

*Yasmin Verschure*

# The Power of Being



*the saint and the hooker*

# ***THE POWER OF BEING***

***- The Saint and the Hooker -***

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**Yasmin Verschure**

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**Word of gratitude:**

Grace to all the teachers on my path.

Especially to those who, through oppression and denial, have forced me to stand up in my own dignity.

They were my true teachers; they brought into life the transforming power of the inner Goddess.

Grace to life itself and everyone who taught me to be vulnerable and powerful.

***THE POWER OF BEING***

***The Saint and the Hooker***

**by:**

***Yasmin Verschure.***

***First published in the Dutch language as: “De Kracht van het Zijn”.***

***Translated by: Annie Vonk and Tilly Huyzer***

***Cover photograph: sculpture ‘Power of Being’ – Yasmin Verschure***

**Dedication:**

I dedicate this book to all women  
who confirm the Goddess in themselves again.  
Women who remember their origin  
who do not hesitate  
to stand vulnerably and powerfully,  
in their own dignity.

Through their boundless courage, they restore the balance  
between good and bad, and give men and women  
the opportunity to take up their original space  
in the plan of divine creation.

## TABLE OF CONTENTS

|  |           |
|--|-----------|
| <b>Words of gratitude</b>              | <b>3</b>  |
| <b>Dedication</b>                      | <b>4</b>  |
| <b>Foreword</b>                        | <b>7</b>  |
| <b>Introduction</b>                    | <b>9</b>  |
| <b>The destination of the soul</b>     | <b>13</b> |
| <i>It is in your own hand</i>          | 14        |
| <i>Universal consciousness</i>         | 15        |
| <i>World of contrasts</i>              | 15        |
| <i>Totality</i>                        | 16        |
| <i>Dark powers</i>                     | 17        |
| <i>Unconditional love</i>              | 17        |
| <i>Gate to wholeness</i>               | 18        |
| <i>Internal problems</i>               | 19        |
| <i>Karma</i>                           | 19        |
| <i>Group-karma</i>                     | 20        |
| <i>For a nature person</i>             | 21        |
| <b>Journey to your inner soul</b>      | <b>22</b> |
| <i>The Saint and the hooker</i>        | 23        |
| <i>Mary Magdalene</i>                  | 26        |
| <i>Lilith</i>                          | 33        |
| <i>Enlightenment</i>                   | 36        |
| <i>How Kali/Lilith entered my life</i> | 38        |
| <i>Live in the here and now</i>        | 39        |
| <b>In search of a vision</b>           | <b>42</b> |
| <i>The Invitation</i>                  | 43        |
| <i>The meaning of a Vision-Quest</i>   | 45        |
| <i>Ode to the nature</i>               | 47        |
| <b>Vision-Quest in Zweden</b>          | <b>48</b> |
| <i>Medicine Walk</i>                   | 49        |
| <i>To die symbolically</i>             | 50        |
| <i>To die and to be born again</i>     | 51        |
| <i>Death is a reward</i>               | 53        |
| <i>Sweden</i>                          | 54        |
| <i>My intention</i>                    | 55        |

|   |            |
|---|------------|
| <b>The first day</b>                                    | <b>58</b>  |
| <i>Boundless courage</i>                                | 58         |
| <i>Flexibility</i>                                      | 60         |
| <i>Empowerment</i>                                      | 61         |
| <i>Light</i>  | 62         |
| <i>A time of change</i>                                 | 63         |
| <b>The second day</b>                                   | <b>65</b>  |
| <i>Fear of love</i>                                     | 65         |
| <i>Forms</i>  | 66         |
| <i>Love for Mother Earth</i>                            | 66         |
| <i>Letting go</i>                                       | 67         |
| <i>Teachers</i>   | 68         |
| <i>Peru</i>   | 69         |
| <i>Hawaii</i>   | 69         |
| <b>The third day</b>                                    | <b>70</b>  |
| <i>Soul and spirit</i>                                  | 71         |
| <i>Creativity</i>                                       | 72         |
| <i>Satisfaction</i>                                     | 72         |
| <b>The fourth day</b>                                   | <b>74</b>  |
| <i>Mastership</i>                                       | 74         |
| <i>Forgiveness</i>                                      | 75         |
| <i>A house of prayer</i>                                | 75         |
| <i>Transformation</i>                                   | 76         |
| <i>Back to the world</i>                                | 77         |
| <b>When the pupil is ready – the Master will appear</b> | <b>83</b>  |
| <b>Epilogue</b>   | <b>85</b>  |
| <b>The four seasons meditations</b>                     | <b>90</b>  |
| <i>Preparation for meditation</i>                       | 91         |
| <i>A few useful suggestions</i>                         | 91         |
| <i>Exercise for empathy - and transformation</i>        | 91         |
| <i>Spring</i>   | 92         |
| <i>Summer</i>   | 94         |
| <i>Autumn</i>   | 96         |
| <i>Winter</i>   | 98         |
| <b>Concepts</b>   | <b>100</b> |
| <b>Credits</b>  | <b>100</b> |
| <b>About the author</b>                                 | <b>101</b> |
| <b>Earlier publications</b>                             | <b>102</b> |

## FOREWORD

### ***The divine power of the Mother***

The purpose of life is resurrection, not crucifixion

*What is getting more and more clear these days, is the denial of the one half of our being, the denial of the power of the divine Mother: the mother inside as well as the Mother outside of us. God is man and woman. The light can only exist by grace of the darkness.*

*We live in a world of intellect, in which money and technology have been raised to our new world-religion. We have denied the power of women and by doing this we amputated ourselves to half a person.*

In our boundless selfishness we not only oppressed the feminine side, we also tried to oppress Mother Earth in the same way. I am not going to occupy myself with guilt and penance that is of no importance.

All of us are responsible for what is happening. The very moment we accept this, we can stop blaming others. Then we can start working together for the resurrection of ourselves and the phenomenon earth.

We women also denied the destructive and transforming power of the underworld, the transforming power of the Mother in all of us. Many of us degenerated ourselves on the way to the top into powerful masculine women, or we got stuck in adapted behavior. In the New-Age movement, we tried to uplift ourselves to the state of angels. Now it is time to embrace our true nature. Time to realize that we women need to repair the inner balance, and in doing so we will give men the chance to become complete again. No longer will men be the oppressors or destroyers of life, but our lovers, our protectors and our guards.

Due to our boundless selfishness, the world is being destroyed. Such arrogance to think we can only take without giving something in return, without restoring the balance. At the eve of the Quantum leap, our Mother Earth makes herself known. She violently shakes off all those who oppress her. She coughs and splutters. She protests and hits back in a horrible way: floods, bushfires, and volcano eruptions. In brief, one after the other disaster is happening.

It is the wake-up call. The transforming, all-destroying, power of the Mother no longer lets herself be oppressed. She claims her place and wants to be seen and respected. She will make the earth shake and tremble until she will perish, or triumph over the ruling power of the intellect. Then the ultimate re-union will take place: the sacred marriage between the masculine and the feminine. Mother Earth will receive her rightful place. Men and women will live together in equal partnership in which respect for life, respect for All That Is, will be the focus.

Now is the time to awaken from our world of carefully built-up illusions. The ultimate truth is always at the center. Father and Mother are supposed to play an equal part in raising their children.

*It is never too late to open our eyes. The threatening war is a great opportunity to show our true nature. We hold on tightly to our fear and treasure ourselves as victims, or we become conscious of our greatness and let go off the past forever. In*

*doing this we raise ourselves to the dimension of the heart. Knowing that we are all cells of the one body, called humanity, we will embrace all our brothers and sisters.*

To be able to stand in our truth, to bear the responsibility for situations outside ourselves, we only have to do one thing. We only have to be willing to take responsibility for ourselves, willing to descend to our own underworld. Willing to put all those things we have constantly oppressed, our hidden treasures, our potential to grow, into the light.

Our shadow is merging with our light; metal becomes gold. We are whole; we have transformed ourselves into divine human beings.

*Alchemy is the name for an ancient old process of making gold out of non-precious metals. It is the journey through the underworld, the trials we have to go through on our pathway of initiation. It is the ultimate liberation, the transformation of pain and suffering into ecstasy. We leave the world of polarity and raise ourselves to unity. The spiritual heart will open up, the cosmic Christ awakes, and the divine human is born. The veils of illusion disappear like snow in the sun; there is no longer an I and a You.*

## INTRODUCTION

*To change the world, you need the courage to be a rebel. You need the courage to step out of the crowd. Only in silence is it possible to feel if you still want to join all external show. If not, have the courage to live your own truth without all this ballast. This will not only make you a happy and satisfied person, you will encourage others to do the same.*

I retire in my little wooden shack in our garden. After a period of focusing outwards, the time is ready for my next quest. It is bright winter-weather; the nights are cold with clear skies and sunny days with mystical pictures. The sun shines through the bare branches of the trees. Her beams of light are penetrating everything with her divine power.

I wake up in the middle of the night. Looking through my window, I see the full moon. Around her is an enormous aura. I hold my breath, the timing is just perfect! *A robin tiptoes on the sculpture-place. Good morning new day, here I am, grateful and fully present to serve and to receive.*

*Something new is being born. The report of my quest was already finished. How, I wonder, is it possible situations that happened in the past are so appropriate for the here and now. All I lived through during that period in the feminine Sweden, still feels relevant today. The processes are integrated and ready to flow outward, so others can have the benefit from them. When we try to give out our experiences before they are ripened, no doubt this will cause problems.*

*My thoughts wander off to Pim Fortuyn (a Dutch politician who was murdered). I first heard about him a year ago, while being on the Antillean. The way they mentioned his name was not positive, but funny enough I immediately felt an inner connection. During the following period, I read a newspaper more often. We do not have a television, so up until now I have never seen his face. This was even not necessary; he was a part of my soul.*

The day he was murdered, I was going to give a lecture in a private place. Coincidence does not exist. On the way to our destiny we listened to the car-radio. The moment we parked our car, Pim's death was announced. In this light I started my lecture. I decided to use the 'subject' Pim during the meditation. We all connected with his energy and focused on our commitments and our resistance. There was only one person who really hated him. The others felt his death as a personal loss, as if a small part of them had died.

*I had a mystical experience. I traveled up with his soul while noticing him in a state of inner peace. He was conscious and lucid. Many light-workers were accompanying him. His arrival was pre-destined and they received him as a King.*

*During the following period, I lost my connection with politics again. All those empty words, they did not mean anything to me. Slowly but surely, I started to feel Pim's greatness and understood his mission. By daring to speak out aloud all that lived in the ordinary people, he had shaken up the politics.*

Seen in this light, I began to see the resemblance between him and the man who shook things up two thousand years ago. In his time, Jesus was a living threat to the established groups; he challenged them to give up their dominant position.

Undisturbed he preached his message of universal love and liberation for men and women. This was unusual and risky in a period in which there was no space for feminine strength.

*He hated hypocrisy, and felt at ease with those who stood at the edge of society, the hookers, and publicans.*

Although we love making sacred statues of the person Jesus, during his time he was shaking the world. By no means could his death on the cross have been avoided.

*That we are still not able to understand the true meaning of his death is obvious. We have glorified his crucifixion and his suffering for more than two thousand years. Now it is time to celebrate his resurrection, as a symbol for the chalice; the mystery of immortality of true life.*

In this time, we start to understand the platform he founded, and his true message begins to reach us. In that sense, the *human* Jesus was of no importance. He just played the role he was given by divine council. Now his spirit, the cosmic Christ, finally starts to blossom to the full.

Once again in these exciting times, people stand up to show us that we have lost the way, that creation is not meant to be destroyed, but to honor life. Love means daring to say *no*, and in doing so we create space for an honest and true *yes*. Like in Jesus' time, it has nothing to do with the person Pim Fortuyn. As all of us play our own role in the drama called humanity, he was playing his role by shaking the established mankind on their fundamentals.

No doubt, before he could become a politician, he had to descend into hell and to rise again. Probably he did not have any choice, his soul had already chosen his destiny before he was born.

*You touched us all. Even your greatest opponent seemed shocked. During your life it seemed as if you were only sowing discord, yet your death made clear that your unconventional appearance brought into light the fears, the conflicts, and the discontents of your surroundings.*

Servitude means we dare to set aside our selfishness on behalf of the universal interest. In that sense, you were a master and an example for all of us. Some see you as the 'fool' from the Tarot. This can be seen as an honorably title, it is the highest manifestation of 'the unattached divine'. They said a lot about you, yet only a few understood your true message.

He was the catalyst who brought out the beast in people. The beast and the saint, it depends where we stood in our process of evolution. He faultlessly mirrored all the fears we tried to sweep under the carpet. Immediately the completely masculine bastion came into action. How does one fight someone who could cause a revolution in our thinking? With weapons, as we had learned. Certainly do *not* look *inside*, but fight the external enemy. Start throwing mud and trip them up in every possible way. Do not listen to the underlying message. Do not look in the mirror and certainly do not think that *you* can learn something from it.

*By no means could his death have been avoided. For long it had been visible in the stars and on a deeper level Pim knew it. He was probably shocked by the fact that people did not understand him; both the opponents and his supporters did not want to hear his message. No doubt, he had to learn to handle and to integrate his inner strength. He who walks in the light reflects light as well as darkness.*

With his book *'the orphaned society'*, he leaves behind a beautiful heritage. Not on the right, not on the left, but well considered and lived-through. Not by saving one thing for another, yet by viewing everything equally. Crystal-clear he shows us where we started to forget our origin. Crystal-clear he indicates we have to bring alive our feminine nourishing pole, to recover centered and to become full humans.

After his death people felt what he had initiated. Everyone attending his funeral, felt something of the mystery around his death, and experienced a kind of connection he made. We seem to need shock effects to reawake and to liberate ourselves from our material straitjacket, in order to reconnect with our amputated, spiritual pole. By doing this we give both sides an equal place in our lives. Space for others can only exist when we have inner space, and not as long as this space is being forced from outside. The more structures the government tries to constrain, the more we feel resistance against these structures, and the bigger our fear of losing ourselves will be. In advance, sharing does not mean decreasing. On the contrary, everything we share honestly and abundantly will increase immediately.

It is perfectly clear, that we, as a nation, were not ready to face our fears of material destruction, of destruction of the world of illusions. It is clear that we, as a nation, were not ready to give spirituality her rightful place in life.

To fulfil his task, to personify the harmony between light and dark, Pim needed an anti-pole. His murderer played this role and ended Pim's material life. By fulfilling his destiny, he interpreted not only our cooperative fear; he showed the hidden emotions of half our society.

Yet Pim's life was not in vain. He created an opening, a gateway in the collective consciousness. A few of us will start to understand his message. They will use this gateway by anchoring this foundation of wholeness inside. They will step into the sacred marriage of the masculine and the feminine, the giving and the receiving principle, the light and the dark. They will make the journey into the depths where Pim preceded them. They will die and be reborn, and appear on the scene in harmony. In all stillness, they become a foundation for all of those who will follow them.

*We are so afraid to discriminate that we do so all the time. We are afraid to be honest to ourselves and to others. We are scared to death of everything out of the ordinary. The Christian is afraid of the Muslim, the Muslim is even afraid of the Christian. Deep inside we are all afraid of ourselves. If we no longer let direct ourselves by fear, we certainly will get curious. We will immediately start to investigate all our mutual differences and agreements. Is it not fascinating, so many colours in a rainbow? Is it not great the Netherlands have globally a leading function in tolerance? Of course we may take ourselves seriously and be proud of our origin. We may expect others to adjust in our culture. There is no other way. If we love and respect everyone's singularity, there will be plenty of space for the characteristic of everyone and every culture. Let us stop discriminating others and ourselves. In addition, let us stop feeling discriminated.*

*It is time to stand up in our own dignity and dare to distinguish judgment. Let us dare to be vulnerable and to speak the language of our heart in such a simple way, that everyone is able to understand it. Let us dare to be touched and to listen with an open heart to others' opinions, even they may not be our opinion. Let us dare to live in a multi-cultural society without fear of being trampled or of losing the right of our pension.*

*Let us see it as a privilege we are so prosperous that we can share. Let us realize it is not obvious to have only rights. Let us all, in our own unique way, work on a loving, colourful, multi-cultural, and livable society. Let us finally forget the past and stop to plan the future. Let us create the world today as we would like it to be. Let us not revenge but forgive, and use this unique situation as an opportunity to improve ourselves. In doing so we make this society into a better and a more lovingly place.*

Om Shanti

*Let US be peace...*

## **THE DESTINATION OF OUR SOUL**

## **IT'S IN YOUR OWN HAND**

*Once upon a time there was an old and wise hermit, who lived in a cave on the top of a mountain.*

*Everyone knew him as the man who could answer even the toughest questions about life.*

*He was a man who told the truth.*

*However, as always, there were people who questioned his ability.*

*One of those men bragged to his friends that he could trick the old hermit, and confuse him with his questions.*

*With a helpless bird in his hand, he said to his friends:*

*'I will look for this man, and when I find him I'll hold my hands behind my back. I'll ask the old man whether this bird is dead or alive.'*

*'When he says the bird is dead, I'll show him my hands and let him see the bird is still alive.'*

*And if he answers that the bird is alive, I'll squeeze the bird and show him that the bird is really dead.'*

*Holding this thought, the man climbed the mountain searching for the hermit's cave.*

*When he discovered it, he called out: 'Old man, old man!'*

*Out of the cave, a voice answered: 'what do you want, my son?'*

*'I would like to ask you a question', the man said, while holding the bird behind his back.*

*The voice answered: 'Go ahead, my son'.*

*The man chuckled: 'I am holding a bird behind my back. I want to know if this bird is dead or alive'.*

*First, it was quiet, and then voice answered tiredly:*

*'It's all in your hand, my son'.*

*- Traditional story -*

## ***Universal consciousness***

We are on the threshold of a new era and humanity is under an enormous pressure to evolve. Destruction always precedes growth. All we no longer need has to be destroyed to its roots before the new can be born, before we are able to enter into universal consciousness. We cannot build new houses on old foundations. It is time to wake up, time to recognize our origin and our abilities. We can do this by taking responsibility for Mother Earth and ourselves. If we dare to stand in our truth, it is of no importance what others will do. We can prepare for all that is coming by being present in the here and now, by not associating ourselves with the visible world of contrasts, and by not reaching back to the past. As long as we treasure these experiences, the gate to wholeness will remain closed. The moment we are able to accept All That Is, we achieve understanding and insight, and the ability to forgive unfolds itself. We understand that everyone plays his own part in the drama we call humanity, allotted through karma.

*The moment we manifest this process, all pain will dissolve. We liberate ourselves from the tight ropes of karma from the past, the present and the future. We leave the limiting cocoon behind and transform ourselves into a butterfly, rising above all limitations.*

Until now the path to perfection was a path of pain and suffering. As we transform the suffering within, we open new gates in our process of evolution. Consciousness and joy also become gateways to transformation and enlightenment.

*Everything that once took on form is constantly moving towards reunion.*

## ***World of contrasts***

When God, out of an absolute emptiness, manifested Himself into the world of form, He introduced a world of contrasts. We see this phenomenon in the complete visible creation, from stones to plants to humanity.

*The masculine and the feminine are the omnipresent, always creating and maintaining energies of God. It is the feminine appearance of God, his Shakti, which is visibly manifesting itself through the entire universe, by contracting form. Forms, coming and going, like the tides of the sea.*

Every soul longs for completion. Every manifestation is a contribution on the path to wholeness. On one level or another, each soul has a memory of his origin. This always-present deep inner longing will dissolve when the soul finds his complement and starts to melt together; the masculine with the feminine, the light with the dark.

Until the moment we awake, consciously or unconsciously, we keep on looking for our counter-part in the external world. Relations are not meant to fulfil us or to make us happy. The real purpose of relationships is to reawaken us.

Every spiritual relationship serves mutual growth, it carries the foundation on which we can embrace and honour both poles. The wholeness to be experienced in such a relationship is the same wholeness we feel when the two complements inside, the masculine and the feminine, are melting together.

*We begin to understand the deeper meaning of: 'when two or more persons are gathered in my name': when the masculine and the feminine melt together in the*

*heart, the cosmic Christ is born. It is in the heart where God lives, it is in the heart where love lives. In our heart dwells inner peace and the consciousness of our origin.*

Our sole-purpose on earth is to become whole and to complete ourselves. So that we can return to our Self in a more advanced stage as the one we were in, when we descended into the material form. When we manifest the feminine and the masculine inside, we become one with All; we become co-creators of the universe.

If we get more receptive, while being in the stillness of nature, or during our meditations, we become more and more aware of our divinity. We make a connection between the world of the form, and the world of the formless. By doing so, we are opening up to our intuition. Increasingly we are guided by our soul's wisdom. The heart takes over and the mind becomes a willing servant. Our identification with our temporary situation will cease to exist, and we will become conscious of our totality. When we drop the need to make every experience visible, then during times of inner peace and introspection, the sound of silence gets a voice which comes to us in peace of mind, and we start to recognize our own inner voice; the voice of our true Self.

### ***Totality***

Every positive pole has a negative counter-pole. If we constantly focus on our light side and deny our dark-side, we get out of balance. This is not only visible in the world of careers, where men and women emphasize their masculine pole to distinguish themselves, you will find the opposite process in the alternative circuit. Women, and also a few men, try to do their very best to be lovingly. This is different from being love. Love embraces both poles, light as well as dark, the outgoing male-energy and the receiving female-part in a perfect harmony. Being lovingly reluctantly usually means that we deny our shadow-side. For the outsider this can be confusing. The radiation is different from the message. Sometimes you even feel the venom behind all that lovingness!

When you have maneuvered yourself in such a situation, your unconsciousness will try anything to restore the balance. Kali is waiting to drag you into the underworld. Time after time, you will attract relations that are anything but loving. They perfectly mirror your shadow-side. If you are willing to look into those mirrors, willing to no longer project your shadow-side on others, you will be presented with the opportunity to restore balance, to initiate yourself into wholeness.

*Without doubt, everybody who plays a part in your life has a message for you. Even if you are not able to understand the message yet, be prepared to look into your mirrors. When the mirrors are no longer necessary, when we have learned a particular lesson and that part has become healed, the mirrors will automatically cease to exist. No doubt other lessons, other mirrors will appear, until we no longer deprive ourselves of our vital force, until we fully embrace our counter-pole and integrate it in our being.*

*In fact, our whole life we do nothing but freeing ourselves from conditions that are no longer necessary. We have to unlearn all that is taught to become what we essentially are. We thank God for all the good things happening to us. We forget to thank Him for the so-called 'bad' things. That is where we make a mistake; the one cannot exist without the other. Let us thank God for everything that is coming to us, without distinction. From that moment, we start to befriend All That Is. We identify ourselves*

*with the All, with the Self. No longer will we be victims, we become observers. We befriend death, our biggest teacher, and connect ourselves directly to the source. Our fear of destruction disappears and joy becomes our share.*

Also in our external world, we see that every movement calls for a counter-movement to restore the balance between light and dark. As the threat of war gets stronger, more people start demonstrating. Organisations with a charitable character, devoted to make the right connections to support life, like Doctors without Frontiers, immediately evoke their counterparts, trying to annihilate all built up connections and to destroy life. Terrorists listen to their inner voice too. It is their mission to sow the seed of separation.

Even Jesus needed a counter-pole to fulfil his mission on earth. Judas was the soul who took this task upon him.

*Light and dark constantly search for harmony in this manifested world of forms and contrasts.*

### ***Dark powers***

Dark powers use the weakness of humans, yet humans also use their dark powers. When we deny our dark side, we project our strength outside of us. Dark powers slowly but surely will take over. When we put our shadow-side into the light, we start the dance of wholeness. The sacred marriage, the fusing of light and dark, takes place. All that undermined us first, will work in our favour. We polish our negative qualities and use them as tools to complete ourselves. What we first saw as evil, will be transformed in the melting pot of the alchemist. The fog will disappear and the veils will be lifted up. The fight between light and dark becomes a dance in which the different poles are holding hands.

The duel between light and dark makes us constantly strive for what is feasible. The moment the light acknowledges the dark, the prince of light, the archangel Michael will elevate his oppressed brother Lucifer, once the prince of darkness, by giving him back his rightful place on the right side of his throne.

*Without doubt, the power of light will prove to be stronger than the power of darkness. Finally the light will triumph over the dark and bridge all duality; no longer will there be any kind of separation. This power, also called unconditional love, is weaving everything together to bring it back to unity.*

### ***Unconditional love***

The need to save others often takes the attention away from our problems. In that aspect, many therapists practice the right profession to heal themselves. If they are willing to look into their own mirror, their clients are as much a perfect mirror for them, as they are for their clients. There is never a one-sided learning effect; the knife always cuts on both sides. A teacher at all times remains a pupil.

*Let us embrace the world in totality. Let us include her in our compassion and in our love. As long as our inner battle is not over yet, we are part of every battle. Let love flow over the world unconditionally, out of our boundless being, and let us allow to happen what ought to happen.*

To distinguish is not the same as to judge, although those are often confused with each other. It is very important that we learn to distinguish between which serves us, and which is no longer useful.

When we dare to acknowledge the evil within, we will start to recognise it. At that moment, we have the choice which pole we wish to connect to. Then we learn to trace the evil outside, the things not nourishing our inner growth. Hunting for little pleasures, and fulfilling all our lusts is poison for our soul. The more the inner light spreads within, the more we become fulfilled without searching outer fulfillment. We start looking for other forms of entertainment.

Growing in consciousness means that we start to realize that we do not need to protect anyone. As we polish our mirror and complete our soul, we become a clear mirror for others. In other words, it is our mission to become, in all fullness, the love that we are in essence. When we fulfil this mission, our love or our true being, flows without conditions. No longer will we intervene in the mystery of creation. Sometimes the light will be stronger, sometimes the darkness. This planet is ultimately suitable to solve the battles between light and dark. Have confidence that exactly that will happen which has to happen.

### ***Gate to wholeness***

We do our very best to ban everything out of our lives, which reminds us of deterioration. Death is a failure we try to deny in every possible way, or we sweep it under the carpet. Illness is a weakness and needs to be prevented or treated with rough means. We undermine our immune system in every possible way. This is symbolical. The tool for the coming period is immunity; our core has to become so strong, that we will no longer be affected by everything around us. We have to live as optimal as possible. We have to be anchored in our being to get immune to all disharmonies.

Everyone who traveled through the gate knows that the illness, the burnout or the process of grieving was the ingredient which opened the gate to the underworld, the gate to wholeness. We are only willing to descend into our deepest cellars, when resistance is not possible any longer and there is nothing left but to surrender ourselves to the flow of life.

Often we are not able to embrace our pain and fear, and so we cannot face the pain and fear in others. Instead of being present and empathic, we give all kinds of well-meant advice. When we intervene in other people's growth process, without being asked, we deprive the person of the possibility to plunge into the deep, to finally learn to swim or to drown. A real social worker plays the role of the father. He is a bystander and fully present. The moment the drowning person is ready to receive, there is that hand, visible or not, to help him up again.

*Only in times of deep darkness, when there is nobody to take care of us, we can humbly bow to the demonic powers, to remodel and transform them from inside till what they really are, pure light.*

Of course, it is great to share our achievements. However, always be aware of your intention. If any doubt arises, subject yourself to a critical self-examination. True service aims to make people independent as soon as possible. True service means being fully present in All That Is. True service is fully embracing All That Is and complete surrender to our inner source.

When we increasingly initiate our total being, when we start to radiate our true essence, we become a gate for others. From that moment on it is possible that people, only by touching our robe, feel healed immediately. The latter means that the person in question is fully open to reconnect with his own healing force of unconditional love. After this reconnection our being, our aura, becomes a real channel of love.

### ***Internal problems***

Seen in a bigger light we could say that all the countries that do not have their own 'housekeeping' in order, like the USA, are attempting to distract the attention from their internal problems, by pointing a finger to others. Instead of resolving their internal problems, they try to exterminate them externally, in other words, they are fighting their own shadow.

There are always two ways of dealing with a situation. This situation, pushing forward into a war, could also be a gift for the USA and the entire rich West. It could be a clue that our view is not clear enough, so we can start to polish our own dirty windows. The USA could start to play the part given to her by divine council, to be that nation which embraces all other nations. No longer out of arrogance, yet out of true masculine power *and* pure feminine vulnerability.

This means we have to put aside the masculine image of being strong and big. It means we dare to show our feminine counter-pole; our understanding, vulnerable, and empathic part. We call ourselves to order, lovingly but honestly. We have the courage to revert on an already made decision; maybe yesterday it was a good one, yet today it will not work anymore. Above all, we dare to say sorry, sorry guys we have failed. It is our fear of destruction that makes us suppressing and destroying others. We understand that this same fear will ultimately destroy us. Let us look together what we, as a white minority, have done or have failed to do, which makes you feel so threatened that you are even willing to destroy yourself, to get your country and your people heard. That of course is an act of love, which only heroes are willing to face and certainly not cowards. By mirroring ourselves like this, we become human. The heart takes over and the mind becomes a precious servant. Love has taken over the place of fear.

*The majority of the world wants peace. In which world? Only in our world? Would the people in Iraq, in Jordan and anywhere else not also desire peace? What does it mean for a mother to send the son she gave birth to, to the battle-field for the honour of his fatherland? Is it not time that women start to intervene with politics and to refuse to let their sons be used as targets by the sons of other mothers? Do we give birth to children only to offer them to violence, to let them be raped, to let them commit suicide, to let them be used as targets?*

### ***Karma***

Often we wrongfully use Karma to justify our deeds or to hide ourselves. Karma is the impartial law of cause and effect. Everything we created, consciously or unconsciously, will return to us in one-way or another. This is valid for everything we create, the good, as well as the bad. Not as a punishment, yet to learn from our mistakes, so we can grow to wholeness and complete our soul desire. Therefore the law of Karma is an ultimately righteous law, which teaches us in a loving way to bear responsibility for our thoughts and deeds. Everything that materializes is preceded by the creating power of thoughts.

Let us not only look at our deeds but also at our thoughts! You could look at Karma as being a big body inside the frame of the universal law. At the level of higher intelligence, we are obviously connected to each other. Together we represent the cells in this body and we freely communicate with each other.

It is not necessary to create pain in order to grow. We can also grow through consciousness and joy. Yet we cannot exclude pain. Every painful experience is helpful in our process of growing and is the seed for a tangible and lasting sense of happiness.

*When we free ourselves from Karma, when we free ourselves from the limiting restrictions of the past, we free ourselves from our cocoon and ascend as a butterfly. No longer will fate determine us, yet we will determine fate. The effect of our good deeds will return to us manifold.*

### **Group-karma**

Certain people go through life with a severe handicap. Undoubtedly the question arises whether these souls pay their debts for misconducts from the past. Probably, the contrary is true. Definitely many of these souls have assumed this task out of gratitude and to honour the creation and her Creator. You may have noticed that many people who are severely mentally handicapped radiate pure clarity. By taking upon them this immense heavy burden, they help humanity evolve to a higher plan. Usually they are not aware of this fact during their lifetime, and they are just a part of the chain, of which each part undeniably fulfils its task. It is not up to us to judge, no one knows anyone else's blueprint.

*We believe that health is only a manifestation of the physical body. Yet the body is of less importance. You can recognize a true healthy person by the way he is grounded. A truly healthy person is vibrant, enthusiastic, creative, carefree and joyful. A healthy person does not feel any need to take care of tomorrow, he knows everything will be there at the right moment. A healthy person may be apparently handicapped, sitting in a wheelchair, or even may have AIDS. However the light of their soul will no longer hide their true divinity, it will radiate through their entire being and their surroundings will experience them as radiating and shining personalities.*

## **FOR A NATURE PERSON**

When I leave, do not cry  
because I haven't really gone  
Now my body is a thousand things  
so do not feel too sad

I am the wind  
I am the rain  
I am the sun  
I am the young grass  
I am the snow and a thousand things  
I returned to the one I was

When you awake, look at  
the trees and the blue sky  
Look at the butterflies and the flowers  
look at the birds in their flight

For I am all those thousand things  
since I left my body behind  
Those thousand things are my life  
as you see, I am not really gone

Ria Hulsen – van der Heijden

## **JOURNEY TO YOUR INNER SOUL**

## THE SAINT AND THE HOOKER

*The masculine is the infinite divinity, which encloses all possibilities for existence. The feminine is his Shakti, the same divinity stepping forward as a self-conscious power enclosing everything. It is her task to reveal the universe in time and space. She is the mother of the world, and the creator of the universe. She is the mediator between the un-manifested One and the manifested Many.*

- Sri Aurobindo -

Long before our era, during the Neolithic period, in the old Europe, in the Mediterranean district, the Balkan and the Ukraine, civilizations were living which experienced life as a divine mystery. In those times people knew, as a result of a deep inner knowing, that nothing could exist on its own, that everything is connected. They lived out of a deep-rooted respect, in connection with every living being. Archaeological excavations reveal that at those times the female role was the primal one. Women were honoured everywhere. Many statues of Venus were found, statues of pregnant women, statues with large breasts and statues without head. Each of them was an honouring of the feminine creative principle, an honouring of the divine female as the preserver of life. Women were the goddesses of fertility, the bringers of new life. They were the goddesses of the upper-world and the witches of the underworld. They represented the perfect balance between light and darkness, between the creating power of the sun, and the receptive principle of the moon. The woman was the source of all life, the incarnation of the great Mother-goddess. Women were working on the land; they were weaving and spinning, and nursing their children, as well as fulfilling the leading function and the priesthood of the tribe.

In situations in which life is in harmony, the power of art flourishes. True art is an expression of the essence of humanity, an expression of life itself. The true artist constantly creates out of the infinite creative womb of silence and is a precursor of renewal.

*In those days life was spherical in every aspect. Round shapes are an expression of wholeness, an expression of everlasting life. It knows no beginning and no end. Round houses offer security. People were living in harmony with nature. Working the land was honouring the divine Mother. They celebrated life by offerings and rituals. Religion was an expression of life itself. Death took a natural place in the circle of life. Everything that originates from the womb of the Mother will once return to her. Yet the divine spark, the source of inspiration behind all visible life, is eternal and immortal.*

*Nowadays we have invented all sorts of machines to save time. We never have been so estranged from Mother Earth and ourselves and never have we had so little time!*

Women were the gates through which men could be initiated and reborn, to become gods. Gods who implanted new life onto this earth. Seen from the viewpoint of our modern life philosophy, in which we are used to thinking in terms of dividing and ruling, we initially drew the conclusion that women in those times were the leaders and men were inferior to them. As researches progress, surprisingly they show that in those days men and women seemed to relate in peace and harmony. In that sense war hardly ever occurred. On the contrary, men and women lived together on an equal base and with mutual respect.

Riane Eisler, known for her research, noted in *'The Chalice and the Blade: Our History'*, calls this a partnership-community.

Men had different tasks in life, tasks which called for courage and power. They were the lovers and protectors of women and children, the guards of life. They felt useful and served the creating principle of the Goddess, without being servile or depended. Men and women were conscious of their powers and unique beings, conscious of their specific place in the circle, and they complemented each other perfectly.

*In those times, the linear descent went through the mother. Everything was focused on preservation of life. The female aspect, the Chalice or Holy Grail, was a symbol of life itself. When King Arthur went on his quest for the Holy Grail, in reality he was searching for the lacking part inside, his feminine counter-pole, the energy of the divine, creative Mother.*

Approximately five thousand years before our era, this society started to disrupt itself. Groups of travelling nomads and rough warriors ransacked the earth and slowly but surely started to undermine the power and the harmony of the female culture, in which life was the focus. About two thousand years BC, this movement already had accomplished its destroying work. Armies lead by mighty warriors and priests, did everything to disgrace the legacy of the Goddess, and they sowed death and destruction all over. The images of the Goddess disappeared and the male gods took over.

The sword took the function of the Chalice, and men started to invent even more ingenious weapons to destroy each other.

The cherishing power of the Mother-Goddess in the bible had to step aside for a revengeful, dualistic, and punishing male God. The female part in the unity of creation was replaced by the perception of the devil and the concept of sin was born. To justify their inhumane deeds, the elite used God as a bugaboo.

*Slave trading was introduced and death began to rule over life. Competition and status became of great importance. The simple graves of the past became luxurious death-chambers, like the ones we still find in ancient Egypt.*

The patriarchal model of dominancy replaced the matriarchal partnership-society. One-half of humanity started to oppress the other half. Women as well as men slowly started to forget their origin and the divine human fell back to the position of bestial servile behavior.

*How shortsighted to push God in a kind of an image. How primitive to try to give the Almighty a masculine face. As if creation is not a manifestation of the all-embracing Unnamable. In other words, consciousness touches everything visible and invisible, the masculine, as well as the feminine. The one has no right of existence without the other, whether we are aware of it or not.*

*Exploiting nature was a logical consequence. When we forget our own nature, we no longer see the connection between every living being, and we automatically forget our connection to All That Is.*

From that moment nature, as well as women, were seen as common goods, which you could use for your own selfish purposes, without reckoning with the feminine powers of nature anymore. Let alone, working together with them. We could not even imagine how powerful nature is! How brave she would defend herself against this exploitation. How everything would start to shake and rumble on her foundations.

Dualism was born. Up until today, we have thought in terms of good and bad, we have oppressed the one pole at the cost of the other, and we have abused God to justify our deeds. As a sad consequence, we westerners have raised ourselves to a superior race, and all dissidents are seen as primitive. We are not willing to immerse into the ideas of others, let alone willing to work together. We have glorified the all-overpowering thinking of our religion, the technology as a resource of worshipping this religion and we have elevated science as our new state-religion. During long discussions, in which many incomprehensible words are used, and hardly anything is said, we magnify ourselves above our feelings of insecurity and decide about life and death of others.

*The American aircraft at sea is preparing for a war against Iraq. 'How do you feel?' a reporter asks one of the marines. The young man, almost a child, surprised looks at him: 'Feeling?' 'I don't feel anything. The only important thing is that I have to hit the right target....'*

By making laws, we document business concerning social securities and safety. Since our technique makes it possible to experiment with life without limitations, we want to use the same laws to commit people to donate their organs. Yet, we forget there is something like ethics and there are certain limits we cannot cross, because the consequences will be disastrous for humanity, and not only for our personal evolution, but also for the evolution of our soul.

We are not willing to deepen ourselves into the ideas and religions of others. Least of all, are we willing to examine if these 'primitive' or other-thinking people have saved something we have lost on our way to the material top.

*We started to identify ourselves with matter, and increasingly we forgot our essence. Together with our material identification, greed was born. All we could buy for money, we used to fill up our emptiness.*

*Sexuality became an instinctive need for satisfaction. No longer did it have anything to do with the creative ability of pure divine power, which shapes the foundation from which the cosmic human can be born. This power, when lived through to the fullest, transforms itself into the human heart, the heart of all creation. It is this power that creates the gateway to true life and unconditional love.*

When Christianity arose, the position of women became even more degenerated. Eve became inferior to Adam the moment she accepted the role of seducer. By eating the apple, the symbol of good and evil, she started descending into the underworld and dragged Adam along with her. The true meaning of this is our descent into a next evolutionary state, our descent into our physical state. Soul is descending into matter. No doubt, it was the Creator's wish to get to know all different aspects of his being, by making visible the emptiness and the non-materialized and by letting it obtain a form. Not to create a world of duality, yet to create a world of opposites, of which each of them, separate as well as united, are carrying complete wholeness inside. As soon as the non-manifested takes on a form, those pairs of opposites become visible. He/She created them as man and woman, as light and darkness, as sun and moon. We did not understand that the essence of this unity, the absolute truth, is at the center, the one cannot exist without the other. Both poles are mirrors needed in order to get to know ourselves. Within the body of creation, the different poles are of equal importance, we cannot exclude anything. By judging those poles as good or bad, the pair of opposites, together equally one, is taken out of harmony forever.

## MARY MAGDALENE

*Heaven rules the mind and the earth rules the body. Traditionally the mind is not found in heaven nor on earth, but in the heart. The heart has always been considered as the connection between heaven and earth. Neither heaven nor earth is capable of catching the spirit. Only the balance between both of them, which is found in the heart, will lead to the secret gateway beyond death, mortality and pain. The mystery to wholeness is found in the differences between men and women; this merging takes place in the heart.*

*- Ken Wilber -*

Undoubtedly, Mary Magdalene was the only woman during Jesus' time who represented the perfect balance. She represented the saint and the hooker, the harmony between the upper-world and the underworld, the harmony between the powers of hell and heaven, the high-consciousness of the divine and the sub-consciousness, between her witch- or shamanism nature. She descended into hell; she went through the seven gateways of initiation and brought the missing powers of the underworld in balance with her divine heritage. She became the ultimate woman, the primal woman, and a primal mother who gave birth to spiritualism. Only when we restore the balance between light and dark, when we embrace both poles and integrate them fully, will we become real human beings.

*Mary Magdalene went through all seven initiations. The same Mary Magdalene, granted with the gift of visionary, was the first one to meet her resurrected master. In the first centuries of our era, she was known as the disciple of disciples.*

*By not understanding her seven folding path of initiation and by denying the divine female power, Mary Magdalene was not canonized as the disciple of disciples, instead of this she became the Mary Magdalene of penance.*

*Currently they like to say Mary Magdalene was mistaken for the female sinner who anointed Jesus' feet. It could also be that Mary Magdalene was fulfilling the role of the Goddess, who initiated young fertile men into the state of sexual maturity. Since the image of a male God, fertility and sexuality were seen as pernicious, and Mary Magdalene was regarded as a sinner.*

Mother Mary, Jesus' mother, was depicted as the one who had immaculately conceived. The conception had been realised by the intervention of an angel. Not even a human was allowed to take part in that event! This way the true meaning of the Immaculate Conception was reduced into a female unfriendly concept. All of this makes it perfectly clear how superior men felt. How they struggled with the gift of the creative power and with the fact that women were fundamental for the preservation of humanity.

When in nineteen-forty five the Nag Hammadi scriptures were found, a totally different picture of Mary Magdalene became clear, completely different from the image that had been portrayed of her for centuries.

In these scriptures, Mary Magdalene is not only an interpreter for the apostles; it is convincingly proved that she became the head of the Christian movement. She is pictured as Jesus' special companion, the woman who knows the All.

Jesus encouraged her to speak because her state of consciousness allowed her to see and to interpret things in the right way. Mary Magdalene had never had an easy life.

She had openly revolted against Peter, who had difficulty in accepting that a woman took up such a high place near his master.

Jesus of Nazareth was a person of flesh and blood, born out of the relationship between his father Joseph and his mother Mary. He was a Jew and although he was born during a time in which Judaism was strongly dominated by men, his teachings set an example of spiritual equality. He preached universal love, and the liberation of all humans. He openly accused the ruling classes of exploiting and oppressing the people and rejected, in words as well as in deeds, the suppressed status of women. To the disgust of the ruling classes, he freely mixed with men and as women.

Jesus put his life in service of the Christ energy. The moment his body and soul were strong enough to receive this power, during his baptism in the river Jordan, his radiation became visible. It was then that the man Jesus embodied the cosmic Christ. He became the son of the Father/Mother and was given access to the consciousness of the Father/Mother. Through Jesus' transformation, the Christ-awareness was able to flow into the hearts of everyone, and it became possible to get to know the Inner Self. His message was a memorandum of hope; no longer should death be the focus of our attention, but the resurrection. The Christ could not be crucified, he is infinitely immortal. The human Jesus, his material manifestation, died on the cross. This loving act made the cosmic Christ, the immortal power of love, accessible to everyone. Seen in this light, something went awfully wrong during the spreading of the original gospel of love.

There have been many assumptions stating that Jesus was married to Mary Magdalene. They even state that the wedding in Canaan was his wedding. During those days it was impossible for men and women to live together without being married. Despite all these assumptions; Jesus was probably just an ordinary rebel who took no notice of all these actual rules. One thing is beyond dispute; Mary Magdalene definitely played an important part in the initiation, in the totally being of her Master. She played the role of the Goddess.

*The veils between the visible and the invisible world will increasingly disappear. We start to reawaken and again we become conscious of our true descent. All of us are co-creators, brothers and sisters of Christ, children of God.*

Among the spiritual movement of Christianity, the Cathars considered the Christ as a living awareness inside their heart. They acted upon Jesus' warnings not to imprison themselves by making external laws. In the true spiritual teachings, the inner knowledge goes beyond all outer laws. This knowing sees itself as a divine being and seeks no satisfaction outside. Where there is consciousness, there is the treasure. The moment people become aware of the fact that it is this consciousness that inspires all cells of their being, they have found their own essence, the clear and lucent diamond within. They are home. Everyone who has come home recognizes this same divine power in all different forms of creation, in all manifestations of nature. No longer is it conceivable to harm others, let alone fight a war and kill others. By killing or destroying life, we are destroying a part of our own divine nature, our own divine creation.

*In essence, sin does not really exist. We humans have created it. You commit adultery when you are unfaithful to those inner laws. From the moment humans separate themselves from unity, the ultimate truth, they live in sin, read seclusion.*

The seven steps of initiation, the descent into hell, have to do with laying down all feelings of greed. It is putting aside our lower personality, our ego; our identification with material. By cleansing our karma, our life is no longer dominated by fate. We free our inner Self; we stand up in dignity and return to the source. We return home to the world of non-duality, the world of unity. Although we continue living in a world of forms, the world of opposites, the feeling of separation disappears. We experience the same wholeness we feel inside ourselves, in everything and everyone. We master the necessary tools to go through the gateways of heaven; we know the right codes and the right passwords.

It is extremely important that we start to embrace our physical mortality. By no longer denying this fact, we can give it the place in our lives, it truly deserves. By doing so, we can prepare ourselves in all dignity. As I point out in the book: *'Mastery beyond Death'*, our quality of life will determine our quality of dying. This is certainly true. If we do not learn to let go, if we do not learn the proper way of dying, if we do not know how to go through the gate, it will be difficult, almost impossible, to find the right gate at the moment we pass away.

Everything that once took a form will disappear. All forms ultimately return to their formless state of emptiness. Everything goes back to its true nature without forms, where our own identity, the inner sparkle of God, or our own spirit, will remain. All transient forms of expression are expressions of that. That is why it is so important that we learn to die before we die physically. The ego, the all-empowering thoughts which create separation, has to be replaced by inner knowing, by the ever-present consciousness.

We are what we identify ourselves with. We live like stones, plants, animals, humans, or divine humans, depending on the state of our identification. The moment we awake, we remember who we are, and we stop identifying ourselves with our temporary situation. By gaining a general view, we are reborn within the laws of the universe. No longer do we have to prove ourselves. No longer do we have to become somebody special or to strive for something. We know we are omnipresent, and out of this consciousness life develops itself and we surrender us to her eternal flow.

The journey the soul makes through the seven spheres of heaven after physically dying, we can compare to the reversed journey of the soul through the fires of hell, the journey through the underworld. This process is also known as the dark night of the soul. It is the process of alchemy, the path of initiation. It is the burning away of our ignorance, the transformation from pain into ecstasy, the conversion from metal into gold. When humans made this descent, they conquered death. The veils of illusion have been pulled down and the fear of physical dying have gone forever. Being present in the *here and now*, in connection with All That Is, clarity, inner peace and pure joy will be our share.

Through this consciousness, we are able to introspect. No longer will our visions be coloured by the soul. At the same time our soul has not yet been fully united in Spirit. At that moment we ascend above all images and visions, and pure consciousness is left. This is the absolute emptiness, which carries inside complete fullness.

It may be clear that the moment we descend into matter, we can no longer see unity. As a logical consequence, we forget that in essence we are all brothers and sisters. We forgot that all creation is inextricably connected and that nothing can be seen as separated. By removing a link out of the chain, we damage the whole chain, the complete cosmic cycle.

*It may be clear that what I am talking about is the manifested, feminine side of our Creator, his unique way of expressing Himself in the world of forms. Although all shapes proceed from the non-manifested world and will ultimately disappear, the heart of all life remains untouched, infinite and forever the same. Roughly said: it does not matter whether we learn our lessons or not. Mother Earth is extremely patient. Even if our beautiful planet with all her inhabitants does not survive, life will return to the source and will manifest once again in other appearances.*

Peter, who saw women as inferior, founded the Church and became the first Pope. It is not surprising that, on a large scale, the same church played its role in the oppression of the divine qualities of women. From then on priesthood was only reserved for men. No doubt men were afraid of the Kali-nature of women, her creative, all scorching, and all destroying sexual strength. They wanted to wield the scepter and tried to oppress women's creative and destroying power by depriving them of their intuitive and healing powers, by making them inferior to men in every way. During the time of the inquisition women who had initiated themselves to wholeness, were disgraced and burnt at the stake.

Out of fear for their feminine nature, they excluded women from priesthood and male priests were convicted to celibacy. An inhuman and unnatural way. It is not possible to drop something you have not yet fully embraced and integrated in all cells of your being. Only when our sexual nature is fully embraced and converted, can we use this inner power to transform ourselves to wholeness. If women are not awake, they will maintain their roles as victims and remain dependent. They remain childish-women associating with their pain-body and nourishing the past. Men remain in the puberty stage, they cling to mummy's skirt and unconsciously they feel incomplete. *When the sexual initiation has taken place, celibacy can be a logical step in our evolution. From then on, this merging takes place in the heart.*

No wonder so many scandals, about priests abusing children and having partners, arise nowadays. As always you can say the root of all this is not the priest, but the inhumane system in which the church has maneuvered itself.

The more you become whole, the more you are able to look at these situations with empathy, without needing to judge. The man is as much a victim of the inhumane system as the woman. It is time we see priesthood again as an inner state of wholeness. Let men and women who have initiated themselves into this inner state, see it as their vocation to share their wholeness with all those who have to follow this path. Let them take up their vocation seriously and occupy their priest-function in whatever way that may be.

How in god's name could all this happen? How is it possible that one half of humanity feels superior to the other half, to their natural complement? God created man and woman as a pair of contrasts and at the same time as integral individuals carrying these contrasts within. In doing so, He has given human beings the possibility to mirror and to heal each other. Ultimately each individual will become whole, complete, and divine within.

*This separation continued and was not limited to men and women. The white race felt superior and appropriated the delusion that they were different, read better, than any other race or culture in the world. Not only did we constantly control our own culture, we bravely tried to initiate our convictions on the rest of humanity. If our personal convictions were not powerful enough, we portrayed God as a kind of a bugaboo to*

*subject the unwilling, protesting dissidents to our rules and religious belief systems. If not willingly then willy-nilly. The bludgeon has been replaced by more sophisticated means of war, yet the principle is as primitive as it was before.*

*The more humanity becomes mature, the more we westerners are losing ground. Our power is crumbling and the underlying fear of being dominated, the fear of the death of our ego, is increasing. We keep in action, so we cannot feel the fear. We begin to shout more and try to convince the rest of the world that we are right. The biggest cowards accuse the biggest crooks! Alas! All we suppress will ultimately pursue us. Globally all kinds of hellish powers are rising, and without hesitation people are blowing themselves up in order to awake the superior minority. They force them to descend into hell, to rise up again and initiate them into wholeness. They dethrone the superior white race, which has the arrogance to fulfil God's will on earth by ruling, separation and dividing, by forcing them to listen to those who have never been heard. It is clearly perceptible that other races, other cultures, have been oppressed long enough. They no longer accept it; they rise up and make themselves heard by offering even their lives to clear the path for a more complete mankind.*

*What happens globally is also happening individually. Women felt suppressed and demanded equal rights. The women's movement is the ultimate body in which women can transform and heal their displeasure of years of oppression, to become an equal part of community. The way, in which women face their anger, is of priceless value. However, when women want to heal themselves, when they really want to become an instrument of love, they must not get stuck in hate towards men. Now it is time to let the power of forgiveness prevail and to clear out the past. Both men and women are victims of our upbringing and not all men were happy in their roles as oppressors. It is time to work together. Let us stop seeing men as enemies, let us see them again as our lovers. Through acceptance, we get to understand ourselves better. This understanding leads to forgiveness and letting go of the past. We start the now out of an inner wholeness. Out of this same wholeness, we understand all misunderstandings. We rise above duality and start to feel empathy for others, men as well as women.*

*A serious obstacle between men and women is the repressed hostility against the opposite sex. When a man feels hidden anger for his mother, no doubt this influences his relations with women. Of course, this is the same the other way around. When we, as children, have missed a loving nest, we easily let ourselves be dragged down by the dark powers within. For centuries, this has been one of the reasons of the oppression of women.*

*The position of men is not one to be jealous of either. What a hell to descend from a feeling of superiority into one of equality. Through how many layers of fear one has to go to get there! How painful is the process of dying, the death of the ego. Rising up is much easier.*

*To travel the road is to descend into the depths of hell. At the end, when you cannot go any deeper, you come up with renewed insights. We women forgot our role as Goddess, as Mother of all visible life and increasingly accepted a more or less suppressed position. We cherished the image of loveliness, purity, and virginity. We have deteriorated the image of the hooker to a negative image. Call it ignorance. We were not aware and acted accordingly, men as well as women. The one feeds the other; inferiority on one side brings the other pole in unbalance and automatically causes oppression. By not having the scales in balance, we disintegrated the poles of*

*opposites, together forming a unity. They were degenerated to good and bad. In that sense, it does not make any difference what came first, the chicken or the egg. Throughout our way of evolution, we took the path from oblivion until falling asleep, till the moment, we could no longer ignore the wake-up call. The spiritual warrior embraces life to the fullest; he experiences everything without exceptions and releases the past. The spiritual warrior accepts every situation, liberates himself from guilt and penance, and takes responsibility for the situation as it is. We start from this point, the only real existing moment, and reform ourselves to worthy human beings.*

*We always carry the seed inside, of what we accuse each other of. It would be nice if we had this insight, then we could stand in our strength on a different and new way. We would not make the same mistakes as the ones we blamed men for. The moment women take up their place in society, they often lose their uniqueness. Often they connect one-sidedly with male decisiveness and take up their place in the same way they blamed men of: using your elbows, oppressing, dividing, and ruling. Climb the ladder of your social career without thinking of others; sell your soul and your salvation for a job and status. You notice many women trampling upon each other on their way to the top, in the same way men did before.*

*Not only men make it difficult for women to take up their equal place. Mostly it is women who make life difficult for their sisters who have the courage to stay in their strength. No doubt, this is a result of our insecurity and fear plays an important part in this. In our oppressed position, we forgot how to support each other. By supporting other women, we initiate the female power in the co-operative consciousness. This will heal all of us, men as well as women.*

*The road to the top is a lonely one. The road to wholeness is even lonelier. Even bigger than the fear of death, is the fear that people have of not belonging to a group. The power of initiation, the descending into hell, the road to inner wholeness is one we have to travel alone. This road will open itself only to the brave among us, to the Mary Magdalene's who no longer hold themselves back by resistance of their own species, by men or by churches.*

*Yet, in our history there have been groupings in which men and women took up equal places. The Cathars formed such a sect. They were Christians who taught Christ's teachings in their pure form. They did so in all simplicity and in connection with the ordinary people. In doing so, they were such a threat to the church that they had to hide for years. Supported by the elite they withdrew to castles, of which the Montségur was one of their last bastions. In the end, they had to surrender themselves and were destroyed in great numbers. The parfaits, the priests, male as well as female, went to the stakes, singing.*

*To be able to travel the road to priesthood, they lived in celibacy. They transformed their sexual powers and used them to heal others. Out of respect for all life, they did not eat meat. They underwent a very impressive initiation of which the cave of Bethlehem was a part.*

*Giri and I visited this cave during the time we lived in France, and investigated the territories of the Cathars. I felt deeply touched by this area and obviously automatically I followed this part of the road of initiation. Later, in front of the cave, I felt struck by an image of Christ, which clearly manifested itself in the opposite cave. It was breathtaking and immensely impressive!*

*The priests, also known as the parfaits, were living testimonies of the cosmic Christ. They were at the people's service, and together with their spiritual wisdom, they used*

*simple methods of healing. They were the gates to the underworld and the upper-world. If necessary, they initiated people on their deathbed, to make the transition to the non-material world as smoothly as possible. The Cathars did not found visible churches and they were fully opposed to any outward splendor. In simplicity and equality, each of them fulfilled their tasks.*

Let us remember that we all are Cathars. When we go through the gates of initiation, we uncover in essence our abilities to priesthood. Let us find out to which extent we are ready now to help others on their journey.

## LILITH

The moment we are really open to meet each other, conflicts are unavoidable. Freedom of action is lying in the fact that we no longer deny or suppress conflicts. We encounter them lovingly and use them for our inner and mutual growth, instead of for destruction.

According to the book '*Lilith*' by Rosa Wouters, ages ago God created the first human beings inherent to his own androgyny image and resemblance, and He created them as man and woman. Much later God divided those images into separate forms, as male and female, Adam and Lilith.

Lilith thought it was obvious to have the same status as Adam. Adam did not agree, he insisted to be the superior one. When Adam tried to oppress her, Lilith desperately called upon the unspeakable name of God. The Almighty One answered her primeval cry by giving her wings and Lilith flew away from paradise.

Adam stayed behind lonely and begged God to solve his problem. The archangels Gabriel, Michael and Raphael were sent to mediate, yet without result. Lilith refused to compromise. She either wanted to live together in equality or not at all. She was banned to a desolated area near the Red Sea. Lilith was astonishingly beautiful and more passionate than any woman born after her. Together with Samuel, the archangel of death, master of the fallen angels, she celebrated her licentious way of living day after day. She gave birth to countless demonic creatures. God decided to punish her, and he took a hundred of her children each day. In the eyes of Lilith, this was unfair.

During that time Adam was anything but happy, he really missed a woman. One day when Adam was asleep, God took a rib out of his body and created his new female companion, Eve. Eve was everything Lilith did not want to be. She was servitude and inferior, sweet and gentle, and strongly united to her husband. She was the archetype of the cherishing woman, suitable to give birth to children. Until the moment Eve let herself be seduced by her twin-sister Lilith, Adam and Eve lived happily and satisfied together in paradise.

Lilith, who felt concerned about the oppressed position of her sister Eve, took on the form of a snake, the symbol of initiation of the Goddess, and lured Eve into eating an apple, this way forcing her to descend into the underworld. Ultimately Eve could not withstand the temptation and took a bite from the apple of the tree of knowledge of good and evil. Eve seduced Adam and the same loving Eve was the one who caused the 'fall'. A wrathful God immediately banned Adam and Eve out of paradise. From that moment on, they became aware of their vulnerability, their nakedness and their mortality. The woman was the one to blame in this drama, and even now her labour-pains are seen as a punishment from God. From that day on it was considered normal for women to be faithful and suppressive to their husbands in every way. And Lilith laughed in her sleeve and cherished herself in her triumph.

The above summary is taken from the Kabbalistic writing '*the book of radiance*', dating from the thirteenth century. It is a book written by and for men to warn them for the dangerous dark powers of women.

The dualistic way of thinking in the monotheistic religions like Judaism and Christianity related the light-side of the heavenly creation with men, and the earthly dark-side with women. In essence, this is true, only they added a value judgment on it.

They did not see it as two opposites, becoming whole when united, yet they qualified the one pole as good and the other pole as bad. In doing so, they gave themselves a superior status, and simultaneously they cut themselves off from the possibility to become internally whole.

Initially only religions created separation. Throughout the years increasingly more woman-unfriendly ideas were introduced in different laws. The consequences of all of this, we know all too well; we are still lumbered with them today.

In the above story two women appear on the scene: Eve, the obedient and servitude one, playing the inferior role and always willing to compromise, and Lilith who wanted to be equal and independent in every aspect. Eve is willing to work hard and to sacrifice herself for her husband and her children. Deep inside there is a disturbing emotion of lacking, as if something has been amputated. Probably many stories originate from this deep inner longing to reunite with our counter-pole, like the search for our soul mate.

In the spiritual world, we often strive too one-sidedly for divinity. This way the loving part in women is extra emphasized and her Kali-nature is being restrained. Creation has not intended us to be holy; it is her ultimate goal to restore the balance between the counter-poles, and to become truthful human beings in every aspect.

*The external twin-soul can also be seen as an image of the counter-poles within; the receptive Eve or Devi and the eternally creating and destroying Lilith or Kali. The moment both poles merge, the external search for wholeness comes to an end. The woman is not only whole within; again she has become an indomitable authentic woman.*

The moment our standing 'house-tree-pet' has become a narrow straight-jacket, our world of carefully built up illusions starts to collapse. Disaster strikes. Death comes round the corner or some awful illness manifests itself. All our apparently built up achievements are shaking on their fundamentals. There is no stopping it anymore. Our dark side, the side we carefully tried to conceal, does not want to hide any longer and Lilith is coming into life. Your environment will be shocked. Is this bitch one and the same as that loving and submissive...

You can bet on it that it is certainly not nice for the environment, the moment Lilith enters. Lilith is everything Eve is not. She is fiery, hot and perverse, naughty and rebellious. She constantly manipulates and in no way does she compromise. She is astonishingly beautiful, ruthless and many times more powerful than Eve. When Eve can no longer cope with the situation and finds herself in a crisis, the same Lilith will ultimately save her from destruction. She will reconnect her to her inner power. At least, if the person involved is not taking intoxicants of any kind. In that case, Lilith again does not get a chance, and her creative powers will die, slowly but surely. The woman involved becomes a willing and adapting tool, without authenticity. One of which we have thirteen a dozen, and one the world, especially the men's world, is so charmed of.

Now it is time to no longer suppress our creative powers. It is time to embrace our true *being*, and to bring into action our age-old wisdom, before it is too late.

When women, out of their unique female power, start to join state-affairs, war will no longer be controlled by reason. Intuition will start to play an equal part in all decisions. Tell me truthfully: when we really dared to feel what war is doing, we would never think of doing something like that to another living being: 'What you do not wish to happen to yourself...'

When the sisters get the opportunity to meet each other, Lilith will probably be the superior one. The scale once tipping over to one side, will tip over to the other side. Reasonableness is missing; you had better stay away and let Lilith rage, until she calms down. She will free herself from the ties she experiences as limited. She will indulge in a career and will neglect her children. Shortly, she wants to give free reign to everything that had been suppressed for so long. She wants to be free at all cost, and she thinks she will find this freedom outside. This dark side, this lesser nice hidden side of us, wants to be faced and embraced. If not, the destructive side of Lilith will constantly try to undermine and bother us. She will only cease the fight when we, in full awareness, exclude her. As a result we will amputate an essential part of ourselves.

When your resistance disappears, when you no longer wish to exclude her, she ruthlessly drags you down into hell. She drags you to the innermost heart, to the deepest loneliness you have ever felt. When you are at your utmost desperation, when there is no choice but to swim or drown, she will cease her fight, so you can surrender yourself to the stream of life. You start to balance on top of the waves. That very moment Lilith and Eve melt together in a sacred marriage. Our soul has embraced our shady-side, our counter-pole, and we become whole. We still carry the great qualities of Eve; we are a loving, warm and vulnerable woman. When necessary, we are Lilith; we stay powerful without willingness to compromise. Not because we want be in the right, that does not matter anymore. Yet because we are not willing to deny ourselves any longer, and we embrace the love we are in essence.

We have given the Goddess inside her rightful place back. Again we are bridges, wise women, midwives and initiation gates for others, without necessity to get something in return. We are full members of the community, called humanity.

## ENLIGHTENMENT

Enlightenment is not something you can achieve by denying your body; it is an awareness opening up the gate to divinity. Enlightenment is not the ending. The road to enlightenment is infinite and boundless. As long as we strive for enlightenment, enlightenment will never reach us. As long as we wait for visible experiences, bolts of lightning, horns and bells, we do not realize that God has already entered through the back door and took over in a natural way. The divine in our life usually feels very serene, very natural and we do not use it to adapt a new identity.

*Enlightenment is our natural state of being with All That Is. We are free from our identification with thinking, with our ego. We experience a constant state of wholeness, inner peace and pure joy, no matter what will happen in the external world. We are present in complete openness and we feel love for all living beings. We enjoy the world without clinging to it any longer. We are the ocean and at the same time the one drop that is conscious of the whole ocean.*

*On our boundless road to enlightenment, we still experience pain and suffering. The only difference is that pain and suffering no longer determine our lives, because we do not identify ourselves with them anymore. Once more, we are conscious that God did not intend us to be workaholics, yet to be co-creators. Without any effort, life constantly creates itself through us in forms, coming and going, yet no longer are we attached to those forms. We serve creation and all her creatures. No longer do we choose the path of suffering, we joyfully embrace all experiences in our life, without making a distinction between right and wrong, between good and bad.*

Like Rosa Wouters so rightfully remarks in her book, the Adams willing to enter this battle, are the ones who should be honoured. They are the true heroes of these times. By daring to step aside the group-code, they break with age-old traditions. They choose to let go sturdiness and oppression. Refusing to play along in this game, they learn to listen openheartedly. Preferably, they want to practice in their own domestic circle. Anyhow, home is the right place to start with. It is their greatest longing to offer a shoulder to their beloved ones in labour-pain. They dare to be fully man, not running away from any pain, but taking up full responsibility in all parts of creation. Once again men become our lovers and protectors, the guardians of life.

Why is it so difficult for men to stand in their power and be small and vulnerable at the same time? In the first place there are just a few men who have had the opportunity to experience a close relationship with their fathers or a father-figure. In these modern days young men usually lose contact with their magical primeval male-powers, they miss certain ceremonies to enter the male-traditions. They miss being initiated into maturity. They miss the rituals used in earlier days. They miss the rituals to cut the umbilical cord with their mothers to make them emotionally independent; rituals of vital importance to get their own identity and to connect them to their own sexual power.

In the past, in every tradition certain initiation-rituals were used to bring young boys in touch with their manliness. At the age boys became sexually mature, they were secluded from the tribe to be initiated as a full-grown man by elders. This took place on the physical and the psychological level by means of brave tests and ordeals. In other cultures women, after restoring their own inner balance, fulfilled the role of the Goddess by the initiation rites of young men.

In South Africa there are still traditional initiation rituals, like in the Ndebele tribe. Boys leave home when they are adolescents and return after a few days as young self-conscious men. They are submitted to painful tests and learn how to make contact with nature and all her elements. They have to confront their own strength and their own shortcomings. They follow the path of the inner Shaman and the Spiritual Warrior. Above all of this, they learn to appropriate their own sexuality without needing a woman to awaken these inner powers. It is a precious happening and rape hardly occurs within these traditions. No doubt, if we have a close look at this subject, we would come to the conclusion that these self-confident young men grow up to become self-confident adults. Out of respect for themselves, they respect their wives. They do not feel any need to oppress others by telling them what to do or by playing war.

It may be obvious that Nelson Mandela is one of those men who during his youth went through such an initiation and came out of it as a complete person. Within these traditions, women also have their own initiation rituals. They often happen in the close and safe surroundings of their own tribe.

## HOW KALI/LILITH ENTERED MY LIFE

I was a proper adapted Eve-girl and later on I became an Eve-woman in every aspect. I did not have an easy life, and adjusted until I could not master myself anymore. Even the moment the jar launched, the lid stayed carefully bolted. The first time Lilith made her entrance was quite unexpectedly. It is usually like that; she sneaks in the moment you least expect her. During that time, I joined a women's group. We used gestalt-exercises to process and to heal the relationships with our parents. My father died when I was still a child. The moment people die, we forget their negative qualities, or at least that happened to me. So I projected them all on my mother and chose her to practice this exercise. Before I could imagine, I had killed her instantly and do not tell me how! Kali/Lilith could no longer be repressed. Even wild horses could not have stopped me. I was completely insane.

The Kali-temple in Calcutta is impressive. When Giri and I walk across the flower-market underneath the Hooleybridge, I am deeply touched. People constantly offer us flowers. Here I meet the Goddess Kali alive. How fascinating; one moment she is radiating light and love, the next moment she is showing her counter-pole and brings out her Kali-nature. She represents a beautiful mirror, showing the harmony between light and dark. I enjoy her performance. People treat her with respect. We touch each other in recognition and amazement. I give her my necklace with a crystal pendant. Although I feel a bit naked, it is what I need to do.

The moment I am no longer able to exclude Kali, I start to walk back my way to wholeness. It took a while before I could finally open the door. After my mother had died, I got divorced. I left my children behind and went through an intense period of suffering and transformation; call it a period of dying and being reborn. The door was fully open, still Lilith was not totally unified with her sister Eve. They stayed two different poles, difficult to cope with. Anyhow, according to the reactions of my surroundings, she was certainly present!

During a next transformation-period, I consciously had to say goodbye to my old way of living. During that period, nobody could control me. Kali/Lilith took me by hand, dragged me through pain and suffering, and let me cry and scream as I had never done before. Devi/Eve was the one who let me feel and accept my emotions. When I came out of this transformation-process unharmed, I felt more complete than ever before. The price was high to pay too. Everything I had ever looked upon as truth, no longer existed. Earlier I had lost my blood-relatives, now my new-age family started to disappear from the scene. All so-called securities vanished. The past no longer existed; the future was of no importance. The only thing that matters in order to go through the birth-channel is *the here and now*, this one moment.

## **LIVE IN THE HERE AND NOW**

‘Live in the here and now’. This moment is the only one that exists. Do not worry about the past, because the past is already dead. Do not be afraid of the future. By being fully present in the here and now, by fully utilizing this moment, without fear, with an open heart full of love and forgiveness, you create a wonderful future. Dare to be a rebel. Be willing to break down all your convictions. Find the new road through the mountains. No longer do you need a life jacket, you are able to swim without those safety-measures. All you need is to continue opening up your heart.’

*My God, how on earth can I peel off all those labels that seem to be so important in this western society?*

*The fire-basket in our garden is not there to no purpose. Increasingly more of my ego is being peeled off and gets symbolically burnt; the photographs, the certificates. Each step is offering me more freedom. There always seems more ballast to remove. So, this is what they call freedom! Not belonging to anything, no organization, no religion, and no center. From now on, the only center is the center in my heart.*

*The forest becomes my home. The trees, the deer, the birds, the butterflies, the dragonflies and the ticks become my teachers.*

What was ultimately left after Lilith had finished her job was pure power without fear. It was a mixing together in a sacred marriage of my relationships with, on the one hand the heavenly White Brotherhood, and conversely my earthly, newly awakened, Shamanic abilities. Light and darkness melted together. False securities were thrown overboard, only Yasmin was left. On one hand lovingly and empathically, on the other hand powerful when she needed to be powerful. Slowly but surely, my sense of guilt disappeared as well. No longer did I have to prove myself, or fulfil other person’s needs. I only had to be myself; to be present in all fullness.

Suddenly people started to turn away from me. Slowly I started to understand that they turned their back to me out of fear. The road I mirrored was to threatening and fearful. They were confronted with their dark sides, the dark powers of Lilith/Kali. As if things could be prevented the moment Lilith enters. Sooner or later we have to admit her, and that is the beginning of a turning around. This world asks for women who dare to remember their origin. Women who dare to stop their inner division. Loving and powerful women, who dare to be gates for others, so men can initiate themselves again as protectors and guards of the human race. No longer will they act out of oppression, but out of powerful protection. When women solve their own inner war, they will refuse to accept their sons being sacrificed in any war. For God’s sake, there are no sacred wars and there will be a loser in every war. No longer can we accept this. From now on, there will only be winners.

Well, as a result of this process, many blockades in my body have disappeared. Now the energy runs more freely. Sometimes slow like a rippling stream, nourishing and inwardly. Sometimes strong as fire, creative and outwardly; like in my lectures and workshops, in my writings and in my sculptures.

Without horns and bells, in all honesty and simplicity live was challenging me to stand in my own inner truth. Not on the barricades, also no longer between four walls, or hiding under the table. Those times seem gone forever.

Writing books in which people could recognize their path of initiation, spirituality in daily practice, was one of my gifts to humanity. Suddenly I started to sculpture and I discovered the mystery of creating in a three dimensional way. This was an enormous enrichment in my life. In the past, out of uncertainty, I would try to force my will upon the stone. Now the spirit of the stone was polishing me, was working through me, while taking on her form. Pure creation starts directly from the source, the point of absolute stillness that is bubbling with life, a process originating out of trust and full surrender. I loved it! Just being myself, no longer any need to act.

I even had to let go my Reiki-work. Love is just love. Although love itself has no form, it inspires all forms. Love never changes, but constantly makes itself known through changes. Love continuously expresses herself in new forms.

Before my third book could be born, I had to finish my relationship with my publisher. It is just as it is; I simply did what I had to do. Out of the infinite creating womb of silence, *'Love is All That Is'* was born. Although the readers were enthusiastic anew, we could not find the right publisher.

It takes courage to step aside of the group, to stand up in all simplicity, without horns and bells and to travel the path of light. It takes courage to claim our birthright, and to dare to stand in our own dignity. Although we are no longer conscious of it, we are still stuck with the inheritance of the past. It seems to be embedded in our structures to outdo each other. Religion and spirituality are still controlled by the world of the intellect. Although men and women are increasingly freeing themselves from the past and dare to be authentic. The world is not yet ready to enclose the all-embrace simplicity of the religion of the Mother/Father, the religion of unity. Yet she has waited for so long, her time will certainly come.

Those who read *'Love is Al That Is'* no longer felt the same as before. 'Such a book, you have to stand for it, why don't you publish it yourself?' Everything inside of me revolted. This was absolutely the last thing I wanted to do. As if I had any choice! Yet I was not ready to surrender. Later on, just back from Curacao, I was sculpturing in the garden, when I suddenly hear a crystal-clear voice, directly out of heaven: 'Okay Yasmin, are you ready to stand in your own truth?' And without thinking I hear myself saying: 'Yes I am!' At that moment I could not even imagine what I got myself into, yet Giri and I decided to go for it. Despite the enormous challenge, it is the right thing we had to do, that has become crystal-clear by now. The energy is flowing abundantly and we receive and sow in all simplicity little seeds of love. We have warm and touching encounters; on every account people are more receptive than before. During times of economical malaise, during times of war or threat of war, we are forced to descend into hell to find ourselves. Spirituality and solidarity get a new chance.

Even in these times of demolition and decline, I remain hopeful. I think Lilith is doing a major job. To get finally rid of all illusions, she drags humanity into the underworld. To investigate the cause of all misunderstandings and to destroy what no longer serves her, she has to descend to her roots. In doing so, she reunites herself in all purity with her lacking-part, and she rises to the level the Creator intended her to. When we, on a large scale, travel this transforming road, we ultimately do not need an external war anymore. That may be obvious. Together or alone, we will work in unity. We will take up our rightful place in the sacred circle called humanity and, once again, we live as gods and goddesses.

When, out of our inner source of knowing, we are doing what we have to do, all we need to support this process will be presented to us. It was like that from the moment I

dropped my fear of shortage, the fear of not being good enough. It has been like that from the moment I surrendered myself to the source of love, and let myself be carried away on her sweet stream of life. And this way it will remain as long as I remember who I really am.

### **Here and now**

There is stillness inside of me  
More silent than Silence  
Deeper than Deep  
Emptier than Emptiness  
Fuller than Fullness  
Inner Peace  
Intense Joy  
I Am and I act out of Silence

## **IN SEARCH OF A VISION**

## THE INVITATION

It doesn't interest me what you do for a living.  
I want to know what you ache for  
and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.  
I want to know if you will risk looking like a fool  
for love  
for your dream  
for the adventure of being alive.

It doesn't interest me what planets are squaring your moon...  
I want to know if you have touched the centre of your own sorrow  
if you have been opened by life's betrayals  
or have become shrivelled and closed  
from fear of further pain.

I want to know if you can sit with pain  
mine or your own  
without moving to hide it  
or fade it  
or fix it.

I want to know if you can be with joy  
mine or your own  
if you can dance with wildness  
and let the ecstasy fill you to the tips of your fingers and toes  
without cautioning us to  
be careful  
be realistic  
remember the limitations of being human.

It doesn't interest me if the story you are telling me  
is true.  
I want to know if you can  
disappoint another  
to be true to yourself.  
If you can bear the accusation of betrayal  
and not betray your own soul.  
If you can be faithless  
and therefore trustworthy.

I want to know if you can see Beauty  
even when it is not pretty  
every day.  
And if you can source your own life  
from its presence.

I want to know if you can live with failure  
yours and mine  
and still stand at the edge of the lake

and shout to the silver of the full moon,  
“Yes.”

It doesn't interest me  
to know where you live or how much money you have.  
I want to know if you can get up  
after the night of grief and despair  
weary and bruised to the bone  
and do what needs to be done  
to feed the children.

It doesn't interest me who you know  
or how you came to be here.  
I want to know if you will stand  
in the centre of the fire  
with me  
and not shrink back.

It doesn't interest me where or what or with whom  
you have studied.  
I want to know what sustains you  
from the inside  
when all else falls away.

I want to know if you can be alone  
with yourself  
and if you truly like the company you keep  
in the empty moments.

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1999.

## THE MEANING OF A VISION-QUEST

*If we protect the ravine constantly against the storm,  
we will never see the beauty of her relief*

*- Elisabeth Kübler-Ross -*

A vision quest is a ritual of transition, it is a journey to our inner soul, a bridge between our spirit and the material world, between the visible and the non-visible reality. In old cultures, a vision quest was a gateway to enter the mystical worlds. For men, it was a ritual of initiation to discover their inner warrior, while being in nature. They were accompanied and guided by older and wiser men. Women usually did the quest in their own tribe, within the safety of their older sisters.

A quest or a search is a highlight of becoming aware who you are; a fantastic way to discover your purpose here on earth.

There are different ways to undergo a quest. You can withdraw yourself in nature; you can go on a pilgrimage or withdraw yourself into a silent retreat inside a monastery. You can change your home into a secret place of silence. In sum, there are plenty of possibilities to initiate yourself.

*Rituals are extremely suitable to empower yourself.*

In olden days, there were all sorts of initiation-rituals and certain old traditions still honour them. Festive days like Christmas and Easter are based on rituals. Christmas expresses our rebirth in the light. At Easter we begin to realize that we are mortal, a process expressing on an even deeper level at Whitsun. It is a shame those rituals have nowadays mostly become excessive feasts of bacchanal. The more we realize the real meaning, the less we need all outer forms. Then the light shines in all stillness inside of us.

There was a time I felt a strong need for external rituals. At full moon I went into the forest and made my own rituals. I integrated my American-Indian past by working in a circle and playing on my drum. I reconnected myself to the all-embracing power of Mother Nature. The more I set down this energy within, the less important those outer rituals became.

Anyhow, rituals are very powerful. It is great that people introduce their own rituals during happenings as a christening, puberty, a marriage, and death. This is a much better way than just using ages-old empty rituals or copying them from other cultures. After all, the only thing that matters is our intention, the power of inspiration.

A time of seclusion is a very powerful ritual. While descending into the depths of mud, we have to face our fears, and by doing so we bring to the surface the part of us that is still lacking. New dimensions are opening up, we get deeper insights, and remarkable transformations are taking place.

Prophets, like Jesus and Mohammed, went into the desert for long periods of fasting and praying, in order to attain insights, and to receive divine revelations. Red-Indians and other nature tribes used the wilderness for their initiation-rituals and visions.

It is easy to lead an illuminated life during times of seclusion. It is a challenge to let your light shine in all simplicity and vulnerability in this material world, and during daily life. Yet, that is the main purpose of this period!

Seen in this light, life in the Netherlands offers a fantastic opportunity to transform ourselves. All the restrictions and structures we have build up immediately bring out the beast inside. Aggression increases rapidly and we find it difficult to deal with this threatening situation. These same circumstances, the annoyance of traffic jams, the irritation of a constant noise, the garbage people leave behind in nature, all of this can be used for our spiritual practice, as tools to learn to be tolerant and patient, and so we use life itself to complete our Selves.

Warriors of light do not deny the situation in the world; they do no longer associate with it. Increasingly we become observers and we feel empathy for others. We know this visible reality is an illusion that maintains itself by all the energy we spend on it. All that once took on a form will ultimately disappear and merge into the world of the formless, the All. Just knowing this makes us humble. We no longer feel attached to the negative or the positive. We know the one pole only exists by grace of the other. We are in the world, but no longer of the world.

### ***Peace***

A spiritual warrior fights his battle inside  
He creates peace in his inner world  
He is constantly present in the infinite now  
No longer will he feed the fire of an outside war

## ODE TO THE NATURE

God did not intend us to be workaholics. God intended us to be creative. Each human carries the seed of the total creation and of the Creator inside. In cooperation with nature, in cooperation with Mother Earth, we will develop ourselves as true artists, as co-creators in the divine plan.

We get up before dawn, put on our boots and walk into the forest. Delightful silence! The 'world' is asleep. The forest is open and receptive and is withdrawing in a winter-dress. In between the bare branches, you see a few trees still carrying some yellow, brown and red leaves. The toadstools, astonishingly beautiful, seem to leave almost as soon as they come up. Everything feels humid; you can even hear the sound of the water dripping from the stems. Water is a symbol for our emotions, sometimes we almost drown in it. The trees help us to transform, and to let go our emotions. A lonely woodpecker is making quite some noise with his beak against an old hollow tree.

We walk silently, while experiencing the silence and the peace within. I am one with God, I am one with All. It is lovely that I do not have to protect my energy. Here are no disturbing factors; everything is breathing peace and tranquility. Trees, broken in a storm, just like matches, offer their bodies without any protest as a base for new life. *God is, life is, energy is.* Life constantly expresses herself in new forms. Just as we do.

A squirrel peeps around a tree. Amazed I come to a standstill. She looks at me, sits motionless for a few seconds, and slides off again. A heron skims over the path, calm and in control. For there is no time in eternity, is there?

My dear oak tree stretches out her aura invitingly. She accepts me without any conditions. She *is* and does not ask for a why. Tirelessly she is at service, day after day. I stand with my back against her trunk and release my pain. We breathe together in the same rhythm, the rhythm of creation: in and out, living and dying, in and out...

She already let fall her fruits, now she starts to withdraw her life-fluids, so she drops her leaf-trimmings.

The entire forest gets ready for winter. She retracts herself in a deep inner silence, her winter sleep, so next spring new life can appear in all its fullness.

A deer crosses our path. She is a symbol for loving-friendlessness. She is in no hurry. She is on her way, constantly moving, until her time comes to cross to another form of life. She never asks why, she *is* and just accepts life as it comes.

Nature is life in her most pure form. Nature is heaven on earth and an ever-present teacher for all of us. In nature, we mirror the mystery of creation in all her facets. Everything is as God intended it to be.

Winter is a symbol for the last stadium in our material life. It is the time humans prepare for their dying-process here on earth. The period humans prepare to change the love, the energy, and the life they truly are, into another form. Winter-season is also a call for contemplation. It is a possibility to explore our inner silence, our infinite being. It is an exquisite time to let die the old and to make space for new life, for new impulses. A time to make space for the birth of the Christ-light inside ourselves, so next spring we will appear in our full glory.

## VISION-QUEST IN SWEDEN

*'Each human being is love searching for it'*

God is love. Just as water is wet, ultimately we are nothing else but love, an image, and a reflection of God. Our being is love and love is something beyond imagination. God is also beyond imagination. We are constantly searching for that one unimaginable something, which God is, and that we are, beyond every 'I', beyond the limitations of thinking and feeling. Light translates itself as love in a cosmic symphony, a succession of miracles: the blade of grass is just a great and a bewildered mystery as the archangel is, the one is no bigger than the other. The word inconceivable cannot be exceeded or enlarged. He, who loves, sees an unbridled energy rising from his heart and recognizes himself -as love- in every soul, alive or dead. The more we understand God does not live in the skies above, yet is closer than our feeling of 'I', the deeper we learn to listen. Praying becomes nothing more than listening in astonishment. To see God's glory, the only things we need are the eyes of the heart: we learn to look with the directness and honesty of a child.

As long as I desire to find God,  
I position myself as someone whom, in some way, stands separate from God  
and such a being cannot exist.....

- Wolter Keers -

*After years of isolation, during which I could no longer suppress her, Kali/Lilith took possession of me and dragged me into the deep, through countless layers of pain and suffering, through deep dales of old fears and limiting convictions, to the deepest of deep. Until I, in utter despair, screaming and shouting, crying and laughing, could do nothing else but let go my control and surrender myself to her destroying claws. That moment she immediately changed into a nursing and warm womb, embracing the hurt child within, nourishing and healing her, so everything not really belonging to me could die forever, in order to permit all hidden treasures to re-enter in all their fullness. Total freedom, inner peace and an everlasting joy became my share.*

*There is a deep inner longing to confirm this alchemical process of rebirth; the reunion of the counter-poles, and to connect with Mother Earth, so I can stand in this world in my new reality. Now the time seems right for me. My body thinks otherwise, it is not in such a good shape. This fact does not keep me from making preparations. In the end, all will come at the right moment and at the right place. The next possibility for such a quest will be August, in Sweden. Immediately it feels right. Without knowing Marc, the quest-leader, I know with an inner security that I can absolutely trust him. Together we will shape the platform for my inner-vision.*

*All participants will travel to Sweden on their own. If necessary, things can be arranged mutually. That is my first obstacle. After all these years of isolation, I cannot imagine myself driving to Sweden with a stranger. I do not feel any need to entertain or to be social. I have forgotten what it looks like and I do not have the energy to do so. I also do not feel capable of driving all that way by myself. Spontaneously Giri offers to take me there. I think that is a bit too silly. He is very serious about it and takes away my feeling of guilt by saying he has always wanted to go to Sweden.*

*We contact the people who are organizing the vision quest, so I can share my problems. They suggest I shall participate in the quest and Giri will be a staff member, so he can support me whenever necessary. This is, of course, a fantastic idea. All my practical objections disappear just like that, and it feels right for both of us. My body is healing slowly and August is coming closer. I put aside my pride and ask a couple of dear friends if we can borrow their small campervan. The answer is an unconditional yes. Now this whole expedition is within reach.*

*No longer can I think in advance, so I sign in under reserve. From that moment, we start preparing. Even more consciously than before, by ways of meditations, exercises, and daily rituals in the forest, I work on my condition. As a preparation for the quest, I have to do some assignments. One of these assignments is a Medicine Walk, a twelve-hour long walk. We have to observe ourselves and our surroundings with an open mind and just let everything be like it is, without any judgment. Giri and I decide to make this silent night walk in the beautiful nature reserve of the Campina in Buxtel.*

### **Medicine Walk**

*Today we have the courage to go for it. The Campina is a district with forest, pools, and a lot of heather. Armed with a small backpack with water, a piece of plastic to sit on, our raincoats, and a warm cloth to fold around us, we start our walk. We will use the torch only in emergencies.*

*Years ago I got lost in this immense area for hours. Together with Giri I feel safe; he has a good sense of direction.*

*At the entrance of the forest, I practice a simple ceremony. I offer a piece of tobacco and ask the nature-spirits to allow us to enter the forest. They welcome us with open arms and as soon as we enter the forest, I feel surrounded by her energy; she represents an all-embracing big womb. We take a rest under the trees and enjoy the intense silence.*

*My cells are fully open. I smell, I taste, I see, I listen and I feel. The atmosphere is serene. The sky is completely clear. Increasingly more stars are appearing in the sky. I recognize a few of them as familiar, and connect myself to a striking clear one, allowing her rays to warm my center.*

*I walk at ease, meditatively, and consciously connected to my inner source. Deep within I feel quite harmonious and peaceful. That is something I have attained after all those years of pain and struggle. Unfortunately, I had not counted on the fact that it would be so cold. If only I had put on some warmer clothes! It will ultimately keep me from diving deeply into my experiences. What a shame!*

*I see an immense oak. Respectfully I ask permission to sit against her trunk. I nestle myself against her trunk and immediately she takes me into her earth-connected energy. The oak and I become one. I enter a dimension of timeless emptiness. Nearby, trains tear along. The noise does not even bother me. I observe, like a spectator. I make myself transparent and let the noise just pass through me. I wrap the plastic around my body so I will not cool down too much. When I am stiff from sitting, we walk on again. I honour the tree with some tobacco and give her a big hug. There is no awareness of time; I have no idea how long the tree and I were one.*

*We follow the path till near a grade crossing. The aggressive flashing lights are scaring me. It is too much, too overpowering, as pure power sometimes can be. Luckily, this time it is possible to evade this power! The night remains clear, and increasingly I start to observe better in the dark. The birds and the animals are fast asleep. It is intensely quiet, almost unreal.*

*We approach a sandy road. The landscape looks magical. The waning of the moon, only a quarter sickle, shows her rays above a bare plain of heather on which, now and then, a majestic tree shows herself. There is just one small disadvantage, the temperature! My lungs already start to react. If I continue to force myself, I will not be possible to end this adventure. I lie down on the soil while Giri protects my back by lying behind of me. We wrap ourselves up, completely. I surrender to the nourishing energy of Mother Earth and let the pain just be the pain. The ability to transform pain is a merit I gained in the past years! Giri falls asleep as soon as he hits the ground. I am determined to stay awake. Surprisingly, when I, for my feeling just a moment later, open my eyes and put aside the plastic coat, I am facing dawn. I must have dozed off for quiet a while! My lungs are more at ease. I stand up, in wonder. We walk across a big drained pool. It gets light already. Cautiously the birds are waking up and they start their morning song. The sound increases to a complete orchestra, in which each species sings its own part. The different sounds melt together to a fantastic symphony, a true ode to creation. The Scottish cows wake up looking at us with astonishment. They are not used to such early visitors. Now I need all my attention to keep myself moving. When I am barely capable of going any further, I face our car. It is around six o'clock when we arrive at the place where we started our walk. We feel tired and hungry, yet intensely satisfied and content. I thank the forest for her gifts and her protection for the night. Then we drive homewards. A warm bath relieves the pain in my body. We dive into bed and I actually sleep for a couple of hours.*

*I did not bring back anything tangible from this walk. No doubt, the energy of this night will do her job in her own way.*

### ***To die symbolically***

*A few days later the weather is mild enough to do the second assignment, the Death Lodge exercise; to die before dying. On our lawn, in the shape of a circle I build my 'house' with branches. In the middle, I put a piece of plastic with a little mat and my meditation-cushion on top. I leave an opening for the door in the north. The Druids associated the north with the earth-element, and connected this power with death and rebirth. To me this feels appropriate.*

*I take a hot bath and dress myself into something really nice. I light a torch at the entrance of my house and starting from the east, with a special stick I draw a circle of light around this place. I invite Father Heaven and Mother Earth to protect me during this ceremony.*

*I set myself in the middle of my 'house' with my face to the north and tell my Creator that my time has come to leave this planet. I feel absolutely safe and not at all scared. Death has attained her place in my life, and finally she became my best friend. Every morning I ask myself if I am ready to die.*

*Confidently I look death into the eye and open myself fully to invite my relatives to come in and to say goodbye. I do not have to wait for long. The first visitor is my father, who died when I was fourteen. He shows himself as a bright personality and*

*bids me a warm welcome in the other dimension. It is a joyful reunion, for we are connected in truth. Then my mother comes through the doorway. She also died years ago. Although our relationship was difficult, especially after my father died, now this period is fully cleansed and purified. I feel an all-empowering love for her. I honestly thank her for all the experiences I could not really appreciate at the time they occurred. Ultimately, it was these confrontations which brought me to the point where I am standing now.*

*Giri has a hard time. He is not yet willing to let me go. I tell him how grateful I am for our time together. I am going home now; they are gladly waiting for me. Thank you so much dear Giri for your loving support. Do not grieve for me. Keep working on your own perfection and do what you have to do. We will stay in touch and one day we will meet again.*

*My two beautiful sons are coming in. We do not have to say much to each other. We already shared what was important. I am grateful for them being in my life, they were great teachers.*

*It is getting busy. Sometimes there is no need to say anything, then there is only love and a complete feeling of togetherness. Some people, who disappeared out my life, come in too. They found it difficult to look into their own mirror, while being confronted with my suffering during all those years. The love between us is still there, fear and a feeling of being incompetent stopped them from coming close during this period. Sometimes things still need to clear up, just small things of little importance, nothing big. My house is full, overcrowded. My animals from the forest also come in to visit me. My deer, the wolf, and the eagle, they are all present. Last but not least my oak tree appears, how special!*

*I try to imagine the dying process into the smallest detail. I connect as deep as I can with my inner presence, my energy-body within my tangible body. Then I focus my attention on my physical reality. I descend even deeper into all the cells and organs of my physical body. My physical form starts to disintegrate and slowly but surely dissolves. It is a boundless miracle and all my limitations disappear. I feel spatial, as light as a feather and present without any limits. I experience my inner sun, my immortal, and radiating, ever present being and feel connected to All That Is.*

*Slowly I come back to reality. With a deep sense of gratitude, I finish this exercise. I have met many people during my journeys and in my job. Although these last years I almost lived in seclusion, I feel deeply touched by all the love I receive. I feel totally satisfied. I did not know there were so many people who loved me!*

*I remain seated for a while. I feel embraced by the energy of the masters and the angels. I feel absorbed in a state of utter bliss. While still in this state, I lay down for a while in my 'house'. Unfortunately, the ground is too hard for my vulnerable body. In the end, I clear everything and go to bed. I am full of energy and wide-awake, so it takes a few hours before I fall asleep. That too has become a well-known phenomenon.*

### ***To die is to be born again***

*To be born in an earthly body automatically implies we have to die some day. That is truism. There is nothing we deny more in our western society than our mortality.*

*Bodies seem to leave the hospital through the back door. If possible, suicides are smuggled away. Death seems our biggest enemy and we try to fight it in every possible way.*

*Our techniques are limitless and our medical science is endlessly capable of prolonging life. At a regular base the question arises whether it is human and meaningful to preserve life at all cost.*

*We look at organ-transplants as a future solution to keep humans alive even longer. Of course, it is miraculous that we can save so many lives because people are willing to donate their organs. It is undoubtedly an act of love. Nevertheless it is passing the limit to hunt for organs and to state that people are dying because there is a lack of donor-organs. People just die when it is their time, because they are ill or old. It feels unnatural that people, while involved in a dying process, are solely busy with focusing on prolonging the material life. Instead of preparing ourselves for the great transition, there is not even time to say goodbye to our beloved-ones. We are not grieving and we do not even touch the process of acceptance and surrender. We repress them all. Also the family prefers to be blind to the approaching separation. If the transplant is not successful, they did not bid their beloved ones an appropriate farewell, and they are not at all prepared for the grieving process.*

*Wouldn't it be more natural if we accepted our mortality and saw this process as equally important as a new birth? In the end, our death on earth is a rebirth in another dimension. Like we prepare to welcome a newborn baby, it should be even natural to prepare ourselves for our transition. In the other dimension, spirits are joyfully looking forward to our coming home. Every soul, consciously facing her nearing death, usually goes through an enormous spiritual growth. For everyone involved in this process, it can be a blissful period. It will take you beyond the boundaries of life and death and you get aware of the fact that death is just an illusion.*

*When all involved interact with the patient in an open way, usually the processes of preparation and parting will happen in a natural manner. It all has to do with the acceptance of the people around. The safety and security they can offer in the maternity ward of death is of inestimable value. Maybe it would be better if we discuss how we can feel more comfortable with the natural process of dying. If we get rid of our resistance, we can be a gateway for others into the invisible world, so that others, when our time has come, can be that gateway for us.*

*In a hospice, the dying person is not considered as a dead person, yet as a living personality. He is assured of being guided and lovely embraced, so he can make his transition in a worthy manner. Love and intimacy create a safe and secure climate; it forms the base to surrender in full confidence to the big adventure: the journey of the soul on its way home.*

*We start to remove organs when the person involved is brain-dead. Being brain-dead really does not say anything about the actual death, which occurs when the heart stops beating, and the body no longer breathes. This is only a physical reality. What happens to our soul? It is not a coincidence that many traditions teach us that the soul needs three to four days to leave the body, to withdraw her energy from all cells and all organs. Those who have been close to a dying person usually noticed that even after the last breath and the stopping of the heartbeat, there still was some kind of invisible presence. We cannot go on denying our divine existence. We are not just physical beings. We are souls who have covered their Selves for a short period with a*

*material body. When we lay aside this body and we prepare well for the process of dying, the Universe will delightfully embrace us.*

*Of course, it is great our technique is so advanced. Yet we should honestly ask ourselves if this technique should prevail at all cost. I will not say anything about a possible entanglement of souls. Although I do not know anything about it, I am inclined to say that things happen the way they have to happen. Depending on the state of consciousness, every soul makes its own choice. It is of utmost importance that each of us gets interested in the mystery of life and death. Let all of us begin to contemplate, to feel and to discuss about the significance of prolonging life. We cannot record everything in laws. To me it seems ethically irresponsible to decide by law about something mysterious as life and death.*

*Let us not be driven crazy by the opinion of others that we are anti social if we not donate our organs. Let us be fully aware of the consequences donation may have on soul level, for as well the donator as the receiver. Every human being has her own specific code, her own specific DNA-pattern. If implantation were natural, why should the body try to reject the foreign organs, with all nasty consequences?*

*Life is a gift and we should take care of it very carefully, that is obvious. In every way it feels contradictorily that on the one hand, we glorify our technique and do everything to preserve life, and on the other hand we do not hesitate to kill whole tribes of dissidents, in our so-called war areas.*

*It is time we start to realize who we are, so we can choose for quality of life instead of quantity. Let us be aware that every day, every minute of our presence here on earth is a precious gift, we have to treat with appreciation and full awareness. So, when our time has come, we leave our material body humanly and delightfully we will continue our evolution; our way back to the light.*

### ***Death is a reward***

Death is not only a rebirth in another dimension; it is also a reward. According to the old wise people, after we die we remain in the pre-portal for some time, the Devachan, for a period of rest in between two different incarnations. During this period, all our wishes are being fulfilled. If we have more work to do on earth, we will incarnate again. Since the existence on a higher level is a state of blissfulness, this choice asks for a special devotion. When we get to know our new assignment, we will consciously choose to incarnate again. Some of the enlightened souls, like the master Jesus and the Buddha, came back to earth to serve the suffering mankind. Through this mission, they helped to speed up the evolution-process of the entire humanity.

The moment we realize we are immortal, the fear of the destruction of our ego will fade away, and our fear of death will disappear. We start to live in all fullness. We look differently at illness and death. Again, quantity makes place for quality. All our relations on earth will become a preparation for the ultimate relationship and the ultimate gathering, the reunion with the All, now we merge into the light.

## Sweden

*It remains my intention to go to Sweden. Surely, it feeds a higher purpose, and I feel a deep sense of certainty that I will succeed. On all fronts my body is being patched up and gets more combative. The last days before we leave, I feel my energy increasing.*

*Finally, the moment arrives. The camper is completely ready and just waiting until Giri comes home. After a shower, we change clothes, eat something and we are ready to leave. Despite the bad weather, our journey goes smoothly. Close to Hamburg, we decide just to drive on and around two o'clock in the morning, we already pass the border of Denmark. We leave the highway behind and look for a suitable place to stay overnight. An hour later, we stop our campervan and get ourselves ready for the night. It is raining cats and dogs. What in heaven's name, did we get ourselves into?*

*We get up around half past eight. Lucky us, it is dry. Before we leave, we do our daily meditation and some body exercises. We take the small roads until we can no longer keep on lingering. My first impression of Denmark is one of order and tidiness. In every aspect, there seems to be more space than in our country. Even the parking-places are nice and clean! The scenery has no particular attraction to me. Well on time, we arrive in Friedrichshafen to check in for the ferry of four o'clock. We eat something in our campervan. Such a luxury this camper is. Just perfect!*

*Once on the boat, a shock-effect hits me. This slow boat is a palace of entertainment on which there is even a nightclub. Oh well, I have to find the right place. Sitting on the floor, in the middle of a group of lovely children, I enjoy a great show of a true illusionist. All of us are as quiet as only children can be....*

*Three and a half hours later we arrive at Gothenburg. At first, I have to get used to the landscape, which seems to exist only out of pine-trees. When we make our first stop at the edge of a big lake, I sense how spatial, how feminine and how loving the surrounding is. I get a feeling of safety, and this will increase during the next couple of days. It seems to be the coldest and wettest summer for years. It is just the way it is. I have learnt that life situation have nothing to do with life itself. You cannot change the circumstances; they are simply the way they are. You can choose to make a problem out of them or you can embrace every situation and use it fully to complete yourself. For the time being we do not let ourselves be discouraged. That night we camp near a lake. From the pier, you can walk straight into the water. Not yet for me, for the time being it is too chilly.*

*I am not exactly glowing with impatience to mingle with a group of people, but ultimately I have to. It is already two o'clock when we enter the spot with the sign: 'vision-quest'. A few members of the staff give us a warm welcome. In the middle of these open grounds is a little wooden shack for the staff. Self baked bread and a variety of salads are waiting for us. A chilly and damp wind is blowing on these open plains. I begin to get worried. How in god's name will I keep myself warm? I have lost quite some weight after a serious infection and a period of fasting, and I did not count on this cold. On top of this, I have to fast for another four days and I am just back on my feet! I look at myself in amazement, is this me, where is my self-confidence? Twelve participants will climb 'the mountain' and there is a large staff. The management exists of three people and there are ten more staff members. In addition, there are six children. All of them are fully present and fully willing to serve and to support the twelve of us.*

*When everyone has arrived, we drive to an old quarry. In front of the barren rock-face is a desolated deep lake. It is a magical and energetical place. We do a ceremony in which we invoke Big Spirit and Mother Earth. It is a ceremony for us questers, we have to gain insight in our purpose of going up 'the mountain'. This we do not only do for ourselves, also for the sake of all those who stay behind. As I should call it, it is for the sake of humanity. We offer a piece of tobacco and a small rock crystal to the water. Symbolically it is meant as a gift we give back to Mother Earth for all we have taken from her illegally. The ceremony is quite impressive.*

### ***My intention***

It is my intention to no longer deny my strength. It is my intention to embrace myself to the full, my dark side as well as my bright side: Devi and Kali. I will integrate this process of totality and completion in all cells of my body and connect myself in full confidence with the transforming power of Mother Earth and Father Spirit.

It is my intention to be a tool in the hands of my Creator. To be in all simplicity and servitude a bridge between the world of the intellect and the world of intuition, or in other words the worlds of the visible and the invisible.

*The people involved usually have old Indian roots and each of them seems well connected to Mother Earth. This feels solid and gives me a feeling of trustworthiness and security. By now, one thing I know for sure; no longer do we have to earn heaven. All we have to do is remember our heritage, to see ourselves as dignified. Heaven is here, today, at this specific moment. That is what I want to stand for, with both feet on the earth. There are already enough people who prefer to live with their head in the clouds.*

*While staring into the water, I somehow immediately go into a trance. I see a multitude of faces mirrored in the rocks underneath the water. The water is so clear that you can see right through it. What a blessing.*

*The next morning the weather is surely better. Now and then, the sun even shows itself. We have a gathering and Marc explains what we have to take into account when we are on our spot in the forest. There is a ceremony to assign our places. The places are distributed by lot. The tickets are going around in a hat, moving away from me. I sense an old fear: oh dear, in a minute there will be not even a piece of paper left for me! Almost immediately, my inner voice shows up: 'You will get exactly the right place and the perfect buddy. Do not worry!' I draw the last ticket. It is number three, symbol of joy and creativity. The name of my place is: 'Two worlds joining'. I feel deeply touched and become warm inside. It is the place where heaven and earth meet each other. In the old cultures, they knew too well that one principle could not exist without the other. The Mother had as much her place as the Father. Together they represented the face of the Creator and they were constantly dancing in a complete wholeness. Simultaneously they shape the absolute unity, the All. It is a miracle, it is exactly the process I went through these last few years; the merging of the different counter-poles, and the removal of feeling separated. The time is ready to put into a material form all that has been lived through and transformed by now. And my buddy Eric, I could not even have chosen a better one. Thank you universe, you always take such a good care of me, this is perfect!*

*We are supposed to check each other's gear. Eric, born in Indonesia, thinks this is unnecessary and I have the same feeling. That is a good way to start our friendship. After lunch, I decide to talk to Marc. He has the right to know what is wrong with my health. He is glad that I trust him enough to share my worries. I assure him I will take*

*full responsibility for my own body. Intuitively I made the right choice, and I have full confidence in Marc. As always I am at the right place, together with the right people. Marc is very sincere and in every way qualified for this job. He does not hide himself behind all kinds of externals. Everything unfolds out of a fundament of trust and connection. Divine perfection!*

A pair of eagles is circling above the trees. It is a beautiful sight and a good omen. One of my totems is the eagle. No wonder, Marc says....

*That afternoon, we check our places. Giri is going with us to give me a hand if necessary. This is not usual, yet in my case it is permitted, even more, Marc insists. I accept this gift with gratitude. Asking and allowing help is a more important learning process than proving that I am capable of doing things myself. This last item I have already proven! I no longer feel guilty. I see how Giri is enjoying being a member of the staff. Chopping wood, making fires, he loves doing all those things. It helps him to be grounded.*

*Maria, a beautiful Swedish girl, with a deep sense of inner silence, accompanies us to show my place. Confused she admits that she cannot retrace the place she has chosen for my shelter. So there seems nothing left then to find a place myself, to put up my shelter. I investigate the place according to my intuition and just listen to my inner impulses. At first, I sense a certain yes, then there is an absolute no, another place could be a possibility.*

*I walk back to the place where I felt the yes. Wow, this is a perfect circle of trees. There is not only space enough for my shelter, there is also room to make a fire and a little altar. There is a beautiful open space, a perfect gate, facing the east. I put up my shelter, a piece of agricultural plastic, in such a way that I have an ideal view of this gate. Accordingly the Celtic tradition east is associated with the air-element. It symbolizes the start of a new day, and the rising sun; it is the process of birth. Well that is what I came for: this new birth. I cannot wish for a more beautiful view.*

*Giri lets me do my thing and only gives me a hand when I ask for it. With the compass, I mark the four directions and the right spot for Mother Earth and Father Heaven. This happens with six flags in different colors with some tobacco in the top, as a special offer for a vision. The colors are yellow for the east, red for the south, white for the west and black for the north. There is green for Mother Earth and blue for Father Heaven. These last two are placed in the west. I combine our Celtic tradition with Marc's tradition, which finds its roots in the North American Shamanism. When my shelter is ready we return to the camp.*

*Back in the camp, I make a dream-catcher. The daughter of one of the staff members is teaching us. She does this in a nice way. A shy fourteen-year-old girl turns out to be a self-conscious young woman. This is how it works when people share their unique gifts out of a sense of wholeness. The dream-catcher gets a nice place in my shelter and will guard my dreams.*

*Before going up the 'mountain', they serve our last meal. It consists of a spicy lentil soup with bread. Later on that evening we have a beautiful, so called, sweat lodge ceremony. The logs for the fire are already present. In the outer circle, there are four members of the staff with their drums. They symbolize the four directions. The rest of the staff is at the center of the circle. We questers have our own places inside the inner circle. Each of us takes two or three stones to honor the four directions and then we honour Mother Earth, Father Heaven, Grandmother Moon and the entire galaxy. At*

*the places we feel particularly connected with we put one of our stones with a special intention.*

*It is my sincere wish to transform my motherhood into primeval motherhood, and to become a spiritual earth mother. My first stone is for Mother Earth. I feel infinitely grateful towards her. These past couples of years I felt so secure within the safety of her womb. She has given me the energy I needed so badly to overcome all kinds of physical inconveniences and to become increasingly more my Self.*

*Our cook tells us about the plants and the animals from this area. He shows what we have to do when we get bitten by an adder or a tick. From experience, I know this last bite can be even worse than the first one!*

*'What do you mean by Lyme disease? They have chopped you into pieces so you could get rid of all the parts you no longer need'. Abundantly I start to laugh. Patience! Did I not say that patience was one of the things I have to learn in this lifetime?*

*My energy is going more inwardly. We go to sleep early. Giri and I stay in our campervan outside the circle of tents. We are fully free to go our own way. All of this is accepted. I receive all the space I need so badly.*

## **THE FIRST DAY**

*At five o'clock in the morning the drummers wake us. It is an intimate and joyful happening. The stones we need for the ceremony in the sweat lodge are already in the fire. All twelve of us stand naked around the fire, shivering with cold. I place my totem on the altar in front of the sweat lodge, it is a stone found in my grove, initiated with my own energy. The staff will use these totems to tune in on our needs, so they can support us when necessary.*

*Skilled and lovingly, the staff members smudge us with cedar, tobacco, and lemongrass to cleanse our auras. Around six o'clock, all questers together with four staff members and Marc, our chief, enter the sweat lodge. The staff members take their places on the four different directions.*

*We enter the sweat lodge on our knees, while touching the earth with our forehead and greeting our ancestors. We repeat this ritual all the time they bring inside the glowing and hot stones. The ceremony involves four levels: physical, emotional, mental and spiritual. We pray for our own healing as well as for the healing of others. Then we speak out aloud who is our example in this quest, the person we want to focus on.*

### ***Boundless courage***

*I would like to address Elisabeth Kübler-Ross. To me she is a living and radiating example of boundless courage, unconditional love, servitude and pure simplicity. In every way, she was a rebel and kicked down many hypocrite attitudes. Her patients and her clients loved her dearly; those with fixed opinions despised her. At the end, she lost everything. However, this did not stop her from standing up each time, and being a beacon of hope for dying children, adults and patients suffering of AIDS. In all dignity, she took away the veils of illusion between the worlds of the living and the dying. She stood at the cradle of the hospice. Her example encourages me to stand in my own dignity; to be in all simplicity a bridge between the world of intuition and the world of intellect; between the visible and the invisible. That is what I wish to be.*

At the end of the Second World War, Elisabeth was at the age of twenty. She joined the international Peace Corps and assisted with the reconstruction of Europe. It is the preparation for her future work. She visited the destruction camp Maidanak in Poland. She walked through the carriages with women's hair, glasses, jewelry and children's shoes. She is passing along the barracks and wondering how people spent their last days during these circumstances. To her surprise, she sees many butterflies carved into the walls. What came into people's minds to draw butterflies under these circumstances? This mystery will be solved many years later, when she starts to work with dying children. They draw butterflies time after time....

In this same camp Maidanek, she learns the lesson of her life. While she, dismayed, inhales the smell of death, and wonders why in God's name people are capable of such cruelty, a voice behind her says: 'Even you could be capable of that. There is a Hitler in every one of us'. She wants to protest but listens to Golda's story:

One day they pushed Golda as the last one into the gas chamber. As by a miracle the chamber was overfull, they could not even close the door. They pushed her back out again. There was no time to grieve for the loss of her family, hatred kept her alive. She wanted to survive to testify to the world the story of these atrocities. When they

liberated the camp, she had an enlightened experience. She realized that if she used her life to sow the seed of hatred, she would not be any better than Hitler.

'The only way we can find peace, is to leave the past the past', Golda shares with Elisabeth.

Elisabeth took this to heart and this wisdom will support her for the rest of her life.

*The ceremony unfolds itself in simplicity and honesty, as a sacral happening. Several participants are confronted with old fears and insecurities, asking to be cleansed right now. We get all the time we need, and Marc is supporting these processes excellently. Again I experience the pain of my separation, the moment of the big bang, the moment we fell out of our unity – our timeless non-material state of being - into the world of forms and duality. I am fully aware of the fact that a few of the present souls were joining me on this journey. Now it is time to re-unite whole soul-families, although not necessarily this has to happen in the material world.*

*As usual during this kind of situations, I experience the suffering of the entire world, the suffering of humanity. The more the veils of separation start to disappear, the more I am aware that there is no separation at all. The pain of someone else is my pain as well. I can no longer see it separate from me. It is a continuing process not to get personally affected by all of this. Just to allow the energy to flow through, and give it back to Mother Earth for cleansing and transformation. It is the transformation from pity to empathy; to resonate with everything, without excluding anything.*

I do not serve the world by remaining small. When I allow my light to shine, I am creating the opportunity for others to do the same. When we free ourselves from our deepest fear, only our presence will be enough to free others.

- Marianne Williamson -

*After the ceremony, we take a dip into the river. The water is extremely cold! However, my concern has been transformed and I have regained my self-confidence. Full of trust I will go up to the mountain. I promised Marc to leave a note, when I need another blanket or something else. Silently, I dress myself in the camper. I gather my last few things and make my way to the gate, an impressive construction, built by the staff. The gate is a symbol for leaving behind the past, leaving behind the world of illusions, our ego. There is a deep peace, an intense vibration of silence inside. I gratefully receive Marc's blessing and do not even look behind when I walk through the gate. Once again, I leave an old layer behind. I walk 'naked', with nothing more than myself, the path towards a new form, to a deeper dimension of real freedom. The weather is dry, cold, and wintry. Knowing the right way, I only have to walk half an hour before I reach my beautiful spot.*

*Later, Lisa told me that she experiences my place as the most touching one. It was the place she could not even name. A place that, according to her, seems to carry completion, it seems to radiate light. To me this felt absolutely true!*

*With my heart full of compassion, I enter my circle. I embrace the whole place and open myself to take her energy into all cells of my body. I start to organise my shelter and all my gear. I make a small altar at the right, next to the east. I welcome the powers of Father Spirit and Mother Nature as symbols for the male and female spirits inside of me. Then I invite the four directions with their specific energies. I start my*

ceremony in the east, the place of the spring, the rising sun, the child and the new beginning. In the Celtic tradition the east represents the element of air. It is the place where everything is born.

I go on to the south. The south represents summer and is associated with the element of fire. In the summer of our lives, everything comes to full bloom. We become mature, start our career, identify ourselves with the world of matter and raise a family. It is the place where we reap what we have sowed; the place of inspiration and transformation.

The west is connected to the autumn and the element water and represents our old days. We retire in ourselves and prepare for the last phase of our life. Simultaneously we can be a radiant example for the next generations. The element of water helps us to flow and to connect. First we have to cleanse and to drop the old before we can reconnect with our deeper layers, our real wisdom. Our spiritual dimension is opening up and starts to blossom. We not only remember who we are, we can integrate this in everything we do.

The final place in the circle is the north. Winter is associated with the element earth. The earth is our foundation, the base of our material life. It represents the place of death and being reborn. In this phase we shrivel completely, or our true wisdom emerges, wisdom that no longer has anything to do with knowledge. Wisdom ripened and freed from pedantry, and transformed and related to love; the real wisdom of the heart. In this phase there is no need for competition, and we can lovingly share all our achievements with everyone who is willing to receive. I hope western society once will wake up from our carefully built up illusions. At that moment we can use the rightness of gathered wisdom, available in our elderly; wisdom which is waiting to be exploited.

All our achievements join at the center of the circle. It is the place of the All, the place of the divine human. I mark the circle and invite the spirits to protect me on my journey and to inspire me during these four days and nights. I ask the spirits to give me, in a loving and gentle way, those processes and experiences my soul is asking for. I will not disturb this circle until the moment I leave this place again.

## **Flexibility**

As a start of the quest, I draw an angel card. It is flexibility. I chuckle. It was the first angel-card I drew when I was at Findhorn years ago. Since then, I have become aware that it is of crucial importance to be flexible, and to be able to go with the flow, without blocking the stream. This is quite an alternative way; our educators taught us we are not reliable when we do not stick to our ideas. Look around, this is an enormous pitfall! Life is constantly subject to changes. Holding on to already made decisions makes us rigid. It is the prime cause that we constantly bomb each other with our convictions, or even with real bombs. Being flexible means you must honestly check every day, if yesterday's truth is still valid today. If not, you can always change your opinion. Please, do not hold yourself back because of what others might think of this!

Because the weather is so bad, we have permission to light a fire. I gather some branches and according to Marc's method, I make shreds of them. It seems almost impossible with the blunt knife. First I will make my fireplace at the center of the circle. Then I decide to make it in the south, so I can watch it from my shelter. An hour

later, there is not even a remote trace of a fire. I wonder if I should continue or drop the whole idea, with all the consequences it might have. A fire will certainly help to keep me warm. Suddenly I know I have to return to my first impulse. The place in the middle of the circle was definitely the right place.

Again I go into the forest and gently break some of the lowest branches of some pine trees. They are nearly dry. I build a big tower out of thin kindling. My matches still will not light. I get a great idea and place a small burning wax-candle underneath the pile. While I hold my breath, I see after a while the first small flames leaking from under the wood. I pile some bigger branches around it and within no time, I have quite a big fire. I am grateful for the education of a fire woman when I was in Australia! In the meantime, I have gathered enough twigs and put them into the fire. Even the wood that was completely wet starts to burn.

I sense I am quite tired. Before I give way to my body needs, there is another important task; I have to dig two shit-pits. The first one is for the physical shit. Because of all the roots of the trees and my physical weakness, it is difficult to dig a hole of more than ten centimeters deep. The pit for the emotional shit does not even get that deep. It will probably not be necessary. And that will prove to be right; this hole will remain empty all the time. I have already prepared myself in the previous years.

Luckily, I still have a piece of canvas. I put it next to the fire with a cushion and a cloth on top of it. It is lovely to lie down staring into the flames. My thoughts come to a complete rest, while a world of creations passes in front of my inner eye. What a blessing that they allowed us to make a fire. The fire cleanses me, it recreates everything that comes up and transforms me into the depths of my soul.

An ant is approaching me. The ant teaches me the value of cooperation, yet foremost the ant instructs me a lesson about patience, one of the highest developed characteristics of God! This was not one of my best qualities, but in these last few years I have increasingly qualified myself in this. One day I will be a master in patience!

*I ponder about the purpose why I am here. What do I wish to achieve for myself and others? Suddenly I know it is time to make a new start:*

### **Empowerment**

*After several painful years, I have finally succeeded in letting go my association with Reiki. Through this action, I wish to empower this decision.*

*My purpose for this quest, as far as I can call it a purpose, is the following: I am open to let my primeval 'me' merge with my newborn being. I intend to let these united qualities of mastership flow out into a new form. I open up for a vision, and it is my intention to surrender myself fully to the initiation process of this quest.*

'You have not come to earth to be a spirit. You have come to earth to anchor a network of light and love into our beloved earth mother. You are not only here for your own evolution, you have made a connection with Mother Earth, and with the entire humanity'.

*I brought some pieces of willow wood, and I start to carve the experiences of this first day into one of these sticks. This asks a completely concentration and I just love it. At dusk, I feel I have been in a constant state of deep inner silence and intense joy. Harmony is the right word for it.*

*At the entrances of our places, independent of each other, Eric and I made a small altar. I received his first message, a mini-tree with a stick of incense. Eric seems not to have an easy time, probably he is feeling a bit uprooted. There is no need to worry; he is giving it all he has!*

*After my meditation, I get myself ready for bed. The air is full of rain, waiting for the right time to come. Full of faith and without a trace of fear, I withdraw myself into my shelter for the night. It is not at all bad, sleeping on a carpet of thick moss!*

*Surprisingly I sleep even better than I had done for years. When I open my eyes now and then, I still hear it raining steadily. From my warm and sheltered place, I see the dawn and I decide to enjoy my dry accommodation for a while. When I get out of my bed, the rain stops. I stretch myself, and start to sing. At least, I let the bubbling sounds come out. Old blockages are resolved and the energy is flowing freely. It is a lovely experience. The words string together, they are just sounds, sounds I do not know the origin of. It feels powerful and healing.*

*I perform my ceremony with the different elements. I started this kind of ritual during my time of seclusion, in these years I increasingly connected myself to nature. I meditate at the center of the circle and draw an angel-card for that day. It is peace. Inner peace is our natural state of being when we free ourselves from the past and dare to be fully present in the moment. We no longer associate ourselves with the misguided illusion of our material reality and we embrace, without exception, light as well as dark.*

*I draw an angel card for my buddy Eric. It is light.*

## **Light**

At the moment we illuminate our dark-side instead of denying it, she will no longer undermine us. She will work together with our inner light and in the end both poles will melt together. Light is ultimately stronger than darkness. From that moment the light will dominate. The light will radiate through us and will have a rejuvenating and healing effect on all our cells and on our entire being. Once again we realize who we are, pure light, and we will increasingly become ageless.

*I pick up my empty water bottles, look for some crust-moss and a nice pinecone, and walk to my gate. I place the bottles underneath the tree, together with my yesterday's angel: flexibility, and make a nice decoration out of it. Now the staff will know how I feel. I place a message for Eric on our stone-altar. On the way back to my grove, I gather some wood. Gathering wood for the fire will become almost a fulltime job. Everything is soaking wet. With endless patience and trust, and the invention of the wax candle, the fire ultimately starts burning again. All that remains makes me comfortable, and keeps the fire burning. Seen in that light there is not so much difference with our inner fire.*

*Especially in the early morning, I hear lots of birds, although I see only a few. Joyfully and exuberantly they are bringing an honouring to the Creator and this new day.*

A little spider has crawled onto my altar. He shows me how to integrate things, how to weave them together. It is time to integrate my achievements in the here and the now. I do not have to exclude anything, no longer is there any good or bad. Both are polarities of the One. Light becoming only visible in the dark, isn't it?

*The pine-trees are not so gloomy, like in so many places in our country. There is enough space between them. There are whole carpets of all different kinds of moss. I have to be careful where I place my feet. I remember our agreement and hang the little whistle around my neck. When something happens I can always warn Eric. My place is one of absolute silence. You cannot even hear a single mechanical sound. When the wind is blowing in my direction, I can hear the base camp, the sound of the drum. In no way does this affect the atmosphere of the intimate silence. In those four days I will not encounter a single human being.*

*Somewhere on my territory, there is a big open spot with a few sad-looking birch trees and many enormous rocks. I love climbing on top of those rocks, to stand with my arms stretched up towards the sky, and to let it sing. To let everything inside of me express itself. There is a deep sense of gratitude, a feeling of totality, inner richness, and an unshakable connection with All That Is.*

A dragonfly approaches me. It tells me I have taken down the veils of illusion, and that gives me access to the different worlds.

*I am not hungry. Although I sometimes romp around with food, the moment I decide to stop eating, it is not at all difficult for me not to eat. I do not even think about food these days. My body is unusual slow. This is normal during the first days of a fasting period. When I go out for a walk, I first heat the fire. Back in my circle, I usually lay or sit down near the fire, just daydreaming. Sometimes I read a line or two, write a little in my diary, or draw a few lines of my mandala. I enjoy carving on my wooden stick. I really like doing that.*

### ***A time of change***

We live in a time subjected to many changes. We find ourselves in a rapid stream and do not know where we will flow to. The old is no longer answering our needs, and the new has not been born yet. We can do nothing else to prepare ourselves for all that will come nearer, but dare to be in the here and now and open ourselves to receive.

In these times, in which the old is doomed to disappear, there is no space to hold on to rituals, which we have clung onto for so long. Often they have become empty and hollow and they no longer carry the power of inspiration inside. Life itself is the new road of initiation. Inherent to our human essence, everybody has to explore his own inner temple, to finally become the essence of love itself. Everything preventing us from

becoming a complete human being has to die. We have to tear down layers of fear and to let go age-old structures before we can return to the home of our Creator, the one who cannot be named.

The time of separation is over. It is amusing that the white race still finds itself superior to other cultures. This dream of separation will cease to exist. We have to destroy our constrained built up feelings of superiority, we may become equal to others, and open ourselves to learn from others. If we are not willing to do so, we will not only destroy others, ultimately we will destroy ourselves. As such, there is nothing wrong with that. Eventually, everything that once took on a form will dissolve. If we do not learn our lessons here on earth, there are certainly other places to learn them. How stubborn and obstinate we may be, the universe is never tired of teaching us patiently. One day we will blow up our self-created world of illusions. That is the moment war stops to exist.

Then we feel connected to All that lives. We start to see unity in all living beings and we will live together as brothers and sisters.

This whole process makes us feel insecure. We are used to control everything, to put everything into frames. If we let go of this old yet trustful pattern, we are afraid we will fall into pieces. No longer are we able to control our processes. This brings up old and hidden fears. When we are willing to admit this process to the full, we will eventually bow our heads in full surrender and we will humbly say: 'Not my will, but Thy will'.

## THE SECOND DAY

*Today I want to focus myself on the powers of the north. Yesterday I focused on letting go, the power of the west. First, you have to drop the old before something new can manifest itself. Usually I do not have a lot of trouble with letting go. That seems to be something of my previous life. I remember the wise and well-meant words of one of my first teachers very well: 'If you go on like this, one day you will fall into pieces', he said. 'Then you will lose the essence of your being'. Despite this well-meant warning, this was only the beginning of an increasingly deeper process of letting go; a process, which seems to be encoded in my soul. The only thing I can do is to follow this path. Although I have fallen into pieces several times, I still exist.*

*As far as Reiki is concerned, this has been a very persistent process. Outwardly, I seemed to let go, I even had no choice. All the old had to die first, before I could be born again. It was not only about dropping titles. That was the outside part of it. My God, the fear of not being anything, not being able to do anything anymore for the well being of the world! Every time I thought I was ready, an even deeper layer popped up. My ego is not so stupid to surrender without any fight! Is it fear of losing my identity? I was living Reiki. I felt like a modern High Priest. Never had I felt so connected, did I execute all involved tasks with such a love and dedication.*

Dear Yasmin, everything that has taken on a form, one day will disappear. When this form has done its job for you, it is time to let it go. Now it is time to open yourself in full confidence for something new, so the power of love is able to work through you even more, without being limited by a specific form.

### ***Fear of love***

People are afraid of love. Allowing love means crucifying ourselves, the crucifixion of our ego. The fear of this process is even greater than any other fear, the fear that nothing will remain of us. All the old and the familiar will disappear. No longer do we belong to anything and we become outcast.

And this is certainly true. Our ego is being crucified. We are mangled until nothing else remains but to bow our heads in all humility for the One power that cannot be named and that always is, always was and always will be. People will turn away from us. They betray us like Peter did. They throw us out of the family, out of the clan. We are exceeding the safety, the actual rules and we become a living threat for the carefully built up structures. We are reduced to nothing. And that is true, because without Him/Her we are nothing.

At the same time we are everything and we own everything the moment we seem to lose everything. In essence we will never lose anything. On the contrary, we are everything we can imagine. Our personality is much stronger and cannot be affected once we have freed ourselves from our selfishness. We get a natural protection. We build a shield of love on which every attack rebounds itself. No longer will we have friends, but we have no enemies anymore.

*Dropping material things has become an easy thing. Another chapter is those things I feel connected to with heart and soul. Certainly, if there is a more or less voluntary choice! I would be tempted not to listen to my inner voice, and just to carry on happily with my successful Reiki work. Everything was flowing so well. Why should I step out of a safe pattern of apparent success, while I felt so good with it?*

## **Forms**

*Associating with forms is the same as associating with an institute. Usually institutes represent heavy structures, full of blocked energy, no longer able to flow freely with the stream of life. They are associated with action, with doing things, and therefore they cannot be flexible and serving. They are constantly busy to maintain themselves. Look at the churches, what they have made out of these. Is it strange that people do not want this anymore and turn their back to it? We no longer like to behave as little children, to let others tell us what we have to do. This is good. A church should be a place for everybody; a place of unity and not of separation. It should be places to gather and to celebrate, regardless of our religion, culture, class, or status. Places where priests can be male or female, gay or hetero, married or unmarried. Out of respect for all life, priest should be examples of love and servitude. Together shaping an all-embracing network of love, where life can flow and unfold itself without any restriction.*

*Unfortunately, churches have forgotten their real function. They have forgotten they were founded for people and not for their own glory. They forgot that everything manifested into form, once will have to dissolve, to make new manifestations possible. Nothing can keep on growing. Growth and decline have to be in balance. The past no longer exists, let us stop worshipping and nourishing it.*

*It is clear that we need a foundation. Many new forms are becoming apparent and this is good. The rainbow contains many colours, together they shape the rainbow. Let us be very careful not to raise our specific colour to a new church. The danger of this is constantly present. You cannot restrain love, love is boundless and unlimited. Love does not divide, but connects all. The power of love is the gateway to attract equal souls. Otherwise they are not capable of carrying the strength of these vibrations. Then this energy is lethal to their ego, and they will look for places where they can gather with like-minded people. Since each of us has been there once, it is not to us to stop others from learning their lesson. We can only live our own truth, and this does not automatically agree with the truth of somebody else.*

*Now is the time to drop the past and to live here and now. When we have learnt from our mistakes it is time to forgive them. This does not mean we forget the past or whitewash it, it simply means that we no longer nourish it. Once we were all culprits or victims. From this point of view, Palestinians and Jews could sit together around the table searching for a solution to an ancient problem. If we dare to take away the separation we put up ourselves, there will be enough space for all of us.*

*The same is valid for Indians, Maoris, and Aborigines. We cannot keep on trying to redeem everything we did wrong in the past. It is just as it is. We can accept the situation by looking how we can live together in dignity, right now. Let us investigate how we can manifest this together, out of mutual respect, so we no longer have to repeat all these age-old dramas.*

## **Love for Mother Earth**

*What we can learn from the old Shamans is their love for our planet Mother Earth. To respect all her different life forms, by connecting and opening up to the mystery of life. We westerners have forgotten these facts, and the old Celtic and Shamanism traditions make us aware of them. I do not mean we have to start playing Indian in this lifetime. I was already one in the past and the heirloom I am reintegrating in the eternal now. Ceremonies are powerful to animate memories. Let us use them and*

*colour them with our personal colour. God does not look at outer forms. He sees the inner purpose and reads the intention of the soul. All old civilizations have been ruined because they kept nourishing old patterns. Let us learn from the past. It is great to remember our grandeur during the old Egyptian period. It shows insight when we realize that we are still carrying this grandeur in the eternal here and now, so there is no need to go back to those days. Although we gladly like to forget it, many rituals during those old days, would not be tolerated today. Or do we like to return to the period of human sacrifices? Surely not!*

*Although let us be honest; on governmental level we decide on a daily base about life and death. Even if the technical ingenuity has replaced the bludgeons, the principle is as primitive and inhuman as before.*

### **Letting go**

Years ago 'my friend' started preparing me to drop the outer form of Reiki. Reiki is too limited, he said. It is a kind of a safety mechanism. You can compare it to swimming with a life jacket. The symbols give you a sense of security and you know you cannot sink. Wearing a title prevents someone from labeling you, because you already wear a label. That served you in your previous life. Now you do not need it any longer, so throw away your life jacket and concentrate yourself on the further opening of your heart. Work on this love potential, present in that endless space inside of you. Use your tools whenever you need to. Yet realize the more your heart is opening up, the more a new kind of wholeness will present itself, far beyond imagination. In the end there is only one simple word to unite all forms of healing, and that word is love.

*And there I was, thinking I had freed myself completely. In essence, I was not free at all. On my last birthday, I felt myself no longer attached to it. The feeling of being nothing, of emptiness, no longer frightens me, on the contrary. I was surprised to feel an even deeper sense of freedom. Slowly but surely my ego is shifting aside. What remains in this material world, when you no longer show yourself being something or someone?*

Nothing remains; nothing but emptiness, nothing but silence. Let it be a challenge for you to be 'nothing'.

*I welcome this inner stillness. I have become to love this stillness so deeply. Silence has become one of the most precious gifts in my life.*

*No, I am not afraid of the winter. I am not afraid of death. Death became one of my best friends. I have become one with life as well as with death. Often I longed to die, which is probably why I enjoy life so much. Now harmony remains, and I am aware of the connection between the different worlds. With a deep sense of gratitude, I allow myself to give support to a new unfolding worldview. Without effort, out of an infinite being, my love and light are flowing over the earth. You can do your job anywhere. Sometimes it is necessary to put yourself in the footlight. If you refuse doing this, it also shows your ego. Sometimes things just have to happen within the safety of the four walls of your home. There is a place for everything and everything happens at the right time. In the end, the only thing that matter is the intention from which we act.*

## **Teachers**

*The wolf belongs to the north. He represents the teacher and is one of my totems. Often it is the elders who own wisdom. At least it was like that during old cultures. We have forgotten that our elders carry the wisdom of true life within, or maybe we are too stubborn to open ourselves for it. The task of the teacher seems to have disappeared. In earlier days, after leaving school, young people started their career at the first sport of the ladder, as being an apprentice. That contained something very nice. When you had climbed all the sports of the social ladder, you were able to empathize with someone on the first sport. It is a shame we do not want to learn anything anymore. After our graduation, we think we are experts already. At the same time, we follow each other's opinions like a common herd. We are inconceivably afraid of loneliness, of not belonging to the flock anymore.*

*There is another aspect to this case as well. Our elders have forgotten to honour and to unfurl their wisdom. They have forgotten their heritage, their engagement to society. Out of an illusion of safety, and fear of decay and death, they let themselves be put away between four walls. How few of them still realize that it is a sacred duty to share their unique gifts. This we can learn from the Negro-culture. What a beauty to see the relations between grandmothers and grandchildren, what power radiates from these miraculous women! Naturally, they take the children under their wings, and nourish them out of the well of their collected wisdom. How vulnerable and pure these little ones are. They complete each other and together they shape the continuing movements of the tides. The elders give the toddlers a fundament of safety. The toddlers give the elders the gift of playing. Together they share the power of being. Too old to join the production process, the elders still play a priceless role in our society.*

*I open myself to the wisdom of my ancestors: the stones, the plants, the animals, and especially to humans, regardless of culture and race. People are the purest representatives of the male and female qualities of the Creator and his creation. How dignified the human who remembers this.*

The clouds have gone  
The sky is heavenly blue  
The sunset enlightens  
and gives accents  
An enchanting variety of colours  
enfolds to my inner eye  
God speaks....

*The sky is beautiful and the clouds are lovely. They help me to be fully absorbed in the flames of the fire, in all those different manifestations that pass my inner eye in a timeless motion. The wind increases, surely it will stay dry today. Now and then, the sun even shows itself through the clouds. These are moments of a special clarity in this beautiful Sweden. The staff refilled the bottles with water and my little angel lies within a circle of pinecones. They understood the message. On the altar is a small jam-jar with a little light in it. Eric feels all right, finally the light has broken through. The last few hours of this day I bring along with musing near the fire and finishing my drawing, named Integration. I received a small pipe and feel a deep inner longing to smoke it. This pipe originates from Peru and lies on my altar. Giri and I had the secret wish to go to Peru this year. That should happen in October. Then this quest came up and we both dropped this wish. Planning so far ahead is no longer possible,*

*if it is meant to happen, this will certainly happen. Still we keep the month October free.*

### **Peru**

Back home again, I have a vision. Someone puts a stone in my hand. It is an amethyst and I immediately know this stone comes from Brazil. The stone takes me by the hand. To my surprise, it takes me to Peru. Together we stay in front of the steps of the Machu Picchu. Slowly I climb the mountain all the way to the top. I am dressed as a High Priest, in a long white linen robe with wide sleeves.

When I am at the top, I stretch my arms towards the sky. The sun is beaming above my head. I feel her golden rays flowing inward through my crown-chakra. That same week we book our trip to Peru.

In Peru I receive the Pacha-Mama symbol. It is the symbol of Mother Earth: the equilateral cross that represents the four elements, connected by the female circle. At the center, there is a small round hole; when the elements merge, the male and female meet each other in the emptiness of the All. Everything becomes one.

*Reflecting by the fire, I fill my little pipe. With a twig I light the fire, and satisfied I inhale, like an old Indian woman. It feels quite familiar to me. I do not smoke it completely. It has been years since I quit smoking. Even the small cigars have disappeared out of my life. Smoking this pipe is just a symbol of an offering to my dear Mother Earth.*

### **Hawaii**

My thoughts wander to my future trip to Hawaii. I can already feel my strong connection to Madame Pele, the Goddess of the fire. In the early morning, all by myself, I will wander through the gigantic park of the Kilauea crater on Big Island. Time after time, I see myself walking through the crater, all alone, yet fully embraced and connected. When it becomes light, the beauty of nature unfolds slowly in the mist. One rainbow after the other shows itself, it is breathtaking.

I dance on Mother Earth, I sing for her from the bottom of my soul. It feels so pure, so intense, our love-connection!

I stand before the sunken land of Lemuria. An inexplicable deep sense of homesickness attacks me and tears me apart. The creating power of the female, the power of the divine Mother, the fire within me awakes, and is cleansing and inspiring me....

*I go to bed around ten, completely at peace. I would like to stay awake a bit longer but my body demands a rest.*

## THE THIRD DAY

*From the protection of my shelter, I see the light carefully breaking through. It is dry. It is lovely to get up at dawn and to hear the birds twitter. Deep within my soul, an emotion rises up and fills my spirit. It is such a privilege to be here, all alone by myself. I feel embraced and protected. The soil feels like a nourishing womb. I feel embraced and secure. There is not a single threat. I feel completely safe and totally without fear.*

*Being naked, I stand in the circle and absorb the freshness of this morning through my skin. I wet a washcloth and wash myself a little bit. It feels refreshing in every way. I put some oil on my skin. This bit of attention feels lovely; I also give my feet a massage. By now, these powerful instruments have become completely rooted into the earth. Whenever possible I walk barefooted. The result of this is two enormous broad feet, not fitting into normal shoes anymore. Luckily, a manufacturer acknowledged this problem and filled this hole in the market by making extra broad six-toe shoes. In summer I just wear sandals. I must admit, they are not very elegant, yet they are practical and healthy, and that is of equal importance.*

*It is time for my ceremony and my daily meditation. It helps to deepen my connection with Mother Earth. The knowing that I am part of her, that I originate out of her womb, at least my body, brings about a deep sense of gratefulness and being rooted.*

*After the meditation I draw an angel card. This time mine is communication. No doubt, it stands for the communication with my higher- or true Self. I have plenty of time for this kind of interactions. Apart from that it feels lovely to be in a continuous communication with nature, and to mirror the boundless love of the Creator to the full.*

*The angel with my message for the staff is joy. Well that is completely clear; life is being joyful as we spontaneously dare to shine. There is no need for the staff to worry about me. For Eric I use my bookmark with two meeting birds on it. I make a nice composition with a few branches of blossoming berries. I feel as free as these birds on their flight.*

*When I return from going around I have collected enough dry branches. I am a progressing fire maker and this time they start to burn at once, or is it because the wood is reasonably dry? I build a strong fire before I put the big logs on, they are still soaking wet.*

*Feeling glorified, I sit near the fire, enjoying the silence and the brightness of this circle, while facing the gate to the east. It looks as if there is a little deer lying at the end of the lane. Closer examination shows it is just a log. I heat up the fire and walk to the plain with the big rocks. Half naked I set myself on top of a big rock on a thick layer of moss. Although I cannot give my blood to Mother Earth anymore, it is a nice feeling to experience my connection with her in such a special way. I connect to the primeval power within, my primeval mother. I feel it to be the mission of every woman to ultimately become a spiritual primeval mother and to embrace all children, big or small, fat or thin.*

*Safety and security belong to the earth. It is a woman's quality. Women are capable of giving and experiencing both qualities.*

*In the end, the rainy cold forces me to go back to the fire. I reheat the fire and continue carving on my stick.*

*I really enjoy doing this; it is a pleasant kind of meditation. Trying to start a new drawing has no effect. Regularly, some raindrops fall on the paper and smudge it. In the end, it really starts to pour down so nothing is left but to crawl and hide under the*

*canvas. First, I make the fire a bit bigger. I lie down and feel warm and cozy. I listen to the rain. I even fall asleep for a while and start to dream. When I return on earth it is dry. When I finally decide to go outside, it starts pouring again. This is going to be a yo-yo day. There will be a ceremony in the camp and Marc promised us thunder! He is making a mess out of it!*

*I dedicate this day to the east. After letting go the old things in the west, and having died in the north, I am ready to welcome the new. It is time for a new birth.*

*This rain is not so bad. My physical energy is so low that collecting wood and fetching water is more than enough strain at this moment. In addition, I have been able to do all things I wanted to. I carved my day in the stick. I smoked the pipe, sang, and mused for a while. Not about yesterday, yesterday died last night. Not about tomorrow, tomorrow has not been born yet, just simply and joyfully about today. There is an opening in the clouds. The birds regularly show themselves near the entrance at the south. It looks as if they perform a dance, especially for me; they are continuously circling around. Today they are eagles. What a divine gift!*

The eagle is associated with spirit and has the power of vision. He has the capability to overlook everything from great heights. The message the eagle is giving me today is that there is no need to worry. I am connected to All That Is. In every way, this feels as an absolute truth.

### ***Soul and spirit***

‘Tell me the difference between soul and spirit’, I ask. I receive the following answer: ‘You can compare spirit to the candle flame which has been placed within a kind of a glass holder. This glass holder represents the soul. This holder contains a beautiful pattern: the pattern of all the lives, all the experiences you have already gone and lived through. The glass is quite dirty, so you cannot see the pattern. Through the process of evolution, all experiences you go through, the glass becomes clearer and ultimately the patterns become more visible. The light shines through you and makes the beautiful pattern, your totality, your true Self, visible for the outside world. Your soul has become aware of her origin. That is the moment spirit and soul have become one and people start to react in a different way. They do not quite know what is happening to you, yet they see something new. You can compare this process to the stained-glass in a church. On the outside, you cannot see the beautiful pattern. Once you are inside the church, a rich and colorful pattern is revealed when you look at the leaded windows. It is the story of all our lives.

To manifest this process you need other people. Your partner and friends confront you with the dark sides in the holder: the opportunities you have chosen to experience this lifetime, the blueprint of your soul. They are your friends who somehow say: ‘there is a little spot there, you should clean it a bit better’. Our surroundings are a mirror and their reactions are simply a clue in our process of integration and unity. So be thankful for all the confrontations in life!’

*Eric has put a feather ready for me. I sense a little bit of jealousy. What a lucky man. I have not yet found a single feather. I did find hundreds of mushrooms in all sorts, shapes, and colors. Very nice, yet not a single feather for my stick. Well, now I do have one, thank you Eric. I will decorate my walking stick with it. The stick in which I cut my every day process will become a talking stick. When it is ready, I want to use it like that.*

*Before I left home, I made a stick for ceremonies. It is too vulnerable to bring it with me. It represents the four elements. A dried crab shapes the element of water and that is why it is so vulnerable.*

*In order to maintain my Shamanistic qualities, I preserved my first pheasant feather. Well it was quite a lesson, to find a dead pheasant, to undress and to dry it. Yuck, all these maggots! Lucky me, someone told me salt would help. So next time it will be easier. I feel a new piece of creativity bubbling inside of me. For ages nothing has flown out of me.*

## **Creativity**

‘Creativity is not something you can force. When it is not present, accept this emptiness. For, at those moments, there is nothing to flow through you, and that is good. When you give this emptiness its space, obviously something new will start to flow through you. You cannot create inspiration and creativity. You cannot manufacture it. All the things we want to manifest by willpower are born out of the ego. Either creativity is there or not. When it truly starts to flow, it is an act of mercy. Willpower cannot generate it. Do not worry. During these times of emptiness, there are other ways of bringing out your truth.

*It is extremely creative to let loving thoughts flow over the world. This is refreshing and in doing so you can be a source of inspiration for all those who are receiving your love.’*

*I am pleased with this insight. This understanding helps me to let my energy flow in a different way, and to fully accept this period of apparent emptiness. Still I am grateful that after all these times of emptiness some creativity is flowing. It gives an intense feeling of being alive.*

*I look at my hands. My nails are pitch-black from bungling with wood and digging in the earth. My hands are very dirty and full of scratches. I chuckle. This is just me. This feels good. This is life, and this is what I enjoy!*

*There is some turd on the path. It is from quite a big animal, a deer or a moose.*

*On the plain, I discover a tiny bundle of heather. Carefully I pick of a few branches for my stick and for Eric. Once again my altar has become soaking wet. I move it next to the fire. In the end, this is much nicer; it shapes a unity with the rest of my spot.*

*Towards the evening, the weather gets even nice. A lovely sky and a beautiful sunset are performing in front of me. The sun casts fairy-like shadows on top of the trees. It is breathtaking.*

*A pair of birds, bigger than our swallows, performs a heavenly dance in the opening to the west. They show me that life is just a divine dance, worthy to live in every way. I see the sunset starting in the west. That is the same here in Sweden as anywhere else. There is a little snail in my shelter. I take it in my hands. It is telling me to take it easy now. I will have to listen carefully to my body, not allowing anybody to drive me crazy.*

## **Satisfaction**

‘Now it is important you let go your entire plans about what you ought to do or where you ought to go. There is only one thing important: live in the here and now and be crystal-clear in your desires how you would like to be and how you wish to express

yourself. No doubt, this will cause some confrontations with your environments. You are still living in a society that has certain expectations, and is easy in making value judgments. You are living in a society where status is of great importance; where your value is determined by what you are visibly propagate.

It is very uneasy for those who are watching you with all personal pictures and expectations, to see you perfectly satisfied with nothing else but consciousness, without any specific definition and even without a clear visible contribution to society. They see you at home, sitting or lying on the couch, apparently doing nothing and yet you are radiating joy and satisfaction. This is confronting to their ideas, to the way they experience things. Instead of looking inside, they will confront you with their insecurities. Ultimately you will get used to it. After all, it is their problem and not yours'.

## THE FOURTH DAY

*The morning-light falls beautifully into my shelter. It is magic to see the sunrise out of my sleeping bag. This clear night has been very cold and I put on all my clothes, just to stay a bit warm. When I stand naked, I see how skinny I have become. Chilly or not, it still feels pleasant. Nearby I hear a moose barking. Enthusiastically I start barking back and together we have an endless conversation. What a divine feeling! It is a shame he does not show up.*

*The weather is lovely enough to stretch a line between the trees and to throw out everything. With an empty bag, I sweep my shelter. I draw my angel card for today: abundance. I am prepared to receive all of today's blessing abundantly! My message for Eric is adventure. The way I experience this quest, is an endless adventure. For the water-bearers, the card is balance. I feel wonderful. My physical energy is coming back and I even do some physical exercises.*

*When I deliver my messages I meet a big snail. 'Take your time', he seems to tell me. 'It will not run away. You cannot force things'. No, that is something I have become aware of after all these years!*

### **Mastership**

*'Our soul has chosen to experience things. Every soul has chosen its own experiences to grow. These experiences, embedded in our souls, form our blueprints. You could say that all the experiences we go through have been previously programmed. The more we grow in consciousness the less we get free choice. Then this free choice consists more or less of how we handle our experiences. Do we look at them as means of growth or do you have the feeling that everything just happens to us? The difference in this makes you either a victim or a master of your creation. That is an essential difference! That is true mastership! We are divine beings with a human experience. Our being is complete and without boundaries. Only the matter is limited.'*

*I stand on the spot where my entrance-gate is. When I walk towards my altar, I feel surprised by the view of so many spider webs in the fir-trees, in which the morning mist hangs like a crystal curtain. The sunrays conjure a magical pattern. It is breathtaking! It reveals a new world full of promises.*

*I return home. For the second time I build my death-lodge. I was not supposed to do this exercise before the quest. It was scheduled in today's program. We have to start the exercise the moment we will hear the sound of the drums. I put my canvas in front of the fire and place branches around it. My new stick marks the door facing north. The sky becomes overcast. I clear my sleeping bag and mat. It would be a shame if everything would be wet again. We are supposed to stay up all night. Therefore, I will not need my sleeping bag. I rebuild my shelter to a kind of a canopy, so I can just sit dry underneath. I make tripods from branches and connect the plastic onto them. It feels substantially, and nothing can stop me. I have more energy than I have had in years. I collect an enormous amount of wood. I know I use a lot each day to get myself warm, let alone there will be a night following that day. I do not like camping. I just love it. Not on a traditional and full campsite, no, that I would not like at all. However, if I could camp like this more often, I would straight away buy a small tent. In one word, it is lovely. I feel proud and extremely satisfied. The energy tingles through my whole body. This is being alive!*

*I make use of this energy and fill up my shit-holes. On one of the holes, I plant Eric's small tree and I place one of my own pinecones on it. Finally, everything is ready for this day and the coming night. I start building a fire.*

*I hear the drums and this time I lie down in my death-lodge. I tell my Creator that my time has come, and ask him to forgive my wrongdoings.*

### **Forgiveness**

'Can you forgive yourself', he asks. With a smile, I sense I can. I have experienced and learned a lot. I have become conscious of my essence, of my divinity. Is it not this that I came for?

*I am considering what I would do if I really died on this spot. Would I blow my whistle so Eric could warn the staff? No, probably not. I would love to die here all-alone, without spectators. Like the way I used to do it, when I was a part of the old cultures. When the end came nearer, you just withdrew yourself. You refused to eat and ultimately stopped drinking. Then you withdrew your life-functions back into your solar plexus and simply left your body through your crown-chakra. It was a conscious choice and that is the way I want to do it again in this lifetime.*

### **A house of prayer**

*I decide to give my death-lodge another purpose. I change it into a house of prayer, into a house of grace. I invite everyone I have met during my lifetime. I invite friends as well as enemies, although this last group seems to be something of a far past. No doubt, they used to be there, my stepfather, an annoying Reiki student, and the arrogant doctors in the hospital who let me cringe, so I wanted to hide myself under the table. I thank everyone for the lessons they allowed me to learn. I am soon finished with my friends. Those relationships were familiar and safe. Yet they were not my greatest teachers. Those were the people who did not resonate with my energy. They have taught me lessons in patience, in empathy and tolerance. I thank them for these lessons. Now, by forgiving them, I freed myself from the cocoon of my limitations. I think back to my stepfather with a heart full of empathy. I look back on all these arrogant people. By now I know they reacted out of their own insecurity, out of fear of destruction of their ego; fear of death. I see the inhuman straitjacket in which our society has pushed them all. They have never been allowed to be small or vulnerable. They mirrored me that I kept the imbalance by giving away my power, so they could suppress me. They were my greatest teachers. They challenged me to stand up in my own dignity. Initially I was overtrumping myself. Later on I felt increasingly more in harmony. By now, depending on the circumstances, I dare to be vulnerable and powerful at the same time. I have learned not to raise the one thing above the other. The truth, the ultimately harmony, is laying somewhere in the middle.*

*Now I believe I am worthy to let the light of Christ radiate out of me. Through all purification, my body has become strong enough to embody the light. It is free of everything that was once a limitation.*

When I return into the world I will take my wisdom and love with me, and I will melt them together in a new kind of teaching.

*Although the sun starts to withdraw, it is wonderful just to lay in my death-lodge. My lower back-pain has calmed down. Yesterday and last night my back was bothering a lot. Although my body is painful, my lungs are at ease. Comparing to the strong reactions of the last weeks, this is almost a miracle.*

*This time the exercise has a different intensity. When I feel ready, I close the process. Enough is enough. The first raindrops start to fall. A few moments later, I hear the sound of the drums. The sky has become overcast and it starts drizzling. I clear up my death-lodge and change it into a house of birth. Today is the day of the south. It is my intention to let all the new come into bloom, so the bees can lavish themselves with honey.*

## **Transformation**

Transformation is not banning out illness and suffering. It is accepting illness, suffering, and the death of the material body. The higher the vibrations of light become, the more everything, not vibrating on that same energy-level, will become perceptible. This can present itself in all kinds of illness. Conscious souls choose for a life of quality instead of quantity. People, who suffer consciously, also transform part of the karma of

their environment. Take in mind the suffering of Christ. He fully lived in the here and now. This means he constantly was aware of his mortality and his immortality.

The symbolic meaning of death on the cross makes us conscious of the temporariness and mortality of the material body. It also makes us aware of the new birth, the immortality of the spirit. We must be born again to enter the kingdom of heaven. We bring heaven to earth, just as Christ did.

*I have cooled down quite a bit. I boil some water on the little stove and make a pot of tea. It gives me a cozily warm feeling. For the last time I walk onto my plain and I gather some birch-wood. It burns longer, but with more difficulty than last night. I deliver my message for Eric, and collect his. There is even a small bowl of blueberries, where did he find them? It is funny to see how different our places are. When the quest is finished and I visit his place, I understand immediately why his stay has been so difficult for him. The place was named: 'To live and to let die'. It is a place full of contradictions, oh my, what a difference in energy. It seems almost impossible but absolutely true, as loving as my place is, so full of conflicts is his. No doubt, both of us received the lessons we needed.*

*I smoke my last pipe and carve the day in my talking-stick. The plain walking stick I decorate with some heather, Eric's little feather and some red berries, which I found on the plain.*

*I walk around for a while. I have quite a lot of energy, so I do even more than I did these last few days. For weeks, I have not felt so vital. What a great feeling. There is an enormous variety on this endless plain. Not so much in trees, these are mainly pine trees. Yet in the open plains themselves, the rocks, moss, toadstools, blueberries and so on. There is a harmonious action between light and dark. How stupid not to bring my boots. Every time my shoes get soaked.*

*There is a deep silence inside of me. All my worries have disappeared like snow in summer. Since the moment I left the camp and entered my sanctuary, I have not worried at all. Not even about the cold. By allowing myself to worry, I could do something about it. As a result of sharing my feeling with Marc, he promised me a second sleeping bag if necessary, and I could let go my worries. It was considerably*

*warmer in the middle of this circle of trees, than in the base-camp situated on the plain, where the wind is blowing freely.*

*This morning I still did not want to return to the world of people. As the night went by, and the ongoing drizzle, I start to realize that I am ready to go back.*

*With my head underneath the shelter, and the rest of my body under the piece of plastic, I remain near the fire. Every now and then, I get up to poke up the fire. With the ongoing rain, it remains difficult to get the fire burning. Finally, everything is wet. For a moment, I am longing for everything to come to an end. I am looking forward to seeing the stars and the full moon. By accepting this feeling, I can drop, and again I am fully present in the here and the now. It is as it is and everything is all right. Somewhere in the distance, I can hear some cows moo.*

The rain has cleansed my soul,  
the fire has purified me.  
I return to the world with a clear and fresh vision.

### ***Back to the world***

*Quite unexpectedly, it finally dawns. A few moments later, the birds start to sing. After this night, I can rightly say it has been accomplished. I feel happy and satisfied. It has not been dry for one single moment. My lamp failed, but it did not bother me. There was not even a shred of fear. All these unfamiliar noises made me very curious: what do I hear now, what do I sense, and what do I see.*

*I feel remarkably quiet inside. No doubt, I look like a tramp. I throw the remaining wood on the stake. Undoing my circle, I thank the powers of the four directions, and Mother Earth and Father Spirit. I leave my shelter behind just as it is, and with only a few of my possessions I go on my way to the camp. Later, together with Giri, I will return to collect the rest of my stuff. I feel powerful and strong, and with every step I am aware that I am leaving this world behind.*

*Half an hour later, I am back at the gate to the external world. In front of the gate there is a hand-made bell. I pull the cord and hear a clear sound. On the other side of the gate, the full staff is waiting for me. 'Who is it?' Marc asks. 'It is me, Yasmin Verschure'. 'Are you ready to come back to this world?' 'Yes, I am ready'. 'You traveler, who has been all alone in the mountains for four days, deprived of any food, what have you brought back from your quest?' 'I bring my wisdom and my love, as a gift for all humanity'. 'Then be welcome'. I step through the gate back into the world. I am being smudged and kissed from different sides and I see tears of emotion running down Giri's cheeks. I feel as powerful as the sun. I feel lively and full of energy. Words cannot express it. Sturdy arms embrace me lovingly. They are singing: you are a gypsy. It is unbelievably impressive.*

*It takes quite a while before everyone is back. Some of them have to walk quite a distance. We had to return the moment of sunrise. If you are used to wearing a watch, it is difficult to know the right time; it has everything to do with an inner tuning. Since years I do not wear one, so I learned, nearly faultlessly, to be tuned to time.*

*While looking into my eyes, one of the staff-members shrinks back in amazement: 'You have the eyes, containing the wisdom of an owl', she says. By now, I know what my eyes are reflecting. Although I have not seen myself for days, I feel quite some power radiating out of me.*

*Some of the quest-members arrive fully worn out, completely at the end of their strength. The more our body is full of poison, the heavier a period of fasting will become. I can safely say my body is quite clean. It is touching to see the others arrive. The men look like tramps with their unwashed faces and beards! When everyone is back, we return to the campsite for a last ceremony in the sweat lodge. The camp has been beautifully decorated with an endless festoon, which exists of nearly twelve hundred little cloths. Each cloth contains a tiny piece of tobacco. The whole staff has worked on it in during the night.*

*When we are in the sweat lodge, the beginning of the festoon is handed over. We fix it under the roof made of willow-twigs. There seems to be no end to the festoon, it goes on and on. The love and the intention of the people who worked on it are perceptible, and I feel touched and deeply moved by this beautiful gesture. This ceremony is less violent than the earlier ones, it is only meant to purify and to warm up.*

*It is dry! It has been dry since dawn. Amazingly, it looks like a divine agreement! Probably we needed it, all the water, and all the cold. The quest would have been too easy if the weather had been nice. On top of that, making fires is only allowed when the weather is just as it was. Although I sometimes felt like a smoked mummy, I would not have wanted to miss the fire for anything. Without doubt, it has made a big contribution to my cleansing- and integration process.*

*It is tough after all this sweating to go into the river. It means a lot of tooth biting and screaming, because the water is very cold. The pulse that follows feels wonderful. All my cells immediately start to tingle of pure joy.*

*Afterwards there is a festive breakfast. I let go my conviction that it is not wise to eat so much after such a fasting period. Convictions only exist between our ears, so we can choose at any moment to exchange them for those that suit us better. My body asks for food, so it must be good. I even eat a boiled egg.*

*After breakfast, we are free and I show Giri my place. I bring my camera along so I can take some pictures. The sun is shining lovely. It is the first sunny day since the moment we left home. When we return to the campsite, we take a sunbath naked. This sounds like a fairytale, but it is true. Although we did not catch a glimpse of her, last night it was full moon. Normally that indicates that the nice weather will stay on for a while. Moreover, it does. Hurray!*

*In the late afternoon, we evaluate our quest. I am on Marc's list. I am very pleased with it; Marc is a genius in giving feedback. I share my most important experiences and get a wonderful response. In every aspect, he is a clear channel. I just remember the essence:*

*The chosen place 'two worlds joining', was the perfect place for the initiation of your being. This initiation could only happen because you were ready to let go the old, which allowed you to bow in full surrender to All That Is. There were many powers to support you. The ant's patience was equally important as the freedom of the eagle. Go back into the world and enfold your new being.*

*My respect for Marc increases. I must say that from the beginning of this adventure I had full confidence in Marc and his staff. He performs everything perfectly and the whole management and the staff resonate well on his vibrations, and so we questers do. No doubt, he is an old Indian brother. Even though we have hardly spoken to each other, I also feel a strong connection with his companion Lisa.*

*Giri and I take another walk. I can hardly place one leg in front of the other. Oh well, it has been enough for today. Around five o'clock the sun disappears and suddenly it becomes quite chilly. Again, it is time for winter clothes. It is nice to have a chat with my buddy Eric. He enjoyed my singing very much, and he felt supported when I sent him some light. He carved out a beautiful walking stick and decorated it with beads; brilliantly. I feel happy with my talking stick and will varnish and decorate it when I am home.*

*Around half past seven, it is time for our last festive meal. There is fish soup and some lovely salads with French bread. On one hand, it feels stupid to eat fish straight after this period; however it is nourishing me well. Our cook knows what we need, and prepares everything with love and special intention.*

*In the evening, we have the last gathering around the fire, the so-called give-away ceremony. The announcement suggested to bring a little gift for all the staff-members, so I made a small parcel for each of them. My dolphin from Bali goes to Celina. She gave me the gift of the dream-catcher, thank you Celina.*

*As I understood later, the meaning behind this ceremony is somewhat different. You are supposed to give something that is dear to you to someone else. Not particularly to the whole staff, one person is also good. What a shame this was not clear to me. It gives me a feeling as if the process is not quite finished yet. By allowing this feeling to the full, I am able to let it go. This process was obviously not relevant to me.*

*It is full moon. Sitting around the fire, we sing at the top of our voices, some old and new Indian songs. The moon shows itself in her full glory and a brilliant aura surrounds her. She is so beautiful, you just have to hold your breath and be quiet. Lisa's four-year-old hero is wandering around our circle. All of a sudden, he disappears into the dark forest. I know no other four-year-old toddler with this same courage as he has. Here in Sweden, there is still a lot of space and there seems to be less fear. There are no locks on the doors, no fences between the gardens and hardly any dogs. Every woman can safely walk in the forest on her own, without being harassed, yes even without seeing anyone at all. What a delight! Around midnight we go to sleep.*

*The sound of the drum awakes us around eight the next morning. I slept quite well. No doubt, this was the result of skipping a full night's sleep. Our last breakfast is ready. As an exception I take breakfast and eat some of yesterday's salad.*

*Then we all go to the quarry for the final ritual. It is a nice and short ceremony. Marc loves short and powerful ceremonies, the longer you make them, the more they will lose their strength. Without doubt, he is right. The management forms a triangle. Around this, the staff makes an inner circle. The questers form the outer circle. We take each other's hands and stretch them like branches towards the sky. All three circles rotate opposite of each other. Marc's speech is about the quest and the things we will bring back into this world. While walking around, we sing a beautiful song. Each of us gets his own piece of tobacco. We withdraw ourselves a while, and think in silence about our personal wish, and then we offer the tobacco into the water.*

*Suddenly I realize again that I have come to this earth together with other souls, to anchor a network of light and love into Mother Earth. I speak this intention out loud, while offering my piece of tobacco into the water. It actually feels much stronger than just an intention. I have made a decision!*

*The ceremony is perfectly complete. Our group is the first to return to the camp. Although we had an agreement that we would do our own dishes, there are some*

dishes left. Now the tension and care for the questers has finished the processes of the staff members are coming forward. I start washing up the dishes. When I have finished, I want to leave. What a shame, such a disorderly farewell after such a sacred happening.

First of all we go for a coffee with nut-cake in a nice coffee shop. Then we stop at a stone-circle, with the name Ringestena, just near Lisa's home. We enter the empty circle and I cuddle up against a large stone. I do not even know how long I sit there. All my cells start tingling with energy. Slowly I become one with Mother Earth; I had lost that connection for a while.

In front of my inner eye, I see a triangle with an eye in the middle, the all-seeing eye of God. It gives me a feeling of total wholeness.

When I open my eyes, a befriended couple is just sitting next to me. Although he is still young, the man has gone through a complete metamorphosis. What does age mean in the circle of eternity? We form a triangle and connect ourselves with our hands. We sit quite a while in silence and it feels secret. I am glad Giri and I will stay in Sweden for a couple of days. I need these extra days to integrate this whole process.

The couple leaves and the next car stops. Maria, together with her children, enters the circle. I tell Maria how I honour her inner silence. For a while, we just sit and hold hands. I am amazed how much her son has changed. In the camp, he seemed almost invisible. Now he is open and laughing. He frolics freely with Giri, as if all at once he takes up his own space. Obviously, he is not a group-person. It is quite a happening, this gathering in the circle. Another car stops. This time it is Lisa and the party is complete. This makes the whole process full and comprehensive.

When everyone has left, Giri and I sit at the center of the grove against the enormous trunk of the birch-tree. We meditate together and connect ourselves to the endless space that surrounds us. Then we perform a ceremony. We walk anti-clockwise, touch all the stones and connect ourselves to this circle. The energy is nurturing, protecting, and feminine. I feel recharged.

The circles here exist of nine stones. That is different from the ones in Ireland where they usually exist of twelve stones.

On our way to the stone pit, we take a road into the forest. We park the campervan and walk down the path until we get to a lovely lake. Giri goes back to get the campervan. We take off our clothes and dive into the water. It is cold but nice. After ten days without shower, it is lovely to scrub myself from top to toe; even my hands seem to be cleaner. It starts drizzling. When we are fully dressed, the rain increases. Still it feels nice and refreshing. A moment later, it pours down. This means we will have to cook and eat inside our campervan.

I feel how tired I am and how vulnerable my body is. All cells are open. So many things happened which have to fall in place. Although it is still early, I feel the need to lie down.

Protection, loving, silence and female; these are the words to describe Sweden, as far as words can describe her beauty. I have visited many impressive places and countries. Even though Sweden is not so impressive, I have never felt this kind of safety and protection anywhere else. It rains the whole night. When we decide to get up, it is dry. At the base of the lake, we catch the raw wind. When we climb up the hill, we have a lovely view over the lake and we feel the protection and the warmth of the sun. We take quite a long walk through the forest and lie ourselves down, naked. Look

*at the huge construction the ants are making, with such a diligence and patience. Just look at it, in the end it gets ready, without any hurry.*

*Later in the afternoon, we drive towards the stone-pit. We climb to the top of the hill and have a lovely view of different lakes. My body feels sensible; the processes are starting to integrate. While driving through small by-roads, we enjoy the lovely colourful wooden houses, and above all the peace and the quietness all around. We look for a place to spend our last night and find a lovely spot on the edge of a smaller lake. It is so tranquil. We eat outside and enjoy the sunset. Even the weather remains pleasant.*

*The following morning, when we get up, the sky is sheer blue. I walk to the waterside and step onto a floating plank-bridge. Being naked, I do some exercises. The sun touches my skin and all my cells are warming up. The vulnerability of this morning changes into a new solidness. Later on, we meditate on this same plank-bridge. The water is clear and mirrors the surroundings. It is a beautiful sight. Did I feel yesterday as if we had exchanged our paradise from that previous night for an exposure-hall, right now it is difficult to leave. I spend the morning reading and enjoying the sun. I am not brave enough to go for a swim or simply be too lazy for it. After lunch, we leave for the ferry. We drive along beautiful lakes and make a final stop. Passing through a small path, we come to a lovely waterside. Here we ponder for a while, and then it is time to get back to reality, back to our campervan and back on our way to the ferry.*

*I enclose Sweden into my heart. No doubt, the beautiful weather after the quest is contributing to this. We decide to keep on driving as long as it feels good. That evening, around eleven o'clock we stop for a meal. Things start getting easier. We drive past Hamburg and around four o'clock in the morning we start looking for a place to sleep.*

*Two hours later I suddenly wake up, and immediately I feel wide-awake. The sun is rising. I wake up Giri and suggest driving on. Even if it is already quite busy on the road, our journey is prosperously blessed. At exactly twelve o'clock that afternoon, we pull up into the driveway of our little home. We feel so fit; it looks as though we slept all night. The weather is lovely, and it looks as if it has been like this from the day we left!*

*Well, the garden has some difficulties with this dry weather that is for sure. We immediately start to work on it. We water the plants and clean out the campervan. The washing goes into the machine and that same afternoon we exchange the campervan for our own small car. I want to go home straight away, back to the silence, yet we are invited for dinner. I seize my resistance and enjoy the tasty food, prepared with so much love.*

*I am glad to have plenty of time. These processes are asking for time and space and I want to give them the necessary space to integrate. I can compare my energy with the level I had six months ago, when I came back from my trip to Australia, New Zealand and Indonesia. It is tingling all over. For the first time in months, I feel fit enough to clean the entire house. This feels great. It is a symbol for the process of cleansing that happened inside of me. Like the inside, likewise the outside. I feel content and satisfied that everything is thoroughly cleaned. The house feels just as new, just as fresh and as clean as I feel.*

*Grateful for this experience I surrender myself to the rhythm of this new day. I live and move increasingly out of an inner silence. Surprisingly I let myself be carried away by the flow of life. I see time less as a linear fact. I am at this particular point in my Self-consciousness in the endless circle of eternity. Sometimes I experience a glimpse of the timeless now. I discover I have all the time in the world. Although my soul has come to the earth with a purpose, the time of arrival is no longer of any importance. The journey has become my goal. I integrate my new insights, my inner being, in this particular moment, in the infinite and boundless here and now.*

*'If you are afraid to go into the jungle on your own,  
you will never catch a tiger'*

*- Old saying -*

## WHEN THE PUPIL IS READY – THE MASTER WILL APPEAR

There are many facts, yet there is only one Truth.  
The facts can be named, the Truth cannot.

- Inayat Khan -

*Our inner master waits patiently until we are tired of searching and ready to drop all self-made images of God. God is everywhere, in each cell of our being, in each cell of creation. How difficult to accept something being so simple. We feel unworthy and we presume that God does not like to live in unworthy places, or does He? When God is everywhere, then He is present in every aspect of creation and nothing or nobody is unworthy to Him. I like to see the Divine in all His creations. Nature itself is the most living and visual manifestation of His creation. Looking at God as a personality is a very tiring activity. Only the knowing that God is present in every living being makes it possible for us to experience the Divine in everything and everyone. I just see my own divinity mirrored everywhere, in the light as well as in the dark.*

*As long as I deny anything in creation, I deny something of my Creator. In doing so, I believe that creation is not perfect and I deprive myself of the possibility to become whole. Every being, every plant, every bird, every animal, yes every human is a mirror of my own Self. What I reject outside of myself, I also reject within my Self. As long as I keep on saying: 'this is nice', I am also saying: 'that is ugly'. I continuously create my own reality, and it seems to be difficult to understand that somebody else will experience another reality.*

*The more my heart opens and my horizon broadens, the clearer I see that creation is divine perfection. Every atom, every cell, every animal, every human being is an expression of pure divinity. I feel serene with such beauty, such creativity, and such diversity. I meet God in everything around me and the Almighty One speaks inside of me, in ultimate silence, in the supreme emptiness of my being. Astonished I let myself be touched the deepest of my being. It is so overwhelming, tears of emotion are pouring down. Gratitude rises in my being and I lack the words to tell my Creator my real feelings. Thank heavens, God understands me even without words.*

*We want the one thing and not the other. We want the light and not the dark. We blame others for being imperfect. We constantly project our own imperfection, our own darkness onto others. We fight with our brothers and sisters, and try to convince them that we are right. We own the truth. We like to call everything that is different primitive or evil. Could it be possible God has many faces? Unity hides herself in diversity; we will consider this when we have realized this unity inside ourselves. As a result, we see God in every human, in every plant, in every animal, in every mineral. We respect others' opinions, as absolutely nothing can take away our truth, and we start to enjoy all different traditions. Worshipping the sun is not less respectful than worshipping an image of a Saint. They are similar symbols for one and the same.*

*The more we try to prevent pain and suffering, the more we will suffer. Everything we deny, wants to be seen. Pain and suffering belong to our material manifestation. By embracing the pain as well as the joy, we rise above the world of duality, above pain and suffering. We learn to see pain and suffering as tools to bring along a state of unity, where pain and suffering do no longer exist. We embrace everything without*

*judging it, the one entails the other. Pain and suffering are of equal importance as joy and happiness. Somewhere inside, there is always this ever-present peace, not at all dependent on the external world. We stand in the midst of all turmoil, in the midst of the world, without being influenced by it. We are in the world yet no longer of the world. Not any longer do we wish to escape; we know our task is here and not somewhere else. We increasingly become the energy itself. We begin to understand that we only have to be what we always have been and always will be; unconditional love. Out of this self-consciousness, all judgments and fear are disappearing like snow in summer. We create a new environment, a new world. Our transformation, our love is the seed, out of which wholeness and unity will be born. Truly we see and experience this unity every minute of the day. No longer are we searching for a heaven outside, we have initiated heaven onto earth, there where it ought to be. We are not waiting for a coming savior; we ourselves have become the savior, the prophet and the master. We will recognize this savior, the son, the daughter, the prophet and the master in every human. Then we will honour and respect God in all kinds of forms of his infinite creation. Churches are not necessary anymore.*

*Why is it so difficult to accept that we are all sons and daughters of God? This cannot be only true for Jesus, Buddha, Krishna, or Abraham. Why is it we keep on cherishing this feeling of unworthiness? Are we afraid of being crucified when we dare to confess: Lord, I am worthy, speak that one word and my soul shall be healed? This fear is real, we shall be cast out, not understood and not loved. The road to truth is a lonely path; you cannot resolve this by attending meetings and founding new churches. The path of truth asks unconditional surrender and blind confidence. It demands letting go, once you do not need things anymore. Let the past be simply the past. Be completely in the here and now without worrying about tomorrow, without fearing the future. Your surroundings will spit you out, because your road is not their road. As long as you are afraid of being thrown out, afraid of not being loved, you will never dare to walk in the Master's footprints.*

*Once we have experienced the joy of wholeness, nothing or nobody will stop us from following the road. You are love, I am love and love is the only thing that exists. Love is my teacher and lives at the center of my being, at the center of my heart. The more I open my heart, the more the light of love will shine through my whole being. She will light up everything I encounter. This will stir up resistance in others. Resistance is also a sign of longing for unity. Do not take it as a personal attack when people reject you, do not let yourself be discouraged. Keep on seeing this divine manifestation in every human, in every living being. Although he seems to be hidden behind countless layers, when the soul is ready, she shall awaken.*

*To get to this point, we first have to descend into the mud, into the deepest of the deep. It is called the dark night of the soul, the process of alchemy. Out of this process of remodeling, the lotus will be born out of the mud, and metal becomes gold. We know who we really are. Not any longer is there separation between the inside and the outside. All people are our brothers and sisters, seemingly having another way of living, and believing in a different way. Yet in essence we worship the same God, for there is only one God.*

Spirituality is what is left when we have gone through the fire of cleansing. We open our heart to the vibration of love, the Christ within. We lay down the cloth of separation and wake up in our true reality.

We are on the way to become spiritual members of the world. We embrace everything and everyone with the same love and the same respect, we have for ourselves. We know we are part of everything, and everything is part of our Self.

## EPILOGUE

In all their innocence, children are the gates to show us the road to heaven. They are carrying the seeds of unity inside, the gifts from the Father and the Mother, the power of the God and the Goddess, and they travel graciously up and down between the different worlds. They teach us the secrets of the gateway to true life; the secret of astonishment. They teach us how to listen to the voice of creation, which speaks through all her creatures. Children reconnect us with our true nature; the love of the heart.

I am sitting with my back against the trunk of a colossal beech tree. There is a barricade of barbed wire between the water-well and me. Out of the mist, a child shows up. She is as gracious as a wood nymph. The moment she sees me, I become a natural part of her inner world. Naturally she starts talking to me; in the meantime she is picking some flowers. Reaching over the barbed wire, she offers me the flowers. She takes me along into the fairytale of life. For a while time does not exist. There is nothing else but she and I; there is nothing else but us. Her name is Star...

At this time in our evolution, children are born with an awareness vibrating in a different way than ours. Their frequency has already taken the vibration of this new period. In order to settle down this frequency to the full, this child, like all children, needs a safe foundation. Although we can learn a lot from our children, it is necessary they discover their own limits. They need structures to make them feel safe and secure. Out of an inborn feeling of guilt, we try to compensate our lack of time by overloading our kids with material things, and putting them into the limelight. In doing so, we forget to teach our children that they cannot always be at the center. They are still a part of the holy circle called humanity.

We see our child as very special, and that is certainly true. In the cacophony of the music of creation, every soul is unique. Although let us be careful by sticking new-age labels onto our children. Still they remain labels. In this way our children cannot fulfil our expectations, as we could not fulfil the expectations our parents had for us. Let us look at our children every day anew, with astonishment.

Children are a gift from heaven. We may embrace them without any conditions. It is important never to let them down, whatever they do, and never to punish them wrongly for their deeds. We may create a safe surrounding in which they can experiment within certain limits.

It does not matter what they do or which status they will reach in life. We teach our children to become full humans. We embrace them when they are angry, jealous, sad or even happy. What a gift if we do not suppress their emotions. This way the child will find a natural balance and will grow up to become a harmonious and well-balanced human being.

There is nothing wrong with emotions. All emotions are natural, yet it is unnatural to lose yourself in them. In that aspect, we can learn much from nature. Birds and animals can fight each other to death. When the battle is over, they have entirely forgotten the whole fight. Immediately they shake off their furious energy and once again, they are totally neutral and present.

The poison for us, people, is the fact that we are not able to forgive and to forget. We remind ourselves constantly of the past and we keep on cherishing it until it has been acknowledged, dealt with and transformed. One of the causes lies in our upbringing.

From the moment we were born, we have been taught certain emotions are good and others must be pushed aside, depending on the fact if you are a boy or a girl. In order not to lose the love of our surroundings, we quickly learn how to adjust ourselves perfectly.

On our way to adulthood, we find it increasingly more difficult to start a lasting relationship. We do not know who we are, and we are constantly searching for ourselves in the outside world. We do not dare to make commitments because of fear of losing our freedom. We flee from one relationship into another or do not even start a new one, to protect ourselves for the pain caused by another possible divorce.

All addictions are the result of oppression. All excesses come from an inner drive to be heard and to be seen. Everything we cannot embrace in a natural way, will express itself in unnatural behavior.

The pitcher goes so often to the well that it is broken at last. When it breaks, light a bonfire! The door to the underworld opens itself, the door which was so carefully locked until then. We are on the way to heal ourselves. We put into the light all that was not allowed to be seen. We free ourselves from years of oppression, submissive and slavish behavior. When one half of humanity stands up in dignity, she automatically opens the gate for the other half. In such cases, women have a lead. It is not at all strange that women have been suppressed for so long. Unconsciously, men have been afraid of the hidden powers in women, afraid of the all-destroying Kali-nature, reshaping everything at the bottom, without leaving a stone standing.

When women claim their birthright, they restore the balance and give men the possibility to step down from their thrones. Suppression is no longer possible. Out of singularity and mutual respect, men and women take their equal place in creation. The foundation for the divine human is born.

No longer do we need titles to hide ourselves and our fears behind. No, out of our unique being, we simply appreciate each other. No longer do we know what it is to be jealous. By supporting each other's exclusivity, we can fully develop our own unique gifts.

All of us are responsible for what happens in the world. Seen in this light, the situation in the world is a challenge to stand in our own dignity. It is time we call the USA lovingly to order. It is time we Europeans take up an equal place. As the rich west descend a bit, other cultures can start to ascend, and the balance in the world will be restored.

We can only take this step when we dare to embrace and let go our fear of oppression and destruction (see meditations).

*Mankind suffers mostly by their fear of suffering. This fear is never present in the direct moment; the here and the now. Fear is always an image of the future, constantly coloured by situations we experienced in the past. As long as we keep on nourishing the past, our pain and our suffering, we keep on repeating them in the present and so we will create a miserable and self-fulfilling future. As long as we let ourselves be dominated by the power of our thoughts, we suppress our intuition, we live instinctively, and we want to oppress others.*

*No longer will we nourish resentment. We know how to learn from our mistakes and we grant ourselves this way of learning. We stop judging and are willing to forgive*

*and to forget. We bury the past, it does no longer exist. By not wanting to be anywhere else but where we are, we liberate ourselves from a chronic lack of time. We construct a bright new future on the fundament of this day. What we are and what we establish today, will certainly determine our future.*

Let us start realizing our dreams, so we can stop projecting our frustrations onto our children. From that moment we will not use them any longer to satisfy our expectations, and we can love them for what they really are. We become one another's teachers and enjoy the gift they brought us from the other realm.

*Schools get another destiny. Children are allowed to learn and to discover who they really are. No longer will there be unhappy or torn-up children. Vandalism will be something of a past century. Every child, every human, will understand that his own contribution is unique and of utmost importance to all. We are allowed to be different, and certainly we are not less or more important than anyone else. Our children know that we love them, and they receive the attention they need. They know we will not punish them for their mistakes, we allow them to learn from them. They have a natural respect, discover their own creativity, and do not need all the material dross.*

This does not mean we agree with everything our children are doing. It means we lovingly let them look into a mirror, and within a safe environment they can develop the different sides of themselves; vulnerability and power, light and dark. They lovingly grow towards a natural balance; towards the essence of the heart.

I heard a story of a couple who had a baby with Down's syndrome. They chose their baby to be born, despite the advice of friends and the anger of the doctor. The man as well as the woman was rationally educated. Their emotional side was underdeveloped. This child in their middle brought wholeness. It taught them to restore the balance between head and heart. This could happen because they accepted the challenge to receive this little soul in love. Willingness, in our society is often looked upon as self-sacrifice.

*I am at Frances Care in South Africa. I hold dying babies in my arms. The babies just are. They do not grumble at God why they have AIDS and other children do not. They take life as it comes and are a fountain of joy for all who take care of them. They are enlightened masters in a child's body and they come to earth to open our eyes and to teach us about love. Life is an endless circle of birth and re-birth.*

Millions of children on this earth run away from home, commit suicide, are being raped or end up as criminals. They have difficulties to embrace present-day life. We bestow them with an image of the Divine, based on power and technology. They send out a cry for help, which we cannot solve by more protection, and even stricter rules. If we do not listen to our youngsters, how can we ever hear the cry for help from other nations?

*Unexpectedly, I am in a jail in Curacao, between female cocaine runners. They swallow cocaine wrapped in condoms and smuggle these, so called bolitos, to the Netherlands. When a bolito bursts, the woman dies. It does not stop them from smuggling, and they cherish the illusion that they will be able to give their children a better upbringing.*

*I enjoy the interaction between the women. Lovingly and confronting they give each other feedback. Sometimes I mingle in the conversation. I do not feel pity, yet I feel empathy like a mother does. I am confronting: By favouring your children, other*

*children get addicted to cocaine. Is that what you really want? They are shocked, they had never thought of that before!*

*One girl is treated roughly. I look at her and ask if she has ever been hugged in her life. She shakes her head. I ask if she would like a hug. Yes, she would! We stand in the middle of the circle and hug each other, full of love. She takes it in like a sponge. Then she sits down. Proudly she shares with her sisters: 'for the first time in my life I feel I am all right, just the way I am'.*

*Everyone is desperately searching for recognition. The moment we are seen in the depth of our being, our healing process starts.*

*Against all rules, I hug twenty beautiful women! Seldom I experienced such openness. I wonder where the chicken is and where the egg. These powerful, mostly young, women, have never been honoured in their life and are desperately searching for recognition. They let themselves be used by the power of the capital. They are the petty thieves who distract the attention from the criminal circuit.*

*I have been corresponding with Edward for two years. Edward is a Negro in Texas, and has been on death row under miserable circumstances for twelve years. What he did in the past is of no influence on my feelings for him. It does not mean I agree with it, yet, nowadays, I leave the judging up to others.*

*My soul is full of empathy and I love him unconditionally. He is one of those victims of our western society, raised without love, recognition and safety. He is paying the awful price for his wrongdoings in the past. The situation has purified his soul. Lovingly he is using his achievements to support others who, according to him, are worse off than he. Edward is a gift in my life. He is as much a teacher for me as I am for him.*

*We like to talk about today's youth as the scum of our society. We forget we are the generation who raised them one-sidedly. They mirror us the fact that we have forgotten to accomplish our dreams. We cannot initiate them in their adulthood and on forehand have we deprived them of their dreams.*

*'Yes, but I can't hold my children back by....' Therefore, we create a generation of adults who cannot set their limits, who never accept a 'no', who immediately like to fulfil every need, who know their rights but have forgotten their duties. Adults not knowing that quality of life is pure joy. That our mission, humans, is servitude without self-sacrifice.*

*I meet beautiful young people, and beautiful young children. I like to be taught by them. I am surprised about their insights and their vulnerability. They are open and receptive. Desperately they are searching for a radiating example to follow, so they get inspired and can give form to their own inner motives.*

*In Aruba, Julia asked me if I could support her a few hours in the most difficult class of her school. Immediately I said yes. It was a mixed class with about thirty youngsters between sixteen and eighteen. Julia and I placed the chairs in a circle. On every chair I put a self-made animal card. Each card represents an animal with its corresponding quality. The children took a seat at random. After introducing myself, I asked if they recognized themselves in their animal card and the quality it represented. I invited them to tell about their impressions, while the others could give feedback. Never in all my workshops have I seen so much empathy, so much respect for each other. It was powerful and moving, it touched me deep into my soul. I shared my emotions and invited them to teach us, to help us to wake up.*

*I am grateful that I can share my abundance, can share my love. It flows in every possible way. By finding myself, my greed disappears. The lesser my needs, the more space and freedom I experience, for myself as well as for others. There is space and understanding for all who are close or a bit further away. I love Muslims and Jews, Negroes and Whites. Simply, I love myself and experience everyone else as a part of my Self.*

To fulfil our mission in life, to become a bridge for others, we have to accomplish inner harmony; the harmony between light and dark. Instead of declaring the war on our shady-side, the side we are projecting outside of us, we embrace our dark-side and lift ourselves towards inner wholeness. If we restore our harmony inside, we create an opening in the consciousness of humanity, so that others can make their own inner transformation. It is like throwing a stone into the pond. By itself, the stone weighs nothing, yet the ripples it makes will influence all the water in the pond.

*No longer am I afraid of war. I will not fight it and hopefully I will no longer create it either. I do not want to feed it by pouring oil on the flames; by being pro or contra. If I dare to be myself by embracing the different poles inside: pain and joy, life and death, I create peace in my inner world. It is just a tiny contribution towards an imaginary world peace, yet every little drop will ultimately become an ocean.*

We have not come to earth to serve ourselves and to strive for sacredness. We have come to earth to become a complete human, in every aspect. We have to take our rightful place in the circle of life, with love and respect. If we heal and complete ourselves, we will become bridges for others in all simplicity.

We have to choose, which place we wish to take, in the divine plan of creation. Do we choose to connect ourselves with fear or love, with life or death, with creation or with total destruction?

This could mean that we have to do without some material fuss and bother. That many externals will disappear. There will be more space for inner values. It could well mean that quality will take the place of quantity. It could even mean that we start getting interested in each other again. That relations will regain the function of real relationships. Growing in safety and security, we will lovingly confront each other with our shady-sides. No longer will we be afraid of losing our face, because we want to bring out the most elevated qualities in ourselves and others. Yes, it could even mean that we dare to be who we are, and do what we have to do, without value judgments. Each of us will take his own place in the divine creation, no more and no less, just equally.

*The spiritual heart represents the center between heaven and earth, and encloses the male and the female in perfect harmony. It is the balance of the scales, forming the base of the divine human.*

### **Om Shanti**

*Let US be peace...*

## **THE FOUR SEASONS MEDITATIONS**

*In the Shamanic and Celtic traditions the elements earth, water, fire and air are associated with the four seasons. They represent the visible and material part of creation: Mother Earth. Ether is the invisible fifth element, which represents our immaterial reality: Father Spirit, or light.*

*The elements represent special qualities. We humans embody the whole universe on a smaller scale and exist of these different elements. The purpose of our evolution is that every living being in principle carries these elements within in the right balance. This harmony begins to take on form when we connect ourselves to all our special qualities; to the different elements. Then we become the center of the circle and we connect ourselves to All That Is.\**

*\*Depending on your needs, you can change the different wind-directions in these meditations.*

## **Preparations for meditation\***

*It is nice to prepare yourself for meditation by doing some breathing- and body exercises. Body and soul become more in balance. It makes you sit down in a comfortable way and your energy can flow more freely.*

### **A few useful suggestions**

- *Make sure you sit correct and relaxed:*
  - *On a chair with your feet solidly 'rooted into the earth' or*
  - *On a meditation cushion cross-legged or in lotus position.*
- *Root your coccyx into the earth.*
- *Make sure your vertebral column is straight.*
- *Pull in your chin a bit.*
- *Imagine a small silver thread coming out of your crown-chakra, which is connected to the center of the universe.*

**Mudra:** *place your open hands on your upper-legs, with the thumbs against the index finger, or receptively in your lap with the thumbs against each other: women place the left hand under the right, men place the right hand under the left.*

**Breath:** *Breathe calmly in and out through your nose and make sure your jaw is relaxed.*

- *Stay present in your body. Be conscious of your inner source. Out of this connection you expand your awareness, so you will experience all the different dimensions.*
- *Take about twenty minutes for each meditation.*
- *Slowly return from your meditation by deepening your breath.*
  - *Become aware of your surroundings.*
  - *Have a nice stretch.*
  - *Welcome the new day with All That Is.*

### **Exercise for empathy - and transformation**

Use this exercise in case of fear, pain or a conviction:

- *Sit down in an easy way. Relax completely and imagine the most terrifying, scaring situation you could ever imagine.*
  - *Do not leave out a single detail; imagine everything as real as possible.*
  - *Feel the fear in every cell of your body, fuse with it and let it go.*
  - *Return to what is left of this feeling.*
  - *Repeat these steps until your fear of destruction has completely disappeared.*
    - *What a relief!*
- *When you have pain or feel hurt, fully go into this pain....*  
- *When you have a conviction, go right into the essence of this conviction...*

## **SPRING**

*Spring is associated with the east and the element of air.*

- *The strength of youth and unbridled love for life belongs to the spring.*
- *It is the power of the divine child within, the innocence, and the star.*
- *The element air stands for birth; the new beginning, the seed, the breath, the expanding of life.*
- *After a period of repentance during wintertime, the new life starts flowing out.*

*Qualities like intelligence, the positive-masculine, not being attached, and inspiration belong to this element. Air is a symbol of freedom, of space. Too much freedom makes you dependent, selfish and confused. Freedom means you are no longer dependent on all the conventions of your upbringing, those that perhaps were not your own. Freedom means you are liberated of convictions and judgments. Free of labels you stuck onto yourself or let others stick on you. Freedom means you are living your soul-desire. Even if this means you have to leave your safe surroundings, or have to do things you do not like to do at all. Air is connected to the heart. It is the center between heaven and earth, the spot of unconditional love, the gateway to the soul.*

### **Correspondences at a glance**

|                       |   |
|-----------------------|---|
| <i>Season</i>         | <i>: Spring</i>   |
| <i>Astrology</i>      | <i>: the air signs: Gemini, Libra and Aquarius</i>              |
| <i>Period</i>         | <i>: youth: zero to twenty years</i>                            |
| <i>Planet</i>         | <i>: Saturn</i>   |
| <i>Chakra</i>         | <i>: the fourth chakra – the heart chakra</i>                   |
| <i>Kabbalah</i>       | <i>: the angels, the fool</i>                                   |
| <i>Archangel</i>      | <i>: Raphael in his golden robe watches over you</i>            |
| <i>Color</i>          | <i>: green, pink</i>  |
| <i>Nature</i>         | <i>: birds and feathers – in many traditions the eagle</i>      |
| <i>Physical</i>       | <i>: chest, lungs, blood-circulation, arms, hands and heart</i> |
| <i>Tarot</i>          | <i>: swords</i>   |
| <i>Sense organ</i>    | <i>: sense of touch</i>   |
| <i>Time</i>           | <i>: the morning</i>  |
| <i>Gland</i>          | <i>: thymus</i>   |
| <i>Spiritual body</i> | <i>: spiritual</i>  |
| <i>Dance rhythm</i>   | <i>: lyrical</i>  |

### **Tips and exercises**

- *Take a nice walk through the forest or along the sea and feel the wind blowing through your hair.*
- *Wear soft green or pink, or add these colours to your surroundings.*
- *Breathing exercises belong to the element air.*

***A way of supplying yourself quickly with oxygen and prana, and to start the new day freshly:***

- *If possible walk naked, or at least barefooted, outside on the grass.*
- *Do this throughout the whole year and enjoy the freshness of the earth.*
- *Imagine everything you no longer need is flowing into the earth through your feet.*
- *Stand firmly rooted and do the following rebirthing-breathing-exercise:*

***Rebirthing-breathing-exercise:***

- *Breathe in and out through your nose, allow your stomach to rhythmically expand and pull it in again.*
- *Do this quickly four times, the fifth time slowly so your chest fills up fully.*
- *Repeat this cycle four times, twenty breathes in total.*
- *You start your new day refreshed. Whenever you feel the need, you can repeat this exercise. It only takes two minutes.*
- *When you have no garden, do this exercise in front of an open window.*

***Spring meditation***

- *Firstly, do the preparation exercises\*.*
- *Feel the connection with Mother Earth, the Goddess within.*
- *Surrender yourself, knowing she is carrying you...*
- *Focus on your breathing...*
- *Follow your breath without changing it...*
- *In and out...in and out...*
  - *In is life and receiving, out is dying and letting go...*
- *Focus your attention on your heart-chakra...*
- *Imagine there is a golden lotus-flower with twelve leaves...*
- *Allow these leaves to unfold slowly...*
- *Stay centered in your golden pearl...*
- *Remain in this feeling of wholeness as long as you like.*

## SUMMER

*Summer is connected to the south and to the element fire.*

*- In many Shaman traditions, the sun symbolizes the divine male aspect. It is the Father in each one of*

*us.*

*- The third chakra stands for our inner sun, the place where our vitality is.*

*- Fire is associated with enthusiasm, transformation and remodeling.*

*- The summer symbolizes the highlight of life, harmony and vitality.*

*- The power of Kundalini, the snake's fire, belongs to this element.*

*- The summer is the center of the year, the center of your life: the climax, everything blooms to the full. - Everything can now mature; it is the period of completion and fulfillment. A time to enjoy, we can reap what we have been sowing.*

*Fire is cleansing. If you have too much of it you can burn yourself. Fire can be destroying if you cannot control its strength. If you have too little of it, it literally means you have not enough life-strength and you cannot make decisions. You become a true creator when you are in complete balance with the element fire.*

### **Correspondences at a glance**

|                       |  |
|-----------------------|--|
| <i>Season</i>         | <i>: summer</i>  |
| <i>Astrology</i>      | <i>: the fire signs: Aries, Leo and Sagittarius</i>                                      |
| <i>Period</i>         | <i>: young adult: twenty to forty years</i>  |
| <i>Planet</i>         | <i>: Mars</i>  |
| <i>Chakra</i>         | <i>: the third chakra - solar plexus</i>   |
| <i>Kabbalah</i>       | <i>: the spiritual world of unity, in which everything was created</i>                   |
| <i>Archangel</i>      | <i>: Michael, with his sword and indigo blue light, frees you from your attachments.</i> |
| <i>Color</i>          | <i>: yellow - to golden yellow</i>   |
| <i>Nature</i>         | <i>: flowers and the world of the plants</i>   |
| <i>Physical</i>       | <i>: lower back, abdomen, stomach, liver, spleen, and gallbladder</i>                    |
| <i>Tarot</i>          | <i>: wands</i>   |
| <i>Senses</i>         | <i>: sight</i>   |
| <i>Time</i>           | <i>: afternoon</i>   |
| <i>Gland</i>          | <i>: pancreas</i>  |
| <i>Spiritual body</i> | <i>: mental</i>  |
| <i>Dance-rhythm</i>   | <i>: staccato</i>  |

### **Tips and exercises**

- Concentrate on the flames of an open fire or on a candle flame or even the smoke of incense. Feel the fire cleansing you...*
- When the sun is shining, consciously feel her rays go right into your body. Connect to her strength and fill every cell with this vitalizing sun-energy.*
- Wear the colour yellow or add yellow to your surroundings.*

### **Summer meditation**

- *Firstly, do the preparation exercises\*.*
- *Imagine there is a small sun in your heart...*
- *Let the power and golden white light increase on each breath you inhale...*
- *On every exhalation, the sun gets a bit bigger....*
- *Proceed until you are fully embraced by the sun; until you have become the sun itself...*
- *Let the rays of your sun surround the whole universe...*
- *Withdraw the power of the sun into your heart and slowly return to this world...*

## AUTUMN

*Autumn is associated with the west and the element water.*

- The water element represents the human emotions, the flow, the subconscious and the dreams.*
- It is the cleansing power of water, the power of the moon, the Goddess, the Mother within each of us.*
- Qualities that come with water are intuition, knowing by 'inner feeling', and being receptive.*
- The autumn is a period of repentance, a period in which we withdraw in ourselves.*

*Too much water means you constantly feel yourself to be a victim, a victim of life itself. You can literally indulge in self-pity or drown in your emotions. A shortage of water makes it difficult for you to connect, to empathize with other people's feelings. You do not want to be touched.*

*Being in harmony with the water element means you can easily flow with all the changes in your life. You experience emotions but you do not linger on them.*

### **Correspondences in one glance**

|                       |  |
|-----------------------|--|
| <i>Season</i>         | <i>: autumn</i>                                      |
| <i>Astrology</i>      | <i>: the water signs: Pisces, Cancer and Scorpio</i> |
| <i>Period</i>         | <i>: adulthood: forty to sixty years</i>             |
| <i>Planet</i>         | <i>: Pluto</i>                                       |
| <i>Chakra</i>         | <i>: the second chakra – the sacrum</i>              |
| <i>Kabbalah</i>       | <i>: the archangels, the creative mind</i>           |
| <i>Archangel</i>      | <i>: Gabriel controls the blue waters</i>            |
| <i>Color</i>          | <i>: orange</i>                                      |
| <i>Nature</i>         | <i>: water animals and water areas</i>               |
| <i>Physical</i>       | <i>: the pelvis, bladder, kidneys, sexual organs</i> |
| <i>Tarot</i>          | <i>: cups</i>  |
| <i>Senses</i>         | <i>: taste</i>                                       |
| <i>Time</i>           | <i>: the evening</i>                                 |
| <i>Gland</i>          | <i>: spleen and sexual organs</i>                    |
| <i>Spiritual body</i> | <i>: emotional</i>                                   |
| <i>Dance-rhythm</i>   | <i>: chaos</i>                                       |

### **Tips and exercises**

- Go for a swim, preferably in the sea. Take a warm bath, a hot shower, go to the sauna.*
- If you do not have these opportunities, visualize yourself standing underneath a waterfall, or let yourself float on the waves of the breakers...*
- Shades of orange feed your second chakra. You can wear orange or add it to your surroundings.*

### **Autumn meditation**

- *Firstly, do the preparation exercises\*.*
- *Imagine yourself at the edge of a lake or river...*
- *Take off your clothes and enter the water; slowly, step by step...*
- *Slowly go to the middle and completely merge yourself into the water...*
- *Feel the water cleansing you*
- *Feel everything you no longer need being washed away, sadness and grief, all your emotions, they just disappear...*
- *Now slowly emerge above the water and return to the waterside...*
- *Sit at the waterside and feel the sun is warming up your refreshed body....*
- *Feel everything flowing within.*
- *Surrender yourself to this divine flow....*
- *Allow every cell of your body to fill up with this sun-energy.*
- *Stay as long you like in this meditation....*

## **WINTER**

*Winter is associated with the north and the element earth.*

- *This element is connected to death and rebirth.*
- *In the Shaman traditions the bat symbolizes the dying of our ego.*
- *It is the wise old man or woman in each of us.*
- *Mountains and valleys, crystals, caves, the seven metals, tunnels, fields and meadows belong to the element earth.*
- *The scenery is one of bare trees and snow.*
- *Pregnancy and fertility, the physical body, money and houses belong to this element.*

*The earth gives you a fundament, it is solid. When you have a lack of the earth-element in your system, you are literally not 'grounded'. You are chaotic and not practical and you find it difficult to be present in the here and now. You probably see beautiful images but you cannot ground these on anything. If you have too much earth in your system, you are melancholic and depressive. You cannot enjoy your spiritual being in your earthly vehicle.*

*When you are in balance with the earth element, your feet are solidly grounded into the earth and your head is up into the clouds.*

### **Correspondences at a glance**

|                       |   |
|-----------------------|---|
| <i>Season</i>         | <i>: winter</i>                                       |
| <i>Astrology</i>      | <i>: the earth signs: Taurus, Virgo and Capricorn</i> |
| <i>Period</i>         | <i>: the older person: sixty to eighty years</i>      |
| <i>Planet</i>         | <i>: Saturn</i>                                       |
| <i>Chakra</i>         | <i>: the first chakra – the base or root chakra</i>   |
| <i>Kabbalah</i>       | <i>: the world of action, the material reality</i>    |
| <i>Archangel</i>      | <i>: Uriel belongs to the fertile, dark earth</i>     |
| <i>Color</i>          | <i>: red</i>  |
| <i>Nature</i>         | <i>: the animal world</i>                             |
| <i>Physical</i>       | <i>: spine, bones, teeth, nails, large intestine</i>  |
| <i>Tarot</i>          | <i>: pentacles</i>                                    |
| <i>Senses</i>         | <i>: smell</i>  |
| <i>Time</i>           | <i>: the nighttime, the darkness</i>                  |
| <i>Gland</i>          | <i>: adrenal glands</i>                               |
| <i>Spiritual body</i> | <i>: emotional</i>                                    |
| <i>Dance rhythm</i>   | <i>: flowing</i>                                      |

### **Tips and exercises**

- *When you are tired, lay, preferably naked, on your belly on Mother Earth. If this is not possible then keep your clothes on. If you do not have a garden, do these exercises indoors, with your belly lying on the floor.*
- *Feel the earth-energy enclosing you like a cloud, entering each cell of your body.*
- *Soon you will feel remarkably better.*
- *Go out for a walk often and consciously feel the contact with the earth. In love, give your burdens back to Mother Earth.*

- *Red and the earth-tints support this element. Preferably, wear them on your lower body or add them to your surroundings.*
- *Choose a tree in the forest. If you need physical strength choose an oak. If your thoughts are not clear then choose a birch or let your choice be guided by your feelings.*
- *Get to know your tree, embrace it, hug it and stand or sit with your back against it. Fill yourself with its strength and thank your tree in your own way.*

### **Winter meditation**

- *Firstly, do the preparation exercises\*.*
- *Imagine you are a tree. Your body, your personality is the trunk...*
- *Your roots are your fundament, the past. Feel yourself strongly rooted...*
- *If your roots are not sturdy enough, expand them until you feel safe and connected to Mother Earth.*
- *Your crown is your connection with Spirit...*
- *Make sure the trunk is sturdy. Crown and roots are equally in size. Like up, so below...*
- *Go to the center of your heart. There you place a symbol for your being. This can be a rose, the moon's sickle, a six-pointed star, a diamond or anything that is important to you...*
- *Stay there as long as you like.*
- *Slowly return from your meditation....*

## CONCEPTS

**Devachan:** *This is not a place, yet a state of being, in which beings find themselves in these spiritual circumstances. Devachan is the realization of all not realized spiritual expectancies of the last incarnation; it is the fulfillment of the entire spiritual and intellectual. Subsequently, the mortal and material parts get in oblivion, and the reincarnated ego takes all the best parts of these memories to Devachan.*

**Shakti:** *The active, feminine, creative and materializing power of the goddess of Hinduism. Every male god needs his female partner, his Shakti, to create something on earth.*

## CREDITS

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*Way to the Light, author.*

*With an Open Heart, author.*

*Love is 'All That Is', author.*

*Mastery beyond Death, author.*

## **ABOUT THE AUTHOR**

*'My life is my message'*

*- Ghandi -*

*Yasmin lets herself be guided by her inner impulses. In the past, she was a social worker and a natural body-therapist. Later she worked worldwide as a Reiki-teacher. After intense inner transformations she dropped all outer labels and increasingly she has travelled the road of simplicity.*

*She carries out her message of wisdom and love in her life, in her books and in her sculptures.*

*People who visit her lectures and workshops feel recognized and seen. Reborn and renewed they go homeward....*

*' I am who I Am'*

## **YASMIN VERSCHURE HAS ALSO WRITTEN THE FOLLOWING BOOKS:**

### **1. Way to the Light**

Pilgrimage of a Reiki master.  
An honest report explaining the universal life-force.

*'Way to the Light' is in all humility a unique and inspiring testimony of a person surrendering herself in full confidence to the flow of Life. Yasmin describes in a sensitive, yet realistic way, all the radical changes in her consciousness that came along her path; the setbacks and the highlights accompanying her journey. The book has an intimate character, in which there is hardly any space for intellectual considerations. At the same time, in a very subtle way she describes the path of inner transformation; the awakening soul on his journey back to the light.*

*The book is in all simplicity a unique and inspiring testimony of a human being who experiences Reiki, or Love, in the deepest of her soul.*

#### **The book exists of four parts:**

1. Her own process of awakening.
2. The inner road of Reiki.
3. The life and death of Everhard.
4. Journey around the world.

### **2. With an open heart**

Surrender and struggle as ways to insight, joy and love.

*'With an Open Heart' is Yasmin's second book and just as sensitive and intimate as the rest of her work. Breathlessly she takes you to unknown depths. On her pilgrimage through India and Nepal, in her stories and during her illness, she describes, in all openness and clarity, the process of unshakeable faith and trust. By constantly projecting herself in the here and the now, she uses all circumstances, good as well as bad, to grow into light and love.*

*'In all simplicity, love contains the essence of life. In a society, mainly based on personal benefit and status, where there is no appreciation for our true essence, we are constantly trying to avoid pain and deny our feelings. Again and again it takes courage to step into the depths of hell, to face our pain and to peel away the next layer. In doing so we start to embrace the silence within, our true nature.'*

*Through awareness and insight it is possible to transform pain and suffering into inner wholeness. It is a process of full surrender. Separation makes place for connection to 'All That Is'.*

*Only in her deepest pain, could Yasmin surrender completely. She shows that suffering can be a process of purification, a way to wholeness.*

Meditations and exercises give 'With an Open Heart' an extra dimension.

***The book exists of three parts:***

1. *A seven-month spiritual pilgrimage through India and Nepal.*
2. *Spiritual stories with profound senses.*
3. *Transformation and completion.*

**3. Love is 'All That Is'**

Yasmin's third book is about the power of unconditional love. Unconditional love remains after we have been through the fire of purification. We open our heart to the vibration of love, the Christ within. We throw away the robe of separation and wake up in our true reality. From that moment on we experience ourselves and others as divine beings; there is no longer a separate I or a You.

We are constantly searching for fulfilment of this love outside, and forget that we are the source from which everything originates. When we wake up in this love, our soul's desire starts to fulfil. Material desires disappear to the background. Our compassion and our presence become the instruments through which miracles can unfold.

Our 'being' in South Africa with all its contrasts; its beauty and unprecedented possibilities, its suffering and its joy, have inspired me to write this universal story in which all of us can recognise themselves.

**4. Mastery beyond death**

Life and death of Everhard....

We like to believe that health is only a manifestation of the physical body. Yet, the body is of minor position. A truly healthy person is vital, enthusiastic, creative, careless and joyful and never worries about tomorrow. A healthy person can be handicapped or even affected by AIDS, but the brightness of its soul will radiate his true being, and his environment will experience him as a divine personality.

Since decades we exclude death from our society. Although it is the only security we have, in a life based on matter, there seems to be no place to face and to embrace our mortality. Yet once the day will come that our physical vehicle has fulfilled its duty and will turn into ashes. The butterfly leaves the cocoon and flies the way back to the light. We all have to die in the physical sense, yet our soul is eternal. It is very important to realize that the quality of death determines the quality of the hereafter. Let us, like Everhard, become a Master in dying, Master beyond death.

*'And he spread his newly acquired wings  
and flew along the way back to the light....'*

**5. Origin**

The true spiritual traveller is not fooled by ready-made concepts. He/She discovers that truth is a land without path, and starts – with childish awe – to search for his/her origin. When we dare to say 'I do not know', we are receptive to un-fold our true nature. We rise above the identification with body and spirit and start to experience increasingly deeper layers of being...

Life is like the tides. Things appear and disappear constantly in our awareness. It is our attachment that wants to cling to the illusionary shape of appearances that we have

become to see as reality. It is this same attachment that says 'I' that stops the infinite flow of evolution, the infinite flow of life. When we begin to remember our original nature and surrender to the rhythms of the seasons, we become like the tides. No longer will we associate with the wave, we become the water itself...

*Twenty-four 'Pearls for the Soul' and original stories of journeys through Peru and Hawaii take you to the quiet waters of your heart...*

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