



Frequenzen-  
& Dream-Arc-  
Begriffe  
auf Englisch

in ganzen  
Sätzen

Begriffe nach:


Gene Keys © 2009 Richard Rudd

Affirmationen nach:

mandalamatrix.net © 2017 Jörn Lehnert

gestaltet und formuliert von:

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Das Dokument ist für den PC gestaltet.

1. Ansicht auf „Anzeige>Zoom>Fensterhöhe“ stellen.  
Bildschirm entspricht genau 1 Dokumentseite.
2. Mauszeiger auf den gewünschten Schlüssel halten.
3. Nun mit der Maus immer 2mal rollen/klicken – vorwärts oder rückwärts, nach Bedarf.

Alle Sätze des Schlüssels zeigen sich wie in einer Diashow.

4. Im **zweiten Teil**

ist „der andere Schlüssel“, also der *zwischen* den Klicks,  
der Programmpartner! (=der im Kreis gegenüberliegende)

Man bekommt einen Begriff vom inhaltlichen Zusammenspiel  
der beiden Schlüssel.

Erstens:

*Sortierung  
von 1 bis 64*

|                 |             |
|-----------------|-------------|
| <b>Schatten</b> | 1-32, 33-64 |
|-----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Gabe</b> | 1-32, 33-64 |
|-------------|-------------|

|               |             |
|---------------|-------------|
| <b>Essenz</b> | 1-32, 33-64 |
|---------------|-------------|

|    | Dream-Arc-Thema    |                        |                     | Schatten          |                                      | introvertiert    |                          | extrovertiert  |    |
|----|--------------------|------------------------|---------------------|-------------------|--------------------------------------|------------------|--------------------------|----------------|----|
| 1  | <i>The fear of</i> | darkness               | <i>manifests as</i> | entropy,          | <i>which if repressed makes one</i>  | depressive       | <i>and in reacting</i>   | frenetic.      | 1  |
| 2  | <i>The fear of</i> | being lost             | <i>manifests as</i> | dislocation,      | <i>which if repressed makes one</i>  | lost             | <i>and in reacting</i>   | regimented.    | 2  |
| 3  | <i>The fear of</i> | radical change         | <i>manifests as</i> | chaos,            | <i>which if repressed makes one</i>  | anal             | <i>and in reacting</i>   | disordered.    | 3  |
| 4  | <i>The fear of</i> | mystery                | <i>manifests as</i> | intolerance,      | <i>which if repressed makes one</i>  | apathetic        | <i>and in reacting</i>   | nit-picking.   | 4  |
| 5  | <i>The fear of</i> | disharmony             | <i>manifests as</i> | impatience,       | <i>which if repressed makes one</i>  | pessimistic      | <i>and in reacting</i>   | pushy.         | 5  |
| 6  | <i>The fear of</i> | conflict               | <i>manifests</i>    | conflict,         | <i>which if repressed makes one</i>  | over-attentive   | <i>and in reacting</i>   | tactless.      | 6  |
| 7  | <i>The fear of</i> | being overlooked       | <i>manifests as</i> | division,         | <i>which if repressed makes one</i>  | hidden           | <i>and in reacting</i>   | dictatorial.   | 7  |
| 8  | <i>The fear of</i> | uniqueness             | <i>manifests as</i> | mediocrity,       | <i>which if repressed makes one</i>  | wooden           | <i>and in reacting</i>   | artificial.    | 8  |
| 9  | <i>The fear of</i> | inertia                | <i>manifests</i>    | inertia,          | <i>which if repressed makes one</i>  | reluctant        | <i>and in reacting</i>   | diverted.      | 9  |
| 10 | <i>The fear of</i> | one's own expectations | <i>manifests as</i> | self-obsession,   | <i>which if repressed makes one</i>  | self-denying     | <i>and in reacting</i>   | narcissistic.  | 10 |
| 11 | <i>The fear of</i> | dreams                 | <i>manifests as</i> | obscurity,        | <i>which if repressed makes one</i>  | fantasising      | <i>and in reacting</i>   | deluded.       | 11 |
| 12 | <i>The fear of</i> | impurity               | <i>manifests as</i> | vanity,           | <i>which if repressed makes one</i>  | elitist          | <i>and in reacting</i>   | malicious.     | 12 |
| 13 | <i>The fear of</i> | feeling too much       | <i>manifests as</i> | discord,          | <i>which if repressed makes one</i>  | permissive       | <i>and in reacting</i>   | narrow-minded. | 13 |
| 14 | <i>The fear of</i> | prosperity             | <i>manifests as</i> | compromise,       | <i>which if repressed makes one</i>  | impotent         | <i>and in reacting</i>   | enslaved.      | 14 |
| 15 | <i>The fear of</i> | ordinariness           | <i>manifests as</i> | dullness,         | <i>which if repressed makes one</i>  | empty            | <i>and in reacting</i>   | extremist.     | 15 |
| 16 | <i>The fear of</i> | one's power            | <i>manifests as</i> | indifference,     | <i>which if repressed makes one</i>  | gullible         | <i>and in reacting</i>   | self-deluded.  | 16 |
| 17 | <i>The fear of</i> | openness               | <i>manifests as</i> | opinion,          | <i>which if repressed makes one</i>  | self-critical    | <i>and in reacting</i>   | opinionated.   | 17 |
| 18 | <i>The fear of</i> | imperfection           | <i>manifests as</i> | judgement,        | <i>which if repressed feels like</i> | inferiority      | <i>and reacting like</i> | superiority.   | 18 |
| 19 | <i>The fear of</i> | being touched          | <i>manifests as</i> | co-dependence,    | <i>which if repressed makes one</i>  | needy            | <i>and in reacting</i>   | isolated.      | 19 |
| 20 | <i>The fear of</i> | missing out            | <i>manifests as</i> | superficiality,   | <i>which if repressed makes one</i>  | absent           | <i>and in reacting</i>   | hectic.        | 20 |
| 21 | <i>The fear of</i> | letting go             | <i>manifests as</i> | control,          | <i>which if repressed makes one</i>  | submissive       | <i>and in reacting</i>   | controlling.   | 21 |
| 22 | <i>The fear of</i> | passion                | <i>manifests as</i> | dishonour,        | <i>which if repressed makes one</i>  | proper           | <i>and in reacting</i>   | inappropriate. | 22 |
| 23 | <i>The fear of</i> | one's shadow           | <i>manifests as</i> | complexity,       | <i>which if repressed makes one</i>  | dumb             | <i>and in reacting</i>   | fragmented.    | 23 |
| 24 | <i>The fear of</i> | never breaking free    | <i>manifests as</i> | addiction,        | <i>which if repressed makes one</i>  | frozen           | <i>and in reacting</i>   | anxious.       | 24 |
| 25 | <i>The fear of</i> | not finding love       | <i>manifests as</i> | constriction,     | <i>which if repressed makes one</i>  | ignorant         | <i>and in reacting</i>   | cold.          | 25 |
| 26 | <i>The fear of</i> | being seen             | <i>manifests as</i> | pride,            | <i>which if repressed makes one</i>  | manipulative     | <i>and in reacting</i>   | boastful.      | 26 |
| 27 | <i>The fear of</i> | impassivity            | <i>manifests as</i> | selfishness,      | <i>which if repressed makes one</i>  | self-sacrificing | <i>and in reacting</i>   | self-centred.  | 27 |
| 28 | <i>The fear of</i> | non-existence          | <i>manifests as</i> | purposelessness,  | <i>which if repressed makes one</i>  | hollow           | <i>and in reacting</i>   | gambling.      | 28 |
| 29 | <i>The fear of</i> | commitment             | <i>manifests as</i> | half-heartedness, | <i>which if repressed makes one</i>  | over-committing  | <i>and in reacting</i>   | unreliable.    | 29 |
| 30 | <i>The fear of</i> | discomfort             | <i>manifests as</i> | desire,           | <i>which if repressed makes one</i>  | over-serious     | <i>and in reacting</i>   | flippant.      | 30 |
| 31 | <i>The fear of</i> | what others think      | <i>manifests as</i> | arrogance,        | <i>which if repressed makes one</i>  | deferring        | <i>and in reacting</i>   | scornful.      | 31 |
| 32 | <i>The fear of</i> | failure                | <i>manifests</i>    | failure,          | <i>which if repressed makes one</i>  | fundamentalist   | <i>and in reacting</i>   | disjointed.    | 32 |

|    | Dream-Arc-Thema    |                       |                     | Schatten        |  | introvertiert    |                        | extrovertiert   |    |
|----|--------------------|-----------------------|---------------------|-----------------|--|------------------|------------------------|-----------------|----|
| 33 | <i>The fear of</i> | being cut off         | <i>manifests as</i> | forgetting,     | <i>which if repressed makes one</i>      | reserved         | <i>and in reacting</i> | ensorious.      | 33 |
| 34 | <i>The fear of</i> | ease                  | <i>manifests as</i> | force,          | <i>which if repressed makes one</i>      | self-effacing    | <i>and in reacting</i> | bullish.        | 34 |
| 35 | <i>The fear of</i> | boredom               | <i>manifests as</i> | hunger,         | <i>which if repressed MAKES one</i>      | bored            | <i>and in reacting</i> | manic.          | 35 |
| 36 | <i>The fear of</i> | vulnerability         | <i>manifests as</i> | turbulence,     | <i>which if repressed shows as</i>       | nervousness      | <i>and reacting as</i> | crisis-prone.   | 36 |
| 37 | <i>The fear of</i> | asking for support    | <i>manifests as</i> | weakness,       | <i>which if repressed makes one</i>      | over-sentimental | <i>and in reacting</i> | cruel.          | 37 |
| 38 | <i>The fear of</i> | having no purpose     | <i>manifests as</i> | struggle,       | <i>which if repressed makes one</i>      | defeatist        | <i>and in reacting</i> | aggressive.     | 38 |
| 39 | <i>The fear of</i> | being trapped         | <i>manifests as</i> | provocation,    | <i>which if repressed MAKES one</i>      | trapped          | <i>and in reacting</i> | provocative.    | 39 |
| 40 | <i>The fear of</i> | meeting boundaries    | <i>manifests as</i> | exhaustion,     | <i>which if repressed makes one</i>      | acquiescent      | <i>and in reacting</i> | contemptuous.   | 40 |
| 41 | <i>The fear of</i> | decisiveness          | <i>manifests as</i> | fantasy,        | <i>which if repressed makes one</i>      | dreamy           | <i>and in reacting</i> | hyperactive.    | 41 |
| 42 | <i>The fear of</i> | disappointment        | <i>manifests as</i> | expectation,    | <i>which if repressed makes one</i>      | grasping         | <i>and in reacting</i> | flaky.          | 42 |
| 43 | <i>The fear of</i> | rejection             | <i>manifests as</i> | deafness,       | <i>which if repressed makes one</i>      | worried          | <i>and in reacting</i> | noisy.          | 43 |
| 44 | <i>The fear of</i> | losing one's identity | <i>manifests as</i> | interference,   | <i>which if repressed makes one</i>      | distrustful      | <i>and in reacting</i> | misjudging.     | 44 |
| 45 | <i>The fear of</i> | sacrifice             | <i>manifests as</i> | dominance,      | <i>which if repressed makes one</i>      | timid            | <i>and in reacting</i> | pompous.        | 45 |
| 46 | <i>The fear of</i> | success               | <i>manifests as</i> | seriousness,    | <i>which if repressed makes one</i>      | frigid           | <i>and in reacting</i> | frivolous.      | 46 |
| 47 | <i>The fear of</i> | losing hope           | <i>manifests as</i> | oppression,     | <i>which if repressed makes one</i>      | hopeless         | <i>and in reacting</i> | dogmatic.       | 47 |
| 48 | <i>The fear of</i> | inadequacy            | <i>manifests</i>    | inadequacy,     | <i>which if repressed makes one</i>      | bland            | <i>and in reacting</i> | unscrupulous.   | 48 |
| 49 | <i>The fear of</i> | decay                 | <i>manifests as</i> | reaction,       | <i>which if repressed makes one</i>      | inert            | <i>and in reacting</i> | rejecting.      | 49 |
| 50 | <i>The fear of</i> | being overwhelmed     | <i>manifests as</i> | corruption,     | <i>which if repressed makes one</i>      | overloaded       | <i>and in reacting</i> | irresponsible.  | 50 |
| 51 | <i>The fear of</i> | inferiority           | <i>manifests as</i> | agitation,      | <i>which if repressed makes one</i>      | cowardly         | <i>and in reacting</i> | hostile.        | 51 |
| 52 | <i>The fear of</i> | being stuck           | <i>manifests as</i> | stress,         | <i>which if repressed MAKES one</i>      | stuck            | <i>and in reacting</i> | restless.       | 52 |
| 53 | <i>The fear of</i> | form                  | <i>manifests as</i> | immaturity,     | <i>which if repressed makes one</i>      | solemn           | <i>and in reacting</i> | fickle.         | 53 |
| 54 | <i>The fear of</i> | not awakening         | <i>manifests as</i> | greed,          | <i>which if repressed makes one</i>      | unambitious      | <i>and in reacting</i> | greedy.         | 54 |
| 55 | <i>The fear of</i> | freedom               | <i>manifests as</i> | victimisation,  | <i>which if repressed makes one</i>      | complaining      | <i>and in reacting</i> | blaming.        | 55 |
| 56 | <i>The fear of</i> | being human           | <i>manifests as</i> | distraction,    | <i>which if repressed makes one</i>      | sullen           | <i>and in reacting</i> | overstimulated. | 56 |
| 57 | <i>The fear of</i> | the unknown           | <i>manifests as</i> | unease,         | <i>which if repressed makes one</i>      | hesitant         | <i>and in reacting</i> | impetuous.      | 57 |
| 58 | <i>The fear of</i> | being blocked         | <i>manifests as</i> | dissatisfaction | <i>and is not repressable, but</i>       |                  | <i>in reacting:</i>    | interfering.    | 58 |
| 59 | <i>The fear of</i> | intimacy              | <i>manifests as</i> | dishonesty,     | <i>which if repressed makes one</i>      | excluded         | <i>and in reacting</i> | intrusive.      | 59 |
| 60 | <i>The fear of</i> | chaos                 | <i>manifests as</i> | limitation,     | <i>which if repressed makes one</i>      | unstructured     | <i>and in reacting</i> | rigid.          | 60 |
| 61 | <i>The fear of</i> | emptiness             | <i>manifests as</i> | psychosis,      | <i>which if repressed makes one</i>      | disenchanted     | <i>and in reacting</i> | fanatic.        | 61 |
| 62 | <i>The fear of</i> | being exposed         | <i>manifests as</i> | intellect,      | <i>which if repressed makes one</i>      | obsessive        | <i>and in reacting</i> | pedantic.       | 62 |
| 63 | <i>The fear of</i> | self-doubt            | <i>manifests as</i> | doubt,          | <i>which if repressed still turns to</i> | self-doubt       | <i>and reacting to</i> | suspicion.      | 63 |
| 64 | <i>The fear of</i> | the unconscious       | <i>manifests as</i> | confusion,      | <i>which if repressed has one</i>        | imitating        | <i>and in reacting</i> | confused.       | 64 |

nach Jörn Lehnert

|    |  |    |
|----|--|----|
| 1  | 'I am deeply depressed and out of sync.'       | 1  |
| 2  | 'I live in fear, disassociated from life.'     | 2  |
| 3  | 'I am only interested in my own survival.'     | 3  |
| 4  | 'My opinion is the only truth.'                | 4  |
| 5  | 'I am pessimistic about my life.'              | 5  |
| 6  | 'I am addicted to conflict, defending myself.' | 6  |
| 7  | 'I am giving others authority over me.'        | 7  |
| 8  | 'I live safely in a grey world.'               | 8  |
| 9  | 'I am completely bored with my trivial life.'  | 9  |
| 10 | 'I don't have time for anyone but myself.'     | 10 |
| 11 | 'I am lost in unmanifested dreams.'            | 11 |
| 12 | 'I am afraid to lose my unique power.'         | 12 |
| 13 | 'I disagree with you no matter what you say.'  | 13 |
| 14 | 'I lack the capacity to reach for my dreams.'  | 14 |
| 15 | 'My spirit feels low. Life is meaningless.'    | 15 |
| 16 | 'I am not sufficiently qualified yet.'         | 16 |
| 17 | 'My opinion is the only correct one.'          | 17 |
| 18 | 'I am not good enough.'                        | 18 |
| 19 | 'I don't have the courage to stand alone.'     | 19 |
| 20 | 'I'm busy living on the fringes of life.'      | 20 |
| 21 | 'I control and defend my territory.'           | 21 |
| 22 | 'I dishonour myself by belittling myself.'     | 22 |
| 23 | 'I speak to gain approval.'                    | 23 |
| 24 | 'I am addicted to my suffering.'               | 24 |
| 25 | 'I am not able to look at my own pain.'        | 25 |
| 26 | 'I have to go out and grab what I want.'       | 26 |
| 27 | 'I give to receive something for myself.'      | 27 |
| 28 | 'A life lived in fear has no purpose.'         | 28 |
| 29 | 'I am a victim of fate, living in fear.'       | 29 |
| 30 | 'I am hungry for any kind of experience.'      | 30 |
| 31 | 'I control others through the use of words.'   | 31 |
| 32 | 'I am afraid to lose all my money and die.'    | 32 |

*orig. anybody*

*orig. „loose“, an anderer Stelle eindeutig verkehrt – hier ergäbe es aber sogar einen Sinn: als Angst, diese Power von der Leine zu lassen!*

*orig. to reach my*

*orig. I have the only correct opinion.*

*orig. I busily live on the fringe of life.*

*orig. I am controlling and defending*

*orig. I am speaking*

*orig. My life has no purpose, lived in fear.*

*orig. verkehrt „loose“*

nach Jörn Lehnert

|    |   |    |
|----|---|----|
| 33 | 'I am locked into eternal suffering.'             | 33 |
| 34 | 'I have to force the flow of life.'               | 34 |
| 35 | 'I am possessed by the urge to fill myself.'      | 35 |
| 36 | 'I live through the turmoil of my emotions.'      | 36 |
| 37 | 'I don't feel appreciated and supported.'         | 37 |
| 38 | 'I am struggling to find a purpose in life.'      | 38 |
| 39 | 'I know how to push someone's buttons.'           | 39 |
| 40 | 'I allow my energy to be misused by others.'      | 40 |
| 41 | 'I am always hungry for a better future.'         | 41 |
| 42 | 'I expect life to go my way.'                     | 42 |
| 43 | 'I am a mighty worrier, (yet) deaf to my fear.'   | 43 |
| 44 | 'I distrust all relationships.'                   | 44 |
| 45 | 'I do not want to rock the hierarchy boat.'       | 45 |
| 46 | 'Life is a serious business. No joke!'            | 46 |
| 47 | 'I am terrified by my route to higher realms.'    | 47 |
| 48 | 'I am nobody.'                                    | 48 |
| 49 | 'In order to survive it is okay to kill someone.' | 49 |
| 50 | 'I need to compete for the top position.'         | 50 |
| 51 | 'I work only for my own advancement.'             | 51 |
| 52 | 'All I hear is noise and all I see is chaos.'     | 52 |
| 53 | 'I am afraid to really go for what I want.'       | 53 |
| 54 | 'I have to push to the top to be filthy rich.'    | 54 |
| 55 | 'I need intense drama to feel alive.'             | 55 |
| 56 | 'I escape into my own world of fantasy.'          | 56 |
| 57 | 'I am afraid of the future.'                      | 57 |
| 58 | 'I am trying to find happiness out there.'        | 58 |
| 59 | 'I distrust others and fear relationships.'       | 59 |
| 60 | 'I feel safe through rigid structure.'            | 60 |
| 61 | 'I am insecure, unfulfilled and restless.'        | 61 |
| 62 | 'I am obsessed with scientific facts.'            | 62 |
| 63 | 'I am suspicious, full of self-doubt.'            | 63 |
| 64 | 'I live in a state of permanent confusion.'       | 64 |

*orig. I let my energy being misused by another.*

*orig. I am expecting that life is going*

*orig. worrier, deaf to my fears*

*orig. OK to kill another.*

*orig. I only work*

*orig. my own fantasy world*

|    | Dream-Arc-Thema               | Gabe                            |                        | Dream-Arc-Thema                 |    |
|----|-------------------------------|---------------------------------|------------------------|---------------------------------|----|
| 1  | <i>The way out is through</i> | creative                        | freshness.             |                                 | 1  |
| 2  | <i>The way out is through</i> | orientation                     | <i>bringing</i>        | sacred nourishment.             | 2  |
| 3  | <i>The way out is through</i> | mischievous                     | innovation.            |                                 | 3  |
| 4  | <i>The way out is through</i> | embodied                        | understanding.         |                                 | 4  |
| 5  | <i>The way out is through</i> | deep                            | patience.              |                                 | 5  |
| 6  | <i>The way out is through</i> | diplomacy,                      | <i>meaning</i>         | diplomatic communication.       | 6  |
| 7  | <i>The way out is through</i> | grounded                        | guidance.              |                                 | 7  |
| 8  | <i>The way out is through</i> | tactile sensitivity, leading to | style.                 |                                 | 8  |
| 9  | <i>The way out is through</i> | determination                   |                        | in service.                     | 9  |
| 10 | <i>The way out is through</i> | naturalness,                    | <i>leading to</i>      | natural ease.                   | 10 |
| 11 | <i>The way out is through</i> | courageous                      | idealism.              |                                 | 11 |
| 12 | <i>The way out is through</i> | shadow transformation by use of | discrimination.        |                                 | 12 |
| 13 | <i>The way out is through</i> | intuitive                       | discernment.           |                                 | 13 |
| 14 | <i>The way out is through</i> | competence,                     | <i>evoking</i>         | competent healing.              | 14 |
| 15 | <i>The way out is through</i> | global                          | magnetism.             |                                 | 15 |
| 16 | <i>The way out is through</i> | vibrant                         | versatility.           |                                 | 16 |
| 17 | <i>The way out is through</i> | loving                          | far-sightedness.       |                                 | 17 |
| 18 | <i>The way out is through</i> | intensity and                   | integrity.             |                                 | 18 |
| 19 | <i>The way out is through</i> | sensitivity                     |                        | and subtlety.                   | 19 |
| 20 | <i>The way out is through</i> | boundaries of [for]             | self-assurance.        |                                 | 20 |
| 21 | <i>The way out is through</i> | self-empowered                  | authority.             |                                 | 21 |
| 22 | <i>The way out is through</i> | the power of                    | graciousness.          |                                 | 22 |
| 23 | <i>The way out is through</i> | rebellious                      | simplicity.            |                                 | 23 |
| 24 | <i>The way out is through</i> | invention,                      | <i>in the sense of</i> | transformational inventiveness. | 24 |
| 25 | <i>The way out is through</i> | loving self-                    | acceptance.            |                                 | 25 |
| 26 | <i>The way out is through</i> | sacred                          | artfulness.            |                                 | 26 |
| 27 | <i>The way out is through</i> | communal                        | altruism.              |                                 | 27 |
| 28 | <i>The way out is through</i> | balanced                        | totality.              |                                 | 28 |
| 29 | <i>The way out is through</i> | unwavering                      | commitment.            |                                 | 29 |
| 30 | <i>The way out is through</i> | blessed                         | lightness.             |                                 | 30 |
| 31 | <i>The way out is through</i> | enlightened                     | leadership.            |                                 | 31 |
| 32 | <i>The way out is through</i> | preservation                    |                        | of earth spirit.                | 32 |



|    | Dream-Arc-Thema               | Gabe                             |                  | Dream-Arc-Thema |    |
|----|-------------------------------|----------------------------------|------------------|-----------------|----|
| 33 | <i>The way out is through</i> | easy                             | mindfulness.     |                 | 33 |
| 34 | <i>The way out is through</i> | inner                            | strength.        |                 | 34 |
| 35 | <i>The way out is through</i> | spiritual                        | adventure.       |                 | 35 |
| 36 | <i>The way out is through</i> | faith in                         | humanity.        |                 | 36 |
| 37 | <i>The way out is through</i> | cheerful equanimity (leading to) | equality.        |                 | 37 |
| 38 | <i>The way out is through</i> | gentle                           | perseverance.    |                 | 38 |
| 39 | <i>The way out is through</i> | dynamism                         | <i>and</i>       | dynamic action. | 39 |
| 40 | <i>The way out is through</i> | relaxed                          | resolve.         |                 | 40 |
| 41 | <i>The way out is through</i> | bold                             | anticipation.    |                 | 41 |
| 42 | <i>The way out is through</i> | detached letting go, i.e.        | detachment.      |                 | 42 |
| 43 | <i>The way out is through</i> | insight                          |                  | breakthrough.   | 43 |
| 44 | <i>The way out is through</i> | alchemical                       | teamwork.        |                 | 44 |
| 45 | <i>The way out is through</i> | ancestral                        | synergy.         |                 | 45 |
| 46 | <i>The way out is through</i> | playful                          | delight.         |                 | 46 |
| 47 | <i>The way out is through</i> | faithful                         | transmutation.   |                 | 47 |
| 48 | <i>The way out is through</i> | all-encompassing                 | resourcefulness. |                 | 48 |
| 49 | <i>The way out is through</i> | benevolent                       | revolution.      |                 | 49 |
| 50 | <i>The way out is through</i> | wily                             | equilibrium.     |                 | 50 |
| 51 | <i>The way out is through</i> | ingenious                        | initiative.      |                 | 51 |
| 52 | <i>The way out is through</i> | trusting                         | restraint.       |                 | 52 |
| 53 | <i>The way out is through</i> | tempered                         | expansion.       |                 | 53 |
| 54 | <i>The way out is through</i> | dauntless                        | aspiration.      |                 | 54 |
| 55 | <i>The way out is through</i> | feminine                         | freedom.         |                 | 55 |
| 56 | <i>The way out is through</i> | sensory                          | enrichment.      |                 | 56 |
| 57 | <i>The way out is through</i> | crystalline                      | intuition.       |                 | 57 |
| 58 | <i>The way out is through</i> | joyous                           | vitality.        |                 | 58 |
| 59 | <i>The way out is through</i> | healing through                  | intimacy.        |                 | 59 |
| 60 | <i>The way out is through</i> | magical                          | realism.         |                 | 60 |
| 61 | <i>The way out is through</i> | secret                           | inspiration.     |                 | 61 |
| 62 | <i>The way out is through</i> | vibratory                        | precision.       |                 | 62 |
| 63 | <i>The way out is through</i> | eternal self-                    | inquiry.         |                 | 63 |
| 64 | <i>The way out is through</i> | dreamtime                        | imagination.     |                 | 64 |

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|    |   |    |
|----|---|----|
| 1  | 'I am burning with creative inner fire.'              | 1  |
| 2  | 'I am letting go into the feminine power.'            | 2  |
| 3  | 'I am thinking for myself with optimism.'             | 3  |
| 4  | 'I play with the patterns of existence.'              | 4  |
| 5  | 'I turn on the higher code of my DNA.'                | 5  |
| 6  | 'I am tactfully dropping my defences.'                | 6  |
| 7  | 'I am the kind of leader that I would follow.'        | 7  |
| 8  | 'I am not afraid of trying new things.'               | 8  |
| 9  | 'I am calmly following my life's purpose.'            | 9  |
| 10 | 'Who am I? Why am I here?'                            | 10 |
| 11 | 'I know what my ideals and dreams are.'               | 11 |
| 12 | 'I am entering unafraid into the drama of life.'      | 12 |
| 13 | 'I view life with optimism at a mythic level.'        | 13 |
| 14 | 'I am enthusiastic about what I am doing.'            | 14 |
| 15 | 'I experience the expansion of my aura.'              | 15 |
| 16 | 'I can tune into any gift I want and use it.'         | 16 |
| 17 | 'I am seeing things from the heart.'                  | 17 |
| 18 | 'I know your name, Rumpelstilzchen!'                  | 18 |
| 19 | 'I sense the emotional patterns of others.'           | 19 |
| 20 | 'I surrender to life at every moment.'                | 20 |
| 21 | 'I am balancing authority and submission.'            | 21 |
| 22 | 'I am grateful for that cocktail of noble qualities.' | 22 |
| 23 | 'I realize that things are simple and easy.'          | 23 |
| 24 | 'I cherish the gaps between my thoughts.'             | 24 |
| 25 | 'I have the courage to simply feel the fear.'         | 25 |
| 26 | 'I am listening to my loving intention.'              | 26 |
| 27 | 'I am generously giving without expectation.'         | 27 |
| 28 | 'I embrace all my demons and angels.'                 | 28 |
| 29 | 'I am committed to my inner guidance.'                | 29 |
| 30 | 'I let go of desire, beyond needing help.'            | 30 |
| 31 | 'I help others to break out of their bonds.'          | 31 |
| 32 | 'I know how to connect and prosper.'                  | 32 |

*orig. inner creative*

*engl. 'Rumpelstilzskin', hier 'Rumpelstilzken' – lassen wir's deutsch :-)*

*orig. for a cocktail*

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|    |  |    |
|----|--|----|
| 33 | 'I see the patterns that cause my suffering.'    | 33 |
| 34 | 'I am the true hero of my life story.'           | 34 |
| 35 | 'I live unconditionally with an open mind.'      | 35 |
| 36 | 'My heart is open for everyone.'                 | 36 |
| 37 | 'The more I give, the more I receive.'           | 37 |
| 38 | 'I love obstacles to increase my strength.'      | 38 |
| 39 | 'I feel the raw energy of childlike creativity.' | 39 |
| 40 | 'I set personal boundaries around my energy.'    | 40 |
| 41 | 'I download the morphogenetic field.'            | 41 |
| 42 | 'I even enjoy experiencing disappointment.'      | 42 |
| 43 | 'I am a rebel, listening to my inner voice.'     | 43 |
| 44 | 'I can pick up the scent of a true ally.'        | 44 |
| 45 | 'I take a leap of faith into Heterarchy.'        | 45 |
| 46 | 'I am at the right place at the right time.'     | 46 |
| 47 | 'I am constantly surpassing all definitions.'    | 47 |
| 48 | 'I have deep trust in life. I am in abundance.'  | 48 |
| 49 | 'I am free from old emotional prejudice.'        | 49 |
| 50 | 'I trust in the self-organising intelligence.'   | 50 |
| 51 | 'I have the courage to follow my creativity.'    | 51 |
| 52 | 'I patiently watch myself grow like a seed.'     | 52 |
| 53 | 'My endeavours outgrow their own forms.'         | 53 |
| 54 | 'I work in unison with others to benefit all.'   | 54 |
| 55 | 'Like a dragonfly I rise above emotions.'        | 55 |
| 56 | 'I have learned the art of self-discipline.'     | 56 |
| 57 | 'I have trust in the power of my intuition.'     | 57 |
| 58 | 'I am feeling the joy of self-awareness.'        | 58 |
| 59 | 'My ego is dissolved in union with another.'     | 59 |
| 60 | 'I am structuring led by common sense.'          | 60 |
| 61 | 'I express inner truth through my creation.'     | 61 |
| 62 | 'I access the universal language of light.'      | 62 |
| 63 | 'Through inquiry I unlock nature's secrets.'     | 63 |
| 64 | 'I allow alchemy to occur inside my being.'      | 64 |

*orig. am abundant.*

*orig. free of / prejudices*

|    |                          | Essenz         |                                 | Dream-Arc-Thema                                 |    |
|----|--------------------------|----------------|---------------------------------|---|----|
| 1  | <i>Deep in this lies</i> | Beauty         | <i>as God's Gift -</i>          | the vision of beauty and dawn.                  | 1  |
| 2  | <i>Deep in this lies</i> | Unity          | <i>as Gift of the Goddess -</i> | the vision of unity and yielding.               | 2  |
| 3  | <i>Deep in this lies</i> | Innocence      | <i>as God's Gift -</i>          | the vision of the innocent child.               | 3  |
| 4  | <i>Deep in this lies</i> | Forgiveness    | <i>as Gift of the Goddess -</i> | the vision of loving forgiveness.               | 4  |
| 5  | <i>Deep in this lies</i> | Timelessness   | <i>as God's Gift -</i>          | the vision of timeless rhythm.                  | 5  |
| 6  | <i>Deep in this lies</i> | Peace          | <i>as Gift of the Goddess -</i> | the vision of ineffable peace.                  | 6  |
| 7  | <i>Deep in this lies</i> | Virtue         | <i>as Gift of the Goddess -</i> | the vision of hidden virtue.                    | 7  |
| 8  | <i>Deep in this lies</i> | Exquisiteness  | <i>as Gift of the Goddess -</i> | the vision of exquisite iridescence.            | 8  |
| 9  | <i>Deep in this lies</i> | Invincibility  | <i>as God's Gift -</i>          | the vision of fearless invincibility.           | 9  |
| 10 | <i>Deep in this lies</i> | Being          | <i>as God's Gift -</i>          | the vision of joyful being.                     | 10 |
| 11 | <i>Deep in this lies</i> | Light          | <i>as God's Gift -</i>          | the vision of solar light.                      | 11 |
| 12 | <i>Deep in this lies</i> | Purity         | <i>as Gift of the Goddess -</i> | the vision of musical purity.                   | 12 |
| 13 | <i>Deep in this lies</i> | Empathy        | <i>as God's Gift -</i>          | the vision of empathy and fellowship.           | 13 |
| 14 | <i>Deep in this lies</i> | Bounteousness  | <i>as God's Gift -</i>          | the vision of bounteous recognition.            | 14 |
| 15 | <i>Deep in this lies</i> | Florescence    | <i>as Gift of the Goddess -</i> | the vision of unity in diversity.               | 15 |
| 16 | <i>Deep in this lies</i> | Mastery        | <i>as Gift of the Goddess -</i> | the vision of agile mastery.                    | 16 |
| 17 | <i>Deep in this lies</i> | Omniscience    | <i>as God's Gift -</i>          | the vision of the third eye.                    | 17 |
| 18 | <i>Deep in this lies</i> | Perfection     | <i>as Gift of the Goddess -</i> | the vision of perfected realisation.            | 18 |
| 19 | <i>Deep in this lies</i> | Sacrifice      | <i>as God's Gift -</i>          | the vision of transformation through sacrifice. | 19 |
| 20 | <i>Deep in this lies</i> | Presence       | <i>as Gift of the Goddess -</i> | the vision of mythical presence.                | 20 |
| 21 | <i>Deep in this lies</i> | Valour         | <i>as God's Gift -</i>          | the vision of noble valour.                     | 21 |
| 22 | <i>Deep in this lies</i> | Grace          | <i>as God's Gift -</i>          | the vision of divine grace.                     | 22 |
| 23 | <i>Deep in this lies</i> | Quintessence   | <i>as Gift of the Goddess -</i> | the vision of alchemical reward.                | 23 |
| 24 | <i>Deep in this lies</i> | Silence        | <i>as God's Gift -</i>          | the vision of ecstatic silence.                 | 24 |
| 25 | <i>Deep in this lies</i> | Universal Love | <i>as God's Gift -</i>          | the vision of universal love.                   | 25 |
| 26 | <i>Deep in this lies</i> | Invisibility   | <i>as God's Gift -</i>          | the vision of invisible magick.                 | 26 |
| 27 | <i>Deep in this lies</i> | Selflessness   | <i>as God's Gift -</i>          | the vision of selfless kindness.                | 27 |
| 28 | <i>Deep in this lies</i> | Immortality    | <i>as Gift of the Goddess -</i> | the vision of immortal lineage.                 | 28 |
| 29 | <i>Deep in this lies</i> | Devotion       | <i>as Gift of the Goddess -</i> | the vision of devoted friendship.               | 29 |
| 30 | <i>Deep in this lies</i> | Rapture        | <i>as God's Gift -</i>          | the vision of rapture and purification.         | 30 |
| 31 | <i>Deep in this lies</i> | Humility       | <i>as Gift of the Goddess -</i> | the vision of humble leadership.                | 31 |
| 32 | <i>Deep in this lies</i> | Veneration     | <i>as Gift of the Goddess -</i> | the vision of reverent resolution.              | 32 |

|    |                          | Essenz          |                                 | Dream-Arc-Thema                            |    |
|----|--------------------------|-----------------|---------------------------------|--|----|
| 33 | <i>Deep in this lies</i> | Revelation      | <i>as Gift of the Goddess -</i> | the vision of ancestral revelation.        | 33 |
| 34 | <i>Deep in this lies</i> | Majesty         | <i>as God's Gift -</i>          | the vision of grounded majesty.            | 34 |
| 35 | <i>Deep in this lies</i> | Boundlessness   | <i>as Gift of the Goddess -</i> | the vision of boundless dreaming.          | 35 |
| 36 | <i>Deep in this lies</i> | Compassion      | <i>as God's Gift -</i>          | the vision of worldly compassion.          | 36 |
| 37 | <i>Deep in this lies</i> | Tenderness      | <i>as God's Gift -</i>          | the vision of communal tenderness.         | 37 |
| 38 | <i>Deep in this lies</i> | Honour          | <i>as God's Gift -</i>          | the vision of decisive honour.             | 38 |
| 39 | <i>Deep in this lies</i> | Liberation      | <i>as Gift of the Goddess -</i> | the vision of wildness and liberation.     | 39 |
| 40 | <i>Deep in this lies</i> | Divine Will     | <i>as Gift of the Goddess -</i> | the vision of the sacred flame.            | 40 |
| 41 | <i>Deep in this lies</i> | Emanation       | <i>as God's Gift -</i>          | the vision of the divine source.           | 41 |
| 42 | <i>Deep in this lies</i> | Celebration     | <i>as God's Gift -</i>          | the vision of jubilant celebration.        | 42 |
| 43 | <i>Deep in this lies</i> | Epiphany        | <i>as God's Gift -</i>          | the vision of unexpected epiphany.         | 43 |
| 44 | <i>Deep in this lies</i> | Synarchy        | <i>as Gift of the Goddess -</i> | the vision of collective coherence.        | 44 |
| 45 | <i>Deep in this lies</i> | Communion       | <i>as Gift of the Goddess -</i> | the vision of the communion of all beings. | 45 |
| 46 | <i>Deep in this lies</i> | Ecstasy         | <i>as Gift of the Goddess -</i> | the vision of passionate ecstasy.          | 46 |
| 47 | <i>Deep in this lies</i> | Transfiguration | <i>as Gift of the Goddess -</i> | the vision of karmic transfiguration.      | 47 |
| 48 | <i>Deep in this lies</i> | Wisdom          | <i>as Gift of the Goddess -</i> | the vision of spontaneous wisdom.          | 48 |
| 49 | <i>Deep in this lies</i> | Rebirth         | <i>as gift of God -</i>         | the vision of planetary rebirth.           | 49 |
| 50 | <i>Deep in this lies</i> | Harmony         | <i>as Gift of the Goddess -</i> | the vision of essential harmony.           | 50 |
| 51 | <i>Deep in this lies</i> | Awakening       | <i>as gift of God -</i>         | the vision of effortless awakening.        | 51 |
| 52 | <i>Deep in this lies</i> | Stillness       | <i>as Gift of the Goddess -</i> | the vision of focused stillness.           | 52 |
| 53 | <i>Deep in this lies</i> | Superabundance  | <i>as Gift of the Goddess -</i> | the vision of good fortune and fruition.   | 53 |
| 54 | <i>Deep in this lies</i> | Ascension       | <i>as gift of God -</i>         | the vision of unending ascension.          | 54 |
| 55 | <i>Deep in this lies</i> | Freedom         | <i>as gift of God -</i>         | the vision of expansive freedom.           | 55 |
| 56 | <i>Deep in this lies</i> | Intoxication    | <i>as Gift of the Goddess -</i> | the vision of transcendent intoxication.   | 56 |
| 57 | <i>Deep in this lies</i> | Clarity         | <i>as Gift of the Goddess -</i> | the vision of penetrating clarity.         | 57 |
| 58 | <i>Deep in this lies</i> | Bliss           | <i>as gift of God -</i>         | the vision of blissful service.            | 58 |
| 59 | <i>Deep in this lies</i> | Transparency    | <i>as Gift of the Goddess -</i> | the vision of transparent consciousness.   | 59 |
| 60 | <i>Deep in this lies</i> | Justice         | <i>as gift of God -</i>         | the vision of auspicious justice.          | 60 |
| 61 | <i>Deep in this lies</i> | Sanctity        | <i>as gift of God -</i>         | the vision of holy initiation.             | 61 |
| 62 | <i>Deep in this lies</i> | Impeccability   | <i>as Gift of the Goddess -</i> | the vision of the impeccable shaman.       | 62 |
| 63 | <i>Deep in this lies</i> | Truth           | <i>as gift of God -</i>         | the vision of the vow of truth.            | 63 |
| 64 | <i>Deep in this lies</i> | Illumination    | <i>as Gift of the Goddess -</i> | the vision of mystical illumination.       | 64 |

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|    |  |    |
|----|--|----|
| 1  | 'I bathe in the eternal field of syntropy.'        | 1  |
| 2  | 'I live in unity with all creation.'               | 2  |
| 3  | 'No work – just play.'                             | 3  |
| 4  | 'I release all karmic debts.'                      | 4  |
| 5  | 'I transcend even the highest codes.'              | 5  |
| 6  | 'My body dissolves and I become empty.'            | 6  |
| 7  | 'We are the virtuous, visionary leader.'           | 7  |
| 8  | 'Completely at rest, I let go of all history.'     | 8  |
| 9  | 'I am losing all artificial boundaries.'           | 9  |
| 10 | 'I rest in the divine laziness of being.'          | 10 |
| 11 | 'I am enveloped in cosmic light.'                  | 11 |
| 12 | 'I am falling love with the beloved.'              | 12 |
| 13 | 'I am listening through the cosmic mother.'        | 13 |
| 14 | 'I am abundance, uniting heaven and earth.'        | 14 |
| 15 | 'My search has come to an end.'                    | 15 |
| 16 | 'I have become an empty vessel for life.'          | 16 |
| 17 | 'I am the single eye of consciousness.'            | 17 |
| 18 | 'I am a perfect expression of divinity.'           | 18 |
| 19 | 'I am interdependently linked to all.'             | 19 |
| 20 | 'I rest in the majesty of presence.'               | 20 |
| 21 | 'I am led by the spirit of true nobility.'         | 21 |
| 22 | 'All is well.'                                     | 22 |
| 23 | 'I have distilled the fifth element.'              | 23 |
| 24 | 'I rest in the silence of pure awareness.'         | 24 |
| 25 | 'I transcend the suffering of humanity.'           | 25 |
| 26 | 'I surrender to the cosmic game of life.'          | 26 |
| 27 | 'I live my life in philanthropy.'                  | 27 |
| 28 | 'I give myself to the everlasting moment.'         | 28 |
| 29 | 'I surrender my identity to the one I love.'       | 29 |
| 30 | 'I willingly step into the fires of annihilation.' | 30 |
| 31 | 'I cannot ever do anything wrong.'                 | 31 |
| 32 | 'I know my place within my lineage.'               | 32 |

*orig. am abundant*

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|    |  |    |
|----|--|----|
| 33 | 'I am falling in love with my own story.'          | 33 |
| 34 | 'I express the divine essence of creation.'        | 34 |
| 35 | 'I am infinite, with no beginning and no end.'     | 35 |
| 36 | 'My suffering encompasses all humanity.'           | 36 |
| 37 | 'Family is the collective aura of tenderness.'     | 37 |
| 38 | 'I am living my individual truth for all.'         | 38 |
| 39 | 'I am leaving behind all sense of individuality.'  | 39 |
| 40 | 'I am deeply relaxed in splendid aloneness.'       | 40 |
| 41 | 'I am swallowed by the black whole.'               | 41 |
| 42 | 'I laugh at the joke of all creation.'             | 42 |
| 43 | 'I know that I know absolutely nothing.'           | 43 |
| 44 | 'I see the entire tapestry of interaction.'        | 44 |
| 45 | 'We are each others' food.'                        | 45 |
| 46 | 'My orgasmic mind is completely at rest.'          | 46 |
| 47 | 'I am attaining the golden rainbow body.'          | 47 |
| 48 | 'I am secure in being insecure.'                   | 48 |
| 49 | 'I experience the rebirth of the phoenix.'         | 49 |
| 50 | 'I experience myself in cosmic harmony.'           | 50 |
| 51 | 'I am in my natural state of being awake.'         | 51 |
| 52 | 'I sit in stillness at the heart of all creation.' | 52 |
| 53 | 'I am pure consciousness.'                         | 53 |
| 54 | 'I transmute matter into spiritual essence.'       | 54 |
| 55 | 'I am experiencing the collective orgasm.'         | 55 |
| 56 | 'I am addicted to the highest form of love.'       | 56 |
| 57 | 'I transcend time through gentle softness.'        | 57 |
| 58 | 'My awareness stretches into infinity.'            | 58 |
| 59 | 'I am transcending the agenda of evolution.'       | 59 |
| 60 | 'I trust in the magic of divine justice.'          | 60 |
| 61 | 'I am silent in mystery, knowing nothing.'         | 61 |
| 62 | 'I am intelligent beyond reproach.'                | 62 |
| 63 | 'Truth is the eternal moment of the universe.'     | 63 |
| 64 | 'I think God's thoughts.'                          | 64 |

*orig. ohne Apostroph, vielleicht aber auch „each other's food“ – unterschiedliche Bedeutung*

Zweitens:

*Sortierung  
chronologisch*

|                 |             |
|-----------------|-------------|
| <b>Schatten</b> | 25-6, 46-36 |
|-----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Gabe</b> | 25-6, 46-36 |
|-------------|-------------|

|               |             |
|---------------|-------------|
| <b>Essenz</b> | 25-6, 46-36 |
|---------------|-------------|



|    | Dream-Arc-Thema    |                     |                     | Schatten          |                                     | introvertiert    |                        | extrovertiert   |    |
|----|--------------------|---------------------|---------------------|-------------------|-------------------------------------|------------------|------------------------|-----------------|----|
| 25 | <i>The fear of</i> | not finding love    | <i>manifests as</i> | constriction,     | <i>which if repressed makes one</i> | ignorant         | <i>and in reacting</i> | cold.           | 25 |
| 17 | <i>The fear of</i> | openness            | <i>manifests as</i> | opinion,          | <i>which if repressed makes one</i> | self-critical    | <i>and in reacting</i> | opinionated.    | 17 |
| 21 | <i>The fear of</i> | letting go          | <i>manifests as</i> | control,          | <i>which if repressed makes one</i> | submissive       | <i>and in reacting</i> | controlling.    | 21 |
| 51 | <i>The fear of</i> | inferiority         | <i>manifests as</i> | agitation,        | <i>which if repressed makes one</i> | cowardly         | <i>and in reacting</i> | hostile.        | 51 |
| 42 | <i>The fear of</i> | disappointment      | <i>manifests as</i> | expectation,      | <i>which if repressed makes one</i> | grasping         | <i>and in reacting</i> | flaky.          | 42 |
| 3  | <i>The fear of</i> | radical change      | <i>manifests as</i> | chaos,            | <i>which if repressed makes one</i> | anal             | <i>and in reacting</i> | disordered.     | 3  |
| 27 | <i>The fear of</i> | impassivity         | <i>manifests as</i> | selfishness,      | <i>which if repressed makes one</i> | self-sacrificing | <i>and in reacting</i> | self-centred.   | 27 |
| 24 | <i>The fear of</i> | never breaking free | <i>manifests as</i> | addiction,        | <i>which if repressed makes one</i> | frozen           | <i>and in reacting</i> | anxious.        | 24 |
| 2  | <i>The fear of</i> | being lost          | <i>manifests as</i> | dislocation,      | <i>which if repressed makes one</i> | lost             | <i>and in reacting</i> | regimented.     | 2  |
| 23 | <i>The fear of</i> | one's shadow        | <i>manifests as</i> | complexity,       | <i>which if repressed makes one</i> | dumb             | <i>and in reacting</i> | fragmented.     | 23 |
| 8  | <i>The fear of</i> | uniqueness          | <i>manifests as</i> | mediocrity,       | <i>which if repressed makes one</i> | wooden           | <i>and in reacting</i> | artificial.     | 8  |
| 20 | <i>The fear of</i> | missing out         | <i>manifests as</i> | superficiality,   | <i>which if repressed makes one</i> | absent           | <i>and in reacting</i> | hectic.         | 20 |
| 16 | <i>The fear of</i> | one's power         | <i>manifests as</i> | indifference,     | <i>which if repressed makes one</i> | gullible         | <i>and in reacting</i> | self-deluded.   | 16 |
| 35 | <i>The fear of</i> | boredom             | <i>manifests as</i> | hunger,           | <i>which if repressed MAKES one</i> | bored            | <i>and in reacting</i> | manic.          | 35 |
| 45 | <i>The fear of</i> | sacrifice           | <i>manifests as</i> | dominance,        | <i>which if repressed makes one</i> | timid            | <i>and in reacting</i> | pompous.        | 45 |
| 12 | <i>The fear of</i> | impurity            | <i>manifests as</i> | vanity,           | <i>which if repressed makes one</i> | elitist          | <i>and in reacting</i> | malicious.      | 12 |
| 15 | <i>The fear of</i> | ordinariness        | <i>manifests as</i> | dullness,         | <i>which if repressed makes one</i> | empty            | <i>and in reacting</i> | extremist.      | 15 |
| 52 | <i>The fear of</i> | being stuck         | <i>manifests as</i> | stress,           | <i>which if repressed MAKES one</i> | stuck            | <i>and in reacting</i> | restless.       | 52 |
| 39 | <i>The fear of</i> | being trapped       | <i>manifests as</i> | provocation,      | <i>which if repressed MAKES one</i> | trapped          | <i>and in reacting</i> | provocative.    | 39 |
| 53 | <i>The fear of</i> | form                | <i>manifests as</i> | immaturity,       | <i>which if repressed makes one</i> | solemn           | <i>and in reacting</i> | fickle.         | 53 |
| 62 | <i>The fear of</i> | being exposed       | <i>manifests as</i> | intellect,        | <i>which if repressed makes one</i> | obsessive        | <i>and in reacting</i> | pedantic.       | 62 |
| 56 | <i>The fear of</i> | being human         | <i>manifests as</i> | distraction,      | <i>which if repressed makes one</i> | sullen           | <i>and in reacting</i> | overstimulated. | 56 |
| 31 | <i>The fear of</i> | what others think   | <i>manifests as</i> | arrogance,        | <i>which if repressed makes one</i> | deferring        | <i>and in reacting</i> | scornful.       | 31 |
| 33 | <i>The fear of</i> | being cut off       | <i>manifests as</i> | forgetting,       | <i>which if repressed makes one</i> | reserved         | <i>and in reacting</i> | ensorious.      | 33 |
| 7  | <i>The fear of</i> | being overlooked    | <i>manifests as</i> | division,         | <i>which if repressed makes one</i> | hidden           | <i>and in reacting</i> | dictatorial.    | 7  |
| 4  | <i>The fear of</i> | mystery             | <i>manifests as</i> | intolerance,      | <i>which if repressed makes one</i> | apathetic        | <i>and in reacting</i> | nit-picking.    | 4  |
| 29 | <i>The fear of</i> | commitment          | <i>manifests as</i> | half-heartedness, | <i>which if repressed makes one</i> | over-committing  | <i>and in reacting</i> | unreliable.     | 29 |
| 59 | <i>The fear of</i> | intimacy            | <i>manifests as</i> | dishonesty,       | <i>which if repressed makes one</i> | excluded         | <i>and in reacting</i> | intrusive.      | 59 |
| 40 | <i>The fear of</i> | meeting boundaries  | <i>manifests as</i> | exhaustion,       | <i>which if repressed makes one</i> | acquiescent      | <i>and in reacting</i> | contemptuous.   | 40 |
| 64 | <i>The fear of</i> | the unconscious     | <i>manifests as</i> | confusion,        | <i>which if repressed has one</i>   | imitating        | <i>and in reacting</i> | confused.       | 64 |
| 47 | <i>The fear of</i> | losing hope         | <i>manifests as</i> | oppression,       | <i>which if repressed makes one</i> | hopeless         | <i>and in reacting</i> | dogmatic.       | 47 |
| 6  | <i>The fear of</i> | conflict            | <i>manifests</i>    | conflict,         | <i>which if repressed makes one</i> | over-attentive   | <i>and in reacting</i> | tactless.       | 6  |

|    | <b>Dream-Arc-Thema</b>                    |                     | <b>Schatten</b>  |  | <b>introvertiert</b> |                          | <b>extrovertiert</b> |    |
|----|---|---------------------|------------------|--|----------------------|--------------------------|----------------------|----|
| 46 | <i>The fear of</i> success                | <i>manifests as</i> | seriousness,     | <i>which if repressed makes one</i>      | frigid               | <i>and in reacting</i>   | frivolous.           | 46 |
| 18 | <i>The fear of</i> imperfection           | <i>manifests as</i> | judgement,       | <i>which if repressed feels like</i>     | inferiority          | <i>and reacting like</i> | superiority.         | 18 |
| 48 | <i>The fear of</i> inadequacy             | <i>manifests</i>    | inadequacy,      | <i>which if repressed makes one</i>      | bland                | <i>and in reacting</i>   | unscrupulous.        | 48 |
| 57 | <i>The fear of</i> the unknown            | <i>manifests as</i> | unease,          | <i>which if repressed makes one</i>      | hesitant             | <i>and in reacting</i>   | impetuous.           | 57 |
| 32 | <i>The fear of</i> failure                | <i>manifests</i>    | failure,         | <i>which if repressed makes one</i>      | fundamentalist       | <i>and in reacting</i>   | disjointed.          | 32 |
| 50 | <i>The fear of</i> being overwhelmed      | <i>manifests as</i> | corruption,      | <i>which if repressed makes one</i>      | overloaded           | <i>and in reacting</i>   | irresponsible.       | 50 |
| 28 | <i>The fear of</i> non-existence          | <i>manifests as</i> | purposelessness, | <i>which if repressed makes one</i>      | hollow               | <i>and in reacting</i>   | gambling.            | 28 |
| 44 | <i>The fear of</i> losing one's identity  | <i>manifests as</i> | interference,    | <i>which if repressed makes one</i>      | distrustful          | <i>and in reacting</i>   | misjudging.          | 44 |
| 1  | <i>The fear of</i> darkness               | <i>manifests as</i> | entropy,         | <i>which if repressed makes one</i>      | depressive           | <i>and in reacting</i>   | frenetic.            | 1  |
| 43 | <i>The fear of</i> rejection              | <i>manifests as</i> | deafness,        | <i>which if repressed makes one</i>      | worried              | <i>and in reacting</i>   | noisy.               | 43 |
| 14 | <i>The fear of</i> prosperity             | <i>manifests as</i> | compromise,      | <i>which if repressed makes one</i>      | impotent             | <i>and in reacting</i>   | enslaved.            | 14 |
| 34 | <i>The fear of</i> ease                   | <i>manifests as</i> | force,           | <i>which if repressed makes one</i>      | self-effacing        | <i>and in reacting</i>   | bullish.             | 34 |
| 9  | <i>The fear of</i> inertia                | <i>manifests</i>    | inertia,         | <i>which if repressed makes one</i>      | reluctant            | <i>and in reacting</i>   | diverted.            | 9  |
| 5  | <i>The fear of</i> disharmony             | <i>manifests as</i> | impatience,      | <i>which if repressed makes one</i>      | pessimistic          | <i>and in reacting</i>   | pushy.               | 5  |
| 26 | <i>The fear of</i> being seen             | <i>manifests as</i> | pride,           | <i>which if repressed makes one</i>      | manipulative         | <i>and in reacting</i>   | boastful.            | 26 |
| 11 | <i>The fear of</i> dreams                 | <i>manifests as</i> | obscurity,       | <i>which if repressed makes one</i>      | fantasising          | <i>and in reacting</i>   | deluded.             | 11 |
| 10 | <i>The fear of</i> one's own expectations | <i>manifests as</i> | self-obsession,  | <i>which if repressed makes one</i>      | self-denying         | <i>and in reacting</i>   | narcissistic.        | 10 |
| 58 | <i>The fear of</i> being blocked          | <i>manifests as</i> | dissatisfaction  | <i>and is not repressable, but</i>       |                      | <i>in reacting:</i>      | interfering.         | 58 |
| 38 | <i>The fear of</i> having no purpose      | <i>manifests as</i> | struggle,        | <i>which if repressed makes one</i>      | defeatist            | <i>and in reacting</i>   | aggressive.          | 38 |
| 54 | <i>The fear of</i> not awakening          | <i>manifests as</i> | greed,           | <i>which if repressed makes one</i>      | unambitious          | <i>and in reacting</i>   | greedy.              | 54 |
| 61 | <i>The fear of</i> emptiness              | <i>manifests as</i> | psychosis,       | <i>which if repressed makes one</i>      | disenchanted         | <i>and in reacting</i>   | fanatic.             | 61 |
| 60 | <i>The fear of</i> chaos                  | <i>manifests as</i> | limitation,      | <i>which if repressed makes one</i>      | unstructured         | <i>and in reacting</i>   | rigid.               | 60 |
| 41 | <i>The fear of</i> decisiveness           | <i>manifests as</i> | fantasy,         | <i>which if repressed makes one</i>      | dreamy               | <i>and in reacting</i>   | hyperactive.         | 41 |
| 19 | <i>The fear of</i> being touched          | <i>manifests as</i> | co-dependence,   | <i>which if repressed makes one</i>      | needy                | <i>and in reacting</i>   | isolated.            | 19 |
| 13 | <i>The fear of</i> feeling too much       | <i>manifests as</i> | discord,         | <i>which if repressed makes one</i>      | permissive           | <i>and in reacting</i>   | narrow-minded.       | 13 |
| 49 | <i>The fear of</i> decay                  | <i>manifests as</i> | reaction,        | <i>which if repressed makes one</i>      | inert                | <i>and in reacting</i>   | rejecting.           | 49 |
| 30 | <i>The fear of</i> discomfort             | <i>manifests as</i> | desire,          | <i>which if repressed makes one</i>      | over-serious         | <i>and in reacting</i>   | flippant.            | 30 |
| 55 | <i>The fear of</i> freedom                | <i>manifests as</i> | victimisation,   | <i>which if repressed makes one</i>      | complaining          | <i>and in reacting</i>   | blaming.             | 55 |
| 37 | <i>The fear of</i> asking for support     | <i>manifests as</i> | weakness,        | <i>which if repressed makes one</i>      | over-sentimental     | <i>and in reacting</i>   | cruel.               | 37 |
| 63 | <i>The fear of</i> self-doubt             | <i>manifests as</i> | doubt,           | <i>which if repressed still turns to</i> | self-doubt           | <i>and reacting to</i>   | suspicion.           | 63 |
| 22 | <i>The fear of</i> passion                | <i>manifests as</i> | dishonour,       | <i>which if repressed makes one</i>      | proper               | <i>and in reacting</i>   | inappropriate.       | 22 |
| 36 | <i>The fear of</i> vulnerability          | <i>manifests as</i> | turbulence,      | <i>which if repressed shows as</i>       | nervousness          | <i>and reacting as</i>   | crisis-prone.        | 36 |

nach Jörn Lehnert

|    |  |    |
|----|--|----|
| 25 | 'I am not able to look at my own pain.'        | 25 |
| 17 | 'My opinion is the only correct one.'          | 17 |
| 21 | 'I control and defend my territory.'           | 21 |
| 51 | 'I work only for my own advancement.'          | 51 |
| 42 | 'I expect life to go my way.'                  | 42 |
| 3  | 'I am only interested in my own survival.'     | 3  |
| 27 | 'I give to receive something for myself.'      | 27 |
| 24 | 'I am addicted to my suffering.'               | 24 |
| 2  | 'I live in fear, disassociated from life.'     | 2  |
| 23 | 'I speak to gain approval.'                    | 23 |
| 8  | 'I live safely in a grey world.'               | 8  |
| 20 | 'I'm busy living on the fringes of life.'      | 20 |
| 16 | 'I am not sufficiently qualified yet.'         | 16 |
| 35 | 'I am possessed by the urge to fill myself.'   | 35 |
| 45 | 'I do not want to rock the hierarchy boat.'    | 45 |
| 12 | 'I am afraid to lose my unique power.'         | 12 |
| 15 | 'My spirit feels low. Life is meaningless.'    | 15 |
| 52 | 'All I hear is noise and all I see is chaos.'  | 52 |
| 39 | 'I know how to push someone's buttons.'        | 39 |
| 53 | 'I am afraid to really go for what I want.'    | 53 |
| 62 | 'I am obsessed with scientific facts.'         | 62 |
| 56 | 'I escape into my own world of fantasy.'       | 56 |
| 31 | 'I control others through the use of words.'   | 31 |
| 33 | 'I am locked into eternal suffering.'          | 33 |
| 7  | 'I am giving others authority over me.'        | 7  |
| 4  | 'My opinion is the only truth.'                | 4  |
| 29 | 'I am a victim of fate, living in fear.'       | 29 |
| 59 | 'I distrust others and fear relationships.'    | 59 |
| 40 | 'I allow my energy to be misused by others.'   | 40 |
| 64 | 'I live in a state of permanent confusion.'    | 64 |
| 47 | 'I am terrified by my route to higher realms.' | 47 |
| 6  | 'I am addicted to conflict, defending myself.' | 6  |

*orig. I have the only correct opinion.*

*orig. I am controlling and defending*

*orig. I only work*

*orig. I am expecting that life is going*

*orig. I am speaking*

*orig. I busily live on the fringe of life.*

*orig. „loose“, an anderer Stelle eindeutig verkehrt – hier ergäbe es aber sogar einen Sinn: als Angst, diese Power von der Leine zu lassen!*

*orig. my own fantasy world*

*orig. I let my energy being misused by another.*

nach Jörn Lehnert

|    |   |    |
|----|---|----|
| 46 | 'Life is a serious business. No joke!'            | 46 |
| 18 | 'I am not good enough.'                           | 18 |
| 48 | 'I am nobody.'                                    | 48 |
| 57 | 'I am afraid of the future.'                      | 57 |
| 32 | 'I am afraid to lose all my money and die.'       | 32 |
| 50 | 'I need to compete for the top position.'         | 50 |
| 28 | 'A life lived in fear has no purpose.'            | 28 |
| 44 | 'I distrust all relationships.'                   | 44 |
| 1  | 'I am deeply depressed and out of sync.'          | 1  |
| 43 | 'I am a mighty worrier, (yet) deaf to my fear.'   | 43 |
| 14 | 'I lack the capacity to reach for my dreams.'     | 14 |
| 34 | 'I have to force the flow of life.'               | 34 |
| 9  | 'I am completely bored with my trivial life.'     | 9  |
| 5  | 'I am pessimistic about my life.'                 | 5  |
| 26 | 'I have to go out and grab what I want.'          | 26 |
| 11 | 'I am lost in unmanifested dreams.'               | 11 |
| 10 | 'I don't have time for anyone but myself.'        | 10 |
| 58 | 'I am trying to find happiness out there.'        | 58 |
| 38 | 'I am struggling to find a purpose in life.'      | 38 |
| 54 | 'I have to push to the top to be filthy rich.'    | 54 |
| 61 | 'I am insecure, unfulfilled and restless.'        | 61 |
| 60 | 'I feel safe through rigid structure.'            | 60 |
| 41 | 'I am always hungry for a better future.'         | 41 |
| 19 | 'I don't have the courage to stand alone.'        | 19 |
| 13 | 'I disagree with you no matter what you say.'     | 13 |
| 49 | 'In order to survive it is okay to kill someone.' | 49 |
| 30 | 'I am hungry for any kind of experience.'         | 30 |
| 55 | 'I need intense drama to feel alive.'             | 55 |
| 37 | 'I don't feel appreciated and supported.'         | 37 |
| 63 | 'I am suspicious, full of self-doubt.'            | 63 |
| 22 | 'I dishonour myself by belittling myself.'        | 22 |
| 36 | 'I live through the turmoil of my emotions.'      | 36 |

*orig. verkehrt „loose“*

*orig. My life has no purpose, lived in fear.*

*orig. worrier, deaf to my fears*

*orig. to reach my*

*orig. anybody*

*orig. OK to kill another*

|    | Dream-Arc-Thema               | Gabe                            |  | Dream-Arc-Thema |    |
|----|-------------------------------|---------------------------------|--|-----------------|----|
| 25 | <i>The way out is through</i> | loving self-                    | acceptance.  |                 | 25 |
| 17 | <i>The way out is through</i> | loving                          | far-sightedness.                                       |                 | 17 |
| 21 | <i>The way out is through</i> | self-empowered                  | authority.   |                 | 21 |
| 51 | <i>The way out is through</i> | ingenious                       | initiative.  |                 | 51 |
| 42 | <i>The way out is through</i> | detached letting go, i.e.       | detachment.  |                 | 42 |
| 3  | <i>The way out is through</i> | mischievous                     | innovation.  |                 | 3  |
| 27 | <i>The way out is through</i> | communal                        | altruism.  |                 | 27 |
| 24 | <i>The way out is through</i> | invention,                      | <i>in the sense of</i> transformational inventiveness. |                 | 24 |
| 2  | <i>The way out is through</i> | orientation                     | <i>meaning</i> sacred nourishment.                     |                 | 2  |
| 23 | <i>The way out is through</i> | rebellious                      | simplicity.  |                 | 23 |
| 8  | <i>The way out is through</i> | tactile sensitivity, leading to | style.   |                 | 8  |
| 20 | <i>The way out is through</i> | boundaries of                   | self assurance.  |                 | 20 |
| 16 | <i>The way out is through</i> | vibrant                         | versatility.   |                 | 16 |
| 35 | <i>The way out is through</i> | spiritual                       | adventure.   |                 | 35 |
| 45 | <i>The way out is through</i> | ancestral                       | synergy.   |                 | 45 |
| 12 | <i>The way out is through</i> | shadow transformation by use of | discrimination.  |                 | 12 |
| 15 | <i>The way out is through</i> | global                          | magnetism.   |                 | 15 |
| 52 | <i>The way out is through</i> | trusting                        | restraint.   |                 | 52 |
| 39 | <i>The way out is through</i> | dynamism                        | <i>and</i> dynamic action.                             |                 | 39 |
| 53 | <i>The way out is through</i> | tempered                        | expansion.   |                 | 53 |
| 62 | <i>The way out is through</i> | vibratory                       | precision.   |                 | 62 |
| 56 | <i>The way out is through</i> | sensory                         | enrichment.  |                 | 56 |
| 31 | <i>The way out is through</i> | enlightened                     | leadership.  |                 | 31 |
| 33 | <i>The way out is through</i> | easy                            | mindfulness.   |                 | 33 |
| 7  | <i>The way out is through</i> | grounded                        | guidance.  |                 | 7  |
| 4  | <i>The way out is through</i> | embodied                        | understanding.   |                 | 4  |
| 29 | <i>The way out is through</i> | unwavering                      | commitment.  |                 | 29 |
| 59 | <i>The way out is through</i> | healing through                 | intimacy.  |                 | 59 |
| 40 | <i>The way out is through</i> | relaxed                         | resolve.   |                 | 40 |
| 64 | <i>The way out is through</i> | dreamtime                       | imagination.   |                 | 64 |
| 47 | <i>The way out is through</i> | faithful                        | transmutation.   |                 | 47 |
| 6  | <i>The way out is through</i> | diplomacy,                      | <i>esp.</i> diplomatic communication.                  |                 | 6  |

|    | Dream-Arc-Thema               | Gabe                             | Dream-Arc-Thema                   |    |
|----|-------------------------------|----------------------------------|-----------------------------------|----|
| 46 | <i>The way out is through</i> | playful                          | delight.                          | 46 |
| 18 | <i>The way out is through</i> | intensity and                    | integrity.                        | 18 |
| 48 | <i>The way out is through</i> | all-encompassing                 | resourcefulness.                  | 48 |
| 57 | <i>The way out is through</i> | crystalline                      | intuition.                        | 57 |
| 32 | <i>The way out is through</i> | preservation                     | of earth spirit.                  | 32 |
| 50 | <i>The way out is through</i> | wily                             | equilibrium.                      | 50 |
| 28 | <i>The way out is through</i> | balanced                         | totality.                         | 28 |
| 44 | <i>The way out is through</i> | alchemical                       | teamwork.                         | 44 |
| 1  | <i>The way out is through</i> | creative                         | freshness.                        | 1  |
| 43 | <i>The way out is through</i> | insight                          | breakthrough.                     | 43 |
| 14 | <i>The way out is through</i> | competence,                      | <i>evoking</i> competent healing. | 14 |
| 34 | <i>The way out is through</i> | inner                            | strength.                         | 34 |
| 9  | <i>The way out is through</i> | determination                    | in service.                       | 9  |
| 5  | <i>The way out is through</i> | deep                             | patience.                         | 5  |
| 26 | <i>The way out is through</i> | sacred                           | artfulness.                       | 26 |
| 11 | <i>The way out is through</i> | courageous                       | idealism.                         | 11 |
| 10 | <i>The way out is through</i> | naturalness,                     | <i>leading to</i> natural ease.   | 10 |
| 58 | <i>The way out is through</i> | joyous                           | vitality.                         | 58 |
| 38 | <i>The way out is through</i> | gentle                           | perseverance.                     | 38 |
| 54 | <i>The way out is through</i> | dauntless                        | aspiration.                       | 54 |
| 61 | <i>The way out is through</i> | secret                           | inspiration.                      | 61 |
| 60 | <i>The way out is through</i> | magical                          | realism.                          | 60 |
| 41 | <i>The way out is through</i> | bold                             | anticipation.                     | 41 |
| 19 | <i>The way out is through</i> | sensitivity                      | and subtlety.                     | 19 |
| 13 | <i>The way out is through</i> | intuitive                        | discernment.                      | 13 |
| 49 | <i>The way out is through</i> | benevolent                       | revolution.                       | 49 |
| 30 | <i>The way out is through</i> | blessed                          | lightness.                        | 30 |
| 55 | <i>The way out is through</i> | feminine                         | freedom.                          | 55 |
| 37 | <i>The way out is through</i> | cheerful equanimity (leading to) | equality.                         | 37 |
| 64 | <i>The way out is through</i> | dreamtime                        | imagination.                      | 64 |
| 22 | <i>The way out is through</i> | the power of                     | graciousness.                     | 22 |
| 36 | <i>The way out is through</i> | faith in                         | humanity.                         | 36 |

nach Jörn Lehnert

|    |  |    |
|----|--|----|
| 25 | 'I have the courage to simply feel the fear.'    | 25 |
| 17 | 'I am seeing things from the heart.'             | 17 |
| 21 | 'I am balancing authority and submission.'       | 21 |
| 51 | 'I have the courage to follow my creativity.'    | 51 |
| 42 | 'I even enjoy experiencing disappointment.'      | 42 |
| 3  | 'I am thinking for myself with optimism.'        | 3  |
| 27 | 'I am generously giving without expectation.'    | 27 |
| 24 | 'I cherish the gaps between my thoughts.'        | 24 |
| 2  | 'I am letting go into the feminine power.'       | 2  |
| 23 | 'I realize that things are simple and easy.'     | 23 |
| 8  | 'I am not afraid of trying new things.'          | 8  |
| 20 | 'I surrender to life at every moment.'           | 20 |
| 16 | 'I can tune into any gift I want and use it.'    | 16 |
| 35 | 'I live unconditionally with an open mind.'      | 35 |
| 45 | 'I take a leap of faith into Heterarchy.'        | 45 |
| 12 | 'I am entering unafraid into the drama of life.' | 12 |
| 15 | 'I experience the expansion of my aura.'         | 15 |
| 52 | 'I patiently watch myself grow like a seed.'     | 52 |
| 39 | 'I feel the raw energy of childlike creativity.' | 39 |
| 53 | 'My endeavours outgrow their own forms.'         | 53 |
| 62 | 'I access the universal language of light.'      | 62 |
| 56 | 'I have learned the art of self-discipline.'     | 56 |
| 31 | 'I help others to break out of their bonds.'     | 31 |
| 33 | 'I see the patterns that cause my suffering.'    | 33 |
| 7  | 'I am the kind of leader that I would follow.'   | 7  |
| 4  | 'I play with the patterns of existence.'         | 4  |
| 29 | 'I am committed to my inner guidance.'           | 29 |
| 59 | 'My ego is dissolved in union with another.'     | 59 |
| 40 | 'I set personal boundaries around my energy.'    | 40 |
| 64 | 'I allow alchemy to occur inside my being.'      | 64 |
| 47 | 'I am constantly surpassing all definitions.'    | 47 |
| 6  | 'I am tactfully dropping my defences.'           | 6  |

nach Jörn Lehnert

|    |   |    |
|----|---|----|
| 46 | 'I am at the right place at the right time.'          | 46 |
| 18 | 'I know your name, Rumpelstilzchen!'                  | 18 |
| 48 | 'I have deep trust in life. I am in abundance.'       | 48 |
| 57 | 'I have trust in the power of my intuition.'          | 57 |
| 32 | 'I know how to connect and prosper.'                  | 32 |
| 50 | 'I trust in the self-organising intelligence.'        | 50 |
| 28 | 'I embrace all my demons and angels.'                 | 28 |
| 44 | 'I can pick up the scent of a true ally.'             | 44 |
| 1  | 'I am burning with creative inner fire.'              | 1  |
| 43 | 'I am a rebel, listening to my inner voice.'          | 43 |
| 14 | 'I am enthusiastic about what I am doing.'            | 14 |
| 34 | 'I am the true hero of my life story.'                | 34 |
| 9  | 'I am calmly following my life's purpose.'            | 9  |
| 5  | 'I turn on the higher code of my DNA.'                | 5  |
| 26 | 'I am listening to my loving intention.'              | 26 |
| 11 | 'I know what my ideals and dreams are.'               | 11 |
| 10 | 'Who am I? Why am I here?'                            | 10 |
| 58 | 'I am feeling the joy of self-awareness.'             | 58 |
| 38 | 'I love obstacles to increase my strength.'           | 38 |
| 54 | 'I work in unison with others to benefit all.'        | 54 |
| 61 | 'I express inner truth through my creation.'          | 61 |
| 60 | 'I am structuring led by common sense.'               | 60 |
| 41 | 'I download the morphogenetic field.'                 | 41 |
| 19 | 'I sense the emotional patterns of others.'           | 19 |
| 13 | 'I view life with optimism at a mythic level.'        | 13 |
| 49 | 'I am free of old emotional prejudice.'               | 49 |
| 30 | 'I let go of desire, beyond needing help.'            | 30 |
| 55 | 'Like a dragonfly I rise above emotions.'             | 55 |
| 37 | 'The more I give, the more I receive.'                | 37 |
| 63 | 'Through inquiry I unlock nature's secrets.'          | 63 |
| 22 | 'I am grateful for that cocktail of noble qualities.' | 22 |
| 36 | 'My heart is open for everyone.'                      | 36 |

engl. 'Rumpelstiltskin', hier 'Rumpelstilzken' – lassen wir's deutsch :-)

orig. am abundant.

orig. inner creative

orig. free of / prejudices

orig. for a cocktail



|    |                          | Essenz          |                                 | Dream-Arc-Thema                            |    |
|----|--------------------------|-----------------|---------------------------------|--|----|
| 25 | <i>Deep in this lies</i> | Universal Love  | <i>as God's Gift -</i>          | the vision of universal love.              | 25 |
| 17 | <i>Deep in this lies</i> | Omniscience     | <i>as God's Gift -</i>          | the vision of the third eye.               | 17 |
| 21 | <i>Deep in this lies</i> | Valour          | <i>as God's Gift -</i>          | the vision of noble valour.                | 21 |
| 51 | <i>Deep in this lies</i> | Awakening       | <i>as gift of God -</i>         | the vision of effortless awakening.        | 51 |
| 42 | <i>Deep in this lies</i> | Celebration     | <i>as God's Gift -</i>          | the vision of jubilant celebration.        | 42 |
| 3  | <i>Deep in this lies</i> | Innocence       | <i>as God's Gift -</i>          | the vision of the innocent child.          | 3  |
| 27 | <i>Deep in this lies</i> | Selflessness    | <i>as God's Gift -</i>          | the vision of selfless kindness.           | 27 |
| 24 | <i>Deep in this lies</i> | Silence         | <i>as God's Gift -</i>          | the vision of ecstatic silence.            | 24 |
| 2  | <i>Deep in this lies</i> | Unity           | <i>as Gift of the Goddess -</i> | the vision of unity and yielding.          | 2  |
| 23 | <i>Deep in this lies</i> | Quintessence    | <i>as Gift of the Goddess -</i> | the vision of alchemical reward.           | 23 |
| 8  | <i>Deep in this lies</i> | Exquisiteness   | <i>as Gift of the Goddess -</i> | the vision of exquisite iridescence.       | 8  |
| 20 | <i>Deep in this lies</i> | Presence        | <i>as Gift of the Goddess -</i> | the vision of mythical presence.           | 20 |
| 16 | <i>Deep in this lies</i> | Mastery         | <i>as Gift of the Goddess -</i> | the vision of agile mastery.               | 16 |
| 35 | <i>Deep in this lies</i> | Boundlessness   | <i>as Gift of the Goddess -</i> | the vision of boundless dreaming.          | 35 |
| 45 | <i>Deep in this lies</i> | Communion       | <i>as Gift of the Goddess -</i> | the vision of the communion of all beings. | 45 |
| 12 | <i>Deep in this lies</i> | Purity          | <i>as Gift of the Goddess -</i> | the vision of musical purity.              | 12 |
| 15 | <i>Deep in this lies</i> | Florescence     | <i>as Gift of the Goddess -</i> | the vision of unity in diversity.          | 15 |
| 52 | <i>Deep in this lies</i> | Stillness       | <i>as Gift of the Goddess -</i> | the vision of focused stillness.           | 52 |
| 39 | <i>Deep in this lies</i> | Liberation      | <i>as Gift of the Goddess -</i> | the vision of wildness and liberation.     | 39 |
| 53 | <i>Deep in this lies</i> | Superabundance  | <i>as Gift of the Goddess -</i> | the vision of good fortune and fruition.   | 53 |
| 62 | <i>Deep in this lies</i> | Impeccability   | <i>as Gift of the Goddess -</i> | the vision of the impeccable shaman.       | 62 |
| 56 | <i>Deep in this lies</i> | Intoxication    | <i>as Gift of the Goddess -</i> | the vision of transcendent intoxication.   | 56 |
| 31 | <i>Deep in this lies</i> | Humility        | <i>as Gift of the Goddess -</i> | the vision of humble leadership.           | 31 |
| 33 | <i>Deep in this lies</i> | Revelation      | <i>as Gift of the Goddess -</i> | the vision of ancestral revelation.        | 33 |
| 7  | <i>Deep in this lies</i> | Virtue          | <i>as Gift of the Goddess -</i> | the vision of hidden virtue.               | 7  |
| 4  | <i>Deep in this lies</i> | Forgiveness     | <i>as Gift of the Goddess -</i> | the vision of loving forgiveness.          | 4  |
| 29 | <i>Deep in this lies</i> | Devotion        | <i>as Gift of the Goddess -</i> | the vision of devoted friendship.          | 29 |
| 59 | <i>Deep in this lies</i> | Transparency    | <i>as Gift of the Goddess -</i> | the vision of transparent consciousness.   | 59 |
| 40 | <i>Deep in this lies</i> | Divine Will     | <i>as Gift of the Goddess -</i> | the vision of the sacred flame.            | 40 |
| 64 | <i>Deep in this lies</i> | Illumination    | <i>as Gift of the Goddess -</i> | the vision of mystical illumination.       | 64 |
| 47 | <i>Deep in this lies</i> | Transfiguration | <i>as Gift of the Goddess -</i> | the vision of karmic transfiguration.      | 47 |
| 6  | <i>Deep in this lies</i> | Peace           | <i>as Gift of the Goddess -</i> | the vision of ineffable peace.             | 6  |

|    |                          | Essenz        |                                 | Dream-Arc-Thema                                 |    |
|----|--------------------------|---------------|---------------------------------|---|----|
| 46 | <i>Deep in this lies</i> | Ecstasy       | <i>as Gift of the Goddess -</i> | the vision of passionate ecstasy.               | 46 |
| 18 | <i>Deep in this lies</i> | Perfection    | <i>as Gift of the Goddess -</i> | the vision of perfected realisation.            | 18 |
| 48 | <i>Deep in this lies</i> | Wisdom        | <i>as Gift of the Goddess -</i> | the vision of spontaneous wisdom.               | 48 |
| 57 | <i>Deep in this lies</i> | Clarity       | <i>as Gift of the Goddess -</i> | the vision of penetrating clarity.              | 57 |
| 32 | <i>Deep in this lies</i> | Veneration    | <i>as Gift of the Goddess -</i> | the vision of reverent resolution.              | 32 |
| 50 | <i>Deep in this lies</i> | Harmony       | <i>as Gift of the Goddess -</i> | the vision of essential harmony.                | 50 |
| 28 | <i>Deep in this lies</i> | Immortality   | <i>as Gift of the Goddess -</i> | the vision of immortal lineage.                 | 28 |
| 44 | <i>Deep in this lies</i> | Synarchy      | <i>as Gift of the Goddess -</i> | the vision of collective coherence.             | 44 |
| 1  | <i>Deep in this lies</i> | Beauty        | <i>as God's Gift -</i>          | the vision of beauty and dawn.                  | 1  |
| 43 | <i>Deep in this lies</i> | Epiphany      | <i>as God's Gift -</i>          | the vision of unexpected epiphany.              | 43 |
| 14 | <i>Deep in this lies</i> | Bounteousness | <i>as God's Gift -</i>          | the vision of bounteous recognition.            | 14 |
| 34 | <i>Deep in this lies</i> | Majesty       | <i>as God's Gift -</i>          | the vision of grounded majesty.                 | 34 |
| 9  | <i>Deep in this lies</i> | Invincibility | <i>as God's Gift -</i>          | the vision of fearless invincibility.           | 9  |
| 5  | <i>Deep in this lies</i> | Timelessness  | <i>as God's Gift -</i>          | the vision of timeless rhythm.                  | 5  |
| 26 | <i>Deep in this lies</i> | Invisibility  | <i>as God's Gift -</i>          | the vision of invisible magick.                 | 26 |
| 11 | <i>Deep in this lies</i> | Light         | <i>as God's Gift -</i>          | the vision of solar light.                      | 11 |
| 10 | <i>Deep in this lies</i> | Being         | <i>as God's Gift -</i>          | the vision of joyful being.                     | 10 |
| 58 | <i>Deep in this lies</i> | Bliss         | <i>as gift of God -</i>         | the vision of blissful service.                 | 58 |
| 38 | <i>Deep in this lies</i> | Honour        | <i>as God's Gift -</i>          | the vision of decisive honour.                  | 38 |
| 54 | <i>Deep in this lies</i> | Ascension     | <i>as gift of God -</i>         | the vision of unending ascension.               | 54 |
| 61 | <i>Deep in this lies</i> | Sanctity      | <i>as gift of God -</i>         | the vision of holy initiation.                  | 61 |
| 60 | <i>Deep in this lies</i> | Justice       | <i>as gift of God -</i>         | the vision of auspicious justice.               | 60 |
| 41 | <i>Deep in this lies</i> | Emanation     | <i>as God's Gift -</i>          | the vision of the divine source.                | 41 |
| 19 | <i>Deep in this lies</i> | Sacrifice     | <i>as God's Gift -</i>          | the vision of transformation through sacrifice. | 19 |
| 13 | <i>Deep in this lies</i> | Empathy       | <i>as God's Gift -</i>          | the vision of empathy and fellowship.           | 13 |
| 49 | <i>Deep in this lies</i> | Rebirth       | <i>as gift of God -</i>         | the vision of planetary rebirth.                | 49 |
| 30 | <i>Deep in this lies</i> | Rapture       | <i>as God's Gift -</i>          | the vision of rapture and purification.         | 30 |
| 55 | <i>Deep in this lies</i> | Freedom       | <i>as gift of God -</i>         | the vision of expansive freedom.                | 55 |
| 37 | <i>Deep in this lies</i> | Tenderness    | <i>as God's Gift -</i>          | the vision of communal tenderness.              | 37 |
| 63 | <i>Deep in this lies</i> | Truth         | <i>as gift of God -</i>         | the vision of the vow of truth.                 | 63 |
| 22 | <i>Deep in this lies</i> | Grace         | <i>as God's Gift -</i>          | the vision of divine grace.                     | 22 |
| 36 | <i>Deep in this lies</i> | Compassion    | <i>as God's Gift -</i>          | the vision of worldly compassion.               | 36 |

nach Jörn Lehnert

|    |  |    |
|----|--|----|
| 25 | 'I transcend the suffering of humanity.'           | 25 |
| 17 | 'I am the single eye of consciousness.'            | 17 |
| 21 | 'I am led by the spirit of true nobility.'         | 21 |
| 51 | 'I am in my natural state of being awake.'         | 51 |
| 42 | 'I laugh at the joke of all creation.'             | 42 |
| 3  | 'No work – just play.'                             | 3  |
| 27 | 'I live my life in philanthropy.'                  | 27 |
| 24 | 'I rest in the silence of pure awareness.'         | 24 |
| 2  | 'I live in unity with all creation.'               | 2  |
| 23 | 'I have distilled the fifth element.'              | 23 |
| 8  | 'Completely at rest, I let go of all history.'     | 8  |
| 20 | 'I rest in the majesty of presence.'               | 20 |
| 16 | 'I have become an empty vessel for life.'          | 16 |
| 35 | 'I am infinite, with no beginning and no end.'     | 35 |
| 45 | 'We are each others' food.'                        | 45 |
| 12 | 'I am falling love with the beloved.'              | 12 |
| 15 | 'My search has come to an end.'                    | 15 |
| 52 | 'I sit in stillness at the heart of all creation.' | 52 |
| 39 | 'I am leaving behind all sense of individuality.'  | 39 |
| 53 | 'I am pure consciousness.'                         | 53 |
| 62 | 'I am intelligent beyond reproach.'                | 62 |
| 56 | 'I am addicted to the highest form of love.'       | 56 |
| 31 | 'I cannot ever do anything wrong.'                 | 31 |
| 33 | 'I am falling in love with my own story.'          | 33 |
| 7  | 'We are the virtuous, visionary leader.'           | 7  |
| 4  | 'I release all karmic debts.'                      | 4  |
| 29 | 'I surrender my identity to the one I love.'       | 29 |
| 59 | 'I am transcending the agenda of evolution.'       | 59 |
| 40 | 'I am deeply relaxed in splendid aloneness.'       | 40 |
| 64 | 'I think God's thoughts.'                          | 64 |
| 47 | 'I am attaining the golden rainbow body.'          | 47 |
| 6  | 'My body dissolves and I become empty.'            | 6  |

*orig. ohne Apostroph, vielleicht aber auch „each other's food“ – unterschiedliche Bedeutung*

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|    |  |    |
|----|--|----|
| 46 | 'My orgasmic mind is completely at rest.'          | 46 |
| 18 | 'I am a perfect expression of divinity.'           | 18 |
| 48 | 'I am secure in being insecure.'                   | 48 |
| 57 | 'I transcend time through gentle softness.'        | 57 |
| 32 | 'I know my place within my lineage.'               | 32 |
| 50 | 'I experience myself in cosmic harmony.'           | 50 |
| 28 | 'I give myself to the everlasting moment.'         | 28 |
| 44 | 'I see the entire tapestry of interaction.'        | 44 |
| 1  | 'I bathe in the eternal field of syntropy.'        | 1  |
| 43 | 'I know that I know absolutely nothing.'           | 43 |
| 14 | 'I am abundance, uniting heaven and earth.'        | 14 |
| 34 | 'I express the divine essence of creation.'        | 34 |
| 9  | 'I am losing all artificial boundaries.'           | 9  |
| 5  | 'I transcend even the highest codes.'              | 5  |
| 26 | 'I surrender to the cosmic game of life.'          | 26 |
| 11 | 'I am enveloped in cosmic light.'                  | 11 |
| 10 | 'I rest in the divine laziness of being.'          | 10 |
| 58 | 'My awareness stretches into infinity.'            | 58 |
| 38 | 'I am living my individual truth for all.'         | 38 |
| 54 | 'I transmute matter into spiritual essence.'       | 54 |
| 61 | 'I am silent in mystery, knowing nothing.'         | 61 |
| 60 | 'I trust in the magic of divine justice.'          | 60 |
| 41 | 'I am swallowed by the black whole.'               | 41 |
| 19 | 'I am interdependently linked to all.'             | 19 |
| 13 | 'I am listening through the cosmic mother.'        | 13 |
| 49 | 'I experience the rebirth of the phoenix.'         | 49 |
| 30 | 'I willingly step into the fires of annihilation.' | 30 |
| 55 | 'I am experiencing the collective orgasm.'         | 55 |
| 37 | 'Family is the collective aura of tenderness.'     | 37 |
| 63 | 'Truth is the eternal moment of the universe.'     | 63 |
| 22 | 'All is well.'                                     | 22 |
| 36 | 'My suffering encompasses all humanity.'           | 36 |

*orig. am abundant*