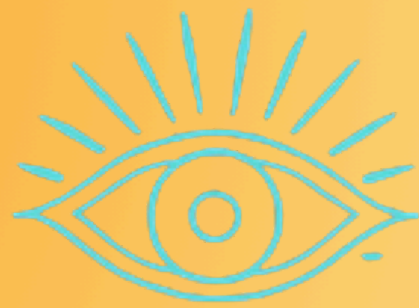




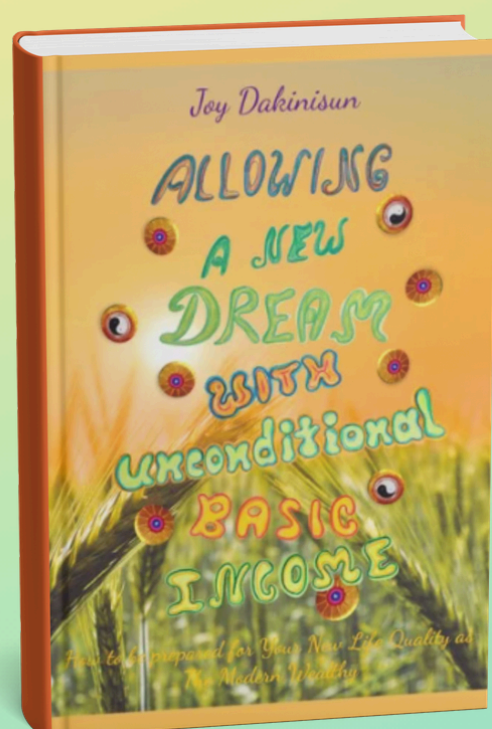
Free Book Chapter from:

Allowing a New Dream...

A companion reading for:

Come Home to Yourself

A gentle self-relationship map
for clarity, care, and
your next honest step.



Author:

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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.

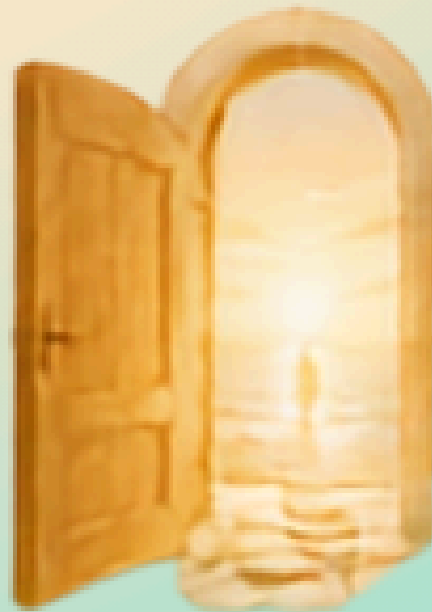
Feel

Read slowly.

Tune In

Notice what touches you.

Explore



Allowing a New Dream...

Chapter:

What turns off growth and balance in our lives?

This chapter connects deeply with the One-on-One Soul Guidance map because it speaks to the places where we stop listening to ourselves. The One-on-One map helps you feel what is asking for care. This chapter shows why that care is not luxury, but life returning to balance. It explores how we lose balance when we ignore the body, override our needs, live for others, or give too much power to outside systems and expectations. It gently invites you back into your own rhythm — through body awareness, nature, rest, presence, and honest self-responsibility. Let it be a mirror for the part of you that is ready to breathe again.

As you read, gently notice:
Where have I been functioning instead of truly living?
What does my body already know?

Chapter:

What turns off growth and balance in our lives?

Tara's diary: „As long as we don't honor our bodies, give it attention with moving, nutrition, nature-based diet, rest, pleasure – as long as we don't show respect, we also don't change our respect for the earth.

This is necessary for positive change on earth. We have to begin with new behavior.

As long as people ignore the signs of their bodies, we make it impossible to begin an absolute new path in life. They usually go on with the struggle and stress until the next vacation comes. They take medicine to ease the pain, take antibiotics to benumb everything in the body that disturbs them from working and being active. Sadhguru said that we don't even know the user manual for our bodies. So, how should we live with our body as a Temple of well-being and a vehicle to travel through life?

As long as we live „for“ other people and not „with“ the people in balance and connected with nature, change will wait, and nature will teach us what we must learn to be prepared for a fundamental change.

As long as we care more about our cars or computers as about our bodies, as long as we work to make it possible to live on Sunday and be ourselves, be real on Sunday, just on Sunday, we walk right through into chaos. This is not how life is meant to be, and we don't really show ourselves on Sundays, because on this day, our family wants the rest from us to give time to them if some energy is left.

And if there is no family, the people live on the couch with their TV or laptop, always in action or sleeping.

As long as we burden our children with our self-made stress, to teach them that life is hard, that there always is work to do before you can have pleasure and fun, as long as we put our stress in the first place, the children have to behave as we want and need, dependent on our stress level. Mostly, this means being quiet.

Because we are stressed and tired, chaos will be perfect after a while. This also includes parents not having time for their children, and a nanny will take care of them in the most critical years, from 1 to 7 years of age.

This means the children will behave in precisely the same manner as we did. Chaos will continue as long as we don't notice how we feel during the day. Women aren't even aware of being pregnant. It became just a necessary state of being, and afterward, they go on with their everyday business life. We live in this unconscious way, just existing, surviving, and functioning. But we don't honor life and miss all these amazing possibilities life offers us.

As long as we give power to people in the outside world, doctors, institutions, banks, and schools, provide power to politicians we see on TV or posters hanging on walls, people we never really know personally, we always will be externals and observers.

Our lives will go on being dictated by the rules of society systems. But this way of living has nothing to do with how our soul longs to live. This way of living has taught us a method of being secure, but in the end, it shows us that safety is something illusory. Change is the only thing we can trust. It is always there. It will never leave us alone.

Loriot, a comedian, said: "The best place for a politician is the election poster. There, he is acceptable, silent, and easy to remove."

So, let's make space and prepare politicians to be present and interested in knowing their people, seeing the whole picture of life, and being interested in solutions.

As long as a lot of police officers are not interested in the lives of people, interested in supporting life but interested in controlling safety into life, they instead force criminals to go on because these criminals feel they have to change victimhood and turn into offenders. Many of these police officers compensate for the rough and brutal way they were treated as a child during their work and go into the offender position and meet people in the victimhood. They deal with power games.

Police are not able to save people from accidents or injuries. They can only be there, help them up again, and explain to them to be more careful with themselves next time.

Everything has to do with awareness and presence. If you drive in a stressful or angry mood, you aren't present in the moment, so you pay less attention. Police officers don't help with violence and judging people.

There are several positive examples out there picturing a police officer with a big heart and compassion, whether a woman or a man. So, let's look at them. They already made significant changes.

As long as people choose their profession with the priority where they would earn the most money, as long as they change their application documents more professionally because they think reality represents them not good enough, making themselves better with a lie so that they fit into the outside world, there will be less trust in people. What are we doing here on earth? With most of our laws and rules in society, we want to prevent things that would never happen if human beings were more conscious and aware of the moment. It's a crazy thing because unconsciously, we try to keep all this unconscious stuff in our lives. But what happens with this behavior? We avoid that human beings awake, that we reach our highest consciousness. Change makes people afraid. With this, they may not be needed anymore. It seems as if the only sense in life for human beings is to be required, to get attention, to live for others, for family, for partners, for children, for friends, for the boss, and the employees. The sense of living is given to them from the outside. So they have a reason to get up in the morning. Our society system feels liable towards making life safe, resulting in us having to go on sleeping. The reason to get up in the morning to be needed does not disappear, and we stay addicted to the tribute of the outside world.

If everyone had questioned the circumstances, rules, and laws in their daily lives, society would have been changed long ago.

This is the most incredible bullshit on earth. Every one of us is unique and has unique potential, and all this is needed naturally. We are intrinsically connected. We are supporting us naturally. We are not addicted to each other. It's a natural giving and taking in balance. That's the rhythm and circle in nature. No one forces in nature. Everything takes its time, and one action entails the next. If we all lived in this consciousness and were present with everything, we were doing, our highest productive efficiency would unfold with a clear, nearly perfect outcome. Instead, we would call it most heightened creativity and wouldn't even lose energy with it."

The motivation of Tara, Nevio, their family, and their team was to go back to a natural process, to make things easier and describe them so everyone remembers. They wanted to return to the four elements, earth, fire, water, and air, and bring them into balance during this process of being human and being on earth. Everyone should reconnect with the knowledge of how to rebalance these elements and come into a flow again in our body, action, being, and life. They wanted to bring "giving" and "receiving" into a natural and balanced acting again.



Thank you for reading this chapter.

You do not need to change
your whole life today.



Begin where your body softens.
Begin where one honest need becomes visible.

Take this question with you:

What is one small act of care
that would help me return to balance?



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

<https://quantumleapwithjoy.com/>