

"The Heart of Connection: Kindness, Healing and Coaching with  
Maitreya of Nazareth"

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## Foreword: The Heart of Connection

In a world where we are constantly challenged to maintain our inner peace and to maintain meaningful relationships, The Heart offers of Connection a beacon of light. This book is more than a collection of insights; it is an invitation to live from kindness and compassion towards yourself as well as towards others.

The ancient wisdom and modern techniques that you will find here are carefully compiled by Maitreya of Nazareth. They are intended to guide you on a journey of personal growth, deep healing, and authentic connection. Whether you are a coach, healer, or someone looking for meaning and inner balance, this book provides the tools to support both yourself and others.

The power of this work lies in the simplicity of the message: through kindness and awareness we can embrace our true potential and experience a deeper connection with life and the people around us experience. The Heart of Connection invites you to learn, heal, and grow in an atmosphere of loving acceptance.

Let yourself be inspired and connect – with yourself, with others, and with the universe.

Part 1 Connection.

## Chapter 1

Kindness on a micro level.

There are various ways to inspire others to be kind to be:

1. Be the example yourself: Show what kindness looks like by being kind to others. This can inspire others to do the same.  
do.
2. Talk about it: Discuss the importance of kindness with others and show how it can contribute to a positive environment.
3. Give compliments: Compliment others when they are kind and show that you appreciate their behavior.
4. Organize activities: Organize activities focused on kindness, such as a day when people give each other compliments or do volunteer work.
5. Make it fun: Make kindness enjoyable by organizing a contest to see who can perform the most acts of kindness.
6. By following these steps, you can inspire others to be kind to be and contribute to a positive and friendly environment.

Communicating nonviolently.

Nonviolent communication, also known as connecting communication, is a way of communicating that focuses on building empathy and understanding between people. It revolves around respectfully and

effectively exchanging feelings and needs without judgment or criticism.

Below is a detailed elaboration of nonviolent communication, with some additions for even more depth and effectiveness:

### Observing without judgment

Observing without judgment means describing the facts as they are, without coloring them with personal interpretations or opinions. This helps to lay an objective foundation for further communication. Instead of saying "You are always late," you could say "You were twenty minutes later than the agreed time yesterday."

### Expressing feelings

Expressing your feelings helps to clarify how you experience the situation without blaming the other. By sharing your feelings, you make je je communicatie persoonlijker en opener. Zeg bijvoorbeeld "Ik voel me frustrated" instead of "You make me angry."

### Expressing needs

Behind every feeling lies an unfulfilled need. By clearly expressing this need, you make it easier for the other to understand you and to find a solution that works for both. For example, say "I need for punctuality" instead of "You need to arrive on time."

### Making a request

Making a request means that you clarify what you need from the other person without making demands. A request is a question that gives the other person the

freedom to say 'no' without negative consequences. Say for example "Could you try to arrive on time next time?" instead of "You must arrive on time."

### Listening with empathy

Empathic listening means that you really try to understand what the other person

feels and needs. This means that you listen actively, ask questions, and recognize the

feelings and needs of the other. For example: "It sounds like you feel pressured. Is that correct?"

### Self-expression in the first person

Use the first person to express your own feelings and needs. This prevents the other person from feeling attacked and makes communication more personal and responsible. For example, say "I feel worried if you arrive late, because I want us to spend time together."

### Avoiding accusations and criticism

Nonviolent communication focuses on avoiding accusations and criticism, as these often lead to defensive reactions and conflicts.

Focus on your own experience and what you need, without judging the other person.

### Expressing gratitude

Expressing gratitude is a powerful tool in nonviolent communication. This strengthens the positive aspects of the interaction and promotes mutual respect. For example, say "Thank you for listening to me

and taking my feelings seriously."

Additions:

1. Allowing space for feelings: Allow the other person to express their feelings and

needs without interruption or judgment. This creates a safe space for open communication.

2. Reflecting and summarizing: Repeat or summarize what the other has said to show that you are listening and understanding. For example: "So if I understand correctly, you feel stressed because you need more rest?"

3. Developing self-awareness: Be aware of your own feelings and needs in every situation. This helps you to communicate more clearly and effectively.

communicate.

4. Using non-verbal communication: Pay attention to your body language, facial expressions, and tone of voice. These non-verbal signals can strengthen or weaken your message.

5. Taking patience and time: Give yourself and the other person time to think

and respond. Rushing can lead to misunderstandings and insufficient understanding.

Another example of non-violent communication could be:

Observation: "When I came home this morning, I saw that the dishes had not yet

been done."

Feelings: "I feel frustrated and irritated."



Needs: "I need a tidy house and cooperation in household chores."

Request: "Would you do the dishes before you go to bed, so that we can enjoy a tidy house together?"

By communicating in this way, you can better understand the other person and

show understanding for their needs and feelings. This can lead to more connection and less conflict.

Summary.

I talk about facts instead of opinions.

I express my feelings instead of judging.

I talk about and ask about needs and see if we can meet each other in that, or not.

Submitting a request instead of imposing my will on another.

By following these guidelines, you can promote a culture of communication that is based on respect, empathy, and mutual understanding. Nonviolent communication not only helps to resolve conflicts but also to build deeper and more satisfying relationships.

Listening without judgment is an art that requires conscious attention and empathy. It means that you focus entirely on the other person, without immediately

forming an opinion about what is being said. Here follows a detailed elaboration on this listening skill, with some additions for even more depth and effectiveness:

Listen without judgment

When you listen without judgment, you turn off your inner critic.

This means that you do not label the words or actions of the other.

You are present in the moment, open and receptive. Judgment can hinder the

communication and cause a feeling of misunderstanding or rejection for the speaker.

Listen without attaching yourself to the outcome.

Do not focus on achieving a specific outcome or on the way

that outcome is achieved. This form of listening requires

letting go of control and expectations. The goal is not to solve a problem

or draw a conclusion, but to truly understand what the

other is saying.

Listen without wanting to improve, change, or 'fix' the other.

Often people tend to give advice or offer solutions.

However, listening without these intentions means that you accept the other

as they are. This creates a safe environment in which the other

feels heard and respected.

I don't have to do anything.

There is no obligation to take action based on what you have heard.

It is sufficient to be present and listen. This attitude

can provide calm and space for both the speaker and the listener.

I do not need to solve anything for another.

It is not your job to solve the problems of others. Often,

listening itself is already a great support. People often find their own

solutions when they are given the space to express their thoughts and feelings.

to express.

I do not need to have any opinion about the other.

You do not need to form an opinion about what the other says or does. This helps

to maintain an open and non-judgmental attitude.

I do not need to approve or disapprove of anything.

It is not necessary to express your approval or disapproval. This neutrality helps to give the other the feeling that everything they share is accepted.

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I do not need to compare.

Avoid comparing the experiences or feelings of the other with your own or others. Comparisons can undermine the uniqueness of someone's

story and create the impression that their experiences are less

important.

I do not need to revisit anything.

It is not necessary to address every detail or point that the other

No one needs to justify themselves.

makes. Listening does not mean you have to analyze or respond to every aspect of the conversation.

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Allow the other to speak freely without feeling they have to justify their words or actions. This promotes an atmosphere of trust and safety.

I don't have to agree or disagree with it.

It is not necessary to express your agreement or disapproval. Your presence and attention are enough.

I speak in the first person, then I become very clear.

By speaking in the first person, you make it clear that you are speaking from yourself

and not on behalf of another. This promotes clarity and personal responsibility in communication.

Closing with gratitude

When someone has shared their story, you can close with

a simple but powerful expression of gratitude: "I hear what you

say, thank you for wanting to share this with me." This shows respect and appreciation

for the trust that the other places in you by sharing their story.

Additions:

1. Active listening: This means that you listen attentively, nod, make eye contact

and give short verbal affirmations like "yes", "I understand", or "tell me more".

2. Empathetic responses: Show that you recognize the emotions of the other and understand. For example: "It sounds like that was very difficult for you."

3. Daring to let silence fall: Sometimes silence can give the other space to think and share more. Don't be afraid to be silent for a moment.

4. Asking questions without judgment: Ask open questions that invite the other

to share more, without directing the answer.

For example: "How did you feel about that?" or "What happened next?"

By following these guidelines, you can engage in deeper, more meaningful connections with others and be a supportive listener in their moments of need.

Nonviolent communication meditation.

Preparation.

Find a quiet place where you won't be disturbed. Sit comfortably with a straight back and relaxed shoulders. Gently close your eyes and breathe deeply in and out.

Begin:

1. Breathing.

Breathe deeply in through your nose and hold the breath briefly. Then breathe

slowly out through your mouth. Repeat this three times to calm your body and mind.

calm down.

2. Body scan:

Start at your feet and slowly work your way up to your head. Focus your attention on each part of your body and consciously relax your muscles. Feel the

tension flowing away as you continue.

3. Focus on your Breathing:

Bring your attention to your breathing. Notice how the air flows into your nostrils

and fills your lungs. Feel how your belly expands with each

inhalation and relaxes with each exhalation. Let thoughts that arise drift by without holding on to them.

Visualization:

#### 1. Needs and Understanding:

Imagine a situation where you are communicating with someone. Visualize this person in front of you. Realize that you and the other may have different needs

can have. Breathe deeply in and out, and imagine that you are asking each other

about each other's needs and desires, in an atmosphere of understanding and respect.

#### 2. Freedom and Respect:

Remind yourself that you are not obligated to each other. Feel the freedom and space in this thought. Let this feeling of freedom fill you and breathe it in.

#### 3. Expressing Wishes:

Visualize yourself as you express your request about what you wish. Imagine

that you calmly and clearly express your feelings, talking about the facts.

Breathe in and feel the power of clear communication. See if you can meet each other, without forcing anything.

#### 4. Feelings and Facts:

Think of a situation where you want to express your feelings. See yourself talking

about the facts without judgment. Feel the relief and clarity that this brings.

Integration:

## 1. Use of Tips:

Imagine using one of the tips: asking questions, making a request, expressing your feelings, or talking about facts. See how these techniques improve your

communication and bring more understanding. Visualize varying and combining these tips in your daily interactions.

## Conclusion:

### 1. Gratitude:

Focus your thoughts on something you are grateful for in your communication and

relationships. Feel the gratitude in your heart and let this feeling fill your whole body.

### 2. Awareness:

Slowly bring your awareness back to the space around you. Move your fingers and toes gently to reconnect with your body.

Slowly open your eyes and take a moment to appreciate the calm and clarity you

have created.

## Reflection.

Take a few moments to reflect on your meditation experience. Do you feel more balanced and ready to communicate clearly? You may want to note your thoughts or feelings in a journal.

Repeat this meditation regularly to improve your communication skills and understanding.

## 9. Listening with an 'open' mind and listening with an 'open' heart.

### Preparation: