

An
Energy-based
Covenant

Susanne Edelmann

Impressum

Bibliografische Information der Deutschen
Nationalbibliothek: Die Deutsche
Nationalbibliothek verzeichnet diese Publikation
in der Deutschen Nationalbibliografie;
detaillierte bibliografische Daten sind im Internet
über dnb.dnb.de abrufbar.

©2022 Susanne Edelmann
Herstellung und Verlag: BoD – Books on
Demand,
Norderstedt
ISBN: 9783756209309

Content

1. Introduction
2. An energy-based covenant
 - 2.1 Energy-based contacts
 - 2.2 Energy-based relationships
 - 2.3 Energy-based sexuality
3. Future tasks in the context of energy-based covenant
 - 3.1 Challenges you may encounter
 - 3.2 Abilities that support you in an energy-based covenant
4. Practical aspects of an energy-based covenant
 - 4.1 Trust
 - 4.2 Working together
 - 4.3 Common future tasks
5. A few final words

1. Introduction

**It is not good
that man is alone.**

And yet, many people are currently alone. They feel alone, although they are surrounded by other people and these other people definitely do want to have contact with them. Thus, it's not like that that other people do not want to have contact. On the contrary. It's just that a certain group of people are feeling increasingly alone right now. This while they live, love and work in the midst of other people, and it is in no way impossible or forbidden for them to have contacts. Also, contacts with the aim of a love community or sexual activity. On the contrary.

Many highly evolved people are currently feeling alone. This in the midst of a large crowd. Most human relationships seem increasingly hollow and empty to them. They do not enrich (anymore).

And even if some tasks are associated with familiar and cherished feelings, very often these tasks are no longer enriching either. It no longer fulfills what has been lived up to now and so on the one hand the resignation grows and on the other hand sometimes the longing for a fulfilled, essential life increases:

The longing for:

- Tasks that challenge and promote personal development.
- Safe, lively, free relationships that are deeply fulfilling and in which even a highly developed person can take up space in their full size without being exposed to (damaging) relationship behavior.
- Being captured without having to explain yourself.
- Having opposites whose before and behind are congruent and who have a beneficial and healthy relationship behavior.
- A life according to natural orders, without having to discuss it.

Do you sigh inwardly at these sentences? Well, then the book is aimed at you too.

Highly developed person on the way to full awareness, achieved and carried a lot in this one life, has become tired, increasingly alone, underchallenged, bored, life has nothing really fulfilling to offer you anymore.

Well, it's time for the next level, don't you think? A challenge that challenges you holistically, promotes your personal development and at the same time fulfills and enriches you in depth. Are you ready?

Well, then you are still right, with this book.

2. An energy-based covenant

If you are human, you grow into different relationship constellations and become familiar with all kinds of relationship patterns. They are all embedded in norms, ideas and limitations and in the course of your human life you then find your workable ways to deal with them.

If your own vibration frequency now begins to increase and your own perception ability expands as a result, you also increasingly perceive energy-based. You suddenly recognize ritualized, empty relationship patterns, for example. You realize that your opponent is holding up a front that is far away from his behind. You begin to feel uncomfortable, in emotional confinement that restricts you and sometimes manipulates you. And so, it may well happen to you that you begin to withdraw somewhat from human contacts. They don't enrich you (anymore). They seem empty to you. You long for something else that you can't even quite put into words. More depth? More substance? More real? Opposites at eye level, who touches you deeply. People who are free from all the many bad relationship patterns and emotional entanglements that you have encountered so often in your previous contacts.

But what are authentic encounters? And honestly, when was the last time you experienced something like this? Would you like to get involved in an honest discussion with yourself?

Exercise

Take half a day. Get wax crayons and large paper. Retreat to a quiet, beautiful and undisturbed place and engage in a conscious examination of yourself.

- How have you experienced your previous relationships?
- The love affairs?
- The parent relationship?
- The relationship with your siblings?
- The relationship with your children?
- The relationship with your friends?
- The relationship with your neighbors?

Write, paint, draw. Until everything has been formulated that needs to be formulated.

Take the topic with you into your practical everyday life for a few days and allow it to show itself to you continuously. Put the book aside a little these days and consciously engage in your own process. An energy-based covenant is a story all of its own that challenges you in many ways. In order to be able to cope with this story, it requires a high and disciplined commitment on

your very personal side. An energy-based covenant only succeeds if you bring yourself into it with all your willingness and all your abilities. A high one, because your full commitment. A little is not possible here. As often as you should try. You won't succeed. An energy-based covenant is a form of relationship that is built on:

- The ability of unconditional transparency and authenticity
- The ability to unconditionally let go and engage
- The ability to trust yourself completely

And what is relatively easy to read at best is a high requirement, lived in a very practical way. A level that you can and must consciously acquire before you are able to live this specific form of relationship in a very practical way. Be aware that you cannot avoid the conscious processing and thus conscious dissolving of your previous relationship experiences. You are only free when you have cleaned up and worked up sustainably what you have experienced so far.

Whatever you have experienced in your life so far, it shapes you. Yet, you continue to expect the same. Also, in relationships. And if you want to be completely free and open to a completely new form of relationship, you first have to be free of your previous (relationship) experiences.

Thus: If it feels right for you, make a conscious decision to allow all of your previous relationship experiences to be cleansed and clarified and thus dissolved in the long term. So that you are completely free. Take enough space and time for this precious and important work. Continue reading this book when you know that the old is now completely and permanently resolved and you thus are free and open to new and beneficial (relationship) experiences.

2.1 Energy-based contacts

Energy-based contacts are clearly different than material-based ones and if you find yourself at the point on your personal path of consciousness where your holistic system connects to the energy-based level, you are henceforth subject to its circumstances and laws, even if you continue to move quite normally in the human material-based living space. If you are unsure whether this is the case for you: Please ask your own inner being for the appropriate answer. You will receive it in the form of a sure inner knowing in the next few days.

Please be aware that the book is explicitly aimed at people whose holistic system is fully connected to the energy-based level and who have the competence of the energy-based way of life consciously in them again. If this is not the case for you, this book will not serve you.

Energy-based contacts are subject to the natural orders.

Natural orders form according to your authentic natural size. They do this involuntarily, as long as at least one participant is subordinate to the energy-based dimension and this participant does not consciously block. Something that many highly developed people still do in an unconscious way at the moment. They consciously adapt downwards in contacts and press themselves into the given material-based hierarchies. They do this involuntarily because they do not know anything else, so far.

And so, I would like to invite you to consciously take the topic with you into your next few days.

- Observe where you still carry the described behavior in you and then consciously let it go.
- Allow your own inner essential self to show you how natural orders can form in the context of materially based hierarchies. A challenge that you cannot solve mentally, but rather need to be consciously pointed out by your own inner essential self.
- Consciously observe what happens when you very consciously allow your authentic size. Also notice any indications of any related injuries that have not yet been processed and process them consciously and sustainably.

- Observe until you have grasped holistically what it means to live natural orders in the context of human hierarchies.

Energy-based contacts are free from emotional attachments.

And you'll have to get used to that a bit, as these contacts almost feel a little emotionless and thus seem strangely empty to you, in the beginning. Energy-based contacts are purely authentic contacts without the relationship patterns that are so familiar to you. And if a part still has emotional entanglements or human relationship patterns inside of them, these are clearly noticeable and just as clearly disturbing in an energy-based contact. Yet, you have to experience this consciously and observing a few times at most, until you grasp in depth what this means in very practical terms.

Once emotional entanglements and familiar relationship patterns are gone, you get – unusually – close. And so, energy-based contacts in their pure form only take place when all those involved are safe opposites. This also happens involuntarily, so you cannot force it. However, you will recognize it when you consciously experience a first purely energy-based contact.

- Your personal energy spaces are sustainably cleansed of negative forms of

energy and so neither abuse nor violence nor any other negative experiences are possible in this one contact.

- Your injuries are basically resolved and thus, you are no longer vulnerable or hurtful in the respective contacts.
- Your contact is characterized by great attentiveness and great mutual respect.
- You are. Both unbiased. Both authentic.

And maybe, you already feel it while reading; Such contacts are extremely beautiful and enriching and at the same time, take some getting used to for a person who has only moved in the materially based human living space, so far.

Energy-based contacts are transparent.

And as much as you wish repeatedly to be captured by your counterpart, you probably have to get used to it at first. You both grasp each other. Completely transparent. Your feelings, your thoughts, your condition; they are all accessible to your counterpart. Involuntarily. Within a second. In the same way, you also grasp yourself within a second. Energy-based contacts are unfamiliar and take some getting used to for people who were previously used to typical human contacts. And so, I recommend you and yourselves not to get in action immediately

when you meet, but to consciously pause a little at the beginning. Consciously perceiving how you are doing, here and now, in this one beginning contact. And then, at best tell it consciously. In order to then consciously grasp your counterpart and just as consciously perceive how he or she is doing, here and now, in this beginning contact with you.

Once you have gotten used to the (new) form and learned to trust it (and thus also your highly developed counterpart), you can confidently let yourself fall into your common here and now and consciously be together. This leads to a fulfilling quality in your contact that will inevitably please you (and both of you). There is no longer emptiness. There is (now) a lot of (fulfilling) depth.

In order for energy-based contacts to succeed, you need your freedom from judgment and your openness. It must be allowed to be what is – value-free. Insecurity, pain, suffering, etc. You must be able to consciously let go and endure of anything that may be distressing or ugly, without it tempting you to immediately want to alleviate, save, or act in any other way. Honestly, this is only possible if you have worked through your own pain and negativity in the long term and thus dissolved them in your holistic system. If a topic triggers you personally, take it as a conscious request to consciously look again and

just as consciously work through it and thus dissolve it.

2.2 Energy-based relationships

In the context of this section, relationships mean contacts that last over a certain period of time. Furthermore, relationships to and with other highly developed people.

As a human being, you are used to typical human relationship settings and also typical human relationship behavior. You have had a variety of experiences in the course of this one human life. Experiences that have shaped you (sometimes lastingly). And in order to actually be completely free and to be able to engage in completely new experiences on a completely new level, you have to have worked through the old in a sustainable way. If you feel that not all of your previous relationship experiences have been resolved, I strongly encourage you to make up for it by making a conscious decision. And if it feels right for you, put the book aside and first concentrate on the corresponding dissolution process so that you are free in the long term.

Energy-based relationships behave significantly differently than you are used to and so it helps you if you have cleaned up your previous (stressful) relationship experiences on the one

hand, but on the other hand you let go of everything you have experienced in the relationship so far and are curious and open to a completely different and new form of relationship. If possible, try not to analyze, do not want to achieve any results and, in particular, do not try to force an energy-based relationship into the materially based human relationship settings you are used to. In doing so, you will not succeed, rather you generate some unrest, in yourself and in your counterpart. Therefore, ideally let go consciously all you ever experienced and know so far and just as consciously engage in something completely new.

An energy-based encounter occurs whenever it serves everyone involved.

This also applies if you research together or work together. No matter what skills you have and no matter how valuable you would be for certain projects, on an energy-based level; you only participate if the project serves you in any way. On a material-based level, you usually focus on the financial aspect in this regard, on the other hand, on an energy-based level, your wealth is usually about deepening one of your skills or supporting your personal development. Money becomes a by-product and is no longer the goal. This is because, on an energy-based level, you naturally have everything you need at your