Everything is right the way you present it. Take courage - and go...!

And with your drawing, you have already produced a kind of 'photograph' of your own *consciousness*, even though it is a completely invisible area of your soul! Ingenious, isn't it?

Now write a suitable title at the top of your picture, namely: *'My landscape of consciousness'*.

This way, when you browse through the picture again later, you will always immediately know what the picture is about and how you felt inside at that moment.

Then stick your painting in a binder or put it in a folder, after these first pages of text.

As you will have noticed, there is no adult illustrator who has already made drawings for this book. No, *you* alone are the illustrator here, capturing everything you encounter inside yourself from chapter to chapter. After all, only you can know what the individual areas of your otherwise invisible soul look like and what goes on there!

But this also means that *no one* else is allowed to criticise or find fault with your drawings. No one should call them ugly, but neither should they call them beautiful, because this is not about art. Your pictures will always simply show what you have just found inside you - and your inner eyes never lie!

In any case, over time, all the chapters and your matching drawings will gradually become a real, wonderful, very personal picture book - *a picture book about your soul!*

The start has already been successful. Bravo!

But you should take a break for today.
See you next time!

2. Various ways

Hello, dear _____!

Now that you already know a bit about what it looks like in your *consciousness*, your research journey can really begin today!

Close the door to your room again and ensure total silence! Of course, the same applies to you as a student in a classroom or as a group participant in a course!

Sit/lie down, look inwards with your outer eyes closed, and begin to *wander around* with your own 'conscious self' in the landscape of your soul from last time. So today you are consciously making your way through your inner self!

But what does this *path* actually look like inside you? Is the landscape around you changing more and more? What do you pass, for example? And what is the *weather* like at the moment?

Perhaps in your consciousness, there is suddenly a bumpy dirt track or a small country road on which you are *walking* forwards - only in your imagination, of course!

Or are you *walking* on the pavement next to a busy, wide road?

Or are you *climbing* up a hill or a mountain and seeing the sun shining brightly from the sky above you?

Maybe you're *wading* through a stream in your bare feet and realise that the sky is full of clouds.

Or you could, of course, *hike* through a wheat field or a beautiful forest while listening to the wind rustling in the treetops.

Or is it raining cats and dogs and you are *looking for* a dry shelter?

Or *will* you *pass* a quiet pond with reeds and perhaps see the snowy mountains far behind...?

There are thousands of possibilities!

So, take a close look at what *your own path* looks like as it leads you through your own personal landscape of consciousness! Your 'self' can no more determine or command what kind of path or weather should occur there than in the outer world. You also have to *accept* everything that simply presents itself to you in the landscape of your soul.

But at least you can freely *choose* with your 'conscious self' on *which* of the paths offered or *where exactly* you want to walk through your given landscape - even across meadows or through a stream, up a rock face or through the bushes, and so on.

You can also *decide for yourself* where you want to branch off, stop, continue walking, or sit down, or whether you prefer to run or stroll, jump, climb, swim or hike, etc.

Your 'self' is also free at any time to take a closer look at something interesting in your landscape, adapt to the current weather somehow, take a break, or simply carry on walking.

So now close your outer eyes again and set off to discover *your own personal path*! Have a good journey...!

Now you have walked a long way through your soul with your 'conscious self' and have seen many things that you did not notice last time. Because you no longer just stood in a certain place today, but have *made progress* on your path, you have certainly been able to get to know much more of your soul landscape today.

So, take another blank sheet of paper and draw your '*self*' as a real boy or girl, teenager, man or woman, just as you look in reality!

Draw yourself in the middle of the *path* on which you have just arrived here through your *soul landscape*! And then draw

everything around you that you saw from the path this time - including the *weather*!

So, now your second picture is finished. Great!

Isn't it exciting to be able to travel many kilometres in your own invisible soul without outwardly moving from the spot? And now you've even brought home another 'photo' of it!

Now write the title above this picture: 'On the way through my consciousness'!

And then place it after the new text sheets in your folder or binder (i.e. always text sheets, picture, text sheets, picture, etc.).

And now you can really enjoy the previous part of your self-made 'soul picture book'!

But only show your *drawings* to people you like and trust completely! (For example, your parents, your teacher, a friend, a good colleague, one of your siblings, a dear neighbour, etc.)

Everything regarding your soul is your '*private matter*', just like a diary - unless you *voluntarily* want to give someone an insight into your pictures!

However, you can *talk* about the various *texts and topics* without further ado in the individual chapters and *exchange* ideas with others. This is even extremely interesting, as every person on this earth experiences the same mental facts within themselves - only in different ways.

Of course, not all people refer to the different areas of their souls as they are mentioned in this book, and some people do not like to talk about such invisible mental things.

But since everyone on this planet has to learn to deal with their inner self somehow in order to live together with other people

successfully, it still makes sense to know certain words and ideas that enable you to talk to others about these inner processes. It is also exciting to hear what is going on in other people's souls, what makes them happy, or where they perhaps have the same problems as we do.

This is why conversations about the workings of our human soul will always be extremely interesting, not only within the family or among friends, but also in the classroom or in a group course, and will help everyone involved in their inner development.

However, in order for such conversations about mental matters to really become a genuinely positive experience for everyone, it is urgently necessary for *everyone!* to be consistent in *listening* to everyone else in a *friendly and open* manner.

No stupid, derogatory remarks may be made and no one may disturb or distract, because only in this way will *each individual* feel *respected and taken seriously* as an important member of the discussion group and thus be able to speak freely about their own inner facts.

This applies to your parents, siblings, and friends as well as to your teacher and classmates or to your group leader and each individual course participant - and consequently, of course, to yourself! *Never forget that!!!*

So, now have a good time with your 'conscious self', which is always travelling somewhere in your soul while you live your everyday life on the outside! And if you ever get bored, you can also go on a hike through your daylit landscape of consciousness yourself. Have fun!

3. The main character

Hello, dear _____! There you are again!

Did you even notice last time on your special journey through the landscape of your soul that you always *knew* exactly what you were doing the whole time?

This is because you were also travelling there in your bright daytime consciousness as a '*conscious self*', which can do nothing other than consciously know what it is doing - otherwise it wouldn't be called that!

As soon as you do something consciously, the 'self' in your head automatically thinks in the first person (plus verb):

I walk, I see, I hear, I sense, I think something is good or bad, I feel, I have, I am, I do, I sit down, I choose, I eat, I think, I want, I don't want, etc.

And this is how this consciously acting part of your soul logically got its name: '*conscious self*'!

So, if you realise once again within yourself that you are thinking: '*I am now doing ...*', you know immediately that your '*conscious self*' has just become active within you.

Last time, when you were travelling through your soul landscape with your '*conscious self*', it was also constantly active, because you were also constantly *thinking, feeling or doing* something consciously and with concentration.

For example, you have *recognised* things with your 'self' inside you as you have wandered, *looked* closely, *considered* something, *assessed* it, *decided* on something, *planned* your next steps, and then you have continued on your soul's path in your imagination - invisible to the outside world, of course!

Your '*conscious self*' is therefore something like an *organiser* inside you that *guides* you through your life. However, this is so normal for us humans that we usually don't even notice it.

But there must be some psychic-spiritual *centre* inside us that oversees everything, plans, and decides what we want to do next. Otherwise, at some point, we would just stand still and not know whether we should go forwards or backwards...

Of course, like all humans, you have a brain that electrochemically controls your entire body, your organs, and your movements. But without your 'conscious self', you would still not be able to consciously *decide* on anything and would therefore not be *capable of acting* at all.

In fact, you would still be mentally and physically like a newborn baby, who can only lie there, row around with its little arms and legs, wet its nappies and make sounds - *unconsciously*!

Only your 'conscious self' has made it possible for you over time to *deliberately* imagine certain things inside yourself, to consciously feel yourself, to think about something, and then to *do* it outwardly - such as playing, eating, sitting, speaking, walking, listening carefully, doing something together with others, painting, reading, helping others, doing gymnastics, calculating, preparing something, making something, and so on.

You were only able to gradually learn and perform all of these skills thanks to your ever more conscious 'self'.

Your 'conscious self' is therefore a very important figure in your inner, psychic landscape of consciousness - actually something like the *hero* in a story, namely the *main character* of your soul!

In the landscape of your soul, your invisible hero 'self' has been working almost continuously for years to consciously *reflect, look around, compare, learn, plan, decide*, and let you *carry out* actions so that you can function independently as a whole person.

Just think about getting up in the morning! Without your 'conscious self' you wouldn't be able to sit up at all. You wouldn't

be able to *want* to go to the toilet or get dressed, you wouldn't be able to put food in your mouth, let alone chew or swallow...

Although these are all very simple activities, your body can only carry them out if your inner, invisible 'soul organiser hero' also has the *intention* to do all this.

Your 'conscious self' must therefore constantly say to itself: *I want* to get up now! *I want* to go to the toilet! *I want* to take a bite of my jam sandwich! etc. - otherwise your body parts and muscles won't know what to do and won't budge at all. And eventually, you'd just starve helplessly in your soggy, smelly bed...!

Not exactly heroic, is it?

For your survival, it is therefore essential that your 'conscious self' is a clever hero who knows what to do and when, and who can make good decisions. *Like a good boss*, it must also *give* its workers - your muscles - a precise *order* each time as to what they should do next so that you can react sensibly to the outside world.

It's actually amazing that we don't normally notice how much our 'conscious self' does inside us every day by *organising* all our activities. Yet our 'self' is the main person, the boss, and hero in our soul!

That's why you can now get to know your inner hero even better. It will be as exciting as meeting a famous star for the first time! But this time you don't have to go to a concert, a football match, or a car race, you just have to close your outer eyes once again - and you are standing in front of the *hero of your soul*, in front of your '*self*'!

Say a friendly hello to it first and thank it for guiding you every day from the inside out so that you can do everything possible!

Your 'conscious self' really deserves this praise after all these years of hard, heroic work, doesn't it?

And now imagine - preferably with your eyes closed - any moment of today, no matter what: at school, at home, on the way to school, at lunch, during the break, visiting someone, doing homework, playing, and so on. Because your 'conscious self' was guaranteed to be inside you everywhere, *observing, checking, and deciding*, otherwise you wouldn't have been able to react.

So, take another close *look* at this past *everyday situation* (about five minutes of it)! Imagine yourself as a 'conscious hero self' in your soul landscape and see exactly *from inside* what you experienced as this self during that situation.

Pay particular attention to your 'self'-*thoughts* and 'self'-*feelings* - and also to the *movements* that your 'self' made you perform physically!

For example, what did your 'conscious self' as the hero, boss, and organiser of your inner self, consciously *observe, want, compare, decide, plan, and organise* in your mind at that moment?

What feelings did your 'self' consciously *experience*? Pleasant or unpleasant feelings? Or did you not notice them at all?

And how did you then react outwardly - for other people to see? What exactly *did* your different body parts do at that moment (mouth, hands, legs, head, stomach, heart, etc.)?

You will probably notice much more now what you were thinking, feeling, and doing because you are now *consciously* looking inside yourself and can 'hear' the thoughts and feelings of your

'self' in that situation - like in a film, so to speak. So, take good care...!

And now draw yourself on a blank page - again your 'conscious self' as a boy, girl, teenager, woman, or man - preferably *in the centre* of the page!

This time you can also draw yourself in *disguise* if you like because you have a certain role inside you - the role of the hero, the boss, and organiser of your person!

Perhaps you have a certain idea of what you would look like if you were playing the *role of the hero* in a theatre. Then you can portray yourself in the same way with the appropriate clothes and 'ingredients' (e.g. headgear, object in your hand, etc.) on the sheet in front of you.

Then, starting from your painted head, draw one or more *large thought bubbles* and write in them, like in a comic strip, what you as the 'conscious self' wanted, thought about, decided, planned, or realised at the selected moment ('I see ...', 'I think ...', 'I could ...' etc.).

You can also draw one or more bubbles, *speech bubbles*, from your mouth. Here you write everything that your 'conscious boss self' *said* inaudibly inside you at that moment and *ordered* your muscles to do ('I want... to do' - 'Muscles, do this and this ...' etc.).

And you draw the third bubble or several of them from your heart or from your stomach - as an *emotional bubble*. You can write down everything that your 'conscious self' has *felt* in the selected five minutes ('I'm so angry' - 'I feel good' - 'I'm not sad at all' - 'I'm happy' etc.).

So - now you can start to draw this one everyday situation from the point of view of your 'hero self' in a comic-like way...

Great! You can see exactly what your 'conscious self' was thinking, saying, and feeling in this situation, even though no one will ever be able to look into your soul. So, you have made *visible* what is going on in there in secret.

And now write the following title above your third picture: 'My 'conscious self' - hero, boss and organiser'.

Then file it behind the new text sheets in your binder or put it at the back of your folder as before - and take another well-deserved break!

From now on, you will probably notice more and more often in everyday life when your '*conscious self*' is controlling you from within so that you can do something specific. So have fun *consciously observing* your own more or less heroic thoughts, decisions, and actions!

4. Helpful

Hello _____!

And - how do you feel in the meantime as a 'conscious self', as the *hero* of your soul?

Do you realise how often you think and decide, feel, and sense with this soul part inside you, and that you ask your body to act countless times in everyday life?

As you now know, this inner regulation is essential for your survival, because it is only thanks to this chief organiser in your soul that you are able to live your outer life at all - and to continue this research journey through your inner self!

So, it all depends on your 'self', on *you* - the consciously acting _____ hero, the consciously acting _____ heroine!

But perhaps you don't feel strong enough to play this heroic role, because a *disguise* doesn't give you any heroic powers. You still remain an ordinary human 'self' who is exposed to danger and is sometimes afraid...

But being afraid is completely normal - for children and adults alike - as we are all *vulnerable* by nature.

That's why we often don't feel as safe and brave as we appear to other people - and we rarely feel like heroes anyway! But everyone feels that way. So, what can we do?

Our 'self' therefore needs help - *you* need help! That's for sure. But that's nothing to be ashamed of - because *every* hero needs help from others from time to time!

You may have noticed that the main character in stories, fairy tales, or films sometimes meets someone who can help them when they are at a loss. This could be a person or an animal, a plant, or even a thing that is found somewhere.

And then this 'helper' shows the hero the right way, for example, or gives him a helpful object or protects him from danger himself, etc.

And it is exactly the same in our soul:

Not only do you possess a 'conscious self' as the organiser of your whole person, like every person on this earth, but there is also the '*inner helper*' in each of us, which is guaranteed never to let us down.

This side of your psyche is the saviour for you as a hero, for your 'conscious self'!

You would hardly ever get through life on your own, even if you are courageous, brave, and undaunted. Because on every path, there are occasionally minor and major difficulties that need to be overcome and which you, as an ordinary 'conscious self', simply cannot manage on your own.

That's why you now have your own personal 'inner helper' at your side, on which you can rely completely.

This 'helper' is not only incredibly friendly, strong, and indestructible, but it also always knows exactly what is right for you - and it will definitely help you!

I wonder what your personal 'inner helper' *looks* like? What do you think?

Perhaps you already know a form of it from one of your dreams. That would be a good possibility. Or perhaps an animal immediately comes to mind that would make you feel completely safe? Your 'helper' could also look like this.

But it is also conceivable that it could look like an angel or a fairy godmother, a helpful dwarf, or a wise old man who gives you advice. But your 'inner helper' could also appear to you as a magic plant or a fantasy animal, as an unexpected coincidence, or as an ordinary object.

This part of your soul doesn't have to adhere to our external reality at all - like your 'conscious self', for example, which always looks like *you* as a *real* person and can at most sometimes appear in disguise.

Your 'helper', on the other hand, always looks different: sometimes completely realistic, sometimes as if from a magical world, from a dream, or coming directly from heaven - just as it can be of the greatest help to you at the moment...!

And besides it's also invulnerable, as you've already read. Imagine that!

So, you have a spiritual, invisible part within you that absolutely nothing can destroy! No matter what happens to you - your 'conscious self' - on your soul's journey, your 'inner helper' is always there within you and will stand by you if you want it!

You don't see it all the time in the landscape of your soul, because it usually stays in the background and doesn't show pompous behaviour with its abilities. But when things get dangerous for your 'self', all you have to do is *call* your 'helper' or *shout* for it or just *think* of it - and instantly it becomes visible to you in your imagination and helps you as you need it. Unbelievable, isn't it? But it's true!

Every person on this planet has such a helper part in their soul! Unfortunately, however, not everyone has the idea of calling on it as a saviour for their own 'conscious self' in a tricky situation and asking it for help.

And that's why many children, young people, and adults have to suffer from countless problems and struggle with difficulties day in, and day out, even though they have a wonderful 'helper' inside them which could easily show them a way out...

Stupid really, isn't it?

But today you have the opportunity to *consciously* meet your 'inner helper' for the first time and get to know it better so that you will be able to call on it more quickly later if you are in danger or need a solution to a problem.

So, if no one is disturbing you at the moment and you have absolute peace and quiet in your room/classroom/group room, you can now close your outer eyes again and 'enter' your inner soul landscape in your imagination.

Imagine now that you are *standing* on your own personal path as a 'conscious self' - again as a real boy, girl, teenager, man, or woman, possibly disguised as a hero - and looking around curiously as always!

The first thing you notice today is that it is no longer morning, noon, or afternoon, as it was when you were exploring your soul in the past, but that it will *soon be evening*. However, it is still very bright around you at the moment so you can see everything clearly. You are still in the area of your consciousness.

Here you will soon summon your very own personal 'helper' - but only in your mind, of course, without anyone being able to hear you!

How will it present itself to you today? You can never know exactly beforehand, because it is extremely *changeable*. So just let yourself be surprised!

You never need to be afraid of your 'inner helper', because it is *part of you* and can't help but always *want the best for you*. That is part of its nature.

However, it may not look 'sweet' and won't allow you to do everything you feel like doing. Because your 'inner helper' means so much good to you it will only ever say or give you what is *really good* for you.

So, it is not a pamperer or an ever-smiling carer, but he(?) or she(?) will always *tell you in no uncertain terms* what exactly you

should do so that you can escape danger or find your way back to the right path.

That's why your 'inner helper' may not seem particularly nice or kind to you at first, but rather strange or even strict. But you will still be able to sense straight away how much it likes you and that it definitely wants to help you.

Or maybe your 'helper' already seems extremely loving, kind and so beautiful when you first meet that it almost leaves you speechless, who knows...

So - call it here now, your very personal, indestructible 'inner helper', and then wait a while in your soul landscape until he or she appears somewhere around you and becomes visible to you...!

And - how was your first conscious encounter with your 'inner helper'?

Were you impressed by its incredible power and goodness? Or were you startled at first because it looked completely different from what you expected? But surely you could sense that your 'helper' would never harm you, couldn't you?

You can always feel safe with it because it never loses its bearings, always knows a solution, and can always offer you protection if you need it. Simply brilliant!

Now take another blank sheet of paper and try to depict the *encounter* between your 'conscious self' and your 'inner helper' with felt-tip pens or coloured pencils as you have just experienced it.

If you are still aware of your surroundings, you can also draw them around. Simply draw on paper what you 'saw' inside yourself!

Marvellous! The first spiritual 'photograph' in which your invisible 'helper' can be seen!

Imagine that you can now fall back on this impressive, indestructible, and helpful part of yourself whenever you have a problem in everyday life! All your 'conscious self' has to do is come up with the idea of asking for help. And he or she is guaranteed to invisibly *assist* you immediately - you'll see!

And now just write the title 'My inner helper' at the top of this fourth picture before you categorise it after the previous texts and pictures.

Rest well now - and see you next time...!

5. My guide

Hello, dear _____!

You have now got to know two very important parts of your soul: your '*conscious self*' and your '*inner helper*'.

As you now know, your 'conscious self' is the *main character* within you, and so you bravely set out as a hero to explore your soul landscape. And in doing so, your 'self' was constantly thinking and feeling and organising what you should do next so that you could move forward at all.

But since your 'conscious self' is just a normal person - at most *disguised* as a hero - you occasionally become insecure or hurt yourself or simply don't know what to do next.

This is exactly why your 'self' is constantly *accompanied* by your 'inner helper', usually invisibly. It helps you on your journey through the soul and protects you from any danger - if you even think about asking it to do so...!

In the last chapter, your 'self' consciously met this wonderful, strong, indestructible, and extremely kind 'inner helper' for the first time. Impressive, isn't it?

On the one hand, your spiritual 'helper' is a *real part of you*, of your real soul, but on the other hand, it can also *transform* itself into all sorts of things like a fairy tale or dream creature: into a helpful object, for example, or into a talking animal, into a nature being or an angel, into a good magician or a wise old woman, etc.

You can recognise your own personal 'inner helper' by the fact that it shines somehow. Have you also noticed this almost invisible glow?

This is because it is connected to a different reality than the one, we are familiar with in everyday life. This mysterious reality -

namely God - has given you this 'helper' in the first place so that you are protected from your soul throughout your life!

Yes, you have read correctly: your 'inner helper', your strong indestructible soul part has a direct connection to God, the inventor of the entire universe and of us humans!

It seems that God not only wanted to give us the glorious outer world and our *visible* body but also our *invisible soul* with the 'hero control self' and our 'inner helper' within it.

With the 'self', we can consciously experience everything and think and decide for ourselves. But because this is not so easy for us humans, God has also given each of us this reliable 'helper'.

In the past, the 'helper' part of our soul was called 'conscience', but this term can't really express how great it actually is!

Your conscience/'helper' is an absolutely reliable *guide* - a kind of *signpost* for you! As such, it can always show you where to go so that nothing happens to you. It is also so strong and *invincible* by nature that it can save you from any danger.

And since your 'helper' comes from God, it can only give you good, helpful tips and is therefore simply *the indestructible good* in you that shines through from time to time in your everyday life....!

So, you see, with your wonderful 'inner helper', your 'conscious self' can now continue to wander through your marvellous soul landscape without fear, even if it should become dangerous. Just like in a computer game, he or she can always give you good advice on the way, show you the right path, point out a helpful object, or rescue you from a danger you have put yourself in.

Therefore, you can now confidently close your outer eyes again as soon as your room door is closed and everything is quiet, even in the classroom or course room. Go into the landscape of your soul with your inner eyes and look around you! What does it look

like here today? Similar to the last time? Or have you progressed so far in the meantime that the surroundings have changed? Anything is possible!

It is only important that it is still light around you and that you can recognise everything clearly in your consciousness.

You should also call for your 'helper' *right at the beginning*, even if you don't need their help yet. It is much more pleasant to walk around in pairs, as you feel much safer and can chat with someone on the way.

You can *tell* your 'inner helper' everything that your 'self' thinks and feels throughout the day.

Feel free to *ask* it if you want to know something! For example, if you come to a crossroads, it is guaranteed to show you the best route for you or warn you of dangerous places in your soul landscape.

But if you don't feel like listening to it because another path seems more exciting to you, it will let you do what you want without scolding you. Your 'inner helper' will never *force you* to obey him - but *you* will always have to *pay for the consequences* afterwards that you might manoeuvre yourself into...!

It could be that you stumble on *your chosen path* and fall down or are chased by something or hurt yourself somehow or can no longer go forwards or backwards, etc.

Then your 'inner helper' will probably leave you floundering in the difficult situation for a while and won't simply straighten everything out for you - because you could have listened to it beforehand!

That's how it is with our 'inner helper'! On behalf of God, it is always ready to help you out of an emergency, but only if you follow its advice and tips.

If, on the other hand, you prefer to be stubborn and decide in favour of something other than what it tells you, it also gives your 'conscious self' full *freedom* for once to run blindly into a mess...

So, always think carefully about whether you want to decide *in favour of or against* a suggestion from your 'helper'! It only means well to you and you can *trust* it completely.

So now imagine that you are travelling somewhere in your soul landscape again and that today *your 'inner helper' is walking alongside* you after you have called it.

What does your helper look like this time? Can you already see its faint glow or can you perhaps sense something of its great power? And how does it look at you? What do its eyes express?

And if you were ever in danger, *how would it be able to help you?* What do you think?

Would your 'helper' simply pick you up in its strong arms so that no one could harm you anymore? Or would it hide you somewhere safe? Or would it take action against the danger itself and keep it away from you?

Or would it perhaps give you a miraculous object that could protect you from attack? Or would it show you a place where you could calmly consider how you could help yourself? Or would it put you up in a tree or let you fly up in the air as a bird so that the danger can no longer reach you until you have found a solution? Or would your 'helper' make you a suggestion, and give you an idea of how you could overcome the problem on your own?

Or would it make you braver than you usually are, so that you could look the danger in the eye with confidence as a 'heroic self'?

Or would it simply show you a different, completely safe path that you could take from now on...?

As you can see, there are countless ways for your 'inner helper' to rescue you from difficult situations. You just have to *accept* what it offers you!

However - and this is certain - your 'inner helper' would never suggest that you *kill* an attacker or persecutor. *Never!*

Because if we humans were to kill something in our soul, that would not be a solution at all, because it would only make the *dangerous* thing bigger and bigger, *like an evil spirit*, until our 'self' would no longer be able to call its own 'helper' at all...

And this would definitely be much worse for our psyche than the initial danger. Remember that!

That's why your 'inner helper' is guaranteed *never* to help you shoot or poison someone in your soul or push them down a mountain, etc. On the contrary!

Brutality, meanness, and maliciousness are *absolutely unnecessary* for it because as a messenger from God, it knows much cleverer, more sophisticated, and wiser solutions to problems.

It is therefore best to read again on the previous page about *the ways in which* your 'helper' can *assist* your 'self' on your further soul journey together...!

So - now you as the 'conscious self' *know* everything you need to *know* at the moment to continue your journey through the landscape of your soul. You also now realise that you are always *accompanied* by your faithful, only good, invincible 'helper'.

So, take a curious look around inside you, go there and then, even to places you haven't looked at yet!

And if a problem arises somewhere or you get into danger, your wonderful companion will definitely *help* you - if you let it and listen to it!

Have a good journey, you two...!

So, how was the journey through your soul landscape today? What have you seen and experienced? Did your 'inner helper' have to assist you at any point? If so, how did it do this? Did it do something or say something to you or give you something or show you something or did you find something? Or did you perhaps do something yourself so that the danger could not destroy you?

What thoughts and feelings did your 'conscious self' have? Did you think about something or decide in favour of something? Did you feel fear or were you sad or angry? Or did you feel relief or joy? All of these thoughts and feelings are easily possible and none of them would be wrong or bad. They only show you how your 'self' really experienced this situation in your soul.

Now take a blank drawing sheet and draw everything that your '*conscious self*' and your '*inner helper*' have experienced in your *soul landscape*. If you want, you can add comic speech bubbles so that people can see what you were *thinking, feeling, or talking* to your 'helper'. But also try to illustrate *how* your wonderful 'helper' companion was able to *help* you...!

You have now completed the fifth drawing for your very private soul picture book! Congratulations! Exciting, isn't it?

Now write the title above this last picture: 'Travelling with my inner helper'. Or if this fits better: 'How my inner helper helped me'.

And now - have fun, until next time with your 'conscious self' and your 'inner helper' in everyday life! Because both of them are always invisibly inside you in everything you do...

6. Entertaining companion

Dear _____!

I assume that you remember to close the door to your room every time you want to go exploring your soul landscape, don't you? It's simply much easier for you to concentrate on your inner self when you are undisturbed.

Last time you were travelling with your 'inner helper'. You've probably had some exciting experiences with your 'self' as the hero of the story and your 'helper' may even have had to rescue you from a dangerous situation or help you in some other way.

And now you're ready for the next adventure on your research journey!

You already know your way around inside and you've just been given an invincible companion, so you can no longer just be out and about in the middle of the day, but also *in the evening* for the first time.

So, while you once again walk forward in your imagination on your own personal path through your soul and look around curiously, the *sun of your consciousness* sinks ever lower towards the horizon (where landscape and sky 'touch'). All the shadows become longer and longer.

You can still see everything around you and can still orientate yourself well, but the clear, distinct colours of things as you saw them during the day now change - depending on the weather.

It may be that a glorious sunset bathes your entire surroundings in bright yellow, orange, or red. But it is also possible that your inner landscape will glow a mysterious light pink, purple, or light violet due to the evening sun.

If, on the other hand, you are in a snowy landscape, the shady areas there are normally a bluish colour - which simply becomes stronger towards the evening.

However, if it is cloudy or raining, *all* the colours around you will gradually become greyer in the evening. What was green before becomes green-grey or even blue-grey (meadows, trees, forests), what was brown before becomes brown-grey (field paths, wooden houses, fields), tarred roads, squares, or stone houses become dark grey - in very different shades, etc.

Perhaps you have never consciously noticed this colour change before, but you can *pay attention* to it tonight with your 'conscious self' if you have time! This works particularly well outdoors, but it is also possible to observe the colour changes indoors when it *gets dark* if you leave the blinds up and don't turn on any lights in the room...

Now that you have learned to pay attention to the changing colours of the evening, today you will take a walk with your 'inner helper' through your own personal *evening* soul landscape.

Is it raining in your soul right now? Or can you see the sun sinking lower and lower inside you? Or perhaps bright clouds are obscuring part of the sun or has it already half sunk behind the mountains or into the sea? Or do you only see the sun as a bright spot through the dense fog of your soul? Anything is possible! And how do the colours in *your* very special soul landscape look now? Do you also see how the shadows around you are getting longer and longer and taking up more and more space?

This is where you come to the *edge of your area of consciousness*, where it becomes particularly exciting.

In the evening, not everything looks as realistic and clear as it does during the day. Sometimes the landscape at sunset looks more as if fairy-tale gnomes have just emptied their colour

buckets over the mountains, meadows, and lakes. Or when it's raining and foggy, it often looks as if huge grey ghosts have covered everything. And if you look at the slowly growing shadows, you could easily be forgiven for thinking that these are figures from another world...

In the evening, everything is somehow more magical than during the day, including the landscape of our souls - at least our outer and inner eyes *can no longer see everything as it really is at this time*.

On the one hand, this can be a lot of *fun* and we *feel like* experiencing more of this exciting, colourful, surprising evening environment. But when everything seems grey with clouds and rain, it can easily create a *gloomy mood* within us.

So, on the evening of consciousness, how you feel right now depends very much on the *weather* in your soul. We also speak of an 'evening *mood*'...! That's why you should pay particular attention to your *feelings* now and consciously align yourself with them:

For example, if the world in your soul seems all too grey and gloomy right now, you can *ask* your 'inner helper' to give you a protective, warm mackintosh and boots so that you can continue to travel happily through your inner landscape despite the unpleasant emotional weather.

However, if you are currently experiencing a wonderfully colourful evening in your soul, *ask* your 'inner helper' to simply accompany you in the background while you enjoy yourself and have fun and only warn you immediately if you accidentally step into something or stumble over something...

You have now given your 'inner helper' the exact instructions as to *how* it should *protect* or *accompany* you on your research journey through your soul in the current weather. You can be sure

that it will now reliably carry this out as you have requested and you can therefore feel completely *safe* in his company this evening.

So, take a conscious look around your colour-changing soul landscape in the evening and let the surroundings have an effect on you!

Then look at the countless different shadow forms along the way and further afield - and don't be surprised if a new *soul being* emerges from the semi-darkness this time!

You don't have to be afraid of it at all - no matter what it looks like - because this being also belongs entirely to you. Alongside your 'conscious self' and your 'inner helper', this is now *the third, very important part of your soul* that you can get to know.

Because this part comes from the shadow area of your soul, it is logically called 'psychic shadow' or simply 'shadow'.

Depending on the *weather* inside you at the time, in the evening hours of your soul, it is either a lively, colourful, funny fellow or a rather gloomy, tired, listless being - just as you yourself are one or the other at the moment!

So, you realise: the way *you* feel inside is always the way your 'shadow' feels because it *is* your good or bad mood, so to speak, your current *inner mood*.

However, your 'shadow' is by nature very different from your '*conscious self*'. Latter has the task of thinking, planning, and acting practically and realistically in order to steer you as a whole person sensibly and consciously as the organiser and hero of your soul.

But your 'shadow' is not at all like your reliable, indestructible '*inner helper*', that always knows exactly what to do and can rescue you from any mess if you allow it to.

No, your 'psychic shadow' is rather one that *always just does what it feels like doing* or what suits its mood:

jumping around, whooping, farting, moaning, lazing around, eating, making things up, being curious, sleeping, playing, laughing, crying, picking its nose, tinkering, ranting, telling jokes, leaning back, painting, doing nothing at all, bathing, goofing off, running around, screaming, inventing things, transforming itself, etc.

Your 'shadow' is *like a child* that has not been brought up and therefore simply lets out everything it thinks or feels.

So, it may well be that you encounter this soul figure today as a funny, cheeky, or lazy child who thinks nothing of decency but is curious to poke its nose in everywhere. But it is also possible that your 'shadow' will show itself to you as some wild animal that can perhaps speak like in a fairy tale. Or it might suddenly appear in front of you as a little monster or a ghost or a troll or whatever...

Just let it surprise you! That's his speciality, because your 'psychic shadow' has a lot of *imagination* and is, therefore, an entertaining companion!

So, go out now as a 'conscious self' - accompanied and protected by your 'inner helper' - and explore *your specially coloured evening landscape* (depending on the weather) until you consciously encounter your 'psychic shadow' for the first time somewhere.

Talk to it and lure it towards you so that it can get to know you and your helper...!

And - how was it? Did you three have a lot of fun together? Or was it more of a quiet get-together on a rainy evening?

Now draw everything you experienced in your soul landscape today so precisely and in the right weather mood colours on a blank page that it looks as if you had taken another photo - this

time of your first *meeting in the evening landscape*, the three of you...!

Super! It was worth it that you took so much time to depict everything in detail!

Now write the following title above this picture: 'First encounter with my 'psychic shadow' and place it in your research picture book after this chapter.

So - and now have a good rest! This works particularly well with your 'shadow' companion because it is also a specialist in *resting*. See you soon!

7. Light and shadow

Hello _____!

I hope you had a good time with your new colleague, the 'shadow'! Today you'll find out more about it and its quirks.

For example, do you know *how shadows are created*?

If not, take a look at the direction from which the sun is shining in through the window! Or is it perhaps not visible from your room at all, or is it hiding behind clouds or is it already dark outside? Then simply light a desk lamp/torch as a substitute for the sun and - if necessary - lower the blinds a little to get a slightly dimmed 'evening light'!

Now you can see that the brightness - whether from the sun or the lamp - radiates in a more or less widely scattered direction. And if you now place something in the way of this bright ray - a chair, a toy, or your hand, for example - a darker field will automatically appear *behind* it.

This is because the light *cannot* shine through objects or living beings. And we call such dark areas *shadows*.

Now stand somewhere in the room - with this text in your hand - so that you can see the lamp or the sun *in front* of you! That's good.

And where is your own shadow now? Exactly! - Where your back is, namely *behind* you. And since you have no eyes on your back, you *can't* see your *shadow* in this position - facing the light - can you?

Now turn round so that you have a good view of your shadow! Now it is the lamp or the sun that is guaranteed to be *behind* you and shining on your back, while this time the *light* is *not visible* to your eyes...

It's the same inside you with your 'psychic shadow' and the '*conscious self*' - but sit down first before you read any further!

Your 'self' is the main character in the landscape of your soul, as you no doubt remember, and it has the task of consciously controlling your entire person. This means that your '*conscious self*' *knows* what it is doing or not doing at any given moment - especially during the day when it is bright and you can see everything clearly.

Your '*conscious self*' therefore always has something to do with *light, seeing, and knowing* - with *consciousness*!

But your light of consciousness *cannot* shine *through* your 'self' in your soul either. This means that *behind* your 'conscious self' - behind its/your back, so to speak - there is also a dark area: your 'psychic shadow'!

As your shadow part is mainly in the *dark, shadowy* area of your soul, it naturally sees much *less* clearly than your 'conscious self'. That's why your 'psychic shadow' can *never know exactly* what it is doing or not doing - in other words, it simply does whatever suits its mood in a *semi-conscious* way. This is its normal behaviour!

Your 'psychic shadow' therefore always has something to do with the *half-light, not seeing exactly* and *not knowing exactly* - with the *subconscious*!

Your own personal subconscious is always located *where* it is *evening* in your soul. Therefore, if you are undisturbed, go into your *current spiritual evening landscape* with your outer eyes closed as a 'conscious self', even if it is still broad daylight or already night in your surroundings.

Consciously turn towards the sun that you can just see *above the horizon*! However, if it is cloudy inside you, simply look in the direction in which you think the sun is.

From there comes the last light of your day of consciousness and you can observe in your soul how the shadows *in the opposite direction* gradually become longer and take up more and more space: the shadows of houses, trees, blades of grass, boulders, hills, forests, grazing animals, etc. Take a close look at everything!

Now turn away from the evening sun in your soul landscape as a 'conscious self' so that you can see the shadow image of your own body.

Just look at how long your shadow now lies in front of you when the sun shines on your back from behind! Its dark grey field starts right at your feet and stretches across the ground like a huge, dark chewing gum all the way to your equally elongated shadow head. How huge you are as a shadow! But you're also terribly thin, almost like a beanstalk, aren't you?

And if you crouch down now? Then you suddenly look like a fat, chubby dwarf!

Now stand up again - only in your imagination, of course - and wave to your shadow once! Your shadow will immediately do the same and it will look as if it is another person waving at you. Funny, isn't it?

And now hold your arms out at right angles to your body! Now you look like a cross - even though you know fully well that you're not actually a cross, but a living person.

And then you hold your arms up so that your head looks trapped. Oops, did you just get horns? Anyway, that's what your shadow looks like...

So, you can really play with your own shadow, even within your own soul!

Your 'psychic shadow' always does everything in a similar way to your 'conscious self' and yet seems quite different from it. As an organiser, the 'self' works clearly and consciously with the real facts of reality, while the 'psychic shadow' can distort, enlarge, reduce, or even invent non-real things semi-consciously at will.

But your 'psychic shadow', like all shadows in this world, must, of course, keep roughly to its shadow maker, in this case, your 'conscious self'.

After all, the shadow of a flower never looks the same as the shadow of a chair. And the evening mood over a conscious mountain landscape does not create the same shadows as those that arise in someone who is inwardly experiencing an evening mood under palm trees...

On the other hand, it is easily possible to mould the shadows of our hands so that they form the image of a flying bird, a face, or a dwarf on the wall. The ability to transform shadows is therefore quite great, but it is always limited to the possibilities of the corresponding template...

Your two soul parts 'self' and 'shadow' are also very different, but your 'shadow' can only transform as far as it matches your 'self'. So, it will never look and react exactly the same as your brother's or girlfriend's or anyone else's 'shadow', but it may resemble any of them.

Another special feature of all 'template-shadow' pairs is that they can only exist together. Your spiritual 'shadow' would not exist if you did not have a 'conscious self' (see shadow creation) and you cannot have a 'self' without creating a 'shadow' at the same time. This is simply not possible - neither in the outer world nor in your soul!

If your 'shadow' is just behind you, you just can't see it with your consciousness. And in the special case of midday, your 'shadow' is hidden beneath you because the sun is shining down on you from above. And at night you don't recognise it because

everything around you is full of shadows anyway and therefore dark. But it is guaranteed to always be there where you are with your 'conscious self'!

So, you have to come to terms with the fact that you will never, ever get rid of your inner 'shadow' for the rest of your life, no matter how hard you try...

And because of this indissoluble connection with you, your 'shadow' sometimes reacts behind your 'self'-back - that is, from your subconscious - without you realising it yourself. At such moments, you don't act with your 'conscious self' as usual when you have something specific in mind, but your 'psychic shadow' acts for you without thinking...

Sometimes you may be amazed at what funny, cheeky, imaginative, nervous, or amusing things you have just said or done without actually intending to do so with your 'conscious self'. Then your 'psychic shadow' was definitely at work inside you and expressed its current mood through you without being asked and without thinking.

Even if you yawn or digress from a task or laugh or fidget around restlessly or doodle something while listening or suddenly have an idea, it is also always your 'shadow' that is half-consciously living and reacting inside you, while your 'conscious self' usually doesn't even notice this.

But even if we make a deliberate effort with the 'self' to keep our subconscious 'shadow' quiet or suppress it completely, this is still only partially possible for us humans. This is because it is always involved in some way in the background of our soul so that other people can easily tell from our behaviour or our face or our movements what our mood is at the moment - or rather, what weather, what mood is subconsciously prevailing in our soul.

It's like that for everyone! It's part of our human nature and it has to be that way.

Our 'shadow' is just as important a figure in the landscape of our soul as the 'conscious self' and our 'inner helper'! And it is urgently necessary that we take it seriously and pay enough attention to it, but nevertheless do not allow it to exaggerate unhealthily...

As our 'psychic shadow' is responsible for our imagination, resting and expressing our current mood, its semi-conscious, natural looseness makes a wonderful contribution to ensuring that our 'self' does not become tense or even overstrained when consciously organising everyday life. That is vital!

Now that you have learnt a lot about the creation of shadows and compared the characteristics of your 'psychic shadow' with the characteristics of your 'conscious self', you are surely ready to imagine your inner, shadow-covered evening landscape with your three soul figures.

So, close your outer eyes again and look around with your 'conscious self' inside you until you have memorised everything well!

What kind of landscape surrounds you at the moment? An area that you know from where you live, or are you standing in a desert or by a lake or on a mountain or in the middle of a jungle?

And where is the sun about to set? Over a snowy landscape, behind a volcano, by the sea, next to skyscrapers, or behind a forest?

Or is the sun not shining at all, but it's raining cats and dogs? Or is there fog over the evening landscape or is the last brightness visible in the clouds over a harvested cornfield?

Everything is possible in your soul, as you know! The weather there simply corresponds to your current mood.

And now look in particular at the shadows of the objects and the whole environment! Which type of tree produces which type of shadow? Where are the shadows lighter, where are they darker?

How elongated are they? Shadows are distorted by undulations in the ground, sometimes they cover each other, etc.

Also consciously pay attention to the direction of the shadows! You now know that if the sun in your soul landscape is to the left of your 'conscious self', all shadows are guaranteed to point to the right. And if the last brightness of the day is behind your 'self', it can see its own 'shadow' in front of it, etc.

However, the special shadow of your 'conscious self' is much freer than the usual shadows around it. After all, it is also a living part of your soul and must therefore be able to express much more than it, namely all your semi-conscious mood feelings, emotions, and thoughts.

That's why your 'psychic shadow' is not exactly tied to the feet of your 'self', but can move freely around you. It doesn't have to be built exactly like you either, but it can transform itself into almost anything it can think of, as long as it suits your 'self' - into an animal, a fairy-tale character, a clown, a plant, a dragon, a baby - fun-loving, lazy, curious, enjoying, offended, inventive, bored, exuberant, angry, happy, and so on.

Now, visualise your entire soul landscape today:

Your 'self' (with today's appearance), your free 'shadow' (What is it doing right now?), your faithful 'helper' (What does it look like today?), the last daylight somewhere above the horizon, the usual shadows of the surroundings lying in the other direction - and all this in the weather-evening mood-shadow-colours...!

Now take a blank sheet of paper and draw on it, piece by piece, what you have seen inside you. It's worth it if you really take your time and depict everything in detail...

Wonderful! The whole thing seems as mysterious as the subconscious is in reality.

This time, write the title 'Light and shadow - consciousness and subconsciousness' on your evening shadow painting and, as always, put it in your folder or binder after this text.

And now enjoy being together with your mood 'shadow' and your wise 'helper' in your normal everyday life! From time to time, you can also observe with your 'conscious self' how differently your three soul parts react - depending on the task they have within you.

See you soon!

Part 2 - Hero Training

8. Act so it makes sense

Hello, dear _____!

How have you been feeling lately? Sometimes good, sometimes bad, sometimes not so good?
That's the case for most people.

However, *you* now have the wonderful opportunity to deliberately shorten those times when you are feeling bad or even cancel them out over a longer period of time. This means that at some point you will be able to live in such a way that you are *almost exclusively well!!!*

How is this supposed to work?

Quite simple: you now know your three inner soul parts 'self', 'shadow', and 'helper', and what they are there for. You also realise that your '*self*' has to control your every action so that you can do anything at all. And your 'shadow' is an imaginative companion, while your '*helper*' can tell you what would be helpful for both of you and what would not.

So, your '*conscious self*' would only have to realise that it should simply *listen to your clever, indestructible 'helper'* without interruption. That way, your 'self' would no longer be able to plan, organise and decide anything, which would make your life completely miserable from time to time, but you would only make wise, sensible decisions. And as a result, your life would be almost entirely good. Clever, isn't it?

Even if this sounds almost too good to be true, it could become a normal reality for you as soon as you have learnt to use the abilities of your invisible soul realms consciously and wisely.

So far, however, no one has taught your 'self' how a real hero, boss, and organiser behaves in a really smart and heroic way and how to make really good decisions. That's why you can start the first part of your *hero training* with your 'inner helper' today!

As always, when everything is quiet in the room, go into your own personal soul landscape with your outer eyes closed and look around you! Where are you here today?

Do you see a place that would be suitable for training with your 'helper', your personal wisdom teacher? Perhaps a hidden clearing in the forest or near a rock where a spring gushes forth? Or is there a lonely mountain hut somewhere near you that would be suitable, or an oasis with palm trees in the desert, or a quiet temple, perhaps by a river?

The banks of a pond would also be a good place where your 'helper' could teach your 'conscious self' everything it needs to know as your inner 'hero' in order to lead you and your 'shadow' to an ever better, more joyful life over time.

If you now see a suitable place in your soul landscape, go to it and wait briefly until your 'helper' shows itself to you - in whatever form (human, animal, fairytale, male, female?).

But if you don't see a suitable place yet, call your 'helper' here now and it will take you to a wonderful place itself...

If you have now sat down here in this special, mysterious, quiet place in front of your 'inner helper' and look at it expectantly, it will

slowly and seriously begin to speak (also as an animal, mythical creature, etc.):

'Dear _____, dear 'conscious self'! So, today you want to learn from me how you can make sure that you and your 'psychic shadow' are almost always *doing well* in your life, at least not as often badly as before. To do this, you first need to be able to distinguish between 'good' and 'bad'.

You think this isn't difficult at all? I'm not so sure about that,' says your 'helper', swaying his head back and forth thoughtfully, but then immediately continues speaking:

'After all, as the 'conscious self' and boss of your whole person, you're still often making quite stupid decisions at the moment, which turn out to be bad in time - otherwise you'd be fine most of the time, wouldn't you? So, I think you could do with a bit of coaching from me.

But I have to go out for a moment to get you two things. Just sit here and wait for me until I get back!'

And there you are, all alone in this special, quiet place, looking around a little from your seat.

Suddenly you hear a very soft crack nearby - and then again - and again. Curious, you look in this direction and only now realise that there is a *bird's nest* a few metres to your left, diagonally up on a branch or a raised ledge, etc.

One of the young birds seems to have just hatched from its eggshells and is now tottering around the other eggs, all dishevelled, sticky, and uncertain. As it does so, it gets closer and closer to the edge of the nest, which is made from the finest twigs - and then tumbles down to the ground right before your eyes.

Without thinking, you jump up with your 'conscious self', run over, gently push the tiny bird onto your other hand with your fingers,

lift it up like a lift, and carefully put it back in its nest. And because the bird could fall down again in a moment, you quickly pull the loosely 'woven' edge of the bird's nest up a little higher with your hands.

Then you stop in front of your work and chat a little with the shy little bird to show that all is well again.

At this moment, your 'helper' comes back and looks at you questioningly. Unsure, you think about whether you have done something wrong. But then you simply explain truthfully to your 'helper' what has happened:

That you saw how the little bird tumbled down, that it would never have got back up into the nest on its own, that its bird parents couldn't possibly have managed it either, that you feared an animal might eat it or that people might accidentally step on it and crush it. So, you *had* to *intervene* to save the tiny creature after all!

And you only changed the nest so that the little bird and its future siblings can no longer fall down so easily. So, you simply didn't have the heart to sit still and wait idly for him, your teacher of wisdom...

'It's okay, it's okay', your 'helper' will now reassure you and kindly guide you back to your previous seat.

'You've done everything right, dear 'conscious self', dear _____! I just wanted to see if you have what it takes to become a real hero. That's why I projected this situation with the young bird here as if in a dream and left so that you could solve the task on your own.'

Confused, you look over to the bird's nest, but it has really disappeared as if it had never been there. Instead, your 'helper' now says to you with a beaming smile on his face:

'I'm very pleased that you've acted exactly as a real hero should on your very first task. That means you already have all the skills a good leading animal needs.'

'A good leading animal?' you ask your 'helper' in surprise. But you want to be a clever hero, not an animal!

Your 'helper' laughs happily and replies:

'Oh yes, you don't even know that yet, my dear _____! A real hero must have exactly the same abilities as the *social leading animals* of wild herds and packs have had in nature since time immemorial:

They don't necessarily have to be big, beautiful, or strong - very often they are also females - but these leading animals stand out due to their great *attentiveness*, their *interest* in the welfare of the other animals, their amazing *sense of direction* (memorised experiences) and their *determined actions*.

These four special abilities - alertness, interest, sense of direction/agility, and determination - enable every leading animal on earth to *show* the other animals in its own group, for example, sources of food or water, to *recognise* dangerous situations at an early stage and to *react decisively* (emit warning sounds, fend off attackers, choose a safer route, turn back in time, find a more fertile area, push an endangered animal out of the danger zone, stop a disturbing animal with a stern look, protect smaller or sick animals by placing them in the centre of the group, etc.).

All these *clever decisions by the leader* show the other animals in the herd that they can really *trust* this animal. That's why they voluntarily follow him wherever he goes.

A good leading animal is therefore not a pompous macho type who tries to gain respect by fighting and lashing out. On the contrary!

A good herd leader simply shows through his calm, friendly, decisive behaviour that every member of the group is important to him. Attentive and interested, it looks around almost constantly, checks whether everything is still going well and only reacts in a targeted manner when it is really necessary.

This casual form of guidance gives him a *natural authority* that enables every single animal in the community to *feel comfortable, safe, and secure* under his unobtrusive leadership.

So, it is the social herd leader that ensure that everyone in the group is as *comfortable* as possible - including themselves...!

However, it is not only animals but also people in smaller or larger groups who are led and accompanied by such 'guiding animals' so that their endeavours can succeed - countries or communities are led by their rulers, associations by their boards, school classes by teachers, groups by course leaders, etc. And every single family has parent leaders who are attentive, interested, intelligent, and determined to look after the well-being of their children.

But this list does not end here,' your 'helper' continues meaningfully, 'because every group member or family member on this earth must also develop such leadership skills *themselves!*

This is because no single leader can be totally perfect and everyone makes mistakes or bad decisions. That is why it is good if even children learn step by step from an early age to *become clever, determined herd leaders for themselves* so that they are less and less dependent on their parents.'

'But you can't be a herd leader for yourself,' you now interrupt your 'helper'. 'Because I'm not a whole group that needs to be led, I'm just a single person.'

With a smile, your 'helper' will certainly answer you immediately: 'Yes, yes, you can, my dear! It is precisely the special task of your 'conscious self', as the hero and organiser of your person, to control all *parts of your body* in a meaningful way - like a group, so to speak!

And you will also need these guiding abilities within yourself in order to wisely accompany your 'psychic shadow' in all its mood variations over time so that it supports your 'self' and doesn't put you in danger...

But there are also countless opportunities in your everyday life where you can be an attentive, interested guide not only for yourself, but also for your siblings or a few of your classmates or for other children and adults - in the playground or at school, at breaks or on the way home, with your own family or when visiting, at the gymnastics club or in the music group, and so on.

That's why, instead of continuing to make stupid, bad decisions, it would, of course, be worthwhile to consciously develop and *practise* these four *leadership skills* - until you are such a good leader that everyone around you and you yourself are doing almost nothing but well.

That's what you wanted, isn't it?' your 'helper' now asks you directly and looks at you insistently.

'Yes, I do! Of course, I want things to be good for me and my fellow human beings too,' you stammer sheepishly.

Your 'helper' pats you on the back and says:

'You're already well on the way to becoming a really good leader, a real hero! Because the bird's nest test has shown that you already have leadership skills and know how to use them:

For example, you were *aware* of what was going on around you when you were sitting here on your own, took an *interest* in the

welfare of the whole bird family, and, based on your previous experience, *acted wisely* and *decisively* by saving the bird and solving the problem of it falling down.

And that's exactly how a real hero reacts! But that's exactly how every good herd leader on this earth has reacted since time immemorial!

But I think you've learnt enough for today here with me in your soul landscape,' says your 'helper' and says goodbye to you. 'See you next time in the same place,' he adds - and you're back in your normal room/classroom/group room in your outer everyday world.

Now - without letting anything distract you - take out your coloured markers and draw on a blank page how you passed the *bird's nest test* in this *special place* in your soul landscape.

You should be able to read the four leading abilities from the '*conscious self*' you have drawn:

your *attention* (e.g. emphasised, bright eyes/ears),

your *interest in the well-being* of the little birds (e.g. 'arrow pointing towards smiley faces' or a 'red heart' etc.),

your *clever review* of experiences already made (e.g. 'signpost in the head' or 'brain' or 'thought bubble' etc.),

your *decisive reaction* (e.g. 'lift up' or 'raise the edge of the nest' or 'talk calmly to the bird').

Yes, that's wonderful!

Now write the title above your picture: 'Hero-self training: the four leadership skills'.

And then it's time for a break again! I'm sure you'll now notice everyone who behaves like a good leading animal, a good herd leader in everyday life...

9. Hero features

Hello, dear _____!

Last time, you visited your 'helper' in your soul landscape to let him train you a little to become a real hero.

Today you also go back into your personal soul landscape in absolute silence, with your outer eyes closed and your inner eyes open, to the same special place as before. Here you meet up again with your 'helper', who still looks the same as last time, and sit down in front of him with anticipation.

Your 'helper' smiles kindly at you and then begins to speak: 'You, dear _____, last time - without realising it - as the 'conscious self', already demonstrated the four leadership skills when you rescued the bird that had fallen down and also raised the edge of the nest to be on the safe side. Like a good herd leader, like a real hero, you were attentive, interested, clever, and determined - and so you took responsibility!

Perhaps you don't yet know exactly what 'responsibility' means,' your 'helper' now remarks and begins to explain this word to you: 'It's quite simple. When I came back and looked at you questioningly, you were able to answer me easily about what you were thinking when you did what you did, and your answers were not stupid excuses, but really made sense!

That is why it is said that you took responsibility for your actions. After all, you were able to stand up for everything with conviction, take responsibility for your actions, and answer me calmly and with conviction, because you knew that you had thought wisely with your 'self' and only wanted the best for the bird. So, you didn't have to feel guilty at all, even if I had scolded you for disobeying my orders.'

(By the way: In external reality, you would not be allowed to put a young bird back into the nest with your bare hands, as the bird parents would classify the human odour on their young as dangerous and then throw it out again...

But you probably didn't know that and in your invisible, symbolic soul landscape, such external facts don't matter anyway. So, your reaction was still completely correct and responsible - just in case there should be any discussions about this).

But then your 'helper' continues in his calm, wise tone:

'However, if you hadn't moved in this test situation out of good behaviour and the bird had been eaten or trampled on soon afterwards, you would probably have nervously tried to argue when I returned that I had ordered you to wait for me right here, not to save a bird.

But then you would have suddenly blamed me for your inaction and at the same time reproachfully implied that I was to blame for the bird's death - not you...

But that's no way for a hero to react, and of course not for a single good leader! Because by making excuses like this and shifting responsibility, everyone involved is only worse off in the end, not better:

namely me as your 'helper' by insulting me, but also the young birds and their parents because you didn't look after their welfare. And you would also be worse off yourself because you would no longer feel comfortable in your own skin as soon as you had to answer to me...

Every person on this earth must therefore realise that their own 'conscious self' decides and controls what they ultimately do or do not do as a whole person. That is why every person is always responsible for their own actions or inactions and cannot simply blame other 'self's' for having to take responsibility for these reactions.

This also applies if, for example, another leader gives you or an entire group instruction. As a 'conscious self' and individual leader, each individual must then also consider and check for themselves whether the instruction makes sense at all and whether or not they can stand up for it afterwards and respond with conviction (take responsibility).

But of course, people don't always do everything as exemplarily right as they would like, even if they have checked everything well. So, everyone has to realise from time to time that, despite their best intentions as a 'conscious self', they have just made a completely wrong decision...

But that's not so tragic, because in this case you simply have to consciously admit the mistake you've made and bear and endure the consequences - even if it hurts. This is also part of a hero's acceptance of responsibility!

In any case, a true hero never cowardly blames others, but courageously and bravely stands by his mistakes and difficulties...!

But as I said: you, dear _____, acted completely correctly and responsibly last time with the bird's nest test - just like an attentive, interested, clever, and decisive leader! And so, with your 'conscious self', you saved the little bird and secured its entire future. That was truly heroic, my dear! Bravo!

You are naturally very happy about this great praise from your 'inner helper' and beam at him from your seat.

Your 'helper' now suddenly rises and stands in front of you while he speaks very solemnly:

'Since you have behaved really heroically with your 'self', noble _____, and will certainly continue to be a good leader for yourself and your fellow human beings, I may now, as your indestructible 'inner helper', as in the Middle Ages, make you an exemplary leading animal, a herd leader, i.e. a knight.'

You just look at your 'helper' with your mouth open because you simply can't imagine what a leading animal should be doing on a horse as a knight...

But your 'helper' is already talking further:

'Many knights in the Middle Ages were incredibly good riders and handled their horses so skilfully that they obeyed them immediately at the word and the slightest sign. They didn't achieve this by shouting at them or beating them, but simply took on the role of a herd leader animal for their individual horse...'

Aha, now you realise! The good knights of that time - not the robbing, slaying, murdering knights, of course, but the truly heroic knights - had apparently also learnt the qualities of the herd leaders and were, therefore, able to handle their horses so well. From this point of view, it is of course no longer so strange for you, as a connoisseur of the four leadership skills, to be made such a good knight. In fact, you think it's really great!

'But why are you actually 'knighted'?', you suddenly think to yourself. After all, leaders are characterised by the fact that they don't strike out...

As if your 'helper' could see your thoughts - perhaps he does - he immediately responds to your question in his solemn speech and explains:

'It is said that someone is knighted because, for centuries, a symbolic slap on the cheek with the hand or a blow on the shoulder with the sword has been used in rituals to symbolise figuratively that the person in question has shown inner strength and will withstand the coming blows of fate in a chivalrous manner.

This is absolutely not about outward muscular strength and pomposity, but about inner, mental, and psychological strength.

And this shows itself - how could it be otherwise - through special attentiveness, interest in the well-being of the whole group, intelligent consideration, and convinced determination, without being intimidated by the opinions of others. This is the inner strength that every leader shows when he acts responsibly until the others trust him. But this is also the inner strength that makes ordinary people into heroic knights.

And since I now consider you, _____, to be capable of developing this wonderful inner strength even further and using it specifically for the good of your fellow human beings and yourself from today onwards, I would now like to knight you. Stand up!

Delighted, you stand up and look at your 'inner helper' eagerly. He now simply places his right hand on your left shoulder - like a sword - and speaks even more solemnly than before:

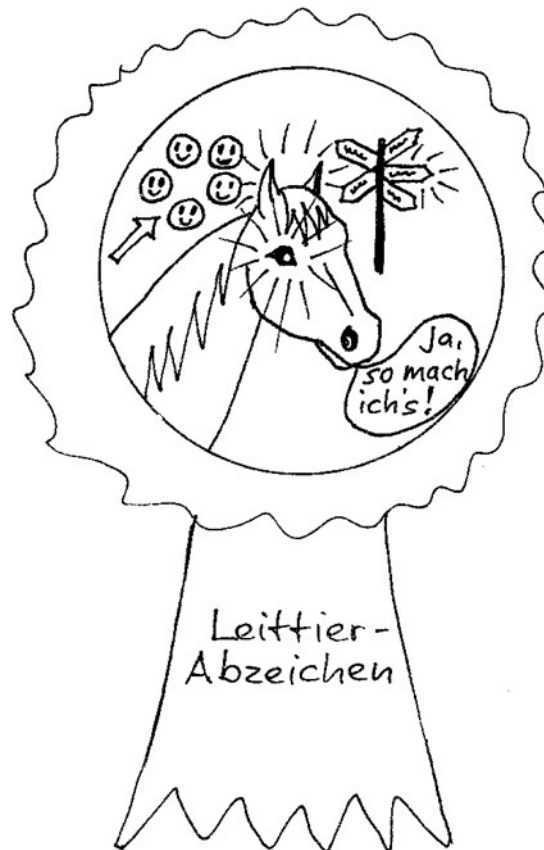
'Dear _____, I, your indestructible 'helper', hereby make your 'conscious self' an inwardly strong, responsible knight, as whom you shall from now on use your leadership skills to ensure that you and your fellow human beings are almost exclusively well! Congratulations, knight _____!'

Impressed, you look into the loving, wise eyes of your 'helper', who now gives you a friendly hug and then warmly shakes your hand like a good friend.

You are speechless and can't say anything back. But it's a marvellous feeling to be a strong hero and knight inside, and you have no intention of betraying the great trust of your 'helper'.

He turns round briefly, picks up something small from the floor, and carefully pins it to your T-shirt or whatever you're wearing. Surprised, you look down at yourself and see that you have been given a medal, a kind of badge on which you first notice the brown

horse's head. As you take a closer look, you also recognise all four of the leadership skills on it, symbolically simplified:



Once again you look at your 'inner helper' and he nods to you in a friendly manner, saying:

'Dear knight _____, this leadership badge should always remind you to be a good, responsible knight and a real 'self' hero who can consciously deal with himself and with other people in a 'leadership-like' way so that everyone is well.

Now return to your normal, outer world and be a good knight there too! We'll meet here twice more for your hero training before you can continue your research journey and get to know

a whole new part of your soul landscape. Have a good time in the meantime!

Suddenly, you are back in your room/schoolroom and still have to find your way around a bit. You have just been knighted in your soul landscape and have been given a leadership badge that is only visible to you - and now you are back in the very ordinary, outer world, where everything seems so different from inside you. But without talking to anyone, you immediately take out a blank sheet of paper and your coloured or felt-tip pens and think about the best way to put what you've just experienced on paper...

Can you imagine the situation just now when your 'inner helper' made you a responsible, inwardly strong knight and pinned the leadership badge on you? Then colour in exactly that now...!

Marvellous! You see - as a good leader and clever knight _____ you are a real hero and can calmly take full responsibility for this drawing.

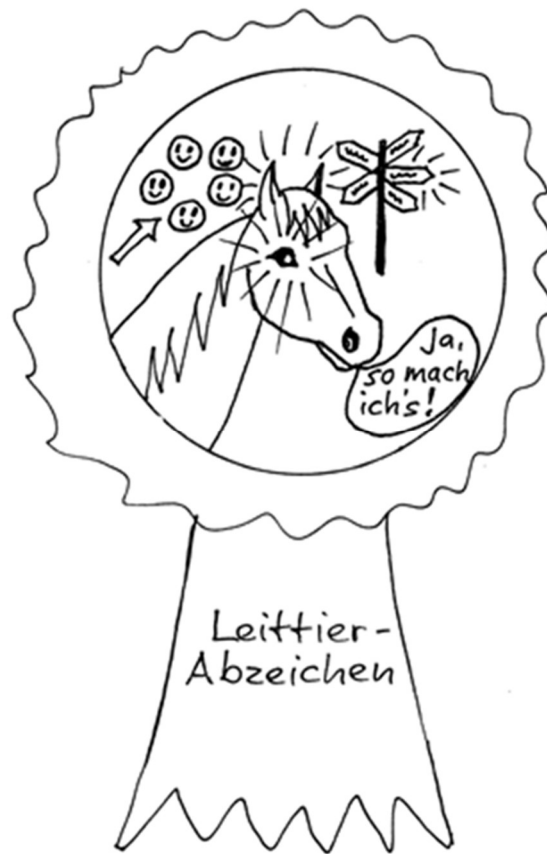
Besides, you're probably feeling really good at the moment, aren't you? Be happy about it and enjoy this inner strength of your 'conscious self'!

You can now write the following title above your drawing: 'My 'self' receives the knighthood and the leadership badge'.

And so that you can look at your leadership badge again and again in your outer world, a handicraft version of it is printed after this text.

Later, when you have time, you can cut out this template, colour it in, laminate it or protect it with adhesive foil, possibly border it with fabric ribbons and turn it into a badge. Have fun!

But now it's time for a break again. See you next time - in the same place...!



Leadership badge for handicrafts:

10. Territories and borders

Hello, knight _____!

How are you doing today? Have you been able to use your *leadership skills* from time to time with your hero 'self' as a responsible knight?

If so, you and your fellow human beings are certainly doing a bit better than before, aren't you?

If not, you will certainly have many more opportunities to do so until you too can feel the positive effects of your knighthood.

Now go into your soul landscape a third time for training, where you will meet your 'inner helper' in the same place as before. Again, ensure absolute silence - in your own room as well as in the classroom or group room - and then close your outer eyes so that you can take in everything your 'helper' wants to teach you today without being disturbed!

You are already back in that special place in your soul landscape where you have already passed the bird's nest test, learnt all about responsibility and inner strength, been knighted, and received your leadership skills badge.

This time, however, your 'helper' is not even visible when you arrive, but there is a very special object in your place. At first glance, all you can see is that it is round and flat and made of a valuable material.

Curious, you step closer, sit down, and take the object in your hands to take a closer look. As you do so, you notice that a pointer rotates on the top in the centre, depending on how you hold the round object. (In the picture, the pointer is to the right so you can see everything clearly).

'It looks like a compass', you think to yourself in surprise. But there are no cardinal points marked on it and the rotating arrow does not react to the magnetic north pole like a normal compass.

However, this thing has a large red circle on its surface and a white pointer at its centre, which can be turned in all directions. Around this red area are three fields that also touch each other. One of them is blue and the other two are green. Simple figures, words, and arrows are drawn in these fields - as you can see in the black and white sketch shown here...



Before you can look at this strange object and ask yourself what it's all about, your 'inner helper' suddenly stands next to you, looks over your shoulder, and says cheerfully:

'Interesting, isn't it, my dear _____? As a hero, leader, and responsible knight, this item will be of great use to you. It's a territory rules compass.'

'A what?' you blurt out cheekily.

But your 'helper' doesn't take offence, but patiently begins to explain things to you:

'A territory rules compass is a wonderful device that shows you how to decide and how to behave at every moment of your life. This special compass helps you, as a heroic knight and attentive leader (of yourself or others), to make wise decisions and orientate yourself even if you have no experience in this area and cannot say what is right or wrong at the moment.'

'How is that supposed to work?' you ask your 'helper' incredulously.

'Well, it's very simple,' he continues. 'When you have to make a decision, you take the compass in your hand, think about which part of it fits your situation, read what is written there and you know how you should react. And if you're a clever leader, you'll do exactly what the compass suggests. It's child's play, I tell you!

It's best to imagine an everyday situation that you're probably familiar with: You are in the break area and are standing around chatting with your colleagues. One of them pulls your sleeve from time to time out of sheer boredom or just for fun, until at some point you can't take it any longer and angrily slap him/her - and you're already at loggerheads...

This is because every human being - in fact, every living creature on this earth - has the innate, completely natural need to be able to live undisturbed in their own invisible territory.'

'But we humans aren't animals,' you contradict your 'helper' defensively. 'We don't have territories.'

But he replies with a grin:

'In this area, yes, because otherwise, it wouldn't bother you at all in the playground-example from earlier, if another child kept intruding into your territory without asking and disturbing you. But I'm quite sure that you wouldn't be able to stand it for long without making it clear to the intruder in some way that he/she should finally leave it alone, otherwise...

So, you want to be left alone in your personal space - up to about 10 cm around you - just like any animal. Don't you?'

Contrite, you have to agree with your 'inner helper'.

'You see,' he continues calmly, 'and I like to call this personal space *territory* because in that area humans are no different from animals or plants on this earth.

Of course, humans are built more complicated than animals and plants. They can soon read, write, do maths, think about themselves, and - like you - even consciously take responsibility for their own actions.

But the subconscious feeling of 'this-one-is-coming-too-close-for-my-pleasure' is so ancient that even plants can sometimes be seen bending away from an intrusive, annoying neighbouring plant or emitting a repellent scent to protect their location or their own territory.

So, you can easily speak of territories in humans, too, if they react in a very similar way.'

'That's actually true', you think to yourself, and now have nothing against this term. But you would be very interested to know what the human territories in the playground example have to do with this unusual compass.

Your 'helper' says and points to the round, flat thing in your hand: 'In the centre is your own, very personal territory, which is shown as a red circle and is called 'self-territory'. Within this area, you are totally free and can do whatever you want!

Your own body, for example, belongs to your own territory, your clothes, your appearance, your views, and your actions in this territory. But your private things and toys, your bed, your room, your seat at the dining table or on the bus or at school, etc. are also part of your own personal territory. Other people have no business there - unless you explicitly invite them in!

If you want to let someone (applies to all living beings) into your own territory or if you want to enter someone else's territory yourself in order to talk to them, play with them, touch them, etc., you must always first ask whether the other person wants to do this at all.

So, you are addressing a personal 'you' in their 'you-territory' - as you can see on the compass with the question marks and arrows.'

(In this country, you naturally address adults you don't know very well formally because they will only let you into their personal territory for a little while because of their work/role).

'However, if a personal 'you' responds to your request for contact with a clear 'Yes!' or if you can see that they agree (this also applies to babies, animals, etc.), you can temporarily merge your territories into a shared 'we-territory' for as long as you both like it.

But if the 'you' doesn't feel like doing anything with you at the moment and answers 'No!', shakes its head, or turns away, you have to accept this and retreat back into your 'self-territory' - or simply ask another living being...

You can read all this from this special compass!

As a 'self', you are only ever free to do and not do what you want as long as you are within your own personal territory.

Logically, this is always the case with your own body, your whole life long. But you can also leave your own room or part of your room if you want to.

However, as soon as you cross the invisible boundary of your private room-'self'-territory and enter the hallway or the kitchen, the loo, or the living room of your flat, you are already in your shared family-territory.

This ever-present 'we-territory' belongs to all of you at the same time: your father, your mother, your siblings, your pets, your plants and, of course, you. And here, everyone has to show consideration for others outside their own 'self-territory boundaries'.

This means that you can continue to look, think, and be the way you want to in your body-'self'-territory - which always comes with you. But now in the shared family territory, you are not allowed to thoughtlessly or deliberately cross the individual 'you' territory boundaries of the other family members - for example by mucking about reproachfully or playing music that is too loud or saying stupid things or being messy/dirty or by hurting someone or taking something away from them, etc. And do you know why?'

Your 'helper' looks at you questioningly, so you ask a somewhat uncertain question in return:

'Because the others will get angry otherwise?'

'Exactly!' your 'inner helper' replies affirmatively. 'You can always recognise a territorial boundary violation by the fact that someone gets angry and is no longer feeling well.

And this always happens when you rush off carelessly and don't pay attention to your own or other people's boundaries when doing something. Without 'looking back', you quickly behave recklessly and usually leave behind angry, inwardly hurt fellow creatures unintentionally.

But plants and some animals or people do not show their physical or emotional injury at all or only after a while, so that you may not realise for a long time that you yourself are constantly crossing territorial boundaries, invading other people's territories, and making them unhappy.

To prevent this from happening all the time and everyone getting angry at each other, people developed the 'Golden Rule' many thousands of years ago as a wise guideline, which states: 'Do not do to others what you would not want to be done to yourself'.

If, in everything you do, you first consciously consider whether you yourself would like others to treat you as you are about to do, there will be hardly any territorial boundary violations - neither towards a single 'you' nor towards entire 'we' groups.

By following the 'Golden Rule', you are actually also following the territorial rule that this compass shows you here. Expressed in words, it reads something like this: 'Everyone is completely free within their own territory, but must not cross other people's territory boundaries without being asked'.

If you stick to this practical and easy-to-imagine rule, you will automatically and effortlessly ensure that not so many living creatures feel unnecessarily attacked and that everyone is simply happy.

However, the territory rule doesn't just apply to you alone, of course; all other people should also abide by it if they want to enjoy a peaceful life together.

For example, no one from outside may simply barge into your room ('self' territory) or your flat, our classroom or course room, your club premises, or your circle of friends ('we' territories) and make themselves at home with you or with us if this has not been authorised.

However, if you have explicitly invited someone into your 'self' or 'we' territory, this is of course a different matter and the other person or people are very welcome there.

As a whole group, you can therefore freely say 'Yes!' or 'No!' at your own discretion every time someone asks, and nobody has to let strangers in if they don't feel like it - even if they want to impose themselves on you or pluck at you thoughtlessly...!

If the disruptive child in our playground example had known that he shouldn't touch his classmates in their territory without asking, there would have been no argument at all thanks to the simple territory rule.

That's what this unusual compass is all about!

'But', you think aloud after a moment, 'if I say 'no' to a request and turn someone down, someone might still get angry with me...'

'But that's not the same kind of anger as when you attack someone,' your 'helper' replies promptly. 'Attacks - i.e. violations of territorial boundaries - always lead to anger in the other person, so in most cases, they will strike back at some point. And this makes you, the attacker, angry too so that you strike again... The anger is therefore constantly increasing and growing and quickly degenerates into arguments or even war at some point, until everyone around is really no longer feeling well.

However, if someone gets angry because they have been rejected, they are actually only angry in their own territory. And here they even have the chance to solve their problem themselves by thinking cleverly. Because it is always amazing what original, helpful ideas come to people's minds when they are referred back to their own 'self' territory...!'

Your 'helper' grins mischievously at these words, but you will probably have to think about the whole thing in more detail at some point before you fully understand it.

At the moment, you simply look at the compass in your hand again and enquire with your 'helper', who has finally sat down opposite you:

'My own 'self' territory and the individual 'you' territories of my colleagues or siblings, etc. are now clear to me. And I can also visualise the various group 'we' territories, although they are all actually invisible. But what exactly is a 'their'-territory?'

'It's just another word for the area that's usually referred to as the public domain,' your 'helper' explains calmly.

As soon as you, knight _____, step out of your front door into the stairwell or onto the neighbourhood path, you are no longer in your private family 'we'-territory, but in the public 'their'-territory.

You don't necessarily know everyone here anymore, but outside in public - apart from your neighbours, classmates, neighbourhood cats, and dogs - you almost only meet unknown people and animals. They all wander around on the pavements, in squares and shops, on meadows and paths, or sit in cars, buses, or boats, while they continue to carry their own personal 'self' territory around with them - just like you. And in the same way, all these people and animals are now also a tiny part of the huge, impersonal public 'their' territory.

But it is not just people and pets that are part of this vast territory, but also the entire built and unbuilt environment and the grown nature. This means that even house walls belong to the public domain, as do squares, trees, garden fences, shops, cars, roads, meadows, lakes, birds, railway tracks, forests, mountains, the air we breathe, and so on.

Where so many people are constantly crossing paths and all living creatures have to share such a large area, it is of course just as important as in your family or your classroom that everyone shows consideration for everyone else. To ensure that this is not forgotten in any decision, it is even written on the compass pointer!

Because even if just one person in public accidentally steps on another person's 'self' territory, perhaps because they have stumbled and touched someone (a territorial violation!), the people standing around immediately become tense inside.

But if the supposed 'attacker' apologises, everyone immediately relaxes again.

However, if he deliberately continues to violate the territory - for example by mucking about under the influence of alcohol, playing music loudly, or throwing rubbish on the street or in the lake - the people who notice this will soon start to look angry or grumble something to themselves or launch a counter-attack...

This all happens because people - as soon as they have left their homes - feel that they belong to the public, general 'their' territory, and immediately perceive such disturbances from strangers as an extremely unpleasant violation of territorial boundaries - as if it were an attack on their own 'self' territory.'

'Oh, that's how it is', you think, because you would never have thought of this yourself. But now that your 'helper' has explained this to you using the compass, many other people's reactions suddenly seem logical and understandable.

'I think you've learnt enough for today,' says your 'inner helper' at the same moment. 'If you have more questions about the territory rules compass, you can ask me next time. Have a nice day...!' And before you can say anything in response, you're already back in your real room/group room and looking around you. But as a responsible, clever knight, you don't start talking to anyone but take out your coloured pencils or felt-tip pens and a blank drawing sheet.

When you have everything ready, close your eyes again briefly and choose any everyday situation that comes to mind.

Think about what types of territory are present there! And now visualise the whole thing so that you can suddenly see the actually invisible territory boundaries as red ('self' territory), blue ('you' territory), or green lines ('we' and 'their' territories) in front of you.

And finally, you draw this situation and these territory lines on your sheet and colour everything in with the appropriate colours...

Great! Now you can see not only the real people, animals, plants, and objects in your picture that were present in your chosen situation but also all the invisible territory boundaries: the lines around individual body territories or entire group territories and possibly also the public territory boundary along the edge of the picture.

But now it's time for another break!

In your outer life, however, you will soon realise all by yourself that the whole world is actually full of these invisible territorial boundaries.

And as soon as you realise where all these boundary lines are, you are guaranteed to cross them much less - which will mean that no one will be angry with you all the time... Marvellous, isn't it?

But you will now also be much better able to ensure that others respect your own territorial boundaries much better too and no longer keep barging into your private territory without asking.

This will certainly make your life much more pleasant than before. Look forward to it!

From now on, have fun discovering the boundaries of your territory in your everyday life!

11. Orientation guide

Hello, dear knight _____!

You've only recently learnt about the territory rule, which goes something like this: *'You can do what you like in your own territory, as long as you don't violate the boundary to someone else's territory'.*

I'm sure this rule often comes to mind now because our lives are full of all those invisible territorial boundaries around individual or whole groups of living beings. You just didn't notice them before because you didn't know about them.

However, it could be that you have already protected your own 'self' territory with a firm 'No!

Or, an argument may not have broken out at all because you withdrew immediately when your colleagues didn't feel like playing with you in their 'we' territory.

Perhaps you have already discovered that it can be very exciting to do something completely on your own from time to time - in your own 'self' territory.

Or, have you invited a child to your house who previously seemed strange to you, but now you're suddenly having a really good time together in the newly created 'we' territory?

It could also be that you have made a 'you' aware in a leadership manner that it is not a good idea to throw rubbish in the grass, because otherwise the shared 'their' public territory will be polluted and even cows will die.

Or you may have asked your class to be quiet in the 'we' territory in a firm but friendly manner so that everyone could concentrate better on their arithmetic, essay, or other tasks...

In any case, the territory rule could have already brought about all of this for you. Quite an impressive collection of positive changes in such a short time, isn't it?

Today is the last time you will go to your 'helper' for hero training, as you will soon be ready to continue your research journey through the soul in more difficult areas. So, close your outer eyes again when everything is calm, and *imagine* yourself in the same place in your soul landscape as before!

Your 'inner helper' is already sitting there, the territory rules compass in front of him and is pleased that you have turned up again. After you have greeted him and sat down, he asks you if there is anything you are still unsure about.

You nod immediately and ask:

'Which setting on this compass is the right one? I can hold this thing however I want - the pointer always points beyond my own 'self' territory to some 'you', 'we', or 'their' territory. What good is that supposed to do?'

Your 'inner helper' smiles profoundly and answers you:

'That's the genius of this territory rule compass! Every direction it gives you shows you a possible path. And each of these suggested paths will lead you and your fellow human beings to do well.'

So, if you ever find yourself at an impasse and don't know what to do next, or if you want to make smart decisions in your life, simply take out this compass and set it to individual 'you' territory, group 'we' territory or public 'their' territory to suit your current situation. And lo and behold - you can already see how you should best react as a good 'self' leader and responsible, clever knight!'

'But I don't just always have territory problems in my life,' you think now. 'What do I do when I don't know what to do about something else in my life? For example, with my homework or when I've got bad marks...'

'These are also territory problems, my dear!' replies your 'helper', grinning broadly across his face.

'Look, if you're having trouble with your homework or getting bad grades, it's logical that this affects your own personal 'self' territory first. But it could also affect your parents' territory because you might have to ask them for help or you might have to listen to their opinion when you sign the grades...

And even the 'we' territory of the class, including the teacher, is affected by this because at school others always notice whether you've done your homework or not and whether you've studied for an exam or not...'

'I see, so it always affects some territory,' you say slowly to yourself. But then you suddenly look up and continue resolutely: 'But according to this compass, what I do or don't do in my 'self' territory is nobody's business but my own - isn't it?

'Yes, yes, you have recognised that perfectly, dear _____!'

Basically, it's really only you who is responsible for your homework and your exam grades, because in your 'self' territory you have to bear the consequences of this all by yourself.

But - don't forget! Your parents and your teacher are your external guardians whose job it is to guide you through life until you grow up. That's why, as a child, you always have to be able to answer them for all your grades and homework.

But if you can explain to your educating leaders with good, well-considered reasons - without silly excuses - really responsibly why you have perhaps only partially done your work or why the grades can't be any different than they are this time, then you show them that you have become a really clever, self-responsible knight and that as a 'leader of yourself' you no longer need them to take responsibility for your schoolwork like with a small child and interfere.

But - and here there is a big but - for this, you must also have followed exactly what is written on your compass within your personal 'self' territory. Read it out loud!

You immediately obey your 'inner helper' and only now do you read:

'Self territory: Totally free - responsible only to the Creator'.

'Do you understand what that means?' your 'helper' wants to know.

You reply quickly:

'Of course - nobody is allowed to try to tell me my business in my own territory, neither my parents, nor my teacher, nor my classmates or anyone else. But I'm not so sure about the Creator...'

'It is true that you are completely free when it comes to decisions that concern yourself. But as the 'leader of yourself', you must ultimately always be able to answer for these private decisions to your Creator.

And who is your Creator?'

'My parents?' you answer at random.

Your 'helper' laughs cheerfully and remarks:

'Yes, biologically speaking, you're right! But the word 'creator' actually refers to the incredibly powerful and creative inventor, who brought our entire real and spiritual universe into being in the first place - namely God!

All the billions of huge galaxies and star clusters and planets and our marvellous Earth could not have suddenly formed themselves, down to the smallest atomic particle, out of total nothingness without any reason. That is simply inconceivable!

That is why, like an artist, an incredibly creative God-Spirit must have created our huge universe as a marvellous 'work of art out of space and time' ages ago, in order to accompany it from its

eternal now, uninterruptedly and lovingly, down to the smallest detail.

And that is our Creator, God!

Of course, he/she(?) is also called something completely different in the different languages of the people and is worshipped in completely different ways, but actually everyone around the globe only ever refers to this one creator, artist, and inventor of everything that exists.

Incidentally, as your 'inner helper' and your conscience, I am one of his countless invisible servants and transmitters of his divine views - in case you haven't realised that yet,' your 'helper' adds with a wise smile.

'It's not me you have to answer to and be accountable for your actions in your own 'self' territory, but my 'boss, His Majesty, God himself!'

You are genuinely speechless and once again just marvel at your 'helper' sitting there in front of you, so calm and radiant.

Your 'inner helper' can tell or show you at any time in your soul world what would be right for you and how you should decide - like a signpost - but you obviously always have to answer to your original inventor, to the incredibly powerful Creator God of the entire universe. That is of course impressive!

'But,' your 'helper' continues, 'perhaps you don't want to have anything more to do with religion, my dear _____, because for you it's more about children's stuff that you already feel too old for. But here - in the landscape of your soul - you will not be able to get past this grandiose God.

This is actually logical, because without this powerful inventor of the entire universe, nothing would exist - neither you, nor your soul landscape, nor your parents and colleagues, nor other people or animals or trees or mountains or anything else in the universe. Without God, there would be nothing at all...!

As a tiny part of the huge universe work of art, you are therefore a creature of this marvellous Creator.

So, it is only natural that you have to answer to your infinitely powerful inventor for what you do with the body you have been given and your personal 'self' territory. This may concern your homework or exam grades, but also your personal matters, your behaviour towards others, your health or even your thoughts.

Although God leaves you completely free and you simply have to bear the consequences of your actions yourself, as your inventor he would still like to know why you, as his creature, do or don't do something. This is because he has a great interest in you!

You can hardly imagine that this great 'creator of everything' is interested in you little human being, but a pleasant feeling of joy spreads through you.

But then you suddenly think tentatively inside yourself:

'But what if I don't have a good reason for my behaviour in my own 'self' territory? What if 'it' - my 'shadow' - simply does something to me and I cause harm to myself or others? By doing so, I violate my own 'self'-territory or any other territory and thus infringe on the wonderful gifts that we humans have received from God...

Having to stand before my Creator like this to explain my rash behaviour could be terrible...'

But your 'helper' reacts immediately to your silent fear and says to you kindly:

'You don't need to be afraid at all, my dear _____, because God absolutely wanted you as a tiny individual being in his gigantic work of art of creation - otherwise he would certainly not have called you personally into being!

Your inventor seems to love you more than anything and only wants the best for you. You can also see this from the fact that he has put me at your side as your 'inner helper' so that I can

teach you everything you need to know until you're only doing well.

The painful feelings of guilt that you experience from time to time when you don't follow your territorial compass should only help you to recognise what God wants from you and what He doesn't want from you.

Therefore, as your 'helper', I suggest that from now on you always discuss decisions briefly with God first. Simply ask him directly within yourself what he thinks of your thoughts and whether he approves of what you are doing or not doing. He will definitely be able to hear you and will answer you immediately - silently within you - so that you will immediately realise what he thinks.

The knights of that time always consulted with their king or queen in order to be sure that they were really acting in the interests of their majesty. After all, they had to be able to justify everything they had done to the king or queen afterwards. That's why they were officially called 'Knights of His/Her Majesty'!

Through the knighthood you have basically also become a knight of his majesty, not simply from a human king, but from God himself!

From now on, it is only wise for you to scrutinise every decision you make - regardless of whether it concerns 'self', 'you', 'we' or 'their' territories - with God first in order to hear his opinion as Creator before you, as his creature, will inevitably act in his name.

That way you are always on the safe side and know that, as God's personal knight, you can easily answer to him and take responsibility for everything without having to feel the slightest bit guilty.

And that must be the most marvellous feeling in life there is!' your 'helper' enthuses, beaming all over his face again. 'Because if

you have received an 'O.K.' from God for everything you say and do every day, you and everyone around you are guaranteed to be not just fine, but actually very fine!

Your hero training is now complete, dear knight _____!
Because with the help of your leadership skills, your inner strength, and thanks to the territory rules compass, you will now be able to complete the second part of this research journey through your soul landscape as a responsible knight on behalf of His Majesty.

But I, your 'inner helper', will also remain constantly close to you in everyday life and you can call on me as always if you have a question or need my help. Always at your service, knight _____!

Suddenly you find yourself back in your own room/classroom/group room. Impressed, you think about today's part of your training again, because you don't hear such wisdom every day, do you?

This time, however, you won't be making a picture for your research journey book as usual, but simply colouring in the template for your territory rules compass (at the end of this chapter).

Choose the following colours because they simply fit best symbolically:

Red for the 'self' circle, blue for the 'You' field, and green for the 'We' and 'Their' fields. Colour them in lightly with coloured pencils so that the arrows and question marks (same colour as the 'requesting' area) traced with felt-tip pens are easier to see.

You can also highlight the human figures and the big words 'Self', 'You', 'We', and 'Their' with a suitable felt-tip pen colour. The rest of the writing is best left black so that everything remains legible.

Then cut out the painted compass and the pointer and reinforce both with cardboard and transparent film or laminate the two items (possibly with parental help or in the class/group under the guidance of the teacher/course leader).

And now use an awl to poke a small hole through the centre of the compass disc and through the pointer, push a paper fastener through it, and press it apart on the back until the pointer can be turned easily...

Now your territory rules compass is ready to use! Great!
If you ever have time, you can also colour in the compass sketch in Chapter 10 so that you can still see exactly, what a territorial rules compass looks like, years later.

But at the moment you should take a break again so as not to overtax yourself in your 'self' territory and thereby violate your own boundaries...

But afterwards you can always take out your territorial rules compass in everyday life if you're unsure whether you're about to violate any territorial boundaries with a decision or whether you're not doing anyone any harm at all.
In any case, have a good time being considerate! For yourself too!

Territory rule compass

(template for colouring, cutting out, reinforcing, sticking over, laminating or finishing crafting)



Part 3 - Self-regulation and self-responsibility training

12. Heroic

Hello, dear knight _____!

You have now travelled through your soul landscape during the day and towards the evening. You have learnt which soul figure within you is responsible for what exactly and what you need to pay particular attention to. And afterwards, you and your 'conscious self' have even undergone hero training with your 'inner helper', so you are now able to react wisely and in a chivalrously heroic manner in somewhat more difficult everyday situations.

Now you know that your 'psychic shadow' is an entertaining, original colleague with whom you can have a lot of fun and romp around or laze about. However, as a subconscious being, he always just does whatever comes into his head, so you *shouldn't* let yourself be *carried away* by him without thinking.

Sometimes this can be fun and even useful, but you should always *pause for a moment* beforehand and *think* about whether it's good to listen to him at the moment, to 'whoop it up' with him or to relax with him - or whether he would just drag you into an unpleasant or even dangerous situation out of sheer exuberance, laziness, fear or anger...

Don't forget! *He* won't have to suffer any pain, even if, as your 'shadow', he dashes off blindly like a frightened horse, falls from a high bridge railing like a prancing clown, or rushes into a fight like an angry tiger. After all, he is only a 'shadow' - a being of 'less light' in you - and therefore he cannot really hurt himself!

But your 'self' *is you* and *you* will have to feel it mentally in a very real way if you let yourself in for all the dark, unconscious sentimentalism and ideas of your shadow without thinking.

Of course, it's wonderful to wander through the evening landscape of your subconscious with him now and then, to 'hang out' with him, to be creative, or to fool around. But as the 'conscious self' *you* could easily suffer terrible psychological wounds if *you* accidentally fall down somewhere together with your shadow or if *you* are the only one being punished by other people for *your shared* exuberance or for *your shared* freak-out...!

It is therefore extremely important that you have your 'shadow' under control, sensibly - and not the other way round!

Only when you are dozing or sleeping with your 'conscious self', he is allowed to roam freely through your unconscious in your dreams together with your 'helper'.

But during the *waking hours* of the day, *you* as the 'conscious self' are the protagonist of your soul and, as a heroic knight with the ability to lead, you bear all responsibility for your actions. This means that *you* should be able to answer to the marvellous Creator of the entire universe at any time for everything you get involved in together with your 'shadow', without having to feel guilty.

But you are also *not obliged* to constantly *go along* with everything your 'shadow' suggests to you out of exuberance, insecurity, or fear. After all, it is *you* as the 'conscious self' who ultimately *decides* within yourself what you do and what you don't do - that is your role as the 'self'!

So, your 'shadow' actually has absolutely *no power over you*, as you may sometimes try to talk yourself out of. It is just your darker image, the unconscious mood 'shadow' behind your 'conscious self'. So, *he can only ever do what you allow him to do*. Don't forget that!

Of course, he will occasionally want to persuade you to go after someone who is scaring him, or to take revenge on someone, or to play a mean trick on someone. As an unconscious being, your 'shadow' doesn't see very well and therefore easily overlooks the boundaries of other people's territory, which often leads *you* to make others angry...

Or your 'shadow' may whinge about not feeling like working or tidying up at the moment, not wanting to go hiking, not wanting to make an effort, not wanting to do your homework, etc., because of his current mood or whim.

But all this does not mean that you have to obey him and his emotional wishes! On the contrary!

Your task as the 'conscious self' is to first *check* briefly with your 'helper' or God, whether an alarm sign from your 'shadow' might *really* mean danger for you/the two of you and whether it has therefore been a really good psychic watchdog for you. In this case, you should, of course, be *really* careful and protect yourself from this danger or *really* give yourself a break so you don't completely overwhelm yourself.

But if his howling and 'hyping' is once again just one of his mood 'shadow' theatrics, then your 'conscious self' must *show inner strength* and *remain* heroically *calm* despite the hysterical posturing of your 'shadow'!

As a good, *responsible boss*, you can then kindly point out to your somewhat chaotic 'shadow' what is really dangerous and what is not, what makes others angry and what does not, where the various invisible territory boundaries are and where he can move freely, etc.

Your 'shadow' does not know by himself what is good or bad, evil or sensible, as it is by nature an unconscious part of you and can only live, feel, think, and react as an animal, a plant, or a small child, for example. That's why he absolutely needs you as a clever leader!

But now and then, at a suitable moment, you can also allow him to exaggerate to his heart's content and have fun, let off steam creatively, or hang around lazily - simply so that neither you nor others have to suffer according to the territorial rule...!

However, if your 'conscious self' as the leader is not quite sure what would be *the right thing* for both of you at the moment, you can always ask your 'inner helper' for advice. He will certainly help you immediately to show you even more precisely how you, as the leader and knight of his divine majesty, can react wisely in a certain situation and make good decisions with the territory rule compass so that everyone is happy.

In this context, your 'helper' also will certainly teach you how to *manage* your 'shadow' like a somewhat wild, but funny dog, so that he can no longer get you into trouble so often. To do this, your 'inner helper' will give you a *leash* that is only visible in the landscape of your soul. And then he will teach you how to train your 'shadow' sensibly, just like in a *dog school*:

Whenever you, from now on, resolutely call out as 'conscious self': '*Stop! Come here!*' - only in your imagination, of course -, your emotional 'shadow' inside you has to stop *immediately* and come back to you, so that you can put the leash on him.

And if he obeys and does what you want, you pet his head each time and say to him kindly: 'Good 'shadow'! You did a great job.'

But if he doesn't manage to listen to you at first, you shouldn't scold him. Just say to him encouragingly: 'Let's try it again...!'

This way you *tame* your 'shadow' in a good way and he will even really like this 'training', which will seem more like a *game* to him. And you'll also give him a sense of *security* because he'll feel that you mean well and that you're only protecting him from his own harmful exaggerations.

He will therefore soon get used to your 'Stop! - Come here!' call and in time will *automatically obey* you in your soul, even in a dangerous moment, come to you and let you take him on a leash.

However, you must *never* trick your 'shadow' for fun or do anything else to harm him. After all, he can only accept you as his boss if he can *trust* you completely at all times. In addition, you certainly *don't* want to suppress your 'shadow' senselessly or keep it permanently tied up, because it absolutely needs his *freedom* in order not to become ill in your soul.

But in tricky situations, it's important that your 'shadow' doesn't drive your 'self' even further into a mess out of sheer excitement, but that he *listens to you* and habitually *obeys* you in a flash. Only on a leash will you be able to lead him through difficult situations in a truly heroic manner - like a clever knight who leads his horse - without anyone feeling hurt because of him.

It may well be that your 'shadow' will then tug at its leash for a while and 'bark', 'snort', or 'shout' wildly while you hold him resolutely inside you. But he will soon calm down again if you talk to him in a friendly manner, so you can release him again afterwards without any problems.

But, of course, all this takes a bit of practice! Your 'shadow' is like a wild animal that is not used to *behaving appropriately* in our external everyday world, because he comes from your night-dark unconsciousness, where this ability is not necessary.

But since he would like very much to spend the day in your soul together with your 'conscious self', he simply has to learn how to behave in the realm of bright consciousness without constantly getting you into trouble with his natural immoderation in outer life.

For this reason, your 'shadow' will actually be really happy if you consciously *train* him to let you take him on the lead immediately when you call 'Stop! - Come here!'. This way, you are helping him

to stop freaking out over every little thing, going off on someone with you, avoiding every effort, or running away in fear...

So, in the end, you'll *both* benefit if you, as a true hero and knight of his majesty, learn to *lead* your 'shadow' *responsibly and wisely* like a good guide animal!

So, now imagine a very specific situation from your own everyday life that has recently made life difficult for you and those around you...

If you now take a closer look at this situation, you will realise that it was definitely *your 'shadow'* that *reacted blindly* out of its current mood or in its function as a watchdog/alarm transmitter.

It may well be that you really were in real danger and he just wanted to draw your attention to it, a little too loudly or in some other exaggerated way. If that was the case, you shouldn't blame him for it, but rather thank him for pointing it out - in your mind, of course!

But it is also easily possible that your 'shadow' has only made an existing problem worse with his yelping or that perhaps there was no danger to you at all and he only believed this...

But you know by now that he is not doing this out of malice or stupidity. You just had no idea in that situation that you could have called off your 'psychic shadow' with your 'conscious self' to put him on an invisible leash before he snapped emotional, did you?

But now you're about to learn exactly that! And your 'helper' will certainly be happy to support you with all kinds of good tips - you just have to come up with the idea to ask him!

Over time, by practising and training with your 'shadow', you will develop so much *inner strength* and *natural authority* that your 'Stop!-Come-here!'-call will come across clearly and decisively, even in such a difficult situation as you have imagined, and your emotional 'shadow' will have no choice but to obey you and slowly calm down again on the leash.

Instead of reacting in an exaggerated and harmful way in such everyday situations as you used to, your 'conscious self' - thanks to the now well-managed 'shadow' within you - will soon be able to stay cool and *self-confident* even in difficult situations and *calmly consider* what you could do.

The other people around you may be amazed when you suddenly stop freaking out, getting angry, shouting, moaning, or running off in a huff as before, and instead *remain calm* like a strong, impressive hero in a story!

However, no one on the outside will be able to recognise that your inner strength comes from your 'helper' and your clever, chivalrously responsible leash training with your 'psychic shadow'.

However, in order for you to really succeed in changing your reaction to *genuinely heroic behaviour*, you should ask your 'inner helper' next time whether he could also put that wonderful, shimmering *protective coat* on your 'conscious self' that only exists in your soul landscape and that can make you *invulnerable* like a real hero.

Yes, you read that right! It is a small thing for your 'helper' to give you such an invulnerability cloak in your soul landscape. Just *ask* him kindly for it! You will be amazed how wonderful it works, even if only you can see it.

But you will *still have to feel* the *pain* inside you when someone mocks you, laughs at you, 'cold-shoulders you', or 'whinges'

about you reproachfully. But such psychic territorial violations will no longer be able to destroy or injure you, because everything will simply *bounce off* your almost invisible, feather-light, shimmering hooded cloak - as if you were wearing indestructible knight's armour from head to toe. This protective cloak makes you truly invulnerable mentally!

And as a result, your 'conscious self' *will no longer feel so easily attacked* in such bad situations. It will even be able to remain so calm inside that you can continue to think clearly and *confidently*, and walk calmly, but *wordlessly*, to safety together with your 'shadow'.

So, you no longer need to strike, swear, cry, cowardly join in, or allow yourself to be tormented. But from now on simply retreat into your personal territory as a courageous hero, don't even look at anybody, keep your distance, perhaps even get help and in any case simply *leave* the attackers, bullies, machos/chicks, seducers, complainers and other territory violators *standing there*.

This way, they will soon simply get *fed up* with harassing you, mocking you, putting you under pressure, or treating you unfairly...

So, you see, it all depends on your 'conscious self' inside you being able to *remain a clever, calm boss*, who no longer allows to your 'psychic shadow' to carry you away by a momentary mood or anger, until every problem gets bigger.

You are now perfectly *equipped* for this: Thanks to your 'inner helper' you have an invulnerability cloak, you know the four leadership skills, you orientate yourself using the territory rules compass, you have already developed a lot of inner strength and in the near future you will consciously complete the 'dog school' with your emotional 'shadow' until he obeys you even in difficult moments. In this way, as a knight of his majesty, you can take full responsibility for your joint behaviour at all times!

So, now that you know exactly how your inner soul figures can *react more sensibly* to problems than before, it's time for you to *play through* your previously selected situation in your imagination in a *completely new way*.

How would the *situation from back then play out*, since your 'conscious self' inside you now is invulnerable thanks to the protective cloak and you could therefore remain heroically calm with your 'psychic shadow' on a leash? And your 'helper' would certainly also give you good tips on how you could proceed or react completely differently with your new tools - if you even think of asking him...

And *how would your fellow human beings*, who were involved in this situation at the time, now *react* from the outside to your completely new, leader-like cleverly, territory considering, chivalrously responsible, and peaceful behaviour? Imagine all of this in detail...!

If you can almost see in front of you what everyone involved (colleagues, teachers, parents, siblings, relatives, employees, neighbours, strangers, and yourself) would *think, feel or say* recently, you can once again draw the entire situation on a sheet of paper like a *comic scene* with thought-, feeling- and speech-bubbles.

You simply paint *your three invisible soul figures* somewhere 'in' your body as a real person (big enough!), so that you can also see in the picture what *they* would speak, feel, and think invisibly and inaudibly *inside you* during this freely invented situation...

Great! You've really succeeded with your comic! With this drawing, you've now given yourself *precise instructions* on how you can *react newly* from the inside, when such a situation arises next time - without becoming a problem for all of you, as it did in the past.

Therefore, over the next few days, consciously look at this picture again and again and *replay the whole process in your mind several times* until your old way of reacting slowly dissolves and *only this new, better, peacefully calm reaction comes to your mind*. From then on, you will be able to react to other children or adults in a similar, real everyday situation in the same calm, cool and heroic way that you have been *practising in your imagination* for days with your 'self', your 'shadow' and your 'helper'.

Just try it! You will surely succeed, because if you *reprogram* your unconscious with a new, smarter, more peaceful reaction, you can be sure that it will be *automatically* rewound in your soul - just like the harmful behaviour before - and will become a *helpful new habit* over time.

And lo and behold! Your old problem will disappear into thin air in this way, thanks to your newly well-behaved 'shadow' and your truly heroic 'conscious self', strengthened by your wise 'helper'. Congratulations!

The research journey through your soul will certainly be worthwhile for you and your fellow human beings because everyone will feel much, much better than before, you will see...!

And how you manage to get up in the morning in time to go to school - as described in the foreword - is something you can easily explain yourself now, can't you?

Now you know definitely that it is your 'psychic shadow' that is not always in the mood to do something or get up. But as soon as your '*conscious self*' calls your '*inner helper*' and follows his or her advice, you will certainly be able to put a leash on your unconscious, emotional '*shadow*' in your imagination, cheer it up, and perhaps get him excited about morning meal or gym class, the break or something creative, about a hobby or an evening activity, etc. And so, you can still get him and your 'self' out of bed on time - quite simple!

Now, I wish you all the best on the exciting journey through your own soul - for the rest of your life! And many greetings to your inner colleagues...!

This research journey is based on the '**natural accompaniment**' ***relationship method*** and illustrates the area of the 'inner world of the soul' in a very practical way.

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Legal issues

natural accompaniment is my very personal, newly composed quintessence of several, already existing world views and my own considerations and conclusions.

If you are also interested in **the original views of the authors* and other originators*** who have inspired me, you will find names, publications, book titles, publishers, specialist areas**, philosophies, biographies, television programmes, training opportunities, addresses and further information on the topics mentioned on the Internet.

***Authors/originators:** Christa Meves, Ernst Aeppli, Carl Gustav Jung, Verena Kast, Hanscarl Leuner, Walter Odermatt, Elisabeth Lukas, Jesus/NT, Ross Campbell, Mircea Eliade, Florianne Koechlin, Fred Rai, Thomas Gordon, Oliver Sacks, Pierre Teilard de Chardin, Chiara Lubich, Joyce Meyer, Walter Nigg, Frans de Waal, Hans-Peter Dürr, Joachim Bauer, Anselm Grün, Monika Renz, Gott (Creator of all that is) and many more.

****Subject areas:** 'education', 'psychology', 'forms of relationships', 'perception', 'life stories', 'everyday life/today/earlier/worldwide', 'applied research', 'developments', 'nature/biology/physics/chemistry/astronomy', 'world views', 'religions', 'trust in God/catechesis', 'dreams/symbolism/fairytales' etc.

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Matching circumstances with those of living people is not intentional, but where so many people and their everyday lives are involved, such coincidences are possible.

My person, my environment, my relatives, and my writing style are not relevant and do not belong in public discussions (observe the territorial rule***!). It is only about the content and the statements of the texts, which you can use or ignore.

Territory rule*: Every person (every living being) is completely free in their personal territory, but may not intrude into another territory without being asked.**

If *everyone* adheres to this from an early age, *each* individual enjoys maximum personal freedom, day in and day out, and is safe from external attacks in their own invisible territory (body area, private objects, clothes, sitting area, sleeping area, listening area, thoughts, views, etc.).

In return, you are willing to show consideration for the personal territories of your fellow creatures so as not to accidentally violate their territorial boundaries, which is guaranteed to make them angry.

However, everyone also has the opportunity at any time to *ask* the other person in a friendly manner whether they can enter the other person's territory to do something together. If the answer is 'yes', everything is clear and the relationship can be cultivated in the shared territory. However, a 'no' must also be accepted and you must immediately retreat to your own territory.

Anyone who nevertheless violates the territorial boundaries of his fellow human beings will be made aware of this or abruptly detained until he realises that every violation of boundaries - both in private and public territories - only causes unnecessary disputes and problems and that compliance with the territorial rules will also benefit the person concerned...

So, you can always refer to this simple rule and consult with your fellow human beings on a case-by-case basis, discuss, seek solutions, and come to a good arrangement so that everyone is happy in the end. In this way, thanks to the territorial rule, *genuine, lasting peace* is created everywhere quite casually!

This simple territorial rule is derived from the over 6,000-year-old '**Golden Rule**': '**Do unto others as you would have them do unto you**', or to put it another way:

'Treat other people the way you would like them to treat you! This means: show consideration because you also want people to show consideration for you! Don't attack anyone, because you don't want to be attacked, etc.

And the Jewish law, **the threefold commandment of love**, which Jesus described 2000 years ago as the only important law, is also based on the same idea that *every* person deserves respect, consideration, and even love, but should also show this to everyone else - including God, who wanted us:

'Love God... and your neighbour as (and) yourself!'

Anyone who adheres to this '**Golden Rule - Love Commandment - Territory Rule**' is basically simply listening to their natural human conscience and does not need any other laws. Because this one rule is applicable everywhere and at all times and instantly creates clear, fair, love-orientated, peaceful relationships.

About Me

Even as a child, I was happy and guileless and never wished for anything other than to simply live in peace with everyone around me, to be allowed to have children one day, to be able to help others with problems, to find time to write and to learn as much as possible about the world, life, and people.

And as unbelievable as it may sound, all my childhood wishes have been fulfilled in a wonderful, often quite unexpected way in the course of my life!

I would like to sincerely thank everyone who has somehow contributed to this: above all my husband, our children, our families including the deceased, our friends and acquaintances, and all the strangers along the way - and of course God, our inventor!

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