

QUANTUM LEAP
with Joy

Free Book Chapter from:

Allowing a New Dream...

A companion reading for:
The Quantum Leap Ecosystem Map

A gentle self-awareness guide
for your next chapter



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Before you begin...

...take a breath.

This chapter is not here
to give you all the answers.

It is here to open a doorway
into reflection, imagination,
and your own inner knowing.

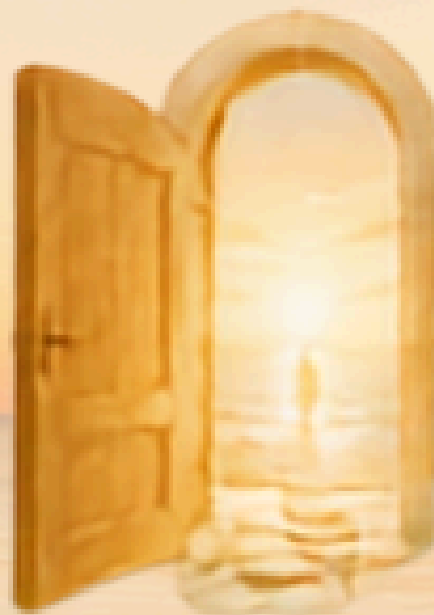
Feel

Read slowly.

Tune In

Notice what touches you.

Explore



Allowing a New Dream...

Chapter:

Everything starts within ourselves

This chapter opens the foundation of the whole Quantum Leap Ecosystem.

The ecosystem map helps you see the parts of your life.

This chapter helps you remember that these parts are alive, connected, and full of wisdom.

It reminds us that outer change begins when we become honest with our inner world.

Before we guide visions into something new, we are invited to listen to our own body, feelings, needs, and inner teachers.

Let it meet you as a gentle beginning — not to fix yourself, but to come closer to yourself.

As you read, gently notice:
Where do I recognize myself?
Which sentence feels like a doorway?

Chapter:

Everything starts within ourselves

We often talk about other countries, other people, and their lousy life circumstances and think we have a solution to solve their problems. It is easier for us to have advice for others than for ourselves. Most of the time, we function and focus on the outside of our life instead of looking at ourselves. Over time, many of us forgot how to be fully alive and why we are here on earth.

We forgot who our real teachers are!

We forget that we are here to gain experience and discover ourselves through and with others.

I mention native teachers because I learned everything, I had to learn to be prepared for life's challenges from them. They all are representatives of every wise soul on earth. These intelligent people and their wisdom are the basis on which every author describes or tries to describe the timeless truth and natural laws for humanity to live fully and in harmony with the environment.

Estcheemah teaches us that all these things are our real teachers. We gain wisdom from experience with all these aspects in ourselves.

There are 21 critical natural teachers:

The anger, the care, the pain, the physic, the feelings, the sex, the honesty, the examination, the victory, the confrontation, the brutal power, the spirit mind, the death, the fear, the setback, the loneliness, the need, the search, the love, the patience.

Love is our most important teacher.

We need to remember how to listen and to love our bodies!

Estcheemah:

„Everything in life is symbiotically connected, not adversary disconnected. Illness is a living presence because there is a disbalance in the person's body. The solution to that is to bring everything in the body back to balance, not to kill everything that, from our point of view, does not belong there.

We need to gain knowledge about our true power!

Estcheemah:

„The center of each “Self” has four essential kinds of power:

- There is the mental power of our self.
- There is the emotional power of our self.
- There is the physical power of our self
- And there is the spiritual power of our self.

We need to remember how we can discover ourselves, teach ourselves, and guide ourselves into what it truly means to live a self-determined life. We decide about the power in our body and our life. It is self-empowerment that lives in harmony with all that is.

We have forgotten that we are responsible for ourselves and everything outside.

We need to remember how to align with the universal laws because these laws are natural and make the rhythm of life possible.

Estcheemah:

„We all were the destroyers and the builders. We were enslaved people and slaveholders.

I hope that, if I will ever be the slaveholder, I will free my slaves. If I am the destroyer, I hope to keep the pieces, give them to the wise people, and put them together again.

I hope that I, as the builder, will remember what has been destroyed in the name of politics and religion.

I also know that I was overeager, an avenger, a fool, and a fanatic.

I was the brave who cared about those things that couldn't be understood in these times.

I hope you have the courage to be the preserver of the keepers of the medicine-wheels (the true books of universal laws).

I hope you can outlive the big-headed and indiscreet in yourself and outside of you.

Can you confront yourself with the irresponsible ones and still persevere?

Remember that your greatest enemy is your ignorance against yourself and the outside world.”

“If there are fewer conformists and social slavery and when more of us have self-responsibility, all have an advantage. It only happens when we have free choice.”

Let’s know and reintegrate the essence of old Indian, Egyptian, Native, Tibetan, Buddhist, and genuine Christian cultures.

There are a lot more cultures with ancient wisdom. Let’s take over the wisdom of the Medicine Wheels into our life again. Let’s reconnect to timeless wisdom.

We have forgotten how we feel when we receive it with gratitude and amazement.

Let’s renew our elemental feminine power that equally lives in man and woman.

This also ensures that the natural authority of men in all of us comes alive again and finds its significance in life, together with our feminine aspects.

Let's, again and again, let go of old patterns and beliefs, being aware of doubt and judgment, victim and offender, which all are natural parts of ourselves.

These are characters we all took over in life to learn about ourselves, and some of us will carry them longer than others. But it's evolution and inner development. Every one of us has our particular time to learn.

Let's start to tell the essence of the stories of our wise ancestors and wise people in our lives to our children and friends. Let's start living our lives with every sense of our being.



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Thank you for reading this chapter.

Maybe you do not need
to understand everything right away.

Maybe one small realization is already enough.

Take this question with you:

What part of my life is asking me
to listen more deeply?



If this chapter touched something in you,
you can continue exploring here:

<https://quantumleapwithjoy.com/>