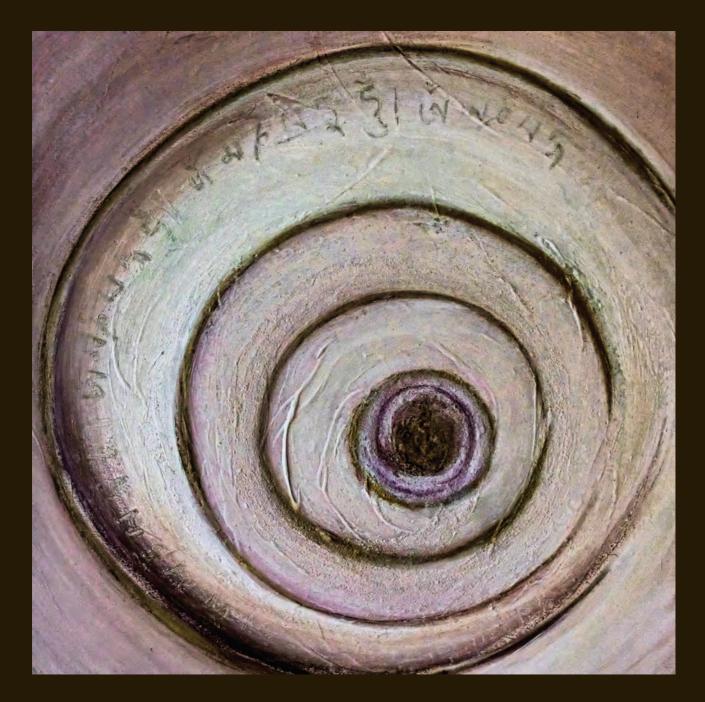
# CALE OF LIVE Creation

Seatthe creation process.

From All Lo Leality

Alfred Books



Twinflame Energy

# **Theater of Life**

Through my eyes, as I live life

**Alfred Boeve** 

#### 'Beauty is something you want to share.'

Paintings for cover and endpapers: Patricia Queritet, Belgian painter

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Angelica de Bruin, Dutch painter

Poems:

All poems in this book rose from the author's heart

Statements:

All statements result from the author's experiences

*Illustrations:* 

The illustrations were created by the author

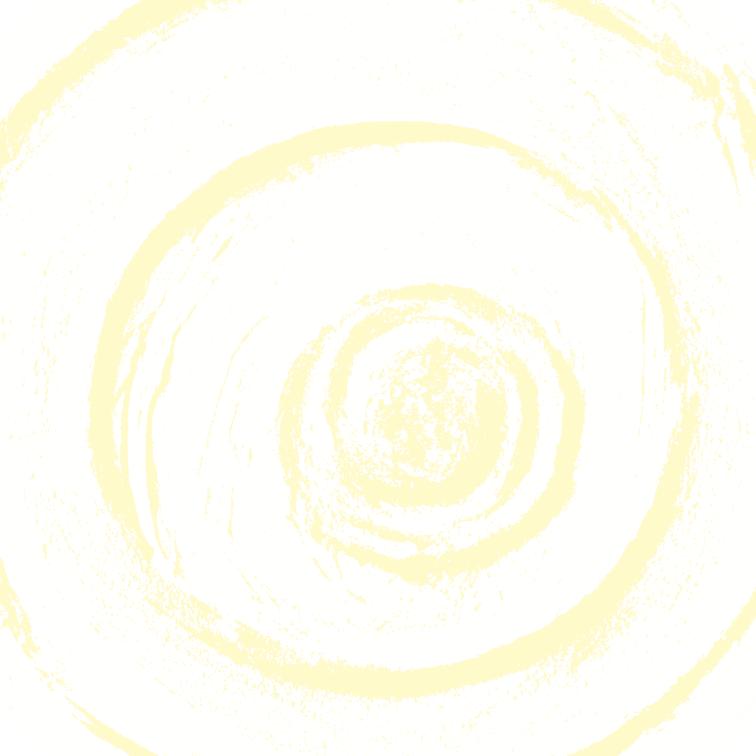
#### Contents:

The contents of this book originated from the approach 'through my eyes, as I live life.'

The contents, arrangement and connections made are fully the author's own responsibility. The author tried to present his findings as accurately as possible. They are based on careful investigation, drawn upon his own experiences and carried by his heart.

With thanks to the my eyes Group and for its cooperation

For further information visit www.theateroflife.info.



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#### **Prologue**

'What we experience is a reflection of our internal self.'

At multiple moments in my life I felt called to write a book. Not just any book, but a book about 'The Core.' When I was young, I had no inkling of how I could grasp this so-called core.

I was intrigued by the process' beauty and very interested in mythical stories. Would I be able to make a difference? Would I make things happen? And if yes, how would that work?

Life and the process of writing this book led me inside and brought me into deep contact with myself. I could only make progress and eventually finish it by experiencing myself – myself – in every aspect and in every trait.

In a sense, Theater of Life is an autobiographical testimony. I make people, I make you, a witness.

I wish you much inspiration when reading about my journey and following it. More than that, I wish you an inspiring and fulfilled life.

Publishing this book on my fiftieth birthday, which this year falls on the same day as Pentecost, the first time in my life this happened, feels right to me, exactly right.

With love,

Alfred Boeve June 12, 2011 Amsterdam / Lyon the Netherlands / France

#### **Be yourself**

Be yourself.
Everyone, be yourself.
Life shows its majestic unity.
In harmony,
allowing its parts to form perfect matches.
Experiencing the light, seeing forevermore clearly.
Sharing all with everyone.
In a rhythmic movement towards more love.

# Dedicated to Pieter, Daniël and Marilise who chose to come into my life as sons and daughter.

#### **Chapter 1**

# **Theater of Life**

'Often we only want to achieve more of the same, instead of growing towards something new.'

This book is the description of my personal voyage through life. It is a dynamic report of my quest to find the miracles and secrets of the creation process.

I asked myself many questions during my voyage: Who am I? Where am I? What is my purpose of being here? Who took me here and where am I going? What happens in my life and why does it happen? Is there a reason for everything? What is the creation process? What is a dream? What is inspiration? What is life? What is the universe? Maybe there are more universes. What is duality and what is non-duality? Can I influence life? Should I influence life? Is life organized? What is death? Is death an end? What are emotions? What should be my way and how do I know I choose the right direction? What is free will? What is my destination? Is there and end? What is the source of everything? What is consciousness? Is there a God? What is reality, what is an illusion? What is intelligence? What is love? What is peace? Why am I so interested in all of this? How can science, religion or philosophy provide me the answers to my questions? What does my heart tell me?

I found the answers to my questions and with that I found myself!

I will tell you about my transforming voyage, how I started experiencing the difference between illusion and reality. How I saw different approaches of Creation and how I place them in a perspective that is valuable for your personal development. I want to explain how you, as a human being, as a creature, at any time can enjoy creations of which you are an active part, instead of being led by suffering that you experience at so many moments.

"Theater of Life" is my book's title. I invite you to experience each step in a critical, inquisitive way and thus take a trip through your own life. From a bird's perspective and me on the stage, you will witness how I show myself, expose illusions and together we will enter a new reality which is of immeasurable value.

This book is a perfect way for me to communicate my life's experience. I put my whole heart into this co-creation. I feel myself touched and fulfilled through the answers I found and I enjoy sharing them with you. I make you a witness of my personal struggles, many beautiful prospects and insights and the peace I found at the end.

Theater of Life has become a book full of personal stories, poems and analyses which expose the deeper layers in both a pragmatic and abstract way.

Investigate how you can live your life more intensely. Create your own experiences. We are all unique and yet, we are one in life.

Each chapter starts with a personal statement and takes you to a next level in the secrets of the creative creation process. You will discover, step by step, a higher awareness about the process of life and eventually you will be able to discover your full potential.

#### Chapter 2.

'How my book comes to life' is a first, short introduction regarding my questions and my voyage. Three – connecting – stories inspire you to explore further.

#### Chapter 3.

'Stories from my life' provides personal information to teach me how to understand myself in relationship to my question. These stories will be used throughout the book and serve to better understand and explain the various steps I took.

#### Chapter 4.

'Uncertainty and freedom' offers deep insight into our human spirit. Insight in the relationship between uncertainty and freedom allowed me to grow by leaps and bounds. A shift in development is needed before you will be able to enter new dimensions.

#### Chapter 5.

'The creative creation process' defines the first, essential insights in the creative power of thought. The first layers of the creative process are disentangled at the so-called 'solo-creator' level.

#### Chapter 6.

'Universal model of the manifestation: inspired answers through intelligence' shows an open reality instead of being stuck in the locked systems. This chapter opens the door to the co-creative process of the 'co-creator.'

#### Chapter 7.

'Poems: inspired answers of the heart' make transformations. In twelve poems my heart opens new dimensions in the co-creative process from illusion to reality.

#### Chapter 8.

'Thorough exploration of heart and intelligence' shows the majestic step of following your heart. It gives you amazing information to ponder and experience. You enter new dimensions of life in a beautiful, open reality through a process of transformation. By surrendering my willpower and choosing through my own free will to be receptive and available, I entered into the dynamic stream of life's synchronization.

#### Chapter 9.

'Infinite opportunities' shows a world of beautiful intelligence and love, where co-creation and synchronization in all its beauty show you how you can be – and actually already are – a 'co-creator of life.'

#### Chapter 10.

'How will my life go on?' is about experiencing and enjoying my life as a 'co-life creator.'

#### **Chapter 2**

## **How my book came to life**

'You can only unwrap the gifts of life in the present.'

Theater of Life was a long-cherished wish. For me, it was part of a growth process, or more accurately: a process of remembering. Although I consciously planted the inspirational seed, it took years before I really began writing and creating. Sometimes I even forgot I was 'pregnant.' Maybe the gestation period took so long because I didn't yet see or felt the true theme.

I found it interesting to note that even without a clear goal, my creative pregnancy continued. It was always there with me, like an unborn child which is always with its mother and I was constantly challenged to stick with it, return to it and add new insights when they revealed themselves. The gestation period turned out to be necessary in order to have the baby grow until the right moment arrived to show her to the world.

I want to share three short stories with you. They are about events that are joined together and that occurred within only a few weeks in late spring, early summer of 2010. I had just moved from a rural area in the Netherlands to Amsterdam, ready to add a new chapter to my life.

The stories I want to tell are about events that refer to the unknown, to freedom, to the miracle of the creative process of life. Together they express a first answer to many of the questions I asked in chapter 1.

#### The first event: a special encounter

The first special moment occurred at the end of a vacation in May 2010. Seven friends who were taking a bicycle trip in France, traveling more than a thousand kilometer in about nine days, had asked me to accompany them. My job was to drive the bus holding their luggage. During the day I took care of

their food and drink and I did what they asked me. We had a good time, I have known four of the friends almost my whole life.

On our last day we walked from the hotel to the center of town after we had checked in. I walked behind the others. Why did I hesitate? Because my inner voice told me to go back and get a business card from the hotel. It was pleasantly busy on the streets, the sun was shining exuberantly. We enjoyed a wonderful meal and afterwards visited a busy outdoor café. It was May 23, the first day of Pentecost. My friends had cycled up Mont Ventoux that day, one of the infamous mountain passes in the Tour de France bicycle race. Of course they were still tired from their trip to the top, which took a supreme effort. But I was bursting with energy. I heard infectious live music from the other side of the street. I asked my friends whether they wanted to go dancing. They didn't have the energy and said they preferred returning to the hotel. I didn't want to go back yet and walked over to the Red Lion Pub. I was on the dance floor in no time. I knew I couldn't stay long because we were leaving early the next morning to go back to the Netherlands.

After a few turns on the dance floor one of my friends came to get me. He told me that the others wanted to go back to the hotel and asked me to come with them.

I said: 'No, I'll stay a while longer.'

'But how will you find the hotel?' he asked anxiously.

Smiling broadly, I took the business card from my pocket. 'I'll find my way, don't worry about me, no alcohol for me. I will take you safely home tomorrow morning.'

He laughed and left the pub. After another couple of tunes, the band took a rest and they turned on the sound system with easy-listening music, like they usually do. At that moment everybody left the dance floor. I was the only one who continued to dance. The music wasn't very inspiring but I told myself that I could only stay for a short while and was allowed to enjoy myself as much as possible.

But however joyful and energetic I was, I felt emotions of shame and loneliness rising within me. I felt like everybody was looking at that solitary dancer. I stopped dancing and walked over to the side of the stage to welcome these emotions. At that moment I fully accepted what I was feeling; I was shy and alone. From deep within me, fully accepting and connected to myself, I wished with all my heart: 'I want to dance together with someone and feel nice and warm.'

From the other side of the stage, a beautiful woman walked in my direction. At first I thought she was on her way to the bathrooms. But no, she approached me and asked in French whether I wanted to dance with her.

Of course, I couldn't refuse, so I smiled 'yes.' The musicians started playing again, a slow dance. I felt touched and thankful. We first spoke French and then English when it turned out that she had lived and worked in London for many years. After dancing, she introduced me to her American guest and friend and eventually we left, taking a cab. My hotel was the first stop and we promised to meet again and exchanged telephone numbers.

During our next meeting, in June, she told me that at the time, at the bar, she had felt as if she had been lifted up into the air to approach me. She was surprised at how strong that urge had been. That night she had had dinner with her guest in the town center and they were already on their way home. When they passed the bar, she heard live music and she persuaded her friend to stop in for a drink. They entered just before the break. It was her first time in this bar, too.

During our next meeting we discovered that we shared dreams. However different our backgrounds are and however different the way to realize dreams, we both walk the path.

Some time later, I was editing the video I had made of the bicycle trip. I was surprised when I heard my voice in the last recording. Just before driving the car from the mountains on the way to Lyon, I said: 'I won't be recording any more videos in Lyon. Guys, what happens in Lyon, stays in Lyon.'

#### The second event: the wakeup call of a deep desire

Shortly after my French adventure I took a course at the invitation of a very good female friend from Belgium during the weekend of June 5 and 6. I had no inkling of what kind of course it was. She had only said: 'it will be good for you and I would appreciate your going with me.'

In my life I have learned to take things as they are. I trusted her. A week before the course she sent me a message that I should read *The fairy tale of death* by Marie-Claire van der Bruggen. A very inspiring book.

Arriving at the course, I saw that some participants had the book with them. I said to someone: 'wonderful book, I read it, too.' The woman only looked at me and didn't react.

While we were sitting in a circle, I was surprised to see Marie-Claire come in. I recognized her from the picture in the book. And only then did I find out that the course was about *The fairy tale of death*. It turned into a fascinating weekend. Full of love.

While there I saw an angel for the first time in my life. While taking pictures, one of the assistants showed me a light-being on her digital camera. We asked Marie-Claire to look at it and she wasn't even surprised. This was not her first time seeing a light-entity. I asked whether I could hold the camera for a

moment. Whichever way I turned it, I didn't see any other appearances. Only this beautiful being. She was so clear and had a human shape but no feet. She – I felt that the light-being was a she – stood behind my Belgian friend. Surrounded by a beautiful clear-purple color she helped her do the exercises with another participant. It was such a joyful, serene moment!

At the time I didn't say anything to my friend. The next morning she walked out of her room, dressed in purple and she had a clear, radiant smile.

That weekend we experienced the loving work of a group of wonderful people and we shared many experiences with them.

Of course, that morning I did tell her what I had seen the day before. My other *sharings*, poems and insights improvised on the spot, inspired a number of members of the group so much that they advised me – no, they invited me – to write a book.

It was as a wakeup call. Because I had long and deeply wanted to write a book. I immediately decided to organize my life in such a way that I would have all the time in the world to do this.

A few weeks later, life granted me another meaningful story.

#### The third event encounter and completion

On a nice Friday, June 25, 2010, I was sitting on a bench in Amsterdam, enjoying the sun, watching a number of boats floating by in the canal next to my house. Suddenly the question 'which boat will you get into' shot through my head.

The previous weeks I had often felt uncertain about the book I wanted to write. I had written a couple of beautiful and deep poems, but I often suffered from false shame. 'Am I worthy of presenting myself to a public?'

And sometimes my sense of guilt acted up and I heard a critical voice in my head: 'You don't do anything and live a nice, easy life.'

At that moment I was sometimes badly undermining myself.

Can you imagine the fights in my thoughts?

Anyway, I was sitting on that bench, mindlessly watching the boats in the canal. Suddenly I clearly heard my inner voice: 'In a moment an interesting person will come towards you from the left, you must talk to him because he will be important for you.'

I heard the voice very clearly. I wasn't scared by this because I had heard a voice or had a vision before.

The inner voice is something completely different than the illusionary thoughts that sometimes take me by surprise. I trust the voice.

I looked up and saw a young man walk in my direction. He sat down right next to me but before I could say anything, he fell asleep.

My mind tried to analyze this puzzle.

What did the inner voice mean?

How would this man be important to me?

I decided to continue writing and to wait what would happen. After a while I had finished my story on the iPhone. The man was still sleeping, he even sagged a little towards me. I saw he breathed quietly and his face carried a happy expression, he almost smiled.

Again, I wondered why I had to listen to the voice. My mind said: 'Forget it, what are you thinking, go run errands. Why are you wasting your time, sitting here. Rather do something useful.'

My mind was very strict, but as I do so often, I decided to trust my inner voice and waited.

I took a deep breath and watched myself like an observer. I observed my thoughts, watched the boats, the water, felt the air, the wind, the sun. I became still, very still. Eventually the man woke up and asked me in English: 'How long did I sleep?'

I answered: 'About an hour, I know because I waited for you. You have something important to tell me.'

He looked at me surprised.

I extended my hand and introduced myself: 'Alfred'.

He shook my hand: 'I am Adam.'

He remained seated and relaxed so I asked him again to tell me something.

Again he looked at me surprised and told me he had just arrived in the Netherlands. 'I'm from New York, took the train from Schiphol Airport to Amsterdam and I'm dead tired. I was glad I saw this bench.'

I answered: 'OK, but there must be more, go on and tell me more about yourself, about your life.'

He told me his life had recently changed dramatically. 'Until recently I worked as an architect. I asked my boss for a vacation. I was tired, but because of the crisis and a number of deadlines at work, I was only given a few days off. So, after thinking about this for a while, I went back and told my boss that I resigned. And now I can do what I want.'

His story touched me and I told him that I really understood these kinds of changes. Without tell-

ing him more about myself, I referred to the impact of such a decision. So I asked him what he was going to do now.

Hesitatingly he answered: 'While I was in the airplane I asked myself the same question and the answer came very spontaneously. "I am going to write stories".'

You can imagine I was very excited, I recognized a beautiful gift that life was giving me. We started a deep conversation about writing.

But that wasn't all, because when I asked him what his plans were after his visit to Amsterdam, he said: 'Maybe I'll go look up a woman friend I met some time ago in the U.S. She is French and lives in Lyon.'

Now I was really amazed because exactly a month ago I had met new love in Lyon. I had just returned from my second visit. I told him my story. We were both surprised. We exchanged information and said goodbye with a hug. We promised to contact each other on January 1, 2011 to discuss our progress as writers. I stayed behind on the bench in the sun, thankful.

As you see, life has its own mysterious ways to guide me and to teach me about myself.

In all of these three events, I experienced the beauty and mysticism of life. And I got to know the illusionary thoughts that are always lurking about to prevent something from happening. We often throw up many obstacles for ourselves... It was clear to me. I accepted the challenge to write a book. I wrote the text in English, just like the majority of the poems came to me in English.

#### **Chapter 3**

# Stories from my life

'Life is like a school. But school doesn't teach you anything about life.'

In this chapter I will tell you more about myself and my journey through life. I will do that by giving a short overview of a number of moments or events that were important to me. They represent the motivation for my life's questions, show my struggles and take you with me to my moments of transformation.

You will also find the defining moments of my life in later chapters, because each of them told and taught me something. I challenge you to chart your own life-journey based on my examples.

#### **Bursts of anger and fainting**

When I was very young, I was a year-and-a-half, once in a while I had such violent anger attacks that I sometimes even fainted. According to my parents I couldn't express what I wanted and then started to cry and sometimes even hyperventilated. Our general physician advised them to just ignore me at those times. He even literally told them: 'Napoleon also suffered from that.'

Can you imagine? We all know what happened to Napoleon...

I remember once, when I came round again, my mother cheerfully said to me: 'Hello Alfred, you're back.'

I outgrew those outbursts, but I suspect that I did store them in my mental and emotional body. You could also imagine that I have tried all my life to avoid these kind of outbursts because I didn't know what to do with the emotion of emptiness and was afraid of falling into the unknown black hole.

#### **Meningitis**

When I was 3 1/2 years old I got meningitis. My mother who has a background as a nurse, fortunately

recognized the symptoms in a very early stage. She immediately took me to the hospital. Just in time. From my heart: 'Thanks mom!'

I remember being in the hospital without having a clear picture of what happened to me there. But when I came home I started wetting my bed and that lasted until I was about nine years old. Do you realize what impact such an event has on a child?

#### The first day of school

We moved to a different village when I was four and a half years old. I often visited my uncle Jan who worked as a gardener and 'helped' him using my own set of garden tools. It was a happy time during which I played a lot with our dogs, the Shetland pony and Jopie, our goat, who was taller than I was. My parents decided not to send me to kindergarten. They thought it was better to stay home because I was so happy there. I am still thankful to them for that.

I well remember my first day at school, I cried for hours and hours. I just didn't want to be there.

#### A new bicycle

I received a new bicycle for my seventh birthday. I couldn't wait to see my present and early in the morning carefully crept into my parents' bedroom. Because that's where it was. My new red bicycle, hidden under a sheet. I still know that I admired it for hours. I still have that feeling of utter joy and bliss when I see the first snowflakes or a field full of dandelions. But it is also the feeling I have while I'm writing this book. I cherish those moments of inspiration and joy that bring me fully into the now.

#### **Soccer and pony rides**

When I was seven years old I was allowed to become a member of the local soccer club. During the close of the season during the summer I resigned, because I was so disappointed that I could not play. When the new season started in September, I joined again. Patient wasn't my strong suit, I didn't want to accept that you couldn't play soccer during the summer...

We had a Shetland pony at home and I was allowed to ride it starting when I was five. When I became older I had to start riding dressage seriously, on bigger ponies. I really didn't like that. I liked horseback riding for fun but I hated all those lessons and rules. I couldn't understand why they were so important.

#### Child's dream

When I was eight I once sat on my uncle René's lap. I remember that I told him that I wanted to be an atomic scientist. Of course, at that moment I had no idea what I was talking about. I imagined that if I knew everything about atoms, I could master all knowledge. Where did these thoughts come from?

#### **Grandma's lessons**

Almost every Wednesday afternoon my grandpa and grandma on my mother's side came to visit us. My grandma always said: 'Alfred you must be a good boy.' But at the same time she told me that everything in life is determined by God and that you, as an individual, cannot make a difference. I answered her that in that case it didn't make a difference what I did, because I didn't have any influence on life anyway. She then shook her head and sighed: 'What is to become of you...'

Her stories intrigued me, but I was disappointed that she couldn't give me satisfying answers to my questions.

#### Catechism

I went to a Protestant primary school and when you turned twelve or when you went to high school you were required to take religious instruction. Two friends who were six months older than I was, told me how boring it was. Yet, I applied six months before I was required to. I actually wanted to go, because I was very interested in God, I wanted to know all about Him. I wasn't forced by my parents, they gave me the freedom to form my own opinions.

I quickly realized that the minister didn't have the answers to my questions. He also preferred that I didn't pose them. He considered them blasphemy. I was eleven years old at the time...

After a few disappointing experiences, I asked my father whether I still had to go to religious instruction. That I preferred not to go any longer because I didn't receive answers to my questions. My father said that it was up to me.

'Thank you dad for the freedom!'

I never went back, but my questions remained.

#### The discovery of woman

The opposite sex has strongly attracted me from the time I was fourteen. Girls exited me, but also confused me. They felt like a big mystery.

I had to repeat the eighth grade, I failed almost all subjects. That year I wasn't in the mood for school or the teachers, I was taken by surprise by feelings of love.

I was very often in love that year, although I didn't show it.

#### Call from the business world

In the midst of my puberty, when I was about seventeen, I wanted to break away from everything. I wanted to join the commando forces; I yearned for adventure and wanted to travel. That was the moment my father intervened and urgently, even forcefully advised me not to throw everything away. After a few days of fierce debates, sometimes until late at night, he convinced me. 'You don't build a future by being a commando,' he said. He thought it would be important for me to study, develop myself and eventually lead the family business. He apparently had a well-defined plan for my future. The moment I said 'yes', I lost part of my freedom and my innocence. I left adventure behind me and became rather serious.

#### **Call to write**

I was nineteen and told my friends that I intended to write a book. It would be about 'The Core': Nothing more and nothing less. I had no idea what that core was exactly, but I was convinced that my book would make a difference. I still remember the many debates I had with other students, friends and adults. To be honest, I wasn't a good listener during debates. I was rather convinced I was right and it took a long time before I learned to listen. I still prefer telling stories that other people listen to...

#### **University and innovation**

After high school and college, I went to university to study business economics. My time as a student was not completely average because at the same time I was a semi-professional soccer player at the Groningen soccer club. So I didn't experience much of traditional student life.

In 1984 I went to the US for three months to do market research as part of my studies. It was a wonderful experience, I was left to my own devices and got to know the dynamic world of the land of limitless opportunity.

Back in the Netherlands, I wrote a story about making choices in life. I concluded that everything is a choice. Everything has its own context and its own consequences. I was curious how I might influence my life with this insight.

Next, I wrote a proposal for my father on how to innovate the family business. 'You must build your own brand of your food products and increase prices.'

My father read it and said that what I wanted was impossible and had already been tried often. He was honest, but I didn't let myself be discouraged. I thought: 'You don't see what I see.'

Fourteen years later, I successfully launched the first brand innovation: *Peter's Farm*, named after my father.

#### **Near-death experience**

In November 1984, when I was 23 and still studying at university, I had a near-death experience after a car accident. I ran into a tree at full speed and was thrown out of the car.

This event had an enormous impression on me. At once I realized that our reality has more dimensions. I was taken out of time and space at that moment and I left my body. I experienced a feeling of intense peace and quiet and I realized very clearly that every choice I made, would become my new reality.

I was in a higher dimension and floated above my body, above the trees. As in a dream, I saw my body laying motionless on the road near the damaged car. It was as if I could see the whole situation all at once, as if I floated above it like a bird.

But at the same time I was at the first house I could find, a few kilometers away and asked them to call an ambulance. I knew I had to ask for help and that the ambulance had to come because my girl-friend was in the car, badly wounded. So I was able to make decisions in a fraction of a second, to move myself and to do other things. It was possible because time and space no longer existed. I was to make all the choices.

At that moment, I also could have left earth and ended this life. I was really invited to choose and there was no good or bad choice. Something asked me to think about why I had arrived on earth. I was connected to a bright and clear light and heard a clear voice. However, I couldn't immediately answer that question. I could go back and continue my life, if I wanted that. If that was my choice. I saw that my girlfriend was bleeding heavily and I was convinced I had to help her. The next moment I was back in my body, apparently I had made a choice.

After the accident I tried a couple of times to tell people what had happened to me. They looked at me without understanding and said: 'Sure...' After that I never talked about it again.

When we had the accident, we were driving back from the university where I just passed a test. My

girlfriend had stayed with me for a couple of days and we were on the way to my parents. In the car, full of enthusiasm, I told her how I was going to conquer the world. I was so full of everything I learned and the opportunities I saw. Do you know that feeling that the world belongs to you?

Next day I was going to go on a business trip abroad with my father. Of course, that didn't happen. Fortunately, my girlfriend recovered completely after a successful operation. I took care of her during the months she was recovering. I prepared liquid food, because she could only "eat" through a straw. Altogether I didn't go to classes for three months.

When she had recovered a bit I asked one of my study friends to register me for the next test.

He asked: 'Did you read the books?'

'No,' I said, 'I don't even have all books, but register me in any case and I'll come visit you.'

I went to his place the evening before the test and I asked him whether he had taken notes. He had. He showed me more than a hundred pages of handwritten text.

I said I couldn't read all of that. So we started talking about everything that happened in the past three months. All the while I leafed through the pieces of paper.

At the end of the evening, when I left, my friend asked: 'So you are not planning to take the test?' 'Yes,' I said. 'I will just do it.'

I could not substantiate why, but my inner compass told me to trust myself and I knew that it was good to take the test.

The test contained five questions. I recognized three of those questions from the notes. I took a chance on the answer for the fourth question and for the fifth I wrote: 'I don't know.'

I passed the test with the same grade as my friend who had studied the subject for three months.

I quickly forgot what had happened, I was not yet working on its deeper meaning. Although I often did think about it during difficult periods in my life. It gave me peace and the trust that I can conquer difficult moments in life.

#### **International experience in the family business**

After my studies I immediately started working in the family business Alpuro, that my father had started and ran. He had clearly indicated that he would like to step back and have his children continue the business, my sister with her husband, my two brothers and me being the youngest child. Before I started working I wanted to first gather experience abroad. That is why I worked for more than a year in Italy and about four months in France.

When I was 25, I drank alcohol for the first time in my life, I still remember it was Italian wine. Fortunately I am a very moderate drinker, but yet...The Italian style of living combined with the fact that I stopped exercising, very quickly resulted in a 10 kg weight gain! I hardly recognized myself.

When I was 27, I got mononucleosis. That made me very ill. Apparently I needed that warning to create a better balance in my working life and stay active in sports. It is very important for me to feel healthy.

I worked extremely hard during those first years. I married the girlfriend in the car accident when I was twenty six. However, my work always came first and I now realize that my wife and our three children must have often missed me.

When I could use my creativity, I bubbled with energy. I was always looking for new things. Happily I made many pioneering innovations, such as the development of the first food tracing and tracking system through the Internet at the beginning of 1994. It was called *IVI* (Integrated Veal Information system). It became an international success.

The second major success was the introduction in 1996 of the brand *Peter's Farm*, based on the idea that I had presented to my father while I was still a student.

During my business life I traveled the world and met many exceptional people. I have participated in a number of trade delegations joined ministers and even met and talked with our Queen a few times. In short, I led a life of which many people can only dream.

But... It was a hollow shell. I was busy with my career and completely forgot how I really felt. More and more I experienced loneliness and emptiness and the more successful I became, the stronger those feelings were. I knew in my heart that I had to look for something different, but still I always managed to hide my dissatisfaction. I was the manager of a company and responsible for hundreds of people. So I thought that it was 'part of the job.' After all this was for which I had studied and worked so hard?

#### My last marathon

In September 2002 I ran my fifth marathon. It was a hard one because we had to overcome a difference in height of almost 5,000 feet during those 26 miles. We started in Interlaken, Switzerland at almost 1600 feet and the finish line was in the mountains at 6100 feet. I ran with two of my best friends and crossed the finish line just a bit earlier than they did. Normally I would have been very happy with that but this time I only looked at the powerful glacier spread out before me. A strong inner voice said: 'You can go up this mountain another ten times, but it is all of no use.'

That moment I decided to no longer run marathons and I chose meditation and passive activities. For seven years I spent half an hour every day doing Chi Neng Chi Gong and meditation. I hardly ever skipped a day and I noticed that I changed on all levels.

#### Impetus for change: 'Be yourself' poem

Especially during my last years in the family business I became increasingly interested in all kinds of books and articles about the universe, black holes, quantum physics, metaphysics, philosophy, religions and self-development courses. At a certain moment I told my sister that 'time doesn't exist.' I really felt that.

I was increasingly taken by new adventures and studied hundreds of books. I no longer was really interested in business in its current form. But in 2000 and 2001 our industry – and our company in particular, because of regional circumstances – was hit by a major economic disaster: hoof and mouth disease. I worked six to seven days a week during that crisis and we survived thanks to everybody's commitment.

I realized that during this crisis the knowledge I had gained during my studies was hardly or not at all useful. I got to know a world where systems outweigh humans and where power rules. And in addition I also experienced confronting situations with competitors and national and European laws.

I joined the battle but it took a while before I understood that I was fighting myself.

I needed that wakeup call to return to myself. Suddenly I remembered my near-death experience. I became conscious that I was maneuvering myself into a situation I didn't want, but of which I still was a part. The question I asked myself at that moment was: 'How do I get out of this?'

There should be more to life than working hard and fighting. By accepting my struggle, I created space for new opportunities.

I thought about my studies and I carefully and intently reviewed a number of choices I had made in life. That was the moment I had to recognize that I no longer listened to my heart and my inner voice.

I increasingly gained new insights about how systems work. I even saw myself cooperating with developing those systems. I decided that I wanted to change the business model. Axioms in economics based on shortages combined with the right of the strongest, had become the wrong starting points for me.

One Sunday morning in February 2004 I wrote a poem, it was a call inviting people to come to a new way of living and working.

Be yourself.
Everyone, be yourself
Life shows its majestic unity.
In harmony,
allowing its parts to form perfect matches.
Experiencing the light, seeing forevermore clearly.
Sharing all with everyone.
In a rhythmic movement towards more love.

In 2005 I felt that I was increasingly moving outside of the circle of the family business. We had strategic discussions and I no longer was able to align everyone concerned, as I had been able to do in the past.

There was one very specific moment when I clearly realized that it was better to plant a new tree and to take full responsibility for it. After almost twenty years I made the decision to leave the family business and I sold my shares to my eldest brother.

#### *my eyes* approach

Inspired by my poem, I took the initiative in 2005 to start a new adventure, a new approach to living and working for everyone. I called it the *my eyes Group*\* and decided to focus fulltime on that. The name 'my eyes' refers to the eyes as mirrors of the soul and so represents soul-focused entrepreneurship.

#### **Bumps in the road**

I can tell you that the moment I left the family business was the beginning of a difficult period in my

<sup>\*</sup> my eyes is a networking organization which first of all offers participants the space to develop themselves and share their creative powers with others. my eyes together with its customers co-creates new market approach concepts, where together we enter into the deeper layers of consciousness. my eyes represents connections, transparency and passion, where we work on our world together and in a sustainable way. For further information: www.myeyes.info

life. It felt as if I abandoned my family and many other people I loved dearly. After all, I always felt very responsible for others. Some of them had known me since my birth.

Sometimes there was absolutely no understanding for my choice and I felt the pressure increasing. Anyway, my relationship with a number of members of my family changed, because I withdrew from the established traditions.

A year after I left the family business, I also decided to divorce. So my life changed completely.

Of course, I experienced a deep sadness. I had to confront my grief and that of others and had to learn to accept feelings of loneliness, emptiness and rejection.

I met new, profound love, but I broke my heart thoroughly. It was a difficult period and I sometimes was afraid and disappointed.

But after a gigantic struggle I gained deep insights into myself. My heart opened up to a deep feeling of freedom, a bit like I felt during my near-death experience. I even started enjoying immersing myself into feelings of loneliness, emptiness and rejection. I felt a new energy and knew that something beautiful was coming.

#### **New creativity**

Following my heart didn't mean that the 'old me' immediately understood the new insights I had created for myself and all participants in the *my eyes Group*. It also didn't mean that the world fell in line right away. I first had to turn deeply into myself and fuse myself to a unit. The birth of the 'new me' as I expressed it in the poem 'Be yourself' and letting go of the 'old me' took quite some doing.

my eyes became a perfect base to live through radical changes in order to take full responsibility for your life. Some very interesting projects came along and we learned the difference between working by ourselves or cooperating with others. I was able to write the basic principles in 'my eyes Methodology, a non-linear approach to guide people and their organizations in developing concepts for new markets.'

In my private life I took more time to learn, to create, to experiment. I participated in many different courses, events and I shared my insights with many others. Together with wise and specialized international teachers each with their different expertise. I investigated every private part of my own state of being.

I knew that the outside world is only a reflection of my inner world and I discovered new layers.

Ever more new creativity developed, for myself but especially also for the network around *my eyes*, because I was breaking down inner barriers.

It became a new style of living where the separation between private, social and business faded.

In 2010 I retired as the manager and became a cultivator of the network.

I had never in my life felt so well, it was a next step in my personal development and writing this book is part of that step.

#### **New level of connecting**

Quality time has now started where I meet my three beautiful children, my ex-wife, family members, friends, new love and many new people in a different, deeper way.

I don't care anymore what people do or did. I love them the way they are now, as I also love life as it is now. And that results in beautiful moments of sharing deeply. Holy moments.

Everything seems to come together in a perfect way. I feel reborn, because I am more in touch with my feelings than ever before.

During the summer of 2010 I became brother and sister with my father and mother, they were both 85 years of age at the time. I absolutely think they noticed it, but for me the most important thing was that I no longer felt a difference between them and myself.

As I said earlier: I receive beautiful answers to my questions. I have found myself and I keep growing every day.

Let's go on to the next chapters of *Theater of Life* where I share with you how my transformations occurred and which insights helped me along on the way.

#### **Chapter 4**

## **Uncertainty and freedom**

'If you want to grow dare to jump carefree into the unknown.'

Transformations in life are peculiar. I want to find out together with you how they work and what are the conditions for them to take place without problems. I remember a number of bumpy, difficult periods in my life. Were the obstructions necessary? And if yes, for which purpose?

In this chapter I discuss the human state of being in relation to six subjects.

- A winding path;
- Stages of human growth;
- Phases of social economic participation;
- The promise of life;
- Science, religion, philosophy;
- The book's main theme.

#### **Winding path**

As we experience again and again, life is full of changes and it sometimes looks like a path full of sudden twists and turns.

Why is that the case?

Life seems to be a continuous cycle of creation and destruction. To say this another way: we let go of our past and step into something new, again and again. However, we often find it difficult to let go of

that past. It accumulates and we relive it in various forms, again and again. Changes are inevitable and yet we are not always equally happy with them, especially when we have no idea where we are going. And when others force us to change, then it becomes even harder. All together, an imbalance is created, an imbalanced situation which makes life difficult.

How can we be a successful creator and at the same time a creature that enjoys all creations, instead of letting ourselves be guided by suffering that we encounter at so many moments?

To answer this question I introduce the relationship between uncertainty, freedom and creation, an insight I received in 2004.

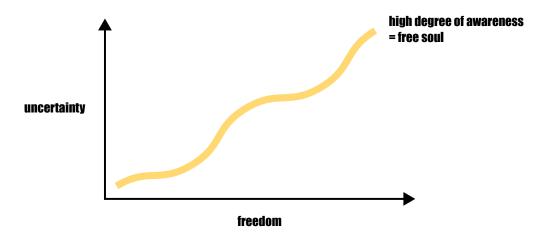


Illustration 1. Creativity in relation to freedom and uncertainty by way of the path of increased awareness.

#### How to interpret this chart?

On one axis one sees the degree of uncertainty, disappearing into infinity. Some people call the infinite uncertainty chaos, but I want to show that in that case there are also a maximum of possibilities.

On the other axis you will find the degree of freedom, extending to infinity. Some people call the

infinite freedom unconditionality, with which I want to indicate that you don't put limits on yourself and others, not from the past, nor to the present.

I describe the process of life based on this reasoning. It is the process of manifestation from chaos and into unconditionality.

The dimension of my awareness determines what kind of creator and creature I am in my process of living.

The degree to which I can welcome uncertainty, accept it and embrace it, determines the amount of possibilities I recognize.

The degree to which I can be condition-free towards myself and others, determines my freedom.

Again and again, life invites everyone to be a creator and at the same time to be a creature who experiences and enjoys everything that is created. It is as a miracle to be in that moment, to only be there.

But most of us try again and again to minimize uncertainty, not realizing that by doing that we limit our possibilities. Actually that is resisting the unknown.

At the same time we impose all kinds of limitations on ourselves and others, even if we feel an innate urge for more freedom. Because we don't live in the moment, we often miss the miraculous.

So the logical result is that our creations do not fully open up and present themselves to the world while unbalanced.

It is also clear that because of this we are not in a continuous state of complete joy and rest.

What can we do about that?

It might sound simple if I say: 'We only need to see things in a different way'.

As for myself: I often tried to change the situation and/or other people. I had to learn that I could not change it and I understood that I had to change my attitude. As we all know from experience, that isn't easy to do. I can tell you that there were moments that I really thought that I would fail. Why was that? I will try to explain this using two meditations.

• Life offers me all the freedoms in the world, but I cannot handle uncertainty. As a result I will feel disoriented, lose myself.

• Life offers me the opportunity to deal with all my uncertainties, but I don't allow myself to do this freely. The result is that I put myself in prison.

Imagine feeling completely free and that you can deal with your uncertainty at any time. Infinite opportunities will offer themselves.

I had to dare recognize my own fears, my shame, my blame, my rejections, my sorrows. And I discovered that it is important to have insight in the progress of the axes of uncertainty and freedom.

Because of my fear of the unknown I often restricted my opportunities. I tried to exclude events and at the same time I tried forcing life into a certain direction or I tried to control it. By doing that I imposed all kinds of conditions and limitations on myself and others. I realized that I actually restricted my freedom and even influenced the freedom of others and that I was looking for a way to change this.

Before and during the transformation it became clear to me that I experienced life as a winding path full of surprises *and* full of disappointments. Often I didn't realize how I acted and how my conduct affected myself and others. And many, many things in my life showed good results, so why would I want to change?

I started monitoring my own conduct and sometimes reached a stage of acceptance. But there were also situations where I was fighting with myself and others. Life can sometimes be a real battle.

Slowly I started changing without having a real understanding of what I did and why I did it. As long as I stayed in my comfort zone everything was familiar and clear, even when I had to make difficult business decisions. I realized that doing business was a safe and familiar thing for me and that made it comfortable. The same applied to family life. I also noticed that when I left this comfort zone of work and family, I might feel lost or even imprisoned.

I often made wrong assumptions. I continuously fell into the same traps until I finally understood that. It is so difficult to reach an insight and to change patterns. Does that sound familiar?

We are allowed to learn to have life work for us. Life is a gift! Lets take the first steps to receive this gift. How can we be more open to this and make ourselves more available.

## **Stages of human growth**

Here is the same graph, now with the axes showing the stages of the soul from baby to child.

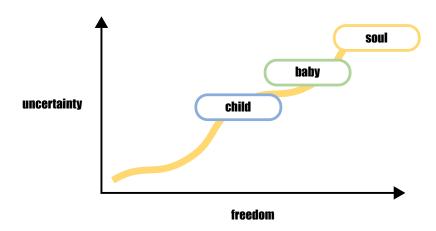


Illustration 2. Stages of human growth.

Let's assume that life starts at the moment of birth. In the beginning a newly-born baby is very vulnerable. A big soul enters into a beautiful small body. It discovers the world with infinitely deep eyes and makes people melt with tenderness. With a touching, innocent smile, the baby discovers the world, full of joy and wonder. Everything is new. Looking at the baby we experience these feelings and that makes us joyful, too. It is very important that the baby is cherished at that age when everything is germinating.

Don't forget that a baby falls about a thousand times before he can take his first steps. And what happens when he stands for the first time? The super-proud parents call their parents and friends to share how wonderful everything is.

The learning curve consists of falling and getting up again.

Sometimes the child gets hurt while trying, but his parents help him 'back on his feet'. A kiss cures the 'ouch' and the suffering is soon forgotten. They encourage him to try again and from the baby's

point of view, the world is the most beautiful place to be. He is challenged, comforted and sees only kind people. You can imagine the baby wanting to become like them. The parents become icons and that leads to the first identification.

The impressions from the outside world already enter into the newly-born baby at a very early stage. There are things he is allowed to do, that are praised and things he is not allowed to do at all. Sometimes this is caused by the parents' fears that something can happen, where it isn't clear *if* something might happen. And sometimes it is to protect him by teaching him how to differentiate about things that happen in the outside world. It isn't always clear why parents do what they do, because their deeds aren't very consistent. But it is clear that their fears are projected onto the child.

Actually, these non-consistent impressions from the outside are the first impressions causing the inside world and the outside world to diverge. This inconsistency can be so strong that the outside world quickly becomes the only world with which a growing child will identify.

Because the attention to the growing child's inner world isn't central, the picture of one outside world is increasingly created and that world can look pretty strange.

There is little concrete research into our inner development. Because we cannot see or feel it clearly, we leave it untouched. We are, as it were, formed by the every day's actual situation. When one person tells the parents that this way is really the best and another person gives completely opposite advice, this becomes a significant mess.

Where you are born is an important determining factor for your life's development. In which country, with what kind of family and so on and so on.

But one thing is certain: you are on your way to adulthood, and after that life becomes ever more complicated. Uncertainties are considered undesirable and all kinds of barriers arise limiting freedom.

This process applies both to the baby growing up and to the parents who assist this young life and also to all encounters taking place in day care centers, at school, at work and so on.

Do you remember my story about my explosions of anger which were so fierce that I sometimes even fainted?

When I was still very small I apparently resisted something. By fainting I supposedly gained my freedom. I literarily turned away from something that I didn't want, that I resisted. The moment I regained consciousness I was disoriented, alone and empty. The uncontrolled anger and fainting resulted

in a life in which I either felt lost or trapped. Despite the fact that I outgrew those explosions, I suspect that I did store them in my mental and emotional body. I made a number of wrong suppositions causing anger and fainting to become a traumatic experience.

My parents didn't know how to deal with me and consulted the physician. Did he know what the impact of his advice was?

I want to make a point here that we are very unaware of the consequences of our deeds, advice and choices.

I see so many moments in my own life that were the result of handling things blindly. A feeling of powerlessness or incapacity can sometimes lead to action, while it really asks us to flow with the current of life. Yet I showed myself as if I knew exactly what best to do.

Strange? Yes, actually very special.

It took me a long time to see the wrong suppositions I had stored.

It took me even more time to see how easily I also forced them on others. Restoring my illusionary suppositions, being open and thankful and finding a balance in the role of both creator and creature, became my new quest.

I saw that we aren't really raised or taught to see events at a deeper level. We are so used to look at the appearance and the outside... Already at a very young age we are conditioned by others who are not aware of doing that. I often felt resistance as you could read in my stories about soccer and pony riding, my experiences during the first day of school or at religious studies or in business.

What can you do when you are so young?

Even before we are born, we receive information packages through our DNA. So we already carry luggage at a very young age.

When we become older we often don't have the opportunity or the freedom to become inspired, to discover and to create.

Look at schools, how the systems over the decades have treated students increasingly as machines that have to be processed in a 'learning factory.' Lessons are taught in accordance with a rigid linear process in which everything is related to time and age. Custom-made attention is no longer possible.

And if it isn't easy for parents and if the school doesn't do it, who nourishes then the inside, the inside of humans?

Look at business, how innovations there are often shot down in the early stages by a 'spreadsheet manager' or the financial department which mainly charts risks.

Existing organizational systems do their utmost to maintain the system and are not open to changes. That is why people and companies don't grow and they keep repeating the existing situation; a playground of scarcity and competition.

Every change in life offers a chance for growth. However, the system steadily becomes stronger and more complex and it gets harder to leave it. It turns out change is very difficult and even impossible.

I was lucky in that my father gave me freedom of choice when I was young. Do you remember the story about the catechism? But at the same time, as with all children, he also was my hero, my example and so I copied him in many ways. That resulted in a forced way when called to business.

I want to show you the results of this cycle.

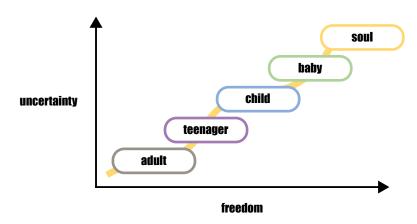


Illustration 3. The steps from a free soul, to baby, child, teenager and adult.

As you can see, this process develops in the wrong direction. The whole model goes towards us becoming increasingly less free creator and less able to enjoy what we create. It goes towards us loosing awareness and many of us giving back in life as it were.

I find that astonishing.

Because of the general way of raising children in society and more specifically in the education system and through our genes, we are 'subcutaneously' imprinted with quickly forgetting who we really are. We forget our unconditionality and all opportunities to create.

Why do people act this way?

We often simply forget that this is our own creation. We are part of it but do not realize that we are co-creators.

## And what is the goal?

The invitation during our journey through life is to remember who we are again. While traveling through life I forgot both my own being and that of others. I was so conditioned that I even thought that the normal state of being was that I had to be better, faster, smarter than the others.

I can tell you that this is not what it's all about. But yet my life, and in many cases other people's lives, were influenced by my actions.

I created my own illusions and I sought comfort so as not to feel them. And yet I continued repeating them, again and again. I lost my joy of living but didn't know why. I tried to compensate for this imbalance in other ways, as I already showed in the story about my last marathon.

I needed experience after experience and lesson after lesson before I could find out what was happening in my life. It was even harder to make the first changes. Changes towards who I am and reconnecting with my feelings: to shine a light on the processes.

# **Phases of social economic participation**

Let us take a closer look from a traditional point of view at how we participate in life in a social economic context.

As a result of our human conditioning we need much time to find our way to unconditionality and to use our full capacity in the potential of infinite possibilities.

Today it is common to start with your first work experience with work orders that have a set character and that can be described using a systematic approach. We do that and accept it even if we are able to immediately start working at a more creative level. We are conditioned to take few risks and

accepting many preconditions. With that we assist in killing our creativity and we tell each other that it is better this way. That everybody must 'start at the bottom' as it were.

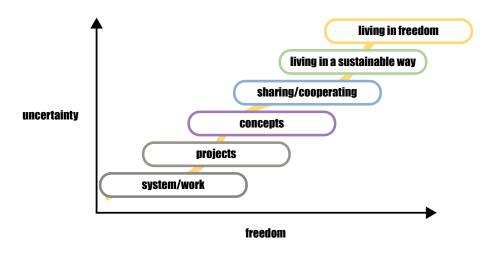


Illustration 4. Phases of social economic participation.

In that same work environment we can often only make a new jump if we show that we are able to handle more uncertainty. But first we must learn to reduce risks. And that is exactly the reason why we can no longer let go of the preconditions and why we are afraid of change.

Society doesn't really encourage becoming more unconditional and to take risks.

It even looks like that the more unconditional people are in our society, the less they receive in return. And strangely enough in some systems extreme risks are actually rewarded, but the unconditional is completely lost and everything is only focused on financial gain. I will return to this in chapter 5 when I discuss the worldwide financial system.

What we see is that the competition between companies or even between social economic systems becomes more vehement the moment that parties choose to increase the risk level by posing many preconditions on others.

Just like people who start working for good cause organizations can still be caught in the illusion because they are not willing to be unconditional on a personal level. In those cases much effort is spent to change others or to help others change. You can see that unconditionality has not yet been incorporated. You look like a helper but you *aren't* one.

The same goes for entrepreneurs who act like daredevils and risk everything they have, just to obtain more property. Whatever motives they might have for this, they don't do it based on unconditionality and therefore not based on real freedom.

You often see that the desire for ever more is actually overcompensation. But compensation for what?

During my own growth as an entrepreneur I felt free when working on my innovative concepts, although parts of them again became part of the competition.

How do we get out of these misconceptions? I really wanted to find a way. And I found that way when I wrote my poem 'Be yourself' as a call for change.

I started a new initiative, the *my eyes* approach, which deals with sharing and working together in communities as a new way of sustainable living.

But I had to learn a lot before the approach became more balanced.

As seen from the progress along the axes of the parameters of uncertainty and freedom, it looked like I again had a major handicap on one level, then again on the other and sometimes on both levels at the same time. How could I leave those behind?

We live in a society where we use democracy to guarantee a better balance in our social economic society. Others try it in a communist system. This creates all kinds of possible mixtures and mutual competition often occurs.

So groups of people suffer unbalance and start fighting each other.

We change some disputes to the level of systems, become a part of that system and eventually the systems start fighting each other. That is the tragedy of a divided person and the collective tragedy of the world.

Even standards that outlaw killing each other can be implemented legally at the moment we decide to go to war and to fight the others under the pretext of a democratically made decision. One time

we want to protect our possessions or prosperity, at other times it is to ensure that they will be there in the future, as for example with oil.

It sometimes looks like one solution wants to be more real than the others.

It also looks like every system put in by people is contaminated by a linear and hierarchic approach. Why do we do that?

It seems that our brains, as a mental system, are programmed in a strange way.

We find that linear and hierarchic approach, linked to fear of changes in our upbringing, at school, at our job and in almost every organization such as the government and the business world.

Our brains react to the consequences of experiences from past and appear to want to keep everything under control. That makes it look as if this is the only way to imagine the future. So, we don't have a clue what is actually going currently, the now, at a deeper level.

On the other hand life is so intelligently organized that such control mechanisms fall apart and that 'forces' us sooner or later to take the next step to get and give more freedom and to be better able to deal with more uncertainties.

Control seems to choose the road of 'you can only grow and move to a higher position if you fit in the system'. However, it is still the same system and therefore still an illusion.

Money is like water for systems based on power and control.

Only a few, but fortunately their number is growing, can break free of this and gain the freedom to become active creators and use their uncertainty to do beautiful work in an uncompromising way, which benefits us all.

Anyway, my personal journey is a trip where I increasingly turned to my inner world. I became increasingly receptive and available and could ever more often wallow in a stream of love and peace.

Let me tell you a story which will make you think, it's about an entrepreneur.

# The fisherman

An entrepreneur was in Italy for a short vacation. He was watching a fisherman hauling in his catch early in the morning. He noticed that the fisherman didn't do anything during the rest of the day and just sat in the sun. He had a couple of pleasant conversations with other people, played some cards and drank some wine. The next day and the day after that the same thing happened.

The entrepreneur thought that he should talk to the fisherman, share all his experience and show him how he might build a successful enterprise. So he approached the friendly fisherman and started telling him what he had seen over the past three days. Might he give him some advice? The fisherman was all ears. So the entrepreneur told him that if he only were to work a little bit more, he could add a second ship and more after that. In other words, the potential was there to become just the kind of businessman the entrepreneur was. The fisherman had listened attentively and after the advice asked: 'Why would I?'

The entrepreneur answered: 'To become like me and have everything your heart desires and even more than that and to be able to take vacations.'

The fisherman asked: 'Why would I want to take a vacation?'

The entrepreneur answered: 'To enjoy the freedom and the sun.'

'Ah,' the fisherman said, 'but I have been doing that my whole life.'

Sometimes we just want to reach more of the same instead of reaching for something new.

We can learn to not meddle with others too much. We are invited through life to understand that everybody has the right to learn from his own experiences and to look for his own way. We cannot know what is good for someone else's development. How could we, when we don't even know what is good for ourselves?

## The promise of life

Summarizing what I see and experience, I can only conclude that I am allowed to fertilize the soil where the inspirational seed will be allowed to grow. Being receptive and available are the necessary qualities to make a positive contribution to my own life and the life of others.

# Our promise

Wouldn't it be wonderful to live our lives to the fullest, with infinite possibilities, where we, from the chaos of the emptiness, are in an unconditional state of sharing everything and celebrating with others in society.

In order to achieve that it is nessecary to recognize all my false suppositions and all my limitations. Then I can accept and be thankful and at the same time be free, everywhere and always, as creator *and* creature.

So being free.

What does this mean?

For me freedom is the equivalent of a full state of unconditionality. And full unconditionality is equal to love. Love for others is impossible without love for myself. That was an important point and from there I started my transformation.

So, it became time for me to finish off all my false suppositions.

If I eliminate all false limitations, I can create everything from emptiness. Chaos equates maximum uncertainty and equals maximum possibilities.

How do I reach this? How do we prepare ourselves?

I started looking for answers. Try to follow me in the search as I traveled that road.

# Science, religion, philosophy

Science is a way to prove everything and became the foundation of the modern attitude towards life. It stresses the logical and rational side of our being. It is the continued accumulation of knowledge. It is quite common to follow science. Science was very static in the beginning and has recently become more dynamic.

But even when we think we learn much from dynamic science, it always follows the facts and can never be reality. Reality is changing constantly and is therefore new at every moment. Assuming that in science something is only true if it can be reproduced identically, this means that science is always at least one step behind and sometimes even completely misses the mark.

This can imprison us because the next steps in the growth curve are obstructed by defending positions by people working at established institutions with unchangeable points of view.

So the question I want to raise here is: is there a science that can prove this very moment?

Religion is a way to explain the many aspects of the irrational dimensions of life in the invisible world. Everything we couldn't understand became religion's territory. However, it is noticeable that all religions implemented through institutions put the invisible manifestations outside of us without taking into account that we are part of it. Some prominent leaders put themselves between these manifestations and us and tell us they know better than we do. They separate us from ourselves and try to make

us dependent on them. I already felt that when learning the catechism when I was 11 years old. I managed to see that notions such as guilt or shame or dependency won't help us. They only block the love that we may feel for ourselves.

Which begs the question: can organized religion help us reconnect with ourselves?

I see philosophy as an approach to ask the question behind the question. At the end it doesn't give many answers, but it is a useful approach to dig deeper. On the other hand: you don't take responsibility because the real experience is missing. Which begs the question: who provides the real answers?

I studied all these approaches and many points-of-views. I felt a strange feeling when I noticed how all three approaches operated independent of each other. Also, there is not much room for the deeper human feelings within each approach. And if there are moments where feelings play a role, they usually are placed outside of ourselves.

There is much struggle and much internal disagreement between the different approaches, or should I call them disciplines.

I also saw that there is a major difference between men and women. Men more often turn off their feelings and that is probably precisely the reason why men rule the social economic world. As far as science, religions and philosophy is concerned, this world is mainly based on our manly insights from the past. It takes a long time before new insights are implemented and even then they are disrupted because of the position of power of the established order and institutions.

# New insights and findings

But how about all my questions about life?

I had to redefine how I might find my answers. The way I used to look at things in the past didn't really help me. There had to be a different way than the one I knew through my upbringing, education, work experience or otherwise.

I decided to enter into another dimension: the domain of me. And of course, the poem 'Be yourself' was the invitation to do this. Initially I thought that I knew exactly how it worked for others. I didn't realize that I had to learn this for myself first. An intervention by my brother Peter clearly showed this to me. He saw me struggle with these questions and told me plain and simple: 'That poem is first of

all about you yourself'. I understood him and started working with it. I started studying myself to learn about me. I also accepted everything I could possibly use from disciplines like science, religion or philosophy, but I felt that the answer was floating somewhere in between or was located in a secret place where I hadn't looked yet.

During the same period of time I met a person who told me the following.

Long ago, when the universe and the earth came into existence and the first humans were there, the following occurred:

The sages wondered what they would have the people do. 'Let them play a game, they like that!' But what game? The choice was made: 'hiding the truth' was chosen.

'Fine, but where will we hide the truth?'

'In the deepest cave under water?'

'No, not there, those humans are smart, they will look there and find it. And then the game will be over!'

'On top of the highest mountain?'

'No, not there, those humans are smart, they will look there and find it. And then the game will be over!'

'But where?'

A sage who spoke up for the first time, said: 'Hide it in the humans themselves, because they never look there.'

My whole life was mainly focused on the outside world. I never took the time to go inside. And when I tried, I met people who told me explicitly not to do that. 'Hide your feelings, they make you vulnerable'. Or even: 'Feelings are nonsense'.

Try imagining that in spite of all of this instability I still was reasonably successful in the business world.

I had the opportunity to turn inside within myself at many moments in my life. But I often forgot that quickly, such as after my near-death experience. So I kept searching again and again, forgetting and searching again. But when I became aware more easily, I could remain with myself for longer periods of time.

#### The world reflects me

Starting in 2005, it became clear to me. 'The outside world is a reflection of my inner world'. The moment I saw my life with new eyes, I started changing more than ever. I saw I could make the difference. It just depended on the perspective with which I looked at everything. So I became the center of my own reality. That was new to me. I was now also able to differently interpret my child's dream, becoming a scientist working in the atom sciences.

Sometimes I was happy with what was happening inside of me and at other times I was surprised or frustrated. After much exercising I experienced my real self as an 'unchangeable reality'. The separation that I had experienced earlier, was gone. Dividing my world into 'correct or wrong' had been my own doing.

I started working with this new approach of awareness. I became aware that my heart is the center. I think that it even helped that my heart was broken during my bumpy period. I looked at the outside world differently because I observed from my inner world. Instead of just seeing the outside, I also looked inside. I increasingly felt the coherence between everything and recognized a beautiful area, ripe for development. I started looking and acting from the inside out.

When I managed to regularly be a continuous witness of myself everything started evolving in a new way. I experienced much synchronicity and this is still growing.

I was handed new information dating from thousands of years ago. It was as if I could upload questions to the universe and was able to download the answers. Just as in the old teachings, I know that all wisdom is already available.

#### Becoming aware and being conscious

The latest scientific findings increasingly support the presupposition that pure consciousness is the basis of everything. There is only an energy that processes information in a certain way. The root of everything is spiritual intelligence in action. Every part of reality encompasses all of reality in one. This is the one-ness principle.

An external world cannot exist without an inner world. I gained a better insight than I had ever gained through the paths of science, religion and philosophy I had walked.

Evolution doesn't happen in a random sequence. There is an intelligence, driven by pure consciousness and evolution takes place in quantum jumps.

# The flying airplane

Everything is one in the universe and that also applies to a molecule of air. An airplane's wing is a spheroid. That means that the distance on the top of the wing is longer than the distance under the wing. To keep it simple: At the moment the airplane creates speed (energy), the molecules of air split when they hit the front of the wing. Because of the universal law that molecules cannot be split, they reach the end of the wing at the same moment. Yes, they come together again at exactly the same time and at the same place. Because of the 'everything is one' principle, the molecules that travel over the top must speed up which produces a lifting effect, stronger than gravity which draws the airplane to the earth. So at a certain speed of the airplane, propelled forward by the powerful engines, the lifting capacity of the air molecules becomes so strong that they are able to lift the airplane. I still find this fascinating. It is not only fascinating, but it also has a major expressiveness when we extend this to people.

#### Free will

This example is so simple and yet so important that I started realizing that everything in my life happens in the same way. Everything is related, everything is linked together. And we are all one, so life creates the opportunity to grow and eventually move to the same place at the same moment.

This also means that we cannot be seen apart from our essence. The imbalance we create will be restored at a certain moment.

Human beings are able to make choices. We can welcome and accept situations or refuse and fight them. This doesn't apply to molecules that must obey certain laws and cannot change those rules.

We can use these universal laws and we often do that in a valuable way. Now all we are invited to do is realize that all this valuable knowledge can also be applied to ourselves. Transforming this knowledge becomes wisdom, as if we can look at ourselves through a new window.

When a person is not aware of his inner contradictions, the world around him or her becomes imbalanced. Each of life's components then seems to be torn into two parts. So, the moment we leave our essence, we separate our reality in time, space and energy so that the result is duality. The level of awareness determines our capacity to be creative and to learn about this duality and rise above it by not being guided by it but instead by playing with it and use it to form our world.

This awakening of our awareness is like the intelligence of the air molecules which always joins to-

gether at the same place and at the same time. If we can fuse the split inside ourselves this will lift us up and liberate us from all the inconsistencies that we experience in life. And, at the same time, we will be able to understand all distortions we see around us.

We will change our thinking, express ourselves differently and act differently.

We will become the stream of our free will and we will be able to become what I described under 'our promise'.

#### The book's main theme

I work every day to provide my contribution to this promise. I welcome and accept myself and I allow myself to just be myself. Earlier in this chapter, I gave you my vision of different levels of the relationship between uncertainty, freedom and the creation. I showed you the first layers of new insights; they are all useful for making a transition. It was presented as an overview and I will expand on it in the next chapters.

The main theme of the book concerns the growth levels in life in a growing field of awareness.

#### Growth levels in life

To jump from one level to the next we only need an increase in awareness. These new insights, approaches and methods transport us to a different state of acceptance and we reach a different state of receptiveness and being available. We will grow and our way of thinking and our actions will change. And this will give birth to a new reality. Every time we follow our dreams, our inspiration and our heart, we should see this as an invitation and an exercise for growing our awareness.

I propose we take my life's journey as an example. This doesn't mean that my life is the best example, but it is the only example I have. There were many detours and I often strayed from the path. I learned from this and I am still learning.

Maybe you can learn from it, too. You might recognize parts of my quest, experiences that I acquired. Maybe my experiences might be useful to you when you meet other people. Maybe you might be able to gain insight in the development of your own life without detours, or a deeper insight in other people's lives.

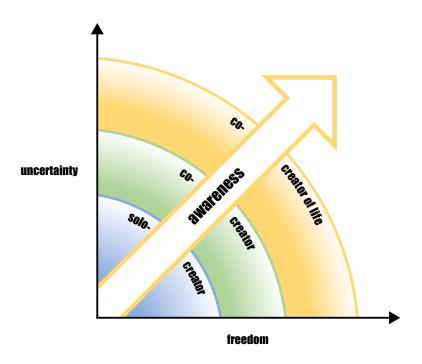


Illustration 5. Creativity in relation to freedom and uncertainty by way of the path of increased awareness.

The steps I will explain – solo-creator, co-creator and co-life creator – are not clearly defined domains. Neither do I state that they are the only steps or that you *have* to follow them.

I want to stress, again, that everyone has the right to experience his or her life his/her own way and at his/her own speed. Start your own quest and research what is best for you.

In the end I believe that consciousness is always present but that by separating it I experience a journey which eventually invites me to become completely one with it.

I invite you to join me on my journey and I know from my own experience that life becomes more beautiful after each jump. Already I often experienced the same feeling of joy just as when I received my new bicycle.

# **Chapter 5**

# The creative creation process

'Our thoughts have a great power to create.'

I want to disentangle the first essential insights of the creative creation process from the point-of-view of the solo-creator.

This chapter is divided into different parts. It is important to see them as one whole at the end.

- The creative creation process;
- Opposite movements;
- Essence, transparency, identity;
- Solo-creator

#### The creative creation process

We are part of our own creations whether we realize this or not. And at the same time we are influenced by those by the creative powers of others and we, in our turn, also influence others. Everything is connected to everything else and together forms the process of life.

By nature we all possess the inborn capacity to create. In our daily practice we implement this dynamic process in different ways.

During my career in business I always worked on innovations. I had a well-developed intuition, a strong belief in my own power, good communication skills and had a good network of employees and experts. They were all important ingredients to be able to develop new concepts and to successfully bring them to the marketplace. Most of the innovations were breakthroughs within the existing contexts of the international agriculture and food industry, the area in which I worked most of my entrepreneurial life.

I want to share my experiences with you by giving an overview of the development I lived through as a solo-creator.

#### **Inspiration**

The creative creation process starts with inspiration. Where does inspiration come from and how can I be more open to this?

Inspiration is like a spark that lightens up your whole being and touches everything in what you are. Some people experience that positive sensation as stimuli in their brains, others experience it in their stomach, a gut feeling. Personally, I experience my inspiration in the form of a voice, a vision or a combination of both. Sometimes I receive very lively, visual pictures a bit like watching a movie playing in my head.

In this stage of my story, trust me, inspiration enters through the heart. And that it is free and comes from an infinite source. Inspiration is a sudden suggestion that arrives like a package of information and that you cannot explain logically.

As an example, this is how *IVI* came about. I met Peter who once in a while performed small jobs for our company. He was a computer whiz kid and in the beginning of 1994 he helped me to find software for video editing. I was already looking for that during my university studies but at the time it was still impossible to edit film on a PC. In 1984 I went to a computer store with this question and there they told me that what I wanted could only be done at television stations and definitely not on a PC. But 10 years later I read in an article that now it was possible and I asked Peter to help me. He ordered the software and a video card from the US. I paid half of the costs in advance. And then things went quiet.

After a while I called him: 'Peter, is my order still being processed or did I lose my money?'

He answered: 'It is on its way to Amsterdam. I can show you where it is now.'

I asked: 'How?'

'Through the Internet,' he answered.

As far as I knew at the time Internet was only used for military purposes. I had no idea of its possibilities. Peter was willing to show me how it worked and he traveled with his computer from Amsterdam to the rural area where I was living at that time. It took him – I am speaking about early 1994 – almost a day to contact the XS4ALL server in Amsterdam. Most telephone exchanges were still

analog at that time and had difficulty dealing with the digital interface. XS4ALL was the first provider who, at the end of 1993, allowed access to the Internet for the Dutch public. Eventually, Peter made the connection and showed me the code he had received by email, it was the first email I ever saw! Using that code, he was able to log in to the website of a package service from the United States. There we could see the number of the container with my package and an indication of the ship's position. I was impressed!

In a flash I saw a totally new concept.

In the food industry we sold packaged meat with a barcode. From 1992 onward, cows and calves have had a label in their ear also with a barcode. Suddenly I saw the connection. We worked very hard for a year with a team of whiz kids to develop a completely new system where we could collect all information starting with the birth of a calf to the time it was a meat product laying on the supermarket shelves. So, including food intake, health reports, quality guarantee, etc.

Later, in September 1995, we introduced our innovative concept during the ANUGA, as the World Food Exhibition is called in Germany. The then-secretary of Agriculture, Van Aartsen, officially inaugurated the system. We had a booth were communication through the Internet was the main subject.

Exhibition visitors were astounded: 'Are you going to be selling information instead of meat?'

I answered: 'If you want to keep up in business, you must sell information.'

The system became operational for the first time, in an Italian supermarket, in 1995. European law was adjusted in 2006, from that moment everybody in the food industry in Europe has to use a similar system and that requirement has spread almost worldwide.

#### Imagination and the thinking process

You know immediately when you receive inspiration. It can come to you like a flash of lightning, as with *IVI* in my case. But often the moment passes unnoticed before the inspirational seed even had a chance to sprout or find settles in. Or often inspiration becomes part of our thinking process, where it is automatically filtered by our brains and is put in a mental framework of what we know. This often results in us not following the inspiration and it is killed off by our intellectual powers.

So, use your thinking powers to only broadcast thoughts that are positive and supporting. Don't say, as happens so often, 'I can't do this' or 'this is too good to be true,' or 'almost impossible'. These are all thinking patterns that you must immediately shove aside. Immerse yourself in your own frameworks of conviction because those determine the flow of the creative creation process. Would we ever have had

airplanes with passengers flying all over the world if skeptics had ruled that world? After all, inspiration is always a harbinger of what can be realized, we only have to open up ourselves, pay attention and start working on it.

It is very important to observe the moment of entry and welcome it. If you pick up that inspirational seed and your thoughts support the inspiration it becomes an unprecedentedly strong creative power source. It makes the universe shimmer and opens it up to help you fulfill your inspiration in the form of a dream, vision or idea.

In our thinking process we can have our thoughts go with the flow of inspiration or use our intellectual reason to fight it, even resist it.

#### Follow your heart: feelings and belief

Why are expressions like 'follow your heart' or 'follow your dreams' so important? In life everything changes all the time.

The moment that we pay attention to our reality with focused thoughts, changes occur so quickly that we don't even notice that reality has changed. So, even though our brain capacity is enormous, we always live a split second behind reality if we want to analyze and register that through our thinking process.

With our thinking process we cannot live in the current moment. Our brains can only filter and make assumptions regarding our past or make predictions for the future.

So why should we take our rational thinking process too seriously? It is all about which thoughts you broadcast with what intention and that you don't get stuck unconsciously in mental convincing systems of which you aren't even aware.

When you act from your heart's core and based on feeling, then and only then will you experience a full picture of your new reality. That creates a feeling of passion. An energy that lifts you up above the daily routine. The same kind of energy as if you are in love. You then devote so much attention to it that it creates the reality you already saw.

Inspiration, packaged as a dream, is like a free package of information which starts something new. It is part of the creative process and keeps you active and fresh.

I would define creativity as the process of developing original, valuable ideas. You cannot think of it as a think tank. A feel tank might be a better word.

It is the inspiration, the imagination, the dream which guides the information to a new reality by giving it full freedom.

Value your inspiration and make sure that your conditional way of thinking will not kill this original seed. Make sure to focus your thoughts to support the dream!

Do you remember how it was when you reacted as a child? Be naive at the moment of reflection. Fortunately, I am fairly naïve and have few negative associations. If you are naïve, your mental filters can hardly obstruct you.

I want to share with you the creation of the Peter's Farm project. As I already told you in chapter 3, I had my first innovative idea during my university studies. About 13 years later, in 1996, I saw a prototype at a trade fair in the Netherlands of a computer-guided feed machine made in France that could feed each animal separately based on its need. I had already seen something like that in the US in 1984, but this one was more powerful and had more possibilities. And the strong processors had since become affordable for small-scale application on the farm. So we decided to go to France. There were five of us from our company Alpuro. The head of our sales department, an enterprising farmer, the head of the technical department and one of our data specialists. We studied the machine and we decided to buy one and asked for a few modifications. We intended to use it at the test farm and to test it. On the way back to the Netherlands we decided to go eat in the center of Paris and we drove around the Arc de Triomphe. We were tired and started looking for a hotel. Unfortunately, we couldn't find any rooms and out of necessity we drove home in the middle of the night. During those six-hour long drive, something special happened. The trip through the night united us and created a free energy. All of the company's disciplines were represented in one car and magically we became pregnant with the Peter's Farm concept. We discussed what we would call it, how we could improve the idea, how we were going to rebuild the existing sheds so that they would meet the highest new standards for animal welfare. And how we might involve universities, what would be the best way to introduce it to other farmers, how we would introduce the products into the market, how we could make it available to all stakeholders, including consumers, through our IVI system and what we needed in order to launch it worldwide, what the new packaging should be and so on and so forth. It was a six-hour long creative explosion and we were all so full of the idea that the next morning after an hour of sleep we were already sitting in my office. We were so charged with energy that the other employees felt it right away. That was passion!

The magical thing about this was that from that moment on we started developing our common dream. All that has been going on for years, everything we thought up became reality. A wonderful

example of co-creation. We only saw opportunities and managed to defeat all opposition from the traditional farmer companies. All solutions presented themselves during the change process as if by themselves and the many so-called obstacles became challenges.

It was an exciting time and a wonderful new creation was the result.

It is important to understand that life doesn't follow a straight line from A to B. It invites you again and again, as if it is organized in an intelligent way, to make you jump to a next level. Even if I sometimes didn't understand my inspiration/suggestion/intuition, I usually did follow it. So make sure that you hold on to your belief. Support what you trust!

Of course, I encountered obstacles and setbacks in my life. They were always linked to a lack of insight or trust, or with my own pitfalls because I preferred listening to outsiders and critics rather than following my own impulses. And sometimes I did follow my heart, but it didn't work out like I expected. An impulse's deeper meaning isn't always immediately clear. I sometimes presented wrong proposals because of wrong assumptions. For example, that happened during my 'bumpy' time, where I became active in a new field to which I hadn't yet adjusted myself sufficiently. The inviting intelligence of life is often hard to understand. If we are ready for it and have courage, we may answer it.

#### Amazement and desire

Being able to be amazed as a child is of vital importance. It is important to welcome and receive your inspiring moments as a child does. Open and unconditionally curious. I remember my surprise and joy when I received my new red bicycle as a child. The desire to follow your inspiration is the fuel to make your dream come true. In your fantasy you already burned the perfect picture on your retina. When I have a dream and I can see it in front of me down to the smallest detail and pour a hundred percent of my belief into it plus my trust and thankfulness as if it is already reality, it always comes true.

# Sharing beauty

The moment that I am full of excitement about my inspiration I want to share its beauty with other people. Can you imagine being pregnant and not being able to tell others? Of course not!

But sometimes I was blocked or talked about it just a bit differently than I intended. That is one of the reasons why the time after leaving the family business was a more difficult time than I was used to. On the one hand it felt like I was doing something wrong by choosing a different direction. And on the other hand I felt vulnerable and I didn't dare say in some situations that I wanted to focus on spiritual concepts where, within the framework of my poem 'Be yourself,' I started looking for a new social approach.

My lesson is that however strange or amazing the new steps in life might be, involve other people.

The idea develops further by sharing it. You learn something from every reaction by others, their emotions and how your own emotional system reacts to that. Make sure that you really communicate and invite people to help.

#### The intellect

The moment you tell other people about your dream, all kinds of things start happening. People start supporting you, or they will ignore you. Some will meddle with your ideas or even oppose them. So it is vitally important that you make sure that during the process you have a rock-solid belief but at the same time that you are open to all useful input. I think it is important to take the time to investigate what are the correct means and how you can engage them for your creation's benefit. Asking questions is important. Every time I did that, I found the right people at the right place as long as I acted with passion and fully in line with my dream.

While developing *IVI* we had to work with a number of Internet whiz kids because the new technology wasn't yet available through existing companies. These whiz kids opened a new world to everybody. What would have happened if I had decided to work in accordance with the old ways and had forced them to join in? Fortunately, whiz kids don't fit in the traditional system, otherwise *IVI* would never have existed.

#### Aspects of realization

You must make all kinds of choices during the creative creation process. We use our brain capacity to bring practical solutions to the table in order to realize the dream. Doing that, one often encounters a time that you are invited to learn to be patient. Patience is a very important key in the realization process. Creativity needs time, space and energy to grow. Sometimes you even must wait for new technological inventions before you can move forward. That was also the case with *IVI* and *Peter's Farm* where it took a while before everything was technically possible.

Drawing on my experience over the past few years, it might sometimes take three to five years before you realize everything.

In the case of the creation of *my eyes* it took even longer. First because we were working too much within old structures. Often not just technical maturing but especially the individual transformation needs time as does letting go of the human conditioning. In the case of *my eyes* I first had to knock down my own walls.

You always need a lot of perseverance. That is the basis for growth. Always focus that positive attention on the inspiration. It is very important to realize that the extent of our belief in our dream determines how hard the universe will work to realize the dream. A lot of trust in the original dream is required.

#### Appreciation and relaxation

Any moment we work hard to make our dream come true, it is important to always stress our appreciation and to remain relaxed at all times. It is so important to realize that we are part of life itself. So, if life gives us inspiration and invites us to make the dream come true, you can be confident that the whole universe will help. The moment I am relaxed or when I don't expect this at all, I might suddenly get an idea or receive new inspiration and even new dreams can appear at such a moment. In my case that often occurs early in the morning or when I am in an airplane.

Actuality, I often noticed that much stress can develop. Why is that? I will answer that question in a moment, together with an exchange of other learning experiences I received during the creative process.

## Personal experiences and notes

I just described the most important steps in the creative creation process. These steps cannot be considered a linear process. Because you will discover that sometimes it seems as if everything happens at the same time. We might find it easier if it is a linear process that you can follow step by step because that is what the brain's thinking process normally does.

We are invited to surrender to the beauty of our dreams. That demands an attitude that doesn't focus on managing the world but surrendering to it. Every time I was focused on control and tried to manage the world, I ran into problems both in my professional career and in my private life. My near-death experience is a clear example of that.

I understand this deep message but it took almost my whole life to really understand it and fully integrate it and to let go of all forms of control and manipulation. And then there is the stress factor. There is stress when we cannot surrender and cannot live in acceptation.

In my opinion the people who want to control the world aren't often very creative. They focus on taking good ideas from others even when they have to buy companies or must attack in other ways to achieve this. They will pay any price to mask their lack of creativity or to be more precise – because that is what this is all about – to cover up their lack of self-confidence. Do you remember my discussion in the previous chapter about the relationship between uncertainty and freedom? We want to get rid of our limitations but the way we do this only makes things worse. Again, it took a long time before I understood this. Sometime I was creative and sometimes I was trying to control the world.

In a certain way our economic system, which is primarily based on competitive systems, is an example of a lack of creativity. We repeat the same mistakes and ignore new ideas and that kills our dreams.

In my opinion new leadership should stress developing creativity because that is the only way to chart a new course and put self-responsibility at the core. Self-made entrepreneurs know this. On the other hand, an entrepreneur can imprison himself by acting at a low level of unconditionality. In this way he contributes substantially to maintaining our imprisonment in the same social economic circumstances. The expression 'owning the store kills the pleasure' applies here. I became increasingly aware of this. My call for change in the 'Be yourself' poem was a reflection of my ambivalent position in business.

The path through life wasn't always strewn with rose petals. It may well apply for a few of us, but in my case I often had to work hard to fulfill my wishes, get rid of all kinds of conditions and no longer impose them on others.

Life wants you to reach a new level on your life's journey, but – just like a butterfly – you have to get rid of your cocoon before you can fly.

My personal experience has taught me that we can learn from our experiences. I mean to say: we aren't open to new experiences all the time nor do we always live in acceptance. For example, I noticed that

almost everything failed that I planned using my think processes. And every time I followed the inspiration of my heart, I was successful, if I just passionately put my heart into it. In the cases of *IVI* and *Peter's Farm* I just sketched a few pages. There was no official business plan. I learned that people who ask for a business plan try to hide their own uncertainty. In our well-ordered world, business plans are immensely popular. Banks ask for it as if it were the gold standard. You can only start a business when you have an approved business plan. It is an invention of the intellect. Do you remember my exam at the university after my near-death experience? Spiritual Intelligence has its own way to help us. It isn't a plan that is written down and thought out, but a manifestation of a magical synchronization. I have wondered about this several times.

It is very special that everybody has his own inspiration and dreams. So, you cannot make it up or invent it. So-called think tanks are useless, an invention of the rational mental society.

Inspiration comes by way of the heart from another universe in a free form. Nobody can take over other people's dreams, nor can we dream for someone else or buy beautiful dreams. Therefore it is important to open yourself and learn how to listen to your inspiration as carefully and fully as possible. The fact that it is directed mentally in our Western society causes us to be subjected to a major lack of synchronization every day. Every day we can see and feel the tensions resulting from this.

I often saw strange promises being sold through various courses. For example, the promise that you can achieve everything you want just by believing in it. I want to stress here that many of these claims are not true or only partially true. Positive examples of success make the offer more attractive and when stated like that it looks attainable. But the universe is not a magic wishing well. Success isn't the difference between believing or not believing and you don't reach it by only thinking positive thoughts and repeating your pleas for success thousands of time.

Every inspiration you receive is there to help you remember who you are. It is a process outside of our mental think-structure. It isn't important what you make of your life materially.

It doesn't make you a better human being when you realize your dream and achieve what you tried to achieve or what you expected. I sometimes also focused on the result and if I achieved the expected results, sometimes with a great effort, I thought I was a successful entrepreneur. But no, it prepares you for the next development in your life, that is all.

The intelligence of life brought me a wisdom that I couldn't even imagine experiencing when

everything seemed to fail. As when I thought that I was a total failure when I felt the pain from my broken heart. But instead it turned into my biggest step towards growth. For my personal development I actually learned more from failed expectations than from success. I learned that it is important to not be too hard on yourself. Don't be too strict to yourself. I realized that I tended to be strict with myself and others. Until I could turn of my control mask.

As I wrote earlier, life isn't a straight line. Rather, we create a winding road, mainly through our own actions. In a way we grasp the flow of inspiration intended for us. Therefore, take care that you connect to the authentic source of your inspiration. Otherwise it all becomes a lie and the road will become bumpy. I had to learn and experience that. And there is no difference between your private and your professional life. I have only one life ... But I wasn't always able to see it that way.

Positive affirmations are only the cover of deeper, unconscious conviction structures that will make it unable to reach your goal. So, look deep into yourself and be aware of what is authentic and what isn't. Control your own conditioned self and transform yourself into a free being. For example, the conditioned self will manifest itself when we think that we must be successful in a certain way or that we have to conduct ourselves in a certain way according to society's point of view. Or if we confuse our thinking process with our inspiration. These are all moments and examples of how and when I felt as if I was split. And a house divided very quickly turns into a ruin. It takes a lot of energy because of the false identification.

When I followed my heart from the core of my true self, I found much synchronization on my path. When I resisted or struggled, I experienced much stress and a bumpy path.

When we look around us, we learn that only inspired and inspiring people make a difference in life. If you are inspired and follow the path of your inspiration, you are connected to an intelligent force which will help you at all times. This intelligent force invites you to unconditionally jump into the unknown. Actually, the idea of success and failure is only an illusion. I had to learn that for all parts of my life, private and business, there was no difference. There is only one life and that is a gift. The moment I realized that, I became more open and more accessible, a new creativity arose and a new level of coming growth appeared at the horizon, ready for a next jump.

# **Opposite movements**

Keeping it simple, I say that a house divided will never last long. I already explained that in the preceding paragraph.

What is our house, of what does it consist?

You may see our house as four bodies linked together. Your spiritual, mental, emotional and physical body. They are all connected and perform different functions in our creative creation process. Our heart is the center of everything.

Inspiration enters through our spiritual body together with another dimension, it is then received by the heart and it arrives in the brains a fraction of a second later. The brains, in their turn, are closely connected to our emotions and together they manifest all changes in our physical body and our perception of our material world. We manifest our material creations in the same way. Our thoughts are creative energy. These vibrations are like waves and greatly influence the result of our manifestation. When our bodies are in harmony and balance, the creative creation process takes place relatively easily and everything goes smoothly.

It would be great if we would be able to observe everything happening in our house. Especially if we would be able to register that our thinking process has parallel thinking patterns, convictions. Often these parallel convictions don't choose the same direction. They don't have the same vibration. Which makes it impossible to coordinate the four bodies. Especially at those moments when we try to control life, or worse, when we want to manipulate life. This may lead to enormous disturbances.

Scientists can measure ever more events and they support these assumptions. Our brains lighten up in different areas while we are having different thoughts. We can try experiencing that ourselves during meditation exercises. I will further expand on this in the next chapters. Here I just wanted to say the following.

It is very important to understand that opposite movements are destructive. This applies to all effects on all four of our body levels: spiritual, mental, emotional and physical.

We can experience emotions in a negative way or appreciate them or just accept them and use them. A very simple example: when I am tired, that is an invitation, a signal, to rest. This also occurs during the day, but we don't allow ourselves to rest then, because we think that this is not allowed or that it is a bad thing to show our 'weakness'. So, do we keep going until the moment of burn-out? Yes, sometimes we go that far.

We can very easily kill inspiration and we can cause imbalances in all of our systems. So, use your mental power to honor and glorify your heart. Give priority to your heart in everything.

If thinking, feeling, expressing and acting aren't aligned, you create countervailing movements and you experience them as such.

We must be very aware of this. We think one thing and say something different. We say something different but move in yet another direction. We disturb the whole creative creation process by sending opposing thoughts into the universe.

I can now understand why my world sometimes turned into a crazy roller coaster. Garbage in, garbage out. I myself cause this conflict, caused by opposing movements. At the same time, I am also surprised that so much went right in my life and in life in general.

It is so important to take responsibility for our own thoughts, for all of our opinions, expressions and actions.

Only if all is well balanced, in harmony, life shows its best side and we see it as it was meant to be lived. As I said in the preceding chapter: life is a promise and a beautiful gift.

#### **Essence, transparency and identity**

#### The ETI-model

In the mid-1990s I received the following insight: 'The content is more important than the packaging.' While working on *IVI* and *Peter's Farm* I received the insight that it should be possible to launch these two ideas using only a very limited marketing budget. In those days it was customary to create a brand and to put that brand on the market using enormous marketing budgets. But we decided to go another route. It helped that we didn't have the money, so I had to be creative.

I was convinced that the brand's identity should be a reflection of the true essence of the production process. We made sure that all data were easily available to everybody through the Internet: consumers, governments, NGOs and producers. Yes, even to competitors. I was convinced that this was the only way.

The bottom line is that we succeeded in putting the brand on the market without a marketing

budget. We generated all publicity for free. We became a news item on television and in international, trade publications all over the world. Even the NGO which had always been very critical about meat production, became a proponent of our approach and advised the largest supermarket chain in the Netherlands to include *Peter's Farm* in their selection.

The relationship between essence, transparency and identity became an essential part of my life. Using transparency I made identification into a reflection of the essence. Later this became increasingly known as the authenticity movement.

#### Personal development relating to ETI

This insight about the essence, transparency and identity in its core became an important insight for everything in my life as a human being. During my life I played different roles, created various identities for myself. When I strayed far from my core and didn't try and make myself vulnerable and correct myself, my life's path became bumpy. The process of being transparent ensures that your ego is corrected and aligned with the essence of your being and the inspiration linked to that. It is a process in which you bring your willpower into harmony with the surrender to your heart.

Often it was my so-called ego that tried to convince me that the identity that I had given myself was important. As a result, I tried acting the way I thought I was expected to act and the way I was educated and raised.

As soon as I was able to let go of my identity, a role of which I thought it was really me, I experienced more freedom and was allowed to continue to the next phase in life.

When we are stuck in an identity or even are addicted to a certain role, we first have to conquer that urge. At that time you live in an unbalanced way in which you are not receptive to the next dream. Usually you can only let go all those identities, such as being a father, a director or a limited human being, when you die. I try to let them go as much as possible during my lifetime and regard every identity as a game.

I also approached this differently in my life. Through the powerful development of my 'skills' for control and manipulation, I took everything very seriously and I also learned to connect many people with my ideas. On the one hand I invited everybody to join, but on the other hand I wanted to remain in control and to keep ownership for myself. I discovered that it looked like I was following my dream, while in reality it was an illusion because it was something that I still wanted to conquer. I experienced

that this way you can even conquer parts of the world. You can make people dependent on you. Only because others don't have that clear image that you propagate. Through that process of becoming aware I used their vulnerability. Because I didn't always have a clear image of my own essence, I felt that insecurity, I tried to lower that feeling and buy my freedom through a certain kind of entrepreneurship. Of course, this is all on the edge and to a certain extent it is artificial. It was rather bewildering to accept this. On the other hand: this was the beginning of letting go of certain things. I felt that something in my life was still missing. Later I discovered that it was the notion of unconditionality.

As a result of imbalance I often had deep feelings of emptiness and loneliness. Even when the outside world applauded me numerous times for my so-called successes, I noticed that I was looking for something different. The emptiness I felt prepared me for the next jump in my life. But that happened only when I was able to welcome those emotions because I began to understand and experience the deeper meaning. *my eyes* was my jump.

The ETI approach can be applied at many levels. I want to share two other examples of social economic circumstances with you, that show that the relationship between Essence-Transparency-Identity is important. Transparency is an important process to guarantee that a so-called identity doesn't move the essence into the background. It is a fact that identities are temporarily present and never last forever. Identities are constantly changing. There is no fixed identity. And when identity drifts farther away from the essence, at some point the identity will collapse. Just like a house divided.

# Worldwide financial crisis

Let's take a good look at the financial crisis. When we look at money's essence, we might describe it as a means of exchange. Intended to define a product's value in relation to another within a specified time limit.

If we look closer, we discover how the value of money and its role and everything connected to it, changed during the past decades. It was unlinked from the value of gold. So much happened to it that nobody knew any more what it stood for. Money became much more than just a means of exchange, it created its own respect by withdrawing from the essence and that created a false identity.

The universe's mechanisms are such that everything that is imbalanced will be brought back into balance. The transparency process can restore this balance. People, organizations and systems with

power and influence often aim to disrupt the unity of essence and identity. Those who profit from manipulation and control don't want to be transparent. Either they change or their imbalanced systems will collapse. This will also happen to our financial system if we continue doing what we are doing. The September 2008 crisis is nothing compared to what we are rushing towards. Our economic growth is solely based on financing debt and that was strengthened by decades of manipulation by creating more money. However, it is very sad that this collapse is shifted on to the whole world population. Especially the man in the street will have to pay this bill. Pensions are no longer safe and there are already signs of more significant consequences, such as disturbances or wars. If the masses start moving, we won't be able to stop them. The process towards more openness, especially through the Internet and the (social) media will make it possible that maybe it won't have to go that far. However, what I have observed until now is that the financial and the public system are not able to voluntarily allow the cleansing power of transparency to work. So the cocoon will burst fairly soon, because those who have much to lose will not voluntarily accept an effort to find a new balance. Unfortunately, they don't yet understand that they can only find themselves and therefore all they have to gain is growth. This illusion is now at the point of collapse, the same way the Berlin wall 'suddenly' collapsed.

# Cracks in public systems

You don't need much explanation to understand that the public system is not balanced in relation to actual support all citizens and provide them with public services. Wiki leaks is an example of an effort to restore that which is imbalanced. It reveals the imbalance. Of course, much can be said about the use of transparency. And as many questions can be raised about Wiki leaks' approach. But the basis is the disruption of balance and the provocation through actions by others. It is a mechanism of action and reaction.

During the past years I often fought for more transparency. I noticed that if I achieved more transparency in my own life and in my own deeds, I was always rewarded. However, if I asked others for more transparency this question always turned into a big fight that usually didn't achieve anything. Pointing to others didn't help. Transparency is, in my opinion, only useful at a personal level. As soon as we use the transparency process to get others to move, we open the door to ingenious systems of control and more manipulation.

It took a long time before I understood this. You cannot and you must not organize and orchestrate someone else's transparency. You can only arrange your own life the way your own essence demands and take responsibility for that.

What we definitely see in world society is that there are major changes. Dictators are being pressured everywhere, the communist form that was imposed from above is already finished off and now we see that the democratic capitalist era is nearing its end. It will be a rift that nobody can miss and here again it applies that it is plausible that this is the only way towards different growth. Let us prepare ourselves for the natural process of the caterpillar who will eventually fly after the cocoon bursts open.

It wasn't always easy to stay in my own house, to constantly ask myself about the actual cracks in the systems I created myself and to remain working to complete myself and melt myself into a unit. During this phase of my personal development, which took place in the period between the time I was thirty to when I was forty, I wasn't yet prepared how to do this as a solo-creator. I didn't yet know exactly what life was all about.

Let's close this chapter by studying the characteristics of the solo-creator.

#### **Solo-creator**

The stage in life during which a person fights against everything and everybody and never feels an impulse or lightness, or never has the courage to follow an inspiring impulse and only feels that life is a prison – that stage you could call 'a hell'. A situation where one experiences no freedom and sees no opportunities. Many people experience that to a greater or lesser extent and that was why the solocreator with one eye became King of the country of the blind.

Limited awareness of the consciousness of what we do, allowed many people to only be followers and the solo-creator then could use that. I don't see the world in terms of black and white and therefore I don't want to put anyone in a little box, because we are all moving and developing. We follow only the path of the infinite growth of our awareness. It isn't even a path because consciousness can be found at every corner of our life. It is a choice, again and again. Pure consciousness is waiting for us. For everyone of us the path is to be aware.

I noticed that my human limitations held me back from accessing 'my promise' as described in chapter 4.

'To fully enjoy my life with infinite possibilities from which I create from the chaos of emptiness in an unconditional state of being, which I share and celebrate with others.'

As a solo-creator I was constantly being invited by life and I frequently saw the door of inspiration opening. The steps in the creative creating process became increasingly clear to me. As a solo-creator I tried to find out how I could better use all possibilities and at the same time how I might reach a higher state of being. I still remained in a relatively lonely position because I was often still isolated from the whole universe. I often acted from inside my own willpower and was driven, but I wasn't really connected, or hardly connected. A solo-creator is hardly aware of the acceptance process.

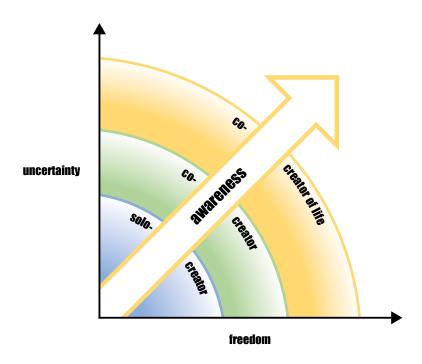


Illustration 6. Solo-creator in relation to freedom and uncertainty.

Influencing life instead of seeing it as a gift is paramount. The solo-creator is a curious student but also easily forgets the deep lessons of life. He lives in an illusionary state in a certain way, until there

is more awareness and a jump into something new is seen as an invitation. The solo-creator lives to serve the result and has no insight in the manifestation of life. That makes the 'mistakes' he makes hard to accept. The solo-creator lives from within a complex system of being separate, not being a part of something. He or she lives separate from others or the universe and lives according to a complex set of rules that determine what is good or bad. At the same time, the solo-creator is often still imprisoned by hierarchical structures, by possessions, models of competition, he avoids rejections and feelings of fear through control and manipulation. Often there is a strict separation between work life and his or her social, private life.

I used a very strong willpower, sometimes together with others, but it often robbed me from much energy. When I reached insight after my last marathon – thanks to meditation exercises among others – I experienced a breakthrough.

There are many other ways to describe solo-creators. Here I give a number of impressions I saw, without describing exact boxes.

I have met many people in my life with a profile that is almost the complete opposite to mine, the entrepreneur, and who despite that still work as a solo-creator.

Let me try and explain.

I mean people who work hard at organizations that are champion for a better world. The positions they took often led to struggles and much energy was expended to make rules for others.

Asking for more conditions doesn't lead to a change. It can do no more than temporarily giving one a better feeling. Yet, there are many NGOs that choose to live in an illusionary world by telling themselves and others that things are improving. When solo-creators come face to face to each other, based on separate parts in their role in society and identity – for example, entrepreneurs against NGOs and one country against another – this doesn't lead to fewer fights and it leads to a bigger climax because winning is the point of departure and it hasn't yet been understood that that isn't at all what everything is about.

I also met people who are more in balance on the axes of unconditionality and act based on possibilities. You can feel it when people are in balance. Yet, life also invites them to go forward.

Sometimes they still remain in the background and only act because they don't know how to find

the connection to a higher level. How they may share with others and how they may work together in happiness.

The call for change and the 'Be yourself' poem made me experience in 2004 that actually one needs a major part of life to prepare for a next jump. In the period I described, I realized that I wanted a life without any difference between my private or business life. I just wanted one life! I also wanted to be a link between all parties concerned, such as businesses, governments, NGOs, science, producers and consumers and so on. I saw a wonderful dream and tried to realize it in the vision of the *my eyes Group*.

However, I still didn't have the clear image that life is a gift that always invites me to fulfill my promise. It took me many more years to daily realize this feeling.

In the next chapter, I will show you what I experienced during the past years in regard to the cocreator field and what transformations I went through.

And for clarity's sake, when I made the jump to *my eyes*, I didn't suppose that this would be the last jump in this life.

# **Chapter 6**

# Universal model of the manifestation: inspired answers of intelligence

'The sun always shines, only my own will creates clouds and darkness.'

In this chapter you learn how to put the insights that you met in the previous chapters into a larger context. This is because you increase your self-knowledge. Through me about you, in this way we touch each other and we work together. I also introduce you to the co-creator's struggles on your way to growth and a next jump. You will notice how everything in life is connected. And you will be amazed by how ingenious life is.

This chapter consists of eight different parts:

- Invitation;
- Education;
- From the unseen;
- Inner voice and the four connected bodies;
- Duality and non-duality;
- Open reality or locked systems;
- Universal model of manifestation;
- The co-creator.

#### **Invitation**

In December 2005 I wrote a poem called 'Meeting.' In it I say that everything we encounter in life is an invitation to meet ourselves at a deeper level. It is like a package delivered by the mailman. You re-

ceived it, you are curious, you open it and you experience it. We are all mailmen in life, often without noticing it we deliver packages of information, or even better: gifts. In practice we don't experience everything as a gift and what we deliver also isn't always received that way. That is because we didn't look deep enough at how life unfolds.

## Meeting

People meet each other, words are spoken, being together and doing things together has a value.

> Meeting is really a me-thing. Meaning that there is no must.

Meetings where nothing must be, such freedom.

Remember that every moment in your life is a meeting, with whomever or whatever.

Know that every meeting may be new for you, if you choose to.

If nobody needs anything from anybody, if we won't forget that for a moment, then there is peace.

Know that every meeting is an invitation.

Meetings with someone else,
with a ray of sunshine, with a snowflake,
with the sound of a bird,

with laughter and tears. They are all invitations, to meet yourself.

We can choose our thoughts, we can spread them around with words, our actions complete everything.

Thoughts, words and actions.

Be aware of them.

Bless every moment.

The journey I follow is a string of meetings. The invitation is: be aware of every moment. Although I undertake a journey at a personal level to add more awareness to the full connection to pure consciousness, pure consciousness doesn't follow a path. It is always there.

#### **Education**

#### The birth of a new phase

When I started a new phase in my life, which also included the new way of doing business, based on the *my eyes* approach, I decided to start taking courses and to open myself to new concepts and especially to new experiences.

I realized that the old me, as a solo-creator, still was too dominantly present and I knew that I had to change some things in myself. I also felt that I needed new stimuli.

In 2006 I studied the creative creating process in relationship to our emotions. I compliment Marinus Knoope, author of the books *The Creation Spiral* and *The Ending*, for the way in which he explains the steps of the creative creation process and emotional patterns. He taught me how to use my emotions, positive or negative, to make the creative process unfold in a natural, flexible way. Looking at this more closely, there are no positive or negative emotions, only my personal perception can charge them.

He gave me the chance to work closely with him as part of a wonderful group of people for a year,

when he was researching his second Dutch book, *De Ontkooping, meaning to untie and reveal*, which appeared at the end of 2009. During that year 2006 I met a number of special people from the world of art, coaching and providing services. It was a wonderful start and I learned much that connected to what I had already done as a solo-creator, based on my intuition.

I also gained new insights in the process of creation but my real lesson was delving much deeper into my emotions and feelings.

Knoope developed a 'roadmap' of 252 emotions, all linked together and he describes what happens if we don't follow our emotions and what we experience when we follow our emotions based on acceptance.

#### Developments within the my eyes Group

At the founding of *my eyes* I was looking for a name that fitted the new approach. I approached a former colleague, Sjoerd Koopman, who had helped me starting in 1997 with marketing *Peter's Farm*. I had tried to explain my vision for *my* eyes to a number of Dutch PR agencies and why that approach was special, but it didn't connect with them. So, I had to look for a different solution. When I explained my approach to the future, with my vision and the poem 'Be yourself', these agencies provided proposals that were too closely connected to my old life. They probably thought that I wanted recognition, while I just wanted to move borders and to follow a different course.

Sjoerd advised me to visit an agency in Vancouver, Canada. They didn't know me and therefore they weren't hindered by my past. Ultimately they developed the logo and the house style. Earlier I had come up with the name *my eyes*.

One day Sjoerd came into my office and said: 'My intuition tells me that I have to give you this picture of a baby. I don't know why.'

I saw those innocent blue baby eyes and I knew. I told Sjoerd that my new activity was going to be called *my eyes*. Sjoerd thought that was a good name but wondered whether it would be hard to register such a general notion. We immediately asked around, but everything, including Internet domain names, was still open. Good synchronization.

The *my eyes Group* was founded in September 2005 by several people and Sjoerd was one of the cofounders. The Group started as a consultant agency, focusing on advising organizations how to provide more direction and a sustainable approach to their marketing efforts.

Fairly quickly we built a platform, *smart markets*, for merchandising products for large communities.

Our vision is that this creates new connections between consumers and producers and that consumers gain the upper hand in the chain. Because the same consumer reaches a higher state of awareness and this will lead to a new social economic reality of transparent markets and consciousness.

However, we soon realized that we were too early, also because the first customers whose communities were still being built, weren't ready for this kind of Internet approach. We were still in our infancy with everything and we couldn't clearly present our approach to the outside world.

We could have gone to large consumer organizations. However, we didn't want to make large investments when we started *my eyes*, because that would make it part of the traditional financial markets and the corresponding ownership structures.

When we started the organization we consciously chose a structure which allows for everybody to participate in the network without needing to go to the stock exchange or without large investors running the show.

Reality is stubborn because usually the division of property is such that less than ten percent of the people owns more than 90 percent of everything on earth.

The investments became too high for *my eyes* and in 2008 we significantly cut down the *smart markets* department which developed the software and we outsourced it in the network. However, we never stopped the developments of the contents of the body of thought and today it has become only more topical.

The opportunities to bring consumers and producers together on community driven life forms are only increasing, also because of new developments like Facebook and Twitter. We also noticed that potential clients/customers for new objects often had trouble with being transparent towards their stakeholders and to see customers as direct stakeholders. The final consumer or the citizen was not involved in any case. In addition, we noticed that existing companies still faced major resistance developing their Internet strategies. There was much virgin territory to be explored, not least within ourselves.

Connections, transparency and passion in a quickly changing world became the core of our approach. This *my eyes* Methodology consists of a combination of building networks and facilitating communities. We offer a broad range of services, such as concept development, integrated Internet platforms, communication strategies and coaching to lift the awareness of the creative process of connections to a higher level.

For myself, I noticed that what I had imagined in 2004, something that was already based on an earlier moment of inspiration on May 13, 2001, had a difficult time to come to life and start blooming.

My 'old me' apparently wasn't yet ready to find his way in this new world. I discovered my power as a visionary and bumped into my limitations as an implementer.

By itself, it's not surprising that it was especially the young people and students who stood at the cradle of major changes in the Internet world, such as launching Facebook, for example. On the other hand, *my eyes*' most important goal was creating awareness 'to be yourself' and I saw that this growing awareness is becoming ever more important and guiding.

## New creativity

From 2007 to 2010 I studied much in addition to my daily meditation and Chi Neng Chi Gong and I received deeper insights which confirmed my opinion that 'the outside world is a reflection of my inner world'. I did and experienced all kinds of things ranging from hypnotherapy sessions, intense research into the nature of my ego, a series of Avatar self-development courses in the Netherlands, Germany and the United States, shamanistic retreats in Brazil, Belgium, France and the Netherlands, Causal Dynamic Behavior and Inner Response Dialogue Programs, Rebirthing workshops and much more. In addition, I read a few hundred (scientific) books especially in the fields of physics, religion, philosophy, spirituality and metaphysics. I was working every day to develop more awareness. When I started, I was looking for my development mainly at a mental level. After a while I arrived at my feelings and after that my feelings and psyche merged into one unit and I was connected to the outside world based on my inner perception.

It took me more than eight years of hard and conscientious work. I now know that growth is an infinite process. Now I know that the path I followed might have been much shorter. On the other hand, I had to find this out in my own way.

I gradually unmasked many of my limitations, my so-called illusions. All my insights and those of other *my eyes* co-creative professionals who contribute to cultivating the *my eyes* body of thought and put it into practice in the network, are shared in the *my eyes* Academy, an inspiring test garden as a Living Lab.

I will show you how I made the jump to developing the co-creator in myself and I will share my experiences from the five years of working at my eyes.

#### From the unseen

In the preceding chapters and paragraphs we discussed how important it is to add awareness to all our thoughts, expressions and deeds and how this is connected to the creative creation process. We will now more thoroughly discuss the following: How can we use the lessons of life and increase our possibilities by breaking through our risk-avoiding strategies and action and how can we counteract the conditions that we impose on ourselves and others on the path to more unconditionality?

We know that old cultures have used this knowledge for thousands of years and we see that the West is slowly learning the lessons of this knowledge, especially because science is discovering the same things. That leads to more acceptance in daily life, although much knowledge must be transferred before a collective change can occur. The sensible and pragmatic West opens its eyes to the mystic power of the East.

When I look at the amount of astonishing information that came to me – and which raised ever more questions – I experienced deeper answers at a deeper level. I want to explain that using a story.

## What snowflakes teach me

I have been fascinated by snow since I was very young. I like looking at snowflakes, how they flutter down and change the whole world into a virginal white landscape.

Every snowflake has a different crystal structure and its composition is unique. You see billions of snowflakes and they are all different. Just like our fingerprints.

When it snows, each snowflake lands in a different spot, but together they change the appearance of the world when they form a blanket of snow.

All snowflakes fall at different places, they are different from each other and yet they form one whole.

Did you ever wonder about this and ask yourself why that is so?

Water rises in the air through an evaporation process, forming crystals, it turns into snow and then it changes back into water. A beautiful cycle.

If you ever ponder the question whether there are snowflakes that land at the 'wrong' spot?

Can you imagine that you would answer that a snowflake lands at the wrong spot? I challenge you to now think about how this is with people? Does a human being live at the wrong spot? Do we change the world?

## The Source, Love, Spiritual Intelligence and Soul

I have many more questions for you, but I will immediately answer them myself. Asking the question is it... Indeed. I don't intend to exhaustively explain the answers at this moment. You will find them in my reflections about what snowflakes teach us. That will follow in chapters 7, 8 and 9.

## Where does consciousness come from?

Pure consciousness doesn't have a starting point, yet through the Source we can become aware of it. The Source, pure consciousness, is always available and always and everywhere gives us what we need. Like water coming from a well and flowing over fields to make plants grow. This energy, which also originates from pure consciousness, is what I call Love.

Love is like water. It is an energy that we especially experience when we feel passion.

We are constantly being informed by life through voices, visions, meetings ... but everything and everybody receives different information, all custom-made. This is organized by the Spiritual Intelligence which also springs from pure consciousness.

Each little snowflake is formed and is uniquely designed through the Source, Love and the Spiritual Intelligence and then formed through the crystallization process. Souls are formed the same way and everything is inspired in life. Just as with the snowflakes everything is linked together in a beautiful way.

The moment snowflakes fall, they form a beautiful white blanket together. The snowflakes possess a consciousness and are inspired, but there is no free will. The togetherness of the falling snowflakes is a beautiful synchronous co-creation and an example of how all souls grow, including human souls. The moment that souls form, endowed with a free will, they fall to earth and in the meantime forget who they are.

In our daily life we have the opportunity to learn develop so much awareness that we align better with each other and where we find the same synchronicity as the snowflakes.

The moment that inspiration knocks on my door, the Spiritual Intelligence custom-makes that for me. It is unique and makes me unique. It informs me who I am. Isn't that wonderful? And it becomes even more beautiful when we share this with as many people as possible and when we join in this together.

Maybe you wonder how you receive inspiration?

It depends on how receptive and open you are. Because as I said earlier, inspiration lands in a heart that opens itself up. It doesn't enter through the head, but through the heart. It is born from pure consiousness and can only grow through love.

But why does inspiration come through the heart?

The heart is the center of all four energetic bodies in our unique house and is linked to all four at the same moment.

Just like the sun's warmth melts the snowflakes back to water, the heart melts us first into a unit the moment we know what we do here on earth. Then the heart opens the door to others so that we can link to the Source and to others.

I receive inspiration during my life's journey and if I choose this and make myself available, I become one with all others and in a co-creation with life, we make one white blanket covering this Earth. The inspiration, messages from what is hidden, a Spiritual Intelligence wants to enter into our lives. If we become open, receptive and available we may enter into a new dimension.

What a gift!

This seems to me to be a moment to be amazed about.

When I discovered this, I was baffled. So, it is my own free will whether I open myself and make myself available...

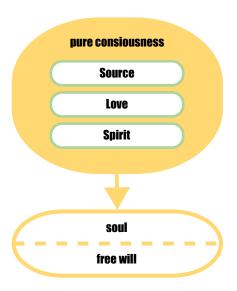
Let us look at the first steps of the universal model of manifestation.

These very deep insights about the fundamental forces of creation Source, Love, Spiritual Intelligence and Soul are the starting points of this chapter. They form the foundations of the *my eyes Group* approach: connections, transparency and passion.

It was an interesting journey of discovery, developing the *my eyes Group*. It was the overture for more fundamental questions about my own life.

- Why was the universe designed this way?
- Why do we still have to learn so much? Why does the creation seem to be imperfect?

- How were we directed into our current situation? Why is life not one long nice journey?
- Why do we have a free will?



*Illustration* 7. *Conceptual definition of the process of creation.* 

I already asked these questions when I was still a child. Do you remember the stories from my life: grandma's lessons and the catechism?

In the paragraphs below I start from the premise that a human is just here and that life at some levels is regularly imbalanced.

So I am here and now. I recognize that I am a unique soul. How can I then make a difference for myself How can I make the best of it, here and now? How can I become the driver in the driver's seat during my life's journey? How can I deal with others in a good way?

#### Inner voice and the four connected bodies

To experience the synchronicity, as with the snowflakes, requires aligning yourself in free will to each other, opening our hearts in such a way that we remove all obstacles.

As I already indicated in the quote: 'The sun always shines, only my own will creates clouds and darkness'.

Life is the unique combination of being one, where the Source, Love and Spiritual Intelligence work together creating a new moment of manifestation.

The clouds and darkness that we call down upon ourselves I call the identity of the ego. It looks like the ego being only an artificial correction of all kinds of thinking patterns that make up their own stories. Illusions, all of them. In fact, it is the combination of everything that maintains our imbalance and it is integrated in all four of our bodies. Our mind is a very strong influence because the directed intentions that we put down in our thoughts are very creative. All kinds of mechanisms, of which we are not aware, are churning away in our depths caused by the stories of the ego. The triggers that activate our ego don't even have to be direct thoughts, because sometimes a few emotions are already so embedded in our emotional body that they just react, without first 'thinking about it.'

The only way to take a step forward and to develop ourselves is by increasing awareness and recenter ourselves in our heart. Our heart is the gateway that connects us to the Source, Love and Spiritual Intelligence.

This chapter is mainly about how we unmask our ego and eliminate our clouds, become receptive and open ourselves up. How the acceptance process works regarding our untruths, our illusions and how we experience an open reality.

#### The co-creator

We learned through the projects we did with our *my eyes* team that they contain different elements that return again and again.

Companies, organizations and individuals are looking for new directions usually because they discover that the old traditional ways don't work anymore. They also feel an urge to work with others. Because they realize that they cannot solve the problem alone. It is interesting to see how people enter into

new cooperative actions. One reason might be that we collected so much junk in earlier stages of our lives that we can't see the forest for the trees. We often don't realize that we are walking in competitive circles. Another reason is that an increasing number of people become aware that they cannot make a difference just by themselves. It is a growth process that more and more people want to express.

Many people who approach us are often still in the solo-creator stage which makes it a challenge for us to find new ways that work for them.

Initially, at the start of *my eyes* we were insufficiently aware of this. We thought that those who asked us to do partnership projects were already fully engaged. By developing the *my eyes* Methodology mentioned earlier, we can now explain where we stand and what we are starting together with the customer or group of clients.

So, it is not just about the idea and inspiration as you certainly noticed already. The co-creative creating process includes much more. The moment that more people in the same project are receptive and are open, progress can be made. That is the key for each project and from it cooperation and synchronization can be established. It is also interesting to see that different people add different skills. However, the process really works well when there is no longer a difference between the original positions of the formal client and the assignee and we all facilitate each other's work. At that point you enter the co-creating process and communities evolve in which sharing becomes key for cooperation and communication. The position of boss disappears, ownership moves to the background and that creates space for new ideas.

I can assure you that this isn't always easy in practice, but I still feel and also experience that it is meant to be that way, as I describe it in the poem 'Meeting.' It is a call from deep within to be more unconditional.

It is wonderful for me to be an equal part of such projects and to see how a small organization like *my eyes* can make a big difference. It is especially wonderful because by now I don't have to do it anymore and I also don't do it any more from the position of director I had during my solo-creation stage.

#### It's all about choices

Do you remember my story about the university and innovation? At the time I wrote a personal story about making choices and about our capacity to make free choices. Of course, I also questioned the very fact of having a free choice. Let's delve into that. I start with a story a friend sent me.

#### The wise Native American

One evening an old wise Cherokee told his grandson the story about the struggle within humans.

He said: 'Child, there is a struggle between the two 'wolves' who live in each of us. One is named Misfortune. He represents fear, worry, anger, jealousy, sadness, self-pity and rejection.

The other one is named Fortune. He is joy, love, friendliness, generosity, truth and compassion.'

The grandson thought about this and asked his grandfather: 'Which wolf wins?'

The old man answered: 'The one you feed.'

We see two phenomena that are linked together. According to the wise Native American, in life that what you pay attention to, grows. It is a choice with which you influence whether you are in or out of balance. Where we might say that balance is 'Fortune' and imbalance 'Misfortune.'

Another facet of Native American life is tracking, so we learn and experience the language of the signals of life. You are invited to choose again at every signal.

My life changes continuously in a continuously changing environment and every meeting is an experience. Every meeting, with people or with emotions or even physical pain, only enters into my life to invite me to meet myself at a deeper level.

Those are signals that life offers. These signs point to the path to be followed. They indicate whether you are balanced. You only have to learn the language of the signals and start playing with it to realize your dreams and be inspired.

There are different kinds of signals that are linked to each other and cover all of our four bodies discussed earlier.

## Our four energetic bodies

Let's explain the processes of all four bodies in a deeper way by hand of illustration 8. The heart is the center and is connected with all four bodies.

The meeting process is like a stone dropped into water. The stone's dropping creates ripples on the surface of the water. Waves of energy and information start from the inside and expand outside. It is a process of manifestation from inside to outside.

The creation process of life works in the same way. From inside at a spiritual level it is a very thin

energy and as the ripples spread, the energy crystallizes the energy at the end of the process in a material form at the moment it touches the shore.

Inspiration is a package from the unseen world that comes to us and informs us.

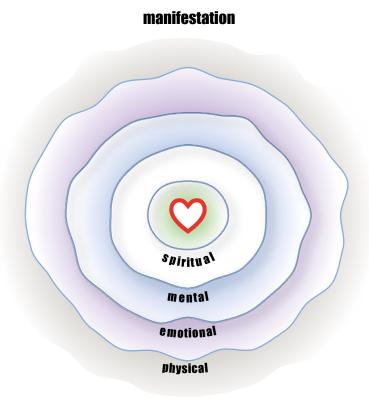


Illustration 8. The energetic process of manifestation through inspiration through the heart.

If the creative creation process takes place in balance the energy will be translated in a synchronized way so that a realization occurs within a short time.

If there are all kinds of imbalances it might not reach the shore at all or it may happen that a monster is created that we don't want at all.

#### Spiritual energetic body

The moment I am inspired and have a clear insight, that experience streams through my spiritual body. I can learn that I can trust this information. I may train myself to be open and receptive. By itself this is already a huge change because it demands a return to becoming as open as a child. And to get rid of all limitations that were imposed upon us and were taught to us. Yes, naiveté is a major quality.

Why is the creative creation process so complex in actuality? Because even when my spiritual receptiveness was open and my vision clear, I might have created all kinds of imbalances at the other body levels. Dreams and many inspirational impulses are killed off in many different ways. Let's review different aspects of the other bodies which can interfere with the creative creation process.

#### Mental energetic body

As I explained earlier, our thoughts are very creative and we can have them work for us but also against us.

If I put obstacles in my belief system, these convictions will block the natural stream of realizing my dreams. These limits then act as filters and that prevents the inspirational energy from being passed on in a pure way.

Sometimes I thought that I would realize a dream because I saw it before me so clearly, but at a hidden level – in the beginning I didn't even notice these illusions – I sent thoughts into the universe but I didn't believe I would make them come true. This happened repeatedly when writing my book in English. The inspiration often arrived in English. My fantasies told me, because of my past as a student, that in that case the book couldn't be created.. In its turn, that translated into emotions of feeling of impotence. And because I initially considered impotence undesirable, I resisted, became tired and then stopped writing. So there was no book on the shore. Deep inside me I thought it was an impossible job. I first had to confront these thoughts and transform them into the challenge of a new adventure. Just submit to the inspiration and trust that later a solution or help would materialize. When I completely welcomed the inspiration and eliminated the obstacles and understood my emotions – like in the case of impotence just going with the flow instead of resisting – a manuscript arose and I met the best

people to help me edit it. My head started thinking in English without problems and writing indeed became a beautiful adventure.

If experiences from the past are anchored in our subconscious as a traumatic imprint, we will repeatedly recreate those experiences and relive them instead of realizing what the inspiration wants to offer us as a gift. Then it is not our own will that is important, but surrendering to the free will offered, so that we align with the received invitation. In my case I understood that this included the struggle I had during my high school years to express myself in correct and grammatical English. When the tests were returned there was always the teacher who said: 'And now Alfred ... an F again, you will never learn.'

To give another example: if you think that following your heart and listening to it is for 'softies,' it will be hard to receive inspiration and trust in it.

When you believe that dreams are lies, your life will become a lie.

If we had believed that only birds can fly, airplanes wouldn't exist. If we think that a society can only make progress by using shortages instead of abundance as its basic principle, we will experience many shortages, much competition and stress.

I can give thousands of examples of what happens when obstacles take root in our emotional or mental body.

Just look for your own thresholds and obstacles. It is very useful to follow courses on that subject or to ask for help. With the help of others you will make less of a fool of yourself. Nothing is as villainous and arrogant as an ego-dominated mind that only tries to keep you prisoner in your familiar patterns.

I explained in chapter 4 how damaging much of our society's systems and limitations may be for the development of our being. The step to the unknown involves uncertainty. And people often don't dare take that step and they cling to what they know. In practice this means a serious limitation to rise to the level of solo-creation and an even bigger constraint to reach co-creation.

## Emotional energetic body

When I experience emotions I am allowed to receive them in a natural way. So, if I feel tired, is that an invitation to rest. But because I learned that resting during the day is wrong, my natural reaction might be to work even harder. Some people can exhaust themselves to the extent that they can experience a burnout by not listening to the signals. When I felt impotent while writing this book, I just let it happen and started writing without wanting to control my grammar mistakes.

When we are agitated, we may express this to its fullest extent, too. Become active and look for your limits, even if others think you are 'crazy'.

But when we learn that it is not good to be agitated and therefore ignore the impulses, our imbalance only grows. What happens regularly is that children who are agitated are asked to be quiet and if they lounge on the couch for a moment during the day, they get the nasty reaction of 'don't you have anything better to do'.

Because an individual doesn't see emotions as an invitation and other people also don't know how to deal with this unequivocally, the imbalance changes into a volcano which explodes a certain moment, or we suppress our feelings with medication, a temporary but not sustainable solution. You can easily draw a parallel to living in society, where few non-sustainable tricks are being used either. One system serves to cover the other and so on and so forth. A labyrinth of illusions.

When we experience an emotion and define it as a negative for reasons from the past, we will try to ignore or avoid this emotion. However, it will only surface in our lives to restore an imbalance. We don't repair something by ignoring it. The imbalance even becomes more imbalanced. Our creative creating process will remain imbalanced until we restore the balance. Marinus Knoope explains in his clearly organized reference book *The Ontkooping* a total of 252 emotions linked together in a coherent dynamic system. If we allow all emotions to come and go in a natural way, the creative power can grow and become huge. The energy which started from the inside through inspiration may come ashore in a miraculous way with major inner quiet together with much joy. The energy grows into an increasingly clear form of what was hidden in the inspiration. The seed germinated and starts to grow. Magic!

#### Physical energetic body

If I ignore much of my mental and emotional imbalances, my physical body won't be able to show the original inspiration. Nor can the universe show the manifestation as it is meant to be, because everything is linked to each other. My physical body may even fall ill because of all the imbalances. You can contract all kinds of illnesses and they are all signals to restore the balance and also to prepare yourself for the next jump in life. I will further expand on this in chapter 8.

I also want to refer to the Belgian author Christiane Beerlandt who wrote a number of amazing reference works and books about the deeper meaning of imbalances. In her expansive books and reference works she deals with deeper-lying causes of illnesses, but she also provides examples of all kinds of

events and meetings you encounter in your life. Included is that it is no accident, for example, to find exactly the right persons to help you editing and publishing a book. It is also the case that if there is much imbalance many events and meetings take place during projects and in life that provide you information regarding this. But, again, we also have the inclination to call certain events good and others wrong. In that case we miss the deeper signals that appear on our path. So often this makes the original inspiration disappear. We get lost on the water and the energy ripples don't reach the shore. The light of our inspirational boat is extinguished and sometimes the candle goes out completely.

As said earlier, everything in life is about making choices. Imbalance says something about a choice I didn't make or that I still may make. Life is so beautifully organized and I know and now accept that I'm the only one responsible. This also means that I don't have to get involved in other people's life, except when they invite me in! And even then I may make a choice, because if I don't feel the connection through my heart then my heart has the choice to ignore it. Here I only indicate what I learned and frequently experienced in many ways and how the creation process proceeds.

Yes, there are lessons to be learned. I tell my stories. But can you learn from something different from your own experience? Because everybody has the right to experience for themselves. An example.

## The story of the caterpillar and the butterfly

An entrepreneur who worked hard and lived according to the principle 'time is money' observed nature. He observed how a number of cocoons pupated. They hung on branches of a few trees in the sun and one cocoon was just beginning to open. The entrepreneur followed the whole process, he knew that inside a caterpillar was transforming into a butterfly. He looked and looked and at a certain point he thought he could speed up the process by helping the cocoon open. He took the cocoon from the branch and opened it with tweezers. The butterfly fell from the cocoon on the table. The entrepreneur waited and waited because he wanted to see the butterfly fly. When he looked around he saw other butterflies flying who had freed themselves from their cocoons. Only the butterfly he had helped, didn't fly. This butterfly on the table died.

The entrepreneur was very sad because he thought he had helped. It took him some time to understand this and learn from it.

The butterfly couldn't fly because on the way to its transformation it had missed the struggle for

life in which he had to go to extremes. In order to be able to fly he had to pump liquid into the finely branched veins in his wings, so that the wings can spread and dry in the sun and the wind. The caterpillar could become a butterfly only through this process. And that process – the birth or transformation – had been interrupted by the entrepreneur.

The entrepreneur also learned that he had only acted out of impatience and not to help the butterfly. Time was money and through his own imbalance he had wanted to influence the situation.

When all my bodies are in balance, I create my life from the core of my heart. I then receive inspiration and feel a connection with the Source, Love and Spiritual Intelligence which I share with others. By following the signals I can grow in awareness.

And this creative creation process is the real life. This is really different from what we usually find in society, where we think that we have to live like others and have to conform to others.

I stopped conforming to others in different stages and my life is beautiful and I fully enjoy it. I still feel invited to grow, to constantly add new growth rings to my tree of life.

#### Personal examples

During my life I've built many walls in my energetic mental body. I can tell you that I thought for a long time that I had to find what was correct and what was good. I couldn't find the answer. I think I was looking for a uniform truth. But as long as I was looking for answers outside of myself, I couldn't find them. Because every time there was somebody else who called this and then something else the truth.

When I turned inward I discovered that there is only one truth for each moment and that truth is different for each person at the same moment. That is because every person is unique and is informed at every moment and for him or her only from within the Source, with Love and a Spiritual Intelligence.

In other words: looking for the truth is just an illusion.

I now also understand that I started looking for the truth because I was proud of what I had achieved and wanted to convince others of my truth. That moment my life switched from black to white and back again. I had not yet discovered the middle, the gray area.

In addition, I also ran into other limitations, like our social economic system, based on the right of the strongest. After some time I noticed that this principle caused a lot of stress because deep inside I felt that it was a finite path.

Another example was that I just couldn't understand that my inside world is the foundation of everything. The outside world is a reflection of the way in which I guide my inspirational energy. I wasn't clear how this whole process worked and that is why I regularly reacted to the outside world. With very varying results, I must say, and never with a sustainable result. However, if I engaged in inspiration with passion, things went much better. However, initially I didn't get beyond the enthusiastic transition from solo-creator to co-creator.

In some cases, as with disappointments in love or setbacks in business I was really convinced that it wasn't my fault and I felt that something was done to me. That it was other people's fault.

It was quite a journey and it still is and I want to thank all my Masters who helped me break through this conviction. I started accepting that I am part of a situation, so that I am also in some ways the co-creator of that situation. The moment I could see and understand that this is the same side of the picture, I slowly gained more control over my own life. I opened my spiritual body even more, changed my mental conviction systems and became enthralled by the emotional awareness and ended up in a physical balance where synchronized meetings are in line with the inspiration I received for free. I came back to earth and the same earth with all of its creations started appealing to me again. Because of that I no longer ended up in situations described by the wise Native American as 'Misfortune', or at least, I did that a lot less.

When you understand the imbalances and break through them by shining a light on them, the accompanying manifestations also end. That was a magical experience.

Imagine how this can work for you. All we have to do is find our free will, which means that our ego disappears and that we are very aware of being linked with the Source, Love and Spiritual Intelligence. It means that inspiration feeds us and that we can wait patiently for the inspiration that comes to us. We no longer have to try to indiscriminately think up things because we think we need them. No, there is no wishful thinking.

It is wonderful to be free in this way and to realize that we can live our promise. That we don't have to look for compensation in any way. Just experiencing and being yourself.

Emotionally, I regularly suffered disappointments and disillusions. For example, I often felt frustrated if people didn't understand me or when they couldn't share my inner vision.

Marinus Knoope helped me tremendously in 2006 when I worked together with a number of people on his project.

He asked the group of eighteen people, equally divided among men and other women, who had a problem with 'not being well understood'. I put up my hand as did a number of other people. Next he asked: 'who likes to tell stories?' I still had my hand up. So Marinus said: 'Alfred, if you like to tell stories and if people would understand you immediately, you would have nothing more to say.'

I thanked him for his lesson. But we were there to learn and integrate our new knowledge, not just to receive spiritual lessons. So Marinus asked me to stand up and perform a play about my frustrated emotions for the group. Without the others knowing it, he gave me the assignment to portray a meatball. Next, he split the group into two parts. The one group only had to react negatively and say for example that I failed miserably. That what I did looked stupid. The other group had to encourage me and really try and guess what I portrayed. You can imagine that this was difficult. I went through all kinds of emotions. I felt ridiculous. I felt shame. I became shy. I felt anger. I felt completely misunderstood. And after all kinds of attempts I wanted to stop and leave 'my theater'. After about half an hour or a bit longer, I started laughing. I saw how fanatically I was working to portray a meatball and because I could laugh at myself, all negativity disappeared. Of course, I had created that myself.

By playing with this often in different ways, I experienced a breakthrough of a new feeling of creativity. This is a big gift that I now use regularly. It is a beautiful technique that Marinus taught us and every week different people were invited to act on the stage.

Something similar occurred in the United States, during a different training. There I discovered that I had problems with authority. That I denied my own authority and as a result often had struggled with the authorities or people with authority during my life. I experienced that I reflected my own lack of authority. I don't mean my lack of authority towards others, but with my inner authority for myself. My authority over others was to compensate for my own lack of self-realization.

Interesting information when you discover that about yourself and it is wonderful to integrate that knowledge. I wanted to compensate for this lack of authority in the outside world. But I was confronted with conflicts with authority. After constantly repeating the same exercise based on this theme for a day and a half, I eventually could grasp this solution and break it down into pieces. I was able to integrate a new connection regarding authority. The exercise I mentioned certainly didn't happen without a struggle. I tore up papers, wanted to leave the course, manipulated other people to help me against those darned teachers who had me do absurd exercises. Well!

At another occasion, in Brazil, I learned a lot about my ego and about my inner natural self. In one of the sessions I was 'talking' with my father. Of course, my father wasn't there, but it was just as if he was present. As if time and space didn't exist. In a séance we continually kept changing roles during our conversation. First we talked to each other both at an ego level. I was me and he was he and I saw our confrontations like in a movie and how we both tried to win. At other moments I could look at my father with appreciation, how he believed his own story and then we changed roles and he saw how I tried to win the battle and believed in my story. Eventually our inner voices took over the conversation by both of us communicating with each other at the level of our inner natural selves. The mutual love and the spiritual connection were so deep that I remember that after this experiment I spent a day not speaking. I had never before gone through such an intense exchange of love.

At that moment I broke through the illusion that I needed someone else's love to feel good and that I wanted to be admired in order to direct my own life. At the moment I could let go of this addictive form of wanting attention and appreciation – because it is an insincere version of love – I could be by myself for longer periods and enjoy that. And I could only feel real love for others only once I could enjoy being alone.

Because you can only be alone if being with yourself is enough and based on that free choice space is created to allow others to be themselves. It felt as if I became a source and the feeling of being inspired came from another dimension.

Once one of my teachers in the Netherlands gave me a very simple exercise. Every time I felt a compelling thought, for example 'having to do something,' I should immediately stop doing it. I had to promise that I would keep doing that exercise for 10 days.

The reason for this assignment was, as he said: 'Your mind has its own will and that is too strong.' I thought it would be simple to carry out that assignment. The first evening it felt like a vacation and I quietly fell asleep. The next morning my first thought was: 'I must get out of bed.' I remembered the assignments so I stayed in bed for the whole day and the days after. Initially I thought that I had to tell others, my business partners or my children about this experience. But because the word 'must' was in that thought I wasn't allowed to do that. My beard grew, the dishes remained undone, my freezer emptied out and slowly I panicked. I became increasingly aware that this was the most difficult thing I ever had done in my life.

After about five days I felt like a cave dweller and I experienced a major feeling of panic because I lost control. There too, I was allowed to invite myself to go through this and after another couple of

days I became even more quiet and I didn't care anymore. That feeling was so tremendous that I fell in love with it after eight days and on day ten I was back into life full of self-confidence. Everything was so different and I was so much better able to see my illusions and to distinguish them from my inner voice. I started hearing that voice and began feeling my heart. Wonderful!

In Germany I had a deep experience with baroque music. We were moving with small dance steps hand-in-hand on the music's rhythm in large circles consisting of hundreds of people. At a special moment I felt the music with my heart and I started crying. I was one with the music, the music and I were one. I kept crying both in ecstasy and for release at the same time until I was completely empty and realized that my mind now had started following my heart. In the past it was usually the other way around, my heart had to follow my thoughts and I couldn't feel my heart which often caused me to miss the moment. This dance experience hit me right in my heart and even while I write this, in the sun on a 7550 feet high mountain in Briançon in France, I again feel the thankfulness, tears again fill my eyes and my heart is full of joy.

During a number of years I studied most of my physical imbalances in the past, such as my meningitis, the near-death experience, my pneumonia, my bed wetting, etcetera. They gave me insights in my past state of being. A number of these signs on my path occurred at a very young age and I now see that they represented what I was allowed to learn in life. I found out that they all pointed to self-love, that I was about to learn to love myself more, was allowed to be nicer and more tolerant of myself, so that I would learn to feel, learn to accept my emotions, that I deserved independence in order to be able to plant a new tree of life, learn to trust my inner voice, could be proud and could become one with the stream of life without shame or feelings of guilt.

Much had to be done in my inner world and I did that with dedication. I have never worked so hard, but I started experiencing as fun. This was quite a change after I had been so intensely focused on the outer (business) world my whole life.

It is vitally important that we don't consider imbalances as undesired. We can learn to see them as natural situations. Messengers of life who will help us ascend to the next level. If we run into imbalance and we try to fight them instead of seeing them as a hidden gift we will be confronted with much more suffering.

People encounter these elements in both private life and in business because it is so difficult to be aware of all of this. We or others try to regulate our lives by building all kinds of systems which then determine or even rule over our lives. This can change when we leave the area of solo-creation and enter into the field of co-creation. But without personal change, co-creation becomes impossible. The person will probably return to the trusted level of the solo-creator. Sometimes as a perpetrator and sometimes as a victim of life.

## Aligned

See how the beauty of life manifests itself if we welcome life and work on acceptance and balance. As we increasingly align with inspiration in our life and we know to appreciate all invitations, the creative creation process unfolds in a natural way.

However, in practice we often lose our focus and break the connection. So what happens when we don't listen to our inner voice in daily life and we ignore the signs from our soul? We become imbalanced.

#### Aligned or not aligned

When all steps are fully aligned, the result will be that we live our promise of life. Where every succeeding moment is an adventure that we accept unconditionally. Like a child looks at the world, full of wonder.

When we are aligned, are completely in balance, we hear the inner voice and we see the inner vision. We are then fully supported in all stages of the creative creation process. Only at that time our bodies work flat out to receive and reform the information and the manifestation simply comes to us. See illustration 9 on page 97.

When we end up in a process of denial and struggle, we constantly repeat the same situations. That is the so-called drama of life. And at a certain moment the imbalance even gets worse.

You then become a prisoner of your own creations. It is a closed system because you actually block the free passage of energy. It is locked through my own willpower which is incompatible with free will and is disconnected from the Source, Love and Spiritual Intelligence. See illustration 10 on page 98.

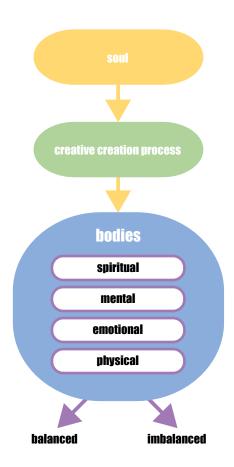


Illustration 9. The creative creation process.

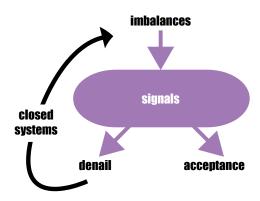


Illustration 10. The creative creation process in a closed system

The only way to escape from the circle of closed systems is to welcome it and go through a process of acceptance. This process of acceptance and resignation is represented as follows:

- Welcome the situation and face it;
- Explore and accept it as your own creation;
- Embrace it;
- Be thankful about the quality of the signal;
- Let it go, receive the gift and enter the open reality.

In chapter 8 I will further explore this process of acceptance and then present the complete connection to the process of openness and growth and the process of forgiving. The result is that I submit my will and become part of the meaning of life.

#### **Duality and non-duality**

To step outside of the closed systems circle and enter reality, I want to explain something about duality and non-duality.

See the beauty of duality. It is a necessary form of travelling like the snowflakes, starting from water and returning to water. This journey is only possible because of the duality in our world.

From one perspective there is only water. And from the other perspective there exists a dualistic world containing two different sides of the same coin, because they make the transition possible. So, if you suppress the presence of duality, you may block the natural way of the transition.

At the end everything returns to one point in the middle, like water returns to the Source: non-duality. This means that we as humans are most creative when we remain centered in our inner self and at the same time play with the presence of the duality. This also means that we can trust this mechanism of duality just as we use the knowledge of molecules of air to fly the airplane. Be one with the Source, Love and Spiritual Intelligence and at the same time be the continuing change, like the constant movements on the surface of life like the ripples on the water as a result of the falling stone.

You experience the point of non-duality when you are the observer and the things observed which observes itself and at the same time see how there are all kinds of movements on the surface of life. Enjoy that and use it unconditionally.

Like the ocean produces waves at the surface, the water underneath the ocean is quiet. You can be quiet at any moment and still see all movement on the surface and be a full part of that. The surface is like an orchestra that plays music in all styles and colors and deep under water, the orchestra plays silence.

I exercise this way of awareness every day. Sometimes through directed meditation but more and more everything in my life becomes meditation.

In my experience it is amazing how quickly a situation can change the moment I am centered. The new situation presents itself and it seems a miracle occurs. In reality I only opened the door and took away imbalances. A gateway to an open reality opens up. *my eyes* colleagues and I often experience these magic shifts. A new space appears in order to receive new inspiration, new gifts of life, so as to continue on to a next moment of creativity. It is possible that co-creations that were stuck suddenly receive new life. For example, if you think that large national parties can be involved in a sustainability project – entrepreneurs, provinces, governmental bodies, nature organizations and so on, you can imagine that the water sometimes flows quickly, sometimes slowly. It is an exciting dynamism to be allowed to facilitate this and to be allowed to act as a catalyst.

## **Open reality or closed systems**

The beautiful gift of life is that even if we are detached from the Source, Love and Spiritual Intelligence, our soul still sends messages. The signals, as I called them earlier. The part that is the soul is never detached. Even when we are not aware of this, that doesn't mean that it isn't true. Just like the sun is always there, even if we don't see it behind the clouds. When there are no clouds and I don't see the sun, I will see the moon. The moon as lit up by the sun. Aren't we all lit up by the sun?

Our soul always tries to have us pick up the signals. My ego creates clouds and darkness only through my own will. I am the one making the difference. At any moment I make a different choice, the light appears.

It is my choice to be connected to my inner truth and to celebrate the open reality leading to a path of infinite growth of awareness.

It is also my choice to remain locked up in time and space and to be confronted with the illusions leading to a constriction of awareness.

Let's take an example from nature. A tree doesn't die in winter. Its life descends into the roots to prepare for the next season of blooms and fruit. We humans look at the outside and only see the fruits' riches. We don't see what is going on under the surface. There is no fruit without a tree rooted in the earth which gathers strength during the quiet of the winter season.

We also look outside of ourselves and try to find out what went wrong, whose fault it was, what can be changed in a certain situation, what is wrong with people.

We forget that all these questions are just ripples on the water's surface, caused by our own actions, by our own words and by our own thoughts. We throw stones into the beautiful creation process and cause many opposing movements. Nobody else does.

Living in the present, in the now, that is the only reality causing everything to be good and that we take responsibility for our own lives. In the here and now we do not condemn others. We accept and take them as they are and facilitate their learning from their own experiences. We love them in the steps they try to take in their life and we support them.

When we live in this open reality we are no longer imprisoned in the web of action and reaction, of good and evil. We are the water. We are beautiful, enlightened creatures.

In the following list you see the different results and domains when we are imprisoned in the closed

system or when we are in the process of acceptance and resignation and are more open and more available.

#### Closed systems:

- Expectations/desires
- Separation
- Disharmony
- Serving the struggle
- Uncoupled
- Constantly thinking
- Reactive and control
- Thinking shortage
- Condemning
- Inpatient
- Complicated
- Feeling lost
- Darkness

## Open reality:

- Knowing/no desires
- Unity
- Harmony
- Servant of love
- Connected
- Instinctive
- Creative and trust
- Abundance
- Unbiased
- Patient
- Simple
- Feeling at home
- Full light

Can you see the differences in your own life? Living in the open reality and trust and having the patience to wait for new inspiration is wonderful. Becoming receptive, surrendering your own willpower and being available for what life asks of you, that is what you want to achieve.

My journey and our journey at *my eyes* is about transformations. In projects where different community approaches come to life, all these aspects are of crucial importance for how everybody deals with it.

Understanding the creative creation process, being aware of the conflicting powers, working with the ETI aspects, essence, transparency and identity, and adding awareness by shining your light on it in order to change the domains in the locked systems from closed to open values. The moment that everybody works in this way, every project will grow from a dream to reality. The dream and the feeling of making it real together with others, changes us into co-creators.

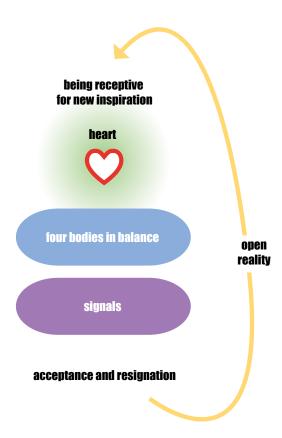


Illustration 11. The creative creation process in an open reality.

# **Universal model of manifestation**

# From my point of view

I have been able to make many transitions. I could drop old axioms and adopt new ones and that is how I created the parameter to become a co-creator.

This also meant that increasingly I was able to start recognizing my powers. I am a visionary, I tell my story and I inspire other people. I work with people who have different talents and together we form a team of co-creative professionals where the sum of the talents forms a network where everybody can grow.

The same goes for our clients who are looking for new insights. They are increasingly involved in all aspects of the same growth and this is how a new landscape is formed. Just like all snowflakes together form a white landscape.

I now know that I am the co-creator of everything that happens in my life because I am a part of all these situations. This is about my choices between two approaches and two paths: creating my life through an infinity of impulses through an open reality. Or creating my life with the consequences of the closed system.

I might call the first path 'Heaven', the second 'Hell'. Seen from the perspective of the Source, Love and Spiritual Intelligence, hell doesn't exist. From the perspective of a closed system it does exist. That's the illusion.

It means an enormous difference for me to be aligned with the Source, Love and Spiritual Intelligence. Through the process of acceptance and resignation I reach a different level of connection through transparency and my motivations become clearer.

I regularly turned my back on these insights during my life and I wanted to do it using my own will-power in my own way. These disturbances caused ripples on the water's surface. The moment I am in a process of acceptance, they will stop. When working on a co-creation nobody is a leader anymore. So the only way to keep a project moving and keep it growing is by means of the process of transformation. I experienced that projects sometimes come to a halt or remain in the hands of only one owner and nothing changes, or after a while everybody makes a step towards an open reality which puts everything in motion. It is magical how this growth of awareness works.

Listening to the signals guides me to the right way or, better, creates balance and will feed me with new inspiration.

It is so wonderful to be connected. I don't even worry about the external manifestations. They are only a result of what I already know will happen. The dream is already reality, I just have to tear down the wall that I built myself, banish the clouds and the darkness. Just like the sun drives away the clouds,

light banishes darkness. Actually I already feel in my heart at that moment that I already know how something will unfold. A kind of knowing which exceeds thinking.

I often feel thankful. Beauty and quiet have the upper hand. I wrote this book in this state of being. And if that wasn't true at certain moments, I knew that it was me who caused those obstacles.

Now I understand that it is all about:

- Simplicity: keep it simple and just be open to inspiration.
- Patience: just wait, listen and be available when the moment arrives.
- Compassion: for myself, learning through experience. Accepting others with the understanding that they are just following their own path. Everyone is looking for love, inspiration and connection.

I can only show my path. I took responsibility for my own life, but I hope to help you with your steps so that you can see your path and potential.

I see a wide diversity of people and all kinds of differences between me and other people. I now even applaud our differences because I learned to see others at the level of the soul. I know that we are all beautiful souls on the path to more awareness. Every snowflake that falls is unique and is on its way in full freedom. In nature we don't see one snowflake meddling with another. So....

Of course, as a human being I still have times that I forget this and I momentarily fall back into being part of the old closed system. But I work every day on making new transformations.

For example, when I have an opinion about somebody, even if I only think this, I turn immediately to a state of acceptance and resignation and ask with all my heart for forgiveness by saying: 'I'm sorry, I saw this in you, but it says something about me, something I still may learn. I forgive myself.'

In the beginning I sometimes had to repeat this hundreds of times an hour and shine a light on it again and again. But after a while my ego disappeared. Replaced by sun and light.

During every interaction with others there is an exchange and growth. We give each other packages with information and gifts all the time. Nothing is accidental. Life is intelligent.

When others confront me with disharmonic vibrations and I can stay connected to the Source, Love and Spiritual Intelligence, these vibrations will return to the sender with greater power. They will not affect me and the other person gets a better chance to see the reflections of the drama they cause, the illusion of the play that they write themselves and that they act out.

This gives him the opportunity to enter and to reach the door leading outside, away from the illusion to the open reality. I can only be present and sympathetic without interfering in this process. Until somebody asks me for help. But I can only help if my inner self is connected with the other person's inner self. Otherwise I just have to let it go.

The sender receives this silent feedback and it is possible that a change will occur, something like a purification and strengthening of vibrations as from a white light impulse. Every thought is energy and all energy is light. I can send impulses from all four of my bodies to the other person through my heart.

The basis is to always and everywhere be in tune. Each so-called conflict situation is only an invitation to connect and send Love.

In that case I am like water and inspire and sprinkle the other person.

## From a common perspective

To be part of co-creation and work together with others in a co-creative way will only work at a maximum when all participants desire and want to bundle their intelligence and intentions. When they are open and willing to learn from each other and when there is lots of space and trust.

Only then can we design the world or whatever project we are working on, in such a way that it will look like a virginal white snow landscape.

If this community base is not found, every effort to take the step to co-creation is doomed to lead to frustration.

On the other hand if we are willing to try and see all results as our own experience and our own responsibility, we shouldn't be too strict on ourselves or the other person. We can grow together and learn from faulty insights and invite each other to find that gateway to our heart.

That isn't always easy. We know from the experiences of the *my eyes Group* that it is a beautiful new approach and that it takes time to change and to get attuned to each other. At moments that a project stops and the creative creation doesn't show, it always turned out that the co-creation process hadn't come to full maturity. However by continuously trying, like a child that learns to walk, good progress will be made. The open innovation driven and directed by the community designed by *my eyes*, is a great help.

Creating and accepting shared collective ownership in newly developed communities in the field of innovation is still an unexplored area for most people.

However, I do notice that demand for this new approach is growing and that because of the complexity of our world an increasing number of people realize that a new approach is needed.

During the first two and half years of the *my eyes Group* we had to learn a lot. We had to learn to adapt and reinvent ourselves. We started the network structure with co-creative professionals cultivating the body of thought at the end of 2008 and it turned out to be the right step in order to be able to continue the adventure. Together we turned out to serve as a catalyst in the direction towards co-creation. It was a process that required both a major investment in our personal development and in financing. It was all worth it.

The problems in society are ever increasing. In some ways it looks as if no changes are taking place. Because we only produce more waste, the result will be even more trash. That is the way things work and it is the illusionary result of closed systems. But even here our universe is set up so intelligently that when we only make things worse, the counterforce to restore everything in a balanced way will also strengthen.

It looks like the world is the center for much tension and many changes. We can work to soften the enormous suffering people experience, so that things will be less destructive for many people. I believe that through the new approach of communities based on co-creation, we don't just change ourselves but will also invitingly touch others.

#### Co-creation in a universal model of manifestation

Ultimately the universal model of manifestation especially deals with the process of the heart, entering into the domain of the co-creator.

I believe that everything is connected to everything. Awareness is growing among people all over the world. I think that gives hope and is beautiful. We live towards our promise: Becoming receptive and available for what is in the ALL.

#### The co-creator

In this chapter I provide insight into a co-creator's domain. It needs an open reality instead of remaining in the closed systems and opens the door to a co-creative creation process.

New information revealed itself through the lesson of the snowflakes. We receive inspiration and directions to stay aligned with our manifestations. It is very important to take responsibility for our own acts and to use the process of acceptation and resignation:

- Welcome the situation and face it;
- Explore and accept it as your own creation;
- Embrace it;
- Be thankful for the quality of the signal;
- Let it go, receive the gift and enter the open reality.

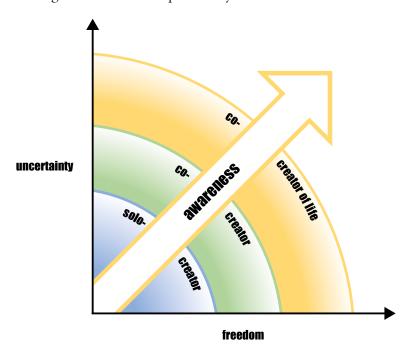


Illustration 12. Co-creator in relation to freedom and uncertainty.

That allows us to be more open and more available. And this way we can live life the way it was meant to be lived.

Co-creation is an invitation to take this step to an open reality and become co-creators in new

communities which we can build together. Just like the snowflakes work together to change a land-scape into a virginal white landscape.

How will this be done in practice?

Working in the *my eyes Group* and the projects in which we participated taught me much about myself. Co-creation is a major jump from the point of view of awareness, a jump to leave the creative creation process as a solo-creator, to take with us whatever we could learn and to let go of what we don't need anymore.

The way to co-creation opens the door of inspiration even further. The creative creating process is clear but looks for a balance in sharing everything among more participants. Nobody is the real owner of the project and yet there is often a discussion who is the client and who accepts the assignment.

The co-creator acts much less from his own willpower and moves more in the direction of cooperation. Communication between the participants becomes ever more important especially at the level of openness. A higher level in the process of acceptance is required. Because of these learning points there often is still a lack of synchronicity. That is why it is important to create a good basis of trust in each other. It is all about working from your heart. There is still a linear structure but we are invited more and more to work together in non-linear ways.

When co-creative projects show too many aspects of solo-creators' behavior, the project stops. Where we share our intelligence and our sources we can co-create and learn from each other and make things happen.

During the co-creation process it is also important to recognize the various participants for their different qualities. Everyone is unique in the process and everyone becomes equal to a certain extent and is willing to share the best of himself or herself.

This chapter doesn't touch on a number of very important questions:

- Why was the universe designed this way?
- Why were we created in such a way that we still have so much to learn? It looks like an incomplete creation, or is it not that?
- How did we get to the position where we are?
- Why do we have a free will?

- How am I connected to others with all my bodies?
- What is the next level after the co-creation process?

As I already said in chapter 3, 'Stories from my life,' I started preparing for my next jump at the beginning of 2010. Starting in 2010 I am connected to the *my eyes Group* as a cultivator and I resigned as director. Life invited me to make new preparations for the next jump in a deep way again.

How is it that even when I take steps in the growth of my awareness I still haven't reached the point of continuous harmony? What is this duality that has such a strong influence?

I learned from all of my experiences in life but I still miss something. What is it? What is it that I cannot see but against which I still feel resistance in my heart?

I invite you to travel onward with me in the following chapters and to discover the gigantic transformation that I started a few years ago. I'm not saying that I have all the answers for you. But I do have the answers to my questions. I let you be a witness of my journey of the heart.

As you can imagine, it will not stop at the level of the co-creator.

# **Chapter 7**

# **Poems:**Inspired answers from the heart

'Continual acceptance of each other, ourselves and everything we encounter, it all lifts us up.'

These poems are from my heart and I invite you to open your heart when you read them.

They cover new areas and even I, although I wrote all of them myself, several times experienced (mental) resistance while reading them.

These poems add insights in the chapters that follow and they are important for a better understanding. I already ask you to read them again later and see whether their contents touch you in a different way.

The first poem was: "Be yourself." It was created at an important moment in my life and marked the beginning of my next growth spurt. I threw the following question into the universe: 'what is my life's essence' and I asked for a short answer.

The answer came swiftly and was brief and comprehensive. One Sunday morning, in February 2004, I wrote the poem in one sitting. I was surprised by what came to me and it took a long time before I really began understanding it. And I am still discovering new layers in the poem.

The first lines of the poem touched me because of its structure repeated in the first two lines. Some people even asked me to change the poem for that reason. I always refused because I felt that there was a reason for this.

'Be yourself. Everyone, be yourself.' A few years later, my brother Peter remarked: 'this poem is about you' and that made me realize that it indeed was addressed directly at me. But it was also in-

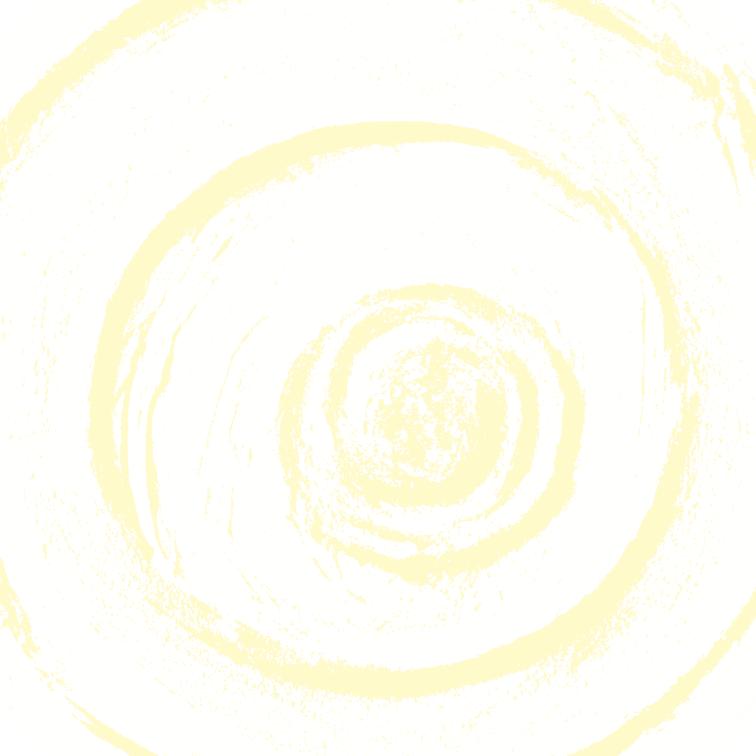
tended for every human being. Its use of the imperative made it clear to me that it really is intended as a message to me that I was invited to start working hard on my own transformation. In addition, it was an invitation to start loving myself. And it was an appeal to start looking for the love in me. To find the link. It called on me to stop with all efforts directed at the world outside of me.

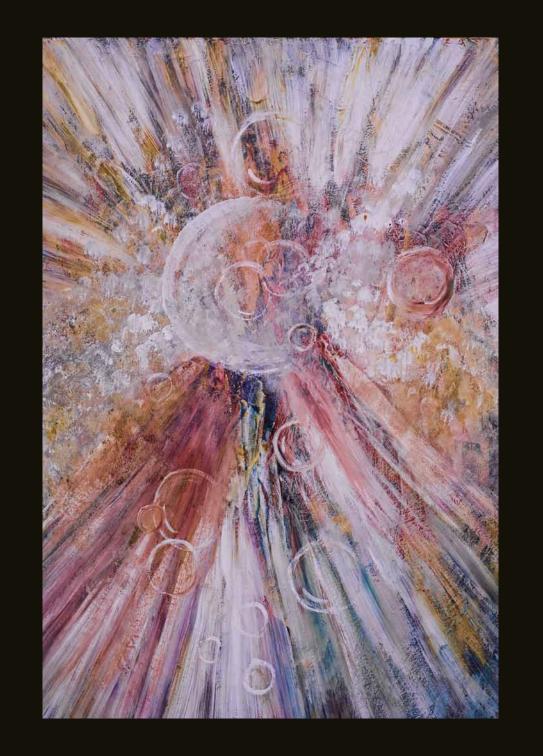
It was an additional stimulus to start taking time for myself.

Thank you Peter, for holding up that mirror for me at that very moment. It was the marker highlighting a new connection level.

I wrote the poem 'Meeting' at the end of 2005 and I used it for the poem 'Invitation' which I wrote later, at the same time with the other poems in 2009 and 2010. I would like to share them with you and instead of following the chronological order in which they came into being, I deliberately chose a specific order.

Thank you, Angelica, for matching some of your beautiful paintings to my poems. A good example of synchronicity in the experience of art, the same with the story of how we arrived at this cooperation. Coincidences don't exist, we know that. Angelica is a gifted artist who is completely open and available to all inspiration the universe bestows on her. I know she is a joy to this world.





# Be yourself

Be yourself.
Everyone, be yourself.

Life shows its majestic unity.
In harmony,
allowing its parts to form perfect matches.

Experiencing the light, seeing forevermore clearly.

Sharing all with everyone.

In a rhythmic movement towards more love.



# My journey through life

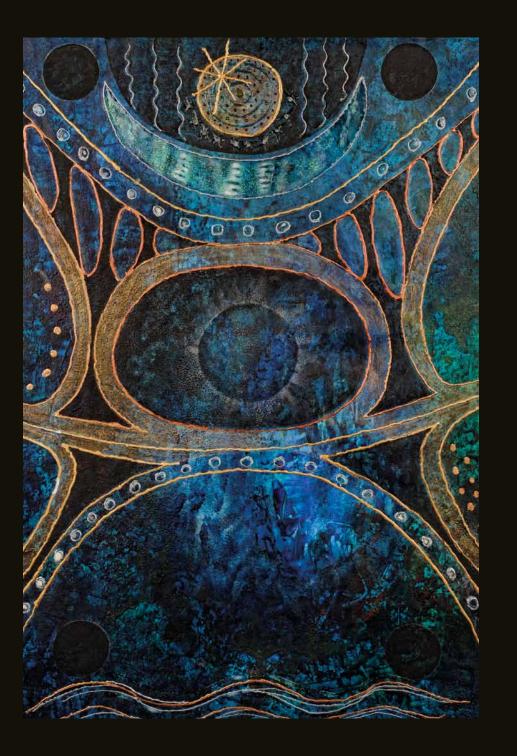
I am amazed
everything changes, over time.
I am amazed
being an observer, in space.
Constantly changing myself,
I wonder about time and space.

I wonder about darkness.
Is that carried through time and space?
I wonder about the light.
Is that carried through Love?

I wonder about the abundance of nature's soul, about her Spiritual Intelligence, about Divinity.

I wonder about my life, which invites me to capture glimpses of truth.

While I continue my journey, encountering dimensions of the earth, encountering dimensions of my bodies, searching for the door to my heart, to be open to the river of love.



# Silence

My intentions, my thoughts, my feelings, my words, my deeds.

I observe them silently,
seeing my limitations.

My passion, my creations, my life.

I observe them silently,
experiencing temporality.

My family, my friends, my community.

I observe them silently,
contemplating my existence.

My world, my universe, my dimensions.

I observe them silently,
traveling my journeys.

As a part of the source of silence, I observe them silently, myself, my existence, my being

Realizing: nothing is mine.



## Invitation

Every one of my life's moments is an encounter, with somebody or something.

Encounters where nothing must be, such freedom.

If nobody needs anything from anybody, peace is there.

Every encounter in life is an invitation.

A smile, or fear,
a bird or a crisis situation,
a friend or an enemy,
they are all invitations,
to meet myself.

I can experience every encounter as something new, if I really choose to,
a new page.

I can choose my thoughts, my words give them life, my deeds complete them.

Very consciously
I bless every moment,
listening to my heart.
I am the creator,
carried by Love.



## **Endless** moments

I was far away from home, you invited me to dance.

Our hands touched. our eyes recognized our souls, an energetic embrace ended our dance.

Our lips touched, our hearts found a common language, wordlessly, we exchanged warm feelings.

Curiously longing for a possible next time, we kissed goodbye.

We met again a month later,
our hands, eyes, lips, hearts exchanged infinite feelings.
When we kissed goodbye again,
I tried to keep up with my thoughts, this unfolding new path,
waiting for new magic moments to come.

You said you were glad I entered into your heart, love lightens my soul, I feel at home.



# Transformation of fear

My eyes look deep into my fears, they don't dare go deeper.

At this point
I slowly accept,
my lack of belief and trust.

Suddenly I fall deeper,
encounter my deepest fears,
I see the illusion.
It was I who built walls around me.

Suddenly, a light touched me, encouraging, like the sun on my skin, opening from the inside, my heart.

Fear disappears,

Love pours in,
lead by the Source and Spiritual Intelligence,
manifesting my new life.



## Theater of Life

Nowhere at home, in my current state of being, looking for love.

> Outside of me, an endless stream, closely encircles me.

Teases me, like an echo from another world, duality as my reality.

Countering my essence, I name with all my power, the mistakes made by others, the mistakes made by God.

Finally, I acknowledge my denials.
Insight changes,
it was I,
who of my own free will,
turned my back on love.

Humbly I realize,
love is always calling,
extending its hand to open my heart,
so that I can hear, so that I can see,
so that I can feel, so that I can taste,
life itself.

Love, the answer to everything, healing my unbalances in life, in preparation, of a new life.

My eyes mirror my soul, they unveil my illusions, as mirrors of duality, that I created myself.

In me, a wondrous new world appears, unity of souls, Spiritual Intelligence fills mine.

Love,
fulfillment of my existence,
at the right moment,
in the right place,
in the right order,
always.

Now I know,
nobody is to blame for anything,
there is no shame,
there is no guilt.

There is only love,
life teaches me,
life invites me,
to become a co-creator of life,
serving love.
I will never more be without a home.





## Love is surrender

How can the future, which I don't know yet, frighten me?
How can the present, that determines everything, who and where I am, slip by me unnoticed?
How can the past, which no longer exists, keep me prisoner?

My future,
can teach me to surrender,
to the unknown,
which will cross my path.
My present,
can teach me to focus, with attention and appreciation,
on everything that is.
My past,
can refine me by teaching me to forgive,
all my thoughts and deeds.

Devoted with all of my heart,
in silence,
observing everything that unfolds,
the light more visible,
exposing my soul,
flowing from the source of EVERYTHING.

Through Love,
everything will open.
Through Love,
everything can be accepted as it is.
Through Love,
everything regains its freedom.

Through a deep and quiet desire, for the Love in me,
I can give to others
the light in me.

We are, in our core, beings of light.

We cherish a deep desire,
to return to that light in us.

Love is surrender, a mystery of birth, reuniting us with the light.





## Soul

I am a soul,
inspired by the Spiritual Intelligence of the Great Creator,
who asks me, in love, to open my eyes,
who wants me to shine on my journey,
the light that I am.

I am a little spark,
in the Creator's large fire,
who invites me to open myself to Love,
through complete surrender,
to melt myself into one.

I am full of life,
one with every experience,
part of the unit
a feast for the Great Creator,
in which all is mirrored.

Now I remember, guided by the Great Spiritual Intelligence, my soul in the light of the flame, the flame of all souls.

> I am a creator, free and blessed with the gift, to experience my Divinity.



## Flame

Suddenly I see myself as a flame, While I watch her, I appreciate this flame. Then I see another one dance next to me.

A dance in togetherness.

I feel much warmth and support.

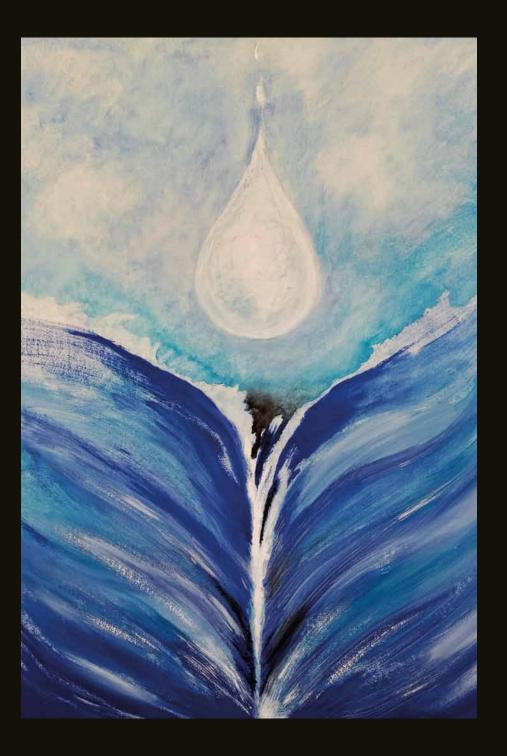
It is yours, my love.

While celebrating this precious moment,
I expand my awareness,
in the quiet of the dark space,
linked to an endless fire,
bright light.

The closer I get, the brighter the light, the greater the warmth, the more joy, the more peace, deep within me.

In the silence I feel surrounded by endless flames, That dance with the rhythm of Divinity, vibrations of the void.

Now I understand,
your love is granted me,
to open my eyes, to open my heart,
to be linked to the Soul of all flames.
In silence,
in bright light,
teaching me the language of Love.



# **Destiny**

This is my voyage, floating through time and space.

It is my life,
where I encounter people, enjoy nature,
exploring myself.

It is my free will,
to see what I want to see,
to think what I want to think,
to feel what I want to feel,
to act how I want to act.

It is within my power, to present my wishes, to create my reality, to keep track of my results.

Despite everything, I discover transience, I see time and space, that consume everything.

I see myself repeating.
Now I ask for release,
from this prison,
I built myself.

With respect,
I decide to call on Divinity.
Spiritual Intelligence fills my soul,
Love is my guide.

I grow.
Beautiful light,
lights my path.
I see my destination,
reaching out to me with her hands.
Instead of walking in circles,
eternal truth embraces me.
Inviting me confidently,
to follow her voice.

Even if I were to forget life, eternal Love never forgets me, reveals to me, that I am a visitor to the earth, learning the language of Love.

Being a Creator, unbound by time and space.

I am a free soul, embracing my divinity, I am one with The One.





#### **Eternal life**

I am life's co-creator.

I experience the majestic oneness.

In Love and harmony,
I create from the source of inspiration,
all forms of unlimited possibilities,
forming perfect matches.

I see the light,
the unseen is seen.
In harmony and unconditionally,
I share all with everyone.

In the rhythmic movement of one community on earth,

I live my promise,
in a state of Divinity,
I am.

# **Chapter 8**

# Thorough exploration of the heart and intelligence

'If we can embrace and celebrate our differences by recognizing each other at the level of our souls we will feel liberated.'

The language of the heart is silence, as you probably also experienced while you read the poems. While writing them I entered into new domains that invited me to discover more.

Let's take a closer look at the heart and the intelligence based on that experience. Which questions were not discussed in that connection in the preceding chapters?

- Why was the universe designed the way it is?
- Why were we created the way we are, while we have so much to learn? Does it look like an imperfect creation?
- How did we get to where we are now?
- Why do we have a free will?
- How am I connected to others with all my bodies?
- What is the next level in the creative creation process?

In this chapter we will discuss the following eleven points:

- Explanation of the heart;
- Amazement, recognition and celebration;
- Meditation and our brains:
- DNA: packages full of information;
- · Reflecting and healing;

- The process of openness and growth;
- The process of forgiving;
- The process of acceptance and resignation;
- Soul connections and relationships;
- Holographic and three-dimensional approach of consciousness;
- The dynamic flow of synchronization.

# The explanation of the heart

#### The mechanical heart

We all know our heart as an organ that pumps blood through our veins, that ensures that we have oxygen and that everything is constantly refreshed. Most of us consider our heart also as the center of our being. I want to stress here the immense importance of our heart. Heart and vascular diseases are the most widespread causes of death worldwide. And we know that our heart can be broken. For example, when something painful or major occurs in our lives, when we see people suffer or when we lose a loved one or when love is no longer answered. So, our heart has a special relationship to love. I have long thought about this and in my opinion it means that the most important illness worldwide is related to how we deal with love, with our heart. Often not being connected to our heart demands that same heart to send signals to correct the imbalances.

I invite you to think about your heart for a moment. How do you experience it?

### The intelligent heart

Scientists proved that the heart is a very intelligent organ, much more complex and more intelligent than we ever realized, or at least than I ever realized. It forms the center of all mutually connected bodies.

Research showed that the information is first received by our heart and is only registered by the brains a fraction of a second later. A few people were put in a scan machine that can chart the energetic systems of hearts and brains. By showing different pictures, for example, pictures of love or violence, clearly different parts of those systems became active. However it went a lot further.

During a follow-up scientific experiment a computer showed pictures to the participants in a ran-

dom order. Before the computer had made the choice, the heart already knew which picture would appear. And a fraction of a second later the brain received the same information. Isn't that amazing? The heart already knew the choice before the computer had made it. This is almost impossible to grasp. I believe it and scientists must accept it as a given: imagination trumps science.

In addition, this proves that everything is connected in one unity point and that a large intelligence informs and directs us.

I find that really amazing.

Much more can be said about this. I advise you to watch DVDs like *The Living Matrix* and *The Voice*. It will increase your amazement at and admiration for nature because they so clearly show you how we, as human beings, are part of life and how life informs us and how we influence life around us.

### The loving heart

I am now more than ever convinced that I must be nice to my heart and that I am allowed to follow it at any time. Our heart, the center of information is directly fed and guided by the Source, Love and Spiritual Intelligence.

What happens when I follow my heart? Where will it guide me? Step by step and jump by jump I made changes and switched to an open reality, away from the treacherous illusions.

The whole universe made clear to me that it wants to tell me a different story and therefore I may follow a different way. I feel it. It is an invitation, a call from life.

While I was looking for even deeper answers, I discovered the enormous power of asking the question: 'to what does life invite me?' That opened many doors for me!

The invisible world gives me information and takes me to places I have never been and I receive new information or learn better understand information I have read or heard in the past. I increasingly experience the major connection and I want to take you with me into that.

In the past I regularly resisted certain situations. By learning to live in acceptance and surrender I discovered the power of respect, humility, simplicity and patience.

Hidden behind the mirrors of all illusions I was allowed to receive the insight that the Source, Love and Spiritual Intelligence are linked together and that my soul was created as a core of pure awareness.

But what I saw in the mirror was only a projection on the walls of my theater of a shattered consciousness that I constructed myself. These walls of false promises and empty insights interfered with being myself for a long time. All identities I created were only the illusions of my theater. Only connecting with the Source, Love and through the Spiritual Intelligence enabled me to break through and remove them step by step, a process that is still ongoing.

My decision, made of my own free will, to travel back is the most important decision ever in my life. Through the process of acceptance and resignation to life and by giving up my own willpower I became increasingly open and available.

#### The earth's heart

Earth is a living entity connected to the same energetic fields as we humans are. I received the insight that the heart is the gateway to a new level of awareness and that it provides access to other dimensions.

Without going too deeply into this now — in the summer of 2010 I traveled during a magical shamanic experience in France through the Mouth of the Serpent of Light. A mystical experience. I only want to say here that at that moment I was part of the earth's heart, that I traveled through the universe, even through more than one universe and that my heart was connected to everything. I was shown how energy is created, insights about DNA and its functions, how trees grow, insights about human relations and so on. I was taught and I could hardly process it at that moment. To be very frank: I just couldn't bear it, so much light, so much information and so much beauty. Anyway, for me it was an important incentive to embrace my path to the unknown even more and to grow towards more unconditionality.

# **Amazement, recognition and celebration**

#### **Bodies**

Our bodies are connected to each other and our four bodies can be divided into several categories. Together they form a magnificent energetic system that is guided by vibrating impulses of light patterns. It all fits so beautifully.

The physical body, consists of roughly one hundred to two hundred billion (fourteen zeros!) intelligence cells. One cell contains at least six parts, from a core component to a warming energy compo-

nent, all working together. Each component is subdivided into molecules, atoms and smaller parts like protons and neutrons and those, too, are divided into even smaller parts. And all of that is changing all the time.

Scientists discover ever more information regarding the cells' intelligence. Intelligence that even operates without our brain's intervention. The heart is the center of everything. Our emotional systems are connected to all the different organs and the energy systems exchange information among themselves at all levels. For example: when I am afraid, I feel that in my stomach. When I am sad or happy I feel it in my heart. These different vibrations are immediately visible when you have an aura picture made, for example.

Our mental energetic body is a unit that processes billions upon billions of interactions per second and it is guided by our senses at the speed of light and sometimes even faster. What a miracle! Everything is guided by impulses which you cannot, or barely, see.

The spiritual body envelops all other bodies and can be seen as a halo effect in the colors of our aura. Everything is an expression of light where life shows a beautiful synchronicity. Beautiful energy impulses that come together with perfect timing at a certain spot in space.

We are literally an expression of that light that originates outside of us and that informs us. We receive that light and from our inside we pass on that light and create our world. The light is often still fairly weak because we create so many obstacles, as I explained in chapter 6.

The light that we experience in ourselves and can see in others, is a glimpse of the soul that wants to fulfill all its potential.

The soul, when it is free of all veils, is made from pure consciousness and transforms into the most clear light you can imagine.

#### Universe

At the end of 2010 I read about new estimates of the space and contents of the universe in *Nature* magazine. The authors stated in the article that the universe contains three septillion (24 zeros!!!) stars.

Three septillion stars?

That is more stars than grains of sand on all beaches on earth. Inconceivable, right? Those stars have quite a story to tell us because the moment we look at them, we look at our past. Billions of light-years

into our past. We are not separated from those stars and we are not separated from the universe. In a certain sense we are one with the universe.

At the same time, at the end of 2010, NASA announced that they had found bacterial life on earth based on arsenic DNA combinations instead of phosphorus. So even the diversity of life on earth is broader than was assumed and known until now. What a development and what an intelligence.

#### **Imagination**

I see and believe that everything scientists have discovered recently is only a very small fraction of what exists within the universe and within me. Life is so unimaginably diverse. Actually, the scientists only give us the large size and quantity of what we can measure and comprehend and not the infinity of it.

What I describe is a reflection of pictures that I see. It is my reproduction of my inspired image of life as it comes to me thanks to research by brilliant scientists but especially by entering into the quiet and allowing me to be one with life within me and around me. The more my awareness broadens, the more clearly I observe the process of infinity of life.

You might wonder if you're done once you can experience and observe this process so clearly.

I realize more and more that I don't have to control or overcome anything anymore. I am only amazed by all this information which feeds my feeling that I am part of something that I haven't experienced earlier. It is co-creation at such a complete level which I couldn't imagine earlier that it existed.

I feel that all steps I took earlier in my life were only preparations for something that occurs outside of my comprehension. Everything I did now seems so unimportant, however much energy I ever devoted to it.

#### Awareness

Our awareness can only contain a small part of everything that is happening. Pure consciousness, which is the source of everything, cannot be measured. The more I learn, the more I understand how special everything is and the more I experience how little I know.

I did develop a larger capacity of discernment through all my exercises. I can now even experience stepping into emptiness. All space within atoms is like a gigantic emptiness. And even those material parts consist of energy waves. Everything is part of a gigantic energy field, divided into light frequencies and ultimately carried by pure consciousness itself.

I experienced that it is possible to be within that emptiness and create from there.

All this information invites me to join the creative creation process in wisdom.

The inner beauty of the process of life doesn't have an opposite movement. No, only the way I conduct myself, so through my limited awareness, can I make myself to be an opposite movement. There and at that moment every imbalance is created. It is up to me to restore the harmony in a passive way by surrendering myself as was already discussed a couple of times earlier.

At moments when I deeply connect to this broader awareness I am touched to the core of my soul. At those moments I realize how beautifully everything is organized.

Can you imagine that even when I think of resisting either by what I say or do and withdraw from the connection of life, my bodies still give me what I need? And they have been doing that for decades.

Earth provides me with everything I need. At the same time I can feel when I slacken my ties to life too much. Yes, this loosening is literally the process which ages us.

With everything I know, how is it then still possible that I still have moments during which I see life as a spectacle that I would want to control or manipulate? Or where I search for ways of how things would work better for me than they already do?

Why do humans need technological progress which we then so often use for destruction of harmony instead of for general use? Why do I participate in this?

If my bodies and my universe were to listen to my thoughts, to my own will, things would become a gigantic mess. That is already the case in many aspects and that is the result of conditioning gone wild in which we are imprisoned.

For example, look what happens when talking about nuclear energy based on what happens in Fukushima, Japan. Search on YouTube under the name Dr. Helen Caldicott. It then becomes clear that what is happening in Japan is a much larger disaster than what happened in Chernobyl.

Our intervention in nature will have a growing impact on our own existence. An increasing number of people obtain insight. The accepted organization systems in our society have a hard time permitting this information, because they are still strongly guided bases on the solo-creatorship. Much is covered up because of lack of transparency while what is happening is increasingly out of control of the established order.

# Appreciation and celebration

Life is carried by love. To make me remember that I was made from pure, original light, Love confronts me with the illusions of my ego which has blinkers on. I have a choice. I review the dualistic way in which I often look and I see it in connection with the origin.

Not by resisting but through acceptance and resignation, through appreciation and celebration I reach unconditionality by abandoning my own will and surrendering to the infinite free will. Through the process I follow on the road to complete clarity and reaching my core, I am filled with more light. To achieve that I have to let go of all set ideas regarding myself. Only then can I become a creator fully synchronized with life. I can just stop directing and influencing life as I have done so often. I only noted that it seemed as if I was outside of that life.

#### **Meditation and our brain**

### Brain and crystals

Our brains are built from billions of small crystals that operate as a gigantic send and receive station and act as a serving hatch. It is amazing how similar this is to what we call modern technology.

I think that modern technology is a copy of what was already created by nature in the process of life.

We are able to feel all moments of inspiration if we are connected to our heart. It is important to live in the now instead of in the past or to anticipate the future.

A clear frame of mind means that we are receptive and are open to every impulse without filtering this action and without comparing this with events from the past or to project onto it our desires for the future.

I experienced that you can train this. It wasn't like I had to learn something by adding knowledge. No, it was the path of letting go. Creating quiet in my head by only observing your own thoughts without guiding them in any way. Just letting it be, shining a light on it, becoming the observer and at the same time the person being observed. Not linking any judgments to any thought. Just letting everything go.

Meditation and other exercises taught me much in this respect. At a certain moment I was increasingly able to be in the now. Meditation is a tool, not a goal by itself. After a while everything automatically becomes meditation. A conversation, doing the dishes, relationships. You can meditate in many ways. It takes you to a more stable and deeper state of being where you feel yourself as one with life.

I invite you to observe yourself from that silence.

## Preparation

Scientists recently confirmed that our brain capacity can continue to grow over the years and that it need not be the case that it shrinks when we get older. They also discovered that even after a short period of meditation our brains are switched in a different way with ourselves and life all around us. By experimenting with different kinds of meditation, they found that different parts of the brain react to that.

So, by focusing our attention at love and peace or at the choice of co-creation, we create a better quality of life. Do you remember the story of the wise Native American and which wolf do we want to feed? Meditation can play an important role in feeding your inner self.

Did you ever think how much polluted information we ingest by reading newspapers, watching television and playing computer games?

The moment I started thinking about that I became more careful with what I wanted to ingest.

I hardly ever watch television anymore and I haven't read a newspaper in four years. I selectively choose by myself, usually through the Internet, which information fits me. Through my meditation exercises I also experienced that it is possible to become part of the city without the city influencing me with stimuli I don't want. I can meet many people and still make my own choices regarding what is healthy for my own growth.

#### **Potential**

I limit myself less and less and I notice that the resources the universe offers me increase. Because those are infinite.

Inspiration is my life's guiding principle. A little bit of inspiration can create a whole new world. Only our own level of awareness creates our limits.

A simple and yet amazing example: When I project that I'm running, muscles form without me actually moving. So the cells in my body do not distinguish between actually exercising and the imagination in my thoughts that I perform that exercise. Scientists tested different people and showed that there indeed was an increase in muscle mass of some 26% without the test persons actually exercising. After I ran my last marathon I started doing this and I also have that experience. Yes, our thoughts are very powerful in the creation process.

If we marshal all our powers in a balanced and liberated way and we become aware of what nature offers us, we don't have to fight for raw materials or ownership. We will understand that there is an abundance of everything and that if we share with each other there is more than enough.

# **DNA: packages full of information**

Our DNA is like a station with information but it also serves as a large processor of information. In principle it is our blueprint, the formula of our being. It is a blueprint for the many reproductions in life; a cycle of dead and new-born cells. All organisms are built according to this code. Scientists are able to decipher the full codes of an increasing number of organisms and through that they know every tiny part and its function. These codes are like information systems.

Our DNA also stores our parents' and all of our ancestors' genes. DNA links the past with our present and everything we gather as information and impressions influences our DNA of the future.

During our lives we are informed and defined in two ways, as they are reflected in our DNA:

- Actions from the past before we arrived on earth, these genes, these shaped information from the past, we can call karma.
- Through our own actions, stored during our life as a collection of our own activities. The cycles of past lives and our current life are connected to the process of death, to which I will return in the next chapter.

So, we can not only change our brain activity and brain capacity through our own thoughts, words and deeds, but we can also change our DNA because our DNA includes an imprint of our infinite potential.

Scientists discovered that many 'buttons' in our DNA are not yet being used. In my opinion: the more I grow in awareness the more potential shall and can be activated. If I cannot lower my uncertainty and lack of unconditionality, I will not be able to open new doors.

New doors will be opened only if I chance to take a new jump into the unknown and don't impose conditions on that. That is the story of my life: every moment I dared jump, new doors opened one after the other. By jumping I enter the unknown. That situation teaches me where I was still stuck to my past. I can let that go in the way as described below in the transformations necessary to connect to an open reality. The moment I live in acceptance and become one with the process of life, my conditions which I connect to that, disappear and that opens the doors to more freedom.

Humankind has received so much new information during the last decades. Much was revealed and brought to light, also for me personally.

All these revelations become part of my DNA and will be passed on to my children and then to their children. This transfer can even take place through the ether if we are connected. You might compare it to wireless Internet, the 'Wi-Fi system'. We influence each other without being together physically. Just as lovers open doors for each other, the universe opens doors to the knowledge of life. Once the doors are opened, they will not be closed again not even when moments of struggle and other dramatic disturbances occur.

That is also the reason why these days so many children are born with a large potential: indigo, crystal, etc. These children are much more sensitive to everything. Therefore they are aware like no others that they are one with life and don't want to interfere in life. They are a promise of what we will all experience soon.

Every change I live through, influences others and especially those who are close to you. Interactions between family members and lovers are very sensitive.

DNA is not only a blueprint of the physical body but also contains the imprint of all other energy bodies. Remember that everything is information. And the information pattern is what creates reality. Different information systems may be formed from the emptiness of pure consciousness. The reality we experience will be different depending on the system that is accepted.

This is the reason that it really makes a difference how we think, how we express ourselves and how we act.

Our growth in the process of life depends on the following information:

- Our DNA as we received it when we were born;
- Our own pile of information gathered during our lives;
- Inspiration which invites us to make jumps in our lives;
- Our decisions regarding what kind of information system we choose as the foundation, for example, harmonic (A), dualistic (B) or open reality (C);
- Our system of convictions.

All these dynamics determine who I am.

This gave me the insight that it isn't smart to change the original DNA structures of organisms through intervention by somebody else. We then choose to intervene in a technical way, as happens in the medical world, to take an example. We analyze what doesn't function well and remove that from the system or our bodies. Or we fix what is wrong. We do the same with drugs and medications. We take or use without really knowing how we should handle these things. We often focus on one-sided solutions and forget that everything is connected to everything else.

Even though we lengthen a person's life cycle we don't act on the insight that everything is one. Many of the technical progress evolves from our fear of change and our fears that we cannot control things. This then causes more efforts to control things which then causes many imbalances in nature and in human society. They are often interventions regarding the context in which the problem developed. Einstein already said that in that case you don't make real progress.

Let's take a different, new path. Let's approach it from a holistic point of view.

We might start using our potential creative powers in a more connected way and be guided less by fear and our own will. There is a clear difference: you use your knowledge to be lord and master and rearrange life, or you use your wisdom by recognizing life as a gift.

When I look at the current world, we heal one illness and the next one is already on its way. Through the use of antibiotics we even made situations worse instead of better. It creates resistance which in many cases cannot be solved any more. Do we really think that we know better than the Great Creator? That we can create a better balance?

The same goes for all food manipulation. Can't we see that the increase of cancer worldwide is related to the manipulation that we bring upon ourselves and other living creatures?

I can tell you that I also contributed to this. Even now I'm still not free of this. But at least I no longer have blinders on and I work daily to make a change. I am changing so many old customs where we are in a rut.

Did I really think that I could do better? Even with the majestic beauty and diversity of nature right in front of my eyes?

Yes, I really thought so.

Why couldn't I accept life as it is and why can I forget my insight even today?

It is my free choice. For each step we take we can make the choice to go forward in unity with the Source, Love and Spiritual Intelligence or we can continue going around in circles in the closed system of duality.

Can't we just see that we are not making progress and that much of our progress is only an illusion even if we think that it is progress? I was amazed when I realized this.

If we focus on the ray of life in us, in our heart, guided by the Source, Love and Spiritual Intelligence, we activate our brain and rearrange our DNA. The Great Creator is in balance and provides us with beautiful creations. So what is the best place to restore the balance?

## **Reflecting and healing**

# The healing process

What do we have to do when we want to heal ourselves? First we must understand that it is an imbalance – created by ourselves and/or received in our genes – which goes against the law of a harmonic universe.

We often identify with the imbalance or we even deny the imbalance. That is why we cannot observe ourselves and the imbalance from a distance. We are not in the present and we don't have an overview and recognize what causes our 'false self.'

By acceptance and resignation and by surrendering myself I can transfer the imbalance to the emptiness of pure consciousness. In that domain every imbalance can be repaired. The heart is the gateway and connects with all bodies and you can connect all imbalances to the healing powers from the Source, Love and Spiritual Intelligence. Embracing yourself and life and feeling thankful for the fact that the universal field of pure consciousness repairs everything.

I may surrender my willpower to the power of everything that is. A consciousness that reaches beyond my intellect. Only the heart has access to that and knows the language.

The old programming is uploaded to the emptiness of pure consciousness and is there deleted and next the healing energy is downloaded into my being.

Illnesses are very deep sufferings in a person's life. The existing traditional treatments are all good and have the best intentions. Yet, I would advise you to also use the holistic approach. Go deep inside, into yourself and cleanse away all negativity in your old past and in previous lives. Don't fight it, no, embrace it, because it is the moment in your awareness to restore the balance and free yourself and the next generations without technical interventions needing to be repeated and without repeating ourselves in the locked systems discussed earlier.

Briefly summarized, it just means that I say 'yes' to life. Life is a gift and I am finally allowed to understand how to stop fighting it.

#### Changing my convictions

Why is it still so difficult to do this with every aspect of my life? There is no right or wrong, please understand this well. On our path of life there is only the growth of our awareness.

Actually, we still live with many illusions. Basically, we are Love and we are basically balanced. But because we stepped into the duality and forgot that we can rise above this through free will, we lost our way and we were no longer able to joyfully perform the creation game.

As is told in the religious books, we decided to eat from the tree of knowledge and we thought we could do everything ourselves.

Can we do it ourselves? Can I do it myself?

If I turn deeper into myself and am aware of everything I said earlier, I can really no longer seriously believe that I thought I could manage life on my own. Not even a little bit!

At the level of my soul I am constantly invited to eat from the tree of Life. I only have to make that choice and I connect with the Source, Love and the Spiritual Intelligence, that is my experience. Only then can I finally fall like a free snowflake and make a white blanket together with others.

We are handed so much knowledge, not to become its owner or to manipulate it, but only to turn inward with insight and to feel the enormous warmth of everything that is available to you. And it is all free! 'Be yourself' was the poem's invitation.

My way is to be one every day and I work hard to demolish all walls that I built. All echoes of duality are created by the walls I built into my information systems and to which I allowed access. Life doesn't only ask me to return to the road home, but I was asked to shine on the way and be as I am.

#### **Process of openness and growth**

I have become increasingly open and used transparency as a process to meld myself into just one. Learning to listen to my internal truth and continuing to believe in that, always, is the only way. My earlier quest took place in something that was outside of me. Now everything is connected. I alone am responsible for my own thoughts, expressions and actions. I was allowed to learn how to change my drive to guide people and to feel feeling responsible for that. From leader to co-creator. I had to let go of many of my old believe systems and my education. I started facing my emotions, the limitations I had safely stored within the walls I had built with bricks. I had to clean out many karma aspects before I could find myself. I discovered new ways of being connected: new relationships.

Step by step I see in many ways that my life is more stable and that it remains balanced for increasingly longer periods. While I work on my growth to awareness every day, I connect to the present. I don't create expectations for the future. The more I live in the present, the more moments of synchronization I experience. I don't have to do anything and I act with much passion. I experience it as a beautiful miracle and I am so thankful for this feeling of connection.

I work from inspiration and when I have moments without inspiration, I just may wait. Sometimes I wait for days...

That is the way I wrote my book. Sometimes I worked twelve to fifteen hours at a stretch and some days I did nothing. I noticed that the moment I started planning or put pressure on myself like I used to do in the past, I had no inspiration. At those times I could force myself to write, but then nothing useful came out.

My inspiration came in the morning, during the day, in the middle of the night. When it was there, I made sure that I was ready to write more pages and especially to describe new insights or new connections.

## The process of forgiving

During my education in society I was told that I should ask for forgiveness for the mistakes that I made regarding others. I also had to ask God for forgiveness.

After all of my efforts to forgive others and my secret desire that others would forgive me, I experienced little relief or change or purification.

So my question became: how can I ask for forgiveness in a different way or how can I react in different ways?

What exactly is the real process of forgiveness seen from the point of view that we are all connected. That we are all one at a deep level.

I noticed that when I tried to forgive someone, I still had the feeling that that person had done me wrong. I judged on a scale of good or bad. So after a while I wondered: 'was it something the other person did or am I really looking for solace?'

When I made a deeper connection with a number of situations, I noticed that I was part of what the other person did. Really logical, because I am part of the creation. So if I created my own suffering, I was undoubtedly also co-responsible for what the other did.

Wow, looking at the process of forgiveness from this point of view I could only be amazed! Do you remember, that other person is like a postman who brings a package.

I also noticed that if I expected forgiveness from others, it didn't help me. First of all because I felt myself being dependent on someone else's opinion and secondly because I forced that person to have an opinion. In both cases I felt uncomfortable. Sometimes I also saw that the other person liked me expecting forgiveness. So I had to ask myself: when is it good to say sorry and when isn't it. I started looking for examples in my life and tried to discover my truth that way.

I found it in the observation that the other person, just like me, is part of the same creation and therefore shares in the situation that arose, just like me. The other person, too, came into this world to deliver a package of information.

I mulled this for a while and finally asked the unseen world for help.

The answer was amazingly simple.

The only person who can and is allowed to forgive you is you. Forgiving is nothing more than forgetting. Not literary forgetting, you are no longer emotionally connected with the past. And that is what you want to achieve, then you are free and the other person is also free. So the mailman doesn't have to come by anymore...

Next, I also learned something about my judgments. They don't bring me anything and only say something about myself. I correct myself if I still have a fleeting judgment.

So if my brain gets stuck on a story from the past, I forgive myself for the fact that I was part of that. I also do that for the other person. Again, I forgive myself for being part of it. So it is never again anything from the other person. Only from me.

Every meeting is a meeting with myself. Everything is a reflection and a projection of myself onto the walls that I built. In this way I take full responsibility. And I am the only one responsible.

The effect is amazing, try to experience it by working with it.

## The process of acceptance and resignation

I regularly referred to the process of acceptance. We easily accept those events that we consider desired. But what do we do with aspects considered undesirable and we easily give to somebody else.

As you know, I mentioned the following steps in chapter 6:

- Welcome what is and face it;
- Experience what it means and accept that it is part of you;
- Embrace the situation;
- Experience a feeling of thanks about the signals' quality;
- Let go and take the next step.

# Welcome what is and face it

It is important to make myself witness to the fact that in whatever situation I am, it is real. I am asked to face it and don't have to walk away from it, no fear, no shame, no fault, no blame. No, I may look at it, quietly, the way it is. I let every aspect permeate through me.

# Experience what it means and accept that it is part of you

It is important that I recognize life and that I really see that I myself am the co-creator of the situation. I am part of it and I was invited to engage with the situation and, very important, not to pass judgment on it Full acceptance, no judgment.

#### Embracing the situation

By embracing the situation, I emphasize that there is no aspect that I ignore. It is important to avoid sneakily pinning a number of undesired aspects on somebody else.

# Experience a feeling of thanks about the signals' quality

I can be thankful for the situation even though I experienced it as undesired. It is about recognizing that it is as it is. I recognize in a deep way the creative creation process and connect to it. I recognize the signal's quality. Its aim is to inform me about myself through which I can become myself at a deeper level. It is an exchange of information packages. They are signals showing me the way.

#### Let go and take the next step

It is the same as in the process of forgiving. I let it go and decide to no longer pay attention to it. I let go of the identification by becoming an observer and I become fully aware of myself. At that moment I am able to open myself, to grow and to take a step toward a new creation, lead by inspiration.

By practice again and again everything that comes onto my path, I feed my awareness and increasingly reach a constant, natural flow.

This process of cleansing the past opens the door to the present. The cleaner I become, the less ballast I have to carry with me. The more I am in the now, the more receptive I become to new information and inspiration and the more available I am to live my promise.

# **Soul connections and relationships**

# **Family**

Earlier and in the chapter about uncertainty and freedom I referred to the stubbornness of systems. In a way, family is also a very strong information system. Composed of blood and DNA lines families form

part of our societal and social structure. We build all kinds of laws around the family system. Our names, marriage contracts, authority levels as a father and mother and so on.

In order to be able to become an independent person, acting based on free will – the family is a good place to train. In a certain way families can become strong cultivators of a free life, but often they impose all kinds of limitations.

I experienced both. I was able to achieve the level of brother and sister with my family by realizing that they are the mirrors of my own existence. When I gradually started destroying my self-constructed walls, the re-echoing echoes disappeared and I realized that my family didn't differ from other people I meet. But the intensity of exchanges was much stronger during certain periods. Through the insight that we are all the same at the level of the soul, I experienced freedom.

#### Personal relationships

We meet so many people and some we experience as friends. It struck me that all people, and not just friends, can become brothers and sisters. It only depends on my own growth and openness. Some people stay in my life for a long time and others just stay only for a short period. We all have to deliver several packages of information. Sometimes we continue exchanging information and every meeting is refreshing or enriching. In other cases, and I had to learn that, too, we remained stuck to each other because we think that this is required, while we no longer enjoy it or learn from it. These relationships remain stuck at the level of habits.

You are allowed to leave people you meet in life. The French beautifully say 'A Dieux', which literally means 'See you at God's'. Actually you say: 'Even if this is the last time, we will meet again because we are all one.'

Even if we don't meet people again, we remain connected and in touch. It is our own choice whether we stay connected with loving or trivial thoughts. We really can so well train for the process of forgiving with our brothers and sisters. We can be brothers and sisters with everybody. Only blindness interferes with connections.

When you meet each other the first time, the Germans say 'Grüss Gott'.

I thought that was very confusing when I heard it when I was young. Why does that man say 'Greet God'? I now recognize that everything and everybody is sent by God.

This is not the place to delve more deeply into the concept of God. For me God is life and life is God and pure consciousness which provides us with anchors for the three creative powers: Source,

Love and Spiritual Intelligence. We cannot impose conditions or rules on these powers in any way. We can and are allowed to use it as much as we want, if we don't impose conditions. And we are deprived of it if we impose conditions on ourselves and others.

#### How about love?

That is a very special relationship. When I meet love, I share her with all my bodies. I see Love really as a gift of life which offers me all these beautiful moments. I don't intend to ask why or how? I want to fully share and I enjoy every moment. A deepening of connection, not based on exclusivity and ownership. The moment I make love exclusive, it remains a reflection of the conditions I impose on myself and the other person.

I am increasingly aware that I don't have to set rules. I even believe that all rules imposed by religion or society created major conflicts within ourselves. I just wait what my heart tells me and I trust that it will bring me into balanced situations. So I know already that if I were to look only for sexual lust in a physical manner, this is not a call of Love but an independent emotional imbalance that I still deny. That is why you can only fully share love with somebody if there are no conditions. I know now from experience that if Love, with a capital '1', calls me from inside the heart, I may make the connection and may celebrate this. After all, it is a gift of life which prepares me for yet another jump into the unknown. A jump in order to grow. When you meet and share love, this doesn't mean it is for always.

I know that we want that, but it is often our fear to be left alone or to become alone which so emphasize that wanting.

Love knows her own path and has her own ways to inform me. I am no longer afraid to lose someone. I know that now from experience and I think that it was the hardest lesson I was ever privileged to learn. But this lesson was necessary to open the door of my heart. I learned that the rate of acceptance in being able to be alone is equal to the rate in which you are able to love yourself and others.

Love is a very direct way to make you jump. If you refuse to jump, even when you are in love, you will probably never jump again. Of course, love can blind you for a time. But it is also a gift. She removes the fear of the unknown and lets us meet equally unconditionally.

Can we make or buy our own love?

No, we can only be willing to jump. If we become aware of all daily aspects in the relationship

which have more difficulty accepting from each other, this only means we are receiving a life lesson. Sometimes an old love disappears and new love takes over. My personal advice is to follow love in all cases, even when your heart is broken.

I learned to trust life, even though there were moments that I thought I couldn't bear more misery. If you cling to love outside yourself, the inner pain is a reflection of that. Love opens doors that afterwards are never fully locked again. It is an invitation to keep in touch with all your loved ones, even if you lived through difficult times with them. I experience it as a different way to grow and feel free.

#### Social networks

We see the rise of all kinds of new areas of connection in our professional and private lives. Society goes through a gigantic change thanks to the social networks using the Internet. It is amazing how many people exchange information with each other on Facebook, Hyves, YouTube, Twitter, LinkedIn, etc. It is a wonderful process that shows our need for connection.

In the beautiful shape of life it shows us that the organic way of life – molecules with nitrogen compounds– may be integrated into the digital way of life – molecules with silicon compounds – what computers are made of.

That is a special development, because when we look at the periodic system of atoms as it was made visible by scientists, we see that from the beginning of the universe the lighter atoms were first formed and later the heavier ones. Silicone follows nitrogen.

Isn't it wonderful to see that everything continuously develops into a more integrated way of co-creation?

Can you imagine how souls are connected and how they all have their own function? It was all beautifully designed and we only have to witness the natural stream and actively experience how we are informed, how it was meant to be. Yes and that is a free will choice.

I find it wonderful to see how the worldwide social networks ensure that traditional systems change. That helps all of us reach new levels of awareness. Because it happens at the speed of light, it is very intense. In the final analysis, all our thoughts and our bodies are connected in the same way.

Of course, we have our free will and I think that we have now reached our last questions.

Why do we have a free will and why was the creation of our universe designed this way? Isn't that a mistake? Because if we look around us we see a lot of suffering.

'If we can embrace and celebrate our differences and recognize each other at the level of the soul, this will liberate us. Because at the level of the soul we are all one. This is the short answer for now. Unsatisfactory?

### Higher dimensions

We are also connected to an invisible world of other dimensions. The more we are connected to these higher dimensions, the more we lose the contact with time and space. We will even see that our identity is no longer visible.

The journey of the souls over the earth, that is what we embody and it is much more than we initially imagine. We are here to restore the balance with the Source, Love and Spiritual Intelligence, to reunite in free will with what we once left. We are searching for our masculine and feminine aspects to bring those together to only one. In our lessons on earth we meet other people to experience all those aspects.

We release more conditions placed on ourselves and others.

# Holographic and three-dimensional look at consciousness

During my journey through the Serpent of Light, I entered other dimensions and saw beautiful connections, it was as if I could 'upload' all kinds of information from the unseen.

I became fascinated by the triangle and the round shape and more specifically the companying pyramid shape and the spherical shape. I started seeing connections to the information systems that come from the Source, Love and Spiritual Intelligence as expressions of pure consciousness.

I was allowed to receive impressions of the next jump in our evolution. A melting of the masculine and feminine dimensions and the free state of every soul. I already talked many times about the Source, Love and Spiritual Intelligence. We cannot create these 'elements'. We are only invited to use them in connection.

I want to explain the vision that I had during my journey through the Serpent of Light. Let me first name the various stages of experience of reality that originate in different information systems:

- A) Harmony;
- B) Duality;
- C) Harmony from the open reality.

A, B and C form a cycle. Not a repeating cycle but a cycle with growth, like a tree going through the four seasons and adding other rings to its existence. It started with emptiness and simultaneously pure consciousness in the emptiness. I was not given a description of emptiness and pure consciousness and I also didn't ask for one. Pure consciousness became active and creative at the level of creation and formed three fundamental creative powers: the Source, Love and Spiritual Intelligence. Every creation is possible with these.

#### Harmony

All light beings were made at the A) level of harmony. All light beings are pictured at the highest level of unity with the Source, Love and Spiritual Intelligence. They have the same maximum level of pure consciousness and receive a free will. It is a harmonic information system where information is transferred from one light being to another one in an always synchronous and harmonious way. It has only one center and everything is copied from there. It seems as if these light beings don't have a free will because there is only one state of awareness and that is harmony. Each creation originating from this information system is pure in harmony.

#### **Duality**

At the B) level a dualistic universe came into being as a result of the choice to create a different information system as a new reality. This was done by leaving the harmony and breaking the connection with the Source, Love and Spiritual Intelligence. So, duality was created by harmonious light beings in order to reach a next step in the evolution of awareness of the pure and clear consciousness. At the same time we still catch a glimpse of remembrance of the harmony-based information system. Leaving the harmony was the cause of the Big Bang and the creation of the universe.

If we look closely at the universe we see, many light-years ago, our birth resulting from this because everything we see happened in the past. The stars' light that we see in the night sky travels for billions of light-years before we can see it. So, when we look at the celestial bodies, we are looking at our past. The Big Bang was the birth of time, space and energy. The experience of a material world came into

being. This was completely different from the imaginary world that the light beings at the A) level shared with each other. As human beings we are part of this material universe but at the level of souls we are still connected to the A) level. The moment that we left the harmonious level A) and did that of our own free will, we forgot all our divine creative powers. We exploded into billions of pieces. As did our soul when we entered the time, space and energy reality. That separated us from the harmonious reality and became the unseen. Billions of years of evolution were needed before we came to life again as humans.

Actually we climb into awareness to once again become aware of the light in us after billions of years.

The soul climbs from atoms to molecules, to stones, to life, to the human being we are now. Everything and each small part is inspired and everything contributes to the soul climbing until it again consists of one piece.

The best-known separation which we experience daily is the divide between man and woman. The road of the decline from light and harmony to a cycle of a new form of harmony is a long road where we first experience the road of duality. In these exciting times we become aware of our possibilities and we have examples like Buddha and Jesus who showed unconditionality and we know the stories about miracles being performed.

We become aware that we have a choice but we usually forgot where we came from. We now have the choice to manifest ourselves in our material world as we also were able to do at A) level harmony. The major difference is that A) was an imaginary world and that level C) can be a harmonious world dressed up in material clothes with an open reality.

We are now invited to enter the C) level where we can once again experience the harmony by fighting neither ourselves nor others. We are invited to add and accept awareness focused on pure awareness.

The moment we do that, we are fed by new inspiration and new possibilities. Everything then happens in a synchronous way that I described earlier.

So, when we are able to accept our duality and stop fighting our ego and make peace with the knowledge that the ego is part of the transformation to C), we will be able to take responsibility for a new earth. Some will call this heaven on earth.

Actually, that is there already, but because of dualism we don't see that.

Why don't we see it?

Because we took fear, guilt and shame and rejection as standards and that system of conventions keeps us prisoner.

We are here to once again make a connection so that the invisible world, the light, can enter the reality of today.

That is the vision I saw. It is an amazing promise of life for all of us. And more is coming!

In some respects it looks like the universe and life itself were created in a three-dimensional vista. Holographic as it were, because every particle of the soul of life contains a full picture of everything. Actually, it is an image of awareness without it being possible for us to receive and copy consciousness. That image was put out for all of us and is intended for us.

What I want to explain is that pure consciousness is the foundation of everything. That from pure consciousness a system of information was shaped by an Almighty Power which can shape more forms and doesn't have to limit itself to only one universe.

Some people call this Almighty Power God, others will call it Tao and others call it pure consciousness. And that we have an imprint of this and are allowed to be its equal. Let me give an illustration which explains the process described earlier:

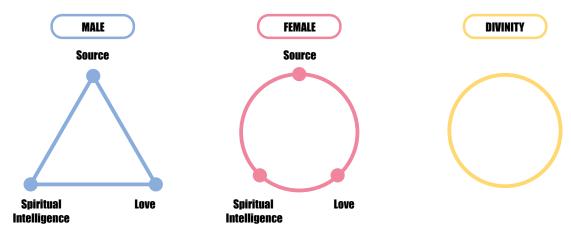


Illustration 13. The three components of a human soul.

together form a unit.



Illustration 14. Melting together of the three components into one soul.

And this one soul has the imprint of the female and male side of the Source, Love and Spiritual Intelligence. It has together an imprint from six directions.

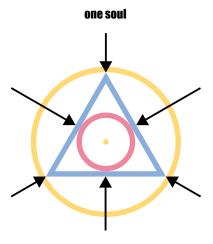


Illustration 15. Imprint from the soul from six directions.

Everything was created from pure consciousness. By the creation of level A) more light beings were created and pure consciousness could experience itself. By jumping to C) all light beings can experience themselves like the Big Creator experiences itself. The intermediate step B) is one that takes a lot of time but it is only an illusion because we keep holding on to a false convincing system.

This combination allows the creation of an information system at level C) from multiple approaches.

Light is also part of this information system. So, if we bring light into our life, we can make a jump and create synchronicity of the free will on earth.

However, if we continue allowing clouds and darkness into our life, we will stay at the disharmonious level. A dualistic reality in closed systems.

That is why we have so many problems, the tragedies in our life. By adding awareness, we realize that it can and may be different.

I already explained how you can change blindness into a clear view by entering an open reality.

Pure consciousness is a continuous process always focused on growth, growth of awareness, and every next step is a jump into the unknown and the start is unconditional. Jumping requires a lot of courage!

Through the language of the heart, translated in my poems, insights were revealed about this new reality C) that we want to form. But because we forgot it, we think we act from a free will, but in reality we forgot to use our free will.

If I look at the deeper lessons of the process of openness and growth and at the deeper lessons of the process of forgiving and accepting, I think it is all about making peace with our own will. Only when I realized this could I take my first baby steps to level C). If you look at me from the outside, I am still falling and getting up. From the inside I experience joy like a baby and this time I can determine myself whether I will let myself be limited by uncertainties or that I build unconditionalities. I have the choice to act based on all possibilities and freedoms.

I leave it to you how you feel about this. For me, it makes the distinctive difference to no longer identify with fear, shame, guilt, rejection or control.

# The dynamic flow of synchronization

The more synchronism becomes part of my life, the more I am connected to the new information system. I am increasingly aware of this also when I'm not in the flow. The moment I am connected with the Source, Love and Spiritual Intelligence, I live in harmony, I meet harmony and I spread harmony. The same goes for peace and all other experiences. The more we are part of all this, the more it becomes possible to turn into a blanket of snow, together.

We will be able to become co-life creators. In order to do this, we should embrace the transparency and growth processes and also the processes of forgiveness and acceptance. We need them to become receptive in a different way and to become available for everything that comes to us from the new information system.

I gained a clear insight into the following questions:

- Why was the universe designed the way it is?
- How did we arrive at this position? It looks like an imperfect creation, is that actually the case?
- Why do we have a free will?

# **Chapter 9**

# **Infinite possibilities**

<mark>'A</mark>lthough I oft<mark>e</mark>n forgot life, Life di<mark>dn</mark>'t forge<mark>t m</mark>e.'

In this last chapter but one, all questions still open will be answered. Everything untangled, changing into an amazing and awe-inspiring beauty:

- Information systems;
- Divinity;
- The world one unity;
- Co-life creator.

# **Information systems**

# Ready for the last step?

As humans we have the innate capacity to create. What does that really mean?

Quantum physics can teach us much about reality. That is quite different from what we were taught in the past because it shows a nonlinear existence.

An existence with an intelligence from consciousness which we cannot even understand, even when we discover the whole DNA pattern and we are all so able to look deeper into the universe, many billions of light-years deeper.

What we *can* understand is how the information systems work and how we grow from one system to another. Or rather, how we jump from one unknown to the next in the process of experiencing. It is like the story of the caterpillar. From harmony to disharmony to harmony and so on. From one existence through the cocoon to another level of existence.

What we see and what we are able to do is only an expression of our awareness. And that is why it is good that our awareness has grown this way. But why do we continue to use our knowledge against the balance of the universe?

I can only explain that, based on the fact that we don't understand the beauty of the information system of which we are currently part.

We can learn much about the invisible world through metaphysics – which goes beyond the level of physics. It is wonderful to experience that the invisible world is much more present than the visible or material world. We can encounter angels and other phenomena that surpass our understanding... We can try to prove that it is true or prove that it is not true. But why do we always try to interfere?

What I see when I look deep into myself, is that everything is a miracle at every moment. Something I also see is that I possess enormous powers in the creative creation process. What I really ask myself is: why is it so important to me to want to know everything?

We went through all aspects of how you are like a solo-creator who is able to create through the power of thoughts. That it is a preparation to take the step to a next level and become a co-creator. A few chapters later I experienced the process of becoming a co-creator in the stream of dynamic synchronization. Going from a child who is going to learn everything and who wants to learn, to a co-creator of life. What a development...

When I return to uncertainty and freedom and look at it from the greatest insecurity, it provides the greatest possibilities and the greatest freedom is then equal to unconditionality. I know that this is the basis of everything. Pure consciousness itself invites me to move in a new direction all the time and it wants me to enter the unknown, removing all limits whichever they may be.

My whole journey through life and the way in which I described it in this book, taught me to make another major jump. A jump that I feel will be the most important one I will make.

# Old insights

All references in this book to the mysticism of the inner experience point to the same reality as the 'outer' discoveries of modern physics.

In almost all mystic literature the material reality is described as a sensatory observation that is 'only' a reflection of our inner self. In addition, almost all mystics explain that the true nature of reality cannot be expressed in words. All non-dualistic mystic movements emphasize the universe's unity. Consciousness is the base, everything is or is basically consciousness in action. In the Hinduistic *Bhagavad Gita* the dialogues between Krishna and Arjuna much attention is paid to the continuous alternation between creation and destruction. Jesus often referred to what we cannot see or hear. He also stated that we can perform larger miracles than He could.

Why isn't this our daily reality?

We look and search in the wrong place. It is already here and it is waiting for us.

What jump should I make?

### Deeper and deeper

All non-dualistic movements survived, despite the role of oppressive religious structures. We are all one and it doesn't matter what one person and another one does. What is the essence, the purpose and sense of this all?

For many people this is a difficult step because current materialistic society depleted life of everything that has deeper meaning. We lost the connection with our origin and with it the colorful life. Every one-sided approach doesn't do justice to the bipartite, dualistic character of reality. The so-called scientific materialistic world reduces its depth to the mechanical and chemical processes and actually makes everything meaningless. It leads to the egoism of the 'free' market, challenging the natural process of balance and resulting in a mentality where the strongest rule. This approach will cause many victims, again and again. If we handle this in a different way, we will be very much able to arrange society in a much more harmonious way.

#### Shift

Scientists show us in all kinds of experiments and research that our thoughts influence physical reality and that our mental powers transcend space and time. Yes, that's all true. But what should we really learn?

When I search deeper and deeper I notice that as an individual I have only limited influence on

whether the numbers will come out odd or even. I cannot determine the roll of the dice, not enough to make a difference at the gambling table so that I can take the jackpot home. But my influence is indeed large enough to regularly make my life and other people's lives miserable by disrupting the natural processes and to break up harmony.

The remarkable discovery that quantum mechanics seems to ignore the laws of cause and effect, adds something new. Quantum connection to time is on an equal footing in quantum theory of space and time, that's what I read in multiple sources.

That also means that direct processes of cause and effect don't just spread in space, but also go forward and backward in time. This results in the first scientific proof that the acts of each moment from the past can be influenced and changed! It is very well possible that every action in the present, or a thought that we have at this moment, changes our history. In short, formulating an intention to change something in the present can have an impact on everything that led to this moment.

What does this mean? What is the purpose? And what if all of this is true and I still cannot take the jackpot home or observe that it only causes suffering in my life?

Science is a resource with limited possibilities because it cannot catch the current moment. Yet, I still feel from my heart that there is a tremendous gift waiting for me. I am invited to just unwrap it. But what is it?

Ninety percent or more of the universe consists of invisible subatomic (ether) particles. Therefore our body mainly originated from these invisible particles. Maybe they are the essential building blocks of the spiritual, astral body. If the physical body, which is visible to us, stops functioning after death it looks like the astral body will remain. My soul takes this body with it. Experiences by mediums and others already taught us this, but quantum physics seems to support this kinds of insights.

During my near-death experience I was very much aware of this. I could travel without limits of time or space and was fully aware of everything around me. I had a 360 degree overview and I was not surprised by that at all. At that moment I experienced it as very normal.

# Ups and downs

If I look up into cloudless nighttime skies and look at the stars, I look at the birth of my – of our – existence. Before the universe existed I was in a fully peaceful state of being to which I fully connected

for a moment during my near-death experience and to which I could return. I saw it in a fraction of a second but when I feel deeper and deeper about it and think about it, I now know what it was about.

At that moment, when I was still a full light-being in free will, I stepped out of a previous information system. It felt like a big bang and I created an explosion of energy, time and space and started falling. With that I forgot everything that was before.

When we look at the periodic table of atoms once again, we see that before the first atom arrived, it took milliseconds to transfer to the state of helium and to prepare the steps for more condensing of matter into heavier atoms. And in a long process lasting billions of years, this created our earth.

And now I am a visitor to earth.

The moment I decided to leave the harmonic information system A), my duality B) started. Not immediately, because it was a long journey of a very intelligent and harmonic evolution before all small parts of my soul were reunited. And it took even longer before my soul came together again and settled into a human body.

Every next step in the evolution was a step of the growth process of returning to a complete soul. In order to meet other souls here on earth. In this way our lessons started and we received our information in order to understand where we came from.

How are the cycles of birth and death organized in the universe?

Every death at a so-called lower level of existence is necessary, because this repairs jumps of information in the next generation and at the next level of being. Eventually this is how we grew into humans. We repeat and repeat our life until we understand what the purpose is of all of this.

I'm talking about a long road guided by the intelligence of the Big Creator, the pure consciousness. We can achieve anything and even soar higher than our everyday dreams in the image of this pure consciousness.

All my work here on earth and all the important moments in my life served my quest. To experience everything I had to experience. Why was that necessary?

## My return

Now I know that it was all about understanding, becoming aware of the fact that I was the person who had to jump into the unknown to go from one information system to the other.

In all aspects of my life, in all my bodies, I always carry sparks of light with me at a very deep level.

These sparks of light in my cells, in everything, are the connection with the consciousness and they teach me about my access to the Source, Love and Spiritual Intelligence. A totality that exceeds what I can understand.

So now I know that death is only a transformation to enter into the next information system, like in the story of the caterpillar. Dying is like a freshening and I will return to earth a number of times until I remember what it is all about. Only now, at this moment, I remember that I am and know where I come from and why it is all happening.

I am part of the large whole. I trust that everything is provided at the right time and at the right place. I know that I am a nascent divine creator. Just like Jesus said: 'You can do more than I showed you'.

I know that I am and I know that I am still held prisoner in the limitations of my human state. I am here to make the difference and to make preparations for all light-beings to come to earth.

Yes, that is an important step, to join with all light-beings and go through the earth experience. Not to lead a meaningless life. No, to bravely surrender to the Source, Love and the Spiritual Intelligence and to become fully receptive to inspiration and to be fully available.

That is the preparation necessary so that all light-beings can come here. It is not the intention to die again and again.

During the process of death we refresh ourselves when we return to our harmonic level A). And then we are invited to return to the dualistic level B) in order to exceed this. We prepare for all light-beings to enter level C), where we become co-creators of life in harmony with the open reality. We must understand that level A) only contains the notional stage of creation, like in a hologram. In our world as we know it on earth it is no longer hypothetical but it manifests itself in a material way, where the experience is different. These manifestations make it real.

Included in the next step of awareness is that we can all manifests ourselves in our material world. Through our suffering, our dualistic state of being, we think that we did something wrong in our past. We were told in so many ways that we made a mistake and that we should be ashamed, must feel guilty and fearful and must feel rejected or not good enough.

And that is why we throw away our life and that of others. But if we realize that we are souls and indestructible because we originated from pure consciousness, we can start seeing things differently. We

are only traveling to bring our creations to a higher level. This way pure consciousness can experience itself at a higher level. This is infinite. The purpose is to allow light-beings to do this. That is the true message of the process of openness and growth, of welcoming, acceptation and resignation, the process of forgiving. This is the purpose of my life, of life itself.

I will take these steps now that I'm here in my time, space and energy dimension. I recognize that all is love and that everything was made in an intelligent way out of the Source to prepare me for becoming a co-creator of life and to prepare the earth for the coming of all light-beings.

No snowflake falls in the wrong place, do you remember?

For a long time I made life difficult for myself because of my wrong assumptions, because I felt guilty and was ashamed. I thought I wasn't good enough.

It is very fortunate that all light-beings supported me during that whole time. Because they know how courageous it was when I jumped into the unknown.

And after every refreshing time in the cycle of death I was encouraged to go again. Until I will remember and once again will have free will which connects me to the Love that is always present.

I know that after having been part of the cycle of life and death many times, I now will live forever.

#### Preparation

The invisible world will enter into the visible world. A major shift is coming. We will experience the invisible world showing itself on earth. No stories about the end times, but collectively entering a new level of awareness.

It will not be the last step in the expansion of awareness. I have no idea what the next step will be. I didn't even ask. I only know that everything is being prepared to create the so-called heaven on earth.

It is not the destruction of earth, it is our misconception of ourselves that makes it destructive. On the other hand, it is inescapable for us to reach this next level of awareness and we will enter the dimension of truthful co-creators of life. At a beautiful, harmonic level. Our heart is the center of everything and the synchronization between our heart and the earth's heart becomes more intensive every day.

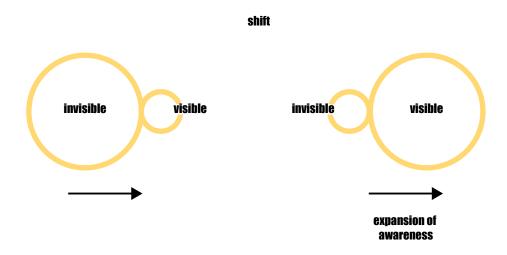


Illustration 16. Shifts from the invisible to the visible through increased awareness.

#### **Divinity**

#### The birth of the soul

Light-beings with unique souls were made in the womb of pure consciousness. All souls are unique and have different tasks in the growth of awareness and the expansion of consiousness. New information systems create new and different universes resulting in many star systems. Each star system is somehow connected to our own being.

It is such an interesting journey through earth's dimensions!

At birth our soul is confronted with the dualistic view, a view that looks through several windows simultaneously, without seeing the connection.

What is going on and what does it mean?

#### Creating the shift

At level A), the harmonic information system, there was only one center of creation and only one center of the will. In a certain sense everything was made in one image. Unity.

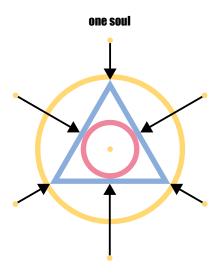


Illustration 17. Melting together of a soul into a unit.

At level B), in dualism, two images were created, two windows of the will. Because we want to look through both at the same time, we are in a dualistic position. We are invited to overcome this form of duality by increasing our awareness and to become fully aware of ourselves. We transfer in order to be multiple centered. This leads us to level C).

At level C), harmony in an open reality, we become multiple. Every soul will be centered in itself and will have all divine powers available, the triune of Source, Love and Spiritual Intelligence in a balanced man-woman form.

I predict a huge shift where all souls will inherit their divinity, the preparation of heaven on earth. It is the promise of so many prophets and messengers. But because I was blind and dependent on others, I couldn't understand what is happening. I was not at a level of free will, but I added clouds and darkness to my own imagination and needed much time, space and energy. Life never forgets us, but we often forget to live it. Life removes all blame, all guilt and shame.

Through the process of openness and growth, of forgiveness and resignation, we can transform these old illusions and we can remember who we are, we can change ourselves and with that also arrange the world differently.

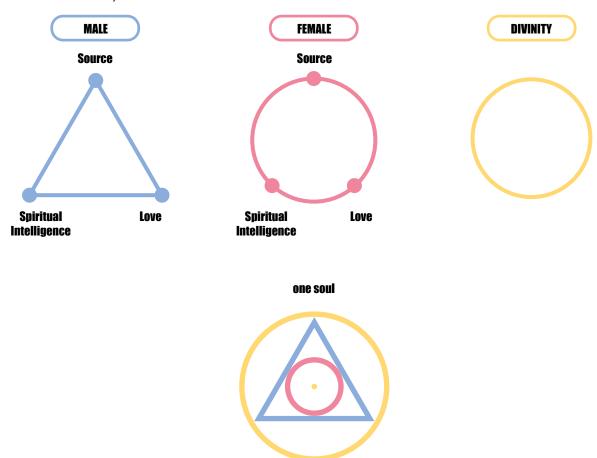


Illustration 18. The process of melting the sole into one unit.

We no longer have to put the other in a weaker position in order to become better off ourselves. We only have to become aware that we are all co-creators of life. Beautiful co-creators who enjoy everything we make and because we are aware we can take full responsibility. We will not pass the buck to the other.

Therefore unconditionality is created and why we don't have to live in fear or feel a rejection any longer. Infinite possibilities become our playground so that new connections can be made.

The course of one soul which is fully centered and inspired and aligned with pure consciousness and the creative powers Source, Love and Spiritual Intelligence, to multiple souls in the same way at the same moment as we can see in the illustrations 19 and 20.

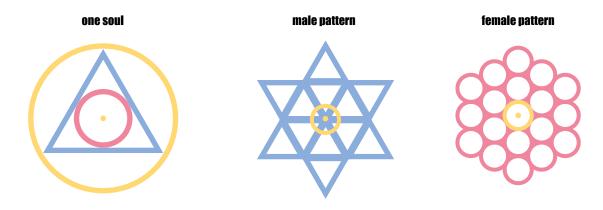


Illustration 19. The process where multiplication occurs based on a pure consciousness.

Our awareness regarding reality grows and grows and we ever more clearly see where we come from and also what is happening in our life.

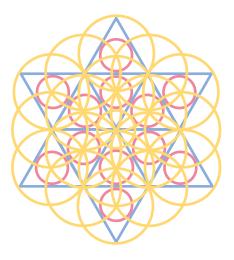
Do you remember the promise?

Wouldn't it be wonderful to live our lives to the fullest, with infinite possibilities to create from the chaos of the emptiness in an unconditional state of being, sharing everything and celebrating with

others in a common connection. In which we are able to place a new information pattern on pure consciousness, namely to accept all of our Divinity and growth and to overcome the fall of duality and accept our own Divinity and our brothers.

That is the promise of life. We all have our own universe where we are free to connect harmoniously.

#### **Divinity**



#### **Flower of Souls**

Illustration 20. The existence of a multiple of souls linked together in God-ness.

The moment I was born a whole universe was born simultaneously. That universe represents me and in it I can create anything I want and need. I am here on earth to learn to live from the center of the heart. As the illustrations 20 and 21 show: innumerable souls, infinite creations were nobody touches each other, where everything is connected, but everyone has a fully independent and infinite domain to 'play'. From free will.

In the original center of this new information system, awareness is built on the picture (in yellow, the central dot of unity) of the first notional harmonic state. It is still there, but is now disclosed to all of us.

Consciousness spreads like a stone thrown into water and from the middle its ripples touch all next souls. It is an explosion of Divinity on earth. Infinite growth, even greater in number than the stars we can discover.

Nobody touches anybody and together we create infinite worlds. This is the promise and when we look deeply into the universe, we see that this was already prepared and is waiting for us.



Illustration 21. Enlightened souls in relationship to each other and the original Divine centre.

The invisible world penetrates into the visible world in all possible ways. The visible world is informed by the invisible world. I often thought that there is only a visible world. That is the way in which I looked at my reality at that time.

I here provide some handles for life today and tomorrow.

#### Our material world

When I looked at quantum physics, I learned something new. In the so-called atomic world it is no

longer clear which is the material part and which is the non-material part. Why is this important for the creative creating process and to be able to become Divine Creators? I will explain.

Scientists discovered that atoms consist in the material shape, but at the same time are also an energy wave. Just like the vibrations of our thoughts. The waves become material particles only if we look at an object. Waves become particles in the shape of atoms and molecules the moment they receive focused attention.

So you can imagine that everything lives and everything is connected with everybody and that we are able to pay attention to everybody?

I can imagine that when I am fully aligned with the Source, Love and Spiritual Intelligence I can control all energy. Yes, I can. But I must first get rid of the duality because by doing that I also set myself free from the conditions that I impose on myself, others or life.

The invisible world deeply penetrates the visible world. But if I'm not in acceptance and don't surrender myself, I will be isolated from the invisible world. In that case I cannot invite the invisible world to inherit the earth together. In that case I will continue to struggle with the so-called elements instead of experiencing life as a big gift.

Information is carried by waves and waves are dimensions of light. Our information mainly comes from the invisible world which informs our Soul and tries to draw our attention through a level of awareness that is meant to continue to grow. It flows through the other bodies by way of the spiritual body and then transforms, waiting for the moment of manifestation.

As creators we are meant to be equivalent to the image of the pure consciousness and all we have to do is make the choice to recognize and honor this beauty and unity. With that we transcend the duality.

We often look at reality the old way and we don't pick up the signals from the level of the soul. We are obstructed by relief systems which tell us an old story.

That story is no longer true. It is as if we were kept prisoner in time and space. It looks like the past when we learned that the earth is flat.

I needed a different pair of glasses to look through the window of opportunities in a new way.

Through my daring jump to shape a new landscape in the form of the my eyes Group, I finally created the full awareness to grow to this new format. I also know that I no longer need this my eyes identity.

The universal laws that I recognize as natural laws are all controlled by the power of the invisible world. I can receive all those powers. It would not be good for others if I were to receive these powers while my unconditionality is not yet ready for that. We see that this also occurs in the case of the atomic powers and knowledge we gained while we were not yet able to act in unconditionality. At the same time this knowledge again shows the power of all possibilities, but also our immaturity in how to handle this.

Chaos as a result of a maximum uncertainty governs all natural laws with which we work. Examples include gravity and how the airplane flies despite gravity and also how telecom and computers work.

Life is not meant to follow somebody. The purpose is to take your own responsibility. It is to realize the new birth and to be connected with everything and everybody in respectful recognition of Life. We are like air bubbles floating through the universe.

#### Our social world

It is very strange for me to see that we are already absorbed to such an extent by our daily, practical lifestyle. Look at what we can potentially do. But yet, as individuals and as a worldwide society, as a collective of people, we don't adapt to this new information. I can see that when I look at myself and look around. We are really capable to transform all challenges regarding energy, competitive behavior and war in such a way that we can leave all those problems behind us.

If we were to adapt this would ensure a common approach which changes everything in a very quick and balanced way.

Why is this so difficult? I think that it is caused by my belief system which informs me differently...

Information is filtered wrongly. Education, such as school, religions, business strategies, our governments and so on and so forth only provide us with old information. Information is also often withheld. But also they often don't know better, as I noticed in the cases of the catechism and my grandmother's lessons.

Even today many scientists have trouble understanding this. When they want to integrate new

information, it demands a change of their identity. Even more crucial: it will fade. I was afraid every time I left an old identity behind. Fear and the feeling that I wasn't good enough are the reasons that I remained stuck at my old level. It is even harder to choose a different course and take the step toward that what is new for people who are business-like and are rational, work in business or at banks or government institutions, because those systems defend themselves forcefully.

Many people try to help others, but don't really offer help. I received an education based on old knowledge. I passed the same old knowledge to others because of my own limitations in my belief system. All old axioms are just not true. So, we are allowed to start informing each other in a better way.

What it's about is that I now see the difference and that I act differently because of that. And by writing this book I contributed to all beautiful changes which I experience daily through the integration of all new information. I practice again and again to be open and available and to remain tuned to inspiration, intuition and feelings and to act accordingly. No more fantasies for me. If they were to appear anyway, I enter the process of forgiving and accepting and I leave the closed system behind in order to enter an infinite open reality.

This way everybody can be his own leader. No leadership is needed anymore. If everyone were to take his own responsibility and nobody resents anybody else, leadership is no longer necessary. Leadership is the biggest illusion.

#### Higher dimensions

We are connected to other dimensions. We can't see them but they do see us. This is where all information originates. I know from experience that there are more levels. Why is that important? We are much more than we had imagined. We are even connected to multiple universes.

Pure consciousness created me in its image and gave me a free will.

There is no more beautiful creation than being connected to pure consciousness through the creative powers Source, Love and Spiritual Intelligence. It is so wonderful to be a co-creator in this way. To feel completely free and always in tune with other souls because nobody wants anything from anybody and nobody expects anything from anybody.

#### The world, one unit

#### *Imagine*

It is interesting to listen to the song *Imagine* by John Lennon. Every time I hear it, usually around Christmas, it has told me a beautiful story.

#### **Imagine**

Imagine there's no heaven
It's easy if you try
No hell below us
Above us only sky
Imagine all the people
Living for today

Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion, too
Imagine all the people
Living life in peace.

You may say that I'm a dreamer But I'm not the only one I hope some day you'll join us And the world will be as one.

Imagine no possessions
I wonder if you can
No need for greed or hunger
In a brotherhood of man

Imagine all the people Sharing all the world.

You may say that I'm a dreamer But I'm not the only one I hope some day you'll join us And the world will be as one.

#### Our promise

The song reveals a vision about our future which is similar to what I say in this book. About my and our promise. Yes, we have a beautiful task to implement here. Now. A purpose. Namely to live our lives to the fullest, with infinite possibilities, to create from the chaos of the emptiness in an unconditional state of being, sharing everything and celebrating with others in a common connection.

#### Flagonomy

I imagined the *my eyes Group* would be a catalyst in the rise of a new world in which everybody images his or her own world, based on the core of their heart and in which the eyes are the mirrors of the soul. This new way of life needs a new name. I found the word 'Flagonomy.'

#### It is a composition of:

- FLAG, which in English stands for 'For Love And Grow,' an organization founded by Simone Kuiter, whom I first met in Amsterdam in October 2009. She shares her views of love and peace with everybody because of a vision she had in 2003.
- 'Onomy' refers to the autonomy self-responsibility that all people will find in themselves and will share in a common community.

In my vision about Flagonomy a number of transformations might occur, I imagined in 2009, a time we also discussed this in a *my eyes* network meeting.

• The transformed human is the cornerstone of this society. Everybody is unique and fully attuned to each other.

- The new basis of education will be feeling with the heart instead of an education focused on knowledge. Growth of awareness is always central.
- Living in harmony, because we don't harm others. Our heart will then be so sensitive that we would feel it immediately if we were to intrude on someone else's space. Everything is one and touching another is touching yourself. This same goes for pleasantly touching another, then it will be as if you give to yourself.
- New transaction systems to make the society function will be developed. We will just share and use our creativity to benefit others. Money's function will be different, people's effort will be based on participation and no longer on being separate or narrow-minded. If the effort lasts one hour, then the effort by a baker or whomever is worth the same.
- We feel at any moment that everything is connected, love and peace at all levels. Everybody is just himself or herself.
- Openness for taking the next steps to grow to new information systems, because life always informs us to grow toward something new

#### I have a dream

One night, Flagonomy's future came to me very practically and clear.

It is a 'human-social' network society where everyone is connected to everyone else and where every-body lives based on his or her own responsibility. Just like every cell in the body is connected through intelligence. Every cell also knows its task and develops in such a way that other cells also prosper.

Every human being born, is assigned a basic package of provisions. That packets consists of enough food, a place to live and good care.

It is calculated based on the number of people on earth at that moment and is linked to the most important sustainable resources available at that time. The basket for the calculation consists of, for example: food capacity, available energy and a new exchange system.

So, every human being is equal at birth and has its share of the available potential. Everybody understands the potential and can change everything as technology and circumstances change. The world community calculates this potential which is constantly adjusted.

If the potential increases, every earth resident receives a proportionate upload of the extra value based on life expectancy.

For the rest: humans can create with free will and can receive value points from any moment of life if he or she performs services. The services are expressed in hours and all services are charged at the same rate. You can upload this number of service hours through the Internet and as soon as the person obtaining it asks for an upload, the receiver must confirm this.

To the extent that somebody is more creative in his life, he can receive more value, because actually more value is added to the community. Everybody can see who receives the value points at what time and for what.

The total production system on earth and all connected services are expressed in hours and in relationship to the presence of the total calculated potential.

The organization of companies and common general provisions become much more simple than the way we currently have now. Let's consider the body as an example.

When information or food arrives, every body part knows what to do. That is because the lung cells are good in processing oxygen and the stomach cells take care of digesting our food. Everything has its own job without the body knowing a hierarchy. All intelligence cooperates and is shared.

At schools according to the heart, all people are encouraged to only learn and do according to their capacities. First of all, joy and participation will much increase. And secondly, specialization and knowledge will flower and third, it will be much easier to look for cooperation with others toward a good symbiosis, just as heart, lung and stomach cells do. School is something to do your whole life, because everyone wants to continue growing and contributing to society.

In the same way all questions are deposited into a community question banks. Everyone can contribute. Everything is valued, because in the hour system it needs only to be confirmed by another person.

All these steps are fully transparent. It performs as a very quickly check-in and check-out and it is fun for everybody to add something to each other. It is an extremely efficient system which creates room for EVERYTHING.

When long-term investments are needed in the Flagonomy, more people will essentially be asked

to contribute to the usefulness of the desired infrastructure. This way only those infrastructure needs will be built that are desired by society.

This way many more innovations will occur because everybody can fully develop his or her own capacity, use the talents that make you who you are and that benefit all of society.

If you do something that is a bit more free-standing, at least you have the basic package that was assigned to you so you can survive.

In Flagonomy everything starts and ends with the heart... Education, attuning, the flow of trust and love. It is a open system focused on exchanges, a system that is transparent to everyone and where reality is equal to what you see and the eyes work together with the soul. Working and living at soul level would then be the most normal state in the world for everybody.

In Flagonomy you don't have to save, you just receive your potential basic package every year and depending on the circumstances you can call on the general arrangements.

Making connections is central and we don't know any other possessions, because there is a deep knowledge that you can't take anything with you once your journey on earth is finished. Fears and the systems based on fears, which we currently designed and which we maintain in a complex, often invisible way, are no longer necessary.

I invite everybody to this Flagonomy, in order to co-create a virginal white landscape of snowflakes.

#### **Co-creator of life**

I am responsible for my own choices and I feel as if I am invited to take the jump which will complete my freedom. To become a Divine Creator.

During the moments I was vulnerable, it was easy to believe in all kinds of religions and many gods – because systems are that, too. I tried to follow those who announced that they knew the way and I myself cooperated with this system for a long time.

Sometimes some people or organizations wanted me to become part of their system. I chose and was chosen just because I had no clue of my own unlimited possibilities and unlimited freedom.

And that resulted in the birth of the next belief system of illusions. Even when I experienced relief

for a time, it never felt complete and whole. I learned that everything that was outside of me became identifications. And I learned to see that identifications change constantly. So I had to ask myself what the unchangeable part was and I had to find the answers inside myself. My heart opened the door: I couldn't find it outside of myself.

I discovered my living heart. First in an enthusiastic way of working and later in my private life. I lost and broke my heart multiple times. It was the preparation to become one and to let go of everything outside of myself.

I let go of my old identities and I was no longer dependent on others. I started finding myself inside myself, there is a whole universe there to make new connections.

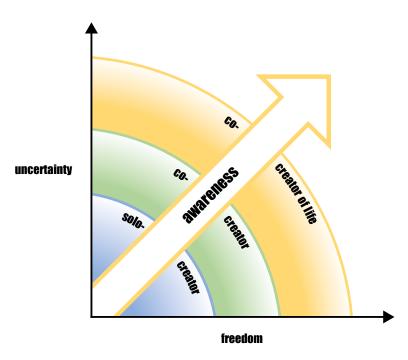


Illustration 22. Co-creator in relation to freedom and uncertainty.

The experience that my life progressed as if in a cocoon, entered deeply and I know that I found out during the struggle to break loose and spread my wings that my heart was the gateway to inform myself about myself.

I see how often I was imprisoned in the closed systems of my life and fortunately I increasingly ended up in a situation of welcome and acceptance. I learned to see forgiving in a different and deeper light.

I feel connected and I feel myself drifting through an enormous universe as if I am an air bubble in the infinite universe. I see and experience from out of my subjective self, at the level of my soul, a complete universe without duality. I know that I am 'on the way' in my own way and it is my journey. I feel very peaceful now that I know that I will redeem my promise to be a co-life creator based on unity.

I feel the flow, the synchronicity of life at many moments. Just as in the story with which I started chapter 2.

I also know that I am only at the beginning of being a co-creator of life. There is a gigantic difference between the flow of synchronicity or sailing against the waves like a battleship and trying to defend myself and fight others and be full of stress.

The Source, Love and Spiritual Intelligence embrace the flow and everything is provided in the right way, in time and place. I am able to give my love and inspiration to others and every moment manifests itself joyfully! Sharing everything with each other is the new reality. That starts by showing myself during the process that I went through and it continues because I also will let go of the *my eyes* identity and give it to all people who want to contribute to it. I would like to tell more about this in the last chapter 10.

At moments when I fall back and act like a lost soul, it is impossible to give love and inspiration to others. My manifestations become very imperfect and I start defending and protecting my imperfections. Ownership becomes important as a value and identity, at those times sharing with others is far removed from myself. These manifestations are very unstable and therefore stressful, because I still want to hang on to them. When I'm not aware that I am in this vicious circle, I experience life as a struggle and I don't know what I should choose.

During all other moments, the peaceful moments, I am aware of my light-being and the light in me radiates more every day. I reach this state of being more and more often and I know that everything is the way it is and it is good.

#### **Chapter 10**

# **How will my life continue?**

'I am.'

Who am I? Where am I? What is my purpose of being here? Who took me here and where am I going? What happens in my life and why does it happen? Is there a reason for everything? What is the creation process? What is a dream? What is inspiration? What is life? What is the universe? Perhaps there are more universes. What is duality and what is non-duality? Can I influence life? Should I influence life? Is life organized? What is death? Is death an end? What are emotions? What should be my road and how do I know I choose the right direction? What is free will? What is my destination? Is there and end? What is the source of everything? What is consciousness? Is there a God? What is reality, what is an illusion? What is intelligence? What is love? What is peace? Why am I so interested in all of this? How can science or religion or philosophy answer my questions? What does my heart tell me?

I had so many questions in my life and I found myself.

#### Leaving the theater

I found so many beautiful answers and so much inspiration on my journey. Transforming myself, being more receptive, living more in acceptance, being more available and contributing to life is wonderful. And so is experiencing a growing awareness and becoming a co-creator of life. I see and admit that I am still in the initial phase of this new development. Can you imagine the joy I experience and don't you think it fabulous that I was allowed to take you with me on my journey now that the first steps were taken? I feel trust and security and based on that I want to share what I have to say. We invite each other to take the next steps in life where I like to enjoy what you want to tell me. And then we will celebrate our being a child in the new world.

I told my story. I don't need the theater anymore and continue my journey as a co-life creator in a new open reality. I climb down from the stage where I put myself at the beginning of the book. Because that stage is an illusion, too!

I will led myself be guided by the inspiration I receive. Heading toward the unknown in freedom, that is my road.

I would very much like to make the story of the *Theater of Life* as accessible as possible to anyone who might be interested. That is why the digital version can be downloaded for free from the Internet both in Dutch and in English. The book version, printed in two languages, isn't free but I don't intend to make a profit. I would like for you to share experiences about the road you took at the website www. theateroflife.info and to invite others.

I will distribute my ownership of the *my eyes Group* to others in the form of certificates. As the originator of the organization I still hold the majority of shares and I can still be considered the owner.

I will give everyone who acquires the printed or digital version of the book the opportunity to ask for a certificate for free, if you choose to do that in free will. I still have thousands of these certificates and would like to see that the efforts by you and other readers – by talking or tweeting about it, or by whatever means – all those certificates ending up with people who want to work together on our world in a sustainable way by making the commitment to the transformations that you want to make in your life and especially by taking charge of yourself. Finding solutions together to solve our locked and finite systems of energy use, our welfare, our education system, guiding our society and together becoming one just like a blanket of snowflakes, carried by our hearts.

As holders of certificates with thousands of souls together, you can vote on the direction that *my eyes* will take and this way we will all become entrepreneurs of our soul! To obtain a certificate and more information, go to the link: www.theateroflife.info/certificate

Did you enjoy my journey?

Did you gain insight into your own creative creation process?

I wish that you found the door to transformation, healing, growth and love and will learn to listen to your heart.

May all your masks of illusion will disappear, that is my wish. That only Love and Spiritual Intelligence will be your reality and you may draw from the infinite Source. That you will be able to feel connected with everything and everybody you meet.

#### Honoring the other

I don't know what is best for others. I only understand that I may be open and available so that Life can best inform me. I basically have no limits, because when I am inspired I can do everything in my universe. And I will find everything I need in a beautiful synchronicity. I can upload my questions to the unit of pure consciousness at any time and all answers will be downloaded to me as packages of information, supported by the light-beings.

#### Co-life

Everything is pure consciousness and from my awareness I experience a deep connection, silence, presence, peace, harmony and Love. My heart coordinates everything and that is all I need to know. I enjoy an orchestra of silence and the dynamic beauty of Life.

#### **Eternal life**

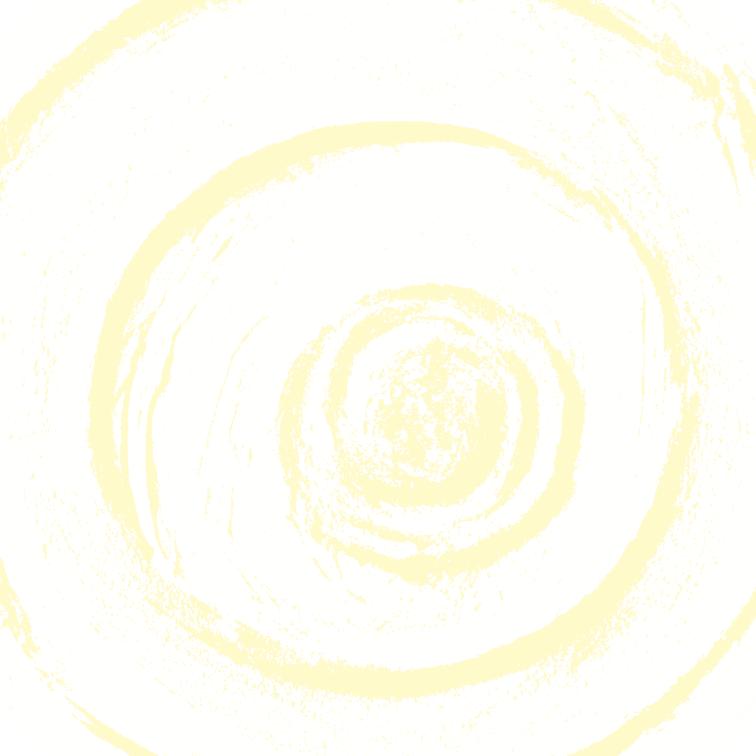
I am life's co-creator.
I experience the majestic oneness.

In Love and harmony,
I create from the source of inspiration,
all forms of unlimited possibilities,
forming perfect matches.

I see the light, the unseen is seen. In harmony and unconditionally I share all with everyone.

In the rhythmic movement of one community on earth,

I live my promise,
in a state of Divinity,
I am.



# Thank you

# 'Thankfulness from the heart is an act of love.'

I appreciate myself the way I am.

I thank everybody I met in my life.

I thank everybody I never met but who yet deeply touched my life in different ways.

I thank all light-beings for the inspiration and the loving support during my journey.

I give my humble thanks to Life which never forgot me.

# **Biographies of the artists**

Everybody needs the freedom to experience life based on their own choice. That is the only path to growth.'



#### **Patricia Queritet, 1965**

I was asked to write my biography... My answer was: 'It is hard for me to capture something that is moving so much.'

My transformation is still actively ongoing and every day I am aware that I increasingly grow to the essence... This is reflected in my paintings, in my process toward becoming whole... and I like to share that with you... because there is always somebody or some situation that

can learn from your journey through life... so that it can also be a healing process for someone else...

In love and light, Patricia

www.patriciaqueritet.com



#### **Angelica de Bruin, 1959**

During my life I have always tried to create quality. This moved me to be inquisitive, amazed and conscious in life.

Because I worked in different mediums, I came to know more about myself and I discovered a way to express myself. Therefore, painting to me means an acknowledgement of my environment: through painting I explore the range of my feelings and it helps me to journey to myself and the world around me. My hand shapes the eye of the spirit and transforms...

Walking around with my color and line... Colors and lines that always create more pictures and thoughts. Amazed by what becomes visible, I take that picture with me on my walks through the woods, to discover what it means to me. Making visible what lives in me or wants to emerge into the light... Sketching the woods of impressions, feelings, conjections, amazement and uncertainty, urges me to contemplate, offers balance and lets me grow in consciousness...

Painting also stimulates my curiosity. What is hiding behind the visible and hearable? Where is the stream hiding that goes against old customs? Where can I walk the unknown paths, past the area of preference, past the made-up laws of the world?

Thanks to surrender, dedication and effort these untrod paths light up and they inspire me to unselfishly stand in life's light. I can express what really inspires me through the pollination between painting, love and amazement of the creation...

In love, Angelica

Facebook: Angelica de Bruin

# **Epilogue**

### 'So beautiful, I learned to see you as brother and sister.'

Writing this book was a special journey by itself. It was written as 'through my eyes, the way I live life'.

I worked on it in different places in the word: Amsterdam, Lyon, Annecy, Thionne, Antwerp, Brussels, New York, Paris, Briançon, Jerusalem, Nazareth and Tiberias. My iPhone and iPad were my trusted companions and they were always there when I wanted to write.

I wrote and fine-tuned my stories in trains, subways, taxis, cars, airports, at home, my lover's home, in apartments, hotel rooms, restaurants, along the Amsterdam canals, lakes, rivers, on beaches, even in the desert and on snowy mountaintops. My journeys were a source of inspiration and supported me in my creative writing process that took place as if in a dream.

It was a lonely and contemplative process, however, I always knew I was supported and carried by the loving company of many dear ones.

Every day, day and night, when I felt inspired, I wrote, rewrote, read and fine-tuned. Sometimes sixteen hours at a stretch. When I was in the flow, I forgot to eat and drink and I was fully filled with energy.

I was often surprised by the answers I found in the inspiration. My heart became my guide in a deep way.

Before I wrote the manuscript there were the poems, except for the last one. I wrote the story in more than four months, but it took me fifty years to live the experiences.

I would like to especially thank Marcelline Vuillemot, Henk Vermeer and Simone Kuiter for their dedicated involvement and constructive remarks on the manuscript.

With the support of professional editors I was able to publish the book in both Dutch and in English.

I want to thank Marianne Vork and Carin van den Berg for their guidance and advice during the whole process of turning a manuscript into a quality publication.

I want to thank Marc Boom for the beautiful layout of both the book and the illustrations.

I want to thank the artists Patricia Queritet and Angelica de Bruin for their beautiful art. Angelica's art which form a unity with the poems are framed and I will take them along when I travel when I am invited to tell stories about the *Theater of Life*. Particia's art adorns my living room.

I never again talked to the American Adam, but the interchange during that meeting in June 2010 certainly had its effect.

I feel fulfilled, a dream has become reality, a new life was born.

From my heart, Alfred Boeve





Re-birth

# Alfred Roots



Author Alfred Boeve stands on the stage of the *Theater of Life*. He takes you along on his life's journey through a beautiful view of the world in a frank and often poetic way. You will often pause to be amazed and wonder. To learn, listen and see. To release old parts and to connect with who you can be and who you are. The book describes the secrets of the

creative creation process in an autobiographical way. Learn to look along with him and discover your own creative possibilities. Everything is in the here and now if you are willing to see it. Beautiful paintings with personal poems, beautiful illustrations with accessible metaphors open doors to your heart.

BUSINESS AND SPIRITUALITY



