


Birth of a Star

Hypnotic Self-Hug



Your world
is falling apart
into pieces ...?

... and you are
facing a perceived
decision?

**To sort reality,
a part must "die"!**





**Some connections need
to be severed, dissolved,
or at least sorted out.**

... until **'NOTHING'** is felt to be left.





... and when truly 'NOTHING' is left,
at least the part that perceives
this 'Nothing' as such...

...and a new star is born from the 'nothingness'.



**... whenever a 'nothingness'
recognizes itself as such.**

**Why can it be difficult
to embrace oneself?**



**...and why does this cozy feeling
often begin to 'shine' in the chest?**

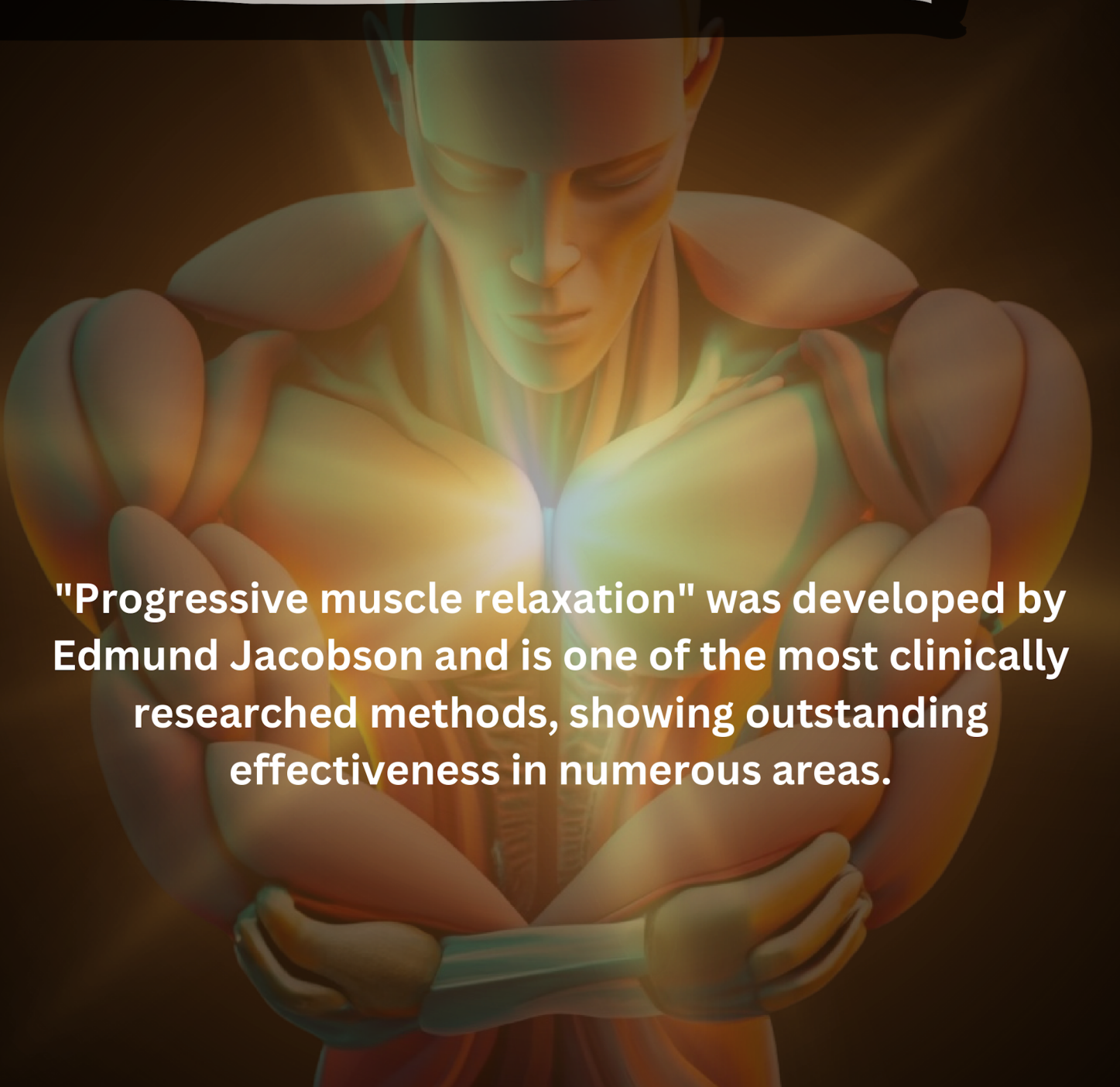


**We can tense muscles - alone,
to truly feel relaxation.**

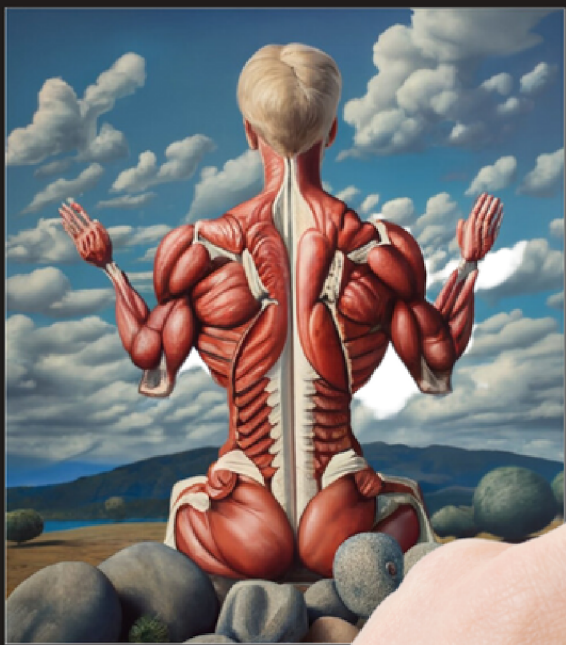


**...and the cozy flows
into the relaxation.**

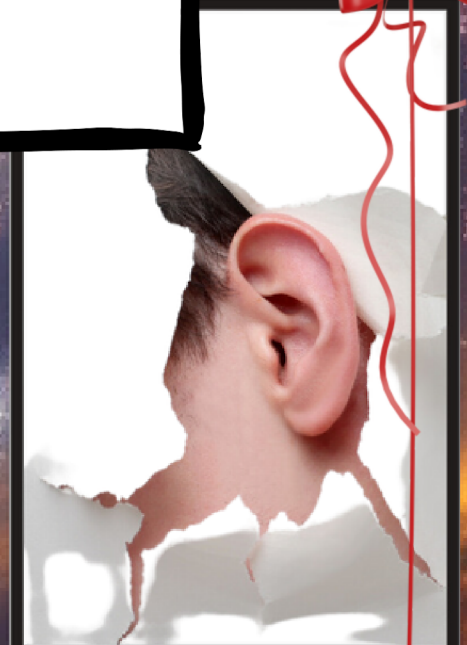
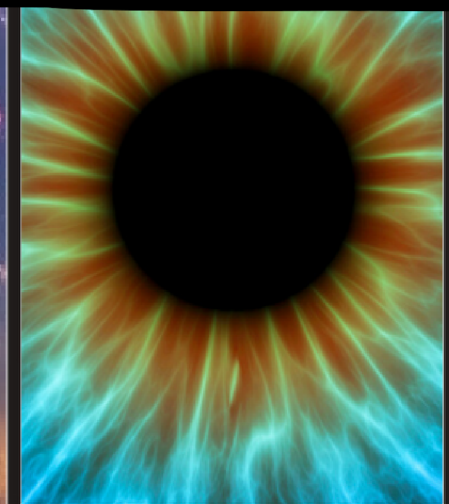
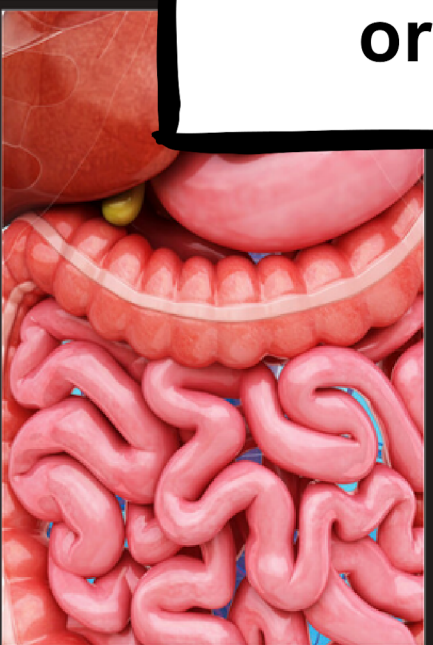
Even humming, buzzing, and pulling the blanket over the head in fetal position can help, along with fresh air and water - the main thing is that we start to truly feel 'ourselves' again and let it grow...



"Progressive muscle relaxation" was developed by Edmund Jacobson and is one of the most clinically researched methods, showing outstanding effectiveness in numerous areas.



**Switching each part
and organ in an
organismic way.**



We can return to the 'self-embrace' again and again, when the feeling of openness towards the world, nature or people becomes overwhelming.



**Opening without
breaking and closing
without being locked.**

**Especially in trauma
we can pendulate back
to our safe zone in self-hug
- and open up again
when we are ready.**

**“Pendulation” is a method
from “Somatic Experiencing”
by Peter Levine.**

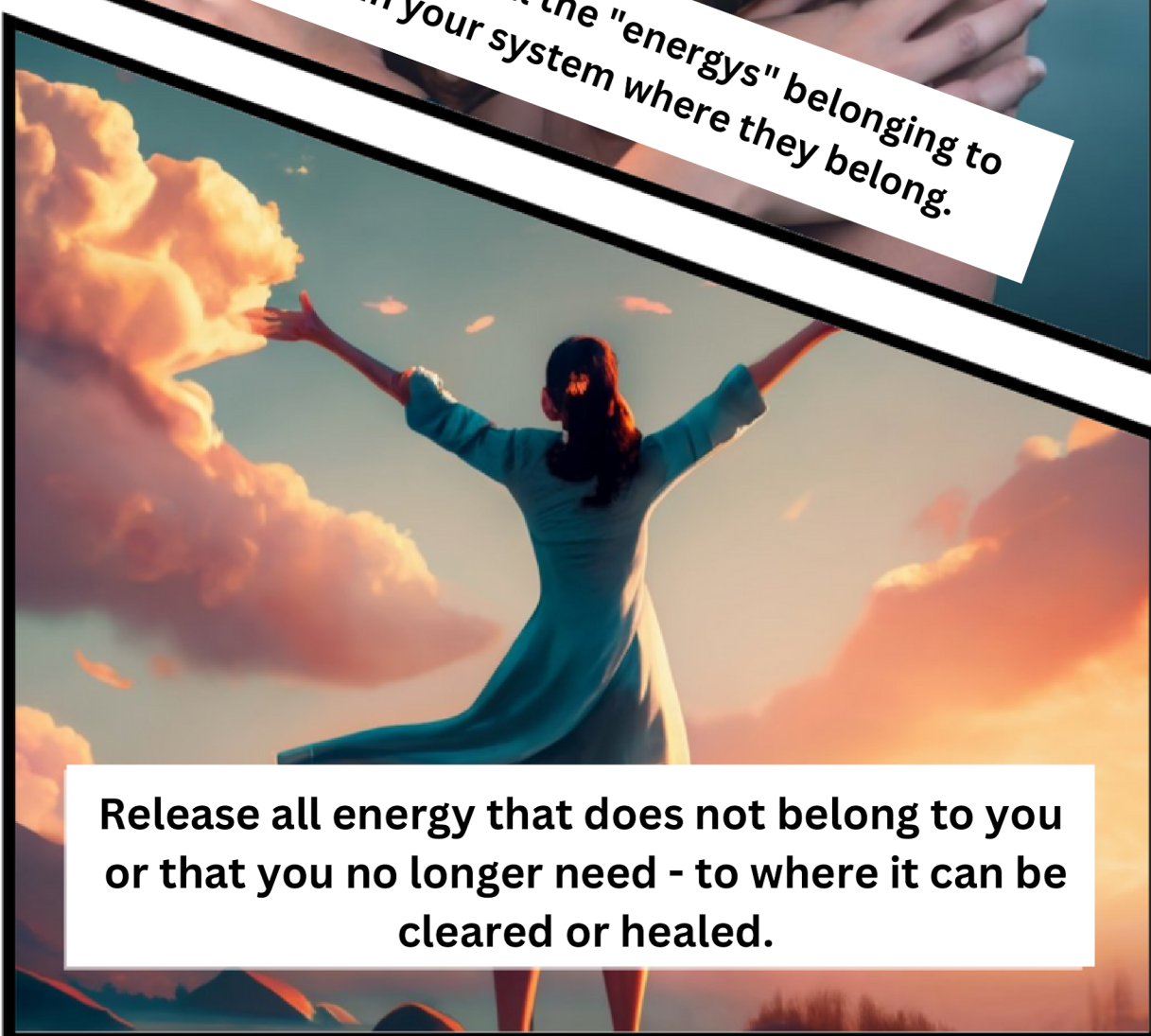


**Opening without
breaking and closing
without being locked.**

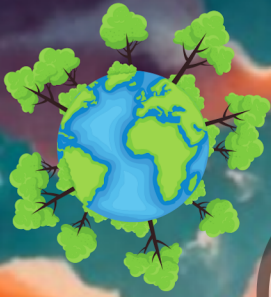




**Breath in and call all the "energys" belonging to
you back in your system where they belong.**



**Release all energy that does not belong to you
or that you no longer need - to where it can be
cleared or healed.**



**When we open ourselves as humans,
we almost inevitably come into
contact and connection with
what we focus on.**

**When we have injuries within our boundaries,
this can quickly lead to overwhelm, which is
why it is difficult for not a few people to
deeply open up from self-embrace.**

**Therefore, in your mind, brush aside all fog,
wars, and politics when you initially focus on
the Earth - with a feeling as if you had your
fingers in the soil while planting a tree.**

**Choose wisely what and how
you come into contact,
connection, or even fusion
and unity with.**

OMG!



**Self-embrace is the
fastest and most authentic
way into an operable
trance and can be
lifesaving in crises!**

