

**SIBYLLE DÖRGE**



**PATH TO  
ENLIGHTENMENT**

**SIMPLY LIVE HAPPILY**

Path to Enlightenment – Simply live happily

[www.wisdomblissenenlightenment.com](http://www.wisdomblissenenlightenment.com)

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# INTRODUCTION

How can one as a German woman at fifty say one knows what it feels like to be enlightened? And how can one presume to point the path for everyone else as well? You can believe me, it was never even remotely my intention to go down this path.

I dedicated the first 30 years of my life to music. Since I played an instrument at the age of five and practised practically every day, the focus in my life was different from that of my peers. This made me more and more of an outsider at school, who liked classical music and was allowed to skip school every now and then because she had performances. The older I got, the more my talent became my undoing because I wanted to be seen as a human being and not admired for my skill. That shaped me.

My life was also defined by the feeling of not belonging to my family. So I learned early on to fight my way through life and to assert myself. Later, through my partnership, I realised how enriching family can be. That opened my eyes. I discovered another world that was much better than mine and that I really wanted to get to know better because it was good for me and enhanced my life. That is how my path began.

I used to be an ambitious and disciplined human being who suppressed her feelings. My strong will helped me to some successes, but in doing so, I also repeatedly exceeded my limit of load capacity and usually only noticed it when it was already too late. That was my survival mode. It took me about 20–25 years to free myself from these well-worn patterns and to reach enlightenment.

My apprenticeship and travelling years were difficult and enriching at the same time, as developing yourself always represents a break from something familiar and requires both courage as well as commitment. However, as soon as I was able to take a step forward, I was proud and for a moment the happiest human being in the world.

Since my professional life was successful but mixed, I decided to learn more about the human being and his/her ways of thinking and acting. This led me to start a three-year psychological training at the age of 35, which is the foundation on which everything is based. My post-graduate studies in Expressive Arts (Coaching, Consulting, Therapy) broadened this knowledge. Before that, I had already completed a business management education and gained several years of professional experience in music management.

Now the time had come to use the knowledge. I combined the three domains (music, psychology, business administration) and created something of my own from it. In 2009, I started my self-employment as a business-psychology consultant and specialised in musicians and artists for the first few years. Since the systems and mechanisms in life are universal, after a few years I opened up my offer and provided mentoring, based on a school of life.

In the meantime, I see my task as spreading my knowledge as widely as possible. As a result, I have summarised the essential factors of how life works in this self-help book. I want you to understand life. It is

not enough that you just acquire this knowledge. In order to be able to implement it, it is necessary that you are open to change.

Just as a caterpillar transforms into a butterfly, you have to go through a metamorphosis to become a different human being. This change costs you strength, and you need a strong will, commitment, perseverance and much more. When you walk this path, you deal with the causes of your blockages and your deficiencies and make the connection with your life. Afterwards, you can leave behind your previous life, which to a certain degree is determined by fear, insecurity and dependency, and replace it with a life that consists of harmony, authenticity, stability and love.

This is a process that develops little by little and that requires time, patience and attention from you time and again. If you engage in all these learning steps and stay on the ball, you will become happy from within and thus come to enlightenment.

SCHOOLING  
HAPPINESS



Depending on how our school days went, we found them either pleasant and useful or depressing and difficult.

When we feel that we have had to subordinate to teachers in the past, were dependent on them and sometimes also treated unfairly by them, it is understandable that our attitude towards learning has had a lasting impact on us. However, if we do get the opportunity to have life explained to us practically and in a simple way as well as to see the benefit of learning, and can decide for ourselves when, where and how much we want to learn, we will probably change our attitude and become open towards learning.

Our life is comparable to that of a pupil. Just as a pupil goes to school, we discover life, make experiences and learn something from it – sometimes voluntarily, sometimes involuntarily. Of course, there are phases in which we learn more and phases in which we also sometimes take a break. It can just as well happen that one or the other takes a lap of honour, as we have difficult life circumstances that make learning impossible for us or we are too lazy to learn. Everyone decides for themselves what is right at the moment and what is possible.

If we skip school lessons, we deny ourselves to life and keep standing at a certain level. This is neither good nor bad, it is simply the way it is and it always has a reason as well. When this happens to us, we can (figuratively speaking) only insufficiently calculate, write or read. One possible consequence of this is that we only get poorly paid jobs and therefore live at subsistence level. With little money we can't participate in life everywhere, so that our self-confidence is low. That in turn can lead us to enter into a toxic (unhealthy) relationship which makes us addicted and anything but happy. So we easily enter into a downward spiral.



There is another way how we can deny ourselves to life. Indeed, we go to school and we may also learn something, but we don't apply the knowledge. When we get into a difficult situation, we indeed know what we can and should do. But we don't do it, since the pressure of suffering is not yet great enough, as we are afraid of change or we lack the drive. Instead, we like to use various kinds of excuses.

Another aspect is that we can't interpret life properly. It reminds me of my English classes. There are words that have several meanings. The meaning of a word depends on the context in which it is used. It is the same with life. We acquire knowledge about life and have to find out for ourselves what meaning a situation has for us and how best to behave. Most of the time, these are situations in which we don't have any experience yet.

The difficult situations in life are generally for us the most formative and at the same time the most important. Whenever we encounter a burdensome situation, we are confronted with both our perception and our ways of acting as well as with our expectations, which can either move us forward in life or block us and set us back.

We notice on the basis of experience, which behaviour is beneficial to us and with which behaviour we don't do ourselves any favours. If we learn something from these situations, we develop in a direction that suits us more and achieve a better quality of life. This is how we use our life in a meaningful way.



# ENLIGHTENMENT

Imagine that all people liked you, even loved you. They would treat you with respect, support you and be there for you in times of need. What would that be like for you?

Normally, that would relax you, put a smile on your face and calm you down. That is what life would be like and what it would feel like if all human beings were enlightened.

But the reality is different. We want to be happy and strive for it but we don't realise that we often bring forth happiness from a state of lack. This only works in the short term, if at all. We start wanting the same thing again. However, we don't change our tactics, but trample along the same path, having the same experiences over and over again. Somehow we are at a loss and no longer understand the world. Admitting this would be fatal and embarrassing, as we would be showing

weakness. So we carry on as before and this cycle repeats itself over and over again.

For most of my life, this happened to me in the same way. But at some point, I faced the challenges of life and have now reached a point where I would like to teach you the essential basics of life in a simple way. If you walk this path, happiness and inner peace will not only last for a moment for you but will become your basic feeling.

Life normally starts well for us, as we come into the world as healthy beings. But that changes over time because in the first few years there are always situations where we feel abandoned or don't get what we want or need at that moment. This creates inner injuries that we have been carrying around with us ever since and that shape us.

Since we are all dependent on our parents up to a certain age, we develop strategies during this time on how best to deal with our life circumstances and the difficulties that occur in them. The strategies consist, among other things, of substitute satisfactions in order to be able to shape and cope with life in the best possible way. A substitute satisfaction is a replacement for something that you would need at that moment but you are lacking (love, affection, connection = something that gives you stability).

We reward ourselves, for example, with food, new clothes and jewellery, or distract ourselves with social media. We use this kind of satisfaction to no longer have to feel the pain that the wounds have left in us. In the worst case, we even hurt ourselves in some way or we become addicted (e.g. drugs) and thus escape or deny ourselves to life.

However, this doesn't make the internal injuries disappear. They remain. Instead of healing and bringing ourselves into balance, we accept the circumstances over time and adapt to them more and more.

But we protect our heart in order not to be hurt again and thereby suppress our love. Instead of talking to each other and staying away from bad people and situations, we meet them stoically. We are no longer ourselves but drive through life with the handbrake on. Over time, this becomes our normal state, since we have learned how best to react in certain situations and we will do this exactly the same way time and again. Life has become a game whose rules we know.

Unfortunately, no one has taught us how life works and how we can heal our inner wounds in order to live a fulfilled and happy life. That is why we remain hurt, struggling through life and suffering. It is up to us to change this. It is possible.

When we learn how life works, when we can discover it, appreciate it and feel it as something beautiful, then we become happy. Furthermore, if we learn about the systems and mechanisms of life and apply them, we heal ourselves bit by bit. To do this, we need commitment, stamina, as well as the will to regularly reflect on ourselves and open ourselves up to new ways of thinking and behaving. When we successfully take all these steps, we reach a '*natural*' state in which we live authentically, act out of love, and trust life. This highest stage of development that we can achieve as a human being is called enlightenment.

Becoming enlightened is the goal of being human. In the Western world, we usually only become enlightened in the second half of our lives, as we primarily focus our lives on raising a family, gaining prestige, as well as achieving financial and emotional stability. The value of enlightenment is placed rather low in comparison. Moreover, it is linked to a development process that repeatedly demands attention, energy, openness to new paths and, in a sense, money from us.

The strong foundation on which you build your life as an enlightened one lies within you. You are in your centre, balanced, and trust life. You feel connected to everything and have matured into a humble human being who sees him-/herself and others. All of this gives you a high quality of life. You have also learned to detach yourself from your mind with all its judgements and expectations, so that you live consciously in the present moment most of the time. You take on life as it presents itself to you. You accept it because you know that life is not working against you but for you. Therefore, you don't react with resistance to events that are against your values or morals, but remain level-headed and calm because you are a tolerant human being who accepts the difference, the individual will and the decisions of others.

As an enlightened human being, you have found a new approach to life and no longer feel connected to the old way of life. You now walk your individual path and dedicate yourself to your new task of imparting your knowledge and using your skills in a meaningful way. In doing so, you make a difference and become a role model for many people.

There are different degrees of enlightenment. These are comparable to the daily forms you have and which can vary from time to time. Apart from the living standard of enlightenment, there is an enlightened state that occurs rarely, is very intense and sometimes lasts a few hours or a few days. It is very fulfilling and feels similar to a state of trance or the state in which you are newly in love.

## **Why is enlightenment worth striving for?**

The advantages you have with this standard of living are enormous. You appreciate the uniqueness of life in the here and now. Before, you used to spend a lot of time being in your mind in the past and the future, and let life pass you by. You more or less limited yourself, were unbalanced and stressed, and could not fully develop yourself.

Your perception and attitude towards life are now completely different. When you are enlightened, the search is over, as you have arrived at yourself. This changes and relaxes you. You are free from suffering and lack, you therefore rest in yourself, are balanced and thereby have a high quality of life.

Moreover, you live without expectations and demands. The pressure that was previously felt in your life is gone. You no longer have to prove anything to anyone, you don't need success and you don't judge yourself or others. Everything is good the way it is, it is allowed to be that way and it has its meaning.

Through your knowledge of the interrelation in life, you have become a happy, social and wise human being who has healed his/her inner injuries, who is a balanced human being, who feels connected to everything and can cope with any situation in life. You now feel free, you are no longer attached to anything, you are no longer open to attacks, you are acting selflessly and don't want to harm anyone.

You have evolved to the point where your thoughts and feelings no longer get out of control and you generally remain positive. Therefore, you no longer end up in emotional chaos. You are happy and appreciate life, no matter what it has to offer you. You can also satisfy your basic needs yourself without having to rely on others. As a result, you are balanced, take good care of yourself and stay healthy.

Your whole thinking and acting change. While everything used to revolve around you, you now think and act for the benefit of a community. You exchange with others and each side inspires the other, so that there is a balance of give and take.

Your approach to money also changes. You no longer buy anything to make yourself feel better and you don't need status symbols to impress others. So everything seems positive to you. This relaxes you and you have more time for the things that are close to your heart.

You discover life anew every day and encounter it impartially. You trust your intuition, have inspirations time and again and are in alignment with yourself and nature. You act authentically and live life from the heart. In order to maintain this positive life energy, you regularly withdraw from the world and are grateful for the time you can spend on your own.

As an enlightened one, you are still a normal human being (not a perfect human being). You are now in the stage of life where you feel free, safe and happy and can enjoy life. You have understood the meaning of life and found your purpose. Your life consists of passing on your knowledge about a peaceful, meaningful and happy life to others. In doing so, you are making a difference, and that is the most beautiful reward a human being can receive.

## Traits that are part of enlightenment

- ★ you trust life
- ★ you lead a meaningful life
- ★ you make a difference
- ★ you live authentically
- ★ you used life to heal
- ★ you act out of love and with appreciation
- ★ you are a humble person and aren't attached to anything
- ★ you are able to satisfy your basic needs yourself
- ★ you live consciously in the present moment
- ★ you rest within yourself and maintain your inner peace
- ★ you are at peace with yourself
- ★ you behave respectfully and mindfully towards everything
- ★ you think and act from ethical points of view
- ★ you generally don't attack anyone verbally or physically
- ★ you live without expectations and evaluations
- ★ you are tolerant
- ★ you have wisdom
- ★ you apply the laws of life
- ★ you have good communication skills
- ★ you have neither envy nor ill will towards others
- ★ you have a healthy self-esteem
- ★ you are trained in observing and reflecting
- ★ you are intelligent and able to think logically
- ★ you are emotionally stable and don't get into emotional chaos



- ★ you possess empathy and social intelligence
- ★ you keep fit and healthy and have a good work-life balance
- ★ you know that everything is interconnected
- ★ you are neither a saint nor a perfect human being
- ★ you have a high energy level and living standard
- ★ you live for the good of a community
- ★ you have found your purpose in life

Enlightenment can be learned. Because of our upbringing as well as our cultural and societal norms and constraints, we have developed against our nature in some areas. This acquired behaviour affects our quality of life time and again.

As a human being, you are not a loner. You are a social being who was conceived by a mother and father. Normally, you grew up in a family, i.e. in a community of several human beings. Therefore, in order to feel comfortable and accepted you need a counterpart over and over again. In a sense, you can indeed survive on your own (as an adult) but that is not the nature of a human being, it doesn't suit you.

The first six years shape us all the most. This is because our brain still has yet to form and develop and we live in a (more or less) unconscious state during this phase of life. As a child, we also can't survive on our own and are therefore strongly dependent on our living situation and living conditions. Our environment as well as our adaptability therefore decide in which direction we develop as a human being. Due to the reactions of our attachment figures (mother, father, grandma, grandpa, aunt, uncle, siblings) towards us, we develop our behaviour, our character and our idea of life.

What we experience in our first six years and what has great significance is stored unfiltered in our subconscious. In simple terms, this means that we compare everything we experience after the age of six with the first six years. So we react to an event after the age of six in the same way as we did as an unconscious and dependent toddler!

Let's say you are 32 years old and fall in love. Now your subconscious compares the current situation with a similar situation from the past. Today your subconscious thus uses a situation in which your mother (your closest attachment figure) expressed her love to you back, when you were a child and gave you a sense of security and connectedness. The way you felt about that situation then is the way you react to others now. You then either remain passive and wait or you take on the part that actively approaches the other. This means that you either do nothing, or you write a love letter, or give the person concerned a compliment or a gift.

## **Attachment Pattern**

An attachment pattern provides information about your capacity for bonding with other people. Your capacity for bonding strongly depends on how you felt your bond to your mother when you were a toddler. If you had a trusting and emotionally stable relationship with your mother, you feel secure and safe from then on and are able to form new relationships without any problems today. However, if you had an unstable and predominantly unemotional relationship with your mother at that time, you often feel rejected and insecure from then on and are sceptical towards other people. Therefore, you behave in a more or less closed off way, you isolate yourself and are sometimes difficult to access.

No matter what situation stands in your way in life as a youth or adult and hinders you in some way, the cause always lies in the first six years of your life or in a single event afterwards that had great significance for you.

**Conclusion:** Enlightenment denotes the highest stage of development of a human being. It is our natural state in which we have healed our inner emotional wounds. As an enlightened one, we encounter life positively. We act out of love, trust life and have found our place in life.

If you would like to become enlightened, you have to be open to change and development. It is about changing your attitude towards everything you have stored in your memory for the first six years and that doesn't give you any benefit in the long run. When you change your attitude, and therefore your thoughts and feelings at the same time, you become a different human being. That is what life is about from a psychological point of view. So your life task is to develop yourself into a social, balanced, happy and wise person, in order to make a positive difference and give meaning to your life.

# BASIC TRUST



Basic trust is the most important thing in a human being's life, since it is trust in life that gives us a basic stability. It is comparable to the foundation of a house. If we have a good basic trust, we feel stable, secure and grounded. In addition, we have good self-confidence and feel connected to other people.

Basic trust comes into being because of the relationship (attachment pattern) between a mother and her child. Basic trust is a feeling of love and connection that gives the child security and stability. If the mother is absent or unable to establish a trusting bond with her child, another person can take over this function. Since many mothers or parents are not able to give their child this feeling of love and bonding, or not enough, along the way, these children develop a behaviour that is against their nature.

If we lack basic trust, something subliminally resonates throughout life that makes life seem difficult to us and doesn't go away. We often feel lonely, outcast or unhappy and don't recognise the reason for it.

Naturally, we want to compensate (make up) for this lack and therefore constantly strive for love, affirmation and a sense of security. First with our parents and our closest environment, then later with our partner and in other relationships. Most of the time, while doing so, we attract exactly those people who have the same deficiency, so that we remain unbalanced. This is why we always have the feeling that we are giving a lot and getting nothing or very little back. We have no idea why this is the case and therefore can't change anything about it.

Over time, we become more and more dissatisfied and fight like hell and with all means to somehow get out of this situation. We develop protective strategies in the form of behaviours that aim to compensate for this perceived deficiency. On one hand, we can either behave in an overly helpful manner or we have a hobby in which we want to be out-

standing in order to be loved and accepted as a result. On the other hand, we can also behave extremely conspicuously or extremely calmly. In this way, we provoke at least a reaction from others, even if this is not always positive.

### **Critical Question**

Why should others love you if you don't love yourself?

There are many things in life that we can't influence. Part of this is that we can't force anyone to love us, take good care of us or make us feel safe. However, we can develop a strategy for how to alleviate and compensate for our deficiency in order to achieve a basic stability in our lives.

### **Laws of Life**

According to the law of attraction (like attracts like), you attract that into your life what you sent out. If you send out lack, you will attract lack into your life. This lack will be reflected back to you in some form.

Due to your lack of basic trust, you have acquired behaviour that is against your nature and brings you sorrowful experiences. But life wants you to be well and every now and then brings a stressful situation into your life in the form of a stumbling block. It sounds paradoxical but you will understand it better in a moment. This stumbling block is something positive, even though it stresses you out in some way or causes you to fall. The purpose of the stumbling block is to wake you up and make you think about your situation.

If you don't question your difficult situation but react to it in your usual way, you will go round in circles and experience the same or similar experiences of suffering and lack over and over again. However, if you see a way how you can use this stumbling block positively and recognise the potential that lies within it, you will become open to change. You then learn something from this situation, act differently in the future, and finally even feel this change as your personal success.

The law of attraction always works. If you act out of anger, you will get a reaction with this energy (anger) reflected. If you act out of joy, you will get a joyful reaction in return. Sometimes this happens immediately, sometimes it takes a while. However, according to the law of cause and effect (what you sow, you will reap), you can be sure that at some point in your life a situation will arise that will remind you of your past behaviour.

Life always provides justice and a compensation. So you don't have to take care of it yourself. With these laws of life, you can see that life is logical and explainable (predictable). If you know these laws and use them consciously in your decisions and actions, you will be able to align your life positively and influence it visibly and effectively.

## **Self-Responsibility**

Our thinking and upbringing are geared in such a way that we think doctors are specialists in the field of healing and know what is good for us and helps us. This is why we go to them when we are sick and hope that they will make us well again. We would like it best if they would relieve us of every burden and suffering that rests on our shoulders. They can't. Doctors can make you well but they can't cure you. The reason for that is that your thoughts are the cause of your suffering, the outer life circumstances are the effect. Therefore, the responsibility to heal your inner wounds lies entirely in your hands.

The responsibility for our quality of life, our feelings, our thoughts and actions as well as our healing thus lies exclusively with us. Being self-responsible means that we react consciously to things and events, we love ourselves, we take good care of ourselves and look for solutions ourselves. If you leave this to others, you make yourself a victim, give away part of your freedom and tend to blame others. If you blame others, the matter is mostly settled for you. However, the same or a comparable situation will keep reoccurring and will continue to haunt you.

If, on the other hand, you use such a situation as your own call for help (assignment of guilt = call for help), which you address to yourself, you can free yourself from this situation in that way and thereby take over the responsibility for your life. Therefore, make yourself aware that only you live your life and only you are responsible for your happiness and suffering.

### **Critical Question**

What is stopping you from taking responsibility for your life?

You only then take responsibility for your life when you feel connected to yourself and you are important to yourself. Only then are you stable enough and able to take responsibility for your life.

If you see yourself as a valuable human being, you are proud of something you have done or are good at. You may be good at baking, cooking or painting, or you are gifted with craftsmanship. Maybe you are sporty, have a green thumb, or are good with animals. It can also simply be a trait you like about yourself: you are funny, generous, helpful, sociable or skilled. Others see this as something positive, like-



able and enriching. Then you can see that as something good for you too, can't you?

Every beginning is difficult, so it is important to start with small things you are proud of and enjoy doing. If you are proud of yourself, others will see this too. If those around you don't appreciate that, just meet and share with like-minded people instead.

## Exercise

1. What kind of person are you? Describe yourself.
2. What do you like to do and what are you good at?
3. What traits do you like about yourself and which ones do you find not so good?

4. What exactly do you want to do to appreciate yourself more?

5. Consciously take time for yourself every evening. Think about what went well that day and what was not so great. What do you want to do differently from tomorrow on and what do you have to change in order to be able to do it differently?

## Developing Self-Love

We hear a voice within us throughout the day that speaks to us. The voice speaks about old and new things that we have experienced, seen and felt or that we are currently seeing, hearing and feeling. It shows how we perceive ourselves and the world out there.

The following steps give you the opportunity to find out in a short time how and what you think about yourself. This is all about you.

You listen to your inner voice for a while and write down, on a piece of paper or in an app on your mobile phone, what makes you glad and happy, as well as what hurts and pulls you down. It's just about what you hear about yourself.

1. Read over what you have written down and let it sink in.
2. Compare how many positive and how many negative things you have written down about yourself. What is predominant about you right now? You can see from that how well you are doing at the

moment. If you have written down more negatives, you should take action and consider why you think that way about yourself.

3. Now consider whether what you have heard and read that is negative about yourself is really true, and not only just now but always.
4. If you think that you are always like this, think about whether this view is good for you and brings an advantage, or pulls you down and makes you sad or angry. Ask yourself why you have become this way and whether you want to stay like this. Maybe you will use that as an occasion to change. Just read the next step and continue there.
5. If you are only sometimes like that, it is at least a small relief for you, and you can rephrase the sentence to that effect: *'Sometimes I am ...'* The next step is to find out why you feel or behave this way. What is the trigger for this? The fact is, if you were balanced, you would feel good. Since this is not the case, you are in deficiency and you are missing something. If you lack basic trust, the answer is always: *'I lack love and connection, which give stability to my life.'* Make yourself aware of that.
6. If you lack love, you should take better care of yourself and appreciate yourself more. You can simply praise yourself or reward yourself with something that makes you happy and that you can afford financially. For example, you can put body lotion on yourself in the morning after showering and then stand in front of the mirror and compliment yourself. The compliment doesn't have to be about your appearance. It can simply be: *'I like myself.'* or *'I am proud that I am a good person.'* Integrate something like this into your daily life. The compliment only works if it is meant honestly. You will feel whether you can accept the compliment and it convinces you or whether it bounces off you.

7. When you have integrated the last exercise into your life, you now go one step further and establish an intensive relationship with the child you once were. As a child you were not given enough love, thus now you are making up for that and building an intimate connection with your inner child. Surely you still have a few photos that show you as a child. Look at them and talk to yourself benevolently, as a loving mother would normally do with her child. For example, you can also imagine holding the child in your arms and cuddling him/her. It is normal if you have a few tears. They are part of the process and a sign of relief and joy that someone sees you, cares for you and loves you. You know best how valuable you are!
8. If you lack connectedness (sense of belonging), you should check this and, if necessary, behave differently or change your environment. Consider whether others are rejecting you or you are perhaps rejecting yourself. Is this true at all or are you exaggerating and misjudging such situations? Does it do you good to stay away from the people who make you feel that they don't want you around or don't really like you?
9. When you are in a situation where you feel unprotected or you are being attacked and can't defend yourself, then change your situation by trying different strategies. Tell your friends and other people about that and ask them to support you and help you. They should stay with you in such a situation and take your side. However, you should also contribute something and learn to say 'no' and distance yourself from the people who bring you down or are not good for you. Also try out whether you can avoid such attacks completely for the time being, until you feel strong enough to be able to respond adequately to them.

## **Building Basic Trust**

I would like to share with you two helpful imagination exercises that will help you to leave your burdensome situation from the past behind you. You can rewrite every burdensome situation that you have experienced at some point, so that the situation turns out positive for you. This works, no matter what happened, as long as you do it regularly and over a period of about a year. By reducing your fear, you gain stability bit by bit and thereby build up your basic trust.

### **Exercise to receive protection**

Picture the difficult situation in your mind as you remember it. Then bring one or more people into the situation who turn it out for the best. That can be a situation where the person stands in front of you and protects you. It can be a situation where someone saves you, helps you or supports you in whatever form. It can be a situation where you don't get into trouble in the first place because you or someone else gets a call beforehand and goes somewhere else. There are many other ways you can get protection. Just see what helps you best.

### **Your life advisor**

Imagine a person who inwardly accompanies you all day and who talks to you in a benevolent way. This person gives you good tips and warns you of dangers or of nonsense when you are bored right now or you are being provoked. You also have fun and laugh together. This person is also proud of you, praises you again and again or just simply takes you in his/her arms and holds you lovingly. He/She is always there for you, whenever you need him/her.

So you create for yourself a person who is comparable to an ideal mother or an ideal father. But it can also be an idol of yours or a family member that you like very much. You decide who you want to have with you as a life advisor. It is a strategy that – if you use it regularly – has an effect and helps.

**Conclusion:** Basic trust is the trust in life and the most important thing in a human being's life. It is created through the emotional bond between a mother (or substitute mother) and her child. Basic trust is a feeling of love and connection that gives us security and stability.

If we lack basic trust, we often feel lonely or excluded and we don't know why this is so. In such moments, we behave in an accordingly unmotivated way and thereby attract people and situations into our lives that keep us trapped in such an unsatisfactory state.

The law of cause and effect explains to us the '*why*': Everything we send out (cause) comes back to us in some way (effect). In order to get out of a fearful, insecure and exclusionary situation, it is therefore necessary that we develop a sense of self-love and self-confidence within ourselves. When we act out of this feeling, we get a loving and appreciative reaction back and thus become a stable and self-confident human being over time.