

Our True
POWER

A Spiritual Guide

by

Nina Van Calster

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Our True Power, A Spiritual Guide

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DISCLAIMER

As reader you will be reading this book with the level of consciousness you have reached thus far. Meaning that you will understand the content according to your abilities, your perception. All information shared is spiritual information which can help awaken your consciousness. How one deals with this depends entirely on the personal awakening process.

Only you can work with it, only you are responsible for the ways in which you think and act. After reading this kind of information you have the Free Will to make drastic decisions, or not. Any action you take as a result of reading the information shared in this book is entirely your responsibility. For drastic decisions, which can have serious consequences in your life, it is advised to seek adequate professional guidance.

Think before you begin!

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By adding this disclaimer, the author can in no way be held liable for any unwanted consequences in your life.

Good luck on your path towards a more beautiful, a healthier and a more joyful existence!

Foreword

We, humans, are all a work in progress, as is everything in creation. Where you are today, in this moment in time, is exactly where you need to be. Should haves, could haves and would haves, have no value in the eyes of Creation. They're part of the conceptual ego-thinking mind process we all better let go of.

Nothing in your life, so far, should have been any different, nothing could have been any different and nothing would have been any different, for where you are, today, is exactly *the Place* for you to be, as you, too, start your journey towards more awareness.

By choosing to pick up this type of book you intrinsically acknowledge to the Universe, the Divine Source Energy, that you are ready to know more. So far, a privilege only few humans are capable to grasp. But there is hope for all of humanity, as, in recent times, the calling to awakening gets clearer and louder by the day.

What we all need to do is to learn to focus on Thyself! For, to you, *You* are the most important part of the Whole of existence. Learn to create your life as if you are God, the Divine Energy itself. For that, in absolute Truth, is who you are in the Essence of your eternal being.

Remembering who we are, is our truest purpose in this life on Earth. Lessons come and go and according to our learning abilities we grow and evolve into the being we are destined to become.

Years of transformational growth in awareness and evolution in consciousness, have taught me how to reconnect with my True Self, my Essence, my Soul. It was shown to me how my personal path and inner work contributes, not only to my own life experience, but also to that of others. I learned to take responsibility for my actions, my words and to become attentive to the quality of the energy I want to contribute to the Whole. Throughout my personal process I discovered innate abilities which enabled me to develop skills and talents and so I came to realise my true purpose in this life. After shedding all of the personal burdens, which I too was dragging along on my path, life opened up to me and I was shown a whole new way of thinking and doing. The growing awareness led me to a path of healing, enlightenment and a vision of a future all humans desire so much; a life lived in Peace and Love, in Tranquillity and Harmony. A life full of Joy in which competition, manipulation, dominance, control, fear, anger, jealousy, superiority and inferiority have no existence.

Let me accompany you through the next pages of the book and then, let the Light energy of its Powerful message come to you.

As you progress, let it dawn on you that we are, as humans, in Essence, all equal, all here, right now, for the same purpose of evolution and growth. A work in progress!

Let nothing frighten you, but rather, let it encourage you, let it strengthen you, knowing you are not alone. You are here for a reason and you are reading this message for the purpose of healing yourself, your loved ones and all of Humanity.

Your personal contribution matters! For without it, we are not One.

The Whole of Humanity needs people like You. Individuals who each want to do their inner work, who want to shed their personal burdens, who want to clear their personal Energy Fields and, in doing so, contribute to the quality of the Whole of the Human Energy Field, which is indivisibly and intrinsically part of The Whole Universal Energy Field.

I personally thank you for the work you are willing to do and I wish you all the best on your path.

In Love, in Light

Nina

Introduction

This book came about through channelling. Channelling is possible as soon as a person manages to completely transcend rational thinking in order to reach a state of Higher Consciousness. During purposeful meditation, or the practice of silence for the purpose of connecting with the Higher Self, the Source, images, forms and/or a stream of words start to flow. Anyone who knows how to concentrate fully on this information will not let anything, from the outer world, disturb this connection. Attuned to the Higher Self, the consciousness flows through the Light Body of the human being and thus makes its way to the fine physical motor skills. Anyone who, in this expanded state of consciousness, becomes receptive to the information, inspiration and creativity, which flows through the body, begins to write, paint, draw, sculpt, compose, in short, begins to create whatever it is that wants to manifest.

On the day I was to take a flight, which got cancelled due to the Covid-19 circumstances, a current started to flow through me. That morning, after meditation, I started writing, not knowing it would continue to go on for days on end. The pace at which the words came to me was so fast, my hand could barely keep up. It seemed as if the book already existed and someone was reading it to me, page after page. Everything around me was turned off. Several times I didn't even notice my partner had entered the room in which I sat writing. After

writing several pages, the flow always paused. At first I wondered if it would continue tomorrow. I clearly didn't need to worry because I wrote for days until the verbiage came to an end. The message was out. Was this the end of the manuscript?

The energy told me it was time to start typing. During the elaboration of the book I was often surprised by what was written. Text editing was hardly necessary. Initially, I started changing some paragraphs, only to change them back to the original later. What I wanted to add or change turned out to be in the text a bit further, but I didn't recall. Sometimes I would burst out laughing, because everything I've ever wanted to put into words so badly was in the manuscript and I could barely remember it.

My deep desire to spread The Truth about who we are just got bigger and louder. The more the information disseminated by media, around the world, frightens and limits people in their thinking and acting, the more I want to answer the call of consciousness by writing and publishing yet another message to overcome and transcend exactly those fears and limiting thoughts.

As you read, the way in which the words come through, can feel harsh and intense for some people. Especially when it is your first experience to pick up a book in which words contain the powerful energy of awakening. However the message is worded, every passage, every repetition, every emphasis is intended to awaken the consciousness in you.

Depending on the personal life path you, as a reader, have walked so far, parts of the book will trigger parts in you. If

there are energy charges of pain and sadness within you, ready and waiting to be released, this might actually happen whilst reading certain paragraphs. If it does, let it happen. Put the book down for a moment and give the sadness or the pain that arises all the time and space to be acknowledged, to be experienced. Do not ignore it or suppress it yet again. It wants to be released, it wants out! That is what healing is all about. Somewhat later, relieved and already released of that particular charge, you can continue your reading.

The message in the book is written in general terms. No time and space was wasted on endlessly listing examples. I initially thought that was lacking, but it soon became clear that it was not the intention to overload the book with anecdotes such as we all have abundantly in our own lives. If passages written in a general descriptive way, *may* touch your inner Self, it means there is an intention for you to do something with it. Yes, I say “may”, because only you can decide what you allow, only you can choose.

Read and clear your mind. With this I mean; do not reason about it, just feel. Let your Human Energy Field, which is your frequency, your vibration, your body as a Whole, tell you what the contents of this message can mean to you. Learn to feel what needs to be purified in you.

Whether to read in pieces or in one go, will be determined by your reaction to the words. If you really want to thoroughly understand something and awaken, I personally suggest to read step by step and some passages more than once. Within whomever the process of awakening is in progress, it will go

on and on. The hunger for more insights and understanding about who we really are will only increase.

Whether this is your first book or the umpteenth on your path to greater awareness, let the message you're about to receive do its job. This way you allow it to contribute to an increase of the energy vibration in Your existence.

The enlightening inner work, which only you can perform, contributes to the increase of the quality of your life and in doing so, it contributes, too, to that of All Life, all people, all animals and plants, with whom You connect.

1. Arrived in the NOW

A stream starts to flow

When we quiet our mind and we allow the energy to do its work, a stream of thoughts starts to flow. These thoughts are not yours; they arise through you. They manifest in form as for example words written on a piece of paper. But who is speaking? Who or what gives you this stream of thought?

It is the Source Energy. The energy of the one, all-encompassing consciousness which we are all part of. Whoever focuses on that Source Energy, with a clear awareness, will manifest anything in form that longs to be manifested. By you, by someone else, by anyone, whatever wants to be manifested will be manifested.

That one energy, which we all are part of, always creates further. It's the same energy we see at work in nature. An incessant energy of growth through evolution. With us humans, it's no different. We are but just a part of the Big Picture.

Those who consciously participate may enjoy the beauty of this Power. A Power that is therefore given to you. A Power that increases as you allow it to work through you.

Whoever wants control over this Power will lose power. The energy cannot be manipulated. It works through you, not for you!

In the course of evolution, mankind has become very pretentious thinking that they hold all knowledge and wisdom. A pretence often punished by missing out on the desired results. Only when *the genius*, or rather the common human, is smart enough to silence him- or herself can he or she let the creative current flow through.

Whether it's about inventing things, creating works of art, writing pieces of music or other artistic so-called exceptional results, they were all passed on from The Source through a human being. More specifically, the human being who allowed himself to function as a channel for that level of energy.

The truly enlightened human, artist, musician, inventor, who knows that something can take form through him, or her, has understood. Every human being has the opportunity to bring anything in to realisation through his, or her, connection with consciousness, the Source Energy. We all have the free will to create, to manifest, to realise. So yes, we also have the free will to do nothing, to be lazy and to command and manipulate others.

Every person chooses his or her own path

From birth, even as soon as conception takes place, the energy of the one all-encompassing Universal consciousness is present within us. It is within you for that part of the Whole that *YOU ARE*.

With the part, that you are, you are free to work during this lifetime, this incarnation. You literally get to choose what you do with it and what you choose to do with it is entirely your business. The more you learn to listen to your intuition, the promptings of your Higher Self, your Soul, the more your life will follow the course predestined for you. That is the plan you laid out for yourself before you started this existence.

Where you start and where you end, or what we call birth and death, is up to you. The level of your consciousness with which you (once again) come onto Earth depends on your previous experiences. The level of consciousness with which you'll leave the Earth (this time) depends on the evolution you make during this existence, this lifetime. The life lessons you have planned for this life will help you evolve. Once you've understood them, your energetic vibration can ascend (rise) in order for You to evolve to the next level in the energy. And again, there is free will. The freedom to want to learn things, or not. Every human being can freely choose to not do anything. Laziness, laxity, cowardice and so on, are heavy and low vibrating levels of energies. Levels we all have to struggle through. If we want to!

The path of pain helps

Only when our behaviour continues to cause us unbearable burdens are we willing to do something about it and finally change.

The way we see and understand things determines the way we think. The way we think determines the way we speak. The way we speak determines the way we act. All human qualities are interconnected. As so, we are, in turn, connected with one another and with all things surrounding us.

People are social beings and, without thinking, influence each other. Whether an influence feels right or wrong is usually not even considered. At first an influence is simply accepted. Why? Very simple, cause it habitually happens from childhood. In other words, it is normal to hear the words and actions of others on a daily basis, take them in without judgement and go and live by those examples.

Only when, over time, inner pain and discomfort, sadness or anger, triggered by the negative influences, become a too heavy burden, we finally want to do something about it. Unfortunately, often very late in life. Sometimes even too late as some people decide to step out of their excruciating pain and commit suicide. Others can no longer control their anger and become perpetrators themselves. Still others see no way out and accept a victim role in order to be able to bear life's dull misery and their unhappiness. In other words, they give up.

Whether in time or just very last minute, as victim or victimizer, know that it is *never* too late to step out of the false thinking patterns and learn to choose for You. Choose for yourself as you initially planned, before you came (returned) to Earth, in this incarnation, as the human being you are today.

In the course of human history, we have all gone through the same evolution, life after life, in order for us to arrive in this, linear time (another illusion we all accept as truth) in the years following 2020.

Time and time again, with the choices we have made, we have added or not to our level of energetic vibration. The actions we took, with the choices we have made, did not all contribute positively to the raising of our energetic vibration.

As a result of our ignorance, our limited thinking ability, we all did things that contributed negatively to our existence. Only in this way could we have walked the path of pain to gradually learn that there is indeed a path to wellbeing.

When our way of thinking and the resulting actions cause us pain, it helps us to harden up. We literally become harder in our way of handling things and we become darker in our way of thinking. It literally dims our light. We don't shine anymore. We look surly and speak rudely and abusive. Our heart becomes sad, our zest for life decreases, the eyes become dull and our hair and skin loses vitality.

Illness, depression, burnout, boreout, these are all consequences of the hardening. It is the hardening of the Human Energy Field, as lives energy decreases in the body. In other words, the energetic vibration drops. The energy no longer flows or worse, one finally blocks completely and so, one loses the sense of all that life, here on Earth, has to offer. Empty of Light, one can't be bothered anymore. It all no longer makes any sense. Why? What's the point? Plenty of arguments for someone who has lost all lust of life in this existence.

The breaking point

When the Higher Plan, the Soul plan, doesn't include suicide, there comes a day you reach a saturation point and break.

For some people, this can well be the day a suicide attempt fails. Fortunately, it doesn't always have to come that far.

If a suicide does happen, that too has its reason. It serves a Higher Purpose. The Higher Self, the Soul, of the deceased, had a part in a Bigger Plan. In such a scenario too, important lessons serve humanity. Not so much in the existence of the deceased, who took on the designated role, but more so in the existence of his or her environment. A harsh reality, but a reality nonetheless.

Lessons in compassion, respect, helpfulness, acceptance, and many more, all pass in the lives of those close to the deceased. Until long after the mourning period, all people, no matter how well or vaguely they've known the person, carry elements of the event within them. It will influence their way of thinking and doing.

Whether these lessons are understood or not, life goes on. Equally so for the Soul of the deceased who has thus fulfilled its task on Earth. Insights and lessons learned or not, the individual energy evolution will continue its course.

When the suicide plan fails, in a first or umpteenth attempt, the Light of consciousness can finally break through. The hardening process of the Human Energy, which manifests in resistance and loss of zest for life, can no longer continue. A turning point has been reached. Help is called in and will finally be accepted. A new path can be taken, because the old one has come to an end.

No matter how difficult, heavy, hard and tragic the old path was, whoever breaks is ready to acknowledge the inner call of

the Higher Self, the Soul. That is who you really are, that is your essence, that is your energy.

Just as the drop is part of the water in the ocean, so are you part-energy of The Whole, the Universal Energy Field. The Whole is not whole without YOU.

Wherever you are, in form or formless state, you will always 'Be'.

Thanks to people like Albert Einstein, we were already able to learn that energy cannot be destroyed. Mass, form and composition can infinitely change, but the energy remains.

That's you! That energy which is, here and now, part of the whole of humanity on this planet Earth. It was never, nor will it be ever, any different. Acknowledging this teaches you who you really are. From that point on, a new path can reveal itself. The path of a New Human in a New World.

The more people come to this understanding, the more the energy on Earth ascends. This means a rising in consciousness. Higher vibrations give us more Light, more insight, more awareness. The Light literally chases away the darkness. Our hearts become happy again. As our zest for life increases, eyes start to sparkle again and our skin and hair, nourished by the vital energy, radiates health once more.

We become radiant!

In a world where the darkness increased, it is high time to allow the Light to shine at full force.

In times of the Corona pandemic, the Divine Source Energy seemed to virtually shut down life on Earth. A virus spreads and of all living creatures, whether by the virus or its consequences, it was humanity that was hit as a whole.

Across lifetimes, all kinds of people have reached the breaking point. Through wars, illnesses, accidents or personal dramas, over centuries events have caused people to wake up. Today, however, it's a worldwide mass event, an all-encompassing and paralyzing event. Our freedom is being taken and the fear of death is increasing tremendously.

The process of hardening, or the path of suffering, leading to the breaking point, is, through the energy of fear, suddenly spreading all over the world. Like a sheet of impending fog, this energy wraps us all today. And again, free will leaves you a choice. Do you choose fear or do you choose to awaken?

Time to wake up

Awaking together, that is the purpose of this Earthly event. No longer one by one, but all humans.

What is happening now touches us all very deeply. We are all personally affected in one way or another. Each and everyone in the details of their own life situation. Millions of different stories, yet one and the same result. We are all triggered and shaken. The goal; an awakening to more consciousness.

The level of consciousness on Earth is rising. More and more people are doing their bit. In various ways, people start to live more consciously and are starting to talk about it with their friends and loved ones. The inner strength, our True Power, of the awakening process gives us the courage to express ourselves. Finally we dare to express our dissatisfaction about the way life goes in today's society to a greater extent. Politically, economically and socially, the dissatisfaction is enormous, worldwide. Yet, so far, the already awakened human has failed to group themselves sufficiently to force change. Why?

Very simple! Because the Universal Energy cannot be forced. It is a process of growth in which all aspects of consciousness are addressed in every human being. It's not a matter of grouping ourselves. It is a matter of staying centred within oneself and choosing to awaken on the inner level. Awareness starts within yourself! When you are ready, the Energy will help you in your evolution.

And while in the past many voices were lost in the crowd and numerous writings were not read or misinterpreted, it is now time for the hard confrontation. Because those who don't listen, must feel.

We reap what we sow

Over the course of our human existence, we continuously tuned into the level of the energy that surrounded us. Mostly

unconsciously, we sowed greed, selfishness and destruction by continuing to feed that frequency of the energy. We continued to reap the same poor results because the individual didn't know any better. Restricted by a thinking process, at the level of the ego, every individual thought that life had to be this way, difficult, hardworking, unfair, etc. The Fate of Humanity.

Hasn't it always been that way?

No. Centuries ago tribes of indigenous peoples did not deal with each other in this modern materialistic way at all. Not with each other, nor with all the life forms around them. Plant and Animal Kingdoms were respected. A fellow human was honoured and celebrated, the new born as well as the wise old man and chief of the tribe. There was respect. There was togetherness. There was a group feeling. There was harmony, and man lived in the midst of all that existed, without claiming ownership.

Unfortunately, over centuries, the modern human with his ego based thinking pattern has descended to the lower levels of the energy. Remaining active in those levels, filled with dark thoughts about lives struggle and false believes of power, caused humans to create even more misery. It is a human age of *'each for their own and God for all'*. A statement which is still all too often used as the excuse for greedy and selfish behaviour. A result from this ego-way of thinking.

Aiming to achieve individual power took over from the sense of oneness. That sense of power one appropriates was, and still is, amassed in the external material world. Working for

money, acquiring ownership, having a career, aiming for the highest job title and living luxurious, all signs of external materialistic power. The more we have the better... we think.

Humans came to value themselves through all possible forms of possession. Both the tangible material possessions as well as the imaginary possessions. The acceptance of the illusion that a job title gives a power, made the world of humanity even more sick. Kings, noblemen, barons, priests, teachers, doctors, professors, ministers, presidents, CEOs, managers, throughout time, an abundance of titles, all invented by man to give power and to gain power.

Power over whom?

Power over *the others*, the majority, a population, a group, a country, a culture, a municipality or a city. Power over the people in a company or an organisation. Even power within a family. In every situation we recognise the pyramid structure. A system in which people in *higher* positions exercise their power over people in all lower levels of *their* pyramid structure.

The opinion of the common man is but only *apparently* appreciated. The reality however is different. It is in fact the other way around! In numerous publicity campaigns, for instance, in the mainstream media and in politics, communication techniques are used. These techniques are techniques to manipulate mankind. The opinion and well-being of citizens is used and kneaded to have us believe everything is in our best interest. In using these techniques, mankind is massively deceived through all kinds of manipulative communication.

History books, ditto films and footage abound to rub it under our noses and yet the corruption continues for years. The few awakened souls, here and there, themselves entangled in the pyramids of lust for power, were not strong enough to express fully. They still lacked strength and clarity, because how on Earth are you going to explain, on your own, to the people around you that things are going wrong? How do you get through to people telling them that as long as things continue to happen the way they do, it'll lead to even more division, more suffering. No one dares to tell the head of the organisation what is going wrong in the underlying levels of the pyramid. Everybody is afraid. And let's not forget to mention the most important detail of all, it's the system of pyramid structure itself that **is** the master problem. Whether we are talking about this structure in a country, a company, an educational institution, an NGO or a hospital, all pyramid structures are external power structures and therefore wrong.

Every human is a human, equal to all others

In essence, not one person has control over the other. In essence, not one person has responsibility over the other. We are all equal!

Whether you are a professor, a teacher, a director, a manager, a priest, a mayor, a minister, a king or president, whatever your job title, you are a human being. An ordinary person, just like all other people!

Job titles given to people by the people, as well as self-invented job titles , give a false sense of power. The practice, and so often the abuse, of that power are the manifestations of the rational, selfish, ego-thinking mind in which humanity is stuck. It is precisely that which divides us, produces imbalance between us and causes all conflict.

Ample examples throughout history and still today, examples in abundance via all media channels. All conflicts, however big or small, they're all caused by humans stuck in the divided mind, humans who remain unaware, stuck in the head, in the ego-based thinking patterns.

Totally unaware of reality, mankind has continued to live like this, generation after generation. Technology underwent a huge evolution, but empathy however went the other way, it got lost.

Yet, in the midst of all chaos, there always have been people with a clear consciousness. These people were already awakened and enlightened. They all were very courageous in their frantic attempts to try to awaken their fellow humans too. With words and deeds full of Unconditional Love, they continued at all costs to try to touch *the good* in every person they interacted with. The good that is present in each and every one of us is the Light of the Universal Source within us. It is the energy that gives life to all of existence. It is the energy of our Soul that allowed us to incarnate in this form, into the person you are today, HERE and NOW. This Source-Energy is our essence and can be touched deep within us. With words, with actions, events and traumas, that energy can be triggered within you!

When the suffering of a person has come to a point of ultimate hardening, a trigger can cause the person to break. The walls build around us start to crumble. The wake-up call of reality is usually harsh and painful, but the relief is great when the person begins to realise that precisely that call is the start of a way back, back to the Source, back to the Light, back to your origin, your essence.

Back to the Source is back to the Light

The Light Energy referred to is the Light of insights that overcomes darkness and dark-thought-patterns. It is the way back to freedom. A freedom mankind once knew, before the energy of ego-thinking began to numb us all and make us sick. We are all sick in our bodies. Both in the mental, the emotional and the physical body. The ego-thinking energy patterns, that thought form which let us believe we are all separate individuals, is what is making us sick. It lets us believe that “I” is “me” and “you” are “you”, that this is “my life” and that you have “yours”. My story and your story, separated from each other. Nothing could be further from the truth!

Every mental body which functions in the ego-mind thinking process produces thousands of uncontrolled thoughts. For many people, unfortunately, very negative thoughts. Emotionally, those negative thoughts lead to feelings of insecurity. This uncertainty brings about a feeling of fear, fear of loss. We fear to lose everything we have acquired, built up

or achieved in our material outer world. The fear of loss produces a struggle, both internally, with yourself, as well as external, with your fellow human. Unfortunately, the latter is all too often with your loved ones, your family members and friends. So relationships cloud, or worse, they break.

All these negative thoughts and emotions lead to stress and discomfort because over time these heavy toxic energy vibrations manifest in the physical body. The poor quality of that energy, vibrating through the human energy field, feeds the cells via the nervous system, the lymphatic system and the bloodstreams and thus manifests into solid form, in the physical body. There, in our body, it affects our cells and thus negatively affects our lives.

Most people believe that only our physical form exists because it can be perceived by our human senses, the formless cannot. Humans believe that anything we don't see, hear, feel, smell or taste, doesn't exist. We don't accept an existence if we cannot perceive it. What the sensory perception doesn't recognise is labelled as non-existent.

Nevertheless, there always have been humans who, thanks to their sharper and more developed sensory ability, can perceive much more. We accept that not everyone has the same ability to see, smell or hear, etc. and through science we accept that animals have a completely different sensory perception than humans, yet most people don't want to accept, or don't yet generally accept, that this is the same for us, humans.

More so, humans, with their ability to reason, can consciously learn to further develop these abilities of the physical body.

As a child learns to ride a bike or learns to swim, as an athlete trains to win the next competition or a musician practices to play a new song smoothly, likewise, a human can practice to perceive better with all its senses. As energetic beings, we are able to see, to hear, to feel, to taste and to smell more than we initially do. Those amongst us who really want this can open up and learn it.

Gradually it becomes clear how important it is we take care of our immediate surroundings, our living environment. Not only is it about the energy flowing within your body, it is also about the energy which is surrounding your entire being and which flows through your body. It is about the energy of the places you frequent. It is about the energy of the people you meet.

The quality of the energy

Ask yourself, what is the quality of the energy that surrounds you on a daily basis? In which kind of spheres do you linger? Do you still unconsciously let others define the quality of the energy that surrounds you? With their choice of words and their choice of behaviour? Or, are you already consciously looking for higher, lighter, more pleasant and healthier levels of energy?

To get the answers, ask yourself, what do you **feel** when reading the following questions?

- Do you linger in an environment where the situation and the people around you make you sick?
- Do you continue to live in a street where there is too much noise and tumult?
- Do you continue to live in an area, a village, a town or a city that no longer appeals to you?
- Do you continue to work in a company where you feel more and more unhappy?
- Do you continue to work for a boss or with colleagues who try to dominate, belittle or scold you?
- Do you stay in a relationship that doesn't contribute to your happiness?
- Do you continue to care for a person who causes you pain and sorrow?

In other words, do you linger in the levels of the vibrating energies of external power, jealousy, frustration, anger and fear, which affect your health, your lives energy, your vitality and thus the quality of your life?

Whoever is ready, says ENOUGH!

Without exception, we all go through forms of those low vibrational energies. Every human being who has ever lived and every human being now on Earth is undergoing the same process. It is the process of the hardening. We undergo it until we no longer want to continue like this or until we no longer physically can (Burn-out). We all experience this process in our own personal details and in our own unique ways. We are like the water droplets of a big ocean. All equal, yet so unique!

The huge difference between each human is hidden in the way we undergo the process. How long can you take this hardening? At what point in your life do you say “enough!”? In other words, when do you say STOP, I’m done?

The sooner we recognise and learn that this path of suffering doesn’t have to be this long and painful, the faster we can get out. The tide can turn the minute this knowledge is accepted.

To know who we really are is to acknowledge that we all are, like everything in the Universe, energy. An energy that is ever present, in form and in non-form. An energy that is always interconnected, no matter what. We are all One, One with the Universal Source. Like all waterdrops in the ocean, we are all part of the big Whole, the Universe. That is who you are!

The quality of the energy in your environment therefore determines the quality of the energy in your body and the quality of the energy in your life.

Those who choose to improve the quality of life can now choose to improve the quality of their environment. This is how you contribute to your own happiness.

You give yourself a new purpose, a new direction. You finally start by putting yourself first and by giving yourself the very best care you can ever imagine. And I mean the whole picture; from taking sufficient rest, being playful and having fun, to eating only beneficial and vitalizing foods and drinking only healthy beverages. How you fill this in, in the detail, is entirely up to you. Do what you love to do. Avoid doing anything that doesn't feel good. With everything you do, say, eat, drink, etc., **feel** whether the action contributes to the

quality of your life or not. If not, STOP doing, saying, eating, drinking, etc., whatever it is you're doing, saying, eating, drinking, etc.

Make sure your private home is clean and fresh at all times. After all, it is your personal living environment. If tidying up and cleaning are not your strong suit, than do something to make the task more enjoyable. A dash of music for example always helps. Make the job at hand lighter by dividing the work into several lighter tasks or spread the work over several days. Doing something every day is better than doing nothing at all.

Taking loving care of the place in which you spend so much time, is ensuring that Your living environment radiates the ideal energy for You! A clean environment is much healthier for yourself than letting the dirt pile up, because along with the dirt you pile up a lot of negative feelings and emotions.

*Remember, your home is the temple of your body
and your body is the temple of your Soul.*

Your body, seen in its totality, is much more than the physical appearance you look at in the mirror. By reading so far, you have already an understanding of this fact. By keeping a clean and fresh environment at home, you not only ensure a good and healthy nourishing energy in your private rooms, but also in your body.

More so, regard being active at home, inside as well as outside in the garden, as a positive exercise. Although we

sometimes need to leave the more heavy tasks to the younger or stronger among us, do yourself all you can do. It gives you great satisfaction and thus contributes to your happiness.

Keep your energy vibration high with a healthy self-centredness. This is an attitude in which we bring (and keep) ourselves in balance. In a state of healthy self-centredness we regard ourselves as The Centre of our existence and we keep a well-grounded, serene and harmonious inner state of being. It's an attitude that benefits us all. You put yourself, your existence and your own well-being first, there where it should be! You take full responsibility for yourself and never point an accusing finger at another person. For whatever is happening in and around you, you know that only you can change what you deem necessary to change.

Those amongst us who deflect too much toward selfishness are wrong and dive into the low negative toxic energy levels of oppression and abuse of power, always at the expense of someone else. The person with selfish behaviour will use others for his or her own benefit. All too often this use becomes abuse and the egoistic person, the abuser, literally drains others. The egoistic individual is a man or a woman with a low energy vibration who is only too happy to keep the higher vibrating helping individual in his or her environment. They feel good about it and want more and more apparent help. Whether with tyrannical behaviour or hypocritical excuses, they continuously try to get the other person to do things they themselves personally benefit from. As vampires, selfish people empty you from your precious energy until you are completely exhausted, because, as a giver, you will never

get anything in return which might favourably contribute to your energy vibration.

Those amongst us who deflect too much toward altruism are wrong too and give away far too much of their good energy which is needed to stay in a healthy balance. When the quality of your personal energy decreases it results in well known consequences such as fatigue and exhaustion. In time these consequences turn into all types of diseases, collapses or a burnout, when one doesn't want to give in to the hardening of your own energy flow. In today's society, in which the pressure has been increasing for some time now, many altruistic people already experienced these extremes. They too thought it had to be that way. They saw no way out of the rat race they were in. They couldn't stand up for themselves and were urged, one by one, in their old conditioning to continue. Until they broke.

Those amongst us who manage to keep themselves in their healthy and balanced centre of existence can enjoy a constant balanced flow of energy. In that harmonious centre, wherever you are on your path, the energy flowing through you, at that level, allows you to do exactly what it is you wish to do. Perfectly in flow and according to the Bigger Plan you then are exactly where you need to be. You then are able to live the life that is meant for you. You then are where you need to be to do, with all your qualities and your talents, the work you are destined to do in this lifetime.

Centred in "Being," all is calm in the mind, for you are trusting the Higher Plan. You now **feel**, deeply within your Heart, that all is as should be. You understand your past and finally have

your peace with it. You accept the NOW as it is and realise how blessed you are with everything you now know and everything you've experienced in the past. Whatever the future holds, you know that when time comes, everything will go exactly as it should go. Because, it will be as it should be and now, you have all confidence in it.

To realise who we are, is to realise that we only bear responsibility for ourselves, in a time and space which is eternally the Here and Now. Taking on that responsibility requires courage and strength. Knowing that it is The Way to a fulfilling and peaceful life for yourself and for all those around you, gives you the motivation to choose this path.

There is a new way

The new way leaves the old completely behind. The old is the way of duality. It is a way of ego-thinking mind patterns, which have us compete with one another. The ego-thinking mind let us believe the other individual is a competitor, or worse, the enemy. No, he's not!

Realising that we are one and that we, each and every one of us, must preoccupy ourselves with ourselves in order to contribute to a better, more peaceful and joyful world, is the key. Let your consciousness grow and so, contribute to a better world that will benefit us all. Do it through your presence in this existence.

Those of us who fully focus on themselves and on the quality of their personal energy will feel happier and more at peace.

Happy and at peace you feel healthy and bursting with vitality. You radiate Light from within. Your delightful energy will positively influence the energy fields of all people around you. Your light is contagious! This positive contagiousness of enthusiasm, zest for life, vitality, peacefulness and joy will trigger the light in others to also burn stronger.

As we've learned in the old ego-thinking mind patterns, to do good for our fellow man and women, now, we learn, in the new way, to do good for ourselves. *THE* most important person in our existence!

In a society that feeds the hunger for external power and control, people derail into a 'helping of others' that is controlling and manipulative. Such a society brings about massive hardening. This control society feeds our resistance. A resistance to what is. We don't agree, we're not happy and we feel powerless towards everything that is happening to us. It is time to stand for ourselves and do all the good we can possibly do, for ourselves! Knowing, in the energy, this is a nourishing positive contribution to the whole, motivates us to finally really decide to take this step.

By taking action, the positive results will immediately become visible. This way you are, with your decisiveness and willpower, an example for all those surrounding you. With your experiences and knowledge, in turn, you empower your children, your family, your friends and even a total stranger in the street. Your attitude, your behaviour, your way of

speaking and dealing with your environment radiates the higher level of your increased awareness.

Those amongst us who, before, lived in the lower levels of anger, surliness, aggression and fear will start to feel freer, lighter and happier. As a result of this shift in the mental energy of our body, the emotional body will feel relieved and joyful. The physical body too thrives on all that Light and High vibrating Energy and quickly recovers to its natural 'normal' state in flesh and blood, a state of Good Health and Vitality.

The metamorphosis in you, people now, without a doubt, can see, triggers them in their heart-centre of Light, in there Beingness. Because deep down, every person craves that good feeling and everyone wants to live a life of *Well-Being*. Many of us are thoroughly fed up with the pain and burdens they carry. Only, most of us don't see a way out of that sorrowful existence. They think it's destiny, that life must be this way. They don't (yet) realise it can be completely different.

Shifting the focus from the outer world, we so easily observe and judge through our senses, to the mysterious world within, at the centre of the Soul, is a frightening thought for many.

As long as we haven't got experiences ourselves, or learn about it from others, most people don't dare to take the first step into the unknown mysteries of the inner world. Yet, totally unaware, we've all had several experiences already. We're all guided by our Higher Self since birth. We all have anecdotes of intuitive knowing, telepathic contact and highly sensitive perception. We just quickly dismiss every single one

of those experiences as coincidences or just pure luck. People don't want to accept there is more to it. The most normal human reaction, because only firmly with our feet on the ground do we feel safe. Any other line of thought is immediately dismissed as ridiculous and thus debunked. "I don't believe in this BS", is the classic reaction of the most rational thinker. And scared to be embarrassed he or she quickly throw the "Do you?" rhetorical question and pronounces it with a somewhat-ridiculous-timbre in the voice, making the barely awakened individual doubt again and loose the desire to further explore.

What are humans so afraid of?

We fear the unknown. We fear the invisible. We fear the uncontrollable. We fear the invisible force that surrounds and permeates us, for this force, this Energy Field, this Power, cannot be manipulated! And what we *think* we can't control, scares us. The idea that we have control over something gives us a false, yet, sense of security. But this Energy-force is uncontrollable, this force is all-encompassing and omnipresent, it's a Power that IS.

It is the Power of the Universal Energy Field. The field of energy of which everything consists, in which everything moves and through which everything constantly transforms.

The most rational among us, many of whom are in positions of (external) power, keep all registers of such information

very anxiously closed. They are the most stubborn among the people who cling to the conceptual ego-thinking mind. With the uncovering of the Truth, they see their (external) power and their position, in those fictitious social pyramid structures, invented by the ego-thinking human, melt away like snow in the sun.

When the truth about our existence, about who we truly are and what we naturally can achieve, is revealed, humanity no longer needs the pyramid structures as we know them today.

In their own way, those structures have proven their worth. They have shown us a way of evolving through suffering, until the hardening is sufficient enough. Sufficient enough to make the majority reach the breaking point and have them decide, we simply cannot go on like this anymore.

Grateful for history, grateful for the many lessons, now is the time to reveal the true facts of who we are. Time to wake up from a centuries-long sleep.

The New Human may arise. A New World is born. The shift has begun and will continue until the next phase to be reached, shall be reached.

2. In the New World

In the New World we learn to interact with each other in a totally new way. A way that no ancestor, of the many past generations, could pass down. It's a new way of being that shows us a whole new pattern of thinking from which a whole new pattern of behaviour emerges.

That which was so important in the old dual ego existence, prestige and possessions, will no longer have any value in the New Existence of Oneness. The primary value of the New Human is simply being human. Being who we always were, who we are and who we'll always will be, a living form of Divine Energy. A form of energy that takes on the life of a human during an incarnation on planet Earth. A Human Individual fully aware that, no matter what happens, an answer or a solution is always offered from the Source Energy Field. An aware Human knows the Heart-centred answers are the guidance from a Higher Plan, which through our intuitive feeling system show us the way.

Learning to listen to your intuition, through the countless signals of your energy body, is a process which takes time. Free will leaves you the choice, as each person for him or herself can determine when to take the first conscious step into the process. Surely we don't all have to wait for suffering to break us. While reading this information, a person who's ready enough can be triggered to want to know more.

The hunger for more information and knowledge does its job and people who have decided to step on the path of change will gradually, at their own pace and according to their personal life course, be provided with more new information.

Once the process has started, there is no stopping it. Like the many cogs of a clock, one sets the other in motion. The person who freely chooses to know more, is served at beck and call. Sources of information are inexhaustible. More people are ascending in consciousness and are expressing themselves in their writing, filming, teaching, etc. In doing so they are contributing to the ascension of consciousness on Earth. In this way ever higher vibrating energy flows into the atmospheres surrounding us, thanks in part to all people who are expanding their consciousness.

Like the climate on this planet, the quality of the energy applies to everyone. Like the law of gravity and all laws of nature, known to man, all Universal Laws apply to all of us as well. There is no escaping it.

The more people wake up and help raise the level of consciousness, the more others will follow. Dark souls will also be triggered under the influence of the massive higher energies.

Initially, this can trigger very violent and fierce reactions. A surly ego-thinking person who resides in levels of aggression cannot immediately bear the light of joy and happiness. The bright light can shine so sharply in the eyes of the dark spirit that it might result in violent reactions of such a person. An ego-thinking person who cannot let go of his individual dual

existence will go into full resistance, because any possible change, good or bad, makes such a person feel threatened.

This too is a phase that the New Human in the New World needs to go through. Those who carry the Light of consciousness in their Hearts are aware of it. For them it was a choice. A choice of free will! After so much experience from previous lives, they feel called to make this contribution here and now. It is their life mission. An assignment that is carried out voluntarily, no matter how difficult !

Throughout history there have always been Light Bearers on Earth. These are the people with a High Energy vibration. A high quality of life energy, a high vitality, a strong dynamism and enthusiasm that many often envy.

The fiercest angry and jealous reactions always come from those who's vibration is so much lower, because they're (still) completely taken over by their thinking patterns and are completely unaware of the existence and value of this strong felt energy which Light Bearers carry within. The low dual ego-thinker perceives a Light Bearer as a threat as they fear to lose their position in life, in society or in the company one works in, to them.

For centuries, Light Bearers have tried to help awaken fellow human beings of all levels of consciousness. In countless attempts worldwide, High Energy people have urged others to be peaceful, loving, helpful, forgiving, and empathetic.

Today we enjoy millions of books, TV series and movies that retell their merciful stories.

And now it's up to us

There is no shortage of examples, but now it is NOW and we have arrived HERE, in this linear time in evolution of the years after 2020. While many announced at the year transition that 2020 would be the year of their personal project, no one could foresee it would be a year of global quarantine. Unplugged, all of us!

Ready for awakening or not, the achieved hardening of humanity was enough to virtually paralyze the entire Northern Hemisphere and far beyond. In times like these, those who are ready for more awareness will open up and receive beautiful insights. Though news reports and images are disturbing to watch, the revelations and lessons that finally seep through and are being understood, are not.

For some of us, Aha moments follow in quick pass.

While the ego-thinking person was plucked from the street, nature took its place again. Animal and plant kingdoms were breathing. They enjoyed the redemption of the all-destroying ego-human. This disrespectful human being who, with its devastating pretence, claimed to be at the top of the food chain. The human being who dared to claim that the Earth is 'ours'. The lesson is hard for those who are stuck in the ego-thinking. They try to regain control and, as so often in the past, overcome the situation.

With cold and harsh words, carried by low vibrating dark energies, prevention plans are put on the table because we should not experience something like this again. The ego-

thinker is already preparing for worse or more. And as long as the ego-thinker deals with it that way, there will indeed be worse and more. Because what you radiate, you attract. What you give, you get.

What we need to do, is accept the situation and let the energy do its work. Accept that what is, NOW IS. Realise that we humans reap what we sow ourselves. We need to learn who we really are and rid ourselves of the negative toxic energy which keeps us trapped.

Cleanse yourself and get rid of the low level energy charges stuck within you. Get yourself out of those old thinking and behaviour patterns and learn what real life is about. Don't look back, because it doesn't work that way (anymore). New times call for new ways. We thank the old, it's time for change.

What do we need to change so badly?

The way we look at ourselves. The perception that humans have of themselves through history, is wrong and extremely limiting. As long as we only consider our physical appearance, we have a far too limited vision of who we really are.

We make ourselves much smaller than we actually, in truth, are. We feel frail and vulnerable and constantly act in a protective way towards everything and everyone who could possibly hurt us. We look for safety and security as we move through life in the desired direction and shy nothing or

nobody in doing so, because whatever feels threatening gets blocked or attacked.

We see ourselves as all separate entities in various larger structures. We see ourselves as the individual who is part of a household, a family, a village or a city, a country or a culture and so on. The different groups to which we think we belong partly determine how we describe ourselves when asked “who are you?”. All possible roles that humans play on the stage of life, then roll off the tongue. “I am the father/mother of... . I am a doctor/lawyer/teacher/manager, etc. The characteristics follow. You are man or woman, spontaneous, stubborn, a go-getter, sympathetic, timid, sportsperson, ... you name it.

All labels are pasted and the other is presented a picture of who you think you are. Together with that image the judgment follows, cause the conceptual thinker immediately judges everything as fat or thin, beautiful or ugly, smart or stupid, true or false, right or wrong and so on and so forth. Everything gets boxed. From labels to boxes. Judging, assessing and condemning help to limit the image we have of things and of each other. It helps to reduce things to the exact meaning that we humans want to give it.

We see ourselves, all 7.8 billion people in this world, as separate and distinct beings. We fail to see that there is one thing connecting us all at the core of our existence. It is the all-encompassing and all-pervading one Universal Energy, the Source Energy.

Caused by the limiting stream of thought of the ego-mind we have kept our vibration low for centuries. As long as humans

don't rise above the ego-thinking, they shall remain in those lower levels of the energy.

It's time to arise, reach upward and feel that there is more.

Feeling instead of thinking

With continuing more centuries of philosophizing and having rational discussions, we will never come to this realisation. The ego-thinking will always get in the way. As long as this thought process goes on it will continue to cloud our feelings. Every thought produces an emotion and every emotion sets in motion a feeling, a vibe, an energy current that runs through you. As a rock, when thrown in water, ripples and clouds the water, so will every thought, you uncontrollably allow, cloud the emotions you feel.

In order to perceive your true feelings, sent from your core essence, the thinking-machine must be shut down. This is not an easy job for us humans as we all are surrounded, raised and influenced by a massive number of thinking-examples since birth. As a child at home and by family, as a student in school and by friends, and later, at work, by colleagues. Everywhere we are, we incessantly are influenced by the thoughts of others.

Without paying attention to the energetic healthiness and quality of the words and pitches, we allow ourselves, unconsciously and unprotected, to be influenced. When words and voice volumes are heavy and intense, negative and

toxic, we absorb ditto energy. As a result our Human Energy Field lowers in vibration and hardens even more. You become gloomy, unhappy and possibly literally sick until you can take no more and break.

Whoever is done, can finally give in to it.
Those who give in, can start working it.

It's a choice of your free will to want to do something about it, or not. Only when pain and discomfort have sufficiently increased, are we ready. Ready for the deep dive into silence, the way inward. A real adventure for anyone who wants to free oneself. An exciting journey into the unknown. But even if you don't know what to expect, you can feel it's time. The pull of the Higher Plan is tangible and to answer that calling, you feel you have to dive.

Diving into the unknown. The deeper you dive, the higher you reach.

3. The journey inward

As a broken vase, fallen to pieces, that's how we feel when the path we've been walking comes to an end. There's no turning back. The turning point has been reached. It is no longer possible to glue the pieces together and move on, as we often did in the past. Every fibre in your body tells you it's different this time. Something unknown is going on and it is disrupting your old familiar way of thinking and being. Based on your habitual behaviour you'll struggle with that feeling, but it is stronger than you. Something wants to get out.

The intrinsic Source energy, the Energy of Love and Light within you, hidden behind thick walls of hardening, pain and sadness, caused by lives traumatic circumstances, wants to get out. It's the call of your Higher Self to give your life a new direction and to regain the helm of this life into your own hands. To free yourself from the limiting thinking you have had, until now. A thinking that kept you small. A thinking that made you feel weak and dependent.

Time to purify your body and mind of all untruths.

Untruths which are the belief system of your thought and behaviour patterns that tarnishes your whole being. It are old energies that have been passed on from generation to generation, from incarnation to incarnation.

Realising it is possible to cleanse our beings of these blocked memory energies already feels liberating. As if new pure oxygen is being administered to body and mind. It gives a boost of joy and cheerfulness. Suddenly the sun raises again. A bright light at the end of the dark tunnel blinds your eyes. It has a magnetic effect on you. You want to get there and preferably as soon as possible. There is work to be done. A lot of work, hard work. Hard, but very rewarding!

The layers of suffering are being peeled off one by one. The fear of having to go through the most painful memories is real and huge. You realise that you've been hidden those the deepest. Yet, the willingness is just as strong, because the choice to change the course of your life was yours. Of your own free will, remember!

Into the silence, where everything becomes clear

In order to get out of the vibration levels of the ego-mind we have to break through our old thought and behaviour patterns. That old conditioning is ingrained in our brains. The brain functions according to these fixed habitual patterns and it takes focus and effort to change these neuro-impulses. But it is possible!

Thousands of examples show us. Think of the dog raising its paw to get a cookie. The dolphin that jumps through the hoop for a fish as a reward. The kid who clears the plate for the dessert it craves. The athlete who pushes limits to get the

golden medal. Examples galore, both in the animal and human kingdom. They all have one factor in common, the reward.

The reward is the goal. The reward is what motivates. It drives the being, human or animal, to persevere, push boundaries, make extra effort, sharpen focus.

That neuro-associated conditioning technique is what we humans use when we want to achieve something we really desire. Only now it becomes an interplay of body and mind, together with spirit as we are talking about a Soul desire. It becomes a matter of willpower and perseverance, this time driven by an intrinsic Heart desire.

If we must, we must.

To achieve our goal of happiness and well-being, we must want to purify and liberate ourselves from our suffering.

Depending on one's charges of Karma, this is very unique for every individual. This Karmic charge is the energy charge of our harvest, the result of what we once sowed ourselves. In other words, it is the charge of energy that is still vibrating in our energy field as a result of the old behaviour. It are the lessons we have to learn. The charges that need to be discharged are therefore clearly different for each person.

Just as all the drops together make up the water in the ocean, so we, the 7.8 billion people, together, make up the consciousness of humanity. Every drop counts. Every drop so equal and yet so unique. In our unique way we contribute to the whole of the Universal consciousness. Therefore, give the process and yourself all the care and all the time it needs.

The process of transformation

Realising who we are is realising that we are more than our physical body and that we are part of the Universal Energy Field. The energy layers around us are an integral part of us. Together the body and the energy layers around your physical body, also referred to as auras, form your Human Energy Field. That is who you really are.

The way we physically appear in the present moment, in other words how you look and how you habitually function, is the result of the energy you've absorbed over time.

Absorbed refers to all aspects of its meaning. It includes everything you've ever allowed into your body. To get a clear picture of this, ask yourself the follow questions; What have I been feeding myself so far? What have I been drinking over the years? Which drinks? How much? What information did I allow? What radio programs did I listen to? What did I watch on television? What kinds of music did I listen to? How much environmental noise did I put myself through? Which reports and articles in newspapers and magazines did I read? What books and courses did I study? How much exercise did I give myself? In which circles did I spend the most time? In which spheres did I get stuck?

All questions from which we immediately feel that the circumstances were not always optimal to nourish our being, our body and mind, in a healthy way.

It goes without saying that traumatic events, however short-lived, have dire consequences for humans, unless they are presented in the right Light.

We've all been through bad experiences. For most people, the energy charges from those events linger in the physical body because, after the event, nobody ever took enough time to release the traumatic charge of such an event. Most of us simply suppressed its energy for years. Even the memories of such events, often too painful to recall, are blocked and hidden away time and again. The charges get stuck and, with every unconscious trigger, they work within the body in a destructive dormant way. They influence and feed the thinking and therefore the behaviour of the individuals Human Energy Field and so things evolve from bad to worse.

Together with the absorbed energy of our habitual livelihood, these loads determine the quality of our existence. They shape the way we are and thus need to be purified from our Human Energy Field.

The physical appearance of a person can change so intensely during the process of transformation, it would appear the person is undergoing a metamorphosis. Body shapes change and regain their natural balance. Facial expressions soften, the eyes start to sparkle again and skin, hair and nails radiate health once more. All positive factors that contribute to the entire process, which is often heavy and difficult.

Immediately feeling, and seeing in the mirror, the positive changes of what it is you're doing in this transformative process, will help you to persevere. It gives you strength.

These are the rewards which help you, on a path with many intermediate goals, to reach the final goal: Happiness!

In isolation, your energy becomes clean again

The need for peace and quiet is huge for those who desire to walk the path to more consciousness. The transformation and the insights can only seep through when all outside influences are blocked. The opinions and the advice of others no longer matter. You've taken it in enough, willy-nilly, and it hasn't brought you your desired results. Quite the contrary, as you so often took the other person's path instead of your own.

Away from all clutter, your connection with The Source Energy, can be restored.

Realising that together we are the Energy of the One Great Universal Consciousness, makes you realise that you too have the right to contribute authentically and uniquely to the Whole. Without comment, criticism or interference from others, you can decide in your own way how you walk your path.

Let everything you have learned, up to this day, teach you where your personal preferences lie. However young or old you are, when you decide to hit this road, doesn't matter. Anyone can, for themselves, decide which memories from the past are the nice ones and which are the bad ones. With a neutral view and without judging or condemning, you can list what you thought was okay and what not. What was it that

made you joyful and what caused you pain and sorrow? What gave you strength and what made you lose your strength? What made you happy? What contributed to the quality of your life in a positive way?

Many of us aren't on the right track. Outside influences, from people around, have kept us far away from our own path. Their opinion and critics made you understand that your talents are this or that. Ideas and initiatives were suppressed with prejudices such as "you can't do that", and decisions were adjusted after responses such as "I would do it differently".

As Self-centredness is not yet the new standard, unconsciously, countless negative influencing advices fly through your ears on a daily bases. That goes for all of us!

The art of leading your own life is to not let others (mis)lead you, but to firmly take the reins into your own hands. It is knowing what you want and go for it, one hundred percent. It is having faith in yourself, because you know you can do it, and because you know you are supported by your own unique connection with Source. You are guided and directed by your Higher Self, through your intuitive knowing.

So get rid of all those disruptive influences of well-intentioned advice. It's time for silence in the mind. Let the space, needed for you to hear what your intuitive knowing wants to tell you, be born.

In between the sound waves of radio and television, there is no room for conversation. In the midst of chaos and bustle of activities, there is no room for rest. Anyone who really wants

to gain new experiences must make time to do so and create space in the overly crowded agenda.

Taking time for yourself and putting aside all routine activities is creating space to work on yourself. Whether you are still actively working or not, devoting daily time to yourself and your consciousness process is of prime importance. No matter how little time you spend at it, in the beginning, you'll immediately notice those few minutes bring solace.

Taking time for yourself is good. Especially for those who have the habit of always being there for others. We habitually give our energy away, so when we finally give some of it to ourselves, the energy field is shocked. In the beginning it all feels somewhat uncomfortable and the unexpected physical body reactions might also startle you. However, it immediately makes you realise that you've been doing it wrong for so long, that you've treated your own body so badly for so long, that you've consumed so much sickening nourishment.

This early and possibly fierce body reaction is for many a reason to immediately abandon the process. They quit as they see themselves as unworthy once again and convince themselves that the process is just not for them. "Oh never mind, I'm not worth it." "Oh never mind, I can't do it anyway." "Oh never mind, I'm not that strong." These are the first *banana peels* on the path to transformation. We step on them and slide out to relapse into the old thinking and behaviour patterns. The old neuro-associative conditioning takes over and before you even realise, the discomfort and pain which are the result of the old habit-energy pops up

again. With the goal of well-being and happiness in mind, the courage can be picked up to move on again. The road to transformation is long. There are a lot of banana peels along the path. But gradually you learn to avoid them. Practice makes perfect!

For those of us hitting the road after a devastating breaking point, there's no turning back. The insights come faster because confrontation with the old recurring behaviour and it's results is bigger and unbearable.

Whether it happens in stages, slowly and over a long period of time, or in one devastating experience, the awareness of the person increases, as does the vibrational frequency of his or her Human Energy Field.

Gradually or with a shock, everyone walks the path. Many are still very unconscious, but the longer the more people are starting to realise that there is more.

Curiosity or necessity make us create the time we need to work on our personal awareness. We then finally give attention to ourselves, as it was always intended. As you come to the realisation, you don't "have" to do anything at all, you finally clear all the unnecessary tasks in your schedule. Unnecessary ballast is put aside and free up time and space in our hearts and minds. Free for reflection, free for purification, free for renewal.

Let the body and mind detox begin.

4. Four steps towards healing

Amongst others, the teachings of the Buddha describe in detail how to walk the path to well-being. There are countless roads, but with the following four steps you can easily begin to see a path; Stop – Calm – Rest – Heal. Regardless of the amount, people like a step-by-step plan. It's a foothold, a guideline and it offers a solution. The way to well-being, which goes along the path of suffering, is a way out of the vicious circle in which humans are trapped. It is a path of healing.

Step 1 – Stop

Complete healing, which is a healing of the body and the mind, can never occur as long as a person continues on the path he or she is walking. The ego-thinking human always needs to do something next. One is never done. Obligations seem to follow up on each other in an incessant stream. The illusion that time is too short makes the ego-thinking person believe that they have no time for rest or recovery. This way, the most important aspect in our doings receives the least attention.

For those of us who ended up completely unplugged by a traumatic event, the stop was forced causing the old familiar

life to come to a complete standstill. The old habitual way forward is no more. The incident or illness has given the body the ultimate blow and roles are reversed. The mind is no longer in charge and must finally recognise the weak, sick state of the body.

Those who, in the course of their lives, continue to ignore the stream of signals the body continuously sends out, will be forced to a complete standstill. Anyone who recognises in time that physical injuries or more persistent symptoms of disease are signals from the body, which is raising the alarm, can intervene early and stop to prevent worse.

We are all born with our own natural character traits, but, from the outside, these are strongly influenced by our parenting environment, both through family, as well as through school. Later, through friends and colleagues at work. Without one exception, we all walk the same path of suffering. A life path which causes us pains as a result of our taught ways of thinking and doing. Those painful experiences are lessons necessary for our evolution. An evolution which can make great leaps as soon as we realise the goal of our existence is not to suffer, but to find the way to well-being, by acknowledging our lessons.

Whether the decision to stop grows gradually or overcomes us abruptly, it always is the first stage we must go through to ever consider healing body and mind.

Blinded and numbed by all ego-thinking processes, we are convinced that it's not possible to ever do things differently. With our limited thinking, imprisoning us in the material

world of personal property and competition, we see no opening to another form of life.

Too much focused on the material world around us, we cannot grasp with our ego-thinking how we could create a life from a oneness-thinking which is stress-free, peaceful, cheerful and tranquil. A world where there are no must-do's, only want-to-do's. A life where every step is a conscious choice in the present moment, confidently supported by the Universal Energy surrounding and permeating us all. A life with a conscious sense of unity with all other life form on this planet, including the Earth herself.

With a healthy thinking, driven from the Heart, there are no shortages, there is no right or wrong. There is only the incredibly powerful will to contribute in a sincere and positive way to the quality of All Life. That attitude starts within you!

Whoever accepts The Truth has stopped and will take the time to calm down.

Step 2 – Calm

The conditioned body that has been brought to a standstill needs time to 'be able' to come to a state of rest.

No one can switch from a stressful overly active state of being to a state of rest in just three counts. The energy stimuli, active within you, of all former stressed actions, needs to settle down first. The intense heavy vibrations of our busy

thoughts, will continue to rage in one's head and cause a rushed feeling. That emotion of stress and agitation makes our whole body feel as if there is no time to rest. For a while the sick mind continues to send impulses to do the next this or that. It takes time to let these energy currents run out. After a few days, sometimes weeks, the thinking machine finally comes to the so desired rest state. Just as the battery of your mobile, which, once unplugged, still runs and needs time to empty. All 'should-do's' are stopped as we gradually, from within the mind, give in to the situation. The individual has calmed down.

Only when our mind calms down can our body finally rest.

Step 3 – Rest

Many moments of silence later, for some additionally completed with a mandatory stay in darkness, because light and movement too are too stimulating, the body can finally sink into a state of rest and sleep. What is left of the body's energy is needed for recovery and the rebalancing of everything which is out of balance. Remaining active takes away most of that so needed energy. Every unnecessary activity is an energy loss, every superfluous visit an energy leak.

Resting and sleeping allows the body to use all its energy in the right way, for the right cause. Whoever doesn't manage

to put oneself on inactive, continues to give in to the addiction of the mind which *thinks* it still has a lot to do.

With respect for yourself, your body and your mind, and with love in your heart for the quality of your life, you will obey the call of your Higher Self. It's time to give yourself all the care you need so that you will, one day, enjoy life's journey, here on Earth, in a sustainable new way.

The person who sees this now understands that the quality and the health of what one calls 'my' body and 'my' mind, are inextricably linked.

And, it is 'my' responsibility!

The person who sees this now understands that he may let go of all control. A higher power takes over. The Source energy of all existence, also present within you, will do the necessary to regain strength. As long as you listen to the signals you receive, the road to recovery can begin.

The power of nature is the power of the Universal Energy Field. It works in all of us, without judgment, without distinction, without division. It is One with All.

Only with the right attention for resting, sleeping and self-care and with the right attention for all forms of nourishment, can you restore the balance, which has been disturbed, in all layers of your being.

As with the growth of the form your body took, the recovery too now begins at the level of the non-form, the formless. It begins in the layers of the Universal Energy Field that are part

of your personal Human Energy Field. The invisible layers, the ones that precede the shaping of your physical body.

Peace and quiet are the sacred elements to begin this recovery. Stopping the flow of thoughts in your head is one of the conditions which guarantees your this peace and quiet.

In our busy Western way of life, little or no attention is paid to silence. Our unceasing aiming for more leaves us no time for it. For ages we've been taught the opposite, work hard, persevere and achieve material goals. Resting and doing nothing is for lazybones and idlers, we still hear the performance-oriented ego-thinker say. It is quite a task to turn that conditioning around for the modern human, who approaches or has arrived at the breaking point.

Changing course takes courage and strength, but willpower and perseverance are immediately rewarded, as one immediately can taste what it's all about, feeling better.

The voice in our head that causes the emotions and physical discomfort can be silenced by anyone who really wants this. Realising that the stream of thoughts is not fed by you, but by the conditioning of your mind, as an automatic machine, gives you the realisation that You can stop it. From your core, your essence energy, which can be felt at your abdomen and heart areas, you can look at the mind, the thinking machine above. Observe how many thoughts are constantly flashing through your head. Do this without giving any more attention to the meaning they might have. Just like a printing press that prints hundreds of articles daily on thousands of pages of the next edition of the newspaper, thousands of thoughts flash through our heads every day. Allow yourself to observe

yourself. Watch how the mind prints the articles. Keep the pages turning and give them less and less attention. Let the speed of the machine slowdown in your visualisation and feel how this brings peace to your head.

Several metaphors can be used to learn to observe and to let go of the stream of thoughts. For example, visualise you let water flow from a tap at full capacity. Think of the water flow as your thought flow. Then gradually turn off the tap until it's only just dripping. Or, visualise you are looking down from a bridge across a busy highway with thousands of lights of the raging traffic. Let the traffic decrease until almost nothing passes under the bridge.

The stream of thoughts will never stop completely. You're human, that's normal. But where the stream of thoughts decreases, there is room for silence and rest.

Our senses always perceive something and thus stimulate our brains. Producing a thought is a logical consequence and that's a good thing too, because thanks to our ability to think, we humans have achieved a lot. So it is high time to master our thinking machines, our minds, and use them for the good of oneself and the whole of existence on Planet Earth.

Realising that you can observe your thoughts is realising that you are not your thinking. You are the Energy Field that realises you have a mind. This Energy Field is your personal Human Energy Field and is part of the whole. As soon as you know that you are that unique drop of energy in the great ocean, you also realise that what you do, or don't do, what you say, or don't say, contributes to that ocean in that particular way. All your thinking and all your acting

contributes to the Universal Energy Field and that contribution is direct, instant and irreversible. Your contribution counts immediately. Be it positive or negative, it is!

That insight helps us better understand why we always reap what we sow. If every thought leads to a doing or a not doing something, every thought is an action. The natural laws of physics teach us that every action has a reaction. That reaction is always equal and opposite the action from which it originates (3rd Law of Newton).

You don't need a Master's or PhD in Physics to understand that these insights have enormous value for the quality of your life. Ask yourself “how do I want to live?”. Then see if your actions, so far, have contributed to that life you so much desire. If you're far away from the ideal life that you now have in mind, your ways of doing things, your way of being, has contributed negatively to that goal. In other words, you will never achieve that goal if you continue to act the way you do at present. You're heading for even more distance between you, at present, and this so desired life you envision if you don't change the course of your thought and actions right now.

When you learn to observe your thoughts productively, you begin to awaken whilst resting. You begin to realise that you, the person you are today, are the entity behind everything you let yourself do or not do, say or not say. Gradually, the realisation dawns that everything in the past was subject to the same Karmic Law, the Law of Action-Reaction. You start realising that everything that happened to you was actually

the result of your own thinking, your own behaviour, your own speaking, your own choices and so on.

The way you thought contributed to the way you behaved, to the words you spoke and to the choices and decisions you've made.

Indeed, every action of yours created an equal and opposite reaction in others. But also their actions created an equal and opposite reaction in you. Massive feelings of guilt, in one way or the other, that might surface now, may immediately be wiped clean, because no one is to blame.

A statement which most people have a hard time accepting, because to them, the victimizer is the villain and the victim the poor loser. Whoever clings to that way of thinking has yet not understood.

We all influence one another. Whether we have known each other for years, briefly meet in person or have contact in the virtual world, we are all connected. We are together in this huge, infinite pool of consciousness, an infinite pool of Universal Energy. Everyone at his or her place, each somewhere on his or her path.

Step 4 – Heal

While we rest, the healing process starts. The hardening has done its job. Our own Light, at the core of our being, wants to come out and shine again. Its urge is so big it helps you

achieve the necessary insights, bit by bit, and like the layers of an onion, your hardening gets peeled off, layer by layer. Whether or not supported by the necessary therapies, memory after memory, layer of pain after layer of pain, every topic gets its attention during the hours of peace and quiet.

The purification process is at work and it takes time, a lot of time, which you now allow as you know, right now, there's nothing more important for you than You! You are worth it!

Memories of your childhood, your teenage years, family circumstances, experiences at work and so on, everything now can be looked at in the process of transformation. Know that the painful memories aren't there to hurt you again! No, those arising memories, now, serve a much more important purpose. They aim to free you permanently from their low-vibrating, heavy toxic energy charges.

As long as the memories of traumatic events are not understood with the new perception of who we humans really are, you restore them time and again unchanged and unhealed. Their painful energetic charges will remain trapped in the cells of your physical body and will continue to lead a life of their own. At the first possible trigger, the charge will surface once again and take over your thinking and behaviour patterns. You will think, do and say things that you don't really mean and later regret. Yet again, you've done and said what you did and there's no turning back the clock. The action was in the energy. So will be the reaction, equal and opposite.

From the simplest quarrels to the fiercest and unfortunate deadly dramas, the same Universal Laws are at work. The

laws include all the laws of nature that scientists, here on Earth, have already discovered, and much more.

Learning about it helps us to understand life better and as we understand more about who we truly are our insights contribute to the level of consciousness that lives within us. The higher the level of our consciousness, the higher our Human Energy vibrates. The higher the level of our understanding, the higher the quality of our behaviour.

Understanding mass awakening as mass understanding of the above, rises the consciousness of humanity all over the world. Ascending to the higher levels of the energy means that we will move, all together, in those Higher Energy Fields. The interconnectivity is increasing and so will the quality of the interactions.

The more people finally free themselves from those heavy dark energetic levels, the better the relationships between people, between humans and other Kingdoms, will become.

Freeing yourself from your painful memories and traumas is to free yourself from all those heavy Karmic loads that you carry around throughout your life here on Earth and beyond. To free yourself from this is to relieve yourself. It is relieving you from the burdens you carry and which determine the quality of your life. It enlightens your heart, for all shadows will be overcome. You'll feel supported, guided, loved, cheerful and vital again. You will radiate your Light and in turn shine the Light onto others.

You become an example to all others ready on their path.

You'll be their example, showing it is possible! It isn't an utopia, as far too many people still believe. You can do this, because the Power is already within you. Your True Power is the unbounded Power of Source Energy. That Universal Energy that is part of who you really are. Tap into that Power!

Release the layers of hardening. Cry, sob, yell, tremble and vomit until all that old dirty sticky and stinking toxic energy is gone from your body. Clear your entire being of it and rebalance all layers of your Human Energy Field. That of your mental, your emotional and your physical body for starters, because there is much more.

That's how you can heal. That's how you can transform. In this way you can enlighten yourself and ascend to a qualitatively better existence in full consciousness. Because that's who you really are.

5. Flow with the energy, ascending your level

The droplets, which together, make up the water of the ocean are not all in the same place. Each of them has its place in the Whole. In the different levels of the water, the ocean has different conditions and many different forms of life. The deeper you dive, the bigger the pressure. At the surface, the droplets dance to the rhythm of the waves. They're light and playful as the waves hit the rocks. When the sun heats the water and the vibration of the droplets is sufficiently increased, they rise. They leave the mass and rise, through the much lighter levels of the atmosphere, to higher regions.

A wonderful metaphor to help us visualise and better understand how energy works. It works in a similar way. Energy is omnipresent, it's literally everywhere, in you and all around you. It consists of countless levels, all with different vibrations and different frequencies. And you, that one drop of energy, are somewhere in the midst of it.

Where you stand in this present moment depends entirely on your vibration, your level of consciousness, the frequency of your Human Energy Field. You have a level of energy at birth. The quality of that level is determined by your past lives and the cultural, social and family spheres in which you decided to incarnate for this lifetime to process yet another set of lessons that will help You, the Souls energy, further on your

path to evolution to greater awareness. Subsequently, the quality of that level depends on how you, first as a child, then as an adolescent and later as an adult approach life's circumstances. All environmental factors and, above all, your own personality character traits, have contributed to who you are today.

Humans usually live completely unconsciously in a certain way. The habitual behaviour resonates with the level of energy you belong to in that period of your existence. It is the level of consciousness that we've acquired and that we continue to nurture with our thinking and doing at that level. As long as we don't change, we'll remain in the spheres of those who vibrate at a similar level, which is creating the circumstances in and around us.

We live as we are taught. We cook and eat the dishes we're used to and drink as our educators taught us. We follow this or that style of clothing and wear those jewellery and accessories that match our culture. We want our own house, a nice car and strive for a successful career. This is how we like to show others we've made it in life. We regularly clash with others and then just continue life as it is, from conflict to conflict, from one event to the next. The path is often difficult and sometimes even very painful. Yet we continue in that habitual way because we don't know any better, because that's the way we've learned, that's how it was shown to us.

It most certainly isn't doom and gloom for everyone. Fortunately, there are enough people who lead a fairly quiet and pleasant life. Some of us are blessed with a lighter charge of Karma in this lifetime. However sunny their lives may seem

from your point of view, they too are at times hit by pain and sorrow. In the level of the ego-thinking mind process no one is spared. Simply because the way up is infinite and the ascending in the energy never stops. Also for the more fortunate those moments of pain and sadness are opportunities to wake up even more and evolve further in consciousness, ascending to higher levels of energy.

During the countless life situations we all experience, we absorb the energy of the events we undergo. The low, heavy energies of incidents and traumas lower our personal vibration time and again. Stuck in ego-thinking, these memories linger and with every opportunity to resurface, that energy will be repeated, relived, and taken in all over again, for the umpteenth time. Staying in those levels of vibration you'll take in even more and gradually your energy field starts to harden as your personal energy no longer flows. The connection with the higher levels of the Universal Energy Field gets blocked. The all-important energies of Light and Love, gaiety, joy, enthusiasm and dynamism no longer flows through the blocked and closed of gates of your Human Energy Field (also called the vortexes of your auric field). Your body weakens, feels tired and sick. Your Light gets extinguished.

Life is a path with many ups and downs, for all of us, but as long as the downs keep adding charges of negative energy to the burdens we carry, our path slowly but surely goes downward. No matter how positively minded people are by nature, those personal character traits won't make it as long as one doesn't reach a breaking point somewhere along the way. That breaking point is exactly what we need to

fundamentally come to change. That moment, of utter pain and sorrow, gives us the strength, we lacked so far, to leave the path downward forever.

As long as the path goes downward we receive many warnings. Our Higher Self has given us many taps already. From the soft tap to the somewhat harder slap, we've ignored them one by one with precision and explained away with our limited ego-thinking. In that level of thinking we don't accept signals to come *from above*. In this level we regard all of that as nonsense and crap. Accidents and incidents, from the minor setbacks or injuries to the serious dramas and traumas, are explained and unravelled by the rational thinking person. A muscle tear, an injury to the knee, a nodule here or there, a layoff, a breakup, everything gets an explanation and then life just continues, on that level.

The true meaning and the true circumstances of the event are never considered. What went wrong in the time leading up to these facts? A situation never comes overnight. It is an accumulation of energies that led to that one particular moment. How much stress have you continued to put on your body despite all the warnings you've received? Little early warnings were ignored until the muscle got torn, the knee gave out, the cells in your body started to dysfunction, the job was lost, the relationship broke, etc.

Exclaiming against this statement "I can't help that! That isn't my doing!" only show how ego-oriented the mind still functions. Entirely at the unconscious levels of the energy, where one doesn't yet realise who one really is.

Calling yourself a victim in whatever situation is an easy way to project all blame at the outside world. "It was the other person who caused the accident. I wasn't in the wrong", or "I can't help getting sick, I didn't ask for this!" and so on. It are precisely those kind of classic excuses that keep you stuck in these energy levels of negativity, duality, competition, victimhood, etc. All levels of external power where you create your feelings of powerlessness when things don't go your way.

Who is the victim and who is the victimizer? Who is the good one and who is the bad one? What is right and what is wrong? A world where everything is black or white, has all shades of grey in between.

Until you learn that the Universal Laws don't work this way, you continue to believe what you were taught. But in a reality of unity consciousness there is nothing or no one to blame, there is simply no blame at all! Because all is part of the working of the Universal Energy Field. It's the way in which everything grows and evolves. All that has happened, is happening and shall happen, must happen in order for the level of consciousness to rise, in the Universe, on the planet and in humanity.

The purpose of all in existence, including everything on our planet, is evolution and growth. Like a tree which makes one of its branches grow downward, because of an obstacle, and later, after sometimes years, reaches upwards again, when the obstacle has been circumvented, so has consciousness in the whole of humanity dived downwards to rise up again,

after centuries, and reach for more insights. The insights of consciousness.

Become aware that who we are and how we live our lives (or suffer our lives) is entirely determined by ourselves through the level of thinking with which we wish to connect. As long as we remain in the dual ego levels, the third dimensional level of the Universe, so it's called, our existence will continue to be marked by struggle on all planes. Lives lived in manipulation, domination and external power structures.

More and more people are beginning to see and feel that this is no longer the way forward. Our 3D conditioned thinking doesn't bring us happiness. It doesn't contribute to a quality life. It sickens and weakens us. But the Source energy of Light and Love, which vibrates at the highest frequency deep within each of us, is beginning to stir in millions of Souls here on Earth right now. It's time for change!

Ascending in consciousness is ascending in vibration, higher and higher, until we can leave the level of the 3rd dimensional duality behind and move forward in gratitude for all life's lessons and wisdoms acquired in this 3rd dimensional reality

Choosing ascension is a free choice

An individual who is ready on his or her path, will one day, silently and alone, with or without an explosion of tears, exclaim that the time has come. That call of a person, in a moment of utter pain and sorrow, is warmly and lovingly

received by Source Energy. Your Higher Self then knows that you, the person, are ready.

All of your life You, as a Soul, have longed for this moment. All lessons you took in and understood were the stones on which you have paved your path forward until now. In that moment of breaking, your most vulnerable being comes to surface. Your hard shell, which gave you a false sense of protection and security, is no longer. You feel like a new-born, just a few seconds old, naked and vulnerable in the bright light. The world around you seems hard and hostile and there seems to be no one there to save you. In that moment of utter weakness and fatigue, an inner strength is born to change course. The primal force of the Universe, the Source Power of All Life, is reactivated in you.

Suddenly you feel alive again, more intense and powerful than ever before. In the weakest moment of your physical body there is another power which takes over. That power is who you really are. It is the Power of the Self, it's You, your Higher Self, your Soul. It is the energy that gives life to your body. The body which has been connected to it since this incarnation. Suddenly you realise that you are not just the body you see in the mirror!

There, in that moment, where the shell lies broken and open, the Highest consciousness within you and surrounding you, can reconnect.

The broken connection restored

Physically exhausted and as helpless as the new-born baby, there is something wonderful about the first hours (and days) of this new path that reveals itself. The heavy chains that sunk your body so deep seem broken. You float to higher levels in the energy and you suddenly see the world very differently. There is colour and fragrance again. Noise returns to sounds. The sounds of nature re-enter your hearing. The long period in which your sensory perception became increasingly clouded to completely blocked, is over. Power is flowing again. Your heart is pumping with joy and relief. Tears can finally roll and so start purify the first toxic load.

Pressure drops and Light emerges at the end of the long dark tunnel. That Light can expand at a rapid rate, depending on your willingness to choose for yourself. This is your chance to restore yourself to all your glory and to give to yourself all the attention and love you deserve.

There is Light in the prospect of recovery. Hope is restored. A hope that gives courage and strength from within. More hard times are coming, but they are now well worth the conscious suffering on the conscious path to enlightenment.

The process of transformation can begin. It's a process of healing. You restore the connection between body and mind and clearing your energy field from all parts that no longer serve you, brings back the balance in all levels of your being.

The mass stored old and heavy energies, created by trauma, bad memories and emotions, can finally be released. When

we realise what these memories, in truth, are, heavy energy loads, burdens, we unnecessarily drag along, we can endure them one last time with a Higher consciousness, to let them disappear for good.

As carefully programmed beforehand, all personal themes pass by, one by one. No, you don't get to determine the order yourself. The order is given to you by your Soul.

With a human, still ego-thinking mind, we all too often don't understand, why certain memories resurfaces. Some memories you may think of as done, processed and released long ago. Yet, they pass by again, only this time to serve a different purpose. They pop up to make a connection with a deeper, still trapped charge within you, which is now ready for release. Only when the connecting painful yet deeper theme comes to surface, it dawns. The memory is understood and fades. The main theme now has been brought to light and can also be faced to be healed for good.

During the entire period of the healing process, all themes emerge. One by one, they are triggered in an order that serves a Higher Purpose. Time and again you are given the time to work through the next theme. And, time is infinite! So give it all the time it needs. You are in no rush. The old mindset of time limit and lack of time doesn't exist in the Higher levels of energy. One of the many illusions created by the limited ego-mind which now can be shattered too.

And gradually you may accept we will all exist forever. In form we'll change a lot, but the quality of our Personal Soul Energy we carry with us, throughout the one infinite life, our existence!

How long the process of healing and transformation takes is different to each of us. Some people cocoon for several months in the safety of their home for the so needed isolation. For others this takes years. It all depends on the number of themes which will present themselves, the individual's free will to move forward and the individual's desire to liberate, purify and enlighten oneself.

The number of themes that are triggered, as well as their meaning, also differs from person to person. In our uniqueness we all perceive our experiences totally different. We all look at life from a different point of view, with a different perception. The different levels of thinking active in the whole of humanity, make each of us respond differently. In the old ego-thinking mindset we judge experiences from a personal and separated point of view, while in oneness we begin to see the interconnection between people and events. This is how each and every one of us, all at our own level of consciousness, experience the situations and circumstances of this lifetime as a human being. Hence why, during a transformation process, the processing and the evolution towards balance is so very individual and personal.

So, with the utmost patience and respect for ourselves, we work on a very important process. It is the most important process of our life, of our existence, restoring the connection with the Source. The return to oneness is to restore that connection with who you really are, with your Soul, with your Higher Self, with your eternal Lifeform.

Transformation is never done

When we talk about the transformation process, here, we understand the process of healing. We bring, during this Earthly lifetime, healing to the mind to enable the body to clear all burdens it unnecessarily carries throughout incarnations. It is restoring the imbalance, which became increasingly difficult to bear, and bringing balance to body and mind. Clean up, purify and increase the quality of your Human Energy Field.

It can be a tough and intense process, but after the time this process will take, the body can gradually regain its strength.

First attempts to take part in life again are guaranteed to fail because the old familiar behaviour patterns are still too deeply ingrained in you. Reappearing amongst people, in the new mindset of doing things, which puts priority on yourself, doesn't work right away. Surrounded by numerous old behavioural patterns in people, you invariably will fall. You'll step on the *banana peel* of inattention and you'll fall right back into your old routine behaviour, resulting in old familiar consequences of discomfort, recognisable pain and sadness. You'll keep returning to your isolation, until you succeed the next time. The persistent always wins! Practice makes perfect and training, much training, produces mastery.

You become a master of your new thinking and behaviour pattern. Your new neuro-associative conditioning is gradually becoming a habit. It becomes a new familiar way of acting

which protects you from the behaviour of others who are, still, radiating an energy that damages your Light.

With a full-fledged self-protection, which tells you exactly where to go and where not, the gates of a new life open up. The change or transformation that you've gone through during this intense process, is a fact. It is a radical change of your level of consciousness, of your level of vibration and frequency in the energy. You feel different!

The rough times are over, but the transformation never stops. We are constantly and infinitely changing. We each evolve in our place in the energy, each in our own drop in the infinite ocean.

When the Light of insight has broken through completely, the path of our new existence begins. A new life with new values and ideals. A life in which the connection with the Source and with others is central, an existence based on a sense of unity.

More and more people are awakening from the level of ego-thinking patterns and are enlightening their body and mind in realising the Truth. Massive amounts of heavy loads are being released, never to be absorbed again.

During the process we learn to keep our frequency high. With every slide, falling back into lower levels of energy, we hurt ourselves so much so that the new behaviour quickly becomes the new norm.

From low to high

In the energy of the ego-thinking patterns we have learned that we are all separate beings. Humans distinguish themselves as the intelligent ones from the animal and the plant Kingdom and consider that everything is alive and existing in itself.

With those restricted ego glasses on, we learn to fulfil our functions and tasks. We learn all the basics at school, where the battle of competition gets ingrained very early, because who will be the primus? This way we learn that those who go to school longer and start their professional career with a higher diploma are smarter and therefore have more value on the labour market. We learn rules and laws to function in a society of external power and authority. If you can't, or don't want to follow, you'll just be left out. We learn to fulfil roles in different areas of life and strive for the most important positions for prestige and authority (again, external power). Those who fail to do so join the masses, the mob, and obey those who have made it through their struggle. We learn that success and happiness are measured by attained status and material possessions. We learn that money is very important. We allow ourselves to be manipulated and dominated by all the rules and definitions of today's existence and obey as if we have to live this way.

In order to sustain this way of life and its pressure, we then buy our relaxation. We go shopping, we go to bars and restaurants. We buy unnecessary gadgets, overpriced cars and travel to the sun. All in the name of the quality of our

lives. We identify with who we think we are, the ego-person needing to impress others and we live with the ups and downs not even realising that the quality of our lives is deteriorating.

Blinded and numbed by material values, we forget what is most important, ourselves and the happiness in our hearts. That is the quality of the vibration in your core.

In conversation with a person who considers him or herself lucky, everything seemingly goes well. There is not a speck in the air. Until you touch deeper subjects and the door of the heart remains shut. It are all, one by one, superficial conversations. Those who aren't ready for more awareness will not go to the depths of the heart. They fear to stir the dark. Topics of conversation jump from one material thing to another. The essential remains untouched.

But anyone who is stimulated and feels curious to know more, will look for the right books, the right speakers and teachers. The inquisitiveness will be nourished time and again as the hunger for more knowledge and wisdom increases.

Which sources of information come to you, you leave up to the energy. That which triggers you is exactly what you need according to your themes. As in a domino game, one source will reveal the other at a pace only you determine, all the information which can contribute to your rising consciousness will come to you.

Whoever tunes in to the Self, your Higher Self, will receive all information and help. The Soul's plan is ready and only when

you are ready for it, in this current human form, will it be shown to you.

Free will is your highest good as a human being.

You are blessed with feelings and a brain for this incarnation. Your mind was heavily influenced by your environment from the start. Your gut feeling often disagreed. Not knowing any better, our minds have overshadowed and pushed away our feelings. We all have learned to live in the head and forgot all the more to descend to our hearts. That is going to change now.

The Corona era helps

Times change. Not only humanity, but the entire planet and the entire Universe are constantly changing. Everything that happens contributes, including today's life situation. The situation caused by the Coronavirus forces everyone to look at themselves. Resistance is huge and the fear and panic energy is even bigger. The ego-thinking processes protest and cannot let go of control.

Most people are blinded and numbed by the facts. Glued to radio, television and press, many follow the pre-prepared news reports. With every word one reads or hears, with every image one looks at, people take in the full charge of the associated level of energy. Information is perceived by all five senses and touches your emotional system firmly. You become irritable and frustrated and then burst into anger,

sadness or a panic when it all gets too much. They are no longer isolated, unrelated stories that make people suffer and some among us break. The drama, trauma or event that can lead up to an awakening, today, is influenced by one worldwide topic. A topic which will contribute to a massive awakening of consciousness in a whole lot of people at the same time.

The greatest movement of ascension in consciousness in history. The greatest wave of enlightenment which ever swept the Earth.

Why? Because it's time!

6. Time for the new, enlightened, human

Evolution takes time. Nothing evolves suddenly or just like that. So behavioural change, too, takes time. It requires focus, effort and perseverance.

The changes made in the mind transfer to the body. These physical, visible changes also transfer from one person to another because we are all connected in the energy and we, usually complete unconsciously, stimulate one another in our way of being. The individuals who are stimulated by your way of speaking and acting, will sharpen their senses and you trigger them to also take a new path. In no time, their bodies too will begin to show positive change. Change in one attracts the attention of the others like a magnet and seeing all the achieved results encourages similar behaviour. Like a fire, one person igniting another. Let that fire run its course, we'll all benefit from it.

Many are done with living life in a hardened world, but only few already saw a way out. Those who dared to express themselves in the past were laughed at, fortunately no longer murdered or burned, as centuries ago! That too is changing today.

The people who, through their Higher Self, reconnected with Source Energy, know how to access all available information. Those who already walk the path of the Heart are ahead of all

others on the path to more awareness. We are all walking it, only not in the same place, not at the same time, nor at the same pace. Like a flaming torch that lights another, the information must be passed on from person to person, from Soul to Soul.

The spread of the Truth of consciousness can be rapid as more and more people come to insights. The enlightened human has understood. We are one and we all benefit from re-realising it and changing the way we act with ourselves, with each other and with all other life forms on our planet.

The connection to Source, the highest vibration of Light and Love, is possible for everyone. Regardless where in the world you were born. Regardless of the culture or religion you were born into. Quiet your ego-thinking and dive into the silence. Look for who you really are, from within. Feel with your heart what your soul is telling you. Connect with the Higher Energy levels and feel what it does to you. A new world will open up. Infinite possibilities present themselves. From the Source Energy infinite power will start to flow, through your body and your mind, for you are one with the Source.

The human who feels ready makes frantic efforts to stop thinking. But the more effort you put in, the more often it fails. The trick is to make no effort. Here too, the path of least resistance is the right path. Besides, that's always the right way! Wanting to control something and thus exerting resistance, is exactly what stands in your way. It is the eager to control, which creates resistance and blocks the flow of the Energy. Let go of control. Let your thoughts flow and see yourself as the observer of the stream of thought passing by.

The more you realise that you can observe your thoughts, from a distance, the more you take back the power to choose to shift your attention to other things in and around you. What you don't pay attention to weakens. Exactly as your attention lingers during a movie and you completely lose the thread of the story after a while. As you finally notice, it doesn't matter to you anymore and you stop watching. Likewise, you can consciously take your focus away from thoughts you know are produced by an autopilot think tank which creates habitual thoughts in a way that isn't beneficial to your well-being at all. Let your attention linger by focussing on something else, something that does benefit you.

When you catch the first glimpse of consciousness you realise that you have a constant inner conversation going on with yourself. You become aware of the thinking within you. Realising that the quality of that thinking process affects the quality of your life, makes you realise that you'd better be mindful of what you allow yourself to think. Recognising that you're not your mind's process is an important step in starting the process of transformation. Thinking is something that happens in you. Thinking is something that can obviously be influenced by all of your environmental factors. From everything your parents, your partner, your colleagues and friends say, to you, to everything you read and hear. So you better pay attention!

The more attention you choose to give to this aspect of your being, the more often you will consciously turn yourself away from influences that no longer feel favourable to you. From now on you consciously push aside newspapers and magazines full of gossip and negatively charged information.

You turn off the TV show you started watching as soon as you begin to recognise a load of heavy toxic energy vibrations. Gradually you seek other, new, sources of information. Sources which make you feel good and clearly influence you in a favourable way. These are the kind of articles, books, radio and TV programs where you notice you start to feel physically better as you are watching them, because the information given, the words used and the images shown, stimulate all of your senses with high vibrational energy. From the beautiful images that make you feel good to the warm-hearted, hopeful and loving words that stimulate a wow feeling, it all contributes positively to your inner Light, your Energy, your state of Being.

You don't need to *think* about it, you **feel** it! Via your senses it enters the Human Energy Field. It touches your heart and it vibrates within every cell of your body. It touches you and you may even shed a tear or two. It makes you smile or laugh out loud and tears of joy and pleasure might roll down your cheeks. It all has one common factor, you feel good, relieved and discharged. This, you want more of!

And as the next, negative charge of words or images, however small, comes along, you'll turn away much sooner from whatever it was you were about to take in. You immediately feel the difference when your emotions dive into a lower vibrational quality of the energy. You instantly notice the change in your entire being and you recognise the old bad feeling in a blink of an eye.

The gap between light, high vibrating energies and the heavy, low vibrating energies seems to be widening. It is the growth

of your consciousness. Gradually your frequency rises and you feel the differences in the levels of the energy that surround you more and more. Your feeling sense perception evolves as you become more sensitive. More than ever before, you now long for energies which make you feel good. You consciously are on the lookout for more higher energetic qualities in all areas of your life. You become extremely observant in everything you do, places you frequent, information you read or listen to and the food you eat and drink. Before taking in the next energy load, you first feel whether it's to your benefit, because from now on only the very best is good enough, for you!

Relationships you maintained with others, too, undergo the same transformation. Contrarily to the past, you now immediately act correctly keeping your personal well-being a number one priority at all times. You're finally and rightfully protecting yourself from toxic energy loads radiated by all, still unconscious, individuals stuck in the ego-thinking. The longer the more, you immediately feel their vibration levels and block such energies, because you know that the presence of a heavily charged human body can weigh down your light energy body so quickly that you feel sick and nauseous again in just a split second.

Yes, we're all unconditionally connected. The heavier energy moves to the lighter energy. As is with communicating vessels, it flows until balance is restored. The heavily charged person soon feels better in your presence and he or she likes to describe you as a pleasant and enjoyable person. Your company is much appreciated and possibly even praised, but that is of no use to you. Like a sponge, the lighter energy body

absorbs the heavier energy loads of others, in every contact, and you have to get rid of that load time and again.

Only back home and in isolation, in the stillness and tranquillity, can you convert those heavy loads into Light and release them from your Human Energy Field. Those of us who are new to living in their enlightened body need a long period of time to get used to this and to practice. It takes practice to be able to return among the (unaware) people. At first it even takes practice to just go out in the street, because the environmental sounds, which now to you and your hypersensitivity are pure noises, and the movements of people and traffic, all have energy frequencies which are not conducive to your light body.

Practice makes perfect

The more we practice, the smarter and stronger we become. Again it requires a lot of attention. Personal attention! If you lose focus on yourself, you will fall. Another banana peel on the path and you fall right back into the lower energy layers.

Returning to the old behaviour, now, is immediately punished by discomfort and pain. It happens instantly and it can be intense. These moments are the signals we give ourselves when, once again, the ego-thinking process takes over. As soon as the old ego-thinking-habit-machine kicks in, you walk inattentively around in your surroundings, in thought you're far away from the actual here and now, and you forget

yourself. You forget to pay attention and to protect yourself against possible unfavourable external influences and in no time things go wrong again. But don't worry, because just like learning to cycle or swim, it gets better and better after every attempt.

As hard as we have to focus firmly in the beginning, it gradually becomes smoother and easier. The new conditioning, our new behaviour which releases us from pain and keeps us stable in an atmosphere of well-being, gradually becomes the new norm.

With a sharpened consciousness, we work on a new behavioural pattern that reprograms our subconsciousness. The old thinking pattern is thus replaced by the new thinking pattern. The ego-thinking gets replaced by the unity-thinking. The old pattern of behaviour in which we allowed ourselves to be massively influenced by environmental factors of our outside world, by other people and by society's conditions, is finally broken down.

The new pattern of behaviour in which we put ourselves first and protect, love and care for ourselves, no longer allows polluting energies, from the outside world, in.

In the new conditioning, with a ascended consciousness, you have opened yourself from within. You have restored the connection with your Higher Self and thus with Source energy. You are in control of your own thinking and acting. You have taken the control of your life back into your own hands. You now clearly know who you are and what you want to achieve. You have freed yourself from your old painful

energy charges and you have created time and space for that which you love, your existence.

The drop in the great infinite ocean of Source energy that is you, is purified and enlightened. Your level of consciousness has risen and so you radiate! Full of love and respect for yourself and for the life you now lead, you radiate happiness to all people around you.

They've witnessed your darkening, your hardening. They saw you break. Your time of isolation and your absence from their existence let them know you were working. You were working on a path to recovery. Restoring the disturbed balance between your body and your mind.

When you leave the cocoon more and more, at the end of the isolation time, the environment will look different. The peace and serenity gained in the head, allows the heart to take charge. Living from your heart makes you look at things differently. The unity consciousness that is now active within you, turns you into an example for others.

Words of compassion and empathy flow from your transformed way of thinking and your actions blindly follow the quality of these words. Those around you will feel the loving all-encompassing energy it carries. You radiate the Light of the Love throughout your new appearance. Even though you've grown a bit older, you still look young and youthful. You're dynamic, vital, healthy and strong. The increase in your energy vibration makes your whole being glow. This is how you radiate into the world around you. This is how you contribute to the rising of consciousness in humanity, on the planet and in the entire Universe.

As your physical strength, too, has returned, you want to commit yourself again, to others. Only this time you no longer do so from an ego-thinking way of life. From now on you are ready to help without the old influences from the outside world.

The quality of your help, now, is purely from the Heart and in respect to your own well-being. That is exactly why, first, one needs to heal and learn to live for oneself, from the level of the heart. Insure you've let go of all destructive ego-thinking patterns completely.

7. Helping in the light of Truth

Living the lies of the ego-mind, people continue, mainly unconsciously, to manipulate and dominate each other. As long as the helping and the helped individuals function from the energy levels of the ego-thinking-mind, they both forget to feel. Everything the other does, or doesn't do, everything one gets, or doesn't get, is part of an accumulating sum in the head of the people involved. Help is given and received and the bill gets presented.

Perpetrators and victims

There are those of us who are well aware of their dominant behaviour and who proceed in these ways with extreme precision to achieve their personal goals. Such goals never contribute to the well-being of the whole. No, those personal goals are tactically aimed at gaining more money, more power and an even greater sense of prestige. The pathways to those goals are dark, full of manipulation, violence and exploitation. The dominant individual sees him or herself as a benefactor to others. Such type of people consider themselves superior to others. When their help translates into offering a job, shelter or money, for example, they soon

make their fellow man succumb to their personal rules and laws with all kinds of threats.

Threatening with money and material things plays an important role in bringing the 'helped' persons to their knees. In such private or professional situations, people are turned against each other whilst the dominant individuals gain even more power.

To this day we still see these old age, sickening, ego-thinking manipulative techniques all around. One by one they are the textbook example of a reign of terror in a divide and rule society. In such a regime, playing with the sense of fear that lives in every, still unconscious, person is the key to their success. Yes success, because the manipulator sees his obtained results as his successes. He or she becomes richer, more powerful and thus even more dominant.

The (still) unconscious people, who feel they are victims of such a situation, undergo the rules and the associated punishments. People are often drawn into the manipulator's view to such an extent that a sanction is even called just. People bow completely to the power policy, because they do consider certain people in certain positions to be more worthy as they regard themselves as inferior.

And, there are those of us who are totally oblivious to the dominant behaviour they display. Those individuals are so deeply entrenched in old thinking and behaviour patterns that all their actions result from an imbedded ego-learned 'doing good' for others.

One simply isn't aware that the well-intentioned good can also have negative consequences for the person who's being helped. The unconscious helper sees no harm in his or her pushy behaviour. A helper who forces the helped person to do things his or her way isn't immediately perceived as manipulative. Yet many people, young and old, are "helped" in this dominant and manipulative way.

Whoever points this out to a helper, or caretaker, can even get a defensive reaction of the individual who's being helped in this dominant way. For he or she, too, is caught in the web of the unconscious ego energy levels and sees no harm in the harsh or manipulative actions of the helper. They do often take up the defence of the helper in question after transgressive behaviour.

Conscious or unconscious of the behaviour, a perpetrator cannot be without a victim, and vice versa!

As long as both parties vibrate with their personal energetic frequency in the lower levels of the energy, the Light of consciousness will not shine through.

Only when the hardening, as a result of all those acts of manipulation and domination, becomes too much for one of the persons involved in such a situation, the pain can do its job and enhance the awakening of the individual.

A victim can handle the terror behaviour, the words and their consequences until a last drop has fallen and he or she breaks.

A perpetrator continues to behave and express him or herself, as one has been conditioned, until one can no longer

handle the consequences of their own behaviour, acknowledge and break.

Break the chain

Neither the one nor the other is to blame. We all feel like victim and perpetrator in one way or another. It's the old chain of ego-thinking energy, passed down from generation to generation, that needs to be broken.

And there is hope, because the number of enlightened people is now growing exponentially. More and more people are realising that we are unique, interconnected beings of energy, who, together, contribute to the quality of our human existence here on Earth. We come to see that not one being, not one human, is worth more than another. We come to realise that no one really has power over the others. We come to realise that a title, an authority and the power people think they have are pure illusions. The illusions of the ego-mind!

When consciousness grows in humans, confidence in oneself and the connection with the Higher Dimension is restored. All fear is gone. Only then can the human realise that he doesn't need to be afraid of anything, that nothing and no one can touch him. Thus also, that nothing and no one can command him. The manipulation of the other no longer works.

The once manipulated individual now looks at oneself and laughs heartily at the insane thoughts of fear and loss that once made him suffer for so long. He's liberated!

The manipulator who notices that the game of power has come to an end will suddenly, after possibly a period of intense resistance, feel very weak and submissive. Feelings of regret, followed by a shower of apologies occur when the acknowledgement of the misbehaviour kicks in. The ego is pierced and the healing can begin. The time it'll take depends on the level of the unconsciousness and the willingness to come to insights.

The chain reaction continues, only now on an upward trend. The awakening of the one also offers the other a chance of awakening, for we are all, always, each other's teacher and student at the same time.

Now take an objective look at yourself. Observe your own behaviour. Pay attention to your thinking pattern. Where are you in this awakening process? How conscious are you towards yourself and therefore towards your environment? How does your help contribute to the quality of our lives here on Earth?

Are you still helping others out of self-interest or guilt? Or did you already help yourself enough, so that the help you choose to give to others is of a good quality?

The world is full of benevolent people who want to do their part in this or that situation or crisis. But how many of those contributions are selfless? And how many of those contributions don't feed the helper's ego?

Simply donating money, for example, soon makes people tick off the good deed for today. It takes away a feeling of guilt. But does it help in the proper sense of the word?

Valuable helping and being helped

Until you have helped, and healed, yourself first, the help you offer others cannot be valuable help. Those who have not yet been able to free themselves from the ego-thinking mind pattern, offer a help that is still completely impregnated with their personal energy charges. The advice you give and the behaviour you have as a helper is thus still heavily loaded, not at all neutral and certainly not in harmony with the unconditional Love of the Source energy.

People who, mostly unconsciously, tend to selfishness whilst helping, or who take actions that they consider to be helpful, immediately take stock. The win-win mentality quickly rears and the helping comes with a price tag.

People who, mostly unconsciously, tend to altruism quickly lose themselves along the way. They forget to set boundaries and quickly fall into destructive pleasing behaviour. Voluntary helping becomes a 'must' as they don't dare to say 'no' to the next request for help, and the next, and the next,...

In short, in all ego-thinking mind patterns balance is missing, even in the acts of helping. Admitting that you yourself need help first is the first step. Anyone who is ready to awaken from the ego-thinking feels this. You feel that you are missing

very important information to be able to help a needy fellow human being in a valuable and harmonious way, and, without it having negative consequences for yourself. You feel that it is that information which will first show you the way out of the vicious circle of suffering. You realise and acknowledge that your old ways make you, yourself, just go round and round, and that those old habit patterns, like in a vortex, are dragging you down.

Those of us who are ready for awakening want to get out of that routine and open themselves to new information. Humans can only learn when their inquisitiveness is sufficiently stimulated. Only then will one open up to new knowledge.

Our suffering and the burdens we carry from the past are the triggers that can bring us to a point of necessity. We are survivors by nature. We hold on until we no longer can handle a situation. But then, when the need is most great, salvation is near. Because, once we reach the breaking point, we are ready to admit to ourselves that we, ourselves, need help first. Only then do we realise that we, first, must be there for ourselves, before we carelessly give away all our oh-so-important Life Energy.

When we are finally ready to open ourselves up to the new knowledge, in a new way of *Being* and a new valuable way of *Doing*, we fear nor shame no more. Suddenly we consider it all very normal, because hey, this too is being human!

8. Ready for self-healing, ready for the right guidance

Surrounded by people who are still stuck in the level of the ego-thinking, you feel that you can no longer turn to them for help and advice. Now you feel it's precisely that way of thinking that makes us see and do things in this particular way, which ultimately left you in a state of exhaustion and hardening. You have understood that the old conditioned way is a path to more suffering.

Just as the wrong formula will always give you the wrong result, it's time to adjust the formula of your way of life. It's time for an update, it's time for a change.

How do you achieve such a change while surrounded by crowds of well-meaning people?

Isolation is a necessity!

The influences of the old system must be cleared. You long for silence and peace of mind. You want to be able to calm down without any disturbances. More and more you distance yourself from everyone around you.

You are no longer interested in classic topics and conversation about small talk, nor the complaining and whining of others. What the other person experiences in terms of problems or successes can no longer get your attention. There is something much more important right now and it is crying out for your attention. It is your core, your Soul, calling you!

In order for you to get the dialogue with your Higher Self clear, all noise must be cleared from your transmitter. The connection between you, the lower self, and You, the Higher Self, must be clean! Away from noise and all possible outside influences, you seek silence. Lying on your bed, or on the sofa, sitting at a desk or outside in the garden, wherever you are, you want to feel relax, good and comfortable.

Feeling immediately becomes your priority and step by step you begin to realise that you, the energy you are, can observe the thinking. You know that up there in your head a busy highway of thoughts is constantly racing through and you now want to adjust, organise and above all calm the flow of thoughts down.

Humans use speech as an important means of communication. In whatever language, with words we try to make each other understand what we mean. But words are just words! For example, many people have an aversion to the word meditate. They find it vague and immediately link it to some Eastern religion. The meditations from Buddhism are seen as a form of prayer, while Buddhism isn't even to be considered a religion. It is a teaching, a way, as there are

many ways, to walk the path of life. Choose, and use the words which feel right to you, as you speak.

And when you feel it's time for silence, then, just shut up.

Whether you call it meditation or practicing silence, it doesn't matter. Express yourself in your own unique way. It's good, because it's right for you. What anyone else thinks about it is irrelevant. Let it go!

Sitting or lying in the silence, meditating if you wish, has an essential purpose. It connects you with Yourself. Anyone who consciously steps out of the chaos of life, or who is suddenly pulled due to an illness or accident, lives with enormous confusion in the head. First attempts to calm this confusion and flow of thought, in the silence, are extremely difficult. It's not possible to just focus on your breathing, in and out. The stream of thoughts immediately undermines the focus. Focusing on bodily sensations can trigger even more thoughts at first. As we finally relax and pay attention to ourselves, we start feeling the physical pains of the body even more. The still ego-thinking person, out of fear for the worst, immediately looks for more possible scary reasons to explain all those pain perceptions and pain experiences.

It are the catastrophe scenarios in the head, the what if's, that cause panic and fear and the road to the doctor, for more remedies to combat these symptoms, is reopened. The classical medicines may alleviate the symptoms, but do not act on the cause. The low, often toxic energy values of the medication you take, are then in your system and do not contribute at all to a restoration of your inner balance.

Whoever comes to this insight can decide to go the natural way and let the body in its entirety do its work, as it was always intended by nature. Give the natural process the CHANCE and TIME it needs to heal. Accept all inconveniences that arise from restoring the balance within yourself.

Your whole being is involved in the process. It is your mental body, your emotional body and your physical body. They are one, it's a whole. It has always been and it's high time we all remember this, because it will always be this way. Those who only take care of a part of the whole can never restore the total balance and can therefore never remain in good general health permanently. Things may get better or even fine for a while, but soon some physical discomfort will pop-up again. As long as you don't restore in essence, the core of your existence, you will spin endlessly in that vicious circle.

In times of crisis, emergencies, illnesses, in short in times of imbalance in our lives, we look for support, advice and help. But, when in an up-moment, we no longer pay attention to our habitual behaviour and, once again, continue life as is. The old habit pattern, again, takes over. Only in the down moments, which inevitably follow, do we dwell on everything we feel. We conclude that it's not normal and return to visit a doctor, a therapist or another medical care provider. Those who continue to seek this help from medical people who have not (yet) developed consciousness will only be helped for that part of the whole which the complaints are about. The help obtained is certainly well-intentioned, but doesn't contribute to the overall increase and the quality of your Human Energy Field. It will never contribute to more insight or more awareness. This help is temporary and will not take

you out of the vicious circle in which you have been spinning for a lifetime (or lifetimes).

The medical person or helper who managed to lift oneself up to the Higher Levels of Energy already, is the medical person or helper who considers your situation in its totality. He or she takes a general look, a holistic view of the situation in your existence. The doctors, surgeons, therapists and care providers who are already living in a higher consciousness themselves, do their work with an open mind from their Heart-centre. In addition to their high IQ, which allowed them to pass their studies, they also have a high EQ, the ability to empathize, which allows them to make the right valuable connection with their patients. That combination of their knowledge and wisdom about the whole of our Human Energy Field indicates a high vibration of their consciousness, a higher frequency in their personal energy. As a result they look much further, deeper, than the symptoms of the complaint for which you approach them. They see the links in the Human Energy Field and they can explain to you how the one is connected to the other. The proposed approach doesn't only concern the discussed complaint, but treats your situation in its totality. It treats your whole being and is conducive for a sustainable healing towards a general well-being.

When you are in your transformation process, your personal energy vibration gradually ascends. Together with the many insights you receive, your consciousness rises. More and more you'll start to feel when the help of a doctor, a therapist or a counsellor no longer benefits you.

When empathy and understanding are lacking, it's time to change counsellors. When, for example, you need to keep justifying why you don't want to take classic medicines, it's time for a different doctor. When in therapy you are about to discharge a toxic load of energy, which is about to release thanks to the body work, and the therapist doesn't know how to deal with this, then it is high time to look for another therapist. When a counsellor is telling you he or she is at wits' end in your case, it's time to move on.

Everyone has their level of abilities, which implies level of consciousness, that matches the level of their energy vibration. The patient who, in the evolution of the healing process, now vibrates higher than the doctor, caregiver, therapist or coach, is no longer helped. Continuing to seek that level of help becomes harmful to yourself. It no longer helps you on your path. As long as you stick with that help, your transformation process will stagnate, until you realise it's time to move on. Grateful for the help you did receive so far, you start looking for new help, more suitable for you in the next phase of your process.

Reaching these decisions on your path to healing is part of the process. All those times your energy clashes with that of a helper, are signals given by the Universe, to you. Your Human Energy Field no longer resonates with the Human Energy Field of the other individual, the helper, and you need to learn to listen to the signals you're receiving through the energy. Listening doesn't imply hearing with your ears. No, here listening is *feeling* and acting accordingly! The importance of being attentive and observant to oneself is accentuated during such lessons. Those who forget to keep the focus on

themselves will be presented with the consequences of this unconscious behaviour. When things don't go well, you don't feel good and you harm yourself once again with more discomfort, pain and sadness, those are the signals telling you there is a need to change. Somewhere you relapsed into the old behaviour pattern and you forgot to take good care of Yourself.

Awakened by these new facts, which demonstrate better than ever before the importance of the new conditioning, the stay-focused-on-yourself attitude, you adjust the course of your process and the treatments you choose for You.

The time the process takes is an important learning period. Every day various situations emerge and you get to choose how you deal with them. If you unconsciously choose the old ways, you again feel the discomfort and pain, within, in no time. If you choose the new way of acting with a conscious mind and the right attention to your own wellbeing, you'll immediately feel the relief and the ease in which things are going.

The natural growth process

Step by step it goes and during all that working on yourself your energy follows a pattern. It is the pattern of the natural growth process that applies to all that exists. It is the energy of the Source, it is the Universal Energy Field in action. What

evolves negatively withers, rots and dies. What evolves positively grows, flourishes and revives.

Working on yourself is working *on* and *in* the energy. Working on your Human Energy Field is working *on* and *in* the Universal Energy Field. Your personal results have an indelible effect on The Whole. What you do for yourself, you do for others. Your contributions to your own quality of life contribute to the Whole Universal Consciousness. You are the student and the teacher. You are the example and the follower. You are you and at the same time one with everything that exists, because everything is connected!

As you make decisions and start making conscious choices, the energy ripple of every choice, and the resulting behaviour, won't miss its effect in the infinite ocean of the Universal Energy Field. At the appropriate time, exactly when you need it, when you're ready for it, the right information comes to you. In the form of an article, a post on social media, a book or through a phone call, a visit from a friend, the name of a next therapist or other counsellor, will come to you.

Then, it's time to switch. Your energy frequency has increased. It is time to connect with the people in those levels of the Energy. Like all your private relationships, the relationships you maintain with helping hands, the officially licensed and the alternative therapists, also will evolve. More and more you will be inclined to seek help from higher enlightened and therefore more aware individuals.

There are already a lot of conscious people present today and increasingly so, every day. Those who have walked the path

to consciousness, before you, can assist you with their knowledge and experience. They restored their connection with the Source and now live from a sense of unity that may awaken in you too. A feeling of unity in which your well-being and feeling good comes first, without, this, detracting from the well-being and feeling good of others. This is an attitude towards ourselves that no one ever taught us. Therefore, the process of change is slow. It's a long transformation process in which the human neuro associative conditioning is completely updated. The egoistic ego-mind-thinking patterns that makes us go to war against everything that, in thought, might attack us from without, is replaced by the heart-supported unity-mind that makes us realise that, one by one and without exception, we take responsibility from within for the quality of our lives. In all aspects of your life, the quality of your living conditions is determined by the way you deal with them. The quality is the result of your thinking and behaviour pattern. That quality stems from your level of consciousness, your level of energy vibration.

For many people it comes as a shock to realise that personal well-being isn't an accident and therefore the lack of it isn't just a setback you suffer. It doesn't depend on external factors or other people. It's inextricably linked to your inner strength, Your inner Power. That is your own insight, your awareness, your own level of consciousness.

The road to self-healing is a long one, one well worth walking. No one has to walk the path alone. The right guidance can support, advise and help you at the appropriate times. But you are the one walking the path. It is your path and no one

else's. It is unique for everyone. And everyone can go at their own pace and in their own way.

It's a long schooling to personal well-being and the real teachers are the people who have preceded us on the path. Regardless of their background, their culture, their religion or their academic degree. They are the already enlightened humans in our midst. You find them in all regions of the world's population. They are the individuals who have already been able to shed their hardening, who have already cleared their energy field and who have already been able to restore their connection with the Source.

They are the Lightworkers.

9. No more pyramids

Humans who become aware of who we really are, become aware of their True Power. Acknowledging that we can determine for ourselves which energy we attract and which we choose to repel, teaches us that we are the masters of the level of our own energy and thus of the quality of the energy load in our entire being.

Whoever awakens from the dark levels, and let one's light shine on The Truth which lives in the core of all of us, begins the path that frees us from the shadow zones of existence. A life lived in the Lighter Levels of Energy is a Life lived in Love and Harmony. It is living in a new state of Being.

You decide what to attract or repel. You choose what to do or not to do. You decide who you hang out with and with who you don't. As soon as you choose to allow only the very best, you will act very selectively. Knowing that every moment of every day, every situation and every encounter, influences your energy and therefore your life, makes you very alert.

At first, that may seem scary. The ego-thinking mind patterns, which you consciously decided to throw off, regularly creeps back into your behaviour. The more aware you become, the faster you will notice, because bodily messages, in the form of physical feelings of discomfort and pain, are helping you. As soon as those old complaints resurface, it's time to stop and ask yourself, "What did I do to allow my condition to progress

to discomfort?” Reflect on your own attitude for the past few hours, possibly days, and you’ll quickly recognise the pattern of the old behaviour. Don’t worry, this is quite normal. You then adjust again and immediately enjoy the relief and the good feeling the new behaviour, full of self-attention, self-protection and self-love, provides you with.

Your alertness becomes stable as your awareness grows. The awareness of the possible negative energies around you is gradually becoming rooted in your automatisms. In this way you feel your strength, Your Inner Power, increase. This is how Self-confidence, your personal confidence in Your Higher Self, grows! From now on, in any situation, you will consult only Yourself. For that is the very best advice that only YOU, through your Spirit, your Soul, can give to you. Only that is the advice which fits your Life Path. No one else can give you that advice. It is of the highest quality. Why should you still listen to the opinions of others? And even think you have to obey them too!?

Now, aware of The Truth, you very quickly feel, in conversation with another person, who that interlocutor is. The “who is he or she” question is no longer answered with a list of titles, functions or authorities. No, who the other person, or rather, that other soul is, now is *felt*. Roles people plays on the stage of the world are no longer an indication. What matters is the quality of their energy.

Only when during a conversation the words spoken *resonate* as truth and *feel* as an added value, are they worth listening too and considering. Only when the individual uttering these words actually feels warm, pleasant, respectful and

trustworthy, during a contact, is the advice and information given a gift from above.

Whatever advice or information you receive, you are always free to do something with it, or not. However high and qualitative the value of the words, it's always up to you to work with it, or not.

It can sometimes take days or even months before a golden advice, given to you, sinks in. Don't worry, when the time is right, the advice will sink in. Because only then are you ready. The famous "aha" moments.

Words and behaviour of another individual, of whatever title, degree or position, that don't feel as describe above, should be blocked and repelled from your Human Energy Field. You need to protect yourself against anything that vibrates lower than your own frequency.

Knowing this, and actually applying it, will give you the strength to stand up for yourself. It gives you the Power to rightfully protect yourself and to remain master of the course you're sailing in your life.

Even though some of us live as loners for a while or for years, we humans are no loners. We are social beings and we are always looking out to connect with others. Aware of who you are and aware of how the quality of your life stands or falls with the quality of the connections you make, from now on you proceed, through each day, with utter attention and extreme sharp awareness.

Awakened, and cleared of the old mind patterns, certain contacts will no longer serve you. You'll abruptly cut off

certain people from your life. With others it'll happen more gradually as you'll feel, contact after contact, that the gap between both your personal energy vibrations is widening. The common topics of interest which, in the past, made you chat for hours, or play sports, or do whatever activity, fade and eventually disappear. Just like the growth in nature, life moves forward and everyone changes, everyone evolves. The one faster than the other. Each at our own rhythm, each at our own pace, each in our own time.

And once you consciously work your way up on the frequency ladder of the energy, not all individuals from your old environment will step on to the stage of your new world. You cherish the beautiful memories, the others you let go of. It's done, it's over, they've all, the good and the bad, served their purpose and they all had their value.

Even for the hardest and most painful moments, you feel grateful. They are the ones which have contributed the most to your personal evolution on this path, because it's the path you needed to go!

Where you are now, you owe to all those life situations and experiences that brought you to this point, Here and Now.

Power in your own hands

Fully aware of who you are, now, you take the wheel of life into your own hands. You are no longer guided by others, You

are only guided by whom you choose and for as long as you decide. The course of your life is now determined by you.

To know your next step, now, you counsel Yourself. You follow the callings of your Higher Self. Your intuitive knowledge shows you the way and with your personality, your abilities, your character traits and your talents, you can now fully develop in the totality of your being.

Now, on the stage of Your New World, you play the leading role and you even get to direct the whole show yourself. Possible resistance from whomever else, can no longer hold you back.

Anyone who takes radical steps will always get reactions. The positive reactions, naturally, encourage you, but the most intense reactions are mostly negative and come from the people around you who aren't (yet) enlightened, and there're still a lot of them today. Their reactions can seem very discouraging because they don't see what you're able to see. They go into great resistance at hearing your personal plans and seeing your new self-protective behaviour, quite simply because it goes against all the old habitual conduct of you they're so used to. "How on Earth! ..." "But that's impossible!" "OMG, if only this ends well." "This isn't you!" "You're not cut out for that." Etcetera, etcetera. These are, one by one, reactions expressed from an energy level of fear. A fear that is deeply rooted in the ego-thinking mind pattern of the human being who, from a totally unconscious state, repels every form of change.

There are various forms of fear that make the people around you react in such a way. There is the fear of dependency,

control, manipulation, insecurity, jealousy. People are afraid of losing you, of missing you, or, of no longer being able to count on you for help. All kinds of energy dynamics are at play here. Whatever the reaction, all reactions of the dualistic minded humans are, one by one, based on an extremely limited consciousness, or even a complete lack of it.

The ego-thinking is sick. As a result, the behaviour of the unconscious person, stuck in that ego-thinking, is deranged. In way too many people, so much so, that acts of control, manipulation and dominance escalate into acts of aggression and violence. Both verbal and physical abuse are acts of a sick and extremely unconscious person. These types of individuals would do anything to suppress a rebel who dares to stand up for oneself.

Those who feel threatened by the awakening human move heaven and earth to regain power and control. Because only then do they feel strong again, only then do they feel good. In doing so, they use threats, humiliations and punishments as if it were a delight. They act by any means necessary, as long as it serves to restore their (illusory) external power.

From family structures to corporate structures, from country structures to religious structures, you can recognise these (external) power pyramid structure everywhere in the 3rd dimensional society world of the ego-thinking human.

In such households and family structures, everyone has to obey the person with the darkest energy. When that voice roars and the fist strikes again, everyone else shudders. The rebellious child, who notices the dishonesty and dares to

express spontaneously, is urged by the frightened submissive adults to remain silent and yield.

In such corporate structures, large and small, everyone must obey that dark person in higher authority. Level above level, the powers increase as the number of people decrease, up to the top of the pyramid, where we find a corporate chief on the throne. Anyone who doesn't obey will be served a warning. The fear of being fired and the fear of the possible resulting consequences forces most to bow and shut up. The highly qualified co-worker who doesn't dance to the tune of the higher ranked manager gets fired or demoted and thus publicly humiliated, much to the delight of those who benefit.

Whether in a household, in a family or in a company, as long as people remain in the levels of the unconscious ego-mind patterns, and thus continue to misunderstand their true nature, the fear factor will continue to anesthetise and paralyse these people.

But there is good news! Because now that consciousness in humanity is rising, we are all seeing more and more examples of awakened behaviour.

Where the head of the family is sufficiently enlightened, there is room for dialogue. In such families, there is respect for every member, young and old. The elderly advise and guide the young and give them the freedom they need to learn and to experience for themselves how they prefer to walk their path. Of course, those families, too, have moments of discussion, only they're soon healed, in the light of love and insight, with an open and honest communication. The young people are searching their own personal true nature, their

individuality, and do not always hear what it is they want to hear. Nevertheless, the enlightened adult leaves room for the youngsters to reach their own insights, in their own time, in their own way. They guide without imposing personal opinions. And, with mutual respect, the fresh young spirit, in turn, contributes to the energy within the family. In enlightened spheres there is no longer a pyramid, there's a connectedness in Harmony and Love. A life lived side by side, with mutual respect and freedom of one's unique experiences in this existence.

Where the corporate chief of the company is sufficiently enlightened, there is room for dialogue. In such companies, there's respect for every employee. The seniors advise and guide the juniors and give them the time and space to learn the job, their task and role within the company. In harmony, side by side, with mutual respect and without a reign of terror, the seniors transfer their knowledge to the juniors. Only in this way can the junior one day become a full-fledged colleague, if he wants to. The juniors bring new wind to the company and thus refreshes the energies and minds of the seniors.

In companies without a pyramid structure, where different teams, with diverse tasks and goals in the whole, work together in harmony and with mutual respect for each other's equal value, the quality of energy is high. The people are joyful, peaceful and happy, and feel, thanks to this atmosphere, much healthier. This favourable dynamic is transferred in energy to the result of the company's products and services. Together they work for quality, not quantity. The quality of life at work and the relationships between

colleagues creates the quality of products and services. These qualitative results, like a magnet, attract the influx of customers, and we all know what satisfied customers do! Their verbal positive word works wonders!

The person who achieves these insights, with an enlightened mind, no longer perceives life as limited, controlled and fearful. The enlightened person sees the connectedness between all parts of the whole. The enlightened human carries the Wisdom of Truth in his heart and lets it shine throughout all of his doings. In doing so, he always remains true to himself, for he knows that being true to his own core, his Higher Self, is the essence of his existence.

A life lived in the Light of Full Consciousness is a life in which all manifestations in the outer world are the result of its creations in the visualised inner world. All creations, which are being allowed to see the light of day, through the enlightened person, are one by one creations that contribute positively, constructively and additionally to the whole of existence.

The life of every enlightened person is a life which serves one common purpose; beneficially contribute to the consciousness of humanity. From whatever position, whatever profession or role in society, the enlightened person wants to contribute to that harmonious world. A New World in which we all realise that We Are One.

A unity of existence in which we all, each and every one personally, take responsibility for that one drop, in the infinite ocean of energy, that '*I am*'.

10. Uncover Your True Power

In direct connection with Source, your True Power is infinite and inexhaustible.

Whoever decides to dig deep, into his core, will discover the True Power we all carry within us. The choice is yours. You're free to decide whether to tap into that power, or not. Are you fed up, too, of being trapped in the vicious circle which keeps you in the same recurring patterns for a lifetime? Then choose You and do it NOW.

It's never too late to give your life a new direction and to finally start the path which is intended for you in the first place, as it is for all of us. No more excuses! As your inner desire's calling, for well-being and happiness, takes over, you throw all 'yeh-buts' and 'what-ifs' overboard.

The path to True Power

To find the way to our True inner Power, we first must reach the ultimate breaking point. With all the ego-thinking mind techniques, we've been taught, we need to get to the point where we can finally admit that such a thinking process no longer helps us. The old familiar thinking patterns do not

provide any solace. We are thoroughly tired of it. We feel empty and an irresistible desire for change arises.

Learning that there is a path, to well-being and happiness, ignites the light in our darkness. It offers hope!

The Power of Hope creates the will to open yourself up to new information. Finally the blinders come off. Something within you takes over. A primal inner force, becomes stronger than the ego-mind which is holding you in its grip. The power of Desire then gives you the will to read books, listen to videos, attend workshops or even go to therapy. The magical attraction of all new information triggers your curiosity so much so that your desire to talk, to read and to listen, suddenly becomes irresistible. It's the energy of the Source calling You, and you open up. You're tapping into a New World and your goal is to become Healthier and Happier, in full alignment with Your Higher Self.

Our True Power is *within* us. It's the life energy which connects us all. It is The Power of the Universe, omnipresent and omnipotent.

One can easily restore the connection by simply remembering who we really are. *You are that Energy! You are that Power!* You are that drop of consciousness in the infinite ocean of the Great Consciousness. Be aware of the ocean **and** of yourself.

Your personal Human Energy Field, which includes both your physical form and your non-form, is your centre of perception of the whole. Realising this is key to reactivate that infinite Power of the Universe, IN you!

A step-by-step learning to understand how to tap into this Power, will give you the energy and willpower to change, to transform.

Connecting with the Universal Energy and using it in all aspects of your life, physically, emotionally, mentally and spiritually, is Your True Power. This limitless, infinite Power of the Universal Energy Field is the power of Nature, it is the power that is intrinsically present and nourishes all life.

This Power, however, has nothing to do with outward display of power as we all, unfortunately, know too well. Manipulation, intimidation, domination or any other form of physical aggression and violence are all forms of the outward display of power expressed by individuals who function in the extremely limiting ego-mind. These negative forms of external power over others are all, without exception, fear based. The ego-thinking person regards this power as a quality not everyone possesses. They are one by one relationship patterns where the victimiser feels strong and the victim feels weak.

As long as we continue to believe blindly in this form of thinking, we will unnecessarily succumb to any outward display of power applied to us by anyone. This view is wrong! This thinking is wrong!

Wake up from your stupor. Awaken to the path that leads to Your True Power. We all have it *in* us.

All we need to do is reconnect with our purest form of Being, with our Essence, with the consciousness *within* us. This inner

power is pure and unlimited. It is Your Personal Power, The Power of Your Higher Self.

Choosing to live from your Higher Self

On a daily bases, we make many decisions. From the very simple to the toughest nuts to crack, every decision determines the course of our lives.

As long as you continue, on autopilot, to follow your ego-thinking, you will feel powerless and weak inside. The moments you feel strong, are never lasting. In no time the tide turns again, because in dual thinking it's always about gaining, about having and then keeping control of all we achieve in the material world. This way we unconsciously dwell in a slumbering feeling of struggle and fear, because we don't want to lose what we've achieved. For example, think of your job, your home, your relationship, your possessions. What do you feel when thinking you might lose one, or all of it? There it is, a feeling of fear immediately pops up.

Some people are already more aware of this slumbering fear that affects our lives, but nevertheless they don't know how to deal with it. We continuously strive to do everything by the book and we try, in any way possible, to protect ourselves from setbacks, out of fear of whatever disaster scenario. Because, what if we lose the job? What if the relationship breaks up? What if our belongings are stolen? Etc.

One who thinks “I have everything under control” gives him or herself a false sense of security, a false sense of grip. This is a feeling of false power. At the slightest incident, your foundations will shake and the stress and fear of loss will hit you in the face. Once again you falter and in an attempt to get everything back under control, your life’s energy, your pleasure and zest for life decreases.

The ego is selective, it always wants more and always wants the next thing. The ego knows no rest and is never satisfied. Moreover the ego wants to hold onto all which has ever been acquired and achieved. The fear of losing something or someone lurks in the background. This uncontrollable limiting thinking robs you of your true freedom and of your vital connection with your Higher Self. It hinders the flow of life energy. The low vibrating energy frequencies of control, struggle, stress and fear drain you and thus make you weak. These tensions, which are usually unconsciously active in your energy field, slowly but surely affect your health.

Whoever ignores the existence of the inner power feels weak and powerless and will keep looking outwardly for means to gain and maintain control over all aspects of life. It’s living in a constant battle, a battle you will lose anyway.

Whoever restores the contact with the inner source, the Higher Self, lives in the here and NOW and finds in every moment the power to accept the moment as is. From that calm and tranquil attitude flows a doing, an action, which is completely aligned with the Higher Self. Problems are solved and situations are approached from a harmonious and serene state of *Being*. Nothing is too much, nothing is too heavy,

nothing is too difficult. There is a right course of action for everything, without conflict, without struggle and without competition. The NOW is accepted as it presents itself. Where actions are allowed, actions will be taken, without blaming others. Where a right course of action isn't properly understood, one will remove oneself, without further criticism or comment.

Shift your life from powerlessness to power, to your True Power. Do this by choosing to always keep your attention in the Now *and deeply anchored within yourself.*

Living in the present moment is living without the burdens of the past. It is living without fear of the future. It is freeing yourself from the illusions, the false thought patterns produced by the ego-mind. It is being consciously connected to your True Essence, your True Nature, the Energy that You Are.

That energy, which has always been within you and will always be there, that is the power of the Universe, the power of Source. Stop ignoring your true nature. Whoever recognises and acknowledges The Truth about who we really are, is finally able to feel his or her True Power.

You can change everything

From the level of the ego-thinking we fool ourselves a lot. We tell ourselves that we are separate, distinguishable beings, while in essence we're all connected to each other and we

determine our living environment together. From the level of the ego-thinking we consider ourselves to belong to a country, a culture, a race or a religion, while in essence we're all just equal people belonging to the same species, called humanity. We humans see and experience ourselves, and our environment, from the roles we play outwardly in life, while we actually all work together on the evolution of the one consciousness of which we're all intrinsically a part. We think of ourselves as beings of flesh and blood, when in reality we are much more and much greater than what we physically perceive. We believe that we all get weaker as we grow older, while in fact we can become much stronger and energetically more powerful once we know how to tune in to our inner strength, instead of limiting ourselves to our outer physical appearance. We believe that we all die and life comes to an end, while at death we all just leave this physical body, this solid form, to go on with life as the energy that *you are*.

Also in the daily routine of life we tell ourselves a lot of things. For example, we think of a new colleague as a competitor who wants *me* out in order to occupy *my* position, while this person is only trying to prove worthy of being hired. For example, we think our boss isn't satisfied, while in fact he's very satisfied, but unable to express himself, because of his rigid personality. For a safe old age, later in life, we think above all we have to save money and invest, while in reality we receive what we deserve in every phase of our lives. Yes, deserve, but not as in working and earning/deserving. This is about deserving according to the Universal Law of action-reaction, you reap what you yourself have sown.

Out of so many fears of loss, people unconsciously block their own flow of energy for earthly possessions, such as money and material resources, while this energy can only grow optimally when it flows. In short, the ego-thinking keeps us small and causes us a lot of confusion and doubt. We feel so insecure that we always want to protect and defend ourselves in one way or another. Anyone who disagrees with us will be blocked and pointed at as the opponent. Until that person changes his mind, or a common goal dissolves the previous conflict, because then we're soon on the same side again.

Even though at times we feel good about ourselves and everything runs smoothly in a current situation or position, that feeling of strength and power is false and unfortunately never lasts long. In no time a new situation arises and we start to stress and falter again. This apparent power is false because it is a power based on external phenomena in which everything stands or falls with the way we are seen and experienced, by ourselves and by others. As long as you are looked up to, you feel good and therefore strong. As soon as that, for whatever reason, changes, uncertainty sets in. You lose your strength and you feel weak again. You gather all your courage and pick yourself up as usual. When, a little later, rewarded and praised again, the arrow points to feeling strong. Any kind of criticism or comment from an unexpected quarter and there you go, again, weak.

False ego-power is like a yo-yo that you can never control and which knocks you down at the slightest. As long as you remain in the ego-thinking patterns you will, just like the

yo-yo, keep going up and down. Never stable, never in balance, never sure, never in absolute tranquillity.

So never in your True Power!

Choose to shift your focus. Choose to change your thinking and behaviour patterns. Choose to live in the NOW. That is living in full awareness, with an awakened consciousness. Nurture your inner strength by accepting the truth about who you really are. Learn to deal with your personal, individual Human Energy Field. Learn to live from that inner strength, without confusion, without doubt, without fear, without external threat from anyone or anything.

Whoever discovers his true nature, sees in an open and clear way the connection of him or herself with all of existence. It is the connection between all people, but also between humans and animals, and between humans and nature. You then feel how the Energy, that Universal Force, lives deep within you and from there you start a new way of acting. The things you choose to do are good for you, and they are good for everything that exists in your environment! That is all people, all animals and everything in nature. You never twist nor force anything. You don't force anyone to change because you know you don't have to. You flow with confidence as the energy shows you your way.

From now on, living in the present moment, you follow your feeling and your intuitive knowing, without resistance, without doubt, without fear. You drop all "yes-buts" and "what-ifs". You don't care about those no more. You completely abandon the persona, or the image you think you

have of yourself which was fed by the numerous reactions of others.

You accept yourself as you are now, pure and honest, without masks and without role behaviour. From there, and now in connection with your Higher Self, you will be shown a path that you may go. You still have the free will to choose, but nothing can and nothing will stop you from actually walking your pathway.

Follow that path with confidence and all the changes you so much desire will come your way!

Healthy and centred in Being

In order to live life in a serene, calm and peaceful way, we must realise that Our True Power lies deeply hidden in our purest state of Being.

The ego-mind diverts our attention to what we have, or don't have. It confuses us by making us believe that who we are depends on what we have. Material possessions and a sense of power, or lack thereof, coupled with titles, functions and competences, keep us far away from our true essence.

Regardless of the many labels we, ego-thinking human beings, came up with, for everything in existence, at our core, we're all the same. We are all energy of the one pure consciousness.

Acknowledging this gives us a quiet, subtle, yet immense power. This force needs no physical violence, nor verbal noise. This power is inexhaustible and limitless and resides WITHIN you. Connecting with your Higher Self is connecting with that power that lives within you. One who lives permanently in the present moment is permanently connected to that power and is permanently in a state of pure Being, pure consciousness. All ensuing words and deeds are empowered with the Supreme Energy of this Field, full of Light and full of Love.

In enlightened people, who act and speak in a clearly conscious state of Being, we recognise this Universal power in various forms. Words and deeds are filled with the power of Unconditional Love, Compassion, Peace, Joy, Creativity, Intelligence, Empathy, Kindness, Understanding, Respect, ... One by one powerful and beautiful qualities that ascended people radiate. In this way they contribute to the quality of the energy around them.

To be centred and to remain in a harmonious state of Being, the individual needs the stillness and tranquillity. Anyone who overtires and over stresses themselves will lose balance again. When 'Being' and 'Doing' are not balanced, fatigue will set in. The already so tired person, who, by the ego-thinking, is convinced he still has so much to do, becomes overwrought. This stress turns into panic when we continue to believe all illusory thoughts.

Even on our path to awareness, such moments can still happen to us. That's very normal! You walk the path to change over a long period of time. The process takes

patience. Consciousness gradually grows and practice makes perfect.

Only as soon as, during the next unconscious moment, we can become aware of the stream of illusory thoughts, which caused us to slip into unconscious behaviour, can we do something about it. It doesn't matter whether you come to realise after the facts, or fully during such an unconscious moment, that you have lost attention in the NOW. As soon as you realise it, the solution is to STOP. Bring your attention back to the NOW and remember who you are.

Anyone who, exhausted already, continues to make an effort to complete everything one thinks one still needs to do, will lose all life energy and will burn out.

Whoever stops and dives into the isolation and silence, restores balance and thus restores the connection with Oneself.

The path inward leads you upward. The deeper you dig, the higher you reach in the energy. The more centred you are in 'Being', the higher the quality of your 'Doing'.

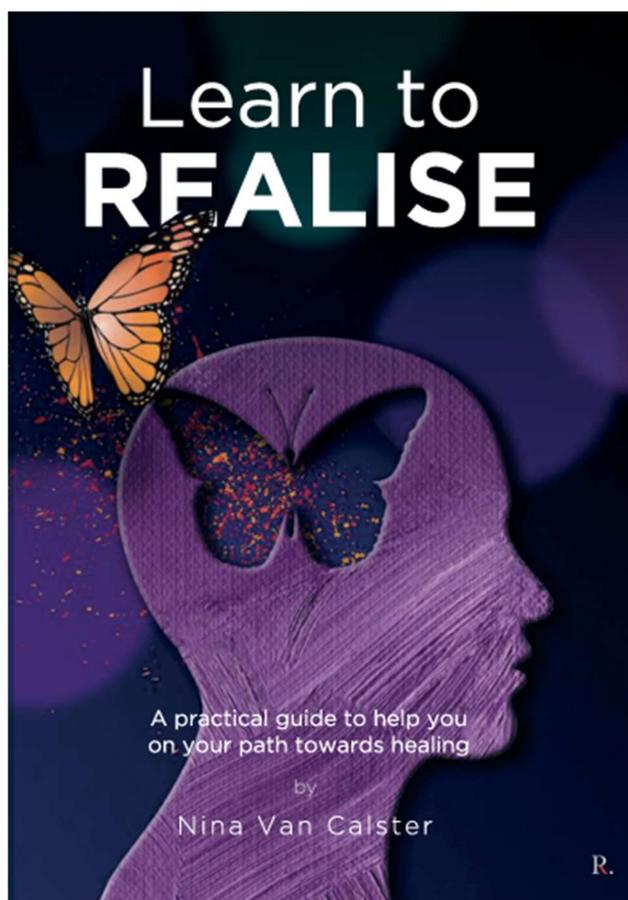
A road with many ups and downs. All experiences, one by one, are valuable learning moments. They're all part of your growth process. It's your evolution. It's your ascension to a Higher Dimension in the Universal Energy Field.

This is the Dimension of the Heart. A dimension where our thinking no longer holds us in its grip. A dimension of feeling, where our Heart shows us a way of Harmony and Peace, of Love and the Power of the Light.

That is your True Power.

That's who we Are.

Sequel to Our True Power



Our True POWER

A Spiritual Guide

EVERYTHING WE ARE CAPABLE OF IS PRESENT
INSIDE OF US, WE JUST NEED TO REMEMBER IT

This book contains a powerful message of healing. The message is for all of humanity. Unfortunately not everyone will be able to grasp its true value. Some will even contest and oppose it. But for those who are ready, the power of the message will do its magic, help awaken the person who's reading and encourage to follow a path towards happiness and wellbeing.

In these current times more and more people are feeling a deep desire to free themselves and their loved ones from the pressures and fears which today's life bestows upon us.

Is there a way out? Can we liberate ourselves from manipulation and control, which is restricting us in our beingness? The answer is, Yes!

Open your heart and let the energy of the words work deeply within and experience first-hand what freedom, joy and health feels like as you liberate yourself from those restrictive ego-thinking mind patterns that imprison us all.

Discovering who we really are, we rediscover our natural strength. Everything we are capable of is present inside of us, we just need to remember it.

A spiritual guide for the awakening individual who longs for freedom in a beautiful, healthy and joyful existence.