



Hass als Tier – Hatred as an animal

Hatred is an emotion defending our self-esteem. If our self-esteem gets hurt our hatred gets hurt, too. Due to our general disregard of hatred the conflict even intensifies. As a consequence allergies emerge.

In order to cure this we have to get in touch with the hatred, which is usually located in our lower abdomen. Close your eyes and visualise the hatred in the shape of an animal. It will probably appear in front of you as a bright yellowish animal.

- 1) Feed the animal until it is completely full.
- 2) Stroke the animal and grant it all the love and appreciation it craves for.

Repeat in your mind the following mantra: „I grant you all the love and appreciation you need.“

- 3) Allow the animal to show you its wound. The most common place for a wound is the belly or the heart. Touch the wound gently and allow it to heal in an instant without a trace. Repeat the following mantra in your mind: „I allow this

wound to heal without even leaving a scar“.

4) Try to observe the hatred in due course. Check whether it is large or small. By granting the hatred as much love and appreciation as it needs, you make sure it remains small.

Hint: It would be advisable for the time being to observe your hatred in order to learn what triggers it. If the animal lies curled up sleeping peacefully somewhere the hatred is peaceful and calm. If the animal has grown in size and gone wild, there is something wrong. This is the time when you have to grant it all the love and appreciation it craves for in order for it to become small and peaceful again.