

Research journey through your own soul 1

**helpful
self-regulation 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 daylight 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 '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 – Self-regulation training

8. With united forces

Hello, dear _____!

You've already travelled through your soul landscape during the day and in the evening. You have learnt which soul figure within you is responsible for what exactly and what you need to pay particular attention to. This will help you to react like a hero with your 'conscious self' more and more often, even in somewhat more difficult everyday situations.

You now know that your 'mental 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 'let your hair down' with him, to be creative, or to relax with him - or whether he's just dragging 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. He is just a 'shadow' - a being of 'less light' - and therefore cannot really hurt himself!

But your 'self' *is you* and *you* will have to feel it in a very real way if you let yourself in for all the dark, semi-conscious feelings of your shadow without thinking.

Of course, it's wonderful to wander through the evening landscape of your subconscious with him in between, to 'hang out' with him or even to fool around. But you could easily inflict

terrible psychological wounds if you accidentally crash somewhere together with your 'shadow' ('shadow' and 'self' only exist together!) or if *you* are punished by other people for *your* exuberance or for freaking out...!

It is therefore extremely important that you have your 'psychic shadow' under control - and not vice versa!

Only when you are dozing or sleeping with your 'conscious self' is it allowed to roam freely through your totally unconscious mind together with your 'helper' in your dreams. But during the *waking hours* of the day, *you* as the 'conscious self' are the main character of your soul and, as the hero, bear all responsibility for your actions. After all, *you* always have to take the blame for everything you get involved in together with your 'shadow'!

But basically, you are *not obliged* to *go along* with everything that your 'shadow' might suggest to you out of fun or fear. After all, it is *you* as the 'conscious self' who *decides* what you ultimately do - that is your role as the 'conscious self'!

So, your 'shadow' actually has absolutely *no power over you*! It is only your darker image, the mood 'shadow' behind your truly 'conscious self'. So, it *can only ever do what you allow it to do*. Don't forget that!

Of course, every now and then it will hysterically try to persuade you to go after something that scares it, or to take revenge on someone, or to play a mean trick on someone because your 'shadow' doesn't see so well as a subconscious being.

Or he complains that he doesn't feel like working at the moment, tidying up, going for a hike, making an effort, doing his homework, etc.

But that doesn't mean you have to obey him and his wishes! On the contrary!

Rather, your task as the 'conscious self' is to first *check* each time whether an alarm sign from your 'psychic shadow' *really* means danger for you and whether it is just trying to be a good spiritual watchdog for you. If this is the case, you should of course be

really careful and get out of harm's way or *really* give yourself a break so that you don't completely overwhelm yourself.

But if his howling and 'hyping' is just one of his mood 'shadow' theatrics or if he just *thinks* there is danger somewhere, although this is not true, then your 'conscious self' must *show inner strength* and *remain calm* despite the hysterical behaviour of your 'shadow'. Only this will make you a *real, self-confident hero* in your soul!

So, during the day, you always have to be a *good boss* for your somewhat chaotic 'shadow', showing it what is really dangerous or where it is allowed to overdo things without anyone suffering as a result. Your 'shadow' simply doesn't know what is good or evil, bad or sensible, as it is by nature a subconscious part of you and can only live, feel, and think as it goes.

But if your 'self' doesn't know what the right thing to do is at the moment, you can always ask your 'inner helper' for advice. It will certainly help you immediately and show you how to react wisely and make good decisions so that everyone is happy.

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

Whenever you *call out* '*Stop! Come here!*' - only in your imagination, of course - your 'shadow' in your soul landscape must stop *immediately* and come to you so that you can put the leash on it.

And if he does the same, you stroke him every time and say to him kindly: 'Good 'shadow'! You did a great job.

But if he doesn't always manage to listen to you at first, don't scold him, just say encouragingly: 'We'll just try again...!'

This is a good way to *tame* your 'shadow' and he will even really like this 'training' because it will seem more like a *game* to him

and you are also giving him *security*. He will therefore quickly get used to this call and over time will *automatically obey* you even in a dangerous moment, come to you, and let you take him on the lead. And that's the whole point!

However, you must *never* trick your 'psychic shadow' for fun or do anything else to harm it. Because it can only accept you as its boss if it can *trust* you completely at all times. You certainly *don't* want to suppress your shadow or keep it tied up all the time, as it absolutely needs its *freedom* to avoid becoming ill.

But in tricky situations, it's still extremely important that your 'shadow' doesn't drive your 'self' even further into a mess out of sheer excitement, but that it listens to you and obeys you in a flash. Only on a lead will you be able to lead him heroically through difficult situations without anyone needing to get angry or feel hurt.

It may well be that your 'shadow' will tug at its lead for a while and 'bark', 'snort', or 'shout' wildly if you hold it firmly. However, he will soon calm down again and feel so safe with you that you will have no problem letting him go afterwards.

But, of course, all this takes a bit of practice! Your 'psychic shadow' is like a wild animal that is not used to behaving appropriately in our everyday world, because it comes from our dark unconscious, where this is not necessary.

But as it would also like to spend the day together with your 'conscious self', it simply has to learn how to behave here in the realm of daytime consciousness without constantly dragging you into problems.

That's why your 'shadow' is actually really happy when you train it to let you put it on a lead immediately when you call out 'stop - come here'. In this way, you help him to stop freaking out over every little thing, going off at someone, avoiding every effort or running away in fear, dragging your 'self' behind him every time... So, in the end, you'll *both* benefit if you *learn to guide your 'shadow' wisely* as a real hero!

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 and *unconsciously* exacerbated a problem - even though there may not have been any real danger from which it should have saved you!

But your 'psychic shadow' doesn't do this out of malice or stupidity, but your 'conscious self' was just not practised enough in that situation to call it back in time and keep it on a leash, was it?

But your 'self' can still learn that! Your 'helper' will be happy to support you! And over time, through practice and training, 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 'shadow' will have no choice but to obey you and slowly calm down again on the lead.

Everyday situations like this no longer have to get worse every time your 'shadow' flips out and exaggerates. No! Soon your 'conscious self' will really be able to stay cool and *confident* in such moments *and calmly consider* what you could do - thanks to the well-managed 'shadow' inside you!

Other people may be amazed if, at such a moment, you suddenly stop freaking out, getting angry, shouting, moaning, or running off in a huff as before, and instead *remain calm* like a strong hero from a story!

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

However, in order for you to really succeed in changing your reaction to *genuinely heroic behaviour*, you should next ask your 'helper' in a friendly way to put that wonderful, shimmering *protective cloak* on your 'conscious self' that can make you *invulnerable* and that only exists in your soul landscape.

Yes, you read that right! It's a small thing for your 'helper' to give you such an invulnerability cloak. Just ask him kindly for it!

You will be amazed at how wonderful such a protective cloak works, even if only you can see it.

You'll still have to *feel the pain* inside you when someone mugs you or 'picks on you' and says something mean to you. But none of this will be able to break you or hurt you, because everything will simply *bounce off the almost invisible, feather-light hooded cloak* as if you were wearing indestructible knight's armour from head to toe. So, you really will be truly invulnerable!

And consequently, your 'conscious self' will *no longer feel attacked* in such bad situations. It will even be able to remain so calm inside that it can continue to think clearly and simply keep itself/you safe - until at some point the stupid attackers simply get tired of mocking you...

So, you see, it all depends on your 'conscious self' inside you *being able to remain a clever, calm boss* and no longer allowing yourself to be dangerously carried away by any mood of your 'shadow'. *You* really are the only one who can *consciously* stand on your real, true feet with your 'self', and that's why from now on it should always be *you* alone who *decides* how you want to react depending on the situation - not your shadow!

After all, it has completely different strengths...

Now that you know how your inner soul figures can react to problems in a more meaningful way than before, you can try 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 'self' inside you is now invulnerable thanks to the protective cloak and you could therefore remain heroically calm with your 'shadow' on a leash?

And your 'helper' would certainly also give you good tips on how you could proceed or react *differently* - 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, clever, perhaps unusually 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*, you can once again draw the whole situation on a piece of paper like a *comic scene* with thought, feeling and speech bubbles.

As a real person (big enough!), you simply paint *your three invisible soul figures* somewhere in your body 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, positive situation...

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

Therefore, look at this picture again and again over the next few days and *replay the whole process in your mind* until your old way of reacting slowly dissolves and *only this new, better, peacefully calm reaction comes to mind*.

Then you will be ready to react to other children or adults in a real, similar everyday situation in the same calm, cool and heroic way that you have *practised* for so long *in your imagination* with your 'self', your 'shadow', and your 'helper'.

Just try it! You will surely succeed, because if you *reprogram* your unconsciousness 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 it - and will become a *helpful habit* over time.

And lo and behold! Your old problem will disappear into thin air in this way, and all thanks to your newly well-behaved 'shadow' and your truly heroic 'conscious self', strengthened by the '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 that it is your 'mental shadow' that is not always in the mood to do something or get up. But as soon as your '*conscious self*' calls your '*helper*' and then follows his advice, you will certainly be able to put a leash on your subconscious '*psychic shadow*' in your imagination, cheer it up, and possibly get it excited about the morning meal, the gym lesson, the break, something creative, a hobby, an evening's entertainment, etc., in order to get it and your 'self' out of bed on time - quite simple!

All the best now on the exciting journey through your soul - for the rest of your life! Many greetings also 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.

www.natürlich-begleiten.ch

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, just, 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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