

Spiritual Master Ayleen of the New Age Enlightenment respectively Final-Enlightenment

Ayleen Birgit Silvia Scheffler-Hadenfeldt (*1966 in Hamburg as *Birgit Silvia Scheffler*) is a German spiritual teacher, alternative practitioner for psychotherapy [1, in German] and author. She is the first person, who has been led beyond the previously known spirituality into the New Age Enlightenment respectively Final-Enlightenment.



Now, she teaches the New Age Enlightenment worldwide. The Spiritual Master Ayleen of the New Age Enlightenment respectively Final-Enlightenment lives in Berlin.

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Life

Grown up in a mixture of Christian and secular, Dr. Ayleen Scheffler-Hadenfeldt studied business economics and accounting, earned her doctorate in international tax law [2, in German] and worked for several years as an auditing assistant. At the age of 30, she discovered her calling as a rainbow experience in New Zealand. [3, in English] After years of intensive spiritual development, this led to her enlightenment in 2006.

Later she was led beyond this first enlightenment into even more forms of enlightenment so that she is now female, male and final-enlightened. The New Age Enlightenment includes female and male enlightenment, the connection of both, a complete, divinely to earthly oriented consciousness, the transformation of one's own energy system into a radiation of love through oneself and the realization of one's own soul task(s). The deep meaning of existence is fulfilled.

From 1988 to 2006 Ayleen Scheffler-Hadenfeldt was trainer of dance and gymnastics by the German Sports Federation. [4, in German] At the same time she learned belly dancing (also from notable teachers) and simultaneously practised karate and tai chi for many years. From this she later developed first *chakra belly dance* and then *belly dance as a movement meditation*.

Ayleen Scheffler-Hadenfeldt has a wide range of life experience in various areas. During her high school graduation, she completed an additional parallel double-qualifying vocational training as a chemical-technical assistant and followed this up with a further vocational training as a tax assistant before studying business economics and accounting. Temporarily she also worked extra-professional in the elderly care and as an extra.

She was married from 1989 to 2009, during which time she also spent a year studying in England and travelled all continents. This gave her an overview of the world with its diverse cultures and various nature. In 2000 she gave birth to a son. After her divorce she moved to Berlin in 2009, currently lives a soul relationship in an earthly partnership and has opened a practice as a non-medical psychotherapy practitioner. About her *Chakra Wellness* was reported 2012 in *Die große Reportage* [5, in German] and 2014 in *Spiegel TV* [6, in German].

Scheffler-Hadenfeldt now teaches as final-enlightened Spiritual Master Ayleen

- the human psyche as an inner family [7, in English],
- the female (= conventional) enlightenment as a unity experience with the divine whole,
- the male enlightenment as transcendental experience of divine human,
- the complete spiritual path to the New Age Enlightenment consisting of three sections, and
- the divine-earthly connection in consciousness as the evolutionary transition in human consciousness.

For the first time she spoke publicly about the inner family and the spiritual path live in *Leichter Leben* on 16.12.2014 [8, in German]. After another rainbow on the blood moon at the end of September 2015, she stepped increasingly into the public eye. Since the end of 2016, she spreads the New Age Enlightenment respectively Final-Enlightenment. In 2017, her first students have achieved their own final-enlightened spiritual mastery.

Doctrine

According to the teachings of the Spiritual Master Ayleen, a complete spiritual development includes enlightenment through the inner woman as a unity experience, enlightenment through the inner man as the divinity of human, and the connection of female and male enlightenment as the realization of the divine whole in the earthly. Only with the connection of female and male enlightenment can the love of the unity experience flow through the divine man into the earthly structures. For this purpose, one's own energy system is transformed into an aura of love through oneself and the love creation of the soul's task is lived.

Put simply, according to the teachings of the Spiritual Master Ayleen, the following relation emerges:

Divine whole -> psyche as inner family -> earthly structures

The unity experience of female spirituality is the identification with the divine whole behind the inner woman. Her focus is on feeling and she experiences the divine love. Female enlightenment tends to withdraw from the earthly into the divine.

Simplified, female enlightenment looks like this:

Divine whole <- inner woman (- inner man -> earthly structures)

According to the experiences of the Spiritual Master Ayleen, also little souls [9, in English] often show a tendency to withdraw from the earthly, because they firstly have to arrive on earth.

The transcendental experience of male spirituality is the identification with divine human through the inner man. Its focus is knowledge and it experiences bliss. The male spirituality is particularly addressed by martial arts. It has a tendency to retreat from relationships to the hermitage.

The course towards female and/or male spirituality and/or the connection from divine to earthly is set in the human psyche through the inner family. In her basic work on transcendent human beings *Spirituelle Psychotherapie: Die innere Familie* (*Spiritual Psychotherapy: The Inner Family*)[10, in

German] the Spiritual Master Ayleen describes the healing of the inner family with inner child, inner woman and inner man.

Subjects

With the integration of Western psychotherapies into a transcendent understanding of the human being and the psyche as an inner family, which is reflected on the outside as a learning task, the Spiritual Master Ayleen gives Spiritual Psychotherapy a holistic basic concept that overcomes the supposed contrast of spirituality and psychotherapy up to the concrete practical everyday life. Body, psyche as inner family, energies, karma, consciousness and soul become the unity they are by nature. Understanding these connections makes it easier for the soul to first fulfil its earthly learning exercise and later its task of love. The awareness of the inner family helps to make everyday relationships more positive.

Relationships also come first, when especially it comes to feelings of guilt. Guilt feelings are of enormous importance, in particular for relationships, for the personal quality of life and as a blockade in psychotherapy as well as on the spiritual path. Therefore, the Spiritual Master Ayleen has developed the "Guilty feelings deletion – living love – approach"© ("Guilty feelings-dll-practice"©) to completely dissolve guilt feelings. She describes all the universal knowledge about feelings of guilt in her book *Schuldgefühle vollständig auflösen (Eliminate guilt completely)*.

With the New Age Enlightenment respectively Final-Enlightenment, the Spiritual Master Ayleen brings about a paradigm shift in human consciousness and leads humanity into a new age.

Societal importance

The most diverse esoteric teachings and religious traditions point to a spiritual developmental step of mankind. Thus the lightworkers assume that the transition into a new age has already begun and will spread from Berlin throughout the world. They expect a continuation to the unconditional love of Jesus and expect a change in people's consciousness.

The Spiritual Master Ayleen was led from Hamburg to Berlin, because she agreed with other souls there to make Berlin the spiritual centre of the New Age Enlightenment respectively Final-Enlightenment with corresponding change of consciousness. To this end, she was led to her personal closing ceremony of the New Age Enlightenment directly at Christmas.

<https://www.youtube.com/watch?v=w5uvVq7Vts0>

Therefore, since 2016 Christmas is the feast of the New Age Enlightenment respectively Final-Enlightenment.

According to BaanTu, a major cyclical leap will take place in 2027, which will fundamentally change the quality of time. The previous basic energy will be replaced by new spiritual energies. In fact, the final-enlightened beings reverse their entire personal energy system from the previous search for love in the outside to the divine-earthly radiation of love through themselves. This transition in consciousness with energy reversal as the New Age Enlightenment respectively Final-Enlightenment will gradually spread to the general public.

The Spiritual Master Ayleen herself observes above all a societal change from the predominant third chakra to the fourth chakra in Western cultures. This means that the love of the heart is increasingly permeating the earthly. It is the task of the Spiritual Master Ayleen to support precisely this development in the consciousness of individuals and of humanity as a whole by spreading the New Age Enlightenment respectively Final-Enlightenment.

Spiritual significance

The so far known spirituality with its values is integrated into the further New Age Enlightenment respectively Final-Enlightenment. Traditional enlightenment as now female enlightenment is an intermediate step on the complete spiritual path. Besides, the esoteric message so far, ~~let go of your ego~~, is outdated. The new esoteric message of the New Age Enlightenment respectively Final-Enlightenment is:

Accept the universal love.

Task

The Spiritual Master Ayleen sees herself as an ambassador of love, called to lead love into the earthly structures. To this end, she uses cognition mediation, feelings as spiritual path, connection of transcendence to worldly with dissolving the guilt blockade and spreading of the New Age Enlightenment respectively Final-Enlightenment.

First, in her fundamental work *Spirituelle Psychotherapie: Die innere Familie* (*Spiritual Psychotherapy: The Inner Family*) [10, in German], the Spiritual Master Ayleen conveys the basic knowledge about the psychical structures of transcendental human and how they can be healed through Holistic Psychotherapy. Divine love can then flow into and through these complete human structures and thus become earthly concrete.

Secondly, the Spiritual Master Ayleen has developed the trauma therapeutic method EMDR (Eye Movement Desensitization and Reprocessing) into a basic spiritual technique that specifically heals feelings and inner psychological connections. In addition to and synonymous with meditation, hypnosis and energy applications, *Spirituelles EMDR* (*Spiritual EMDR*) [11, in German] turns feelings into an independent spiritual path of consciousness expansion.

Thirdly, the Spiritual Master Ayleen specifically supports the female Spiritual System, because the divine love can only flow into the male earthly realization through a healthy female Spiritual System. Therefore, she offers free online courses *learning belly dance as movement meditation*.

Fourthly, the Spiritual Master Ayleen helps to eliminate feelings of guilt with her conceived *Guilty feelings deletion – living love – approach*© (*Guilty feelings-dll-practice*©). In her book *Schuldgefühle vollständig auflösen* (*Completely dissolving feelings of guilt*) [12, in German] she describes, how people's greatest blockage on the spiritual path can be resolved so that the universal love can flow freely.

Fifth, the Spiritual Master Ayleen, together with her now also final-enlightened students, spreads the New Age Enlightenment starting from Berlin worldwide. Questions about the New Age Enlightenment respectively Final-Enlightenment she answers in her book *Der vollständige spirituelle Weg* (*The complete spiritual path*) [13, in German].

The Spiritual Master Ayleen thus leads love into the earthly structures, above all, by the knowledge of transcendent human with an inner family, Spiritual EMDR, teaching belly dance as movement meditation, extinguishing feelings of guilt and the worldwide spread of the New Age Enlightenment respectively Final-Enlightenment. Mind, feeling and body thus become a vessel for the love of transcendental consciousness and connect with the whole. The Love is always here so that only the blockages have to be removed, in order to accept the love.

Publications

Gradually, the final-enlightened Spiritual Master Ayleen herself is going to translate all basic spiritual books into English. Previously, the parents' guides have already been translated by a native speaker.

In English

Competition-free Birthday: Teamwork Games for Kids, Non-competitive Children's Party Games, translated by S.T. Paterson, 1st edition 2010, ISBN 978-3839170762. ([see reviews](#))

EMDR for Babies: A parents' guide for your baby's first year of life, translated by S.T. Paterson, 1st edition 2015, ISBN-13: 978-3734772306. ([see reviews](#) and [the original EMDR for Babies](#))

In German

Das Vaterunser für Mystiker – Ein Fluss aus Gold (Bildband), Erscheinungsjahr 2004, 2. Auflage 2008, ISBN: 978-3833409417.

Harmonischer Kindergeburtstag: Kindergeburtstage ohne Verlierer, Gemeinschaftsfördernde Gruppenspiele, Erscheinungsjahr 2007, neue 1. Auflage 2014 unter neuer ISBN-13: 978-3738608328.

Fallstudie aus der psychologischen Praxis: Auditive EMDR-Therapie bei Entwicklungsstörung, in: Paracelsus Magazin, Heft 4/2012.

Strukturiert Englisch lernen 1.–4. Klasse: Fit für die Schule in den Sommerferien, 1. Auflage 2013, ISBN-13: 978-3732279210.

EMDR für Babys, Elternschule für Ihr Baby im 1. Lebensjahr, 1. Auflage 2014, ISBN-13: 978-3732283835.

Fehlende Unterstützung bei fast Autismus, in: *Manuel – Mein Leben mit Autismus: Aufklärung in der Grundschule* (CD) von Hanna Langer, Verlag: Iris Kater, 1. Auflage 2014, ISBN-13: 978-3944514093.

Spirituelle Psychotherapie: Die innere Familie, Leitfaden für ganzheitliche Therapeuten/-innen, 1. Auflage 2015, ISBN-13: 978-3738653151.

Spirituelles EMDR, Leitfaden für meine fortgeschrittenen Schüler/-innen, 1. Auflage 2015, ISBN-13: 978-3738653885.

Transzendente Heilung: Spirituelles EMDR überschreitet das Alltagsbewusstsein, in: Fachzeitschrift des Verbandes freier Psychotherapeuten, Heft 2/2016.

Schuldgefühle vollständig auflösen, Leitfaden für meine fortgeschrittenen Schüler/-innen, 1. Auflage 2016, ISBN-13: 978-3741251078.

Der vollständige spirituelle Weg: Die Spirituelle Meisterin Ayleen zur Am-Ziel-Erleuchtung, 1. Auflage 2017, ISBN-13: 978-3744815154.

Web links

You are welcome to help with the translation into English. Please contact the Spiritual Master Ayleen of the New Age Enlightenment.

In English

The New Age Enlightenment respectively Final-Enlightenment: <https://new-age-enlightenment.com>

Learn belly dancing as a movement meditation:
<https://sites.google.com/site/freeonlinecoursesbellydance>

Interactive with the inner family:
<https://new-age-enlightenment.com/spiritual-path-inner-family-enlightenment>

Playlist with English and German webinars and videos about the inner family:
https://www.youtube.com/playlist?list=PLCZtAgFg8UWPpsSIKq_G8FXLbaTPw1B0W

Spiritual Centre of New Age Enlightenment for children:
<https://new-age-enlightenment.com/enlightenment-more>

In German

Die Am-Ziel-Erleuchtung: <https://www.am-ziel-erleuchtung.de>

Bauchtanzen lernen als Bewegungsmeditation: <https://sites.google.com/site/bauchtanzenlerneninberlin>

Die Spirituelle Meisterin Ayleen spricht über den spirituellen Weg (mit Ausschnitten aus *Leichter Leben* 2014 und *Die große Reportage* 2012): <https://www.youtube.com/watch?v=xMoWgUKZ9kg>

Webinare und Videos zur inneren Familie:
https://www.youtube.com/playlist?list=PLCZtAgFg8UWPpsSIKq_G8FXLbaTPw1B0W

Spirituelles Zentrum der Am-Ziel-Erleuchtung für Kinder:
<https://www.am-ziel-erleuchtung.de/erleuchtung-weiteres>

Individual verifications

[1] Heilkundeerlaubnis auf dem Gebiet der Psychotherapie zur berufsmäßigen Ausübung vom 17.7.2008 in Hamburg; Anzeige des Beginns der selbständigen Tätigkeit mit Wirkung vom 18.6.2009 in Berlin.

[2] Doktor der Wirtschafts- und Sozialwissenschaften vom 21.12.2000, Universität Hamburg. Ihre Dissertation *Die Hinzurechnungsbesteuerung nach dem Außensteuergesetz von Einkünften aus deutschen Quellen* ist als Band 35 in den Schriften des Instituts für Ausländisches und Internationales Finanz- und Steuerwesen der Universität Hamburg veröffentlicht, 1. Auflage 2001, Nomos-Verlag, Baden-Baden.

[3] Video *my rainbow experience*: <https://www.youtube.com/watch?v=by5Rj26b26o>

[4] *Lizenz als Übungsleiter Freizeitsport Gymnastik und Tanz* vom Deutschen Sportbund, Lizenz-Nr. 1.6205.10071, Fachverband Hamburger Sport-Bund e.V. vom 8.5.1988.

[5] *Die große Reportage*, Sendung vom 9.12.2012, AZ Media TV.

[6] *Selbstfindung: Die Suche nach dem eigenen Ich*, Sendung vom 18.4.2014, Spiegel TV.

[7] The therapeutic model of the psyche as an inner family with inner child, inner woman and inner man is originally due to the Spiritual Master Ayleen and not to be confused with the inner family (Internal Family Systems model) according to Richard Schwartz.

[8] *Leichter Leben*, Sendung vom 16.12.2014, adviqo AG.

[9] The Spiritual Master Ayleen describes the age of the soul on the basis of her personal perception analogous to a human life independent of the usual division into age of the soul with age steps.

[10] *Spirituelle Psychotherapie: Die innere Familie, Leitfaden für ganzheitliche Therapeuten/-innen*, 1. Auflage 2015, ISBN-13: 978-3738653151.

[11] *Spirituelles EMDR, Leitfaden für meine fortgeschrittenen Schüler/-innen*, 1. Auflage 2015, ISBN-13: 9783738653885.

[12] *Schuldgefühle vollständig auflösen, Leitfaden für meine fortgeschrittenen Schüler/-innen*, 1. Auflage 2016, ISBN-13: 978-3741251078.

[13] *Der vollständige spirituelle Weg: Die Spirituelle Meisterin Ayleen zur Am-Ziel-Erleuchtung*, 1. Auflage 2017, ISBN-13: 978-3744815154.

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