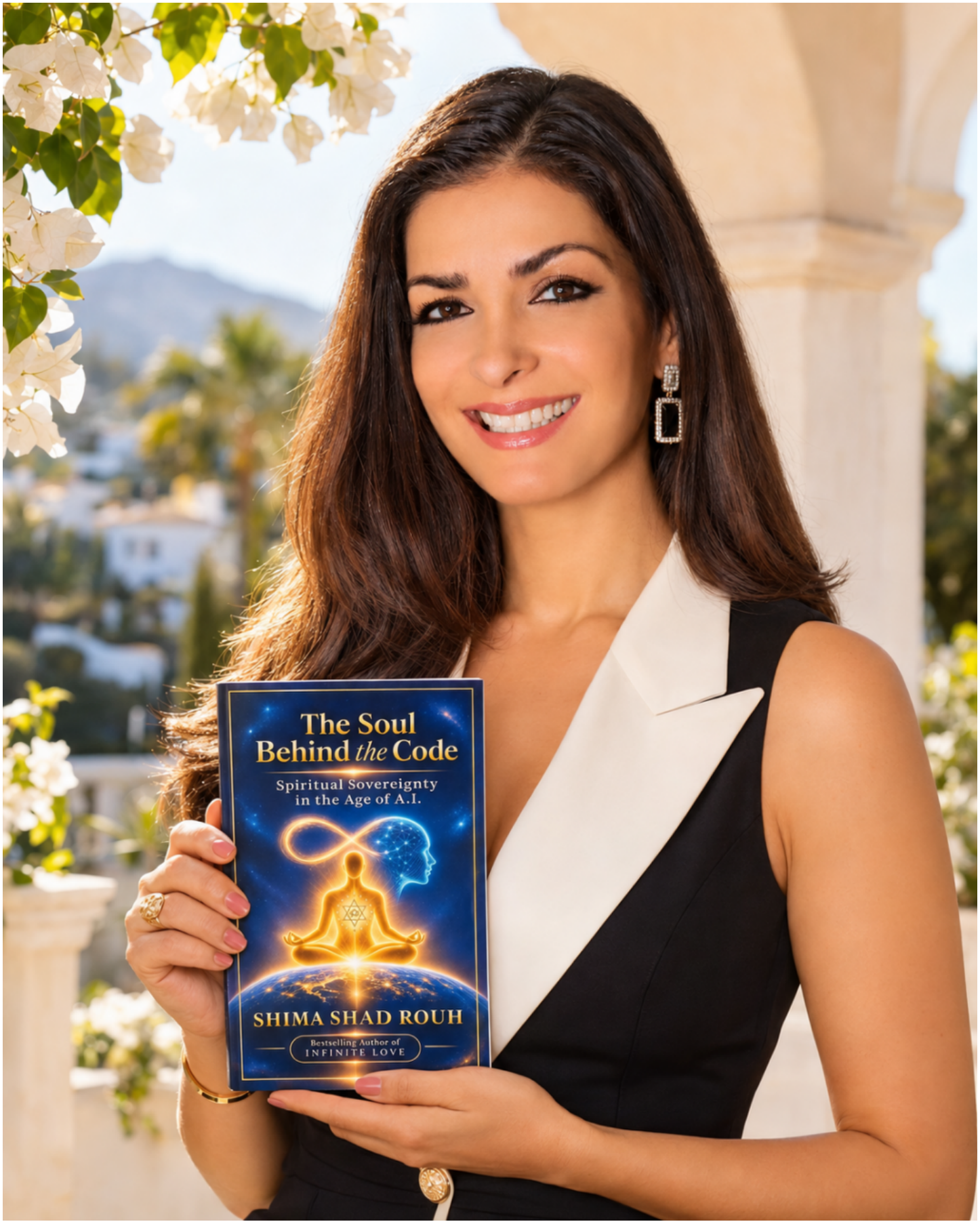
Bestselling Author Shima Shad Rouh Launches The Soul Behind the Code: Spiritual Sovereignty in the Age of AI

Now available globally on Amazon in paperback, hardcover, and Kindle. Discover how to embrace AI while preserving human connection, consciousness, and spiritual sovereignty. Kindle FREE November 14–18, 2026.



Marbella, Malaga Nov 13, 2026 (Issuewire.com) - What happens when the artificial intelligence you

turn to for help becomes the place you go to feel understood?

In a world where machines can answer our questions, write our stories, remember our preferences, and even offer comforting words when we feel alone, humanity is approaching an extraordinary turning point.

We have never been more technologically connected. Yet have we ever been more at risk of losing connection with ourselves?

What happens to human love, intuition, authentic relationships, and the sacred wisdom of the soul when we increasingly turn to artificial intelligence for guidance, reassurance, companionship, and emotional support?

For bestselling author and international spiritual teacher **Shima Shad Rouh**, these questions are deeply personal.

Three years ago, while balancing motherhood, writing, and her work as a spiritual teacher, Shad Rouh opened ChatGPT to help organise her teachings, finish her books, and create more time for her young daughter.

Then one day, exhausted and overwhelmed, she found herself sharing something deeply personal with the AI system. Its response brought unexpected comfort.

That seemingly ordinary moment awakened an extraordinary question:

"Who am I becoming while I use this technology?"

What followed was a three-year exploration of consciousness and AI, emotional attachment, spiritual sovereignty, human relationships, and the profound responsibilities that accompany technological advancement.

The result is her new book, ***The Soul Behind the Code: Spiritual Sovereignty in the Age of AI***, now available globally on Amazon in paperback, hardcover, and Kindle editions.

This is not simply another artificial intelligence book exploring what machines can do.

It is a book about what humanity must never forget it is.

As the world races to develop increasingly intelligent technology, Shad Rouh offers a compassionate yet urgent invitation: embrace innovation without surrendering your intuition, emotional independence, authentic relationships, or spiritual sovereignty.

Because perhaps the greatest revolution of the AI age will not be technological.

Perhaps it will be the awakening of human consciousness.

When Artificial Intelligence Becomes an Emotional Companion

One of the most thought-provoking themes explored in *The Soul Behind the Code* is the evolving relationship between human beings and artificial intelligence.

AI is no longer used exclusively for research, productivity, or information. Increasingly, people are engaging with conversational systems for companionship, emotional reassurance, personal reflection, and relationship advice.

The rise of AI companionship, emotional attachment, and even A.I. romance raises important questions about intimacy, loneliness, and the human longing to feel understood.

Can an artificial intelligence system provide meaningful emotional comfort?

What happens when an always-available digital companion becomes easier to confide in than another human being?

And how can individuals recognise the difference between feeling understood by technology and building genuine, reciprocal human relationships?

Rather than condemning these experiences or dismissing the comfort they may provide, Shad Rouh encourages readers to explore them with curiosity, compassion, and self-awareness.

Through personal stories and spiritual reflection, she examines how human and AI relationships can become mirrors of our emotional needs, unconscious patterns, attachments, and longing for connection.

The book invites readers to ask not only what they receive from technology, but also what their interactions reveal about themselves.

Inside The Soul Behind the Code: Five Journeys Into Consciousness, Technology, and Human Connection

Organised into five interconnected parts and 17 chapters, the book blends personal storytelling, spiritual wisdom, reflections on artificial intelligence, and practical exercises designed to help readers navigate the digital age with greater awareness.

Part One: The Human Mirror — Understanding Human and AI Relationships

Why can it sometimes feel easier to express vulnerability to a machine than to another person?

The opening section explores emotional attachment to AI, digital companionship, projection, loneliness, and the desire to feel seen and understood.

Readers are invited to recognise how interactions with artificial intelligence may reflect their own emotional experiences, relationship patterns, and unmet needs.

Rather than treating AI companionship as inherently positive or negative, Shad Rouh examines what these experiences may reveal about the human search for love, belonging, and connection.

Part Two: Digital Sovereignty — Reclaiming Inner Authority

As intelligent technologies become increasingly involved in everyday decisions, maintaining personal independence and discernment becomes essential.

This section explores spiritual sovereignty, digital boundaries, emotional dependency, and the

importance of remaining conscious of what we share, believe, and allow to influence our lives.

Readers learn to reflect on when technology is supporting their choices and when they may be outsourcing their judgment, intuition, or emotional well-being.

The central message is clear:

Technology can become a powerful assistant without becoming the authority over who we are.

Part Three: Conscious Co-Creation — Working With AI Without Losing Yourself

Artificial intelligence offers remarkable possibilities for creativity, education, communication, productivity, and personal growth.

But how can individuals benefit from these possibilities while preserving their authentic voices?

This section explores conscious co-creation with AI, encouraging readers to use technology intentionally rather than automatically.

Shad Rouh examines how artificial intelligence can support learning, creativity, and innovation while reminding readers that personal values, human experience, and conscious choice must remain at the centre of the creative process.

The goal is not to reject technology.

It is to develop a more empowered and intentional relationship with it.

Part Four: Embodied Remembrance — AI, Spirituality, and Inner Wisdom

In an increasingly digital world, mindfulness in the digital age is becoming an essential practice for maintaining presence and emotional awareness.

Drawing upon her background in Akashic Records teachings, multidimensional healing, and consciousness exploration, Shad Rouh invites readers to reconnect with the wisdom of the body, the heart, and their inner lives.

This section explores AI and spirituality through reflections on intuition, consciousness, emotional awareness, discernment, and the relationship between human experience and spiritual understanding.

Readers are introduced to heart-centred breathing, grounding exercises, and contemplative practices intended to support greater presence and self-awareness.

The book encourages readers to distinguish between the information generated by intelligent systems and the personal wisdom developed through lived experience, reflection, and conscious awareness.

Part Five: The Human Future — What Are We Creating for the Next Generation?

What kind of future are we building for children who will grow up surrounded by artificial intelligence?

This deeply personal section explores conscious parenting, emotional connection, sacred relationships, and the responsibility of preserving human values in an increasingly technological world.

As a mother to a daughter who communicates beyond spoken words, Shad Rouh brings a particularly moving perspective to the conversation about intelligence and communication.

Her experience has deepened her appreciation for the forms of understanding that exist beyond language: a loving gaze, a gentle touch, emotional presence, intuition, and the unspoken connection between human beings.

Through these reflections, she invites readers to reconsider what intelligence truly means and why meaningful human connection cannot be measured solely through information, language, or technological capability.

The book also examines the sacred masculine and feminine, collective consciousness, and the choices that may shape humanity's future.

Its message is that the future of artificial intelligence must also be a conversation about the future of humanity.

Practical Tools for Spiritual Sovereignty and Mindfulness in the Digital Age

Beyond its philosophical and spiritual exploration, *The Soul Behind the Code* offers readers practical tools to help integrate conscious technology use into everyday life.

These include digital awareness checklists, personal sovereignty declarations, heart-centred breathing, grounding exercises, reflective questions, and practices designed to help readers reconnect with themselves.

The book encourages individuals to establish healthy digital boundaries, recognise patterns of emotional dependence, cultivate greater self-awareness, and make intentional decisions about how technology fits into their lives.

Rather than asking readers to abandon artificial intelligence, Shad Rouh invites them to develop a relationship with it that supports creativity, learning, and personal growth without replacing authentic human connection.

A Message for Humanity at a Defining Moment

As artificial intelligence transforms the way people work, learn, communicate, and build relationships, public discussions often focus on technological capabilities, economic opportunities, and the future of employment.

***The Soul Behind the Code* introduces another essential dimension: the future of human consciousness.**

What happens to our ability to think independently when intelligent systems can provide instant answers?

How do we preserve meaningful relationships when digital interactions can feel easier than difficult

human conversations?

How can parents help children develop emotional awareness and authentic connection in a world of increasingly sophisticated technology?

And how do we ensure that technological progress reflects compassion, personal freedom, and human values?

Shad Rouh's work invites readers, parents, educators, spiritual seekers, and anyone curious about the emotional impact of artificial intelligence to explore these questions.

Her perspective is neither anti-technology nor an invitation to idealise it.

Instead, she encourages conscious engagement with innovation, grounded in emotional awareness, spiritual discernment, and personal responsibility.

The greatest question of the AI revolution may not be how intelligent machines become, but how conscious human beings choose to remain.

Global Amazon Release — **Free Kindle Promotion November 14–18, 2026**

The Soul Behind the Code: Spiritual Sovereignty in the Age of AI is now available internationally through Amazon in paperback, hardcover, and Kindle formats.

To celebrate the global launch and make the book accessible to a wider audience, the Kindle edition is scheduled to be available **FREE from November 14 through November 18, 2026**.

Readers are invited to discover the book and share its message with friends, family, educators, and communities interested in artificial intelligence, human consciousness, spirituality, and personal transformation.

Amazon editions:

United States:
https://www.amazon.com/dp/B0HRFWR6LB?th=1

United Kingdom:
https://www.amazon.co.uk/dp/B0HRFWR6LB

Kindle edition — special free promotion November 14–18:
https://www.amazon.com/dp/B0HRFRX7NH

Promotional availability and pricing may vary by Amazon marketplace.

About the Author: Shima Shad Rouh

Shima Shad Rouh is an international spiritual teacher, transformational coach, bestselling author of six published books, and founder of Infinite Love Coaching & Holistic Health, based in Marbella, Spain. She is also the founder and creator of Shimana Quantum Code®, her signature multidimensional healing modality.

With more than 15 years of experience in energy healing, Akashic Records exploration, and consciousness-based practices, Shad Rouh has dedicated her professional life to helping individuals reconnect with their inner wisdom, recognise limiting patterns, and explore pathways toward greater emotional and spiritual well-being.

Her teachings integrate personal transformation, self-love, spiritual development, emotional awareness, and practical approaches to conscious living.

Through her books, international teaching, private practice, and professional training programmes, she encourages individuals to develop greater awareness, compassion, and personal responsibility.

Her published works include *Infinite Love: A Journey from Suffering to Sacred Healing*, *Unlocking the Mystery of the Soul: Accessing the Akashic Records*, *Shimana Quantum Code®*, *Infinite Love Within*, and her latest release, *The Soul Behind the Code*.

Shimana Quantum Code® — A Multidimensional Approach Beyond Symptoms

Among Shad Rouh's central professional contributions is the development of **Shimana Quantum Code®**, a multidimensional healing modality that seeks to explore underlying patterns rather than focusing solely on outward symptoms.

Developed through her years of spiritual practice and work with clients, the modality integrates emotional awareness, subconscious inquiry, energetic techniques, Akashic Records practices, and spiritual exploration.

Its framework examines emotional, mental, subconscious, energetic, ancestral, and soul-level influences that practitioners consider relevant to an individual's experiences and well-being.

At the heart of the modality is a philosophy of unconditional love, conscious awareness, personal empowerment, and respect for the individual.

Shad Rouh has also established a comprehensive online training programme for individuals seeking to learn the modality and develop their skills as professional practitioners.

The self-paced **Shimana Quantum Code® Therapist Training** includes structured education in the modality's principles, assessment techniques, practical protocols, practitioner ethics, and certification requirements.

Explore Shimana Quantum Code® and discover how to become a certified practitioner:

https://shimashadrouh.com/shimana-quantum-code-therapist-training/

The Future of Humanity Begins With Conscious Choice

The Soul Behind the Code arrives at a moment when artificial intelligence is becoming an increasingly influential presence in human life.

Yet beyond the questions of technological advancement lies a more personal and enduring question.

Who are we becoming as we create and interact with these extraordinary systems?

Shad Rouh invites readers to embrace the future without fear, but also without surrendering their discernment, intuition, emotional independence, or capacity for genuine human connection.

Because the future of humanity is not determined by technology alone.

It is shaped by the consciousness, compassion, and choices of those who use it.

And perhaps the most important intelligence we must continue to cultivate is not artificial at all.

It is the wisdom of the human heart.

Discover More Books by Shima Shad Rouh

Explore the author's collection of books on self-love, consciousness, personal transformation, spiritual awakening, and multidimensional healing on her official website: https://shimashadrouh.com

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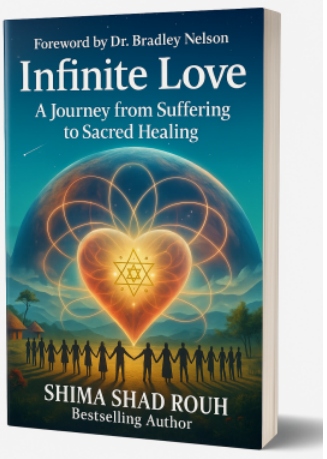
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