



# *The World of Positive Energy*

*The world we live in is based on a virtual life.  
This is what I will break through in this book.*

*John Baselmans*



# **The world of positive energy**

**John Baselmans**

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This book is written by;  
John Baselmans (2006)

Illustrations are from the hand of;  
John Baselmans

*With thanks to all those people who are supporting me.*

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## PREFACE

Being raised as a Catholic, we spoke about the soul at home, but this had a different meaning in Catholicism than how I experienced it. For me, the soul was energy. As a child, I knew and I felt that the energy we have as humans can never be lost. My idea was that Mother Nature would never create something and then allow it to disappear. It continues to exist even after death. Religion made me believe something else. My experience is that if I have intense faith in something, it comes true. As I never had the courage to speak with others about my ideas, they started to fade.

Until I met John. Meeting him was like ‘coming home’. I found my other half (soul mate). He is open for these things and they have always played a part in his life. This is how I started to get into it, not so much by reading about it but by paying attention to what I felt. I became more aware of what was happening around me and started to notice the signs I received.

Since then our life has really changed, because we listen more to our feelings and see situations differently. As a result, we meet special people and we are surrounded by nice friends, who know and feel just that little bit more.

What John writes about here, is useful to everyone. We can all use it. His message is placed in different situations, recognizable moments in daily life.

John has always pursued what he wanted, which is to draw what comes to him, from his innermost self. Before John starts drawing, he takes himself to a certain sphere. He puts on his favorite music and when he sits at his drawing table, there is a peaceful atmosphere surrounding him. It is something you can feel throughout the house.

It is so nice, so pure that you would do anything to maintain it as long as possible. It is no wonder that all his drawings have a ‘special touch’, or a soul, so to speak. It is also no wonder that afterwards he is completely exhausted and empty; his true life has been put on paper.

I thought it was beautiful and I loved watching him writing. That is to say, the way he proceeded. He was working on his ‘own’ drawing, when he also started to write. He wrote whatever came into his mind while he was drawing. It was up and down, one hour drawing at his drawing table and then back to his PC to write. He was in a trance, in his own world, and with a beautiful radiance.

The results were wonderful to read. For me, in a way, not unfamiliar as they were the things we have often talked about. Yet, by using different situations, he also opened my eyes more. I’m now also more conscious about energy. When I look at my children, for example, and concentrate, I can see their energy. I admire and am proud of the way in which he has created this book. In a language that is not his own.

His drawings have turned out absolutely unique. They contain so much feeling. They keep exciting me time and again, and each time I discover another world within them.

***When you read this book, a new world will open for you too.***

Elsa López



## Introduction

In life, there seem to be more questions than answers, but also more books than there are people, and more sickness than health. When I read some of these books, I often think that the information given is already freely available around us, and that we should know it already. Why should we pay people lots of money to attend seminars or clinics? The knowledge is already there, we only need to find it again.

This book is written in short chapters, taken directly from life. Each of the chapters tells you something about what may be happening to us, and how. Most are based on personal experiences, the way I grew up and how I see the world. Some would call it “The Matrix”, others “Quantum”, “God”, “Allah” or “Buddha”, but these are only different names for the same concept, which is our Universe, where all of us are connected by energy. No more and no less. If you know how to use this energy, you will be able to do everything you want and believe in. You can apply it to your health, your work and the space around you. Everything is possible, as long as you see this energy.

In this book, I will explain how I think and use this energy in different ways. Some of the things I will tell you, may surprise you. The last thing I want to do is criticize you or what you have achieved in life. Nor is it my intention to destroy things for you. I just want to wake you up.

This book is written in very simple English, because it is meant for young people as well as for people over one hundred years of age. I believe that it is not right when writers use words that we need to look up in a dictionary, or when people invent words. By doing so, they show that they have problems expressing themselves and do not know how to communicate. So I have decided to keep the text as simple as possible and easy to understand.

I hope that reading my book “*The World of Positive Energy*” will open your heart and soul, so you can see the connection between energy and your life. These chapters were not written to be read as a novel. The chapters were written, because I believe in the strength of these words, the strength of believing in the power of positive energy. Just read the chapters whose titles catch your eye.

In conclusion, I would like to thank some special people. I will not mention their names, as these people have already come to the point that names and pictures are no longer important to them. The people to whom I refer in this paragraph, know I am talking about them. These soul mates, all part of our energy, have been helping me to write, by giving me the right words to give you all “*The World of Positive Energy*”.

Thank you all.

*Before I start, I would like to make it very clear that I don't represent a sect, cult, or religion. Nor am I a doctor or a medical practitioner. The things I write are personal experiences. I believe in my way of living, healing and using energy.*

John Baselmans

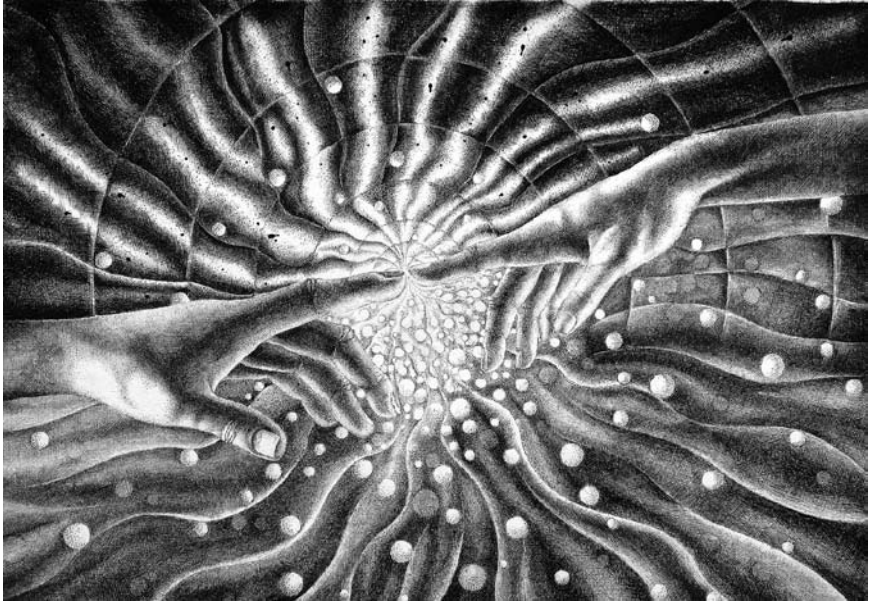


## - Chapter 1 -

### **My personal unique story**

I was born in a house, in the middle of a large forest wood in the south of the Netherlands. For the first 7 years of my life, this forest was my world, my spot and my learning place. These years were very special and I found out many things. Not only what life is, but also the meaning of life, and most importantly, how to live in a world like this. These years have made a great impression on my life, because I was in the middle of Mother Nature and connected with nature around me. Many things happened to make me see the world as one big beautiful living thing. I had everything around me and I saw my friends every day: Not human friends, but friends from the forest. One came to the house twice a day. “Mieke” we called her. She was a squirrel that visited our pantry every day to get something to eat. She was my best friend, but when I walked in the forest, I would also meet other friends. I learned a great deal. For a while I thought “This is the world”. One day, everything changed. Behind the forest, there was a heath. A large playground for military jets. I was 6 years old on that particular day when something happened that I will never forget as long as I live: I stood in front of the window of the scullery, looking at the trees. It was a dark and rainy day. Then suddenly I saw a burning fighter jet coming straight at our house. About 50 meters in front of me was a large birch tree. The jet hit the tree, made a 45 degree turn and came down about 25 meters to the right of the house! Something strange happened to me that moment. I shall never forget what I felt. I knew my time had not come yet, but to me it felt strange that the jet had not fallen on our house. This is what I thought until recently. What was strange, was that a simple birch tree could never have averted the course of a jet weighing several tons and make it crash somewhere else. I now understand the interaction between that airplane and me. At last, a big mystery has been solved. In the “Experiences” chapter 25, I will write what happened. It was not a miracle, it was not the birch tree, it was a power that had changed the direction of that plane. I will explain this later, when I have the right words to do so.

It is a relief to me that I have solved this now and with this, one more miracle in my life. A fighter jet crashed in front of me and my life is still continuing. It was definitely not my time. That time is still far away!



## - Chapter 2 -

### **Being the master of your own body**

In a world full of people who know exactly how you should live your life, there is hardly anybody who will tell you what you can do for your own body. Everything is possible, if you are willing to listen to what your heart and soul are telling you to do through your body. All pain and all symptoms are impulses from your body that tell you to stop what you are doing. Sickness is a sign saying “STOP!”, “Don’t let me do that again”, or something similar. The body is part of the Universe and everybody is a unique Universe in itself. But we feed it the wrong way and we do things with it that are not right for this unique Universe. Stress - the largest demon in your body - is capable of making us very sick, even to the point that we may die of it. Stress is a sign: Your body is saying “It’s not my job, don’t let me do that!” Your body, as I told you, is a Universe in itself and is on earth to do the things it has to do for the larger Universe as a whole. If we do not comply with its needs, the body will die and your spirit and soul need to come back in another body to do the job over again. Because we need to finish what the Universe expects us to accomplish. The Universe needs your body to fulfill its task to the end. This is why so many things are not going as they should today. Out of the 6 billion people on earth, perhaps only 100,000 listen to their spirit and soul. The rest just comes back and back all the time, always getting involved in the negative way of living here on earth. Only a few accomplish their task and proceed to eternal life.

I told you just now what we do wrong:

- We do not listen to our body, but do what our mind tells us.
- We do not listen to our soul and our heart.
- We do not listen to our feelings at all.

What we do, is listening to the system! A system made by people whose aim in life is to be rich and powerful. They give us the idea that everyone



should strive to gain power over others. A human life is not important and people no longer listen to what is important. They only concentrate on how to get power over others. When we get to that stage, we have completely forgotten the internal power of our heart and soul. We have the power to heal ourselves, the power to do things we never thought possible and the power to live our lives independently, without any system or powerful person above us. But it is difficult to see everything in a new light, because our mind is programmed in such a way by this system that everything outside it looks like a mission impossible. We think we need the system, but in reality, THE SYSTEM NEEDS US! As long as we continue this destructive way of living and as long as we let the system have control over us, we will never finish our task here on earth. The system's aim is to control everything.

Let us briefly look at what this system consists of:

- The system includes all political power, states and politicians.
- The system includes all churches that try to convince us to believe in a God, Buddha, Allah, Krishna, et cetera, or what they have made of it. Churches and politicians do the same: take control over people!
- The system includes the people around us who tell us what to do!
- The system is how you think you have to live and what you see on the internet, in books or on TV.

This is the system you live in right now. You believe it, you try to use it and you follow its commands. But it makes your body sick. More and more people die young because of stress, unhealthy food and drugs.

To change this, you must first listen to what your body tells you.

Do not think that this is impossible, because everything is possible! Your heart and soul will help you find the way that is right for you. Materialism is futile. We don't need powerful people to rule us. The power of the Universe is all we need to believe in. If that is truly what you want, it does not even

matter if you lose your job, your home or your wealth. You will find another job, a better one, and a better place to sleep. The important thing is that you follow your heart and soul. There will always be food for you. There will always be a place to sleep. You will be healthy forever and you will find a way to be one of the few who finish their jobs here on earth.

Do what your body tells you to do, listen to the signs it gives you. You will be amazed how beautiful life can be and how it feels to be healthy again.

This chapter is not fiction, but a true story. I can distinguish between these two worlds and I listen to what my body tells me to do.

*Will you be the next one?*



**Definition of the terms “soul” and “spirit”**

At this stage, it’s probably useful to explain what I mean by these two terms. So not the dictionary definitions, but how I see and feel these two words.

Our soul is the connection between the “Core”, which is the total energy field in our universal life, and the human body’s spirit. The soul works with the Core’s energy and sends this to the spirit of the human body. Receiving this energy from the soul, the spirit takes what it thinks it needs and turns it over to the human body, in order to control this body. The spirit is capable of translating the powerful energy from the soul into a useable medium (energy) for the body. The spirit gives you the energy you need to do that special job. Soul and spirit are one, but the soul has a more powerful energy field than your spirit. Together, they constitute the link between the “Core” and the human body.



## - Chapter 3 -

### **The reason why we live**

Our main form of life does not have a solid form, but is completely transparent.

The main goal of this earthly life is to learn, to listen to and to live with our feelings. In the beginning, humans did everything with their feelings and achieved a great deal in life. They listened to their bodies, because their brains were not as educated as ours are now. Whatever their feelings told them to do, they did. There were no thoughts as we have now. Today, everything is deliberated and we concentrate a great deal on small things. We hope that this helps us take the right decisions. Things were different in the beginning. There were not so many experiences or things to think about. Thinking has accelerated in the last centuries, but this is not the human way of life. It is true that we have a brain and that it needs to work, but this brain is like a computer. It processes the changes and tells us what to do. But obeying a computer is ridiculous. It has no heart, no soul, no spirit and no feelings! This is the reason why a computer can never replace a human being. And it is therefore not right to follow just what your brain tells you to do. This is the source of the biggest mistakes. All truly great people have one thing in common: they listen to what their feelings tell them to do. Apparently out of the blue, they make decisions that our rational brain would call crazy, but they follow their feelings. If Bill Gates had not held on to his dreams and his feelings, we would not be working on computers with Microsoft today. Feelings are the most powerful engines behind all crazy things that happen in this world. We focus too much on material things and take our decisions based on them. In our dreams, we see images and we try to transplant them to our waking state. Most of the time, we fail and we leave it like that. What has gone wrong is that we try to connect dreams to our material world: Two different things that can never fuse. Feelings are the link between dreams and reality. Feelings tell you what road to take, how to make that dream come true.

In real life (our main goal), we try to accomplish something. Most of us do not know what, how, or when to do it. Most of us have forgotten which road to take in order to accomplish our goal in life.

But two things in life never die. The first is our Soul and second is our Spirit. Some people believe that they live forever and they are right, because the Spirit and Soul go on infinitely. If your Spirit goes deeper into the matter, it becomes a Soul, which will be with you forever. The other way around, if matter goes into your Spirit, it becomes mind and your mind dies after one human life. Mind and body die after a human life, Soul and Spirit go on eternally.

If you choose to listen to your feelings, your life will be pure and clean. It is pointless to listen to your thoughts, because they come from your mind. They only exist during this one lifetime and then die. Another way of looking at feelings is to regard them as signs from your Soul and Spirit. Feelings contain the experiences of an infinite learning process.

In this life, many of us try to accumulate as many material things around us as possible. We think we need a car, a house and perhaps even a swimming pool. We think we need McDonalds and General Motors, because without them we cannot live. This is wrong. All we need is a healthy body, a body we get in a healthy state when we are born. If you listen to your spirit, your soul and your feelings, your life will be a better one! If we spend our lives collecting material things and not listening to our feelings, we need to come back over and over again, because we haven't learned enough. Until we have learned that material life is not the real life, but the matrix created by human thinking. To find the state of true nature in this life, means to listen to our heart and soul. If we listen to our feelings, we will eventually not need to come back to this human life, but instead go on to a new creation and in another life form. This may be on earth or somewhere else. We need to learn about the state of feelings before we can reach a higher level in our eternal life.

If your feelings tell you to do completely different things than your mind, stick to your feelings. The pure way is not always the easy way, but it will make you better and stronger in the future. Think of your mind as a computer with information only from this one human life. Your feelings contain the experiences of your entire lifetime! Trust your feelings; it is what makes great people great. If your feelings are contradicted by your mind, don't worry. What is important is what you feel and what you believe!

BELIEVING in your feelings is the power that will get you everywhere you want. BELIEVE and you will see a completely different world outside the matrix created by the human brain. Your feelings and beliefs are the keys to a healthy and rich life.

Go for your feelings! Look at the beautiful world we live in and what we are able to do in one simple human life. Do it now and it will also work for you!



## **- Chapter 4 -**

### **Life, a beautiful time**

When we first start a family, it seems an easy and normal thing to do. We love our partner and we decide to have children. The initial experience of this new life that is about to start, is great. With modern technology, we can see this new life growing and becoming a complete human body. This body is released after 9 months and becomes independent from the mother and her soul. It now stands on its own on this earth, with its own soul and spirit. The baby is no longer inside a warm body, but out in the open and feeling cold. From that first minute, the newborn child connects with the outside world. A world full of noises and various kinds of sicknesses and things the child has to be protected against. This is the beginning of a never-ending struggle, lasting a lifetime.

Its mother can no longer protect the child against that noisy, harsh world. The newborn learns fast, we think, but what does the baby actually need to learn? Everything is there; all knowledge is already in that body. What we want children to learn, is what we think is real life. Prepare them for this system. Make them hard, so they can survive in this world. What we do, is turn everything upside down, because that is exactly what we have to do for the system. A newborn may not be ready for the system, but its mental and physical capacities are already far greater than we realize.

Why do we try so hard to turn everything upside down? Why don't we learn from this pure life form, which is here to finish its job? It is incredible what the world does. We always think that we have to do this or that, but what we really do is what other people tell us to do. All the time, we look at the world around to be sure we do the right thing. Why? What is it that makes people so afraid that they do what other people want them to do? Over the centuries, human life has been dominated by a system made by powerful people who pretend to know everything. This system has its rules, rules made by those who want to have power over others. It is clear all over the world, including the US and Europe. These systems are no longer human, they are controlled by computers and digits. If you do not have the right documents, you are outside the system. So every second of our life goes into that system. We cannot think or listen to our feelings; there is no time. The system kills our feelings, making us more dead than alive. What does such a human being do for the Universe in his lifetime? NOTHING! Such human beings produce nothing. This is the reason why they come back time and again, back to this earth to do their tasks all over again. Humans today are like sheep; they follow one dominant character and do not look to the right or to the left. They are afraid to be thrown out of the system, to be put in jail, to be made brain-dead or simply eliminated. This is what happens if you think too far outside the system. Look around you. People who protest against the system are gone after a while. The system determines what you can do. Every time I hear or read the phrase 'This is a free country', I can't help laughing. Free, who knows what freedom means? Nobody can do anything outside the system.

There is no such thing as a free country! There is no freedom on earth. Because if you refuse to participate in the system, you are considered sick, mad or crazy.

I only need to look at the few artists who work from their heart: they do not get any response, exhibition or feedback from others. I see it myself, since I work from a different perspective on the world. People are afraid to react or send me feedback. They are afraid and consider me abnormal. It's not a real problem, because I've risen above that stage of this system, its people and the empty world they live in. My work now comes from higher levels, which is difficult to see and feel for these people. They do not know what is going on, because the system tells them what to do and what not to do. A newborn baby is free of that. How beautiful it would be if that baby grew up in a world full of Universal energy, without this dominating system. The child would be a human being far above regular humans and it would be one of the few who is connected and working directly from that Universal energy. A newborn is pure, but from the first second it has to fight against a terrible system, which starts killing it that very moment.

Why are there no more people who see this? It's because newborn babies do not get the chance to develop. From the first second, they have to do what their mothers say. Eat the food that is poisoned by the system. Everything that the newborn gets, is a product of the system. What can we do against this system?

- Stop believing all the pep talk and all the rules.
- Stop eating junk food that is poisoned and has nothing natural in it.
- Stop taking films, games or computers serious.  
They only indoctrinate your brain.
- Stop polluting our planet, there is no time left to live here if we do not stop industries and cars.

## **The system needs you; you do not need the system!**

Go back to nature, believe in the power of nature. Live with your feelings again and stop listening to your brain, which was completely brainwashed by your teachers. Follow your instinct and do what you believe you have to do. Do not make home, cars, food or swimming pools an issue. These are material things and not important for our life.

What you have to do, is to go back to the true life of our Universe. Many things will become clear and the most difficult questions will be answered, because we get our answers directly from the Universe.

What I write here probably sounds weird to you. That is fine with me, people can call me what they want. It does not matter, because I have already stepped out of this system and I can only report the beauty of a true human life: A life without pain or sickness and always the power to get closer to the Universe. What used to be questions, are now answers for me and things are no longer new, because we have known them for thousands of years, until we forgot them. For me, they are back and I can see the pain others have with their disbelief!

*Universal energy is the key to an eternally beautiful life.*





## - Chapter 5 -

### **A world of forgiveness**

So much is happening around the world, we only need to open a newspaper or watch TV. Most of the time, we wonder how all that can be happening to human life. People are acting in the most outrageous ways and are completely disorientated; they cannot handle their own lives. They will do anything to get publicity, even if it's negative publicity. What is the matter with these murdering and completely derailed people? How do they get to the stage of killing other human beings? I think the answer to this question is simple: THEY DO NOT BELIEVE. That's all. No more and no less. Talking about what they do and do not believe, is another matter.

Firstly, why do they not believe?

- They do not believe themselves.
- They do not believe other people.
- They do not believe the Universe.
- They do not believe what Mother Earth can do for them.

The world and the people who live in it are having a hard time at the moment. Everywhere, there are people who want something from us and health is deteriorating fast. People today live together with many other people in small spaces; blocks of high-rise flats are degrading. All energy comes through a small pipe to people living there. We live too close to each other and often see others as a threat. We live in a system with tremendous mistakes, which makes many of us unhappy. To be happy, some resort to taking pills or even hard drugs. These enable them to temporarily forget their problems and imagine they are in a better world. Every day, they need more of it to reach the same state. Their health deteriorates fast and they get sicker and sicker. At the moment, drugs are at the top of the list of things that cause mental disorders and even death. For thousands of years, people have taken drugs to get over problems or to relieve pain. In the beginning, those who took drugs knew what

they were doing and took them only as part of spiritual rituals. Today, people take everything together, to get more powerful results and to escape reality. We have come to a stage where many people no longer know the difference between reality and a psychedelic trip. And computer games focused entirely on killing opponents are detrimental too, because children start losing the sense that killing people is inhuman. It is easy for them to talk about killing and wars, which shows that something has gone very wrong lately!

- It is wrong to take drugs the way people doing now.
- It is wrong to kill people.
- It is wrong to hurt others.
- It is wrong to blame others when things go wrong.

Their problem is that they have lost their feelings. They no longer believe in themselves and even their body means nothing to them. They only focus on how to survive. Survive what? To stay alive? Is that why they follow the path of destruction? This complete disbelief in themselves is deadly for their soul and spirit. Nothing they do, comes from inside them.

Everything comes from the outside world and the system they live in. A world with no respect for human life. The way they live prevents them from learning anything from life, because it is a life that consists of fighting and killing, just like the system tells them. Life serves no purpose to the Universe if you kill and hurt others. In such a world, people talk about demons and devils. But WE are the demons and devils! There are people who have lost the path to the Universe and are lost in a criminal world. They have nothing to lose, nothing to win.

Belief is what counts in life. As I said elsewhere, many people believe in God, Allah, Buddha, et cetera. This is fine if it helps them, why not? Others believe in themselves and the way of the Universe. The latter, I feel, are stronger; to me, believing in figures who no longer exist, is like believing in science fiction.

There is also a great deal of religious killing by people who feel they need to fight for their own religion.

**BUT THERE ISN'T A SINGLE GOD WHO ASKS YOU TO DO THAT!**

A human life is holy in itself; there is no God who asks you to kill that masterpiece. Believing in yourself and the Universe is real, because your spirit and soul are inside yourself and the Universe. Just look around and you will see it. The power that comes from it, can heal sick people, so why don't we believe in it? The reason is that in all these years, in churches and temples of all religions, people have tried to gain power over others. If you believe in yourself, it is only you and the Universe telling you what to do, no one else. No sacrifices or donations are needed because **IT IS THERE FOR FREE!** It is hard to believe that everything you want is there to get for free.

Changing this lack of belief is at the same time very simple and very difficult. Ignore all the violence (papers, TV and computer games). Ignore the talk about wars and fighting. Then think 'I have to walk away from that'. Do it. You do not need violence.

Let me tell you that in the more than 50 years that I have lived, I have never, **EVER** had a physical fight; I never hurt anybody by fighting! I never took drugs or drug-related medication. And ... **I AM STILL ALIVE!** If ever a fight threatened to break out, I just walked away. I did not serve in the army, which used to be mandatory in the Netherlands. I also talk with those who tried to start a fight, a few days later, or sometimes longer after that, but I never ignore it.

I had some drug-addicted friends, who were in deep trouble, but they never tried to get me on drugs as well. They respected my point of view on drugs and I showed them you can also live without drugs. Some of my friends died from hard drugs, but they never involved me in their drug problems. They simply respected me. Others came back from addiction and are now

leading healthy lives. It is the way you approach people, people with their own problems, people who have lost their way of life. In my own life, a lot has happened and many people have hurt me, because they did not understand my way of living. A man who does not want to fight but only talk, can't be normal! I forgive them, I forgive their restricted views of life, I forgive the way they tried to hurt me, it is sad that they have lost their own way. Forgive people for what they did to you and you will get forgiveness, is the keyword in the world today. All humans make mistakes, we all do. I am a human and I have to learn, learn from my mistakes. Nevertheless, from the beginning, I have learned to talk, to listen and to forgive people for the way they react and behave sometimes.

Coming back to what I wrote about forgiveness just now: I think we should also forgive the people who kill and hurt others. They do not know any better, for it is their only outlook on life. Their obsession is to get publicity, either good or bad. They are looking for fame. This is what the system wants: Famous people, who are rich and tell us what to do. That is why young people drive irresponsibly. In their neighborhoods full of drugs and killing, how can they become famous? They may think that it's too hard to become a movie star or a famous basketball player. They do not believe in the power they have, the power of the Universe, to become a star. It stops when they drop out of school and join a gang, learning to steal, kill and take drugs in excess. Until one day they shoot someone and the newspapers put them on their front pages, and make them famous! Then, they are famous too! The problem is that the system chooses the wrong things to publish and show on TV. Ninety percent is negative news, about killing, wars or shooting. They give the people what they think they want.

The media creates criminals, as do the people who buy papers and watch crimes on TV every day. Stop and see what happens! Do not respond to these killings, do not show any interest, pay no attention. If somebody bothers you, do not react, do not pay any attention, and everything will be over soon. It is like a wheel turning, which keeps turning until you stop it! Do not give

violence a chance, walk away and don't be violent yourself. It works for me, so it will work for you too. If you show people respect, they will treat you with respect too. It also gives them a view and belief in a better world. This belief will be the gate to the power of the Universe.

*Try and give it a chance. It has worked for me, for over 50 years.*



## **- Chapter 6 -**

### **Brooding, the dark side of your brain**

Every thinking human being broods and ponders. All things that happen in our lives, go through our brain. We often ask ourselves “What can I do to stop worrying?”. Our brain works all the time, but most of the time not in the way it should. In a previous chapter, I wrote that we should stop pondering. You may think that this is impossible. In the world in which we live today, thoughts hurtle past like a train. Thinking is necessary, but we must not let it take over our life. If we do, we find ourselves creating hundreds of scenarios for solving a problem. If we keep thinking and pondering, we cannot stop. The problem just gets bigger and a solution is not in sight. Just think how many times you go to bed thinking about a small problem. By the morning, the problem has become a global issue! This way of thinking is detrimental. By allowing the brain to work like that, there is no space left to solve other things in life. Your life is on hold, because your brain is working constantly to get one simple thing solved. To stop thinking in this way, you have to give your problem away. Give it away? To whom? Well, not to a neighbour or a friend, but to the Universal energy that is around you. Ask the energy to take over the problem, so that you can get on with your life. Some of you may be thinking that this is crazy. All I can say is that I know for sure it is possible. You can simply give it away. Your mind is then no longer occupied by this simple thing. If you stop thinking about a particular problem, you will see that it will be solved soon.

An example: your PC is not working. You sit there for hours, trying to solve the problem. Your brain is working overtime trying to find out what is wrong. All kinds of scenarios are going through your mind, but will any of them help? Just turn the power button off and go gardening for a while. The next day, turn on your PC and change a few settings; everything will be working perfectly again! What has happened? You were brainstorming for hours to find out what could be wrong with your PC. At that moment, your brain had so much to do that it could not get to the essence of the problem. By doing something else, you cleared your brain and in a split second, you saw what was wrong with your PC.

This happens often in our lives. We overload our brain and tell it to get results straight away. This is why our brain feels as if it is going crazy. The final result may be pain everywhere, a burn-out of even total lunacy. To solve this - as I told you before - you must not let thinking become brooding. Stop if you cannot see an answer at that moment, go out, do something else, even sleep on it. Do not let your thoughts take over your brain. You can do it. Ask the power of the Universe to take over the problem. Give it away and stop thinking about it. It is not easy, I know. Sometimes it is very difficult, because you think you have to solve it yourself immediately. But all this thinking and pondering does not help. You overreact, get sick and end up having a lot of pain. Try to keep your mind/brain clear, so it can see the problem clearly and solve it without effort. When your brain is healthy, it can concentrate and when it does so, everything gets solved.

So here we are, back to the word “Believe”. Believe in what your brain can do for you and believe in the power of the Universe, which is connected to all human bodies and their brains. As for me at this moment, my brain is concentrating fully on drawings that come from the depth of my soul, from that Universal energy. Every day, I get visions of new drawings. Every day, I know exactly what to draw and every time the drawings just come from my hands. Therefore, I can keep going on.



## - Chapter 7 -

### **Hills - Rocks - Sand - Dust**

Human life is connected with these four words.

Human life is like these words.

- We are born like a hill and we are healthy during the first years of our lives.
- During childhood, we stand as a rock, and go on to become teenagers.
- As we get older, health problems emerge and we become like sand.
- At the end of our lives, our bodies don't stay on earth but return to dust.

For a hill to become dust takes millions of years. But in a human life, this cycle is about 80 years. The difference is just time. We are all born strong and healthy. Our Universal energy is 100%. As a teenager, we start going downhill, because our food is unhealthy, we refuse to listen to our body, and we do only what we like to do. As we get older, we feel that something has gone wrong. Our body tells us: "I stop, I quit". We feel as if we're torn apart, because our body no longer works like before. Eventually, the body gives up and turns to dust, becoming an integrated part of the earth.

When I hold loose sand or dust in my hand, I think "How many lives am I holding here?". How many human lives and, not to forget, animal and plant lives? All plants, trees, animals become dust too, just like we humans do. This dust has its own unique energy. Every grain of sand has its own energy. This energy is all around us. It lies there, waiting to reconnect to a body, animal or plant. This simple sand lets everything grow. Plants and trees grow faster in sand and they need the dust or gravel to grow. Without simple dust, there is or would be no life on earth!

Everything is interconnected and this big hill, which becomes rocks, then sand and eventually dust, is one of the keys of life! I believe that a simple grain of sand holds the key to life and is in itself a life form.



## - Chapter 8 -

### **Sunlight, the growing power**

Sunlight; in some countries there is too much, in others there are days when you don't see the sun at all. Sunlight shines on us directly or indirectly, and it is the growing power for all life forms on earth. Almost everything is connected with sunlight. Without sunlight, earth would be a cold planet, without the life forms that we have today. I wrote this, because at this moment we do not know anything about other life forms. We do not know where to look or what to believe. In the previous chapter, I wrote about dust. Dust, for me, is a life form too, because it has its own life within the complete Universal life. It is a life form that we do not understand, and we have to wait until we get the connection. The problem is that we are completely blind for these things and we believe only what we can see, putting it on a computer screen with numbers. When we see something that our brain cannot explain, we try to kill it first and then ask questions.

Back to sunlight: When you meditate and feel the energy of light, it's incredible what goes on inside you. This light has the possibility to get through anything and heal most of the sicknesses we have. With this light, we can be healthy forever. Sickness will be gone and your body will be here on earth for a longer time, the time it needs to accomplish its task. Sunlight is pure and still has the power it had millions of years ago.



For us, direct sunlight will be fatal in the future. With all the industries and pollution, our ozone layer is getting thinner and thinner. The human bodies no longer be able to withstand the intensity of this sunlight. It is too strong and beyond our power to do anything with it. Today, sunbathing in direct sunlight is already like driving a car in the middle of the left-hand lane in Los Angeles. Nevertheless, people are still doing so, because our system tells us with a tanned skin we look healthier. This is another ridiculous expression of the system. What we have to do, is to stop polluting our planet. Get back to a healthy environment.

Sunlight is good, it is good to let it get to our body and into our mind, and it helps keep us healthy. It gives us extra energy, but we do not get it by lying there for hours getting as red as a lobster. Being red or brown is not an indication of health. Believe in sunlight; believe in this Universal energy and you will see.



## - Chapter 9 -

### **Water, the essence of our body**

Seventy-eight per cent of the human body consists of water. Yes, we are like bottles of water on legs! It is weird to think of ourselves as walking water tanks. Water is very important for us. Living only on water is possible, but living without water is not. Reports about water problems on our planet earth are numerous. Clean, healthy water is impossible to get. There is always some poison in it. Even the water from our faucet is contaminated. It is not clean, but recycled water, from a river or from a water purification plant. What was wasted before, we drink again. By eliminating most of the bacteria with large amounts of chemicals, we create what we think is drinking water.

I live on an island, where we get the water directly from the ocean. Clear water, every drop is distilled. It goes through rusty old pipes to tanks, where it stays for days at temperatures of over 38 degrees Centigrade. Chlorine is added to kill most of the bacteria, so they tell us. Our water is reputedly the cleanest on earth. When I call the company to tell them the water is not clean, they tell me that “the water is within the allowable limits!” The cleanest water on earth? It’s the same in Miami: When you drink the water there, it is like drinking chlorine. Nevertheless, the government endorses it. It is old, wasted water and we just keep drinking it over and over again. Our bodies, 78% of which is water, are filled with this wasted water. Mineral water is not much better: it is just tap water with bubbles!

By drinking water, we poison our bodies. Go to a lab and ask for an analysis of a bottle of water; you will never drink a drop again! Our system raises its norms to higher levels, so it can deliver us water. The government does nothing about this poisoning, concentrating on wars and how to fund them.

Piles of reports have been written about health and the environment, but all have ended up on the garbage dump. The system keeps us sick and nobody does anything about it. Believe in the good things Mother Earth can give us, do not believe in the system. Our bodies need clean water to stay healthy. But we poison them every day, over and over again.



## - Chapter 10 -

### **You cannot see it, but you can feel it**

There is something that we cannot see, but that we believe in. Normally, we do not believe what we cannot see. But because we can feel it, we accept that it exists. It is something we need in our lives every minute. What I'm talking about is "air".

Without air, there are no human, animal or botanical life forms. All life forms need air, the thing you cannot see, but only feel. This is the most important source of life.

What applies to water, also applies to air: Why do we pollute it? Every time we breathe, we inhale polluted air; air polluted by industries and by our cars. Every second, we introduce more chemicals into the air and poison it.

As is the case with water, we and our system do nothing to solve this problem. There are endless talks about wars, but if someone makes a statement about what is happening to our air, he is dismissed. It happened to Mr. Gore, who has many of the facts about what is happening on our planet. Global warming is developing so fast that we only have 50 years left on earth. 50 YEARS before it is so hot that we cannot live here any longer. So what does Mr. Bush call him: "A liar and a crazy old man". Looking at what Mr. Bush is doing right now, we have reason enough to doubt his judgment. But if you open your mouth, the system shuts you up or eliminates you. It is declared a matter of state security.

The system is always looking for the money behind everything. The system only believes in the power of money. The system wants to reduce sickness to normal proportions, but at the same time fails to do anything about air and water pollution.

For how much longer, we do not know. Mr. Gore tells us that we have less than 50 years, others tell us maybe a hundred years, but all agree that it will go fast. Perhaps we will not witness it, but our children will: A polluted world full of sick people. Please think about that.



## - Chapter 11 -

### **A world together**

The world we live in, has changed a great deal over the past thousands of years. Especially when it comes to the way human beings live. They live alongside each other and see others only from a distance. If you look at how the system works, you will notice how contradictory it is. On the one hand, the system puts people together in large buildings in big cities, trying to gain power over them. On the other hand, people live only for themselves and care only for their own lives. Fewer and fewer people care about others. We only need to open a newspaper to read the terrible and incredible stories that prove this. Humans in pain, homeless, people in deep trouble and nobody caring for them. In a world with 6 billion human beings, there is often no help for others; people are no longer there for each other. This all makes this world full of people an empty one.

In the past, we worked together because we needed each other. Hunting, fishing or building a place to sleep: we did all these things together. It was “together we will survive”. This has disappeared in the modern world. There is a reason and you know what it is? A single country dominating the world. This country did not fight for its life; its wars were only to get more land and more domination. They killed native people for their land. Not once was that country in a world war where people only survived because they stuck together! This country is now telling the world how to live. Its leaders make the rules and the rules decide who has the right to survive on earth.

The rules are only there to protect their own country, or so they say. Instead, this country is turning human life into something useless. You do not need a name any longer, you will get a number at birth and that will suffice. A number! A human being is not worth more than a number! So they act like numbers and humanity is gone.

The people around you are enemies, but you do not have to kill them, just eliminate them by taking their money or jobs away. This way, you climb in life, which is no more than a world full of numbers, like the matrix. Teambuilding is no more than manipulating people to do jobs for you, for your own benefit. It is not really a team, because when you show your own input you will be out! Then, you are their enemy. Mankind is dominated by only a few people.

Being human, seeing and believing in each other, is not easy. Without this belief in one another, we are left with pain and sickness.

Thinking “I will do it by myself” doesn’t work, because WE NEED EACH OTHER. These days, working is merely a way to get money and working to create a better life as a human being, is no longer there. I call this the “I” world. One letter dominating the whole world! One letter, replacing the most important word, which we no longer believe in: “WE”. We have to do everything together. “We” can change the world and get us back on track. It’s “we” who have to work with each other, not to take each other’s jobs, but by building something great here on earth together. We must rebuild Humanity.

In the world of Universal energy, everything is built on “we”. Everything is important and everything needs everything else. We need sun, water, dust, air, plants, animals, humans, et cetera, to complete our job here on earth. NOT the job to get rich, not the job to get further in life. If you connect to the Universal energy, you will feel strength entering your body. If people around you do the same, you will feel absolute power. A power that never stops. It gives you the possibility to do everything that is in your mind.

The “I” world dominates today, because people believe that they do not need Universal energy. The “I” people have to come back over and over again to learn only one lesson: Believe in other people and in Universal energy.

Accepting the energy of the Universe and seeing that every human being is unique, will give you a new way of life: Another kind of life, where you have to learn to work with this energy. We can do it, but only “we”: It is impossible to do it by yourself in your “I” world!

The Universe does not know the word “I”, it only recognizes “we”. I will end this chapter with a slogan that I have been using for years and perhaps you will now know what to do with your life:

***“Being human is helping each other”***





## - Chapter 12 -

### Considerations (part One)

- God is the Universe, not a person,  
and we are part of that Universe.
- Faith does not mean believing in God as a person,  
but believing in the energy of God.
- Believing in the Universal energy of God gives you the power to  
accomplish everything that is in your mind.
- I believe in God not as a person, but as Universal energy.
- Don't force other people to believe in a God, in their subconscious  
they already believe in the Universal energy of God.
- Your body contains your soul, so your body is the temple of your  
soul. Take care of your body as a temple, and you will see what  
your soul gives back to you.
- Think outside the box.
- Nobody tells me what to believe or not to believe in.  
I believe, and this is the highest form of faith.
- Killing in the name of God is acting like an animal.  
No God asks us to kill other human beings or other creatures.
- What kind of God can be in favour of killing?  
It must be the devil.





## - Chapter 13 -

### **What your soul and spirit can do for your body**

The world in which we live, is like an “I” world; a world in which there is no humanity and everything centers around materialism. Nothing is more important for those who live in it than “I” want more money, a bigger house or even to be president. Those are the thoughts of many people in this world. This is what the system wants, because people on their own are easy to manipulate. If people stick together, manipulating them is more difficult. Acting straight from your soul and spirit is out of order and therefore undesirable. So, we live and work in our “I” world, the world of materialism. It begins the moment when we are born. Everything has already been planned; we get our number and must act as a number. It is not important what you think or what you want to do, you must do what has been decided for you.

All this demands so much from our body that we get sick. As good citizens, we immediately visit a doctor and ask for advice. This is what we have to do, isn't it? Many doctors are not really interested in you or your illness; they see your sickness as an opportunity for adding more dollars to their bank accounts. Therefore, as soon as you stop talking, they write a prescription and you can go. “And it would be best if you came back for a check-up, just in case...” is their last advice on your way out. Trying to find other ways to heal people is not interesting for many of these doctors. Staying up to date and looking for new methods in health care is taboo. The pharmaceutical industry makes billions of dollars a year by producing medicines that only make you worse, so you need more of them. Medicines usually do more damage than good. We allow this industry and its doctors and specialists to become so powerful, because we believe in them. We keep getting more pills to take. Reading the prescription makes you sicker. And the insurance companies keep having to pay large sums of money for those medicines. It's a vicious circle, impossible to get out of.

Impossible? No! Not true! It is possible. If you want to do it, you can. We can leave the system in which we live and no longer accept everything it tells us to do. From now on, we listen only to what comes from inside ourselves, to the feelings and the signs that come straight from our body, where the two most important things are: Our soul and our spirit. With these two, we are able to do everything we need and heal ourselves. Our body cannot be sick, because the energy of the Universe does not know sickness. Earthly life makes us sick. Our soul and spirit are higher than earthly life and capable of taking all sickness out of our body.

Listen to the people around you: 9 out of 10 people will tell you every day how sick they are. They tell you the most gruesome stories. One would get sick just by listening to their stories! Do not talk about your sickness; it is not a sickness, look at it as an signal from your body, which you do not have to accept. You are not sick; it is just your body! I will now tell you step by step what to do. How to heal your body. You should do this at least twice, for 10 to 15 minutes every day.

- Visualize the image that your heart indicates.
- Place your feet on the ground, slightly apart.
- Place your hands on your thighs, open, with the palms upwards.
- Sit upright, do not hang or lean backwards or forwards.
- It is also possible to do this standing.
- Take a deep breath and count to three.
- Exhale by counting to ten/fifteen (whatever is possible for you)
- Do this ten times.

We continue.

Now you ask the Universal energy to clean your body.

- Ask it to take all negative energy out of your body and fill it with positive energy.
- Then you go through your whole body with your mind, from toe to head.
- Think that everything is now filled with positive energy.
- Ask the Universal energy to help you by taking from you all negative energy that we have so far called pain and that from now on we will call “indications”.
- If your “indications” (pain) are too hard to manage, ask the Universal energy to make it milder.

Example;

You ask: “Please take over the ‘indication’ in my head and make it milder” DO NOT ASK: “take over my headache”, because then you are talking again about your illness! As I told you before:

**FROM NOW ON, ALL PAINS ARE INDICATIONS.**

If you ask the Universal energy to help you with “indications”, you will see that in a short while the indication is gone, or so far gone that you can do your work again.

As I said before, you need to do this at least twice a day. You can do it whenever you need.

If you keep connected to the Universal energy, you will notice that your body feels fine. Your body looks like it was when born. You get more and more strength and you are able to do things you didn’t believe you could. It is as if you are coming back to a new body, with new changes and a new life. The energy that we ask to help us - which I call Universal energy - is our own energy. It is the energy we have inside of us, coming directly from our soul and spirit.

Going further, you can ask the Universal energy for more help. If you want to do something or if you have a wish, you pleadingly ask the Universal energy, and you will see that your wish will come true. It is a matter of believing, believing in that energy, but above all, believing in yourself, your soul and spirit. If you come so far that you can believe there are no limitations, everything will be done by you; yes, by you.

The “I” world is the reason why we no longer know about the energy of the Universe, the energy to believe in ourselves. The energy is in everybody on this earth, it is how we live and how we think. It is not only important to think about yourself, but also about the world around you.



## - Chapter 14 -

### **God**

Three letters together in one almighty word.

Everyone in this world is somehow connected with this word. What is God? What does it do and what does it want?

Many people, when they think of God, see an old man with gray hair sitting, watching from high above, wondering: “What are they doing down there?” Why should it be a gray old man? Is it because this is the mark of wisdom and knowing everything? It is a picture that entered our heads when we read the books, the bible or other religious literature. It is something that was put on paper, so we can believe in an almighty person. It is not only God we have here on earth, but also Buddha, Allah, Krishna, and all different churches, religions or movements, such as Roman Catholic, Protestant, Jewish, Islam, Unitarian, Episcopal, Presbyterian, Baptist Anglican, Jewish, Native Muslims, Zoroastrianism, Christianity, Jehovah’s Witness, the Seventh-day Adventists, Naturists and Agnostics.

All of them have a figure in whom they believe.

It is alright that you believe, it is important that you believe, but why think that God, Buddha or Krishna is a person? There is something false from the onset in all these Bibles and Old Holy Scriptures. All of them start from a person. This is wrong, because God is not a person. God is Strength, a Positive energy in everything that lives in this cosmos. God is that fly, plant, rock, and so on. God is in every animal and human being! Yes, we are also God! Ouch! Now I am writing against many religions and you are looking at me as if I am the antichrist. That does not matter. It is time we know what is really happening. For thousands of years, people have tried to gain power over others. Every year, we fall deeper and deeper in that trap of false information and the interpretation of old books. Books written by people who tried to impose guidelines on our lives. In all these thousands of years, many groups have made their own stories. They left out the parts that they considered unimportant and replaced them in such a way that they look like evidence, proving that this religion is the right one for you.

It is wrong to manipulate people, why not tell the truth about what is really happening and going on in this world? The simple answer is that once we know the truth, we know that no single person is important! No church, no person and no religion is the true faith of God. As I told you, how could a church work if it told you to believe in yourself? If it did, the church would no longer be important for many people and we would be doing everything by ourselves. We could then think we could do it alone! Churches would never get rich people to God's houses if they told the truth. It is important for them to get full Temples and Churches, because they need the money and the power that comes with it. As I told you before, the real God is everywhere, because God is the complete Universe. It is everything around you. Strangely enough, we do not know how to get connected to that energy, this power of God. This positive energy that can heal and solve problems, but also the energy that can travel thousands of miles and with which we can be connected without a phone or a TV. What do we need technology for? We do not need it at all,

because all new technology is just a sign of weakness and more dependence on the system and its bosses. We have the possibility of connecting with each other over thousands of miles. If needed, we can travel anywhere we want, but we forgot how to do so in the past thousands of years. All we do, is give more and more people the possibility and the desire for money. We do not need money; we do not need the way the world is. We do not need the way people try to get power over others. What we need is to go back to the state we were when we came here. When we were connected to each other and listened to what the Universal energy (God, Buddha, Allah, Krishna) told us. We are here for a purpose, we have to realize what that purpose is and we can do that without technology or powerful people. God is us, everything around us, everything you see. This God that realizes everything you want to do. This God that does not force its will on you. It is a God of listening; it gives you the positive energy you need. The energy is incredible and so strong that we as humans cannot believe what we can do with it. We have to live like a God, we have to act like a God and we have to help each other, as a God would do. Do not be afraid of losing faith, because if you believe in God as an absolute power, you will never be alone. Go ahead and do it, if you need your own God, Buddha, Allah or Krishna, do not worry. It will help you not to see them as a person, but as energy.



## **- Chapter 15 -**

### **A world of numbers**

- The moment you are born, you get your personal number (ID).
- You get your driver's license with a number.
- Your passport has a number.
- Go to the bank, and they ask for your account number.

All bills are connected by numbers.

This continues your whole life. The whole world turns by numbers. Our computers work with only two digits: 0 and 1, all programs work with these two numbers. We talk of human life, but since when is a human life a number? Even doctors get their results by looking at numbers. Numbers, numbers, numbers, that is all we see or hear, wherever we are. Without a number, one does not exist! Isn't that incredible? Our entire life consists of numbers and there is no humanity. A number is cold and does not say anything about life or about us humans. It is strange that we believe in numbers to this extent, because numbers do not exist in the Universe, the Universe turns/works without numbers. We do not need numbers, we are humans with our own souls and spirits. Not a single number is important for us in the Universe. It is possible to travel in space, because without numbers everything is possible. Numbers keep us stuck on earth.

So, do you feel where we are going? In one of the previous chapters, I told you that we live in a world of numbers. We are going the wrong way, as we took the wrong turn. The main reason is that we try to explain everything by numbers. We try to explain nature, human life and the Universe by numbers. Our scientists want everything placed in its own compartment, so everything can be explained. They work hard, day by day, to put everything in its place (or so they call it). But isn't it strange that even the most highly educated scientists come to a point where they can no longer explain? Not everything can be captured by numbers. At that moment, a scientist may go mad. Instead, he discovers that he has worked his entire life on something that was not real, but only a matrix. He realizes that what he did was completely wrong and has therefore come to a dead end. He finds out that it is not possible to capture life in numbers or formulas.

Having lived within the matrix for a long time, I discovered that this is only an imaginary world. A world made by people depending on numbers, is not real life! After I stepped out of that matrix, I found the connection with the real life on earth again. I can see now that every cell in every creature is important and connected to the other. It is not a lonely cell; it is something

that belongs to the Universe as a whole. With that knowledge, we have to accomplish something. In each life, every human being has to do that personally. Just like every cell has its task in life. Every cell is important and so is every human life!

I have said several times before that we have to live together, with each other. We have to keep our bodies as healthy as possible to accomplish our task. We also have to help others and be a part of the world as a whole. If we do not accomplish our task, we need to come back and do the same part over again. In this world of numbers, we are entirely on the wrong path. We see our lives as numbers, cold, empty numbers and we totally forget that we humans are important to each other.

In previous chapters, I told you to get healthy. Not everyone will be glad that I said that, because to get healthy without paying for anything, is a curse for many doctors, specialists and the pharmaceutical industry, which take billions of dollars from you every year. Sometimes we need a doctor, for example when we break an arm or a leg, have an accident, or in the case of acute sickness. We need doctors, because in the course of thousands of years we have also forgotten how to heal these afflictions. For the moment, we need doctors for such cases. “For the moment?”, you may ask. Yes, until we get that power back and heal those things ourselves too. I can imagine that you think this is impossible. But nothing is impossible, because with the Universal energy, everything is possible. The Universe does not accept sick people, because it does not know what sickness is! We can activate this, which is exactly what I am going to show you step by step.

I have a story to tell you about myself. I was sitting on a rock in my backyard. I had to get up to turn off a tap and turn on another. At that moment, I couldn't feel my legs and my back was hurting terribly. It was an old ailment that I had had for 35 years, a nerve between the dorsal vertebrae. Every time I got that, I had to lie down for days and take a lot of painkillers. At that moment, I could not get up and I was at home by myself. I sat there and asked



the Universal energy what to do. That very minute, I got the message; stand up and walk! Stand up and walk with this back, without legs? By focusing on that Universal energy, I stood up and walked. I did everything that day without any pain in my back.

You do not have to believe it. I know I did something that had been impossible for me for 35 years. No feeling in my legs, terrible backache and nevertheless just walk away and do everything! I know that this power is unlimited. You can ask this power everything. I will continue to use this power, I will find out more that is possible, and I will tell and show you later. You can find more about this in my “life stories”. In our simple, not so simple, human body, everything is possible. A body without numbers or digits, a body outside this matrix, a body with an open mind and the willpower to believe. With that, we are capable of doing everything, and I will write as long as it is possible for me, to tell you what I know about that energy.



## **- Chapter 16 -**

### **Why we are here**

As I have said in other chapters, we have a task to complete on earth. Each of us needs to accomplish a small part of one shared large task. What do we have to accomplish? We do not know, because we are not able to see the big picture of the complete life in our Universe. Most people think we are the only ones in this Universe. This is not true; there are enough people who can tell you that there are more lives for your soul and spirit. It is true that your body is only used for one life here on earth, but then your soul goes to another body, time and time again. Because many people think we are the only ones on this earth, they act like accordingly. They try to climb as high as possible, over other peoples' backs, to get the best place for themselves. If necessary, they will kill. You can see, for example, what leaders at the top are capable of in order to hold on to their position. Only to hold on to the

power, the goods and the money: All of which are things that do not matter in real life. Everything because of their motto “we live only once”.

All of this is wrong. It gives us the idea that we can do everything by ourselves. This is wrong too. In the chapter about Light, I wrote that we are all interconnected and need each other to be one with the Universal energy. We all have to accomplish a small piece of the complete life of our Universe.

Everything we do is for the Universal energy. We are like cells in a human body, each of which has its task to complete. It is selfish and foolish not to listen to the power. It also degenerates us, making us sicker until eventually we die without having accomplished our tasks. As if our human body is disposing of a dead cell when it cannot use it anymore. Our life is a cell that has to accomplish one or more tasks, allowing our soul to grow and go to a higher life form in the total life of the Universe.

This task that is meant for us, should be done in the place where we were born and live; the place is chosen for you and this is where you have to fulfill your task. Working with the energy you have, the energy of your soul and the Universe. Not everyone is born in a monastery, high in the mountains of Nepal. We have to do it here and others have to accomplish theirs in such a monastery. I know it is difficult when we are in a life full of money and selfish people to get connected and to stay connected with the Universe. But it can be done if you listen to what your soul is telling you to do. It knows the way and it can show you the path you have to go. Going to other places or going to one of those monasteries is not what we should do. When we come back, we still do not know how to handle this knowledge in modern life. All you need for this human life can be found near you, around you.

Maybe one of the most important missions now is to get people back on track and connected to the energy. If this fails, we are lost for all times and we humans will die forever. If you transfer the knowledge to others, you are

not allowed to ask for money, and we don't need money for that! The energy and our soul will lead us, so we keep living and stay connected with people who understand the importance of our task. We have to awaken people and show them they are heading towards a dead end. Accept the light and believe in yourself. Before you do, be sure you are strong enough to get involved with the energy. You must see for yourself that modern life is going the wrong way and your body must become healthy and strong again. This way, we can help others and show them the way too. Believe in yourself, in your soul and the energy of the Universe.



## - Chapter 17 -

### **Emotion**

We humans are emotional beings. Everything we do, is based on emotions. We try to solve problems by listening to our emotions, to see how to handle them. But what are emotions actually? Emotions are bottled-up feelings that come out when things become too much.

When we find ourselves in a situation in which there is something we do not understand or disagree with. Things become too much for the brain and from inside you get the feeling that you want to cry or talk about it with someone. Sometimes, our emotions become too strong to handle, the world around us getting us down. We get emotional, blurt out everything and tell someone about our frustrations. Showing one's emotions to others is like walking in the street naked, everybody being able to see you. Showing emotions is terrible when it happens with someone who is waiting to find your weak spot.

Getting your emotions under control is difficult, but possible if you want to. Ask the Universal energy to help you, and you can be released. It is not that you will no longer be emotional, but you will know how to handle such situations. You will see that time heals all problems and you will see what others were trying to do to you. Being emotional is no longer a problem and others cannot use it against you.

If you listen to your feelings and work with the Universal energy, you will see that you no longer have a weak spot that others could use to hurt you. It seems very common these days to find someone's weak spot and try to bring that person down in society. People make a living out of it and many psychiatrists earn great amounts of money to heal those who suffer from the effects. This is strange, because everybody can do it quite easily.

Emotions present the dark side of your life, like negative input. Banish negative emotions and ask the Universal energy for assistance. It is possible and you will get stronger in life, in spite of those who live off the pain of others. Follow your feelings, walk away when others are negative and keep away from people who want to hurt you. When you do that, the Universal energy will lead you to new places where others will treat you as a human being. Not accepting negative input makes your world positive and enables you to find your way.



## - Chapter 18 -

### Children (part One)

Many of us have children: Our children, our flesh and blood, our pride and joy, and so on. It is something special to have children, to see them grow and enjoy the first 15 to 20 years of their lives. It is great to be there for them, to help them growing up, but... what has actually been happening the past 50 years or so? We have been so busy with ourselves that we forgot our children!

At a certain stage in our life, we may decide to have a child. Before that, we probably both had jobs, a house, a car and perhaps we first wanted to do some traveling around the world. When the newborn arrives and the first weeks after that, we enjoy our first child. Proudly we show our firstborn to everyone. After some weeks, we need to go back to work. The child goes to childcare and the father and mother work the whole day. After work, one of them picks up the child, plays with him for a while and then takes him to bed. The parents work all the time to make money, because they believe money is more important than being there for their child. The first years go by quickly and the child grows fast too ... but there is one “little” thing. He wonders who his real parents are. He sees people come and go the whole day and only in the evening the same people pick him up and take him to a different home. He wonders whom to listen to and who is there to ask questions. Years pass by and as the child gets bigger, problems also grow. At school, there are always others telling him what to do and only at night there are the same people: they must be the parents! He wants to talk to them but they are tired and don't have time to listen. Where to go with problems? The child has now grown into a teenager, and at school he is difficult to handle. At night, in the place they call “home”, they do not understand him. Where to go? The child finds his solutions on the street, from other children who have the same problems. They live a street life, where they survive by fighting and later by killing each

other. When the time comes, he will have problems with our system, standing before a judge. And then the parents will tell the judge that they did everything for their child and bought him the most expensive toys.

What went wrong was simple: The child was educated by a lot of different people and later by other kids on the street. There was no home. There was no parent when the first small “problems of life” presented themselves. Nobody was there, only childcare, a teacher, and later the kids on the street. Those were the ones the child connected with.

In this matrix of life, many people are not there for their children. Later, they will cry because their child has become a criminal or does not care for his parents when they get old and lonely. It is not strange that the world of today has so many problems. We only live our own life, dominated by power, wealth, money and matter. It is not strange that we now have children who spend hours in front of a computer believing that that is real life. They see all kinds of things on their screen, see wars, play games, and kill hundreds of people and think “that’s real life”. And then we are surprised when that child goes to a school and shoots several other students! Why should that be strange? This is the real world for that child; if you can’t handle something, eliminate it like in a game! Their minds are like the program “kill to survive” and there is no parent to tell them that it’s not real life but only a game. Such children are largely the products of parents who never had the time to listen and talk to them. Parents who were never at home and tried to solve all that went wrong during the day in just a few hours.

The other extreme is parents who are so naïve and so over-protective that they feel they have to live their child’s childhood. Parents who believe they must solve all their children’s problems.

It's time to wake up. Children are products of their parents. Parents are the ones who make them, who place them in third or fourth place in their life (after money and material things). Don't turn your head away, thinking it doesn't apply to you. Stop looking through rose-colored glasses and see who you really are!

It's time to start making a better world, because we need children who learn from their parents. Parents whom they can talk to and, if needed, are there for them. Parents who tell them that computer games are not real and films in theatres are only fiction, manipulation by the system in which we live. Parents who give their children hugs and who show their children what happens if they take the wrong path. There are fewer and fewer real parents in this world: Parents who care and are there for their children. This is what we need if we want a better world. We need strong parents, who believe in a good world and in the power of real life. Parents who can listen and show their children that there is also another way to live life; a life full of surprises and full of energy, in which you can do things that are beyond imagination. We need children to get us out of this deadlock, and get the world back on track. There are children and parents who are doing well, the pioneers who explore and try to get this world on the right path again. Be one of them. Do not try it, but do it! And believe in that world: It is there right in front of you, take it, it is free.

***Do it! Do it now!***



## - Chapter 19 -

### **Ball of light**

What exactly is life?

Life is as we see it now and the way we live is important for the Universe. We are not here to dominate, to collect items or to kill any life forms. We are here to reach a higher level in life, each time we come back here on earth. In a “higher life form”, time, space, domination or positions are not important, because these are “earthly things”. We need to accomplish different things, being a part of that total energy of the Universe. In the space of our Universe, there is always one thing that stays the same, which is the light that is everywhere. Everything depends on light and is connected with it. However low the density of light may be, it is everywhere. Without light, there is no life. I wrote in a chapter about sunlight, what sunlight does for Mother Earth. We now go a step further and look at about the light of the Universe. All living creatures depend on light and each has its own light. All living things around us, including us, have our own light. We are connected with that light and hence with each other. We depend on each other, because we need the light to survive. Every living creature has this light; a ball of light, which is also called our soul. The soul goes from body to body, to accomplish its task in the total Universe. This ball of light (i.e. the soul) stores the sum total of experiences of thousands of years, but we fail to make use of these experiences. Strangely enough, we seem to think that we do not need the power of this light, the energy of the soul.

Nothing is more important than light, for each life form. I wrote a few lines ago that it is the connection to the total energy of the Universe. When you meditate, or talk to that energy of the Universe, you can feel and see the light inside you. By asking this light to help you, or to help you heal, the light (soul) will show you the way. It can make you stronger, or give you the power to do extraordinary things.



It is strange that we humans ignore the assistance of our own soul and light. We are afraid of its power and no longer believe in it. Perhaps it is not so strange, because for a long time people and their systems have manipulated our minds, so we do not have to think for ourselves. We also have computers that tell us what to do. To accomplish our life's tasks, we need to go back to the basics of life and become connected to our soul, our inner light, so that we can get on with real life. Living separately is not the way to live. In that way, you cannot accomplish the task that you must fulfill in one life.

We all have different tasks to accomplish, but to accomplish them we need to work together and we need the energy of this light. We must respect all life forms, as well as nature with its plants and animals, the sea and the air. If we do not respect them or our own human race, we cannot accomplish anything. Go back and be a part of this light and listen to your soul again, listen to what you should do and take new energy from your soul. The ball of light is the key to raising your life to a higher level.



## **- Chapter 20 -**

### **Perfection**

‘Perfection’ is a powerful word and one of the most terrible ones in our vocabulary. What do we understand by perfection? We all want to think that we do things perfectly, that we are perfect and that the world is perfect. This is not true. It is only an illusion. There is no perfection! Indeed, perfection is an illusion that we get from people around us. In this world of the matrix, we hear the word perfection constantly. Our technology is perfect and we have the most perfect computers. Since we have been living in the matrix of perfection, we have been in a state of constant decay and allowed ourselves to fall into slavery. We are nothing more than slaves of technology and of the system in this matrix. Our Universe is almost perfect and so is life around us, but even this is nearly perfect, not entirely perfect.

Every second, the world and the Universe around us keep learning and this has been so for millions of years. They are learning, because they want to learn and they are open to it. If you are learning, you are not perfect yet, because if you were perfect nothing would need to be changed. Working in the way of the matrix and the world of imagination is working in a world of numbers and, therefore, a total waste of time. Nothing lasts forever and especially this world of numbers is doomed. In spite of all these numbers and billions of people, we are unable to solve wars, pollution, sickness and killing. It becomes harder by the day to accomplish this, to return to a world of understanding. Ultimately, we will not survive this way of living and the Universe will restore earth in its natural proportions. If we humans do not want to learn, the Universe will take the right to interfere in this world of numbers, our so-called “perfect world”. If we keep destroying earth and ourselves, we forego the right to live and all those endless, everlasting tasks will be like a sore in the total Universal energy, which needs to be removed.

Our selfish way of thinking that we are working in perfection is only a blinder. Do not believe in perfection as long as you see earth crying and rotting. As long as this is happening around us, we know there is no perfection!



## **- Chapter 21 -**

### **What happens in a drawing?**

Before I start a drawing, I have already created the picture in my mind. The entire drawing is finished by the time I start. All that is left for me to do, is to put it on paper! When I start to draw, I work from my heart and soul. Because the drawing has already been created in my mind, I can give it the extra touch it needs in order to become a “drawing that is alive”. There is a great deal going on inside me when I sit at my table. After every

session, I'm completely drained, tired and empty. When I am finished, the message in the drawing is unique and it will be there forever. For me, a drawing is a representation of my heart and soul. Some of these drawings may seem very realistic and look like "nice pictures". If one draws in a more profound way, one feels more. Composition and colors are important and so is the way the elements are placed. All these aspects together may be part of a healing process for someone who looks at it.

Some examples of what colors do: On a dark, rainy day, everything is gray, a picture on the wall, depicting a war scene, or many dark parts, will do no good to your inner self. A picture of a beach scene, or one with happy bright colors, however, will. Such drawings tell you a complete story in the way they are made and how the artist has tried to put a message into his drawings. A simple poster always looks cold. It is a copy of a "perfect looking picture" and it never contains the Universal energy. Because there is no heart in the poster, no soul, it is only a piece of paper printed with the brightest colors available. However, it's not only the colors, which are important, there is more.

Each of my drawings has its own heart and soul. A drawing need not always come from the inside of the creator. Many who call themselves "artists", do so because they think they create. This is the point: You can feel it when a real artist is working, or when someone is merely applying charcoal or paint to paper or canvas.

Real artists work, feel and express themselves, and their work looks like a piece coming straight from the heart and soul. The work is not merely a series of drawings made for money! Let your heart and soul guide you and put that on paper or canvas. This is what makes you a real artist!



## - Chapter 22 -

### **Our food**

We all know and agree on one thing, which is that “we need food”. Strangely enough, this is one of the few things we all agree on, but it’s even stranger that we do not know for sure whether it is true. There are people who believe we can live on light, others on air and others need all the meat from their menu.

Life in the 21st century is like a prolonged stay in a fast-food restaurant! Every corner of the street has its cafeteria or restaurant. The main thing our supermarkets do, is keep us supplied with food, so that we can continue eating. With all that food around us, we should be healthy. And only people who do not have enough food, should be starving. Reality is different. Look around you and see how many of us look like balloons! Others are constantly on a diet, some being so thin that they might be blown away by a blast of wind. But are they healthy? Not really; they all share the same problem. They are eating poisoned food!

All the food they eat is poisoned! When I see a “perfect” red tomato, or an apple without any spot on it, or a colorful dish, I see only one thing: a collection of poisoned food. People only see the outside and fail to see what is inside. All these nice perfect colors and perfect looking dishes are there to entice you to eat the poison. Products have been sprayed with all kinds of chemicals to make them look perfect. They are full of fertilizers because they have to grow fast. Nature farms are a new way to sell you food, but all you get is manipulated food. Then there are all those ready-made meals, which use microwave poison! It’s artificial rather than real food. It is amazing to see what companies do to sell their products. There is no natural taste, vitamins or minerals. This need not be a problem, though, because we can buy these vitamins and minerals in a bottle at our drugstore. They are said to be healthy and our body needs them all, from A to Z.

It is like living in a movie, where nothing is real. People believe what companies tell them and the only ones who stay healthy, are those who know what is in these products and dishes. The vast majority of people are sick because they eat poisoned food. Indeed, not sick because of a virus or some terrible illness, but because this kind of food breaks down their bodies. What has become more important than anything else is that the food looks good. It does not matter if it's poisoned. Just like someone who looks "so young" after numerous facelifts, that nice looking, perfectly colored, spotless apple is not so great inside!

We can do ourselves a great favor by eating fresh food. It will help our health a lot. Avoid fast-food and microwave stuff. Do not look for that perfect apple every time. Beneath its shiny appearance there is very little that is of any value.

Why should we eat all this poisoned food? The answer is simple: because we all act like sheep. We eat exactly what TV, radio and the supermarkets tell us is good for us. Believe all the advertisements and you end up thinking that if you don't eat what is advertised, you will get sick. But there is more wrong with our attitude to food. Look at the wastage. People buying a meal for the free toy that comes with it in a fast-food restaurant. The food is not bought because one is hungry, but because of the toy! Drinks are no better: Coke, Pepsi, sport's drinks, even milk is poisoned! And with every glass, we add more poison to our bodies. We give our children this poison too, just because their friends drink it. If you come to my house and I give you a bottle of recognizable poison, you would go straight to the police and report me, but if I give you a glass of Coke, you drink it and want more! The world is rotten and so is all the food you eat. The vicious circle is unbelievably effective: we eat poisoned food because the system tells us it is good for us. The same system also tells us to do something about our health! The system spends billions on advertising to promote poisoned food. Later, the system spends billions on health care. The same system that tells us

to eat poison! Who is the big winner? Indeed, the system earns billions both on food and on medicines.

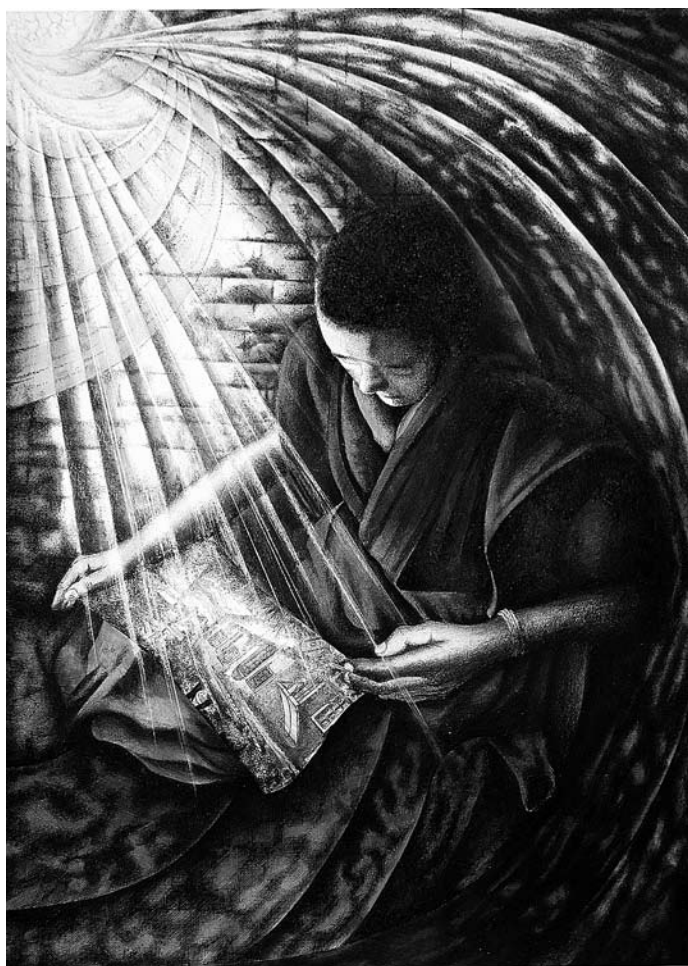
All the meat we eat is poisoned too. Cows and chickens never see nature. They have to grow as fast as possible, to get ready for slaughterhouse: it's a big money-making scheme for the system. The meat we eat today no longer has any connection with nature or with the Universe. And we don't need the amounts of meat that we eat. The advertisements of cowboys eating large steaks merely suggest a healthy life, but the only purpose is to make you buy meat.

To get healthy, there are some simple but important rules. Stop eating fast food, drinking sport drinks, alcohol, Coke and other chemical drinks. Stop looking for that perfect apple, fruit or vegetable, the nicer it looks the more poisoned it is. Forget chicken meat, beef meat and pork. If you really want to eat meat, a small piece is enough.

The new gym generation, people who live what they consider healthy lives while eating poisoned vegetables, drinking water from the faucet or from a bottle of sports drink. They are thin, because that conforms with the general concept of healthiness. But these people are like sheep, listening to everything TV tells them! Listen to your body, it tells you what it needs and what is good for it. Look for fresh fish, fresh fruit and healthy water from a spring. You may think that this is impossible, but that is because your system does not want to feed you that way. If you do, it would lose billions!

***It is YOU who decides to live healthy, eat healthy and be healthy!***





## - Chapter 23 -

### **My second angel**

Talking about angels is strange for me. It is strange, because there are so many other things than angels. There are many unexplained things and many people are ready to give all credits to their guardian angel, but what they don't realize is that they did it themselves. What I am writing in this chapter is an exceptional drawing I made of a young girl, who died in a motorcycle accident.

A while ago, a father told me about his daughter who died in a motorcycle accident. He made contact with her later and she told him: *"Everything is okay now, dad"*. After that story, I asked him to bring me a photograph, because there was something I wanted to know. During the last years of her life, she had talked about a light she saw.

A few weeks later, I started making the drawing of her. After the first few lines, nothing happened and I thought it was me, that I was not ready for it. A few days later, I started with her eyes and what happened was strange. Normally, by then, I have connected with the person and seen his or her past life and what lies ahead. This time there was nothing there, only the message: *"She has already left this body"*. I asked the father when the picture was taken and it turned out to be a photograph from 3 years before the accident. This was strange, because there was nobody behind these eyes. I kept drawing and bit by bit, information came through. Information that I never believed possible. When the drawing was finished, I created a background in blue, with a lot of light around it and then I understood.



What had happened to this girl made me cry and everything about her life became clear. I had never experienced this before, and it was a remarkable story that I shall never forget.

This girl knew from the beginning that her life would be short. She was not sick, on the contrary, she was extremely healthy. She had one thing to do on earth: Help a man by bringing him back to the total Universe. She was the one who offered her life to bring him back. She came on earth beautiful and full of energy. In her young life, she met that person and she helped him. Until the day he left this world, she was there for him. She was just a teenager, full of life but she had completed her mission. The problem arose when she did not want to go back to the Universe and started to work for many organizations to show that she was still needed on earth. Her mission was over, however, and the light started to follow her more and more, to get her back in the Universe. The light frightened her and one day when she rode on the back of a motorcycle, the light followed her and came closer. The rider saw the light too in his mirror. She fell off the motorcycle, knocked her head (with a helmet on) on the curb and the motorcycle rider saw the light leaving for the Universe.

She was the second angel I made a drawing of, but this one was special, due to the strange experience of seeing no life in her eyes and the information that I received later being so intense that I now know for sure she was an angel on earth.

A short earth life but intense and full of energy. She was here, as for a drawing, my second angel.



## - Chapter 24 -

### **Do not fight the system!**

When you read this, you will think “Anyone but him”. He wrote so many chapters against the system and now this title. It shows that you have read my writings. I write to let you know what the system is doing to you. The system wants to be a master of your life and body.

You may try to fight it and hope that the system will let you stay in your own world. Instead, the system figures out exactly what your weaknesses are. Negative energy gives the system the power to play with you. It knows how to enter your life and use your negative energy.

In an earlier chapter, I wrote about emotions. Showing emotions by opening up yourself when you are angry, or being negative in the presence of others. This also opens a gate for your enemies. At this stage, other people or the system collect enough information about you to manipulate you, to work against you. Why would they want to do that? Simple: fighting all this negative energy keeps your mind and body away from the real world and away from what you came here for. You have so much work to do by constantly fighting that there is no time left to work on yourself and the Universal world. When you keep thinking positively and keep your mind clear, the system and its negative servants cannot touch you, because they cannot deal with positivism. There is no way in and hence they cannot control you.

Fighting is the same as showing emotions. What you can do is to write things down with a closed mind, without emotions. What happens then is that the system does not know how to respond. If you keep your mind clear and your soul open, the system cannot touch you.

The system was created thousands of years ago. But today, it losing more and more control. The system is taking a step backwards every day, because more and more people see what the system really does to human beings. It thinks claims to be able to handle all the world's problems, but that is impossible. At the same time, the system does not want to learn what Universal power is. It uses computers and digits to calculate everything, but as I said before, nature cannot be calculated! Nature is the Universe, just like we are people and we are not made of digits, but by the power of the Universe. This is the reason why the system is losing every day. It cannot control all that Universal power any longer and cannot see the messages. As I said before, I have never fought a physical fight. I do not need to, as there are better ways to get things done. Fighting never solves a problem, it only allows your enemies to see your weakness. This is why no war ever ends. It is not easy to walk away from a conflict and do nothing, but if you succeed, it completely disorients your opponent.

The system will fall and die soon; that is not the problem. The problem is that when the system falls, it will take innocent people with it.

- Look around you, write down what you see and why you think it is going wrong.
- Try to open people's eyes, so that they will not follow blindly what the system tells them to do and go down with it.
- Do not get involved in this negative world.
- By writing it down, you will see how you usually handle problems in a negative way.

Can you see the big picture?

Almost everything you do is negative. This is why you are still here to learn.

Let us approach the world's problems with positive answers and throw away 99 % of your books. In the end, maybe you have only one piece of paper left. By seeing everything in a positive way, you will see that the 1 % left is not a major problem at all, but one that is easy to solve.

Positivism is the most powerful weapon we have. But it is wrong to talk about weapons, because we longer need them.

When you see everything positively, there is no longer a system. Keep that in mind.



## - Chapter 25 -

### **Experiences**

In this chapter, I would like to show you how I lead my life with the power of the Universe backing me. The same thing is happening in your life.

I have always known that there is more than what I can see around me. Having lived for more than 50 years, it is time to write things down, to ensure they are not lost forever.

I was born in the Netherlands, in May of 1954. Our home was located in a large forest in the south of the country. Only a few people lived in those woods and the nearest neighbour was more than a mile away from us. The first seven years of my life, I was fully connected to nature and Mother Earth. Most of the time I played in the woods and my friends were the animals and plants around me. As a child, I was by myself in that large forest, but I never felt alone or lonely. Every day was a special day, because there was so much to learn from the animals and nature around me.

The first proof of there being more came when I visited elementary school and I met other children. In school, I found everything a waste of time. What did I need all those things for? Most subjects I had to learn there, were of no use in further life. My clothes were different from the other children's, so we were strangers to each other. I never fought at school and to this day, I still haven't been involved in a single fight. Fighting is a sign of weakness. As young as I was, I solved problems by talking or by taking a step backwards.

The second proof soon followed. One day, I was standing in front of the back window of our house watching the bad weather and animals trying to find food. Some squirrels were playing there, including my favourite, which I called "Mieke". She was a squirrel that came to the house every day to get some food out of our storeroom. In a split second, I saw something large and burning heading straight for our house. It was a fighter jet about to crash down on us. In that split second, many things happened. It was not my end yet, that was for sure, but that burning plane would be my end, if nothing changed its course. I kept looking and saw the plane making a 45-degree turn by touching a big birch tree in our backyard. It was enormously big for me, as I was only a small boy. By making that turn, the jet plane did not crash on our house, but on our neighbours' further down. I ran to the next window on the right side of the house and saw the plane burning in our woods, in a big ball of fire. My mother pulled me back seconds later, to get us outside the house, afraid of the explosions that might follow. That plane was destined to crash into our house. That tree was my playmate and I talked to it often, and the tree saved us from the plane crash. How this was possible is clear to me now, because with my thoughts that this was not the end of my life and with the help of my playmate the birch tree, we changed the course of that plane. I thought for a long time that it was a miracle, but now things are clear to me.

By the time I was seven, we moved to a small village. This was a difficult time for me, because I had to leave my playmates behind and had to play with the children from school. For me, these children were "simple",

wasting their time trying to learn. Sitting at school desks, listening to what one person was saying. It was and it is still a waste of time. What is more important than learning directly from Mother Nature? One could see that they depended on what the teachers told them and the most terrible thing was that they believed them. Making them brain dead, cramming all this unimportant information into their brains. This is what happens at most schools.

I continued to work and think in my own way, and this has worked until today. I have survived and I now have a beautiful life. I never had very many friends, only a few people who have also found another way to live a pure life, have become my friends. I had a friend who was addicted to drugs and I told him that I did not need that to be connected to higher forms, or to survive. I asked him to respect my point of view and not to force me into his terrible world. I never had a problem with this friend. He always kept me away from his problems and respected my way of life.

Another friend was a businessman and we did a lot together. At some stage, he also started to take drugs. But he respected me and never involved me in the problems of his addiction. He eventually got over his addiction and became a big business man in Greece.

I was very young when I found out that I could draw. After practicing for a while, I started to draw people. I started with a drawing of “the Night Watch” when I got sick. I did not know what was happening; all these people in the painting were telling me their life stories. I was so confused about what was going on with me. A few months later, I made a drawing of my grandmother and while I was doing it, she told me she would die that same week. I asked my father if grandma was sick or something like that. “No she is fine,” my father told me. A few days later, she passed away. From that day on, I knew that people would tell me their life story when I make a drawing of them.

By drawing myself, I saw my entire life and that was a big mistake of mine. I learned from that day on, to keep distant from these messages.

So now, when I draw people and I do not need any information, I just keep myself closed.

At the time when I was making these kinds of drawings, a social worker came to see me. She worked with people who had many problems. She had just bought several drawings from me and I asked her why so many. She told me that my drawings helped her clients to get over their problems, because after looking at my drawings, these people could tell what was wrong with them. Through my drawings, I help people to get back to life.

After this period, the system managed to get me down more and more. I thought there was no way out and I fell into this vicious circle of the system, earning money and making a career. I started an advertising agency, because it could make me rich. Indeed, I did get rich sitting in front of 5 computers day after day, from 7 a.m. till 11 p.m.! After 12 years of working like that, my health had become so bad, that I only lived on pills and doctors told me to give up my agency. One doctor eventually told me: "I will have to put you in my clinic for a long time!" How could I stop that agency? My clients, my work, what would become of those? Thousands of questions and nightmares, because from that day on, there would no longer be a big pile of money! That same week, two things happened. My tax adviser told me that I made a lot of money, but I spent too much and so the treasury would keep watching me. The second and most important thing was a small story I came across:

*A man named Fred was sitting under a coconut tree on the beach.*

*A man called Ben came by and asked Fred why he was not working.*

*"Simple, I have everything", answered Fred.*

*Ben: "I see you just sitting on a beach doing nothing and you have nothing!*

*Why don't you go sell your coconuts?"*

*"Why should I do that?" asked Fred.*

*"So you can make money and start a factory," answered Ben.*

*“And then what,” said Fred.*

*“When you have your factory, people will work for you, you make a lot of money, you can buy cars, a big house and even a boat,” answered Ben.*

*“And then what?”*

*“When you get that far, you can sail to an island and sit on the beach enjoying life”.*

*Fred asked Ben: “**And what does it look like I am doing right now, here on this beach?**”*

This story was the turning point in my life. I took my files, I went to my clients and told them to find another agency after 12 years of my service. From that day on, I have felt reborn. My life took a dramatic turn and I came back to the life that I led as a small boy in the woods.

I started to draw again, but I also made sculptures. Over the years, I had almost forgotten all that I had learned during my first seven years in nature. Now I am back again, surrounded by nature and all its beauty. I know how to use the strength that I have learned to handle these years. There was something I could not explain then, about the power that always helped me. The power that made me lift 300 kilo of concrete of the statue I made. One Sunday, I wanted to start a big statue, but the concrete was on the floor and I needed to have it on a table. A voice told me that it was possible but I had to do it that very moment. I did and that Sunday, I lifted 300 kilos, put them on a table so that I could start my new statue.

A year later, I did the same on the hill in our backyard, I lifted a piece of concrete and put it back where it belonged. The same voice had told me: “Now’s the time to do it” and I put the concrete in its place.

During the period when I was not connected with nature, strange things kept happening. I did not notice and did not ask for explanations, because for me, money was the most important thing. But my strength never let me down.



I once built a house single-handedly. When I started, I weighed 110 kilos, but by the time I was finished - a year later - my weight had dropped to 62 kilos!

Some years after that, I built a swimming pool. I dug a hole of 11 x 6 x 2 meters by hand in the rocky ground here on Curacao! Three months after I started, the pool was ready and we enjoyed swimming in my handmade pool for many years. I did all this without knowing that I was playing with the power by using my body. With all that work, my body kept going and the strength of the Universal power was with me.

One day, I was driving fast on our highway. My top speed on this island was around 110 km an hour. This time I was also driving so fast, but I had to make a turn. The brakes of my car did not work and I was approaching the turn quickly. A turn to the left with cars on the right side of me and two other ones coming straight towards me on the other side of the road. I was able to make that turn precisely between 4 cars, without having an accident! My brakes worked normally after that turn and relieved, I returned home. Again, it was not my time and I had the same feeling as in the case of the plane accident. More and more, I started to see what was happening. It is the way you see life and the way you live with the power and nature.

I have written about a number of things that I have experienced and now - after 50 years - I am starting to see the big picture of my life.

Let me give you another example of something that happened 30 years ago. I saw my neighbour working on the roof of his house. I am afraid of heights myself and never go up a ladder that has more than three steps. He was standing there all alone, so I offered to help him. Before I knew what was happening, I stood on his roof, 10 meters off the ground, helping him build his son's new room. I was not afraid at all that moment, even though I was 10 meters high!

Another example was when we were working in our garden. My father and I were trying to get a steel post weighing more than 150 kilos out of the ground. After a while, the post was still standing there and it looked as if we would never get it out. My father went inside and I was down on my knees trying to get out some more sand from around it. In a flash, the post fell over, only 10 centimetres away from me. Again, it was not my time!

For 7 years, I played handball, being a goalkeeper. Everything went great and I became so good that I was asked to join a better team. One day, I was invited to join a training session with one of the national teams. I stood in the goal with 20 people in front of me. The coach loudly asked me: *“How many balls from this national team will you allow in your goal?”* I answered: 2. He laughed and made a fool of me telling the players; *“He said he will hold 18 of the 20 balls out of his goal!”* Everybody laughed and the first shot was fired. Guess what, I stopped 18 balls, and only two balls got in!

Not so long ago, I was sitting on a rock in our garden. I tried to get up, but I could not feel my legs and I fell back down on the rock. It was a nerve in my back, between two dorsal vertebrae. It had happened before and in those cases I had to lie down for a week. No problem, because it always disappeared again. Still sitting there on that rock with nobody at home, I thought, “This must be over now” and I asked the Universal power for help. The same minute, I got a sign to stand up and walk. And I stood up and walked again, being able to do all the work that I wanted to do that day.

At this time, I was focussing more and more on my health. When I was badly ill, I used to take many pills to keep myself on my feet. My migraine was terrible, the pain throughout my body would get me down completely and my sinuses felt as if they were permanently blocked. All day long, I had headaches and sinus problems. When I asked the Universal power for health, something strange happened. I threw all my pills away and from that day on, I have not taken any pills or other medicines! The sinus problems never

returned and my migraine has gone forever. Every day, I talk to the power; it makes me stronger, even the flu that I normally had every 2 weeks, has disappeared! This power, this Universal power, which is around us and in us, can take all sickness away. My doctor does not see me anymore and he cannot believe what has happened to me.

One last thing: We once had visitors and I was making sandwiches. While I was cutting the bread, the knife cut deep into my little finger. I got a tissue and sat down in another room. Holding my finger, I asked the Universal power to help me. The bleeding stopped and 3 days later, the finger had recovered. The cut was gone and everything was normal again.

All these things happened in my life. I direct myself, I survive and do not believe in the end of life right now. Many things have happened in my life and many of them are beyond imagination, unexplainable. But there is an explanation and this is the power of the Universe, you and nature! After I left the woods from the first years of my life, I thought that I knew enough about life, but after I got connected with people, life took a different turn. My knowledge faded away and the system got its hold over me more and more. Even then, the Universal power never left me. It was always there, even in the most difficult times. Once I sat by the swimming pool looking at the stars. Suddenly I realized, “strange, everything I dreamed of has come true! I had my big home, several cars, a boat, a swimming pool, apartments and so on. All my wishes have come true”. From that moment, my life took a terrible turn. There were no more wishes and I thought that this was it, this was life. Within a few years, everything turned upside down, I lost my wife through illness and my children left me. I lost my home, my boat, my cars and people who worked for me, left. I had no goal to accomplish, so I became sicker and sicker. I thought the Universal power was gone. Then one day, I had a wish again, a wish I had forgotten about for a long time and I had never asked for. I wanted my health back! From that day on, everything took a positive turn. How stupid had it been of me to forget the most important wish in life “Being healthy”. I had forgotten that material things are not important at all if you are

sick. With all the money you earn, you cannot buy health. Strangely enough, many people do not know that good health comes for free! Without my agency, my cars, my big house, my pool, et cetera, I still have enough money to live on and I now have a much better life than when I had all those things around me. This one wish is the most important one in life.

That night - when I sat by the pool without having a wish or a goal - was the turning point in my life of wealth. A life full of problems, but still with the help of my inner power. After that day, my inner power left me and I became sick. Now I work every day to keep healthy and to teach others how to live this way. For me, this is the biggest goal I ever want to accomplish. It is very important to have a wish, something to work for. Not winning the lottery, because that is not important in life, but something that enables you to grow and that shows you the way to the Universal power in yourself. A wish that I will accomplish in my life, helping people and showing them the way. So many people live in a way that leads them to a dead end. Only a few of the billions of people who live on this earth know this way, some of them make a lot of money by turning it into a big show. I do not want money, I want to help you and the gift I get from you is when you live a better life.

I keep writing, because I believe some day you will read this, so it will also change your life. Then you will see true life, the life from inside you. There are people on this earth who have never had health problems and they have come so far in life that we cannot even imagine. I do not claim to be one of them. I do not even want to be one of them, because they can no longer help us. They do not live for us on this earth, but for themselves in another Universe.

I am learning every second of my life and will do so until my last breath. However, before that happens, I will work for you and the power. People have to leave the system of digits, called the matrix. They must get their lives back and work with the Universal power, helping others.

Universal power is priceless; it cannot be paid in money. My reward will be when you learn and see that new life too!



## - Chapter 26 -

### Simple

“Simple” is a powerful word, which we use too little. It is the word that tells us that we live in a complex world. The word “simple” does not apply to our world of technology, computers and our system. Schools make everything complicated, so we need more years to complete the learning process. But what is it that we learn? We learn to do everything in a difficult way. What we learn has no relevance for the real world. Take medical doctors and specialists. They study the human body and find billions of cells, but they forget what a human body really is. What we have forgotten, is simplicity, the key to everything. Life is energy and energy is life. Our bodies are no different from a simple rock, water or air. We are like the animals, plants or fish. All of life has to do with energy! Energy has been around us for millions of years, but we have now reached a stage where we have forgotten what the key is to our life. I have read many books, seen millions of words and sentences, but I have learned more from being outside, seeing how nature handles everything. Plants come and go, as do birds and all the other animals. Looking at everything, one could say “life is so simple”. We make everything complicated and at the same time, we believe that we get more and more things under control. But there is no control, because the lives we live are already completely controlled by the one power that we call “energy”. We all are a part of that energy, we live by its rules we are unable to control the energy, because we lack the power to do so. The reason why the world is so complicated today, is because there are people and a system that want to make everything look complex, to prevent us from understanding it. They themselves do not understand it either, but those who make the rules can think they are the rules.

The main point is that we have forgotten how to live in a simple way, how to deal with our problems in a simple way. By surrounding problems with complex matter, we fail to see a solution, and we look at other people to help us. By seeing, looking at a problem simply and giving it a chance to be absorbed by the total energy, the solution will come by itself.

The next time you face a major problem, do not react like the system. Instead, wait and let the Universal power handle it. The solution will be there as soon as you need it.

*That is Simple!*



## **- Chapter 27 -**

### **There are no supergods on earth**

This may sound like a strange title. For many years, I have studied all kinds of ways of living. I have come across people who believe they are supergods. They think that what they say, is the only truth. This is false, because they ignore the goal of healing and helping people. In the world in which we live, there are no superheroes. All of us are equal and we all have different powers. Most people do not know how to use these powers. Others are not interested, because they think they do not need it. Some people make a big deal of this power and think they are gods. The people who think they are gods, have a problem. They need others to be someone. They trample over others to get to the top. What they also do is try to get as much energy as possible from other people. For me, this is the same as taking someone's life! It is bad to take other people's energy and use it so you can keep working. There is enough energy around for everybody and you can take as much as you need. But people like this take it from you, making you believe that they are almighty. Just look around you. People who think and talk about an idol are completely obsessed and absorbed by this (wonder) man or woman.

The idol has complete control over these people, because idols take people's energy to show them how powerful they are. It is the way to get on top, to get people around you who think, "he/she is the best". So they take power from others to make themselves stronger.

In real life, many people do so. Your boss wants to be powerful, an artist the greatest, a sportsman the best, a doctor a superman, et cetera. If you were to stop and think how many people you place above yourself, it makes you feel like nothing. But it is what they want, you feeling Mr/Mrs Nobody. When you are nobody, they will be almighty. You may do everything by yourself, work miracles among other things, while they get all the credit.

What I am trying to say is simple. There is no idol, there is no supergod and there is no superman! We are all the same and we can do everything we want, as long as we believe in it. Believe in yourself, believe in the power and believe in what is around you. Keep your eyes open and do not place anybody above yourself. I have already said in another chapter that God is not a person, God is our entire life, we are in the middle of it and so we are all God.



## **- Chapter 28 -**

### **It is Okay**

It's okay to think that you know everything and nothing is new in life. It makes you one of the first human beings on earth who thinks he/she is perfect. But perfection does not exist. By merely reading or talking about life, how to live and what to do, you will never get to experience the Core of life.

Looking around me and reading on the Internet and in books, I get the idea that some people believe they are gods! They write books, almost impossible to understand, using many difficult words to explain something

simple like “what is life?”. There must be hundreds of thousands of books written on that topic alone. There are people who claim to make you healthy for a modest fee. Others talk incessantly to make you believe that you will be fine for the rest of your life if you give them your money. Others give you the feeling that you are a nobody and that they are a God on earth.

What is happening here, is very simple. Some people make a lot of money out of other people’s misery and feelings. They break you down further, and then they appear like angels, to help you, for a reasonable price. This will make you feel better, they promise. Others send you a book for what they consider very little money, but you need a dictionary to understand the words in it. And even then, you are unable to follow what they are talking about. All this because they are hiding something that you can have for free and that is already in you! What they try to sell you is something you can have for free. IF..., yes, if you know how to get it. Health, friendship, happiness and feeling fine are free.

Over the years, I have read many books because I wanted to know more about life and death. Strangely enough, I never found anything I didn’t already know from the time I was born. Why is this? Why do I want to find in books what is already so clear, what I already know, which is how to get on in life?

The reason is that I missed a link. I found it through friends who told me indirectly that one has to believe. Believe, but believe in what? Believe in yourself and the power of the Universe. That’s all it takes. A single word in all the millions of books, holds the key to the solution of all problems. **BELIEVE.**

Most religions are based on believing, but that is not the kind of believing I mean. Believing in God, Buddha, Allah and so on, is something created by people. All holy books were written by human beings who wanted to gain power over others. Most of these wars waged around the world were



started because everybody believes in their own gods! Believing in God is not a problem, but believing in God as a person or an almighty one is wrong, because God is not a person, nor does God dictate us or force his will upon us. God is a power that is all over the world and in the whole Universe. The churches that tell you how to live your life are those who want to have power over people's lives. Today's world does not know better. But we need to learn and accept that what is important, is your own life, your own power and your own way to help others.

Many think that we have to pay for everything and come up with lots of money to get the answer to the question of how to live. Only few know that all of this is free. You do not need to take my word for it, but just think about it.

*Life is too beautiful to miss a single moment.*



## **- Chapter 29 -**

### **Seeing**

When we were born, we got two beautiful eyes. Whether they are black, brown, gray, blue or green, all are capable of seeing light in different forms and shapes. These two eyes are masterpieces in every human body. With these eyes, we can see everything around us; we see the shapes, colors and beauty of nature and human life.

But what do we do really with these two eyes? Not much, because people do not really look. I have worked in the field of art for some 50 years and I have always had the same problem with my students: they don't see! Many people are virtually blind. This may sound weird, because almost everybody can read, drive and see what is happening around them. This is true, but this is not the "seeing" that I am talking about. I have created a drawing course just to teach people to see what is in front of them. It is incredible to

see the problems they have in seeing simple objects. When I ask somebody the color of the T-shirt I wore an hour before, they do not know. How often do you think “What did the man I spoke to just now look like?” We all have a serious problem; we do not really register what we see around us. We talk a lot, but we forget to listen and to see! We think things do not change or we think the information is not important enough. If a man with an ugly face is bothering you, you will remember his face for weeks. In such a case, you are able to imprint that face into your mind and hold it there. Why do negative experiences stay in your mind more easily? Why do we not keep the positive things in our mind and erase all the negative images? People who have had a car crash, continue to see those images for years. Why do we not see the peaceful seascape in our mind for a long time? Our brain is so busy absorbing negative images that it has no time to register all positive things. On the contrary, it seems as if we are waiting for negative images and that we are eager to see them, because deep inside us, we like them! Yes, you are the one who holds on to these negative pictures.

It is important that you learn to see and store everything positive in your mind. When you look around and see children playing, watch them and enjoy their game. It will add to your pleasant experience on a beautiful day. So does the butterfly sitting on a colorful flower and making you feel happy. There are thousands of examples every day. You only need to open your eyes and let the power of these images give you happiness.

Learning to see is not easy, though, because during the course of thousands of years we have lost the ability to see. But if you want and if you accept to learn, you will find the beautiful world of images again. From now on, every day will be an exceptional day.

A simple exercise:

- Sit down somewhere.
- Focus on a simple object in front of you.
- Look at the object for one minute.

- Close your eyes and visualize the object in your mind.
- Can you see its shape?
- Its colors?
- Look carefully with your eyes closed and if you are ready, open your eyes and see what you missed in the image in your mind.



## - Chapter 30 -

### **This moment**

This one split second in one human life. What in the world can be more important than this second? Nothing, wouldn't you agree?

The reason why we have so many problems, is because we keep thinking about everything, trying to find solutions.

What is wrong, is to think about what will happen the next hour, tomorrow or next month. We want to find the perfect scenario for every new problem that emerges, but we also think back about what went wrong and why it went wrong. This is what happens: We live most of our lives in the future or in the past, and we forget about the present, "now". This second that gives you a new view on your life. This split second that gives you a great feeling when you watch a bird playing with its mate. This split second that shows you the beauty of life, the beauty of your children. We simply ignore the beauty of this second and fill it with thoughts that never end and that will never give us any solution. This beautiful second is gone, lost in negative feelings about the past and the future.

Why do we do this? Simply, because people think too much and believe that they need to think all things over in life, forgetting to enjoy this moment.

Is thinking not important then? Let me put it this way. If you always live in the past or in the future, you are not really living, because nothing new will enter your life! You allow negative things to affect your life freely, because you are too busy pondering. It is important to live your life now, it is perhaps just as important as breathing. Look at the world around you, feel and enjoy the great things you see.

How many times have you heard yourself say: “It is so sad that the children are growing up so fast; before I know it, they will be going their own ways”? This is a clear example of modern life. We do not have the time to see our own children grow up, because we are too busy making money. We are always working, busy doing other things, but a simple thing like looking at what your children are doing, is too much. We always have something to do and tell the children: “keep quiet”, “I am working”, or “I’m busy”. This is why you think your children are growing up so fast, because you are not connected with them and only see fragments of their lives.

It is hard to understand people who take their children in kindergarten every day, to spend all their time there. These parents will never know how their children are growing up. The children are missing out on their parents’ love and attention. Later, the parents are surprised that their children do not listen anymore and take to the streets looking for attention in a negative or positive way, no matter how, as long as they get attention.

We should make the time for our children. If we do not give them that important time, they will try to get it from others. A split second can be so very important. Please try to live second by second and listen to what your feelings tell. Then you will be connected with your own life. Living that second after second will give you a different perspective on life and you will see your life taking a positive turn.

***It only takes one second!***



## - Chapter 31 -

### Positivism

POSITIVISM is a very important word, but what is its definition? I could write down the meaning from a dictionary, but that is how others view it.

I use what I feel and therefore I don't like to write as is expected by others. I just wrote something that does not sound very positive. When you talk about hate, pain, misery, et cetera, you are thinking negatively. What does positivism do with your life? Let me first explain what negativism does in life. In short, it breaks it down. It makes life a misery. Negative input can never have positive output, just as negative thoughts can never turn into positive thoughts. Writing in a negative way can never be positive for others. Always talking negatively is guaranteed to get you negative words back.

Take this example: One day, you have a terrible morning and you feel that everything is going wrong. Then you have to go to a store to buy some tomatoes. After a long drive, you are in the store and ask the assistant if he has any tomatoes. He answers that there aren't any, and you tell him this is not acceptable, because a store needs to have tomatoes! The poor boy tries to convince you that there were some problems with deliveries that day and you overreact by making a lot of noise in the store. What you get is that you are talking so negatively in that store that other people wish you were thousands of miles away. All these negative thoughts come into you and at the end of the day, you say to your husband: "I've had a terrible day today, everything went wrong, even the store had no tomatoes". Your day became a terrible one just because of a few tomatoes? No, your day became miserable because you went to that store irritated and did not find your tomatoes. You sent a lot of negative energy into that store, which came back to you making you feeling sick that day! That is what happened.

There are only two ways in life: One is to see everything in a negative way. You will have a terrible time here on earth. On the other hand,... if you try to see everything positively, you will see life can be beautiful and full of surprises. These days, one can safely say that 80% of all people see everything in a negative way. How often have you heard someone say “I never have any luck.”? Every day when I wake up and I look out of my window, I say: “I’m lucky to be here so I can work for another day”.

Many people talk about their sicknesses every day. When you meet a friend and ask: “How are you doing”, you wouldn’t be surprised to hear a long story about what went wrong seeing several doctors. Some people revel in their sicknesses. Or at least it seems so. Why are you always talking about what you feel and about all kinds of illnesses you have? Why is it necessary for you to compete with others when it comes to sicknesses? Why do you constantly talk about that negative part of your being?

I can tell you that the more you talk about your sickness, the sicker you will get. Talking about the weak part of your being, keeps it alive. I have decided to stop talking about the weaknesses I had, and I am now feeling healthy! I have stopped thinking about all the pains I had, and I did not talk about them either. From that day on, I told myself: “You are healthy”. Since that day, there has not been any pain and I have not been sick. It may sound unbelievable, but it is true, for sickness is a negative part in your brain. Your brain will make you sick if you always think negatively.

When I got the flu, I asked the power to take over the symptoms. After a few hours, the flu was gone so I could go on drawing.

What I do, is ask the Universal power to take over the weakness and I do not think about it any longer. You do not have to think about it, because the Universal power takes care of it. Just have true confidence in the Universal power that it will take the weakness out of your mind and body.

By thinking positively, a lot of positive power accumulates inside your being. When your being is filled with positive power, it is able to take back control. We all came on earth healthy, but we get sicker and sicker, because we accept negative energy into our lives.

You should see everything that happens around you in a positive way. Look at everything as a lesson and see what you can learn from them.

There is also a way to cleanse yourself from negative input:

- Let the negativeness flow from your body into the earth.
- Follow this negative input and you will see a positive root behind the negative energy.
- Pick up that root and take it back into your body, so that negative energy cannot live its own life in your body.

Every day, I thank the power of the Universe for the things I learned that day and for my health. Being thankful for that power and believing in it, are ways to have an exceptional life, full of positiveness.

***Think positively and forget about being negative!***



## **- Chapter 32 -**

### **Are we on our own?**

Some things in life never go the way you want. Your life goes the way the Universal power wants and you should follow that path. If you go too far to the left or to the right, you lose your path and you will have to find the way back to that Universal path by yourself. By searching to get back to that Universal path, you must go through a lot of events that were not meant for you in the first place.

At times like that, it looks as if you are on your own and lost in space. But you are not alone, not even when you have strayed from your path. The power of the Universe is always there, willing to help you. Yes, willing because you should accept and be convinced that this power can help you. These days, many people are lost, turning around in the same spot and unable to find their way back. They are so lost, not only in their path, but also in their beliefs. So they are unable to get the right course from the Universal power.

They fight to get on in life; they fight against walls of steel, because they feel that there is no way out. Why are so many people lost on this small earth these days? Why do people fight and take other people's lives or other people's existence? All of us are able to receive the waves and the power around us and to place them in our being, so we know what to do and how to act. Today, the earth has many negative waves, because many people view their lives in a negative way. We have to deal with them all. We first need to filter the good waves from the bad ones. This takes us back again to the issue of positivism and negativism.

Compare it to e-mail and spamming. All those spam e-mails that end up in your mailbox slow down your mail server and the good e-mails have to wait to be sent to the right place. It's the same with your body. It needs to filter out all negative energy in order to get the positive energy into you. Negative input has taken over the positive energy of your life, slowing down your energy. What you need, is better filtering to prevent negativism from entering into your body and slowing down your energy.

If we listen to our body, it tells us what to do to erase all that negative energy and how to keep it out. Our body is so powerful; it has a solution for everything. But our overworked brain cannot handle all this information. It is unable to get rid of it or put it on a sidetrack. This sidetrack is the place where you believe yourself to be at that moment and it is surrounded by steel walls. But there are no real steel walls and it is only you thinking you are in a dead end.



Your brain is overworked because of all your pondering, believing that thinking is a way to survive. This is false, because we have forgotten one important thing, which is to listen to our feelings. Our feelings are always right! It may seem as if following your feelings gets you even further from the path, but that is not so; only your feelings know the right direction.

Example:

Years ago, I became terribly sick and doctors told me they had to send me to hospital for a long time. Alternatively, they said, you need to stop your advertising agency! “Great! There goes your work, your income,” my brain told me, but my feelings were giving different signals and told me; “do it”. A few weeks later, I closed my agency and my income dropped. “What should I do now?” I had no work and no money, but I did start to feel a little bit better! I took some paper and started to draw again, for the first time after a long time. Some money came in and I could pay the bills and buy enough to eat. My feelings told me clearly, “this is the right direction”. From that moment on, I climbed out of that deep abyss. I stood by my decision and my feelings keep telling me that it was good. Now here I am, healthy, with food around me on my own land. My animals are looking at me through the window as if they are wondering what am I doing behind my drawing table.

What I wanted to say is that sometimes it may seem as if you take crazy decisions, which later turn out to be not so crazy at all! Decisions that come straight from your feelings, and out of the depth of your heart, are indications that you are on the right path. Even when I closed my agency and I had no money, I was not alone because the Universal power led me back onto the right track in life. Only by listening to your feelings, keeping your mind open and leaving your brain for what it is, you will always be able to come back to your own way of life and you will never do it alone.



## - Chapter 33 -

### **Negativism**

In some of the other chapters, I have told you a little about what it means to be negatively loaded.

I also told you that negative input can never create positive output. There are two sides to this, because in fact negative actions trigger negative reactions. With negative people around you, whether at work or at home, you eventually become negatively loaded yourself, and you may even end up getting sick. This negative energy exists on earth for only one thing, which is to break you down. It gets you sick, makes you feel terrible and turns you into maniac. Negativism keeps negativism alive.

The opposite of negativism is positivism. If you look carefully, you will see that all negative things in your life end up positive. You probably disagree. I was once very ill, which took years off my life. After that lesson, I climbed out of the hole and found a solution for my problem. The reason why negativism is so powerful, is because you yourself give it strength. It is a very easy thing to do. It is you who allows this to happen and lets the negative energy make you sick. Bear with me for a while and you will see that this is true. As you open yourself to let in negative energy, you create a breeding ground for negativism. Eventually, it will explode. It is like a virus that finds a place to multiply. Negative energy pushes positive energy aside, and when you let that happen, negative energy gets to you.

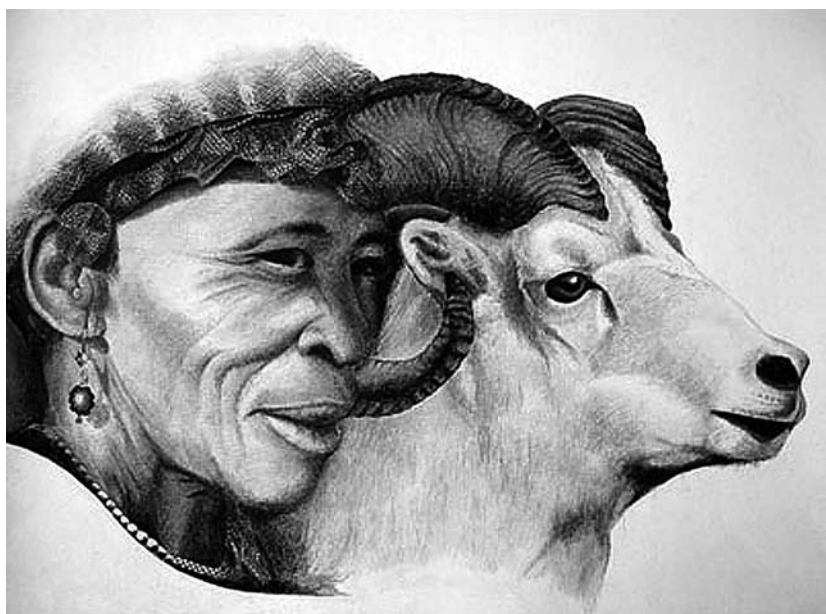
So what can you do about it? First, as I have already explained, negative energy gets to you because you want it yourself. When you have it and no longer want it, just throw it away! Just throw it away and do not think about negative energy anymore. The same way it comes to you, you can make it leave again, by replacing it by positive energy.

But there is something else. Follow the line of negative energy to its root, and you will find a positive field there. Indeed, deep at the root of negative energy, there is positive energy. This will give you a new outlook on negative energy, because this small part of positive energy is so strong that it can absorb all negative energy. Negative energy contains its own antivirus.

This provides you with a useful tool and when you are surrounded by negative energy, just let it go through your body, do not hold on to it, but send it directly to the centre of the earth. Follow this energy in your mind and see what happens. The deeper it goes, the more positive it becomes, because it will be filtered by Mother Earth. At the end of the line, you can pick up this positive energy and take it into yourself. This positive energy acts as a defense against new incoming negative energy and works as an antivirus.

The law of the Universe is simple: defend yourself with the tools that threaten you. Behind every minus, there is a plus.





## - Chapter 34 -

### Light

Elsewhere, I have written about the “Ball of light” and “Sunlight, the growing power”. However, I don’t think I have written enough about light. Light is the source of life and the power of all power. Light is our life, and much more! Light is pure, positive and unpolluted. It cannot hurt us humans, because it is our source of life during our time here on earth.

- Light gives us life.
- Light gives us warmth.
- Light lets us grow.
- Light heals us.

But most importantly, we need light because it is our source of power. We cannot exist if there is no light. You may think: “What about the people who spend their working days in an office or in space?” This is what you think about light. You think there is only one light source, which is the sun. This is not right. The thing is that you do not really look around you. Haven’t you noticed that the Universal light is everywhere? If you haven’t, it means you are blind. But there is no need to go and see an eye doctor. There is nothing wrong with your eyes. The Universal light is not seen with your eyes! Let me show you what to do:

- Go to your bedroom and lie down on the bed.
- Place your arms against your body and stretch out your legs.
- Relax and try to be calm.
- Close your eyes and wait.
- Breathe slowly.
- Wait until you see the lights appearing around you.

They are blue, white, red, all kinds of colors. Can you see them? This is the light of our Universe. It is the light that gives you health, happiness and therefore, a good life. If you cannot see this light, no problem; do not make a point of it. Later, when you have done this frequently, you will also be able to see this beautiful light. By doing the exercise that I wrote about in Chapter 12, you will be able to use this light. But the most important thing is that you believe. If you believe in this power, it will give you all kinds of tools that you can use. One of the tools is light. Because light is so powerful, it can go into you and through you, and it will eliminate all sickness and negative energy. It may sound unbelievable, but this light is more important than food. We can eat 70% less and we will be healthier than we are now. We eat too much out of habit, not because we need it. We need this light to collect the power we need. Compare it to the battery of your car, which recharges while you drive. If the alternator breaks down, the car will go nowhere after a while. The same happens to us. We need this light to keep working. We should take the time and give the light the opportunity to come into us and do its work. With all the vitamins, mineral pills and so on, we do not feed our body with what it really needs. Because it is impossible to put Universal light in a pill. We cannot live on pills and chemical substances. If we continue this way of life, we will get onto a sidetrack, until the body stops running. Listen to your body and experience what the Universal light can do. Do not try to explain what is happening, just let it happen. You will see what you are capable of. And you will feel great with the power of the Universal light! Forget those pills and medicines. Believe in the highway of life, by following the power of light. Believe - I cannot tell you often enough - because it is very important. Believing, together with light, has more strength. Believe and you will see.



## - Chapter 35 -

### **Totally blind**

In the chapter “Seeing”, I wrote about human beings who do not really see. They read a letter but fail to see what is written. They read a part of it and think they know all that is there. Such people do not really see what is there, because they do not look. This is the reason why they do not realize what is actually happening to them.

Enough about seeing and not seeing. I want to talk about “blind” people.

Perhaps you know someone who is blind. Actually, I don’t want to talk about those people either. I want to talk about people who have two healthy eyes, but still cannot see. More specifically, they cannot see what others do to them.

I am talking about people who behave like sheep in a flock; who follow others and do exactly what the first sheep makes them do. We live in a world in which most people act like members of a group, following a leader. A single person, often with millions of follower, doing what he wants. Sounds familiar? It’s the same in many countries. There may also be a group that we call the opposition. They are against the leading group, but they too follow a leader. Groups fight, wage war and try to kill each other. Just because they have been told to do so. Most of these leaders themselves stay far away from the actual problems. They sit in their ivory towers, watching what happens.

It is strange that millions, even billions, of people don’t have an opinion of their own. They do what the powers that be, tell them to do. They follow not only presidents, kings or ministers but also church leaders. The leaders and their churches make many people unhappy. Their primary attention is for their personal wealth and how to gather more!

All their followers are “blind” sheep; They do not think and cannot see what is really happening to them.

Why can't we humans see what is going on? Why do human beings follow such people? Maybe it's the easiest way? Are they so easy-going and believe everything they are told? Or are they afraid of the leaders? Are we really willing to give our lives away for those few people? To all these questions, the answer is YES! We do not want any of that really, but we are blind and lazy, and we prefer the easy way. With that, we throw our lives away and believe we get an easy one instead. A mistake. This life will be a lost one and certainly not easy, because you go through life blinkered. This life is important to you and nobody else. If you throw it away, you waste that moment and therefore you will have to redo it.

Open your eyes and see what really happens. See what others are doing to you; Take a step back, but don't fight. Instead, tell them: From now on, I do it my way; the way I feel I should solve the problems that I find on my path. Open your eyes and see what is really going on. You will find the solutions to the problems yourself.

Stop being blind sheep, and return to being human beings with your own view on life.

***Take off your blindfold and start now.***





## - Chapter 36 -

### **Stress, a disease affecting us all?**

Many people talk about stress, and the medication they take to fight it.

What is stress? A simple definition would be: Stress is what you feel when you have reached the end of what you are able to bear. Your battery is empty and your engine is down.

There is stress at work, at home or about something that you think you need to accomplish. You have goals in mind, but they are not achievable in the way you try to gain them. I wrote “you think you need to accomplish” on purpose. It is you who gets yourself into these problems. You are the problem and not the people around you! Because you think you can handle everything yourself. You believe that you don’t need to listen to your body and soul.

In the meantime, your battery is running down, until in the end it is completely empty. Stress fills you with negative energy, because you do too little to recharge yourself with positive energy. In the end, you become burned out and cannot sleep, eat, or do things. In addition, you are unable to enjoy the beautiful things around you. Everything around you looks dark. It seems as if there is no sunshine in your life anymore.

What can you do about stress? It is not difficult; let me try to tell you what to do in a few lines. The problem is in us humans. We need books to learn how to deal with things. We take expensive pills, but we forget the simple principles in life. TIME. Take time for yourself! You may say that you have no time. In that case, there is no need to read on, because you want to be stressed! I can’t help you. Perhaps later when you are hospitalized, realizing what you did wrong in your life. Then, when you read the last part of this chapter, you will agree that you should have listened. Are you now willing to take time for

yourself? It is very important to do so. You should listen to what your body tells you to do. In your busy life, you should reserve one hour a day to work on yourself. One hour, all of 60 minutes!

### **First session.**

Let us start in the morning when you wake up. Before you open your eyes, concentrate briefly on what you have dreamt about that night.

- Close your eyes and lay your hands beside your body, open, with the palms upwards.
- Stretch your legs, place them slightly apart and concentrate.
- Take a deep breath and count to three.
- Exhale by counting to ten/fifteen (whatever is possible for you).
- Do this ten times.
- When you are connected, thank the Universe for the previous night. Be grateful for waking up in good health.
- Concentrate on the light that appears to you.
- Ask the Universe for the power you need for the day that you have just started.

The light will take all negative energy (stress) out of your body and replace it with positive energy. Do this for about 15 - 20 minutes.

### **Second session.**

You can do this during your coffee break or at lunch time.

Repeat it when you are home or around dinner time.

- Close your eyes and place your feet slightly apart on the ground.
- Lay your hands on your thighs, open, with the palms upwards.
- Sit upright; do not hang or lean backwards or forwards.
- This exercise can also be done standing up.
- Take a deep breath and count to three.
- Exhale by counting to ten/fifteen (whatever is possible for you).
- Do this ten times.

You are connected now. Ask the Universe to recharge your battery and give you the positive energy you need. Do this for at least 10 minutes.

**Third session.**

You can do this when the day is over, and you are lying in your bed.

- Close your eyes and lay your hands beside your body, open, with the palms upwards.
- Stretch your legs, place them slightly apart and concentrate.
- Take a deep breath and count to three.
- Exhale by counting to ten/fifteen (whatever is possible for you).
- Do this ten times.
- Then thank the Universe for the day.
- Tell the Universe what you liked to do today. Concentrate on the light that appears to you. The stress of that day will be solved in this light. This session will be about 15 to 20 minutes.

You see that in that one hour, you can make your day a good one.

See the light as positive energy. You will notice that all negative energy is flowing away into the earth. There it will be filtered, to come back as positive energy. If you give yourself this one hour a day, your stress will be gone. You can solve the problems that may come on your path with a clear mind. Never allow negative energy to enter you. It is important to keep your battery charged with positive energy.

You can do this any time you need energy. Go and sit somewhere just for a few minutes. Do sessions number two or three, and continue with your daily work. As you can see, it is simple. There is no need to learn from thick books. You do not need to take expensive pills, or visit expensive clinics to get well. You only need these 60 minutes a day, for a healthy life.



## - Chapter 37 -

### The Soul

A lot has been written about this subject. I see it this way: The soul is the center of human life. A body without a soul is not a human being but a piece of flesh and bones. There are many questions about the soul. I think the following are the most important ones:

1. What is the soul?
2. Where does the soul come from?
3. When does the soul come into the body?
4. Is the soul always in the same body?
5. What does the soul do for a human life?
6. Is the soul important to us?
7. What can a soul do for us?
8. Does the soul live on after the end of a human life?
9. How old can a soul be?
10. What is the soul's mission?

I would like to go through these questions with you. You will see that the soul is the key of life.

#### 1. What is the soul?

A soul is not an organ, or something made of flesh and bones. It is an inner energy that is supposed to be in all human lives. The soul has its own “soul life” and it has to accomplish many tasks. The soul life is not just one human lifetime, it is endless. A soul is energy, which is capable of traveling in space, wherever it wants to go. The body is not its home, but a place where it stays when it wants to. This energy stores all information it collects during the lives it fulfils. It needs and uses this information for itself and the Universe. If we humans do not live in accordance with the order of

the Universe, the soul cannot finish its task during this human life. You cannot see a soul, only feel it. You can be connected with it any time and anywhere. The soul has a higher energy level than we humans do. It is capable of communicating at the same levels as a human being. The soul as energy is the engine behind our life.

## **2. Where does the soul come from?**

The energy that we call soul, comes from the Universe. The Universe determines for every soul what it has to do and what it should accomplish. The Universe uses the information it gets from the soul. The Universe is the absolute power and the creator of life. It is the same Universe we ask for re-energizing every day. We receive a fraction of the power in order to get on in life. With that, we can fulfill the soul's needs. Thus, the soul and we ascend to a higher life form. A soul knows neither distance nor time. We humans believe in distance and time, and this gives us many limitations. As there is no distance and time, the soul can be everywhere. It is our connection to the Universe. When we connect to our soul, we receive the power we need from the Universe.

## **3. When does the soul come into the body?**

Many people think that the soul enters our body when we are born. This is just a thought. We do not need the soul all the time during the first stages of our lives. At those stages, we are still pure and therefore connected to the Universe. We are too young to act, and hence the body depends on what our parents do for us. The soul does not really need to stay in that particular body during that time. It will be there when needed, for example when the first impressions start to come into our brain that it can do something with. The soul is always there, when a new human being has problems. The soul is timeless and has no particular place to stay.

#### **4. Is the soul always in the same body?**

As we know now, the soul can be everywhere. It comes and goes. A soul can live in different bodies during one human life. As limitations of time and distance do not exist, the soul utilizes the time when we do not use it. For example, when we sleep or when we do our job (on the automatic pilot), it can go to another body that needs its input. Because of influences from outside, the soul decides to be there. Then it is temporarily away from our body. One soul can live in several human bodies. It is not a problem, but it depends on what kinds of tasks it has. All souls have their own tasks to fulfill. How they accomplish their tasks, depends on how strong they are. A young soul that has just started, has more problems coping with its first task. Therefore, it needs all of its energy. An older soul can be a part of a human life with only 20% of its energy or less and so uses the other 80% in other bodies. Normally, 50% of the main power stays in the soul world to manage those different lives.

#### **5. What does the soul do for a human life?**

As I said, in its “soul life” the soul has to accomplish all kinds of tasks the Universe instructs it to do and which the complete energy needs. The soul has its tasks to fulfill and thus to help us humans to get to a higher energy level in life. We are at a low level and are just at the beginning. We start with a low energy level that we get from the Universe. The soul has to show us the way to get on in life: Not in a material way, but what life should be in our own point of view. Many people are lagging behind with their tasks. It is very difficult for the soul to get us back on track. We need the soul also to get on in life and accomplish our goals. Many of us are no longer connected to our energy field. We live in a virtual world and follow the wrong path. This is why the soul cannot help us. The soul needs the connection to the earth (human being) and the Universe. However, in a virtual life, there is no soul and no connection to the Universe. The virtual world is not a world where we can grow. Because of this, the soul cannot do anything for us and goes into

another body, where there is still a connection. Human bodies that live in this so-called virtual world, are dead (empty). Oddly enough, our entire system resembles a virtual one! A human being who stands in real life, with earth and nature around him, is part of this life. These are human bodies that a soul can use in order to fulfill the task of the Universe.

## **6. Is the soul important to us?**

Yes, the soul is like the engine of our life; it keeps us going. If you are not open to the soul and don't listen to what it tells you, you live a wasted life! If we are open to our soul, it tells us what to do when problems occur. We need that soul to recharge our battery every day and this gives us the energy to go on. The soul is the connection to the power of the Universe. There is a lot to learn. When you start to connect with your soul, to accomplish the tasks, amazing things will happen. Everything is possible to the soul. Believing in your soul will give you a glimpse of that world. By listening to your soul, you are able to travel in the Universe without your body and see what real life is. So the soul is important, because without it we would no longer be here.

## **7. What can a soul do for us?**

I almost answered that question in the part above. The engine of life is our soul. Without a soul, there is no life. True, but what can a soul do for us? Simple. It shows us the path to a perpetual life. Yes, when we listen to our soul and cooperate with it, part of us will remain in that soul forever. Because of that, we continue to live after this life here on earth. Learning from all the obstructions in life, is like a school we should complete for the soul. Doing so, we gain a place in that soul forever and go with it to the next task. This may sound like science fiction, but that doesn't matter, as long as you see the big picture. Believing, as I told you, is the positive energy that we can use. Moreover, while we believe, we are connected to the soul and hence to the Universe. We should learn to do that. In all these thousands of years, people have almost forgotten how important it is to be connected.

The soul is capable of taking us to a higher life form, as long as we have confidence in it.

**Trust your soul and you will see.**

**8. Does the soul live on after the end of a human life?**

As I said, souls live forever. There are various souls that have problems to get back to Universal life, because of the human bodies they lived in. The person, the body in which a soul resides at that moment, may be murdered, have an accident or take its own life. Then this human body cannot accomplish its tasks. The soul is not lost, but it has to close that life, in order to find the path back to the Universe. We call these lost souls “ghosts”. When a human life does not end in a natural way, the soul cannot go back, because it has not finished its task the way it was supposed to do. It has to wait until it gets the opportunity to do its task in another human body. All the information a soul gathers from different lives, is stored in it. When a life ends abruptly, the “hard disk” is still open. Therefore, this experience can be a problem in another human life. This is why some people struggle with things from past lives. The information of the past lives is not meant for the new human body. However, the soul does not close its last life or finishes it. It cannot close it, because the person did not die in a natural way. If you struggle with past lives, or you have strange feelings about what happens in this present life, those problems may be due to an irregularly closed life or events in a past life. Going back to that event in your past life can be a relief if you know how to close that event (case). After that, you can go on with your new life. As you see, “ghosts” are not lost. They search for a new body and sometimes it is difficult for them to find the right one. As I told you, time is not a problem and a ghost that is hundreds years old, for example, is a “newborn” in a soul’s life. Every soul returns to the soul’s world. In the Universe, there is a “place” where all souls come together and wait for their next task. They are all connected to each other, because they work together for the same Universe.



## **9. How old can a soul be?**

A soul in our human body is endless! As you know, not everybody has his own unique soul! On the contrary, the soul is capable of handling different bodies in a single human lifetime. It depends on what these bodies do with the soul. There are new souls, which have just started. Others are thousands of years old and still do not know more than those that have just started. It depends on how fast a soul gets the opportunity to grow. Souls have different colors and these stand for how far they have come. A novice soul is white and most of us have those souls. Older souls change to off-white, yellow, light blue, dark blue and purple. If a soul is blue, then it is one of the helpers of the differently colored souls. It helps them to arrange the learning process in life. A purple soul is an “absolute soul”. At this stage, its mission is fulfilled and it is now a creator. The Universe needs such “creators” to manage a different part of the Universe that has to keep growing. It is impossible to imagine how old a soul can be, but again, this is only because we believe in time.

## **10. What is the soul’s mission?**

A soul is a higher life form than human beings are, but it has the same mission as we do: TO LEARN. We cannot imagine how powerful the positive energy of a soul is, which is a fraction of the absolute Universal power! It has to handle all information it gets from us to make the right choices for us, for itself and for the Universe. We often act like silly children, because every time we acquire a small piece of that energy, we use it the wrong way and lose it again. Many times, we get the opportunity to use this power, but often we waste it. The soul must be very patient, like we should be with our children. Hopefully, they will learn some things from us. It is tough for the soul, to work with us difficult human beings. It is not its primary task, but it is the toughest one in a soul’s life. Before the soul enters a human being for the first time, it is present in plants and animals. The last one was the “easy part” for the soul. After all that learning, it turns into different colors. At the end of working with human lives, it becomes purple, which is the last stage of its

task. As a creator, it can proceed in the Universal life and from there on to its next task. It stays there until its task in that field has been fulfilled. After that, it goes on to a larger field until it reaches a stage where it can be one on its own. In that way, the soul is also working its own life up to an absolute life. A life that we humans will never see. However, we experience it, because we are a part of it.

Lastly, we can say the soul is the engine of our life. We need this engine to accomplish our task. We also need the soul to connect with the absolute positive energy, the Universal power. Living without a soul is to waste our lives. We also waste our lives if we keep living in this materialistic virtual life, which will get us nowhere. By connecting to the soul, we can indirectly help others, the soul and the Universe. Souls keep coming back to earth to accomplish their tasks. Some of them will do so faster than others, but they all have to go through their tasks. Living together with the soul is living in a present life, a life full of surprises. For us humans, it is the absolute life and so we fulfill our part in it. Believe it, but do not expect miracles. The miracles you get are gifts from your soul.



## **- Chapter 38 -**

### **Thanksgiving, Christmas and New Year**

On days like those in the title, we feel comfortable and happy. We forget our misery for a while and feel great. We do our best to help others and we listen to music that sounds as if we are in heaven. During these days we listen more to our heart and soul than we usually do. We also help strangers in these days and give things away.

What is happening? These days in their present form, are nothing but a product of our society. Things happen the way commerce wants. People are brought in the mood to go shopping and to spend a lot of money. The old sense

and value of these days were lost long ago and are no longer relevant for many of us. Commerce tells us what to do these days. Just look around you. Billions are spent on new things. A simple Christmas tree must be decorated with many expensive decorations. There is even a trend to give a new car as a present. What about a simple hug or a friendly word? Isn't that enough? Companies are working overtime during these days, because they must make their huge sales. Their campaigns emphasize that you should love everybody. You believe it and so you do. The idea is to make people so insecure that they spend all the money they have and sometimes even more! This annual "love campaign" is both large and ridiculous. You need to get in a special mood, because the campaign is all about buying things. In the end, you do help strangers and you are there for them, but regrettably, only during these days.

During these few days of the year, TV and radio broadcast only positive messages. People should love each other and care for others. All signals are positive. It is apparent in the news and in talk shows. It is almost all "good news". Positivism abounds during this season. The idea is that when you feel good, you will help others by giving them presents. You need to buy those presents of course, which is the only thing these companies have in mind.

After these days, it is back to bad news and wars. You return to the old life and you feel negative too. Where has all this lovely positive news gone? You felt good during those days. And then you are back where most of the media wants us to be, on the dark side of life, where we feel miserable. All of this under the misapprehension that we need to see what is really happening around the world. Of course we want to see what is going on, but wars started by criminals, are not interesting. This is not important, because such criminals start wars everywhere. It is a way of ensuring that they can sell as many guns, tanks and fighter planes as possible. To make war, the men who start them, spend billions of dollars by buying war material. The items come from their industries and plants. The taxpayers' money spent by states, enters up in their pockets. These are the games of a few people, who act like criminals. They need the press, TV stations and newspapers to show how bad the other

side is. In this way, they convince governments to spend more money and provide more income for their businesses. They make billions on the killing of human beings. Unfortunately, almost all media support them.

We are in a negative circle and criminals profit from it. But it is not difficult to break this circle. Tune out when the news is about war and fighting. If you happen to tune in to talk shows focusing on negative events like wars and politics, just turn the radio or TV set off. Do not allow the negative input to reach you for even one second. Let them simmer in the negative war energy themselves. If nobody watched, there would be nothing to tell and they would go down in their own negative campaign.

It is possible to restore the feelings of those wonderful days: Not by spending money, but by opening your heart and soul for other people and yourself. It is important that you experience what your heart and soul tell you to do. Feel and listen and you will notice that from that day on, every day will be like Thanksgiving, Christmas or New Year. Open your heart and soul and just listen. Let all positive energy in and cut off that line of negative energy!



## **- Chapter 39 -**

### **The world of dieting and fitness**

With all the food that we have around us, we also have a big problem. The problem is that we cannot say “No”, “No more” or “It’s enough” to ourselves. Eighty percent of the population in the western world is overweight. Simply because we can’t say NO! All the food around us, in supermarkets and fast-food restaurants, seems to suggest that we should eat all the time. We eat much, but we also sit a lot and we don’t exercise. The food that we see and eat is not what we really need. It certainly fills our stomachs, but it won’t keep us healthy. I told you in another chapter that a large part of our food is poisonous rather than healthy. The next problem is that we do not really use our body

for work. Many people work with their mind, sitting down. During this time, the body is in a sleeping state. It makes us lazy and the body gets stiff, because it does not get the exercise it needs to be healthy.

The western world believes that the answer to this problem is in the magic word DIET! To lose some pounds, we go on a diet. We exercise on machines for long periods on end. We also take vitamins, minerals and so on. The world of commerce tells us that we need them. It pretends to know better and in the meantime gets rich from their prophecies. And so we go from unhealthy food to extreme diets and fitness. There are many different diets, based on pills, powders and all kinds of diet products, even injections! Using these, we can fix the body and think we regain our health. Many will tell you, after a large expensive diet, "I have lost 20 pounds, but now I feel terrible". Naturally, because they have destroyed their health. Most of those who have completed a diet, regain their fat after some weeks! Others go to the opposite extreme and try to keep their body thin as a rake. They get so thin that they should nearly listen to the gale force forecasts before they go out! It is unbelievable that our western world wastes so much money eating poisoned, harmful food. Much money is spent on food and just as much, or perhaps even more, is spent on diet products and fitness! Diets are not necessary, not needed, if you listen to your body and do what it tells you to do. Instead of doing so, we listen to radio and TV commercials, which tell us how beneficial sport drinks, fast food or pills are. The endless TV commercials drive people crazy. The same people who propagandize how thin you should be. However, to get to that weight, you need their products. After the commercial talk, they will show you one of the best and tastiest snacks you can buy. These commercials are then followed by a talk show, with experts debating with great interest how healthy we ought to be. Take one pill 3 times a day and you will lose your excess fat in just a few days!

Sick people in a sick world! And yet, many people buy those products. They are willing to shorten their lives by taking poisoned food, pills and injections. They act like sheep, following blindly people who say what is best.

The next part of this chapter is about health and the healthiest people on earth. A profile: One is going to the gym at 7 o'clock in the morning and does his workout. Returning home, he eats one plain cracker, an apple, some vitamins/minerals and goes to work. He sits there for hours doing his work. In the afternoon, he goes to a restaurant and has a salad, of course without dressing, or only a healthy one! Then back to work. In the evening, on the way home, he will have his second workout in the gym. Back home, he has some cereal, which is supposed to be very healthy, full of whole grain and vitamins and minerals.

This is one of the scenarios, showing one of the healthy people we see on TV or in books. Do you think this is healthy? To me, people like that seem narrow-minded and martyrs of their own body! They are addicted to machines and pills. Are they healthy? I wouldn't say so. Only outward appearances are important to them, to resemble the healthy-looking person the TV tells them to be. They believe that by doing so they have the perfect body, as proclaimed on TV. Many of those who go to the gym every day, also visit plastic surgeons regularly for all kinds of "lifts". Many of them die young, because of all kinds of complications. They believe that they look young and sometimes it's difficult to guess their age from looking at them. All this is just the outside world, the world that others make create. The world, they think, as it should be! Skin without wrinkles, a perfect nose and a body that looks as thin as a rake. Do you think that is healthy? In the gym, you can see them with their new, fashionable clothes, so others can say to them "Oh, you look so young and healthy". They have a serious health problem. They work on the outside, but forget about the inside.

Then there is the farmer who works hard on his land all day, in the middle of nature. His face has hundreds of wrinkles; his meal is usually a big plate of bacon and beans. He wakes up before sunrise and goes to bed by sunset. This man will reach the age of a hundred and probably will be healthy his whole life. He ignores the pain in his back while he works on his land in the middle of all that the earth is giving him. He takes from the earth, but he also gives back to the earth!

Let me give you a wake-up call, what I have written so far should be simple to see. What is going wrong around us?

- We listen to that TV stuff, all the commercials and we think too much about being healthy.
- We do not need to be as thin as a rake; we do not need to be without wrinkles and let the inside of us be destroyed.
- We do not need TV and radio talk.
- We do not need unhealthy food!
- And above all, we do not need negative energy.

We should change our pattern. Eat fresh fruit and vegetables, not when we think we have an appetite, but when our body tells us, “I need some food”. Don’t drive your car to the next corner, but walk instead and get some fresh air. Walk in a park or in a place where you can connect to Mother Earth. Work in the garden, if you have one, or take care of the plants in your home or on the balcony.

A healthy person is someone who accepts his body the way it is, including its wrinkles. Somebody who is healthy sees his body as being “perfect” and it is. Not this thin, overworked gym body, with all the lifts it could get.

Let's return to our diet. Going on a diet is the most stupid thing you can do. It is unhealthy and perhaps the worst thing you can do for your body. Taking pills, powders, sport drinks and diet products is like asking for problems.

## **Stop...**

- Eating junk food and taking diet stuff.
- Sport drinks and juices based on chemicals.
- Caffeine products like tea, coffee and chocolate drinks.
- The sugar addictive things like candy and ice-cream.
- Alcohol or other drugs.
- Eating pork.
- Driving your car if you can go walking.
- Having unnecessary snacks.
- Taking dressings based on chemical flavors.

Stop... okay, I will stop now, because you know and see what I mean. It is not that you cannot take these occasionally, but only when your body asks you for some. You can eat as much as your body asks, as long as it is fresh fish, clean water, fresh, not manipulated vegetables and fruit, many grain products. Your body will tell you what to have. Take a big walk in a park outside the city and work in the garden or with plants around you. Take in the fresh air and observe what is going on around you in nature. Stressing in a gym, doing all kinds of things that people think are good for you will destroy your body. If you think you should go on a diet, ask yourself this question before you start: "Have I done everything my body asked for?"

**Diet NO! Listen to your body, YES!**

**And one more thing:**

***"Keep moving as much as possible".***





## - Chapter 40 -

### **CHILDREN (part Two)**

Many of us have children. They come naturally from two people in pure love. You should help them from their day of birth until the day you leave this life. Love your child's actions all the way. As parents, be there for your child in good as well as bad times.

This brief introduction describes what should be the normal life for children and their parents. But sadly enough, it is not always like this and it is just an idle story. The real stories are often completely different.

Let us go back to the first line: "Many of us have children". This may be true, but sometimes people do not want or cannot have children, for different reasons. Firstly, because we eat poisoned food, we have problems having children, or having healthy children. Our bodies are completely poisoned and therefore many people are unable to have children. Secondly, there is a group who love others of their own sex. Men who love men, women who love women. This seems to be a phenomenon, rather than a real need. I do not disagree, but their numbers have been increasing fast over the years. In the case of some, it seems as if they are only looking for attention. Their identities are sometimes completely gone. They don't know what is going on with themselves. Some even go as far as having operations to change their identity. That is really sad, because your soul has chosen to be in that body, as a man or as a woman. Their lives are out of control. Something similar happens to people who have surgical "lifts", trying in that way to become a perfect looking human being. There is no longer any respect for the body that the soul has chosen. This will lead to lives being wasted for the soul. Thirdly, there are people, who believe that it is no longer responsible to have children and bring them into this world. We need children to get on in life. Raising children is one of the main tasks in life. The soul needs a body to fulfill its task. Without a human body, most of the souls cannot go on growing.

Second line: “They come naturally from two people in pure love”. This is a major problem in this world today. Many people do not really love each other any more. Their love, which they think is real love, is no more than a “desire”. They long for another body, yearn to have sex and want to dominate somebody else. Among them, pure love is rare and the product (their child) is made from lust without love. This also explains the people who satisfy their lust with members of their own sex.

Then we come to our third line: “You should help them from their day of birth until the day you leave this life”. Initially, there may be help and understanding from the parents. Then, we return to making money and creating fame. Children are taken to day-care centers. Many children who come in this world are born from two human beings who are very selfish. These children go to day-care centers all days of the week. They do so from soon after the day of birth and as a consequence, they see their parents only at night. Such children are raised by others, lost in a big world, missing the love of their parents. Most of these children have only a mother or a father, and don’t know what a real family is like. Drugs, alcohol, cigarettes, and so on, turn these children into products of this society. These children do not get the help they need, because there is no time. There is too little time for sitting and listening to them. Most of the parents are demanding and the children need to do what the parents tell them. Developing their own lives is not possible, because their parents are not there for them. The soul feels caged, unable to grow. This creates young people who do not know how to cope with certain situations.

There is our fourth line: “Love your child’s actions all the way”. As I said before, we do not listen, we demand. There is little true love, because many parents do not know themselves what true love is. Be there, take the time and listen to your child’s problems. Can this be done during your working day? There is no time and time is money, as they say. Do you also think that making time for your child is a waste of time? Later you will see how that same child reacts when you have a problem yourself, and you want to talk about it.

“Sorry mom, sorry dad, I have no time, I must leave now”, will then be their answer. You will get back what you have sown in their childhood. You will be lonely most of the time, for the rest of your life. Your problem will be the same one that your child will have later on. No time, no pure love.

Now, we come to the last line of this chapter: “As parents, be there for your child in good as well as bad times”. That is the most crucial point in everybody’s life. Standing by the person you really love. When there is a problem, it will look huge to your child. You should be there for them day and night, because at that moment, there is nowhere else to go. They cannot see a way out, so you should take the time and listen to and talk with them, show them what you would do in such situation. Often, just listening is enough. By talking about it, they will find their own way out. But it is important that you are there, or they will find their way out on the streets. You must feel what is going on, observe your child’s behavior and ask what is going on. This is very important. Then he knows there is somebody who really cares. The child should get the feeling that “I can make mistakes, because I have to learn, but I know my parents will be there to help me when I cannot find a way out”. This is crucial for any child. Communication is what they need. Not only talking, because listening is even more important.

There is a lot wrong in this world today. Children are born because of lust. There is no love for the children and they always hear that there is “no time”, day or night. You constantly demand, instead of listening to them. These are the main points you should change. When you decide to have children, start by letting them be born in pure love. Let these children not be mistakes or small accidents, but be pure love by people who love each other with their heart and soul. Do not forget that you need to spend time with these children for the rest of your life. Make time for them and forget your thoughts about money and material things. Also, try to be together as two parents. Be there for each other, so that you can be there together for your own flesh and blood. Do not interfere in the children’s lives all the time; they need to experience life by themselves. Just be there and when you see it is going wrong,

be there for them when they need help. The first years, children depend on you and need all the love and warmth you can give. Make that time and be there for them. Later, when they come home from school, be at home so you can talk about their day's experiences. If there are problems, listen and help them solve them. Always be positive and avoid, whenever possible, negative energy coming into your children. Later, they will find enough problems to solve by themselves. In their first years, they should learn the difference between positive and negative energy. Give them the opportunity to learn in their own way. They will be fine, because their soul knows what it has to do.

In short:

- Start with true love.
- Love your children, your own flesh and blood.
- Be there day and night.
- Listen and do not demand, only when really needed.
- Let them know you are there for them, your whole life.

Lastly, true love gives the world and the people around you all the power and positive input they need.



## - Chapter 41 -

### **Death does not exist**

This may sound a little strange, but I hope that after reading this chapter you will no longer be afraid of death.

How do we see death? For many people it is the end of everything. We have just one life and we should do everything we need to, because we do not know what comes after. Let us start at the beginning: "Birth". Human life starts the day of conception. Two people in love come together and agree that a new life will be started. I wrote "new life", because we call it that, but it is

much more. A new human being comes into this world after 9 months. But what has this human being that makes it unique and full of spirit? Some human beings are here only for a short time, others for a long time. Many are here for 70 to 80 years. Why are not all lives equally long? Why is it that one is born damaged or already sick and others are healthy their whole life? Why, why, why? Let us go back to the day of conception. The first few months, the child grows and starts getting the shape it should have. What the mother does during that time, is very important. She should take care of the unborn child from the moment of conception. Stress, too much work, medicines, drugs, poisoned food and alcohol, have a negative impact on the unborn child. The body of the unborn is created with the material that is available. If the foundation is not right, the rest of the building will be unstable and full of errors. After a few months, there will be a complete change. By that time, the soul comes in the unborn life, takes its place in the body and helps the unborn. The soul helps the body to be healthy and to get the spirit it needs and so to start the newborn's life. This second part of a human life we call "the soul life". The soul is the "power" behind everything we do in life. The soul helps the human brain, by showing it what to do and what not to do. Soul and brain must work together to fulfill that newborn's mission. The mission that all of us have here on earth! We get this mission from our soul and it needs the human body to accomplish it. The body means nothing without a soul. Look at it as computer hardware that does not have software to work with. The computer also has a hard disk, which stores all data it gets. We can compare the hard disk with our soul that stores all the information it gets during a human life, whether long or short. The soul is much more powerful than our hard disk, because hard disks give up after a few years. The soul, however, keeps going forever. All the information it has stored, is kept forever in that soul's energy. The soul in every human body is the main source of all human lives. The soul needs the body to fulfill its task and it is up to the human brain and body, if they are capable, to fulfill that task.

I can almost hear you thinking and I can guess the questions you have right now. This is no science fiction, but exactly how a human life works. With all our technology and our knowledge, we are not capable of finding sources. Nor can we get answers for the questions about the source of life, or about the origins of the earth. These parts seem as if they do not exist, or we humans cannot find the key. When we think we have found it, we come upon other worlds behind the last one. In the world of souls, there is no beginning and no end. There is no time, no dimension, because those only exist in the virtual life we live in. Why do I call this life a virtual one? Because the entire system is based on lies about a life that is not real. Indeed, the way we live today is like a movie, a computer program, or a soap opera. We even change our bodies and manipulate them. Everything is based on “nothing”, without a real foundation. A soul can do everything it wants, but all souls must fulfill a task. In that way, they reach a higher level than we, humans, can imagine. There is no need to know either, because we cannot handle that information.

A soul in a human body has a task, which is important for the soul and for you as a human being, because it is your main source, which needs you. All that you learn, do, see and work on, is important for the soul. With that, it can grow. The soul in you is a part of you. That part will never die and will exist forever. This is the most important part you ought to know: life is not your human body, this piece of flesh and blood. The main source or part of your body is your soul. A soul has many lives, unthinkable in earthly timelines. A soul can be millions of years old and still learning and creating. The human body is only a small tool, which will be replaced repeatedly, so the soul can go on learning. The human body will be gone after the task is fulfilled. This happens when the body has reached the stage when it is not capable of going on. The soul leaves the body and continues with a new task in another one. All the knowledge you have gained and experienced in that body (life) remains in that soul forever. It will never be erased from that soul’s “hard disk”. The human body returns to dust and becomes part of this earth again, waiting for the day that it is a part of the sand, rock or food for

the plants. For the soul, this flesh and blood are nothing more than a learning tool for a few years. We should not be afraid of leaving our body. We know from the beginning that the body will only be used for a short time.

Knowing this, you realize that it is not important what you think or what you do before you die, because you are never dead. The soul does not need matter or money to go on. The soul stays in one place. The soul is a life form that we do not accept in our human lives, because we are afraid. We think we need goods, money and fame during life on earth. But there is no need for that after this life and the next one. All of that no longer exists in that way and is therefore useless. It is useless to collect, to possess and to fight for all these things, because human beings already have what they need: a soul, which shows us the path we should follow.

We know now that our body is here for a short time and that we have to live many lives. We know the soul is always there to learn, that matter and power are not important. Why be afraid? The soul is there forever; our knowledge is stored eternally and functions as a helping hand for the new human body the next time. I know that it is hard to believe in the things I know. It is there, it is how it goes. Believe me, the knowledge is in your soul, not in your brain, or it would be lost after the body gives up.

Do not be afraid, because we will meet again, over and over again. You don't believe me? No problem, I'll see you...



## - Chapter 42 -

### Simple things in life

- Walking in a field, watching the butterflies fly from flowers to flower.
- A lizard walking on the porch, eating the flies that cross its path.
- The birds sitting on a branch, talking to each other in a language that we do not understand.
- An iguana eating our corn and looking at us as if saying: “These are mine”.
- Driving in my car, person waves at me and wishes me a good day.
- Looking at the sky with some clouds in it; they give us shadow.
- A fly is sitting near me without any fear, knowing that nothing will harm it.
- Every morning, a shrub in front of our house opens its flowers at 10 o’clock exactly.
- Many small birds visit an old tree, which has some coconut halves filled with sugar hanging from it.
- Finches follow me every morning, and say “Don’t forget our seeds”.
- A wonderful egg has a chick hatching out of it.



- Walking on our hill, we are followed by several hummingbirds.
  
- Sitting on our land, a rabbit comes for the beans in front of us.  
He looks up as if he knows: “Oh, they will do me no harm”.
  
- While eating our fruit on the porch in the morning,  
a grey kingbird is waiting for its share.
  
- The ever wagging tails of our dogs, who never stop loving us.
  
- The hummingbird that comes every morning  
as I am spraying the plants, wants me to spray it too.
- Sleeping with open windows, we get a wake-up call from all  
the singing birds.
  
- An attentive mother hen walks proudly with her ten newborns.
  
- The sunrise announces a new day every morning.
  
- The sunset with all its colors watches Mother Nature fall asleep.
  
- See all the colorful fish swimming around among all kinds of  
corals in the clear blue ocean.
  
- All the growing flowers and plants give us a special feeling.
  
- A simple seed placed in Mother Earth comes up and starts  
a new generation of plants.
  
- All the dragonflies around us look as if they are telling  
millions of stories.

- Eating the first orange from our tree this year and savoring it as if it was the most special and tasty orange we have ever had.
- The orchids in front of us give us beautiful flowers every day.
- Sitting on the porch, we relax and enjoy the view and the ambience.
- Being in Mother Nature, we feel what it means to be happy on earth.
- All the millions of lines that I would like to add, which are the keys of life. We forget them and do not see them any longer, but they are still there. Everywhere wonderful things happen, so you can say..... “I am glad to be on earth”.



## - Chapter 43 -

### **The power of listening**

When we switch on the TV or tune in to the radio, we can hear endless talking. It is unbelievable what people have to say and the kinds of stories they tell. Even if you look around you, you can see people talking so much, having so much to say. Most of the time, what they say is not relevant for our life. How bad their day has been, about their headaches or the weather, or their boss, who was terrible that day. It’s a never ending string of stories, day after day. We keep listening to politician, hearing many words, but we rarely experience anything of what they say. Talking, so much talking, and so little you can learn from it. Endless talking in schools, where pupils must listen and accept. What the teacher tells you, should be the truth.

Personally, I have never heard so many lies as during my days at school. The world is full of words, but what should we listen to? What is true and what is false? Words, endless words in so many languages.

There are people who talk all day, at conferences or in politics. People with top jobs in large companies talk while saying hardly anything! The talking they do is only what they want to say and how they see everything. But what these people forget to do - just like many others - is to LISTEN!

Listening is one of the most important aspects of communication. Just take a look at yourself: all day long, you talk to your family, friends, colleagues at work. But much time do you actually spend listening? Listening is the problem, listening to what people really have to say. We cannot wait to take over the talking and leave the people with their stories, not giving them a chance to say what they wanted to say. We are focused on telling our own stories, giving our own opinions, but we do not let others tell theirs.

I have learned a lot from my grandfather, who had come very far in life. He experienced a lot and he knew what was going on. When I was five years old, he told me the following: “Listen to what other people have to say, just listen, be quiet and don’ talk. Let them talk about their problems and the solution will come by itself. Talk only if you really know what you are talking about and hold your tongue if you don’t know anything about the subject”.

In these few words, I learnt an important lesson for the rest of my life. He was right, because by listening to others, problems get solved and questions get answered. You only need to say a few words to people, because they already have the answers to their questions. Do not do the talking; listening is also the way to let others see your strength. There is no need to say that you are the head of your company, or that you are good at something.

All this is not important. If you are so good, why talk about it? Talking about what you do, is showing the shortcomings in your life. It comes from your ego. If you were really good, people would know it already!

Doing all the talking, is showing how much you have to learn. Just listen and make a small comments at the right times, or make a remark and ask a question, so others may realize what they are doing. This is wise and leads onto a road with more positive energy.

Listening to a child is like listening to a new life, which is exploring the world, while looking at the world objectively. Listening to an old person who tells you his life story, is like a learning process to him. You may learn a lesson from such a conversation. Listen to older people and you will hear your own story and future. When you stand in the middle of life and are willing to teach, you should tell your story, so young people may listen. But before you start to tell your story, you should listen first. When you are old and wise, you are already listening, because listening makes you wise.

We should not listen only to spoken words, but also to nature's sounds around us. What about the sound of absolute silence? These sounds and silences have their stories to tell too. Their stories are parts that we should learn about and accept, because underneath is the key to true life. A life with all the knowledge and all we can find around us in nature, which is peaceful and full of energy. By telling just our own stories instead of listening, it is harder to get the energy we need in order to proceed. Being silent and just listening, enables you to get positive energy. Listen, and while you are listening, receive. By listening to others, you also help them explore their paths in life. Do it, next time just listen and let others do the talking.

***Ssssssssssst listen.***



## - Chapter 44 -

### **Just a human life**

A human life is complicated. A human life is simple. Both sentences have in common that they are about life in a human body. Everyone on earth has one. We are humans, coming from another human body to fulfill a task here on earth. Why is there a difference between the first and the second “human life”? The first human life is complicated; the other one is simple and feels like a holiday.

Nevertheless, it is a life for each human being, with a task he must fulfill. Sometimes, it seems as if a person has an easy life, but for that person, the task he has to accomplish is not easy at all. It is not only a task to do, but also a path to follow. If he cannot end it successfully, he must redo it until he does. Reading this, it may sound simple, but besides the task, there are many other things to do. You start learning the second you are born and you stop the moment you end this human life. In your next life, the learning will continue. It is a continuous process, because this one human life is only part of a complete soul's life. A soul's life is full of accomplished tasks and learning processes. Most of us think we have only one human life. This is not correct, because we do not stop living. We are here many times, in several bodies. A human life is like a holiday! A human life is to be here and to make the best of all situations you come across on your path. You must continue and keep learning, what comes on your path in life, day after day. Each day is a small step up in your learning process. What you learn today, you will need tomorrow to go on. If you do not learn today, you must redo it tomorrow. Until you get to the point where this step is no longer a problem and you can go on to the next step.

Let's go back to the sentences about a difficult life and a simple one. You cannot compare those two different human lives, because we are talking about different tasks. A director of a company with 200 people under him does not have a more difficult life than a poor single woman who is doing her best to get her meal everyday. Each of these two completely different people has his or her own task to accomplish. Perhaps you want to ask me now about the man who sits on the beach, doing nothing except drinking and watching everyone passing by. This man may have more problems than the director of that company may with 200 people. Why is he sitting there? Perhaps he is afraid, withdrawing from his responsibilities, or he is sick and thinks, "These are my last days". He can also be someone who believes that this life is one long holiday! Who knows! Even if he is here on holiday, he has a task to fulfill: A task, which may be more difficult for him than that of the director or the woman. Do not look at the outside of a person, but try to feel what is going on inside.

There is so much that people make us feel, but we do not take notice of it.

Another example: A child, full of energy, looks happy while playing with a group of other children. This child's life seems to be one big playground. Another child, sitting in a corner watching, looks like a child who needs attention and care. Which child needs more help? The happy child playing or the one who is sitting and watching? It looks as if the child who is playing, is happy, while the other one just sits there alone, not being happy. But this is the way it looks from the outside. Every second, the child who is playing, is screaming to get attention. Meanwhile, he needs all the children around him to get their attention. The supposedly lonely child is connected with the world around him, with the simple things in life and is happy with all contacts he has. Again, it is not what you see from the outside, but what you feel from the inside of that person! In every human body, there is a soul. A soul that knows what to do, while it needs that simple human body for its learning process.

We humans think we can only detect by seeing and hearing. Many times a day, you hear “good morning” or “have a nice day”. What do you feel when you hear these sentences? NOTHING, and do you know why? Because there is nothing behind these words! They are empty, they are lost words.

It is the same with people who change their body, because they do not like the way they look. What you get is an appearance like in a fashion magazine, an almost empty appearance with little expression. As long as you think you can detect what is right by seeing and hearing, you are wrong. Go back and relate to your feelings again.

The human life in that simple body is complicated. No two lives are the same and no two bodies are the same. It is not just the human body that makes you realize you are here on earth. Look deep inside yourself and feel what is going on there, in that one human life. Learn to live with yourself. Learn to feel yourself, so you can feel others. Learn to accept life with all the good things in it. But most importantly, listen to your soul. Let it help you manage your life. This is why we are here and why this is a simple human life!

A simple human life, which makes history for all the following ones. How important you are now, or how little you may think about yourself, this one simple human body is the most important tool you have to accomplish the task you are here for.

Use this tool, stop changing it and don't ignore your body, because you need it. If you don't, you are playing with your future and the future is long, far beyond your imagination. Accept, pamper and use this human body, you need it right now for that one task.







## - Chapter 45 -

### **The Military**

There is one thing on earth that is completely unnecessary. Militarism! I would like to explain my point of view in this chapter.

Definition of the Military: a school for grown-ups, who never will become adults! Our system is based on fighting, as were all systems before. We humans place ourselves far above animals. And if we tell people that we descend from apes or other animals, they look as if to say: “But that’s a long time ago”. Because we are so intellectual now, we cannot think how it was thousands of years ago! What does a few thousand years mean in the evolution of millions? Nothing. We have just started as human beings, although we have shown everybody that we are still animals. When we need something, or want something, we start to fight to get it. When we live together, we try to start a fight to get control over others. If we cannot win, we play unfair by starting a fight. We fight to get the woman we want! We fight, because as males we are supposed to fight!

Some people think we should do anything just to be the person others think we should be!

This is the most unbelievable and inhuman thinking, since the day man became human. Until today, there are people who fight for almost everything and our system knows exactly how to get what it wants. Just start a war to get control over people. I can say that I have never fought, nor did I do my military service. I consider the military as a big playground for people who think they should fight and so have control over others. Look around you. How many people die because of others? How many people die young for nothing? How many people are crippled for the rest of their life? And the only thing they get, if they are lucky, is a medal!

It is incredible that we do all these things. It is strange that there are so many people who join the army voluntarily. They believe in fighting and that they will be great men or even heroes. Then the time comes that they have to fight for real. Not in a playground near home, but real fighting in another country. When they return, most of them are brain-dead, changed or exhibiting a completely different behavior. And those are the lucky ones who came back alive, without serious injuries and who still have both legs and arms. Those who come back like that, are completely changed. Why? Because they are heroes now? Or because they have seen so much? Heroes they will never be. You cannot be a hero by taking someone else's life! Have they seen so much? Yes, they saw a lot, they saw the other side of mankind. The dark side, where all of us act like animals. They saw life and death, and most of them had to kill to survive. Seeing death is not painful, as death is beautiful. It is just the end of human life. But they saw death by killing, which means hurting another human being's soul. Seeing that way of dying, is like seeing hell and hence your own end. And why? What did they risk their lives for? To kill others, to work for the system? Being there for your country? But what does that mean? If you are lucky, you come home and the country will not be there for you. Or, you will get a medal and can go on, like a machine, or as a person who is completely brainwashed!

People come back, realizing, if they are not brainwashed, what they have done. The feelings come back, the fighting machine has stopped and the real person comes out. Most of the people who come home, find themselves in great trouble and have a terrible life after that. Because they realize what they did in the war. They realize that they have acted like animals and have lost the feeling of being human. Being without that feeling makes youngsters completely brain-dead for the rest of their lives.

There are also those who come back missing parts of their body, or who are so damaged that they are completely dependent on others. They are very difficult to live with, because they saw and felt death. Now they need to live a life without fighting. Instead, they fight against the people around them,

who cannot understand or feel what is the matter. The ones who were left by their loved ones who never came back, also have many problems. The hero system doesn't give them the support they need. Joining the military is choosing a life of fighting and being brainwashed, so you can serve the system until your death. There is no gratitude and there is no support. You are on your own. In the end, the system does not need you anymore! Being a soldier is choosing to be nothing more than a number. No longer a human being, because a human can survive without fighting. We don't need to fight. We humans have other powers that we can use to bring things to a good end. Fighting is something for sick people and only a sick system promotes the creation of heroes. What is a hero anyway? Someone who kills others or wants to dominate? A real hero is someone who respects other people's lives and who communicates as a human being. Animals fight and therefore, we are still animals that do not know another way to survive and get things done.

Playing soldiers is playing like children do at school, trying to gain power over others. Playing soldier is like play-acting for adults who cannot behave like real humans. Instead, they go back to acting like animals. Killing to survive is their motto and this will go on as long as people fail to realize that fighting is the way of cowards. Why do we still fight and why do we have so many wars in this world? The simple answer is that when you fight or start a war, you get back what you have sown.

As I told you, I never had a physical fight in my life. There was a moment at school when a boy tried to pick a fight with me. He pushed me and also hit me once. I looked at him and just when he wanted to hit me for the second time he stopped and others yelled at him to go on. Nothing else happened and I walked away. None of those boys ever came back for me. What happened? I did not fight back, but I just looked that boy in the eyes. The blow he gave me did not get the results he expected. I still stood there, just like before the fight had started. By looking at him, I saw he was frightened. Most people who start a fight, are more afraid than their opponents. By not fighting, there was no fight! There is a simple rule: it takes two to fight!

If I have to be number two, then there is no game!

Back to militarism:

- It is you who wants to fight, if you join the military!
- It is you who chooses to be crippled or dead!
- It is you who chooses to take other people's life!

Why there are still people who choose to kill and be killed?

**BECAUSE THEY ACT LIKE SHEEP  
AND MISTAKE THEMSELVES FOR HEROES.**



## **- Chapter 46 -**

### **Life is what you make of it**

People talk about their life as if it is not a part of them. They will say “Life is a hell”, “Life is painful”, or “Life is beautiful”. When they say things like that, it sounds as if they are talking about something that is completely out of their control. As if life has taken control over them and there is nothing else than but to accept it. But why do people let life take control over their time here on earth? Why is life hell for one and a big feast for another? It may be interesting to stop and look at these questions for a few minutes and try to figure out what is happening.

Let us start with the people themselves. It is good that we are all different and have our own points of view about life. One of the important points is the question “What is the purpose of our existence on earth?” Most people have no idea what they are doing here. They do not realize that they actually have a task to fulfill in this life. They feel as if they are lost in a strange world. Life on earth is not easy, but we must live it. As I wrote in another chapter, we are not here on earth only once. We keep coming back

regularly. For some people, this will be soon after they left earth and for others it will take hundreds of years in earth time. One thing is certain though, and that is that we will return. I also wrote that we are souls that never die and go into another human body over and over again. We do so because we need to learn to get as far as the soul wants us to get. We need to accomplish the big task, which is part of a big soul world, the Core, the essence of all lives in the Universe.

Now let's go back to that person who said that life is hell. This is the second question I wrote above, about having control over life. Life on earth started the second we were born and had to do everything on our own. The first years, our parents helped us as much as possible but after some years we formed our own lives. We take our own decisions and, consequently, create our own matrix. We usually try to make things as easy as possible for ourselves, while hoping that others will do the job for us. Indeed, there are others who try to help us, but instead of that, they manipulate our matrix.

Inside us, there is a soul that works together with our brain. The brain needs to learn that the soul knows everything already. How far is our brain willing to learn from our soul? It depends on whether the brain accepts all this. When it is open for information, we are strong enough to create our matrix. This is the key. During our life, we should cooperate with the soul, then our brain and body learn from our soul. When we get to this stage, we see another life opening. A new life? Yes, a whole new life.

Let's go back to the last part I wrote, so I can explain some things. The soul is our main life. The soul is the source of our lives but it is also a small part of our complete existence in the total Universal life. All of us are a part of each other. We need each other to get on. This does not mean that we are here on earth just to need someone. We often think we need someone else, or that we need that to accomplish something. But all we need, is ourselves! Creating our own matrix is the key of success for our soul in this life. This does not mean that we only need our own company, or need to have control

over many people. We do not need to have control over a single human life. Most of the time, we forget that we actually have no control over our own life. People who want to have control over others, usually have problems with themselves. They need other people to hide their own shortcomings. The more people they have around them, the more difficulties they have with themselves.

The moment we were born, everything came together in our body. The brain, body and soul needed to work together in this life and fulfill the task that needs to be done. A specific task, with this specific body and this specific brain! To get these three working together, is the most difficult thing in life. Most problems will be related to this simple part of being together. The soul has all the power, the brain can handle a small part of that power, and the body is the piece of flesh and blood that should carry out all the actions. That main part of our existence is the motive of all that is written about life. Someone who sees life as hell or as something difficult, is responsible for it being that way! Nobody else!

Let's look at life from another side. Let me show you why perhaps this life is hard for you. I already explained the difficulty of the initial amalgamation of your body, brain and soul. This coming together is not an easy task for the soul, which usually enters the body around 5 months before birth. From that time, the soul works hard to become familiar with its new body. For the soul, it is the time when it needs to go from working only with energy to working together with flesh and blood. With all the limitations the human body has. The task for the soul has begun, and it needs to find out if the body it chose will be suitable for the task. After a little while, the soul, the brain and the body are ready for the next task in life. This is to get the planned job done. The brain does not know what kind of job it is. The body does only what it receives as information. The task is only known to the soul. This soul needs to work with the human brain, which is slow and old-fashioned, and has many limitations. But the soul knows the way to go and to convince the brain what is good for both of them. The first years of life, things usually go well. But the more the

outside world encroaches, with its rules and its limited way of seeing the world, the more problems the human body and brain encounter. The brain has a hard time filtering all this negative information and will go its own way more and more (ego). On the path to self-destruction. Yes, self-destruction. Because the path you should go, move further and further away. Eventually, you reach a point where you no longer see the source and cannot see a clear path to go. Feelings fade, because the brain does not have enough power to manage all these things. This is also the reason why there comes a point when the brain tries to get rid of some parts of its own body by making them unusable (sick). You may think “Why doesn’t the soul help them?” Good question. But there is the key point of all our problems: When the brain goes its own way, while feelings are fading, there is no point of entry for the soul to help. The body is soul dead! The person consisting of three parts: Soul, Brain and Body, are now falling apart. What is left, is a brain that is acting like mad, a body that is falling apart and a soul that is waiting until there is an entry into this mess, so that it can restore everything. Yes, restore! If the soul finds a small entry point into this human life, it can restore the whole body. It has the power and the ability to clean up the mess and to start all over again. Because the soul needs to accomplish the task for which it entered that body.

So much for the soul’s power and the task it has. Now that you know more about the soul, the body and the mind, we can take on the main question: How to make your own life? Millions of words have been written and spoken about what men should do. But you can make your own life. This the key of all that has been written or said. It is impossible, it is unfair, it is... and so on. These words make us dependent on others. This is what they want, because these people simply want to have control over us, control over everybody and everything! There is no control. All control is what you believe in and what you allow to happen to yourself. There are no others. There are only you, your body and your soul. The body can do everything by itself and does not need anything. By believing that you are dependent on others, you no longer exist! Indeed, you are not there anymore, because you have given yourself away! As you know, you and your soul have something to accomplish. You may think

that others will help you do so, but others cannot and will not help you with your tasks. What others may do is force you onto another path, trying to get you out of balance. Or by pretending to work together with you, they slow you down in accomplishing your task. Perhaps you let them be there because you are lazy and think they will do it for you. The truth is that only you can do it.

Now about that point of your terrible life. I wrote that it is you who makes this life a terrible life. Because YOU make your own life. It is you who makes your decisions. You go your own way, acting as if you were God. But you forget the most important part in your body, YOUR SOUL! You refuse to listen to it, you do not believe in it, and you are not willing to work together with it. Let me give you an example: All that I am writing here, is not coming from my brain. The brain is too simple to write this all. The information for these chapters comes from my soul. By listening to my soul, information reaches my brain and the brain sends this to my hands to write it down. Listening to your soul gives you the opportunity to learn and see things you never knew existed. For the human brain, the soul is too powerful and complicated to understand. Let's look at it from another side: The soul is energy and has all the energy it needs for all situations that will occur. This energy never gets lost, so the soul grows all the time and receives help from its own energy. This energy has no substance or form, and no limitations. The energy can do everything. And what about the soul? Will it help us when we get into trouble? The human body is a very simple life form. It is a fraction above the animal world and a little more above the plant world.

The human body is just a simple mechanism we live in. We have a brain and this simple brain can block the way the soul needs to help us. The soul can enter the brain when it is blocked. But the brain will be not able to feel it, or work with the information it gets from the soul. Besides that, the brain wastes its time by blocking all information. The soul is such that it wastes no energy in a foolish brain. The moment we open ourselves again, the soul can go on.



Energy can make you as powerful as you want. The vast majority of people work with the wrong energy. They call it negative energy. Negative energy is everywhere in our body and around us. We cannot do all the things we do without knowing that we do not learn and do not accept. All are negative energy. All that talking about sickness and pain is negative. Fighting with people, arguing with them, is also negative energy. STOP. This is the point where you make your life hell. A hell you create yourself! It is you who followed a path that is not the right one. It is you who tried a different one. All these things are YOU. In your own life, you have made decisions that got you into this situation. Some will say that this is “KARMA”. Give it any name you like. To me it is getting out of control and taking the wrong path.

It is true that we cannot control things and so they keep happening. See it as a learning process and see after an incident how you reacted. Start now and when there is something unpleasant, get over it as soon as possible. If it is nice, enjoy it! In the world of energy, there is no time, no beginning and no end. There is energy you should work with, and you can do it as long as or as short as you want because.... What is time? Everything you see is energy, you can try to see its pixels as light or as a matrix. Energy is a pure source and what we do is spending billions to find the source of life. We forget that we already have the answer inside us. Try to feel the energy, but more importantly, try to listen to the energy and use it. We are not able to manipulate this energy and we are just starting to explore it. Do not waste your time or wrack your brain trying to understand it. Use it and listen to the energy that has only one path and that is the path of health and understanding. You will see that you can make your life paradise.



## - Chapter 47 -

### **The Core (part One)**

Films have been made about it. Thousands of books have been written about it. As long as human life has existed, we have tried to get there. After billions of dollars spent on research, we still haven't found it. People are driven mad, because they cannot even get anywhere near it. It is the most important element of all lives in the Universe.

### **THE CORE.**

Much has been written and speculated about the Core. People are attracted to it and believe that this single word provides the key to life and answers to all our problems. Below, there are some questions I want to talk about in this chapter.

#### **1. Why do people want to find the Core?**

That is a simple question. Because people are attracted to things they cannot reach or understand. They always believe that the answers are there where they cannot reach! Another reason is that people believe that when they find the Core, they will have absolute power. Power to dominate, to do what they want. This is a typical example of how many people think. It is why they always have the same old problems and return to an earlier way of life. We can see that throughout the centuries, human life builds up climax and then reaches a higher level. As soon as it has reached that, it falls back to nothing and needs to start all over again! In all these centuries, man has not learned and has not known what to do when they reach a higher level. This is one of the key problems: we cannot handle new situations and higher levels. When I see what we, humans, have learned over the last few centuries, I can only say that we have been moving backwards. Increasingly, we believe that machines and computers can find the way in life for us. These machines and computers

are only there, because we are getting foolish as time goes by. Our brains today are not like they used to be. We no longer listen to our soul and our body. We believe that everything can be done by these machines. Does not that sound foolish to you? All this is because we think that when we find the Core, we are free from sicknesses and problems and that we then own the power. I cannot help laughing, because it sounds so stupid. But the most stupid thing is that most of our money goes into that! The Core is an obsession for many people. Power, health and domination, all that we can have, if we find that Core, or so they think!

## **2. What do we hope to find and where?**

I answered that already in the first question. But to add a small note: what we will find is important for some dominant people, who think they can own and handle this Core. This brings us to the second part of this question, “where”. Where do they think they can find the Core? In the medical world, more and more is known about the human body. They find new cells, new parts, but every time, by going deeper into that world, they enter several other worlds! In that single cell, other worlds are opened. This has been going on for thousands of years. And where has it gotten us? Not much further, as most information is useless, because it is made and built of false input.

In nature, we try to manipulate plants, animals, and so on, because we think we can play God. The result is that we get more and more sick people. Because these animals and plants are no longer strong enough to absorb all the ingredients we need from them to survive. Science is a dead-end street. People believe only what they can see, they play with elements and do not know why. In science, you can see clearly that we are moving away from the Core. All these old input and rules are based on some small base lines. These are the ruin of our science these days. New input is destroyed and new ways are held back. Otherwise, we would get the proof that many professors and

scientists are working on projects with a dead end, and therefore cannot have the billions to spend. All this holding back, standing still and walking back, will not help us find the Core that we want. People do not want to know that they are working for nothing. They do what others tell them to do. They act like sheep that follow the leader, even when he is walking over the cliff. Or they walk in circles and do not understand they are looking in the wrong place. They will never find the Core. They are looking in the wrong place and the wrong world.

### **3. Is the Core important?**

I found out about the Core and saw what it does for me. The Core is important, if you believe in the Core and if you want to work with it. The Core is not what people think it is. All that has been written about the Core is like the old bible; a small notebook that has been replicated over and over, while the essence has gone. All we knew in the past, has been forgotten in the present. The Core is important, because in it you will find the way you can work with it.

This is as far as I want to go into this. Perhaps you are disappointed, but don't see it that way. What I wrote above are the first lines, an important introduction to the Core. This simple magic word, an obsession in the lives of so many, because of which we all miss the real world. The world we have to live in, because we are all part of the Core.



## - Chapter 48 -

### **Journey into my soul**

At the beginning of this chapter, I want to make a statement. Until today, I never wrote about any of my drawings. I believe that a drawing should speak for itself. This drawing, called “Journey into my soul”, has a special meaning for me, because it is my life that I am showing to the world. My life, my knowledge, and the way I see life. As I wrote on the introductory page, I am not a medical practitioner nor do I represent a sect, cult or religion. I write here only about my experiences and the knowledge that I have about my own human life. So what you read here, is information that may be important to you. If you do not believe it, or want to work with it, it is fine with me. I know that sooner or later, you will come to this point: “What are we doing here on earth?” The explanation that I will give you about this drawing is because, within three days, over 45.000 people came to see this drawing. I also got a lot of e-mails through my website. I know that this drawing created quite a stir, so I suppose I should explain what this drawing means to me.

In this chapter, I want to discuss in a little more detail a drawing that I made, called “Journey into my soul”. It started in a completely different way from what I normally do. My standard way of drawing is to first make sketches and, if necessary, take photographs. By the time I start to draw, I know exactly what I should draw. This time, it was completely different. During my meditation, I got the message to go over to my drawing table and to spend a lot of time drawing the following days. That is how I started, taking a piece of paper and draw some guidelines, creating the main shapes. Then I added some details with pen, and got more and more into that drawing. During my meditation time, I received a lot of information about the shapes I should draw. When I had finished the shapes, it was time for the colors. I added them in the way I was being instructed. At that stage, the soul was there, in a shape I had never seen before and although at that time I did not know, this has to

be it. My question at this stage was what to do next, as there was no more information. Until two days later, when I got an idea of how to finish this piece. The following days, more details came to me and finally the information came through: I was drawing my own soul. During the meditations, after I had finished the drawing, more information came to me and little by little the drawing started to make sense to me. The drawing was started without any knowledge about what I was doing and where it would take me.

### ***Explanation***

The soul is the key to life. For us, human beings, the soul is the driving force behind everything. We receive a lot from our soul in our brain, so we can accomplish our task. What the task is and how we should accomplish it, we do not know. During our lives, we will never find out what the task is and what the soul needs to accomplish in this life. The soul is in us from the beginning and it works together with the brain and the body. Many people are no longer connected with their soul. With the life they live, they will not be able to accomplish the task for which they are here. Being connected with and open for the soul seems a major problem at this moment in time. Money, matter and power are the main issues. In the world of souls, many things happen. As I wrote in another chapter, it is not the complete soul that is in our body. The soul can split into other bodies and can also be in a body in which it is not active, because that body is blocked. A soul is for about 25% in one human body. When it has a difficult task to fulfill, more energy will be available, but the soul will be up to no more than 50%. The other 50% stays behind in the soul world, which we also know as the Universe. This is because the soul needs the connection with its source. The source is always clean, without any earthy influence. Pure energy is there in the source, with all the knowledge and all the experiences it got from the past lives, which are important for that one main target: To reach a higher level in the Universe. We humans do not understand this higher level, it is there only for the soul. The main part of the soul, that pure energy, keeps learning as long as it exists. I should tell you the following. For a soul, there is no time, no distance and no limitations. The first two: time and distance are known by the soul at

the moment it starts to exist. The soul should learn and find out how to work with limitations. The older a soul is, the more it knows what is possible in the soul world and so it will continue to climb higher until it has fulfilled its task. There is a lot to learn, to find out how to work without limitations. So, the soul needs to go to these worlds, to find out how to manage limitations. There is a lot more going on in this life here on earth. This is why we are here with all the limitations of time, distance and things that WE THINK exist! It is a world created by ourselves and we make it difficult for ourselves. The world is getting more complicated every day. When I see simple things explained in books of hundred pages or more, I know we have taken a wrong turn.

Back to my drawing. The drawing that started as a white piece of paper, and became a complex drawing with so much energy and worlds into one world, called "MY SOUL". My soul, one of billions, is there on paper. A soul without symmetry, which is not there in the soul world and in the complete Universe. Symmetry is made by humans, not by the Universe, and it is one of the man's limitations. A drawing with colors that are very important, because they tell us what I have already done in my soul world. All the energy and past lives, which someone called "the bubbles". All the energy lanes, which explain that this soul is growing so immense that it looks as if it is going to explode. But this is only the road to a higher life form. All that energy is there, because in all the lives, the soul acquired a great deal of input and learning. The small nucleus at the bottom in the middle, is a world on its own, from where all energy is coming. This takes us deeper into the drawing, because the nucleus you see, is also a world that goes deeper and deeper into..... nothing? No, here we are at a point where we should accept that there is no begin and no end. Energy is endless and energy is without any restrictions. When your soul grows, it comes to a point where the new world begins. Or rather, where the old world flows into the new world. We humans are very limited and we are only a toy for our soul and the total Universe. If you are able to see the world not as a limited place, but as the total Universe, there are no limitations. Let me elaborate. We humans try to explain

everything in numbers, rules, time and distances. With these limitations, we research everything and find out that behind every cell, there is another one. Behind every world another world, simply because the limitations we live with, keep us in a world that will never end. There is no end, so why try to find it? Look at earth as a grain of dust that is traveling in a desert. At that moment, we may think that we are lost and there is no end anywhere on earth. It looks as if the world is endless. But when the grain of dust enters the Universe, there is no number that can place or explain that. So what we are doing here, is learning to accept. Accept that there is no end and that we, as humans, should live with that knowledge. If we are capable of stepping over that point, we will make progress in learning the new powers, which are there, behind that stage. The human body will heal itself, traveling to other worlds will be normal and our brain will leave the simple stage it is in now.

The drawing says more about our soul and when you go deeper into it, you will get the information that is there on paper. You will see the way it was going and how it got as far as it is now. One of the e-mails I received, contained the question: "How is it possible that a human body sees the colors of a soul?" Here we are at a point of disbelief, mixing human life with soul life. Human life is only for a short time, here on earth, but a soul lasts forever and it takes all the knowledge it has with it to subsequent lives. Humans believe that they are able to get to know everything. As I wrote in the beginning, it looks as if colors are important in a soul life. This explains why color therapy and art can be a solution for many of man's problems, getting people out of that blocked period in which they are at the moment. Colors are energy fields, each color represents one particular stage. Colors are there for sure, the soul world is not the one which is always painted as a pure white place above us. In the Universe, the main color is black. I will not enter into the discussion on whether black is a color or not. For me, black is a color and it is the sum total of all colors in our spectrum. The black that you can see when you travel in space. Black is made of colors, you can see many colors in black, coming



from the energy from our Universe. It is the same in the soul world. The soul is our source and our energy, so we can live and learn and place all this information in our soul. The colors represent the stage of the soul. A young soul that has just started, is pure white. As it progresses, it becomes yellow, light blue, dark blue and then purple. A purple soul has reached the stage when it is ready to go to the next step, on its way to complete one of its last stages. So what you see in the drawing of my soul is that all colors are there and the soul looks as if it is almost done with the task in this present form.

This explains the way the soul is going and the colors that go with it to fulfill this task.

In the past years, I have learned to connect with my higher self when I want and when I need more information. During the time I have this connection, many things happen and it is as if the power that is there, stays in me for a short time. Sometimes it is like recharging a battery, but more than that is happening. The soul which I drew, looks as if it has something more to say. From the day when I made the connection, something has changed and I saw the path that I should follow to complete this life. I will explain this mission in more detail later, because it is not yet the time to put that on paper.

This is my soul, about which someone said: “John, you have put yourself on paper naked, showing everybody who you are”. For me, it is more like waking up people, which is what I hope to do, for at least two of the billions of people. That they will see what life is all about. As an artist, I was always naked and I always showed people that there is more and I tried to help them through my drawings. To stand there naked, with my soul open for you, is no problem for me. Because my wish is to find just these two people, who know what is really important in life and so together fulfill the task we have to accomplish in our life.

*Two people..... Are you one of them?*



## - Chapter 49 -

### Energy

We cannot do without energy in today's world. This is when we talk about electricity, which we use all day. But I do not want to talk about the energy that we call electricity. There are also different forms of energy. One of them is the energy we mean when we feel tired, saying: "My energy is gone". This is a different kind of energy, but it has the same origin. We have many energy sources around the world. Energy that we cannot see, but feel. Energy that is in the Universe, we cannot handle. We do not even know how to find it. Everything is energy and has a connection with the source. The source creates all objects and all life forms we know. The source is not a starting point, because there is no starting point in the Universe, as I have said several times already. Time and distance are the limitations that we humans work with and believe in. Why do we do that? There is only one answer. Some people are afraid to lose face by confessing: "I WAS WRONG". Theories will be overthrown and will no longer be needed. Such people can be found in churches, science and politics. The system cannot admit its own lies! As we know, there is a lot of energy and most of it we cannot explain, not to mention work with. Some of it we do work with, such as electricity, radio waves, atoms and other simple energy fields. But let us try to analyze energy and where to find it. Energy is a field of waves that transport power to other places. Waves going to the other end of the line, to switch the light on, or to start our computer and keep it working. This is the supply for all those machines. We try to find an explanation in everything around us. The source, made of energy, is in everything we see. We need to believe that. We see a plant as a plant, an animal as an animal, a human as a human, a PC as a PC, and so on. All of these are made of energy. Because we have these energy limitations, we cannot imagine that we are only talking about energy, which is no more than waves. In the Matrix movie, we could see some simple explanations. In that movie, we were shown that nothing is real and that everything can be manipulated.

You may think “There we go, John as a space traveler or as an alien”. Believe what you want to believe, but there is more that I want to share with you. Energy is fields of waves and there is a possibility to use these fields. Let me give you a simple example. Suppose you have had a terrible day, and when you come home, your children ask you something. Your answer will most certainly be “no”. Your field is negative and all you have to say is negative too. But the next day is a good one. When the children ask you something, you will answer and have a nice talk with them, because that day contains positive energy. Many people already use that energy. There are some problems, however, because some people who truly believe they are positive, are almost burned out. The reason is that deep down inside, there is a big negative garbage can. But by using the energy, we are capable of healing ourselves. We can heal our body by giving it the energy it needs. What we can do is very simple, we take the problem out of our body and replace it by healthy energy. This sounds simple, doesn't it? Well, it IS simple. Why then do we not use these energy fields? The answer is that it is all about money. After all, you can get energy for free. The knowledge is already in you, but you should learn how to use it. ENERGY is everywhere and we can do so much more with it. Since we believe in limitations, we cannot use energy properly, but if you manage to get over the limitations block, there are many possibilities. Traveling is one of them, being healthy is another.

There is a rule that everything must be proven by numbers. This means that man has imposed upon himself an enormous limitation. It would be a good idea if you looked around and put on paper what you cannot do. I can tell you that it will be a very long list, full of limitations. Take a piece of paper, write down what you CAN do and see that you cannot even fill that page. Limitations, the main obstruction we create for ourselves. We believe in limitations, it is as if we are born with them.

If you were able to reprogram your mind and see everything from a different angle, without limitations, you would see that there is a lot happening around you. Try to see everything by applying one simple

rule. All you can see is made of the same energy as you are. It may look different, but the source is the same, therefore I am the same as that object. By manipulating energy, we cannot only recreate the mind, but also the object. Energy is very flexible. For example, by a small change in an energy field, a stone becomes a plant. Water becomes air. You can see and do everything with energy. Perhaps I am going a bit too fast, but it would nevertheless be interesting. Think about this small fact, which can change the entire world.

Energy is life, life is energy, and when we are able to see that everything is about energy, we can use this power. The soul, the main engine in every human being, is a master who can use the energy. From the beginning, the soul learns all about mastering energy. It can create, handle and manipulate energy. But because our soul does not have the negative energy that we humans have, all its manipulating is positive. In the medical world, we see manipulation on DNA, cells, and so on. This is negative manipulation, which will end in a big catastrophe. We humans cannot handle this power, also because we start from the wrong point of view. This will end in a disaster and I know that we will take ourselves back in time. Therefore, we need to start all over again. We are not ready to accept and we are not willing to learn from the power of energy, as long as we keep manipulating life forms on this planet. Working on the basis of numbers and facts, is like working on a car that needs to travel in space, but never leaves this planet. We need to go back to the main road, see what went wrong, and learn from it.

Learn what real life means, learn what is really going on and learn to use the energy you have. As long as we do not see that, we are like grains of sand or dust, or a flower or an animal, we will never be able to understand that the source of life is energy and that it is in all things around us. Energy is capable of reorganizing and to free us from all limitations that we have imposed upon ourselves. Feel, believe, and look around you. You will see what energy can do for you.

***Think about it.***



## - Chapter 50 -

### Drugs

Drugs have changed the world completely. The term drugs includes not only cocaine, heroine, cannabis and xtc, but also alcohol, caffeine, medicine and cigarettes. What all these products have in common, is that they cause the user to have less control over the body. A human body is created completely in balance. The body knows what to do in life, working together with the soul to fulfill the task that needs to be done.

The use of drugs is as old as mankind. Long ago, medicine men - and before that witches - used a wide variety of plants with the intention to help others. Rituals were needed, so as to make the medicine they had made, work better. Their medicine was taken with the respect that the product needed. Pain was relieved by taking small amounts of medicine, and the person who had suffered was able to continue and fulfill his task. In some parts of the world, these rituals are still being used by people who, just like in the old days, believe in the power of the plants and minerals. The same happens in the world of animals, who know exactly what to take when it is necessary. Many people today are in pain and cannot manage their lives. The modern world is overwhelmed by negative energy and people cannot handle the pain. They have no solution for getting out of this situation, or to handle all this negative energy. This is where people start using drugs in the wrong way. There is no ritual and doctors prescribe great quantities of medicine, which is taken without being aware of the consequences. Working days have become longer and we work harder, because we need the money. To manage, we drink coffee to stay awake longer. But we take the stress home with us and then have some alcohol to temporarily forget the problems at work. Eventually, we become totally depressed. To cope with this, we smoke some pot or take some heroine. There are also pills that can make us feel good. But what we forget is that these products are not pure, many chemicals having been added

to them. Chemical products, such as xtc and other pills, have taken over the world. All are made to make us feel good, to give us the energy we think we need, and to enable us to go on working in a world we think we can handle. There are no more rituals, and everything is based on chemicals. The main problem that arises after a while, is that we need more and more. When we can no longer afford to pay the price, we must find some way to get it. By taking these drugs, our body dies bit by bit. At the same time we must work harder, to get the money we need. In the long run, the body will give up and die. The time of waiting before it dies, can be long, because there is something that still believes in going on. Wake up, stop taking these pills and drugs, and restore yourself. The soul can do it if you want, but it needs the brain, and the brain is dying faster than your body. The path to recovery is long, but as long as you keep making progress, you will eventually come out as a strong new person. However, one thing will never be the same again, your brain! The brain cannot restore itself completely and can no longer make the clear connections as a normal human being does. The brain will be damaged, which will remain a problem for the rest of your life. Your goals will be adapted and your limits will be different.

A drug such as alcohol, is terrible because it breaks down the body completely. Organs no longer function properly and parts of the brain die forever. Cigarettes are more like fashion items. But people who smoke, need nicotine. As a consequence, their lungs and other parts of the body are damaged. Coffee and tea look innocent, but these are drugs too, stimulating the body and preventing it from getting the rest it needs. Most medicines are no more than drugs, because they suppress the senses, telling the body: "It is okay now". At the same time, the body only gets sicker and sicker. Most of the time, medicines only bottle up the illness. Drugs such as cocaine and cannabis, made from natural products, but mixed with chemicals by chemical processes, are detrimental to the entire body. The worst is that the brain gets damaged forever, which makes these drugs even more dangerous. Xtc and all those other chemical pills, for extra power or energy, are relatively new, but these are set to become the biggest threat to human life.

A human body needs to restore itself. It needs the rest and the extra attention that it asks for. Depriving your body from the attention it needs, is the first step towards breaking it down. As I wrote, the soul has the patience to help you, if you ask for it. The soul is capable of helping you whenever you want, as long as you are willing to listen. Try to help the addicts. When you succeed, the soul can do its work from the inside. There is a lot to be said about drugs, but one thing is clear: All these people want to escape, escape from a normal human life with its problems that need to be solved. For those who keep using drugs, their whole stay on earth will be worthless and without meaning. The only message is: DO IT AGAIN! Go back, settle this situation and make the best of it. Those who succeed, will have done a great job. They have come back and have worked their way back to life. A life with some limitations, because of the damage to the brain, but they will manage. Wake up, stop destroying your body, because this road leads nowhere. You will keep coming back, until you have overcome this problem. So why not do it right now?



## **- Chapter 51 -**

### **Limits**

Know your limits! Watch out, the speed limit is.....! You are now over the limit! There is a complete booklet telling you what a limit is. What is a limit, actually? Since the day we arrived here on earth, we have heard from our parents and people around us what is possible and what is not. All these things are limitations. Our body is subject to many limitations, we think, and that is why we are always looking at limitations, things that seem impossible to do. Impossible, because our way of thinking limits us. But it's just as easy to think of the opposite of the word limit. Unlimited: Everything is possible, you can do everything you want to do. Whatever is in your mind, you can do, what you want to accomplish, will be done.

Let me start at the beginning. Limitations are a way of thinking. If you believe that you cannot carry those rolls of toilet paper, you will not manage to carry them. If you believe that toilet paper is like a feather, you can carry many rolls together. People believe that some things can be done and other things are impossible. There are also people who go to the limits of what the human body can do. They fly around the world to climb the highest mountains. Some can hold their breath for 15 minutes, others walk blind through a city, without any problem. Why can some do so, while others cannot? Have you ever thought about this? These people, who do extraordinary things are no superheroes or supernatural aliens! They are ordinary people, who believe in their task, knowing what their energy can do!

Let me give you a personal example. I believe that everything is possible and so I moved one of my sculptures, which weighs 400 kilograms. I did this all by myself, because I knew I could do it. One day I decided to walk on fire. After some meditation and truly believing that I could, I did so. Afterwards, my feet were still intact. I love to walk. My wife and I believe we can do everything by foot. We walked over 10 km a day for quite a long time, and over 25 km in the weekends. Then a time came when we walked 80 km in one night. Later we went further and walked 200 km in 4 days. We accomplished this, because we believed it was possible. Being afraid of heights was a big problem for me. One day I got up, believing I had the confidence that I could climb the hill behind our house and so I did, without any fear.

Believe, believe that everything is possible. Before you start to believe you can fly, think about it very clearly, how you will manage that! It is not just a simple thought that makes you able to walk through walls, or fly, but everything is possible, as long as your body is in a state of total self-confidence.



Limitations are imprinted on our brain. As I said above, when we were born, we learned what is possible and what is not. Forget all that and you will see THERE ARE NO LIMITS. I know it is hard to believe and if you only “try” to walk through that wall, you will surely end up with a broken nose or a serious headache. Between just telling yourself and reality, there is a big difference and a long road to go. That man who climbed the highest mountain did not think the day before: “Oh, let me climb the highest peak tomorrow”. NO, years passed between that first thought and the action. It’s the same way in life. Do not expect that you can do anything you think of the next day. But if you make a plan, prepare yourself, then one day you will accomplish it.



## - Chapter 52 -

### **Symbols**

We live in a world full of symbols, small images created by people. In the past, every religion, cult or sect had one or more of these symbols and the explanations of such symbols are often incredible. Many books have been written on symbols. As time went by, we have started to give every company a symbol or a sign. They are called logos, but most of the time it is a small drawing that has the same meaning as the word. What is the reason for this great myth around symbols? If you check the websites or books on this topic, you will be filled with amazement. Elaborate stories are created around a single symbol. Some even go so far as to link symbols with extraterrestrials, with the soul world or past lives. The truth is that symbols are created by people and the story behind every symbol is also written by people. There is no connection whatsoever with afterlife, the soul world or the Universe. In these worlds, symbols are not important, because a symbol does not tell you anything about soul life. The connection between soul life and symbol is simple. There is none!

As I wrote before, a symbol is a sign created by man. If you see a symbol during meditation and you think that you are in your soul life, it is merely proof that you are still connected with earth life things and not with the world of souls. These symbols or signs are messages that you receive from your guide, who is trying to tell you something. Your guide is there to help you in life when needed, by also giving you the signs you need. He uses signs created by man and so you get to see these symbols. The symbols are there to guide you in life. If you think, that you are in your soul life and you see symbols, you are mistaken, because you are neither in your soul life, nor in the soul world.

In the soul world there are no symbols. I read some articles about the soul world and symbols, but there they lacked something very important. When people think they are in the world of souls and they see symbols, they see a part out of their own human life and interpret this as if it is a part of the soul life. This is wrong, because in a soul life there are no symbols. The soul world uses energy, not symbols. When people go into a soul life through meditation and they see symbols, they are projecting their human life of that moment onto this soul life and see a symbol that is clearly important for this present life.

Symbols are created by man, only people and guides use these symbols. Symbols are there to make you think about something or to open a new path.

As an artist, I use a lot of symbols and each symbol I create, has a meaning to me, but to nobody else. Not to you, because you cannot see or feel what I want to say with that symbol. Some of them are a connection to a higher level. A higher level that I reach when I meditate and enter a different world, which is not the human world. Once I have entered that world, there are no more symbols for me. All symbols are gone, and earthly pictures are no longer around me. It is a different world, a world where I can do what I want, because everything is possible. During that time, I stop being here on earth

and I go where I want. My heart is working overtime, my breathing almost stops and I have to watch out that my body does not stop functioning. What I do then, is to put my body on the automatic pilot and let it wait for me to come back. When I am out of my body, going into my soul world, I do not see any earthly pictures or symbols, because the connection between earth and Universe is temporarily closed. When people tell me during meditating: “I see a beautiful landscape” or “The buildings are so nice”, it means that they are still connected with earth and earth life. When they tell me: “I cannot see anything” it starts to become interesting, because they lack the words to describe happens during the first stage of meditating. Entering the world of soul is not going to a paradise with beautiful gardens and seascapes or landscapes. Entering the soul world, is travelling in a world that we humans cannot normally describe or talk about. Later, I hope to be able to write more about this. At this stage, it is not time yet to put my views on paper. First you should learn to believe in a world without numbers and in things you cannot see. As long as you keep earthly things connected with a soul life, there is no way you will make the real connection.

A great deal has been written about the soul, angels, symbols and all kinds things relating to God. Most of these writing show the shortcomings of these writers. They may make millions by publishing on this subject. They talk, write and give seminars but have no idea what they are actually talking about. The reason is that they keep trying to explain everything. Explanations are the shortcomings of the human race. When they write about this subject, using many difficult words, the reader needs a translator to understand what is meant. These writers are stuck in earthly life. Many highly educated people try to make things sound as complex as possible. Having obtained a degree or having graduated on the topic, they think have mastered the world of soul and afterlife. It is sad that most of them do not understand what is going on at all.

Back to the symbols: The same educated people try to make the explanation about symbols sound as complicated as possible. The soul world is a popular topic, promoted as if it were spiritual life. We all need to wake up and see that these people only want to have more power over us and make as much money out of this as possible.

Symbols are created by humans and have a human explanation. For the 500 or so symbols that I have created, I have an explanation for myself, but not for you. Symbols are images that tell you a short story and therefore do not need a booklet to explain what they mean. These symbols are not created by gods, aliens or extraterrestrials, but made by human hands and so there is nothing mystical about them. When your heart and soul are open, you will receive the feelings of that symbol and it will indicate to you which path to go. Every symbol you see in dreams, you already know in real life. Its intention is to wake you up so as to change your path, or to make the decision that you should make that time.

A symbol can be an image on a billboard that tells you something. Take notice of it and ask your feelings what it means for you. Do not go searching in books or on the internet for an explanation, because those are written by other human beings, who cannot tell you what to feel when you see that symbol.

***Open your heart and soul and let these tell you what a symbol means for you.***



## - Chapter 53 -

### **Can hard physical labor kill?**

A lot can be written about hard working. Looking back over man's history, we see that the human race has worked hard from the beginning. Women usually did everything at home, taking care of the meals, gave children the attention they needed, while the men worked on the land, fished or hunted. Day in day out, it was the same ritual. This went on for thousands of years, until everything started to change. Women started to have jobs elsewhere in offices and some men took over the homework. There is nothing wrong with who does what, as long as both know exactly what they are doing. Children usually suffer if both parents work elsewhere and only think of their careers. However, this is not what I want to talk about in this chapter. I wrote about this problem in another chapter, so now we focus on hard working.

### **What is hard working?**

Opinions differ on this. A farmer works hard on his land, a mother works hard at home and takes care of everything there. But someone who comes from the office can also say: "I worked hard". So there are many people who think they work hard. There are different kinds of hard working. One is working with one's hands, another is working with the brain. This is the main difference: hands versus brain. I do not want to talk about who works harder, it would be an endless discussion. It would definitely not make my point of view on this issue any clearer. What is certain though, is that people who work hard with their hands, have fewer problems in their lives than people who only think and sit at their desks all day. Working with one's hands usually means that the body is fit, because the entire body is needed to get the job done. Compare a farmer who walks all day and someone who works in an office walking perhaps no more than 50 feet a day! In the latter case, the body is only there to keep one on the chair and nothing moves except perhaps

hands and head a little bit. Inside the head, it may be a big mess, because the brain is making overtime to get everything done in time and in the right way. At the end of the day, the farmer is tired throughout his body, while the office worker only has a tired brain.

There are many more problems with office workers and their health. The reason is simple: their bodies do not move enough. But what about those who go to the gym? All that is fine, except that after a full day doing nothing physically, the body suddenly needs to deliver a top performance. This is all wrong, because sitting for many hours and then going to the gym for one hour, enclosed between four walls, is not really what will make your body feel happy and healthy.

Then there is the issue of eating healthy food. This is fine too, of course, but not a guarantee that you will live longer. People who spend the entire day thinking, cannot keep their body in good shape merely by going to the gym and eating healthy food. What they ignore is the link between the brain and nature. What do they do to get their brain back on track, after a long day of sitting in an office? Nothing! During the gym exercises, they continue to think about the problems at the office, and the healthy food does not tell the brain to stop and relax either. We are incapable of handling the main problem: the tired brain. Some people go to a pub, or to a party and drink copious amounts of alcohol, or they take some other drugs in order to forget about work. A great solution indeed! Is this the way to handle your brain? Using drugs that will cause the brain to die bit by bit, even increasing the problems that the brain has to deal with.

I hope I have managed to make the problem clear. People work on the land, work hard with their bodies, and their only problem is to keep the body going. The body is busy all day, coordinating hands, feet and brain, so that it will not make mistakes that might damage the body. People who work on the land, have another advantage, because they are always connected with

nature. Earth, with all its positive energy, is always around them and this is why there is no negative input. Positive energy flows into the body and as a result the body does its work and keeps going, because there is no negativism around.

People who work in offices, need to work with other people, who are perhaps negatively loaded. Bosses usually have a negative effect because they want more from you than your body can give. And the brain, which is making overtime with all this negative energy, turns you into a complete wreck after a while. You would feel much better if you were working outside surrounded by nature. However cold it might be, you would be connected with nature and also receive the light from the sun. In an office, you sit in artificial light for at least 8 hours. This the other major negative aspect of office work. And what goes for offices, also goes for working in stores, or factories with artificial light. The body needs light from nature, as well as connection with nature.

What we can do to deal with this problem, is the following: If you work with your brain more than with your hands, try to stop your thinking for several minutes every day (for at least 20 minutes). This can be done by means of meditation. People who work on the land, meditate the whole day, because they are always working hard, except that they have to keep the body focused on the job. What you should also do, is go work in your garden every day. If you live in a city, make a long walk in a park or a place where you can be connected with nature, every day. See and feel nature and believe that all the power you need to survive the next day, is in nature. People who do not connect with nature, are dying a little every day. Those who overworked and fail to listen to the body, will get to a level where there is no connection anymore. In the long run, the body just gets sicker and sicker.

All that gym stuff is not enough and cannot compare with a 20-minutes' walk in a park. Your body needs it and to tire out your body in a gym, is not good for the body, nor is it for your wallet.

The proof is there: people who work hard on the land or anywhere outside, live longer than those who are always locked between four walls. People who work in an office in artificial lights, are sick more often. All kinds of illnesses manifest themselves in people who cannot control and relax their brain. The brain does not have the time to focus on the body, because it is overloaded with work-related issues and the body therefore comes in the second place. Normally, a brain can handle everything, making decisions every second of your life. If you never give it a rest by taking off the pressure, you live only to work for your boss. Your body does not need a vacation, but it does need those 20 minutes a day and connection with earth. By doing so, you allow as much positive energy as possible back into your body, enabling it to restore completely and be healthy again.

The decision is yours. A short life between walls or a long life with Mother Nature.



## **- Chapter 54 -**

### **Heaven and hell**

This will be one of my most difficult chapters. This is because I want to tell something that is completely against what millions of people believe in and are afraid of: Heaven. What is heaven? For many people, it is a place where they will go after they had lived a good life.

- A life full of faith, working honestly and living according to the Bible. Heaven, a place with beautiful buildings, a real paradise, with nature full of colors.
- A place where one has the certainty of finding beauty and peace after life.
- A place where everything is possible and where angels fly. Perhaps we can fly too, after we have become angels ourselves!



- A place with all the food we need and where there is enough for everyone.
- A place without competition or hate against each other.
- A place that is so quiet, and unimaginably perfect.

We could go on with this list of what many people believe heaven means. If you do right in this world, then you will surely go to heaven. At the gate, there will be someone saying: “You did fine and so you go to heaven, or, you did bad and you go to hell!” Hell! What is hell?

- A place with fire all around.
- A place where all earthy criminals come together.

The people who did wrong on this earth, who killed, stole or lived a wrong life. These people should burn or have a bad afterlife, because they did bad things. Hell is the negative world, where the devil makes the rules. But I will stop, for I feel terrible because expressing all these negative ideas.

However, all of these ideas are wrong! I can say from experience that I know many worlds, but I never saw heaven and I never saw hell. There is no hell and there is no heaven! If you wish to send me to hell for saying this, that is fine with me, because I know there is no hell. Heaven and hell are creations of man, described in holy books. From our childhood, we are made to believe all these things. There needs to be something that can scare people, when the people don't do what they are being told to do. That is the reason why heaven and hell were introduced. When I go to the soul world, I can explain everything, because all the truth is there, not in a heaven or a hell. As I said, this heaven and hell stuff was made up by the church. The same churches that made God an almighty, old, white-bearded person and created all the other holy people. It was wrong, but now it cannot be reversed. The story that was thought up, has just become too powerful. The bible and the holy manuscripts are fiction. I know that this is entirely against many people's belief. But it is terrible that

so many people allow themselves to be pushed in a specific direction, for fear of not going to heaven. All this is based on human imagination though. The proof is there, because everything is written from an earthly point of view. Things that cannot be explained, become miracles and everything negative, is the work of the devil. Many people believe in a God, some holy figure or spirit, but always mixed with earthly things.

I once read an article about a young girl who saw heaven and visited it regularly. All the pictures she made, were of earthly things: buildings and colorful gardens. She did not realize that she is in a normal dream world, a world created by herself. This heaven of hers is nothing other than a collection of earthly pictures, made with light and lots of colors. The same psychedelic world that drug addict sees. But this is all a case of mixing everything up. Earthly views have nothing to do with a soul world, or what is called heaven. The soul world is energy and is indeed full of colors, but there are no buildings, no beautiful parks, nor any angels. It is a beautiful place, made of energy, so beautiful that it is almost impossible to describe. When I go to my soul world, I see no buildings and no colorful park. I can only feel the power, the beautiful colors and the exceptional light everywhere around me. As soon as people see nature and buildings, it means that they are merely in a dream world, where pictures emerge that they have seen before and have now entered their dream world.

The same applies people who believe they can see God, can draw or paint God. How can anyone draw or paint God, if it is not a person? God is the Core of energy and does not have a human body. That grey old man with a white beard, surrounded by incredible illumination, is not a person standing above you. It is a picture of a man, created by another man.

This brings me to the commercial side of all this. Billions of dollars are taken from or given to these people, who send the “word of faith” out into the world. People are asked to give their salaries to churches or also millions for a painting, allegedly made through God, or about God, Buddha or Allah.

I think that when you believe in a higher form, a Universe or what you may call God, this should cost NOTHING! Money only exists here on earth and nowhere else in the Universe. It is a human and dominating concept, that only humans believe in. When you believe in a God, Angel, Buddha, Allah or Universal energy, IT IS FOR FREE. It hurts to see people donate their last penny to churches who tell them that they - the churches - are places of God. They are not, and the reason why they say so is to make people dependent on those churches. Items and all kinds of artifacts are sold, even paintings going for more than million dollars! This has nothing to do with believing in God, it is merely an underhand way of getting rich.

But even those people do not go to hell. They will return to the soul world. In that soul world, there is a kind of evaluation of what they have done and what decisions they have made. After that, they will leave with a typical message what they should learn and think about. Do not look at it as some sort of court. This is an energy world! Heaven or hell are merely earthly concepts. Words invented by people and stories made up by human beings.

For the moment, I will refrain from discussing in detail the way humans see life, because it is frustrating to see people always trying to dominate others. It is painful to see millions of people dominated by churches and temples. They are frightened into being good, or, they will go to hell. And good is what the priest says. But again, it is a human being, who tells you what is good and what is bad. Countless are the stories about the devil. It is amazing to see that, according to priests, all bad things are caused by the devil. It is just a lost soul, a lost human being, who is no longer connected with his soul and higher soul life. As long as that person cannot find the way back, he is regarded by the church as a devil and he will end in hell. What has gone wrong here is that the brain and the soul are no longer connected, so the feelings and the signs the soul gets all the time, cannot be registered and the brain is completely on its own. When that happens in this difficult life on earth, there are brains that will go completely astray, on a path of destruction and self-destruction. They are completely lost and sometimes

may look like devil. But even those people will end up in the same soul world as we do, where the energy will show them that this way of living was not the real one and not acceptable for the soul world. He has to do it all over again and this will usually be a completely different human life. He will have more power and soul energy and the guide will be harder on him than before. But he will surely come out of that misery.

If not, the soul is not lost, because it will be reorganized, and its negative energy will be split up among different souls. Separated from that one big negative energy, the new soul has more space to grow in the proper way. No soul will ever be destroyed, however bad it was or however bad it did. When you return to the soul world, there will always be an evaluation, as I said before. You do not get fired or get a lot of trouble, but you will be shown the good and bad turns you made in life. This is what you will work on in your next new life. A soul, whether good or bad, will always return to earth as long as it still has to learn.

I find it hard to believe that so many people believe in hell or heaven and that so much money is spent on buying a place in heaven. People who live properly here on earth, already live in heaven. When you live positively, you work and live with positive people around you. Just look around you, IT IS HEAVEN! The same heaven that so many people believe they are going to after this life. The same heaven they draw, paint or write about. I cannot believe that so many people are so naive. Because everything is made to look so complicated here on this earth, you can no longer see the simple, perfect things. Hell was created by yourselves here on earth, just like heaven. It is your choice, not a choice from God or other people. It is you who create heaven or hell. You can choose, but you should do it here on earth, because outside there is no heaven or hell.

***Choose now, and live in this world. NOW.***



## - Chapter 55 -

### **Is the Soul connected to the Core?**

I believe that this is the right moment to write more about the soul and the connections it has in the Universe. I see more and more articles being published by so-called superior spiritual people, who tell us that they are connected with soul life and the Universe. I cannot help writing these negative things about such articles, because for me faith, belief and spirituality are incompatible with fame, money and power. Most of the articles they write are very complex and when you analyze them, you can see they write in contradictory terms. Much of what they write is not true, but they hide it using difficult language. These “superior spiritual people” are lost and no longer know the essence of life. They do not feel the pure energy that we live with. When something is incomprehensible, all kinds of fancy words used, or rather, new words are invented. There is also another group, rooted in symbols, statues or other holy images. They hide these images from us, because they are so holy and impossible for us to handle, they claim. It hurts to read, see and feel this, because we are perfectly capable of handling what is here on earth. Everything is made by man, the same species that we are. Images, signs and statues are products made by man. How then can a group of people tell us that what they have created is too holy. This is another way of dominating us and placing themselves above us normal mortals. There are no extraterrestrials, no Gods or holy people here on earth. Believe me, the people who are here on earth and who are far into the Soul world do not need that pompous spiritual stuff. The bible is a booklet with some notes, rewritten so many times that it is more like a novel! All stories were told by other human beings and are written in a book, which we are supposed to believe. The essence is gone and the small notes which came as signs are now completely lost.

As you know, our life does not stop after this one human life. I believe that more is written about human life, than there are novels! As human beings, we are made of three parts: Body, Brain and Soul. The body is the

flesh and blood you can see in your own body when stand in front of a mirror. The brain is the part that allows the body to work and think, and it calculates all possibilities it has at that moment. But the brain does more, it also receives input from the soul and the human body. The brain manages everything, embracing the task of the soul, which is also the task of that human body. Two worlds work together for a short time here on earth. This is coordinated by the brain, which is not a problem at all because it was built for this task. The soul is the part in our body that we cannot see and is there forever. We can feel it and we can work with it, but there is no way we can get to see it clearly. Some people think it is the aura, others see many colors and shapes. But believe me, the soul is not a part, it is everywhere in, on and around us. It is a complete energy that we do not know how to detect. True, there are methods to work with the soul, but this is only possible if you are one with your own energy. This is something that I will explain elsewhere in this book.

Now that I have explained in simple terms how the human body works, you may be able to see the rest of the bigger picture. The soul needs a human body to fulfill a task. The task that every human being has here on earth. It does not matter whether one is a priest, a serial killer, a pool attendant or a bellboy. We all have to work on a task. The task is not the kind of work you do, by which I mean the kind of job you have, how rich or poor you are, because that is not important. You are only in that scenario at that moment, because you are supposed to go from one situation to another. All you are doing here and all situations you end up in, are there to learn from. So your soul will find a way to learn also, what has to be done for the soul and the soul world. It is not what you did that day, it is the bigger picture. But one split second can also be the second that you and your soul need in that one human life. When that second arrives and you handle it the way it needs to be done, you make progress in your soul life. This is what happens with us here on earth. All this talking, writing and playing the boss are merely earthly things and not at all important in our soul life.

Let me tell you something about what I wrote elsewhere in this book, about people who turn the spiritual world into a show. A truly spiritual person is someone who does not need to speak or tell long stories. I learned an important lesson once when I met an old man, who was at that moment very important in my life. He was a friend of mine, a sculptor and in my eyes he created incredible work. In the beginning, he appeared strange to me, because he only created what he liked. I was young, had just finished school and was entering the art world. This man was exceptional, because he did not talk much. When I visited him and we started to talk, his answers were always very short. But, with him and between his art, there was an energy and there were feelings that I will never forget. His sculptures talked to me and all the energy I got, were answers to the questions I asked him. Later, when we had those conversations, I understood how far he had progressed in the soul world and how deep he was going. He told me with a few words, but those seemed to me like books full of information and enough to work with for the rest of the week. He was exceptional and by the time I found out there was a real connection between him and me, I heard words that I will never forget. “You are very far and really connected”. For a long time, I could not believe that I was anywhere near as far as he was, but I now know that he could see more in me than I realized. This man of a few words, was a man far beyond many spiritual leaders and beyond people, who pretend to be at the top of spirituality. Those people who pretend, are the ones who are just starting. Now we are at the point we should work on. People who always say how far they are, are just learning. People who listen, see, and feel, have advanced in their task. This one friend, who passed away shortly after he had told me those words, was advanced enough to show me the path I should follow in life.

This brings me to a point that may seem strange to you. For me, it is like making a confession to all of you. For a long time, I have been working with my heart and soul, all my works appear on paper in the way I want and nobody can tell me what to do. All the work and the connection I got with some special people, brought me to a world full of connections and to other different worlds. The first few years, it was terrible for me to work with,

because the world here on earth and the rest of the worlds are so different and incomparable to each other. Now, after a lot of learning and many experiences following my path, I have found the path between earth life and soul life. A lot has happened. I saw, felt and learned a lot, and only one thing is left for me to do in one of my last earthly lives. I should pass on the knowledge that I have. Therefore, I keep writing, drawing and making my sculptures.

The title of this chapter is “Is the soul connected to the Core?” The answer is Yes. I can tell you that all souls are fractions of the Core! Without the souls, there is no Core. Perhaps we are going to fast here, but I want to lift up a small tip of the veil for you. As you know, the soul is energy. It can create and accomplish everything you want. Energy, which is present in all humans in their earthly lives. So, when we can see all lives as energy, we are directly connected with sand, rocks, plants, animals, water, stars, planets, and so on. All these earthly things are made from energy. They were created with their own structure, so a rock will be a rock and water will be water. The way we see all this energy, is the way our brain interprets these energy information. It is something our brain does and this is why it gives us all the limitations we live with. This explains why we cannot find the real solutions for large earthly problems, like being sick, feeling unwell or having a handicap. Those are limitations our brain passes on to us. Most scientists work in circles and so we, humans cannot progress in this earthly life. We are wearing blinkers, created by our own brain. If we are able to open the gate, we will enter a completely new world. Before you try to find that way, let me tell you this: As long as you are in a human body, there will be limitations, but there is a possibility to take that body to a higher level with fewer limitations. As human beings, we are at one of the lowest levels of that energy field. We are just starting. In the past, there were people who were able to work with a higher level of energy. This is why we still find things here on earth that we cannot explain, because we cannot imagine how they did it. Explanations that they were Gods, aliens or beings out of space, are merely made-up stories. But several times we humans did find the way to a higher level, but we failed to work with it and could not manage it.



I will expand on this later, when I will tell you about my past lives. But the connection and the gate to a higher level is there and some people know about it and work with it. I met some of them and they have advanced far enough to do things you cannot even think about. For me it is that one man, saying that one thing, who brought me to the point of writing and creating. Now, YOU are at the point of telling me: “You wrote a lot and people who write, talk a lot and thus are not so advanced”. Good point. Which brings me to the essence of my mission. I got in contact with several of those people. All of them told me that I should draw, paint, sculpt and write down what I have to pass on. This is something that I need to accomplish during my earthly life for my soul life! These people told me more and through them, I also received more information from the past. Perhaps all of this is too high-flown and too unreal for you, but for me it is important to do all this. I can tell you this: My soul is open for and is clearly connected with the Core. The Core, as I told you, is the complete energy of all that is going on around us. Without time, limitations and distance, the Core is near me and I feel it every second. The whole Universe is energy without limitations and we cannot manage this energy with our human brain. A human brain is so small, so simple and sometimes gets that extra energy from the soul world that is in connection with the source.

I will stop here, because you now undoubtedly have more questions than answers and I believe you think that I am going mad. This writing is not done by my brain. All of this is information that I receive and which I try to put on paper in a human way. It is yours, look for yourself what you can do with it. I know it already and the choice is yours to learn and to accept it.

*This is the difference between you and me.*





## - Chapter 56 -

### **Is Ego the other part of your soul?**

Ego, what is ego?

It's an endless story. People are always looking for explanations and then.....they put everything in its proper place! Ego means "I", it is our own world, the world of "I" make it and how "I" look at it. There are perfectionists people who want to assign the ego to categories, such as heaven and hell, right and wrong, soul and brain. All these spiritual leaders, who believe they have mastered everything and want to explain everything. But let us look into this matter of soul and brain a little further. There are people who claim that the soul contains everything that is good, while everything bad comes from the brain. You may wonder where they get this information from? From the Devil and God?

Essentially, ego is just yourself, the way you live, how you are and the way you think. There is always a bad and a good self, therefore your brain gets all its information from the environment. This is what we forget. We are again at the turning point between commercial spirituality and pure soul energy.

Our soul is pure energy and it has only positive energy. It can only get that, because pure gets pure and cannot store negativism. Our soul lives in our body as long as it thinks it needs that body. During that time, it has to work together with the other two main parts: the body and the brain. The body is not a problem for the soul, because it can manage that. But the brain is a thinking part of our body, which stores not only all positive but also negative information, trying to find a way to live by calculating everything. When the brain calculates, it works with negative and positive energy, so sometimes the outcome will be negative. And then the brain instructs the body to act negatively. Now we know how it works, we can see that the soul is not split, nor has a bad and a good side. It is the brain's negative energy that overrules the will of the soul. People always try to find answers for things they cannot

explain. In this case, they give to the soul the part that is good and to the brain the one that is bad. This is why we are heading in the wrong direction. The ego is your entire brain. It is not a part of your brain (box), but everywhere! This part of the human body can go to so many places, which is why doctors have never been able to explain what the brain really is. They try to divide it into small parts for different functions: left brain, right brain, speaking, standing, and so on. Unfortunately, this is where they go wrong with all that knowledge they think they have. A brain is energy, just like everything else, and this energy can go into millions of different directions, and in each one it does something different, producing a thought or prompting an action. This energy is working, because it gets all the information all day long, through dreams while you work, or simply when you relax. This energy works every second of your life. Calculating is one of the main things a brain does. Most actions, such as managing your body, appear to be done on the automatic pilot. But all new situations will be stored, filed and processed. One day you can use them, if needed. The same brain also gets infiltrated with negative energy. Sometimes, information comes up that requires the brain to make choices. When it goes the negative way, we get sick or do things that we later explain as “bad things”. It is like a computer program: there are endless ways a computer can go. The brain has to make billions of calculations and has many possibilities, while it looks for the most logical answer.

Ego, that “I” person, is the part of the brain where the negative energy takes over the positive. The soul is sometimes able to do something about it, because the soul is a guest in the human body. The soul cannot interfere and needs to wait until there is an opening in the brain. Then it can help the brain come out of that negative energy crisis. I wrote “sometimes”, because there is a way to manage the ego, by making the right connection to the Universe, which in turn will interfere and open the channel to “reset”, enabling it to go back to fulfill the task the soul is supposed to complete.

The soul is pure and has its task. Negative energy cannot affect the soul. Or rather, it can, but that is a completely different story, which has nothing to do with the ego. Neither the ego, nor the brain can affect the soul. That the ego is a part of the soul is not correct. The ego is your brain, which is a part of a human being. A human being, made of flesh and blood, open to all kinds of energy, both negative and positive. It has to manage this and so far the human body is a master in doing so.

*The ego is your brain, not your soul.*



## **- Chapter 57 -**

### **Love**

The number of books written about love, is beyond imagination. The word love appears in many books and many books focus on it entirely. I do not want to write a second Hamlet or a love story. In this chapter, we will look into the real meaning of the word “Love”. When you read this word, you may imagine two people sitting in a park, holding hands, or walking in a garden together or, sitting in a bar while they are closed off from this world. Love is something we think about a lot, but we believe in that love only for a few moments in life. Most of the time, people love each other in the beginning of their relationships, while it seems to fade away after a few years. Many things happen and we forget that one lovely moment. Love for our children, which is pure and unconditional love. Other people love their pets and regard them as their companions. We also love the flowers in our gardens and parks. We love our new car and our own homes, and so on. One kind of love that we do not hear so much about is the love to live, love of our life and love to be here on earth. That is a love that we have almost forgotten. The love for each day you get and the health you receive from the Universe. The love that gives you the power to live.

The word “love” covers a great deal. Loving a person or things around you is one thing, but loving your own life is so much more important. If you do not love yourself, you cannot give or receive pure love. Love is not something magical, but energy capable of getting you to places you never have been before in life. You can see it when people fall in love. For them the world is one big happy place. This feeling gives them wings and there are no problems during the time when they are in love.

As I said, love is not something magical. Love is an energy that comes directly from the Universe, directly from the Core, which is the existence of life. In the bible and all great books, you can find parts about love. Love each other and love everything around you. It is a simple rule, but not one that we have learned very well. We just read it and think that love is only about when you meet a new partner or you get a new car. Why do we not want to learn? Why is a simple rule so difficult to understand and apply? We do not believe in our self-love. Often, when you stand in front of a mirror, you may say to yourself: “My goodness, man you look ugly, or, mama mia what a lot of wrinkles”. There is always something negative to say to yourself. If you say “My goodness, I look old”, you will be old soon, because that is what you tell yourself every day. And so it will be, for you get what you want and what you have asked for. Why do we see ourselves negatively, why do we want to change? It is the environment that makes us think like that. The world is terrible, my face looks terrible, I am too fat and all these sayings are said day by day. What happens next is that you do indeed look terrible and the world is a big mess. It is the rule of the Universe: “You get what you asked for”.

In the morning, when I stand in front of the mirror, I tell myself: “Hey man, everything looks okay”. I like the way I look and I love the way I live. I see life as a big gift from the Universe. Every day, it feels as if I am in heaven and this is so, because the world is heaven. When you talk negatively to people, you will get negative energy back from them. When you talk positively, what you receive is like a great gift from the Universe. The others’ energy will be positive and you will love them, because they are also in heaven, just like you.

Loving people is not just about having sex, or having other kinds of contact. Loving others is also this energy coming from them, or the energy you send to them that is coming back. But you have to love yourself first to be able to send this energy. Loving the world we live in will change all wars completely and therefore will change the people who are now working in such a negative way.

Let me give an example. When someone comes to you and starts to argue or wants to pick a fight and you respond in the same way, what is created is an enormous amount of negative energy. But if the same person came to you and you refuse to respond in a negative way to all this negative energy, giving him only positive energy instead, you would change his negative energy into positive energy. And then you will have a good talk with him. If you are out for a fight, you will get a fight but it will not solve the problem. However, if you start from love and positive energy, the solution will present itself. To this day, in the thousands of years of the history of mankind, not a single fight ever solved a problem. All solutions come from love and understanding, which give positive energy to people who are then willing to solve the even the biggest problems. Love is the solution for all problems, but as long as people believe in fighting, there will be more wars and, as a result, more negative energy.

Love and understanding have another positive effect, which is health and endless life.

If your body, brain and soul are not constantly submerged in negative energy, it will have enough energy to keep you healthy. Look around you, people who fight all the time leave this world sooner. They live in such negative energy, that their bodies degenerate by breaking down their own energy field. Fighting is not a priority in life. People who are in a positive energy field and live with positive thoughts, easily reach 90 years of age. All happy old people have one thing in common: They live life, loving first

themselves and then the world around them. Ask any of them and they will tell you: “This world is beautiful, I LOVE IT!” Why do we not learn from them? Why do we try to create negative energy fields? Matter, money and fame are the answers. We want more and better than our neighbors and bigger than our friends.

In the days when I had my own advertising agency, I often said to my colleagues when we were together: “I’m so glad the agency is doing so well”. They looked at me in surprise and then asked me: “Are you crazy?” And you know why? They did not understand that when they are doing well, it is going fine with me too. When the people around me are positive, only positive things will happen to me. Because of that, I feel I can draw and write what I want. After closing my agency, I did not have these people around me any longer so I was released from their negative energy.

All of this lead me to a path that I know for sure is the right one. The path of helping people and believing in endless love for each other. This is why I believe that heaven is not far above us, but right here on earth with the right people around us. And with that, a positive energy field that gives us the connection to the Universe and the Core. Love, a word that can turn hell into heaven. There is love everywhere around us. Unfortunately, many people are struggling with hate and misunderstanding. If we believe more in positive energy and in true love, then this world will be one in which people get back their values: Being human for each other.

Only one word:

**LOVE**





## - Chapter 58 -

### White light

As you know now, there is a connection between vivid white light and the energy fields around that light. In many different religions, we read about and see pictures of people with white light around them. These people perform miracles and have the power to heal and do things we cannot explain. The energy I told you about in other chapters is the one we should believe in. Energy, pure positive energy that is capable of doing things that are inexplicable. Some see it as white light. Because all energy comes together, the concentration of the power is so high that it will be seen as white light.

What this white light - pure energy - can do, is unlimited. There are things happening here that can be explained. We humans have reached a point where most of us do not believe in anything except matter, money and power. There is little humanity and almost everything is based on selfishness. We are far from the main source of power, the Core, this energy that can let us do everything and that gives us endless health and life. We no longer believe in the power that is in all of us, and we have strayed so far that we do not know how to use it anymore.

I once did a small experiment. For a while, I did not believe and I saw how the colors of the world changed. They grew darker and the world looked as if it was in an endless sleep. After a while, I came back and I started to believe again in the power of that light, that Universe, God or Buddha. What happened was that my world became sharp and the colors were again full of light. Sometimes it even feels as if there is a bright light around me. This experience was nothing strange, as it can be seen in many artists when they paint. When the colors they work with are dark or they use a lot of black, it usually means that they are depressed. They cannot see a path to continue in life and it is as if they see life as nothing but misery. But there are many artists who believe in life, believe in their work and their creations are open, vivid and full of light.

I go beyond that. When you walk in a city and see the people around you, you can feel all their pain and misery if you open yourself. The city looks like a dark place, because most of the energy there is negative. You can sense that the people do not believe and those who do, cannot see a way to make their life a happy one. Natural light is less strong there. Most of the light we live in, is artificial: light without any positive energy or positive vibrations. The energy of the white light that we need to make our life full of joy, happiness and endless health.

This light, this energy can do everything in our lives. It can give us endless health and everything we need. More importantly, it gives us the confidence that we will live forever. There is indeed a possibility that we can live forever. You may think that this is going too far. If so, please stop reading. I will continue my explanation for those who believe. When we arrived on earth, we received all this negative energy. From the first moment we are here, we get information from the world outside us, about what we should do and what to believe in. There are books telling us what we should or should not believe. The same holds true for laws and science. With all this negative information and all this negative energy, we are unable to believe in ourselves and in the positive energy that is present in every human being. This may be a sensitive point for many, because most of you believe in a God, Buddha, angels as if they were persons. But this is not true. The truth about God and other holy figures is that they were created by man. By people who want to gain power over you. Before you get angry, let me try to explain and see what you think of it. There is a great power that some people master and learn to work with. This is the same power that God, Buddha and Jesus Christ used. They tried to explain to others what to do and how, so that they could also master this positive energy. People wrote this down in their time, but after a while others started not to take those stories seriously and rewrote them time and again. Until the book was hundreds of pages long but had lost the essential message. It is man who took most of the essential things from this book, which could have told us how to master the powers of endless life and health.

But there are still people who have mastered the power of light and positive energy by believing. Believing in what? Believing in oneself is the key to all that power. Many of us believe in sickness, war, matter and money, but not in positive energy. We do not need all that stuff to live good lives. We only need endless health without pain, death and war. So why have we stopped believing this light and energy? Simply because if all of us believed in this energy, we no longer needed money, matter or doctors. They would be useless and world leaders would no longer be able to spend billions on wars!

We should go back to this light and energy and use it again. We do not need all those wars and materialism. We can live without them and if we get that far, we would be truly happy. We will have reached a point where happiness and health are no longer associated with money, matter and doctors.

This brings us to the main point. How can we get back this light, this positive energy, so that we can live that other life of light and energy? If you are willing to see, I will try to describe it as clearly as possible.

- Believe!
- Believe that you are healthy.
- Believe in the power of energy/light.
- Believe in people who want to help you.
- Believe in the love that is around you.
- Believe in everything that is positive and forget all negativism.

By believing in yourself, that you are the energy, you will see that you will connect to real positive energy. It will help you do what you want, as long as it is positive.

It may seem difficult to you, but there is a way if you believe. This will open all possibilities and all paths for you. There is more, much more, because by believing in this light/energy, a lot will change. This brings us to a critical point, because you can go on disbelieving if you do not really believe in this positive energy. A lot will change in your life, sometimes in a dramatic way. There will be a new life for you if you believe. I started to believe in this positive energy, I saw the Core and the possibilities that are there if I keep believing. It changed my world entirely, my lifestyle and also my health, all in a positive way. I no longer think about material things, it is as if they don't exist. I work at my computer, writing these chapters and I do my drawings. As I have said several times, a lot has changed in a positive way. Some people around me are different. Unfortunately, their goal is still to gather money and they argue all the time. All of that is history for me. The world is changing, because of the way I see it now. For me, the whole world is now in a vivid, bright light, full of energy. I will write you later how to manage that. For now, it is important that you start believing in yourself, in this positive energy/light. When you manage that, the rest will follow, and what you want or what you need, will be there. There would no longer be wars, fighting or negative energy, if all of us showed that this world is full of positive energy and health.

I believe, I connect to other people who have mastered the strength of light/energy. I keep writing, trying to show you how to live the other way. But it is up to you and your belief.



## - Chapter 59 -

### Realistic

“Realistic” is a word that gives me a certain idea about how others see life. Most people see a realistic life as a life full of work and fights in a system with negative energy everywhere. I wonder if this is realistic in your eyes too? To me, a realistic life is a life full of answers, full of health, full of different possibilities to progress in an endless healthy life. This is the positive side of realistic. Why do people always think negatively? I read a book once about the question whether God exists. In the introduction, the author wrote “I’m an atheist”. The entire book (consisting of more than 400 pages) is about a negative view and why he believes there is no God. Why give us all this negative information? Why write so many pages on this negative view to prove that there is no God? After reading some of my chapters, you know that I do not believe in a God as a person, because God is not a person, nor an almighty, supernatural being. It is the same with all other holy people and angels that most people believe in. I wrote in other chapters how I see God, Buddha, Allah or other holy figures. But why are people always arguing, presenting everything in a negative way in books, dragging a person’s name through the mire? Once written, it is as if you keep pushing down the person mentioned. Why does one need such negative input, presenting oneself as perfect and important? Reading such books makes me sad, because I cannot understand why it is necessary to write all this negativism down, trying to prove a point. This is an important point. When I read such books, I sense one thing: “I will prove how it really is”. What is there to prove? If there is a God or not? How earth was created? Why do you need to prove if you already know the answer deep down inside you? Be realistic and you will see that everything is part of the power, the positive energy of the Universe. There is no almighty being who started life, there is no explanation for what the Universe is and what is behind it. The further we pry into the human body, into the new Universe or space, the more questions we find. This is because we do not have the mental

capacity to place everything into the right context. Our scientists made a false start thousands of years ago, and all rules in science are built on false numbers and input. The same happened when man rewrote the bible and other holy books, over and over again, and now cannot find any story about the Core that is pure and never rewritten. All this is because we cannot manage the real story, in spite of all true input. The human race today now is heading in the wrong direction, in science, in churches and in everyday life. Everything is built on false information and we are moving further and further away from the Core. To pursue these questions is a waste of energy time. What would our lives be if we started again with a fresh slate and the knowledge we have? How would it be if a child from the first moment in life was to go its own way in a complete new world without books, laws, or the way of life that we have now? How would this child get on in life, only with the knowledge it has from past lives and what it knows from the inner soul? A life without negative energy from all these books that were written in a negative way. And without all the formulas and scientists, who think they know how life has to be and how life is. It would be realistic, if we made a complete turn and started to believe in ourselves. Started to believe in positive energy, which is capable of doing things that we can never do with all the new technologies. Inside ourselves, there is the God we are looking for. In ourselves, there is the power to do things we never thought humans could do. In ourselves, there is everything and all the answers we need. If we think we can find an answer light years away, we are on the wrong track! The answers we need are inside us!

Spending billions on research or to find out how earth was created. The search for answers that will improve our health, is merely based on the desire of some people to fill their bank accounts. That's all it is! If you listen to yourself, act the way your body, heart and soul tell you to do, you will have all the answers you need. It is incredible how man always tries to make everything complex, making it virtually become impossible to find the right answers to simple questions. I know that I am criticizing many people and most of them would like to ask me thousands of questions, so that they can

prove that I am insane and do not know what is going on in real life. What I want, is for your brain to wonder: “Is there maybe some truth in what he is saying?” If that is the case, it’s great, because it means you do not completely agree with all those billions of people who on spending so much money on research!

It is not my intention to leave you wondering or in a hopeless situation, So I want to ask you to go sit there with your eyes closed and think of a world that is endless without walls, atmosphere or planets. Nothing except you and the complete Universe. Follow that thought and believe that there is nothing left except you and the Universe. Answers will come to your questions, a completely new view of your life will be shown to you, a completely different way will be there. How can you live a life without negative energy or negative information? By placing yourself on a higher level and seeing everything not through human eyes but using your human instinct, there will be a new endless healthy life waiting for you in that world without restrictions, walls or negativism. If you follow the path in your inner self, you will understand many things.

Let me ask you a question. Why do you want to know how life started and how big the Universe is? Do not these sounds like stupid questions? A lot of money is spent on finding answers to these questions, but what is the main thought behind them? We want to know! That is all. Yes, we want to know everything, but why? To manipulate things such as human lives, earthly lives and maybe Universal life? All this wanting to know how things are and how they work, is to get more power over them and to manipulate them. As long as people work on these questions, there will be no answers, only more questions. It is a defense of life, it is a “firewall” that protects the source of life and all solutions. The ones who want to know the answers to this kind of questions, are on a sidetrack. It is clear in science: once a small opening is found, more questions and problems arise. As soon as there is the beginning of an answer, they start manipulating, under the pretence of making man

healthier, perfecting the race. All of those efforts lead to a dead end, resulting in more sickness instead, with new strings of DNA, genes, cells and so on, forcing us to find more answers. Just look. Flu used to be a deadly disease, as were smallpox, measles, diabetics and other sicknesses. We discovered penicillin and other medicines for these sicknesses. Then there were cancer, aids and other diseases that we do not even know. More deadly, more terrible and so far without any cures. When these diseases are overcome, others will be waiting to take over. Delving deeper and deeper into what we call health. With all the poisoned food we eat, the unhealthy way of living, we are destroying ourselves and the body is no longer the main part we are living for.

The meaning given to the word “realistic” leads us nowhere. Close your eyes and see the endless world, the Universe with all the answers you need to all questions that are important in life. There are no answers for getting more power, money or unimportant things such as manipulating the law of life. The law of life is only the way you feel and see in the real world, the world inside yourself. Go back to that stage, ask what and how to do things, how to get healthy, and you will see all the answers are all there. Inside you, there is the God you are trying to find and inside this realistic world you will be healthy forever. Your body can find in that world all the power and energy it needs. The power that many people call God. God, not the person - who is not there - but God as positive energy inside you! It is a matter of believing. If you believe, you will find it, and the world - the realistic world - will be opened for you.





## - Chapter 60 -

### **The naked truth**

A title that some of you may like. I am going to tell you the truth. Not the truth you think because nobody believes me when I write this. This is why I start by writing about nakedness.

There is something that I have been totally against from the day I was born, and that is clothes. Not that I am sitting here naked in front of my computer. What I mean is the way people dress.

Clothes are no longer just garments to protect against the cold or heat. The primary purpose of wearing clothes these days is to follow the latest fashion, showing off that you can pay more for your clothes than others, as a sign of how important you are. Let me start this chapter by telling you a story about what happened to me when I was young.

I will first describe how I looked in those days. I had long hair down to my shoulders, a beard, very tight brown pants, high boots up to my knees and a black blazer, over which I wore various silver necklaces. I was around 17, and I went to a store to look for new pants. When I was in that store, an attendant followed me at a distance of 5 feet all the time, watching whether I was going to steal something. I left the store without buying anything and went home. At home, I changed my hair so that it looked as if it was short. I put on a shirt, tie and decent shoes. I went back to that store. The same man opened the door for me. I entered, held the door and asked for the manager. He said that he was the manager, so I asked him: "Do you remember that boy with long hair, a half hour ago?" He said that he did. I told him: "It was me! With my long hair and different clothes, you thought I came here to steal and now that I have respectable clothes on and a tie, you are holding your door open for me!" He went red and looked as if he would like to sink through the floor.

This is a true story and I can tell you more about what happened in other places. Getting a job was impossible when I was dressed the way I wanted and had my hair the way I liked. Many companies do not look at your qualifications, talents or possibilities. They look at how you are dressed! As if wearing a jacket and tie is a guarantee against being a swindler or a murderer! It is not the clothes that make a person, it is what is in you.

In this modern world, everything is about looks and appearances, what we wear, how the face lifts have been done, while underneath there is just an empty shell. An old man or woman full of wrinkles can be a person with a wonderful heart, living a perfect happy life.

Why do people look at the way a person is dressed to decide if he is important or not? What is the use of those ties, which are more suitable for hanging oneself? All these highly uncomfortable clothes make it hard to walk naturally. And all this is just to look important or perfect to others. People want to look like Hollywood actors and actresses, making their lives into performances, while they are empty without a heart or soul. All the years I have been here earth, I have worn what I want and what I like and it suits me fine.

A few years ago, I attended a reception at our Prime Minister's office, where I was supposed to present her a drawing of herself that I had made. I went to her home in the middle of the city and announced my arrival at the porter. His mouth dropped and others gathered outside too. They asked me: "Do you want to go to our Prime Minister dressed like that?" "Why not?", I asked. "Because you are dressed in shorts and a T-shirt from a famous company." I turned around and walked away. They came after me and said that I could enter after all. There I was, standing amidst all those people dressed in suits, wearing comfortable shorts and a T-shirt! I have one principle: if you do not want to accept me in the clothes I wear, do not ask me to come! I am not dirty, my clothes are clean, so what is the difference between you and me?

The same happened when I went to the American Consulate, delivering drawings that the consul had ordered. Again dressed in my shorts and T-shirt I went to the porter. A lady came to take over the drawings, because I could not appear before the American consul the way I looked. I did not give her my drawings and just told her: “I have an appointment with the consul.” She came back and let me in. I personally handed over the drawings to the consul, we talked for a while and I was invited for a reception. I went to the reception the same way I always dress, in shorts and a T-shirt. So I stood among people in suits or tuxedos, feeling perfectly comfortable talking with the consul.

Many people believe in all these appearances. But those who invited me to parties, receptions and other occasions in the past, now know “John comes the way he likes to look”! They respect me, not for the clothes I wear, but for who I really am inside my heart and soul.

There may be companies, agencies, parties, receptions telling me to come wearing a tuxedo or a suit, but I will still go dressed the way I like. Because people believe in the importance of clothes are people who are empty, narrow-minded and ignorant of what it means to be a human being.

This is why I wrote this chapter. What a person really is, becomes clear when you see him naked, without expensive clothes, jewels, et cetera. You are yourself, pure, when you have your shower, naked. That is when you look the same as someone who is poor, apart from your million dollar house, of course! Then you can see who is really rich, more advanced in life, because there is no place to hide. An open, warm heart and pure soul that are there for everybody. Think about that when you are having your shower and look at yourself, it is not the clothes that make a man or a woman, but the heart and soul inside you.

***The naked truth that shows others who you really are!***



## - Chapter 61 -

### One

Not two, nor three, just ONE. You may wonder why this title and why a whole chapter about “one”?

Let me start with something I already wrote elsewhere in the past.

“There is no God, Allah or Buddha.

Or rather, these are not persons.”

“This ONE big light we all have around us.”

“We are not alone and should help each other.”

“There is one Core.”

These are some of the words that I wrote elsewhere and you may well have been quite disappointed with me at the time when you read them. Perhaps you thought I was an atheist, (which is not a sickness, by the way). Or perhaps you disagreed with me completely. No problem. These chapters were not written because I want to tell you stories or because I want to have a good time. They were written because there is something to learn and to see about what is really going on around you and with you.

Simple may be a good word for all that is going on. I would like to explain why everything is simple and all is “One”. Life, our life, is regarded as a very complex time with lots of ups and downs. Sometimes it looks as if there are mostly downs and the ups are few and far between! Human life is so complex that scientists, churches and highly educated people have no idea what is really going on. With all their experiments, all their techniques they keep entering new worlds, one more complex than the other. Deeper and deeper they go, and what are the results? Nothing. They may write thousands of books

about their experiments and how good they were to find this “new” world or new theory. But, as I wrote before, it is a dead end. A dead end, because in every new world, there is another new world.

We all have to learn one very important thing: “There is no end and no beginning”. You may think that with this knowledge, we are going round in circles. But this not right either. We have come to a point where the way we think is completely wrong. It was also the case when we thought the earth was flat or the earth was the centre of our system. Our thinking has been manipulated for years by politicians, churches and scientists. All these people try to get us on a wrong track, so they can do with us what they want. “Keep the people stupid”, is their motto. With their articles and millions of books, they try to make everything look complex, so that we never realize what is going on. That is why my motto is SEE IT SIMPLY. This attitude has given me many answers. Simply Being One!

We all have to live our lives together, and be there together. Together with the animals and the plants. Why together? Why do we not have a planet for ourselves? Why do we people fight each other, but in another way we cannot be alone? Why is nature one world with animals, plants and other living beings, together on this planet and why do we humans have to live with them? I can think of hundreds of questions and all of them have a simple answer. We were created from the same source. Everything on this earth was made from that source called energy. Energy is the key to all a nswers. By forming energy in different ways, we can build houses, make rocks, grow plants, humans and fish. All are made of the same energy! When we work with this fact, you will see there is an explanation for everything: Energy! It is everywhere in and around us. Energy gives us light and lets this computer work. The computer is built of energy. It may be difficult to understand and many people cannot look at it this way, because they believe only what they can see, feel and hear. But all of that is a form of energy.

With the energy, we can communicate with each other across thousands of miles. Mastering the energy, you can heal yourself and others. With the energy you can feel, act and live like you are everywhere. The energy can bring you to a level where people do not understand what is happening with you. The energy is everywhere and is you, me, my dogs and my garden. All is ONE, one power, and we have to accept it. When you can see a rock as energy, you can be that rock. When you are at that energy level and you go to another person, you can be that person. Also if you are on that energy level, you can see what is going on in your own or another person's body and you can restore new energy there and so people will be healthy. If you are willing to see and accept that you are one energy field, you are able to do miracles, perform inexplicable things.

Be one with the energy, it is the key of life, life and all life forms, even the planets, stars and Universe are built of the same energy.

For a while, I experienced the connection with this energy. Not that I can always work with it, because it is a new way of living for me too. I found out that since I can see myself as the same as everything around me, accepting that I am the same energy, strange worlds are opening for me.

So far I have been working more on myself and the things around me, but first I have to clean up my own mess. The mess I produced in the years I have lived here on earth. By looking into myself, I see a lot of negative energy that is now restored and rebuilt with new energy. The way I see the world is also different and so are the people around me, the buildings and nature. It is myself I see and it is me who is there. Not me as a person, but me as energy. Because energy is one and so we people are one. Killing each other is not longer ending a life, but splitting human energy. Splitting, so that it can build new life to start over. But what about the soul? The soul is also the part that will be together in an energy field. The part that will be used to build a new human life. The rest of your body's energy will go where it is needed.

The soul's energy is the intelligent part of the energy, however strange it may look and sound. Indeed, energy has the intelligence needed to put everything in order. It is not something almighty telling the Universe what to do. This intelligent energy is strong, because it holds billions or trillions different parts that are working together. All of them know precisely what to do in the law of energy.

I think I will leave it for now, to let you think about this. What I have written, are things I know. But there are more people who know this. Only a lot of them are afraid to write it down. I will continue with this "One" energy later, because for me it is necessary to put it on paper, so that maybe you can work with this power in the right way later.

Think about it! Why? If you believe you can do it, it will happen!

***One: "Be one with what you want to be".***



## **- Chapter 62 -**

### **The deep hole**

If you think I have a solution for everything, I have to disappoint you. In all the years I have been here on earth, I have learned, seen and heard a lot. I managed to come out of a lot of situations, some of them were very difficult, others looked as if there would never be an answer. Living life in this world, is like being in school or some other place where you need to learn. When I look at some people around me, it is as if they go around in a circle. A circle that takes them deeper and deeper into a negative world. If it went upwards, they would return to a positive world.

This time I want to talk about the negative circle called “The deep hole”. A deep dark hole, impossible to escape from. It looks as if we are going deeper and deeper into it. Why is that? What can we possibly learn from these negative deep holes? How did we get in? But most importantly, how can we get out of that dark place?

Let me start with the first question. Why is that? When you observe your life, you see that there are lots of ups and downs in it. The ups are there when you see life as a happy and interesting time, the downs when you notice there is more going on in life than just happiness and health. There is a great deal to learn, not only for ourselves, but for all of us. Life is a learning process, a place to figure out things and to manage things the way you are supposed to accomplish your goals. This does not completely answer the question “Why”, because there is more. We all have to learn to manage the negative energy waves. Energy waves? Yes energy waves are also the key of life. As I wrote elsewhere, our lives exist, because we are a complex part of the energy waves that create our lives and our entire stay here on earth. Let me try to explain. Energy waves are what we are, we are made of energy and we are nothing other than energy. All you can see, is that same energy, the same thing you are made of. So you also create your own world (but about this I will tell you more in another chapter). This energy is the “God” you all talk and write so much about. Thus, we are the same energy as the dog, the plant and even our house. All is made from the same energy and all comes together. If you do not want to see or be involved with things around you, you cut yourself off from the outside world and become lonely, in what I call “The deep hole”. The deep hole is what you create and what you allow to come up. It is you who creates this deep hole, it is just you. You can come out of it, because it is your own energy that has to connect again with the universal energy. All problems come from the loss of connection with the outside world, or rather the outside energy.



Why do such crises happen? They are nothing more than the result of losing the connection with the Universe and energy. You can do everything with the energy, because you yourself are its product. You were made of energy, pure energy that is life and the key to life. If you want to turn away from believing in this source and do it your own way, you lose that connection. This will result in sickness, bad moods and losing the grip on your life. In the world of today, many things happen. People build all kinds of different buildings and live in them with hundreds of people on a few square feet. There are machines and electronics, of which we do not know how they change our energy fields. Then there is the artificial light we live in. When I work in fluorescent light, I find my energy field goes down. The same happens when I sit in front of my computer. Sometimes, I have the feeling I am the computer and I do not need a mouse/tablet, because I can move the cursor with my finger! All this negative energy takes you down, until you are no longer able to keep the connection with the primary energy field around you. This is when we fall into that hole we are seeing as a “Deep hole”.

Which brings me to the second question: What can we learn from these negative things? Learning is the reason why we are here. Over and over again, we need to learn, to eventually reach a higher level. In the meantime, we start again and again, getting new opportunities to learn our lesson. This kind of learning we do, is more like keeping the Universal energy loaded with positive energy, allowing the entire system to exist. The problem we have right now is that negative energy is increasing. It is difficult to keep positive energy at a high level for all people, nature and the Universe. Let me give an example. When people live together in a city - sometimes millions of them together in one place - you can see and feel all the negative energy of the people who are trying to survive in an unhealthy environment. They fight, they shout and they do anything to stay alive. Struggle through life is their motto and so they continue to live in this negative energy field. People who live in a small village with their garden and nature around them, are working in a positive energy field. People in villages are more relaxed and live a better

life, healthier and more in touch with positive energy. Back to the question: What can we learn from this negative energy from the deep holes? Every life - human, animal or plant life - has its own part to play in this world. The wave of positive and negative gives us the strength to reach a higher level. There we will find a way to see that there is more than just struggling to survive. But people whose lives are like a flat line, do not learn from their existence and ultimately cannot say what they have learned. The Universal energy, the same as the energy of ourselves, needs these ups and downs. For example, if you have a lot of money and you buy the biggest and most expensive car, you probably do not really enjoy that car. You just have it as a status symbol. If you have to work hard for your first second-hand car, you are proud and you enjoy it. Things you just get, are not really enjoyable. But things that are hard to get, are things you are proud of. It is the same in life: it does not work if your life is one happy ride! On the contrary, it would be a waste of a lifetime and a waste of being here. Don't get me wrong, it is not necessary to always go to the limit. But you have to manage your life in such a way that you are always trying to do something that will be a little beyond what you think you can reach.

Now we come to that last question: How can we get out of these holes? You know now that the holes are necessary to grow in life. Because you are reaching further than what you believe is possible for you. While you are reaching, your energy is at its peak, because you need to deliver a top performance. Working with your positive energy also means that you are feeling, seeing and knowing more. All your sensors are working to the full. You are also more positively loaded and there is this point you have to reach, the point where you believe you can do anything! Compare this to someone who sits watching TV, feeling sick and tired, talking only about how sick he is and how terrible people can be. He is full of negative energy and the positive energy is working overtime to keep his body running. If there is no longer any positive input in that body, the positive energy already there will fade away after a while.

You can get this positive energy by going for a walk in a park or to a playground, watching children playing and having fun. Take a deep breath, close your eyes and see yourself doing things you like to do. Hold this in your mind as long as possible. Listen to relaxing music, not that hard rock negative stuff, but music without lyrics. Go to a museum and let the beautiful things you see take over your mind. Go to a ballpark and enjoy watching or playing a game. Take a piece of paper and write down what you think you need to do, but also what you already did. Look at what wrote and you will look at problems in a different way. This way is the positive one, making you forget the negative side of life. Or if you like nature, walk through a cornfield and cherish the wonderful world we live in. Sit on a beach or the bank of a river and let all this positive energy come into you. You will feel that the deep hole is filled with light.

YOU can do what you want. All human beings are capable of doing what is in their minds. Only one thing is important: You have to believe in yourself and believe that you are the energy that is around you and what you are made of. Your body is no more than a collection of light/energy, the same energy that plants, rocks, and everything else around you is made of. All is made of the same energy as you are.

Coming out of the deep hole is not always easy. I can tell you that it is sometimes a long way to go, because it depends on how far you have gone into that negative field that has to be rebuilt with new positive energy. But it is possible, because if I can do it, you can do it too! Go and get back the connection with nature and the positive world, and you will notice that new possibilities will come your way. In the meantime, you will also get positive input from other positive people.

***You can do it!***



## - Chapter 63 -

### Energy waves

This chapter will discuss the world of energy waves. The world we live in and in which we form ourselves and our environment. There is a lot to write about and a lot to explain. In another chapter, I wrote the following.

Energy waves? Yes energy waves are also the key of life. As I wrote elsewhere, our lives exist, because we are a complex part of the energy waves that create our lives and our entire stay here on earth. Let me try to explain. Energy waves are what we are, we are made of energy and we are nothing other than energy. All you can see, is that same energy, the same thing you are made of. So you also create your own world!

Energy is life and life is energy. It determines our way of living and the way we are made. One thing is sure: everything you see around you here on earth and in the Universe is made of energy. Energy is the key of our life and all life forms. Energy gives us the possibility to communicate and feel everything we believe in. There are people who talk with aliens, plants or dogs, they communicate with what they want and what they believe in. This is not so difficult, as long as you believe you are of the same energy as everything you can see and have around you. I once read a book written by scientists who are working hard on a new way of seeing and believing. They found ways to communicate without any electronic device. They did a lot of research on mystics and highly developed “nature people”. For the first time, they found proof that homeopathic medicines have a real place in this world. Water with some traces of plants, works better than conventional chemical medicines. Proof, always this proof, why? Only to explain the existence of supernatural things! It makes me sad that we have to live in a world of proof. Can we not live in a world of belief? We know everything already, we know everything is possible and as long as we believe, it will happen. But the world of the last few

centuries needs proof and so now we need to find proof for the things people have known for thousands of years. This theory sounds good at times, but then again we get more and more people who think they can place everything in boxes, because they are scientists!

Let me stop. The reason I am writing this is because people also found that there is much more happening and why our body is playing this earthly game its way. They are now talking about a “zero field”. A place where everything comes from! A very bright idea: a field where everything comes from! Is it not so that for thousands of years people have shown that everything is possible, such as healing through thoughts and strengths? They did things that the churches referred to as miracles.

After spending millions of human lives, they have now found a field and so they start believing in a field! We are people who do not live for each other, but against each other. If we work more with each other, instead of against each other, we would now be at a point where we accept the power of energy, our own power. But until today, we have been unwilling to do so. It is good to read that some scientists are now taking that route, with or without the help of others. There is a small path opening, leading in the right direction. I very much hope that they will not try to explain everything by numbers, and that they will soon get the opportunity to work with the power/energy. The knowledge that some people have now, may be the key to a turning point in our daily routines and everyday life. It is very important that we get back this connection with the energy. Not that we have lost this energy, but we no longer know how to work with it. Losing the energy is not possible, because we are that energy and if we lost it, we would not be here anymore. We should work on ourselves, we have to start believing in the energy, in the power. Which brings me to the part I wrote in the previous chapter, about the energy and the world around us. I talked about the world of energy in the positive or negative way. The energy we have around us is in all the objects we can see, touch or feel. Everything around us is made of the same energy. The chair

you sit on is you, that plant is you, and the house you live in is also made of energy. The same energy that you are made of. Connecting different waves of energy makes that object a chair and another one a tree and third one a human being. The different ways in which energy is connected make an object the way you see it. This may be difficult to understand, but there is one energy that makes everything and places things with each other, so it will look as a chair or as a computer. Everything is energy, energy made of waves.

Keep in mind that everything is made of that one source (energy). Think that the world around you is also made of that one source, which is energy. You are that building, that other person, that plant, that tree. It is you, your energy. One thing before we go further: Everything you see, all the objects, all living things, have their own energy. The soul is a unique energy that is the driving force behind everything you do. It has a path to go and it will lead you along that path. But, as I wrote in the soul chapters, the soul is an energy that lives forever. Over and over again, it goes into other bodies and to other places to work on the complete energy of the Universe. The soul is the source of all living things. What is this soul? Pure energy, which is doing exactly what it has to do and where it is needed. One soul is a small part of the complete energy that is our world. Yes, the Universe is one big energy field, a “zero field” as it is called. But it is anything but a zero field. This field is full of life and the field is life. Everything comes from there. We can name the zero point also the soul, because it is the Core, the energy, the power, that makes and takes every life form.

Back to this energy made of waves and our lives. Everything is energy, everything is made of energy and will be going on in energy. Because we are made of that one energy, we can get connected to others over thousands of miles, without any device. We can pick up the waves from others, from other objects and even from buildings. We can communicate with them if we really believe, but most importantly, we can work with these waves. Which brings me to the point that we create our own world. It is indeed you who creates

everything around you. You create your world, your happiness, but also your sadness. Let me try to explain. Because we are living creatures, created from the same energy as everything we see around us, we are able to talk, manipulate and work with it. Why do you think a dream will come true, when you keep dreaming about it over and over? Because you are manipulating the energy around you. If you listen to what your energy waves are telling you to do, the energy field around you will be changed that way. Your dream will be there! That is also how it works with your health. If you believe in your health and you are open for the positive healthy energy, you will be healthy. It is not a miracle, it is not the doctor, it is you who does that, you and the energy that is around you.

Maybe this is a little difficult or too much, but just try to see things this way. I can tell you, YOU have to believe and it is there. If you go to that point where you see yourself as an energy field, and you can get all the energy you want, you will never be tired, never be sick and never go into a depression. I have to qualify this a little, because it does not mean that everything will always be fine from now on and you will always be healthy, and without any low moods. Of course there will be times when you have low moods. This is because we are not perfect, like we were when our life started and because we have too much negative energy around us. It is very difficult to work with that and to find a way to always be out of this negative influence. It is possible and some people have mastered the power of this energy better than others. We can start and try to live our lives the way the energy has meant for us to do. Again, we are energy, the world is energy, people and all life forms are energy. This is the energy of the Universe that makes us and that will take us back. We will never die, because the energy source, our soul, will go on from one life form to another one, where we are needed.

I hope that someday, somewhere there will be a place where we can start with this way of thinking and living. Meanwhile, we have to do it ourselves. We will come back to this way of living, because right now we are heading towards a dead end. The people who know the power, go for this

energy field and way of living. They can create a human race that is capable of going deeper and getting on in life. The next step will certainly come. It is a matter of human time. I call this human time, because for the Universe and Core (energy) there is no time, no limitation. There is nothing that is against them. Maybe this small start by some scientists who are now talking about a field, is the start of a positive turn.

*The Core, the Universe is made of one thing: “Energy”.*



## **- Chapter 64 -**

### **The other side**

I wrote a lot about the positive and the negative way of living your life. At the moment, the world is largely dominated by negative power, by people who dominate others. And so you have to bear those negative things and be part of that negative energy.

What is left of all the strength we had? What is left of the power we have to heal ourselves, to be part of a positive world? A world where we can work together to become more powerful, without domination and wars.

What is left? Let us first look at what the world was before these negative energy fields started to build up. In the beginning, this Universe was like a “playground” for the energy, to create the things we can see, feel and touch. Energy likes to explore and create. It started to create the Universe the way it is now, with all the planets, stars and all kinds of life forms. Energy itself has the absolute power to create and live in these forms. It is an absolute life where everything is possible and there are no limitations. I have referred to the fact that there are no limitations several times, and I truly believe it. Energy is the creator of everything.



Let me try to explain. Everything is energy, and it expands regularly. It was the time when the Universe created the stars, planets and other places. Energy was expanding on a level you can see and not only feel it. The objects we can see, feel and touch are growing. Because energy is capable of creating everything that is needed or is good for the complete Universe. Creating is no problem, because there is no time and there are no limitations! Then it starts life, life we know in plants, trees and also human beings. These “living forms” are more complicated than the objects created before. And so we are at the level we are here right now. But... yes, there is another “but”. With the creation of all living objects, these are also going more and more their own way. You can see it in the world of animals, plants and certainly in the human race. In the beginning, we were created of pure energy. In that way, we were connected with that energy, because it was created from the basis. A perfect body, made to survive in that world, in that time line. What we call “evolution” has been going on for millions of years and has changed our body, our brain and also our way of living. When we go back to the time of the Egyptians, Mayas and other great cultures, we can see things there that are signs from the source. Signs from that world, before the changes took place. Things were created in mysteries, inexplicable; nobody knows what happened there and why. We can see buildings, which will stand forever as long as needed. That was the start and at the same time, unfortunately, the end of the time with our energy source. Then people started to move away. Long before these cultures and the signs of the source, people were a closer part of that source. We can find several signs of rituals performed by these people at that time. The more you listen, read or feel, the more you will see one thing: We are now moving away from the source and the energy field.

At the moment, a small group is rediscovering these earlier signs. This is because they are at a point where there is no longer any logical explanation for what was going on in their experiments. With all this negative energy around them, there was no answer and there are more questions than answers in this world. Just because we are now moving away from the source and do not live our life the way we should do.

The start, when the energy was “playing”, creating everything, came from that same energy. Until today, this energy has been our source and the building stones of everything. All of that was pure energy and was created in harmony. Sickness did not exist, death was not the kind of death we have to deal with now. It was just pure energy that was there. As I wrote elsewhere, this has changed, because all creatures created from that energy, got their own intelligence. This intelligence grew and expanded. The brain took over what originally our feelings and energy did. More and more, the source of living our life has become dominated by the brain. Thoughts are manipulations of the brain. We started to change the way of living, because we moved away from the source. Deep down in all of us, there is this source that is pure and knows how to live, but this is now far away. It has been pushed aside and is dominated by the overpowering brain, which we think is intelligent. One thing is the key of everything in these negative energy fields and that is our brain. It is not pure. Others and we, ourselves, can manipulate and dominate the brain. So it is the brain that creates this negative energy field, bringing us down. This is where we are today. We have an overpowering brain, because we think we need that and we are living a life that is mostly made of negative energy.

The most intelligent people did not spend all their lives learning in universities and schools. The great people, who are true “masters” in life, “connect” to the source of life as soon as they can. This energy makes everything possible. Those who think that we have to go to school to learn and then become healthy, rich and powerful are wrong, and have been manipulated by a sick system.

As I wrote, the people who are real masters, are not the highly educated people from universities, but the ones who get all their knowledge directly from the source. I always wonder when I read a book and notice that the writer refers to other books or other people over and over again. In a book that I read recently, every so many lines had a reference saying “Source, book...”. Almost the entire book consisted of references to other books.

For me, such a writer has no vision of his own or meaning in life.

The same is true for health care, alternative or spiritual people, and even regular medicine. It is always about money and trying to get as many people as possible in their clinics. I believe that if you really care for people, you do not think about money.

I apologize for the negative lines, but it is important to know what is going on here on earth. And there is no other way I can let you know.

Now that we know how everything started, we can continue with the title of this chapter “The other side”.

I think you know where we should be to get on in life. In the past years, you have been living here on earth, you know for sure that almost everything goes into negative fields. So what can we do? Get out of that negative field and pick up the source and start life again. When we came into this world, we were pure. The knowledge a baby has, is incredible. It is capable of surviving if we let it go its own way. What does a baby have that we adults have lost during the time we have been here on earth? THE CONNECTION! The pure connection with the energy that is around us. We have to get that connection again. If you think “There is no connection for me with the energy”, you will be surprised. I tell you: all human beings, all living things will keep the connection to the pure energy, the source, that has made us living creatures.

I want to give you this on your path. We have the power to do whatever we want to do. We always have the connection in us that we think we lost. Every second, we can change our lives and get connected to the source again. What you have to do is the following: Sit on a chair or lie down on your bed. Choose a drawing or an object to concentrate on. Look at this object and focus on the way you are breathing. Breathe slowly in one rhythm, for example by counting to 3 when you breathe in to 10/15 by when you breathe

out. Only focus on your breathing, nothing else. Look at the object and focus on one point, so that you can enter the object. Feel you are there and feel you are the same energy as the object is made of. Feel the power, feel the energy that is coming. You will get the energy into your body. You need it to restore the negative fields. Throw the negative fields away and restore them with the positive energy. Now your body is clean and open for all the things you want to do. You can go further by going to a place where it is peaceful. Where you get the feeling that you are by yourself, or with others who are also positively loaded. In this way, you can build up your positive energy. During this meditation, you can ask for more connection with the source, to get back to the key of life. By doing so, you will see after a while of daily meditations that a completely new path will open for you. A path that will lead you to the other side of life.

A tip: You live a difficult life. For many years, you have been fighting against negative energy and negative people. This has given your body and energy field a lot of work to do, to restore all broken links. It also needs to turn all negative input into positive information and thoughts. Do not expect that you can do all this in a short time. Your body needs time (which is a line we humans live with, because in energetic terms it is nothing). Every time you go to that connection, it is important that you believe you are going in the right direction. There may be some major changes. Perhaps you will change jobs or cancel trips, tell others: “No, I do not do that”. You may even move to another place. It is what your energy - also called “soul” - is showing you. For you, that is always the best. Sometimes you may wonder what is going on. Your feelings and your energy are leading you to another place in life. A place that I call “The other side”.

The other side is seeing the world and live purely, with pure energy and pure feelings. Some see it as a bright white light. It is different for each of us, because we are all unique when it comes to our feelings and the path we need to follow. When you have reached a point where ordinary earthly

things cannot take you down or you have the feeling you are above all these earthly things, then you have made the right choices and you are going in the right direction. The other side does not mean that you are doing nothing in your regular life. Your earthly negative life is changing and you are above these negative things. As you accomplish this, this believing, doors will open for you. Doors will open forever and your options will be endless.

A small example: Can you believe I could neither speak nor write English a few years ago? I was very bad at languages, even in my native language I made a lot of mistakes! Today, I write these chapters, books and letters in newspapers and magazines. How is that possible? Simply, because I am increasingly above these negative earthly things, knowing that everything is possible. I ignore the way others think about the way I write.

This positive energy is the key to all things. Many holy books were written and rewritten and we have a lot ceremonies and rituals. There are books so difficult to read that we need a dictionary. They were written to make as much money as possible, while all comes from ONE THING! The source, this energy, can take you back to the other side and to a perfect life. This is as far as I want to go in this chapter. But I will discuss the source, the power, in greater detail later.

Keep your mind clear and enjoy the new path you are following.

***You are not alone.***



## - Chapter 65 -

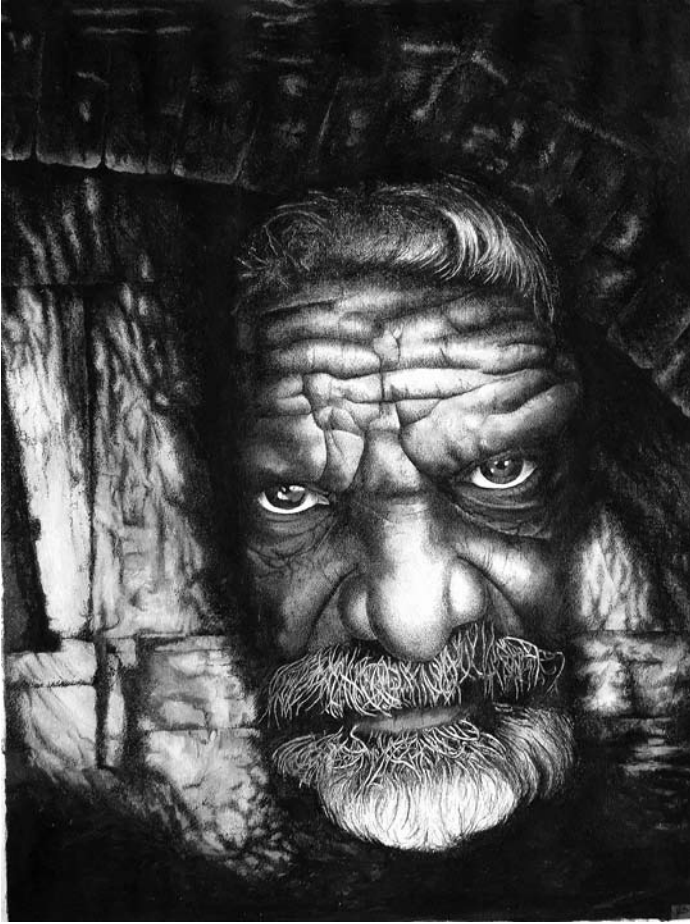
### Considerations (part Two)

- We live hundreds of thousands of hours during our lives.  
Why can we not spend one hour for each other every day?
- Your body may return to sand and dust, but your soul lives on forever.
- Everything is possible, even what you think is impossible.
- Close your eyes and look behind your mind. This is a never-ending world.
- Believing in your feelings will get you further in earthly life.
- Believing does not mean thinking.
- Believing does not mean hearing.
- Believing does not mean seeing.
- Believing comes from the depth of your heart, as it is the way your soul talks to you.
- The body is just a tool, it helps our soul to get on in life.  
It is so sad that so many people look lost.
- Heart and soul are the driving force behind all human lives.  
Without these we are not alive.
- Afraid of death? Afraid of an afterlife? If you live with such fears, you hardly live.

- Living on this part of our island is living the way life should be. Back to nature, back to the source of life.
- I believe this is a moment, just a moment in our life. A second that will be gone forever. Why take this second so seriously?
- Definition of a soldier: A military slave who has to follow orders, without thinking.
- When people speak, nobody listens. When birds sing, the whole world listens.
- What is life? Being surrounded by beautiful people? Sitting in the middle of Nature? Listening to the sound of silence!
- The crown on your life is living your own life by keeping in touch with your soul.
- The soul is the connection with the Core and makes your life full of surprises.
- Follow your feelings, this is the path you should follow. Without feelings, there is no path to follow.
- Nature, with all its colors, is a gift from the Universe to you.
- After one shower, nature is awoken again.
- Light and energy constitute our main food of life. Similarly, water is the main food for Mother Nature.

- Observe people around you and you know there is nothing more beautiful than human life.
- The best medicine for people who are stressed is just being there and listening.
  
- Impossible becomes possible if you follow your heart and soul.
  
- Everything is possible, if you keep in mind there is nothing that is impossible.
  
- As life is energy, everything is possible, because you did already the impossible.
  
- In my mind, everything is possible, my body tells me it is impossible. But by believing my mind, my body makes it possible.
  
- Your mind is not the creator of your life, your brain is not your master, but deep down inside you, there is the soul, the key to every life.
- I do not believe in miracles, I believe in my heart and soul.
  
- In every life, there is a connection with the source, behind the source is life.
  
- Do not see your life as a substance, see it as energy and everything will be explained.
  
- Deep inside you, there is a place of endless love and understanding.





- If you see the world as energy, there is nothing to be afraid of.
  
- The connection with the source you can find deep down inside you.
  
- Zero point,  
Zero star,  
Zero globe,  
Is this a zero life in a zero world?
  
- If you see everything as energy, there are no limitations, no more obstacles and heaven will be here.
  
- When you get the sign “you can do it”, do it, because it is already done.
  
- Impossible becomes possible, if you believe in it.
  
- What you see is not real, but what you feel is life.



## - Chapter 66 -

### Think

I can't help it, but sometimes I think.

- I think about different things, but most of all I think about how I can explain to you what is really going on in life. How I can tell you and how I can show you that the other part of you, your inner self is the most powerful tool you have.
- I think about what is going on here on earth and why people act like beasts without any responsibility.
- I think about what is going on in the world, what changes its energy fields.
- I think about the changing of the weather and climates, which will result in a complete reversal of the ecological system.
- Most of all, I think about the people around me, how to help them and how to show them the key to a life full of energy.

In all that thinking, one thing that keeps coming up is belief, to believe in love and the energy around you. But how can I explain to you how to use that energy field in love and understanding. To be honest, I do not know because people's feelings are faded so far away, it is difficult to explain what should be done. Cults, churches, and religions fail and it looks as if people do not want help. There is no Universal love and understanding. What are we for each other? These things are lost and it looks as if they are gone forever! Right now, it may look as if I am thinking in a negative way, but forget that because as I wrote several times before that there is a solution for everything. But why think about solutions? Because I try to get more information about the way you think. A way to say it your way, but so far there is no long-term solution the way you are living and thinking. In many chapters, I have written about what the system, churches, religions and leaders are doing to you. There is a lack of positive energy in these organizations and that is why I believe we

should take a more decisive step into another way of living. There is much more around you and there is also so much more possible if you believe in this world and if you are willing to learn to see what is really going on in your life. Why and for what purpose do you live this life?

Some religions and sects claim that the changing of the world has started, the world will select the “good” people from the “bad” ones. But what is “good” and what is “bad”?

In our system, a criminal is bad and someone who sits in church all day, so to speak, is good. But it is terrible to think like that. Let me spell it out: THERE ARE NO BAD PEOPLE, only people who are lost! When we see it in the Universal way, all people do what they think they need to do. They act that way because the system asks them to do so. People who kill others, act the way the system wants! They do what they believe is right and they do not see it as if they are ending other people’s lives. They just do what the system expects and as a reward they will go to a promised land or get a medal for acting as a criminal for the same system. So, is that bad? They are doing things that a system appreciates in one way, while in another way, the system judges their actions as criminal. Is manipulating people’s lives good? Where is the line that tells us what is bad and what is good? What is it that pushes you over that limit, taking actions in the name of the system? Believe me, as long as we listen and act the way the churches, the system and the leaders want, there will be good and bad, and this is not at all how the Universe sees it. It is about the energy that is playing with human lives. When you constantly receive negative energy, there will be a time when it explodes. Then the Universe will take you back, because you went over the limit. What we can do is simple, but then I come back to my way of thinking, because there must be something inside you that is telling you the way in which you are acting and living now is not the way you should. When I tell you how to help yourself and others, there should first be belief in the Universe and belief in what I write here in these chapters. Thinking is a way of letting your brain start all over again and clean all that negative energy inside.

All that negative thinking should be stopped and you start to see things in the positive way. The first step is a simple one. When you wake up in the morning, just thank the Universe for being here, for how the day has started and how great the day will be. At the end of the day before you go to sleep, remember all the positive things of that day. See the small things and not the material things. See just a smile of one of your children or some other person. See the sun rising as it is making you feel great. Just go through those things of the day. Let the positive things push away the negative thoughts. Do not spend too much time on negative things, negative people or negative experiences. Turn the negative field into a positive field of energy. It is a start and it will be a beginning to see these chapters more in an objective way.



## - Chapter 67 -

### **Simple things in life (part Two)**

- Wake up and be thankful for the beautiful night.
- Wake up and be glad you are able to walk, smell, see and experience the new day.
- Sitting at your breakfast, knowing you are one of the blessed people who has something to eat that morning.
- Walking to your front door and seeing your family or loved one standing there wishing you a good day at work.
- Think about the people who have no work and have to struggle for their families that day, believing in the goodness of the Universe.
- See all the good things that are happening around you.

- Open your feelings and realize that this day is special, one of a kind.
- Walking around having a great time with the person who is so special in your life.
- Get the feeling that you are complete and feel strong at that moment.
- Having fun with your children or others who know that there is more but cannot explain it yet.
- Playing with your pet and seeing it enjoy your presence and your attention during those few minutes.
- Living a life, knowing you mean something to others and to yourself.
- Feeling blessed when your food is served, less or more, enough to keep you going in your life.
- Sitting on a couch reading an interesting book or listening to a good piece of music.
- Sitting on a couch looking at a candle in front of you and seeing the joy and pure light it gives.
- Having a good conversation with your loved one and having the feeling she is listening.
- Writing a letter to an old friend you have found again after many years.

- Feeling not completely comfortable in a situation, your loved one takes over or is there when needed.
- This split second a stranger looks at you, gives you a smile and you feel just great.
- After months of nursing a plant, the most beautiful flower comes out and tells you “Thank you”.
- That call in which someone tells you: “You did a great job”.
- A letter from someone on the other side of the world, who thanks you for the trust you gave him by sending him a drawing.
- The moment when a child asks you the most important question in his life.
- These bees waiting every morning for me to bring them sugar, so they can bring it to the hive, later producing the sweetest honey.
- That bird softly whistling every morning like: “Please give me my seeds, so I can feed the young”.
- Those clouds creating the most beautiful landscapes above me, giving me the feeling I am walking there.
- These eagles telling me every day “you are still there”, circling above me showing me that they are free and healthy and so are we.
- That light every morning, giving us the power to go on and to believe in its strength.

- That belief I have in the Universe, that there are no limitations as long as I believe.

Thanks to these people who are there when I need them.

In short, you can see that there is a lot around you, enough to make each day a special day. A day never to forget, a day to believe in and a day people find a way to get connected when they need to. It is a matter of time and as long as time is no problem, I will succeed in a mission that I want to accomplish. I will be there at the right moment in your life. That is for sure.



## - Chapter 68 -

### **Deep down inside me**

This will be a chapter about myself, a person here on earth in flesh and blood. Not what I look like from the outside, but how I am inside. Very deep down inside me.

Deep down inside me, there is a person who has one goal. To do something for the people around him. Let me start by telling you what is going on inside me. When I was born, the world looked strange to me and I found everything was like a big movie, a virtual world. It seemed to me as if people were acting and others who did everything possible to destroy all living things around them. That was very hard for me, because I believe in all the good things and in all kinds of life forms. Years passed by and more and more I saw that human beings are not here to build up life, but to try to break it down. Seeing that, hurts me so much. All that competition, domination and destruction brought me to a point where I asked myself how could I be of use for these people. I started to draw and tried to get connected with these human beings, but I found out that their channels were closed too. I created art for years, but that was not the way to get people out of their holes. Instead, there



was more frustration from them and even jealousy! That was when I realized that there was no way left for me to get connected with them, as my drawings were not understood. For a while now, I have been writing my story and about my way of living. I publish those in books and on the Internet. I thought that by writing everything down, at least people might read it and then decide for themselves if they want to do anything with it. So it has been for years now that my thoughts have been on the internet and in this book. As result, people are now further away from me, because they have not reached the point where they can understand my words.

So, here I am in a world where neither my drawings nor my writings are understood by people. There is jealousy, resentment and disbelief. This brings me to the point deep down inside me. Deep down inside me, there has been a mission from the first day of my life. To help people back on track in their lives! And inside me, I believe the things I am doing are right even though I cannot reach those people yet. With my education in art and in public relations, I cannot reach people's inner selves. What is the matter? Do I make my drawings too complicated? Is my writing too complicated and therefore I miss the point in life? Still, my inner self tells me: "You're doing right". At the same time, my brain is telling me that I am following the wrong path. My purpose is to follow what is coming from deep down inside me and I do not want to listen to my brain. Somehow, there must be a way to get people to open up so that they can see that life is energy. All this writing, all these conventions and expensive lectures by highly educated people are a waste of money and time. All those clubs and health centers that make a lot of money out of God, angels and so on. I cannot accept seeing people who blindly follow these business people. It is true that there are also positive things, but it is a pity that in all those cases one pays more in the end to get in exchange more health, a better way of living, and so on. It hurts deep down inside me to see people who believe in things for which they have to pay a lot of money. They are paying for something they can get for FREE. It is there right inside you, deep down inside you!

Deep down inside me, I know that I can help everybody. I have the ability, so to speak, and I can show you how you can see your own positive energy and help yourself. Deep down inside me, something is telling me: “John, you can do it”. A little later, however, I have doubts, because what path should I follow?

How more clearly can I tell you that in life everything is already there? Health, luck and a beautiful life is possible for everybody. How more clearly can I show you that it is just there? This time I came into this world without any power and I cannot show you miracles, because that is not for me in this life. I came here to help people and I came here without any intention to make a show out of this power. I have to convince you with my words and my drawings; this is the limitation I have in this life. It not easy at all for me, because I have the knowledge and I want to share it with you. Whether you believe it or not, in previous lives I worked a lot with this power. In this life, from deep down inside me, I get those limitations. Why? Because I opted for that myself. I know for sure that I do not have to show or prove everything, because all the knowledge that I have mastered is meant to get it across to other people through energy. By activating their energy in the right way, everybody will be able to get a better life.

For me, this life is one with many limitations, but I will nevertheless succeed in accomplishing my goal, which is “helping people”. Deep down inside me, I know that the energy I put into my drawings and in my writings will reach you and one day, it will surely open up your mind, heart and soul, so also you can work and live in the positive world of energy.



## - Chapter 69 -

### **The Core (part Two)**

Not so long ago, I wrote in a chapter about energy fields and their importance. In part one of The Core, I discussed in some detail what the Core can be. Some people do not believe in these words or are afraid to learn about the Core. I am hundred percent convinced that the Core is there and it is up to me to pass on that knowledge so that you can use it.

In “The Core (part one)” I wrote about where the people think they can find the Core, to find the way our life is built and how everything is interconnected. In the chapter “Ego, the other side of the soul” I discussed this in more detail and I lifted a tip of the veil of complete knowledge of the Core.

ENERGY is what everything is about. Pure energy is the key to all answers. All of us - nature, humanity and the Universe - are made of energy. When we analyze a plant at the deepest level possible, we will see that there is only energy. The same happens with everything around and inside us and in the Universe. Energy is the key of life and of it is energy that building stones are made, everything we have and can see around us.

Where does that energy come from and what does it consist of? Energy, this first building block, came as the first life form that started in the Universe. Our Universe is not the first Universe there is, and as far as we can go, we are a part of an energy field that we cannot imagine and hardly believe. An energy field that can travel where it wants and do what it wants. As I wrote before, there is no time, no distance and no beginning or end. It is a self-supporting energy field and it has been there for a long time. Energy will NEVER EVER stop, so try to avoid thinking of a beginning or an end. This energy has all the keys in it to start and end life. Please do not ask for proof, because there is none and there will never be.

It is something that goes far beyond our imagination or knowledge. People will always keep searching for it, but they will never find it. There is no beginning and no end, so where to start?

The energy that we come from, is just an expression of that energy and in the beginning we were “pure” human bodies that were directly connected with the energy. In some old buildings around the world, we can find evidence that people knew how to fly, how to build planes and so on. It was not a problem, because they were so pure that they knew how to look back in time and into the future. They knew what was there and what was coming. Time was not an issue, neither for them in those day nor for some people today. Some people? Yes, actually there are people who can see and know what was there and what is coming. BUT, the problem is that the people today are more dominated by their brain and so their way of seeing is no longer pure. The connection with the energy field is fading away and so it is so much more difficult to get a pure connection with that field. Some believe that they reach a higher level through meditation, that they can travel and see what is going on. There are people who can see others who are as far as them, so they can travel in time together. I hope I will remain levelheaded on this earth, keeping the connection I have now with this energy and all its powers.

In the past, a lot happened to me and I know for sure there is more coming! That plane crash, I wrote about, these two “angels” with their light and the feelings they gave me, and that power I have used to lift exceptionally heavy things. Not to mention all the chapters I have written about a world that you never thought would be there. All these things take me to a level that I believe is near that pure energy. I get messages, I get feelings that I write down, and I see things others cannot see. There will certainly be more of it, because I know the possibilities I had in my past lives.

This will be one of my last earthly lives and something strange is happening in this life. I have to convince you of the other way of living, without using power. The way I must do it is not easy, because in this life I have a lot of limitations, but I know for sure that these will not keep me from reaching my goal, which is to help and to be there for others.

Do not be afraid of what I am telling you here. If you want, you can close this book now.

No problem, because right now I am not working with my brain but I am writing down what I receive from that energy. Words and drawings are the only power that I have left, because that is what I have asked for this life. The turning of the plane and that lifting of heavy things are a fraction of the power everybody has inside her/him. Being healthy, the other part I wrote a lot about is, just a small power we all have, except that we have forgotten how to use it.

That Core is all that is important in our lives. I know the Core, I feel the Core, and I know for sure that as long as we believe, we can get the connection with the Core and then everything will change. Why not change, this very second? You are a part of the Core, the energy! Change now and do what you think you can do, as if you are the Core!

Energy is there, energy is everywhere YOU want, but there is still a thick wall between you and the energy right now. If you need a crucifix, a symbol, or believe in something like a holy Bible or Koran, please believe in that, but do not expect to find the Core there. A lab is not the right place to find the Core either. You need to believe in one thing: yourself in connection with the Universe. The Core is there inside you, your body, your mind and everywhere you want, but you cannot see it. If you think you can take a photograph of it, place it on your screen and say “That’s my Core, my energy,” forget it. What I am referring to is these photographs and other pictures

made of what people say are energy fields. What you see there is a delusion, because your body gets that information from earthly things. This is not the connection with that higher level many people believe in. These points are fields made by present lifestyles of you and the energy fields connected with earthly fields. They are not the connections and information from the Core.

The energy field that I am talking about, is everywhere and the only thing I know is that it is there. When I connect with it, I get information I never saw, talked or read about before. Sometimes I get information that is difficult to understand, because I cannot always explain what I see, hear or feel. But the energy feels as if I am far above this earth, where earthly life is no longer a part of me and where earth used to be a part in some of my lives before.

Let me state it clearly: I am not ET or another extraterrestrial. I am far from being dead, but all I see and feel is what I believe and I know. I am glad to be here on earth and now it is time for me to get over that “human” point and to be a part of the Universe. You may have doubts, but when there is disbelief, you will not progress in this life, nor in the next one, or the one after that.

We are all energy, nothing more, nothing less. If you are connected with that energy, you are that plant, that rock, that water and everything you see around you. If you can reach the level of energy, there is no time, no past, no present and no future, because all of those were once and are already done. That is why some people can see into the future and do extraordinary things. In the world of energy, there are no limits and so you can be one with the Core.

All scientists who reached that point of pure energy, people who have seen and known the key, are locked up with the label “mad”. And so it will continue to go in the future until the truth will come out. Under the pyramids

in Egypt, there is proof locked away. The same is true in the USA and other places where there is proof that energy builds everything. The powers that we are trying to get access to this information in these places, but the way these people worked with this information will never come out. Do they really think to find the key to that absolute energy in buildings of thousands of years old? No, those people also tried to find the key. They were more advanced than we are now, because they were more connected with the energy, but they did not know how to explain. It is incredible that we human beings always look back to what others have done. Trying to find a way in science and mathematics, people keep going the wrong way all the time they are here. Older generations knew how to work with heavy and strange materials, because they got the power to lift tons of rocks without touching, to create buildings that we know they built with a purpose. There will never be an explanation, because it was never written and it is not important to know for the present time. But why keep searching if we already know? It seems to be human nature to make everything as complicated as possible and get things written incorrectly, so that nobody understands afterwards what it meant. It is foolish to believe that we should go back in time and see what they did. We know now what to do and that is get back to the Core, the energy I know will be the key and the answer to all our questions.

So much for now. This is enough information for the moment, but more will come later and I will convince you all in the long run what is really going on and how to work with the Core.



## - Chapter 70 -

### **Creating your own world**

Creating happens everywhere and all the time. Everything is about creation. The moment we arrived on earth, we started to create. We made it clear to our parents what we did or did not want. Later on, as teenagers, we did the same thing when we started to work out our way in this system. We create the whole day, our whole life long, and is that all we should do? We constantly create things around us, a world that we try to keep for the rest of our lives: or what we have come to call our virtual lives.

For a long time, this also happened to me. So I created my own world, my own company and I owned things like cars, houses and so on. Then there came a time when my life took a 180 degree turn and this entire world of mine started to fade away. I have lost everything around me and in a short time, all material things, such as cars, houses, swimming pool, et cetera, were gone. In the beginning, I did not realize what was happening, but after a while it became clear to me. I did not need those things in life. Certainly not in the life that was opening up for me. There was a lot more happening and the whole world around me was changing. People died, others left me and so did all the pets I had. It was a drastic change in a short period of time. In that time, I decided to also give up my agency. I just locked the door and never came back. My income went from a good salary down to zero. Even that was not a strange feeling, because somehow I knew there would be something else instead. That was a major change in my life. Having created that world of everything around me made me sick and definitely not happy.

What then?

Everything was gone and I was at point zero. Changes came, I found the most perfect partner I could ever dream of. A person whom I found out later that was a part of my soul. My angel, my wife and my soul were back in my life. From then on, the changes happened very fast. We bought a new home on



a hill far away from the city. We found there absolute love and understanding. And most importantly, we found the connection with all the energy around us. Sickness was gone, I no longer needed a doctor, specialists or hospital. My body was reborn, with new energy in my new life. This world is completely different from the old one, in which material things and money were setting a price on my life. Having been in this “new” world for a long time now, we have been able to do what we want. Cherishing the friends who came into our lives. For us, nothing is more important than the Universe and the world that is connected with this Universe. Perhaps you can see this as creating or building your own world. The same thing young people are doing now on their computers, but with a huge difference: The world of ours is real, while the one on those computers is nothing and makes no sense at all. Virtual reality they call it, and you can buy a place in that world. This brings me back to that virtual life I talked about, because the world we live in here right now is also like an unreal world. Many people are far from the real world, living as if in a movie and believing everything the radio, TV and movie industries tell them. Look around you; your entire life is based on virtuality.

Our real world is created from of a source that we call the energy of the Universe. Looking at everything from a higher level, the world of power and indoctrination make no sense and is not important. A world in which you are on the level of the energy that is the key of life. What can be more beautiful than having that connection? You are free to do and so accomplish what you want. Free to do what your feelings tell you to do and free to make decisions that are important for the life support system that is connected with the Universe.

The years that we spend in this real world of positive energy, feel as if we are free, free from sicknesses and manipulation. It is more like a dream and when we open our eyes, the dream goes on! It is certainly not a dream, because we are in this earthly life at a level we cannot imagine.

For me it is strange that after a lot of working, reading and listening, people prove so naïve and are always looking for explanations, searching for answers from persons they look up to, like gurus or priests. They always need to “hold on” to a person or a symbol. The same goes for all those books about how to make that perfect life or connection. Believe me, all the knowledge is already inside you and does not need to be told by others. Why does mankind have this characteristic? Look at slavery, all the killing and manipulation. All that is about taking other people’s lives. There is no place left for an “Own world” or an “Own I”. You are expected to do what others tell you, or otherwise... This self-created world is the world that is important for yourself and the Universe. Create your own place here on earth, do the work that needs to be done by you and not what others tell you to do. A world where everything is possible without limitations. Because you know there are no limitations, no time, no beginning or end in that world.

When you come to the point where I was several years ago, with the knowledge I have now, you will see that there is nothing else than energy around you, energy you can live, walk, talk and have fun with. It is there, it is only a matter of time for you to find the way in. This will be all for the moment, because it is important for you to finish this part of your life first and then to open the gate to a new life. Closing it is certainly not easy, because it means leaving everything behind. How to find this gate, is something you will read in other chapters in this book. To open the gate, is a matter of letting your heart speak, letting feelings take over your brain and then just listen to the messages you receive. Open up yourselves to that new world, a world that is not “new” for the Universe but for you, because you have forgotten that part in your life.

It helps me, my wife, and others. Why should it not help you?

- Believe that the path you are following now, is the right one.
- Believe in your own positive energy.
- Believe that all the good things will come to you.

The positive energy is inside you and around you, it is free and it will give you a place at a higher level in this world, where things need to be built. Life is like going up and down, but everything with positive energy is capable of getting you to a specific place, the place where you belong.



## - Chapter 71 -

### **Do not change it, accept it**

The world we live in is based on power, stress and domination. We fight against it trying to manipulate it the way we want, so we can say “this is our life”.

- What is happening to us, why do we want publicity?
- Why do we want to push it to the limit in this earthly life?
- Why do we want to do the same to others as they are doing to us?
- Why do we manipulate others?
- Why? Why?

It was given to us the moment we arrived on earth. We were born in a pure state and full of positive energy, but from that day on most of us were surrounded by negative energy and domination.

We want to change the world and therefore get publicity (ego)! This is a motto for many people, which is sad, because this is not important in the long run. There is nothing to change, we have only to come out of this virtual life, this life of the system, and pick up our real life, which is one full of positive energy.

For example: many people would like to get a mention in history books, celebrity lists, et cetera, preferable in a positive way. But even if it is in a negative way, it does not matter to them. What is important is that line

saying what they did in this earthly life. It is enough just to get that attention. Just look at what people are prepared to do just to get into the Guinness Book of Records. What is it that makes people step forward to get attention? Is it natural? No, it is not natural, because the original power we have of pure energy does not need attention or a mention in a book. Why is it important what the Egyptians did thousands of years ago or what went wrong in World War II or the Iraq/Iran war? Why is it important that someone can stand on one hand for several hours? NONE OF THOSE THINGS ARE OF ANY IMPORTANCE! It is a waste of time to read, learn and get involved with such things. They are indicators of a simple life.

Do you believe that simply helping someone who is in trouble, is more important than all that “history writing”? Some try to change or manipulate the truth, so that things look better for them. In the long run they will see that this was not the right way or the right place to go. Life should come to us as we feel it, from deep down inside us. Some people believe in something called “Karma”, but Karma is not really like that. You cannot sit there without a home or food saying “This is my Karma”. That is not how it works. It is hiding and being passive. If you open up your soul, you will be able to listen to your inner self and you will always have a home, work and food, because your inner self will tell you what to do and what is right for you. It has been said before, but many lives are going the wrong way. It is one thing to listen and another thing to act. So often when we get information about something, our brain tells us to do something else than what we feel. And most of the time, we listen to our brain because we are used doing so. But it is much more important to listen to your feelings and not think so much. Listening to your brain is like listening to a manipulated point of view.

You are right in saying that it is not that easy and sometimes your feelings are completely different of what your brain tells you, but believe me when I say that if the information comes from your heart and soul it will be always be the right path. Even if it seems illogical and you cannot understand

why you should do it. Listening to your feelings is very important. By listening to your feelings, you will follow the path that has been set for you from the beginning, when you arrived on earth. Listening only to your brain is like following a dead-end path: it leads nowhere.

Manipulating your feelings will also result in you taking a wrong turn. Then you will tell me “You see, you are wrong. I followed my feelings and now I’m broke!” SO WHAT if you are broke? We need no money or domination in a soul life!

I can almost feel your energy and thoughts. And when you feel pure energy that is clean and full of power, follow that path. It is the path that you have to go, because it is meant for you.

A path that does not need changing or manipulating, because it is the way you should live. Believe that this path is YOURS and believe that it is what you need. Then you will always have a home, enough food for you and your family and for the people around you.

Accept that path and enjoy the life you enter. It is something special and made only for you, so do not waste it or manipulate it!

***Again, do not change it, accept it!***



## - Chapter 72 -

### **Our car accident**

I will spare you a full overview of what happened, because it is irrelevant. What I want to share with you, is what happened with my body, my mind and my energy.

In previous chapters, I wrote about what happens when a human body reaches a stage where it needs help or protection from our Universe, our energy.

Let me briefly sketch the situation: I was driving home from the city, with my wife sitting in the back and my father beside me. In a few seconds, I had to make several decisions. The car in front of me made an emergency stop. I turned my steering wheel to the left, in order not to crash into that car. Another car, in front of that one, made a turn to the left that very same moment. I came into contact with that car and as a result, my car headed in the direction of a parking place. There I saw three people walking towards their car. They were directly in my line. My intuition told me: “Go to the right”. So, I made a right turn and saw in front of me a thick wooden lamppost. It was impossible to clear the lamppost and so the trip ended with that wooden post in the middle, between my father and me. The car was a total write-off! This is the police-style report about the accident.

Many things happened in what was probably no more than 4 seconds. I know that I have good reflexes. I know what to do and how to react in different situations. This time, my reaction did not fail me either, 3 times in a few seconds. First, when the car in front of me suddenly slammed on the brakes. Second, when the other car veered to the left, when I was already beside it. Third, when I saw those three people in front of me, walking to their car, knowing it would be impossible to stop in time. Three decisions made in a few seconds. It worked and I did it. My intuition took over my body

completely three times in order to handle these situations. The fourth situation, the lamppost, I could not avoid, because there was no time left and so that was my final stop.

Before that final stop, something happened. Something my body had not done for a long time. I saw that lamppost coming closer very fast. I tried to change direction, but then there was a feeling telling me: “Let it come, it will be okay”. That split tenth of a second, just before crashing into the wooden post, I got out of my body and let it happen. A second later, I was back, I took my feet away from under the dashboard and switched off the engine. That moment, I looked at my wife in the back. She was okay and then I looked at my father beside me. He was alive, calling for help. I got out of the car and noticed that his legs were under the dashboard. With all the power I had, I removed part of the dashboard. I pushed his seat back, so that he could get more air. I took his legs out and set him free. After that, the police and the ambulance took over. I walked up to the back of my car and sitting there, I started to meditate. That was a moment just for the Universe and me, in which I did the following.

First, I thanked the Universe for enabling me to react so fast. That I could see these people, so that I could change the direction of the car. I was grateful that all three of us were alive. As well as the people who were in front of my car and the person whose car I hit. I asked to take care of my wife and my father. I asked for relief of the pain and that the injuries could be healed. I got the information that nothing was really wrong with us and we would soon recover completely. That was the time I was completely at ONE with the Universe and I knew everything would be okay.

Back to the moment when I was in front of that lamppost. Something told me: “It will be this post”. I closed my eyes that second and there was no body around me. I was not there! Nothing was there, I was free to leave that situation. The Universe took over. I did not feel anything, not the impact

of the car hitting the post, nothing. Later I heard the engine running, when I returned to my body. Even then, I did not feel my body, it was not there. There was no information from the flesh, blood and bones. A few seconds later, when I switched off the engine, I realized that my feet were stuck under the dashboard. I released them and got out. That time, without my body, I knew everything would be okay. There were no flashbacks of my life or near-death experiences. This was not my end, my body was on its own for a few seconds and it did perfectly.

Light and energy were in complete harmony. They had created a perfect balance for the three of us, in an accident that would normally have had a fatal end. Some deep inner feelings I had after the accident.

When I returned to my body, seconds after the impact, I knew there was nothing wrong with us. I told my wife later that I knew everything was okay with her. In the beginning, I thought I saw her in the rearview mirror, but I later realized there was no mirror! I had a clear view of my wife behind me with the message: “I am okay”.

After taking care of my father, I went to my inner self. With all the people around us, everything was nevertheless really peaceful. I was very sure that this was the best that could happen to us. People helped us, looked after us and some stayed with us the whole afternoon. Our world was peaceful. The woman whose car I hit, was fine and also very tranquil. The best thing I did that moment right after the accident, was thanking and asking for strength. It was just a feeling like; “I can do everything, I am at one with the energy”.

Later that day, the energy took me to places for recovery and I was very soon free of pain. It was, and is, this feeling like you are on earth, but the negative energy cannot touch you. After days, the feeling was still there and I know for sure that I now live at another level on earth.



A new gate opened, which showed me the entrance of a world in which anything is possible.

The fact that nobody was hurt, no injuries suffered by any of the seven people involved in the accident, was something that made people call this accident a miracle. But I know that it was the energy taking over the situation and making the best of it.

Leaving the body in this kind of situations was new for me. I can travel a lot, go where I want, but mastering situations like these without a body and going somewhere else for a few seconds with three people, was a complete new experience.

This leaving the body was something my wife also experienced. She saw everything, knew that we would survive and the moment I left my body, she also left hers. What happened was like time-travelling, skipping a few seconds of life. After this experience, I can write for sure: We all are capable of doing things that we never thought possible. But now that I know energy and light can do these things, my life has changed forever. We can skip time, take care of others and make decisions that are far beyond our thinking and brainpower. We have the power to do so if we believe in it. This is what I experienced that day, that moment in that particular place.

***We are energy and light. Believe in it and everything is possible.***



## - Chapter 73 -

### **Do it yourself**

The past few years, something has been changing very fast. Look around you and see how many people advertise that they are spiritual healers. That they are connected with the other side of the Universe. All this advertising and all this talking about how you can change your life. There are clinics with bells and symbols, and a teapot in the middle. At the entrance, you will find the prices. So you can be sure that your pockets will be empty by the time you leave the building.

It is painful to see how such people make money out of something that is free and you can do yourself.

Let me first state briefly at what stage I think the human race is at this moment. We all think that we can stand alone and that we can take action by ourselves. This is certainly not the way it is going in Universal life. We often live alongside each other and think only of ourselves. Such people you can see on TV, or you read their advertisements, how you have to do this or that, in order to get better in finances or to improve your health. One pays a large sum of money to go to these people and then gets to hear that one has to do all kinds of strange things to be famous, healthy or to get a better job. What such coaches do is merely to talk for hours about what you have to do or do not. It is Big Business! Everything turns around the word “business”. I cannot believe that people spend lots of money on these things. But apparently they believe that everything is for sale and can be bought. I believe that it is the root of our problems in modern times. The link is lost, the faith in oneself is gone and there is no self-respect. But let me stop, because I do not want to continue in this negative way. It is not my life that these people are gambling away. It is their life and they decide what they want, maybe thinking “later we will buy a new life or better health”.

I still cherish the hope that one day people will see that they are going the wrong way. In very human life, there must be a turning point where one realizes that one is going the wrong way. This may be when a big loss is incurred or something really important happens and you see “It is not right”. Or you hear a particular word and feel there is something wrong. It may be only a second. When you are at that point and feel something is changing, you will be open for a new way of living. It is there, waiting for you to reach out. So, as long you have to pay, do not believe all those stories told by people who claim to be connected, to know exactly how things must be done. When you become conscious of that, something else will open for you. You do all things yourself, you do not need others, because all the knowledge is in you! Deep inside every human being, there is all the knowledge needed for this life. Believe me, when you reach that point, it is not important what others tell you. It is yourself who knows what to do and yourself who knows what to believe in. It is your believing, it is your life, which is telling you what to do and what to go for. That is the reason why I chose “Do it yourself” as the title of this chapter.

Why believe all that talk of others, why not listen to yourself? Why ask someone else a question, rather than listening to your inner self? Questions often have simple answers, and you know the answers already. Deep within my heart, I hope that we get back to ourselves, to our inner selves where we will find all the answers and solutions.

***Do it yourself! That is the key.***



## - Chapter 74 -

### Wordless

Why this title?

In this world of so many spoken and written words, there is something we should learn. To hold our tongues! No communication at all, neither through writing nor through speaking. Let me try to explain why.

Communication is a way of getting my words to someone else and hopefully make clear to that person what I am trying to say. Through communication, waves are sent back and forth directly between you and me, in a positive or negative way. It is the only way in this world we can show to others what we want or what we are thinking. The world is currently experiencing a communication explosion, as just about everybody has a portable telephone, Internet access and what else? The moment communication channels go down, the world will feel as if it has exploded and is dead to all its inhabitants. It would be a disaster if world communication were lost for a few days, hours, or even for some minutes. We believe that we cannot live without communication. It is amazing that we humans are so dependent on high-tech tools. A long time ago, there was no writing and long before that, talking was very limited too. Before that, humans communicated by telepathy and by signs, knowing directly what the others wanted or what needed to be done. At that time, human beings were highly gifted, because they were connected with earth and the Universe, and therefore knew exactly what to do. They were capable of making the most perfect buildings and there was enough food for everyone. There was no war, because why should they fight? In that time, they were one with the energy around them. Pure energy, without any interference of high-tech tools. Because we now live in all that negative energy, we talk more and more and write more than people ever did. Why? Because not so many people are connected with real life and we think that the only way we can get information, is by reading books and talking to others. There are so

many people who are lost in their lives. Our inner feelings, our deeper selves are waiting to get the chance to get back in life and guide us onto the right track again.

What kind of a world would it be without writing or speaking? Would we feel it to be the end of the world? I can tell you, just try and you will be surprised what will happen. When we stop with that kind of communication, an older way of communication will come back. Our feelings will again detect the energy in others and there will be clear communication without a single word being spoken. We currently live in a world full of waves and energy that we cannot handle. This makes us more insecure every day, so we do not even know that it is possible to communicate without opening our mouths or putting words on paper.

Do you ever go and sit alone in a park for a long time, without speaking and without any device such as a walkman, a portable phone or an iPod? No, I didn't think you did. Even when you go for a walk, you take some music with you or you have a little chat with others. In general, this is part of human nature today. Go to a place without people, music or telephones. Without anything, just you alone. Go and sit somewhere, look around and let the earth do the rest. Impossible? Apparently you are an addict and you need noise around you. You are addicted and need all negative energy, in the form of noise, music or talk. Do you think that only drugs are bad for you? I can tell you that all these devices and all the talking, writing and negative energy are the BIGGEST addictions we have to live with. As long as you cannot live without music or other devices, you are addicted to the waves of negative energy.

Sitting in Nature, hearing and feeling all the good positive waves and energy, is the key to getting your body to the stage where it will heal itself, to regain its power to continue in this world.

Wordless does not mean that you are stupid or cannot talk, but that you are connected with earth. In this world of all these different forms of communication, we have a gap between everybody writing and speaking, and nobody really listening. As long as everybody prefers talking to listening, we will not get much further in life.

My wife and I live in the countryside and we have a little house on top of a small hill. Every two weeks, we go the city to buy food and very time, we are very glad to get home again. Sitting here in our home, my wife and I do not speak much, we sense each other's feelings and we know what to expect from each other. When I am working at my drawing table, I do not speak for hours. It feels great and the whole time I am connected with my wife without speaking. It happens very often that when we want to tell each other something, we start to say the same thing at the same time. A coincidence? No, there are a lot of things we feel in the same way. When I want to do something, my wife wants the same thing at the same time. The same happens to me when my wife decides to do something. Coming from the city, we both have the same feelings; that it is nice to be home again, away from all the noise and negative energy. It is wonderful to live on our hill, meditating, watching the white eagles flying above us, and together feeling the same perfect balance in our lives. All of this without any words being spoken or written.

With an open feeling and connection to mother earth, we can do anything. Healing is no problem and we do not make an issue of a specific problem. If you can see your life without those negative energy waves, you will see there is more going on in the unwritten world than in the written world. Communicating without opening your mouth is more powerful than speeches that last for hours.

From now on, try to listen and feel what nature and others are telling you. Believe me, that is real communication!



## - Chapter 75 -

### **A never-ending story**

Let me first assure you that this is not going to be a soap story or a chapter that just goes on and on. I want to talk about our lives here on earth. A life that for some of us will be short, for others lasting 70 or 80 years, or more. I am sure that many of you think: What is the purpose of my life here on earth? I cannot answer that, because it is different for each of us and it is a path that you should go alone. It is your task in this life, which you should to accomplish. Perhaps you see your life as the most difficult one and you believe it is full of problems that cannot be solved. It is perhaps true in your view, but through the eyes of another person your problems may seem nothing and they may also know the solutions for your troubles.

As I wrote before, it is you who creates your own world. You are the one who creates beautiful things but also problems around you. This happens when you take decisions and many of them are made in the wrong way. When you have to take a decision you should listen to your inner self, to the feelings that come deep from of your heart and soul. Many decisions are taken by people on the basis of calculating and thinking. This is the wrong way to start solving a problem or taking a decision. Let me discuss this in more detail. Take yourself as an example and go back to the moments when you should have made decisions. You sat there and thought what you should do, how to make it happen and what would go wrong if you decided to do this or that. All those questions related to that one decision. Sometimes we think for hours, days, or even months before we take a decision. Then we go for it. What may then happen is that unexpected things cross your decision, the things you have not figured out yet. We doubt what we have decided and more and more other problems come up and our decision starts to look like a big mistake. A decision that can change your life completely. You end up in doubt and you no longer believe in a good end.

Let me show you another way. The time has come that you must take the most important decision of your life. You start to think, but deep inside you there is something that tells you something completely different. Deep inside you, there is your soul giving you signs what to do and what not to do. Often these signs are completely different from what your mind and thoughts are telling you. As an example, I will tell you about an experience I had a while ago. I used to be a person who created hundreds of scenarios for every decision that I had to take, what I should have done and what the answer should be for a particular problem. I worked for nights to make everything clear for myself and I still doubted if my decision would be the right one. From the thousand decisions I have made, 999 were wrong and so I sank deeply. Every time something came up that was not planned in any of my scenarios. Things changed the moment when I started to listen to my feelings. Strange input came to me and mostly these were signs that would not fit with the way I was thinking. This was the case when I was working on the largest sculpture I ever made. I started to create a sculpture of 5 by 3 by 4 meters. After a while, I stopped, because a problem cropped up with this sculpture. It was not coming out the way I had in mind. For about a year, I did nothing on this sculpture and I did not even think about it. The problem was there for a year and I did not once attempt to solve it. One day, I looked at this terrible piece of stone and my feelings told me to take some material and start. Start what? I did not know, but I did what my feelings told me. A few weeks later, the sculpture was finished and exactly the way I wanted.

Listening to our feelings is something we have lost. Since I have started work only with my feelings, directly from my soul, the most unbelievable things have happened. Why do we want to manipulate our feelings all the time by listening to our thoughts and calculations?



It may look as if this is human nature, but this is not the case, because we lost contact with ourselves, with our inner selves and with our deeper soul energy. In the world of today, we think we should calculate everything and that we are a part of the computer world. The world has changed completely and that is why we have lost the connection with our inner selves.

For a long time now, I have been making decisions only by listening to my soul and however strange the solutions sometimes seem to be, they always end in a perfect way and make my life a happy one and full of surprises.

So why this title, “a never-ending story”? Because it looks as if we are going around in circles, without a beginning or an end. Our thoughts are miles away, we cannot put problems into perspective or we do not see the real picture. Always turning endlessly without any solutions or answers. We usually listen to our brain, which is nothing more than a calculating computer. We humans have lost contact with the core of our lives, which is to work from our heart and soul. The soul has the unconditional connection with the higher energy and is the key to and the path we should follow in our lives. There we can find all the information we need to make the best out of our lives. We can also find the answers to our questions and how to solve the problems we face in our lives. Sometimes we may think that we cannot solve those problems or other ones are too large for us, but we get the problems that we can handle and that we can solve. All the answers are deep inside you. It is you who has to overcome these problems and only you know where to find the key. To solve that problem is to accomplish that part of your life, so you can go on to the next step.

- Why do we have all these problems?
- Why should we solved them?
- And why is there a next step?

Three major questions, which I believe are personal things that we should all solve by ourselves. Solving our problems is the only way to get us to do something with our lives. A life without problems is a life without learning anything, which means that you have no chance to grow in life. The key to solving problems is to listen to your heart and soul. However strange some feelings may be, keep listening and believe in the way your soul is directing you, because it really shows you the way to go. This is not meant for others, but only for you! While listening to what your soul tells you, you will go further in new places, new situations and thus to the next steps. This will never end, not in this life neither during later lives. Until you have reached that point where there is nothing more to learn here on earth and you pass to another life or another life form with the knowledge you have learned here and in the past. Concepts such as future and past are only earthly ideas, and when your jobs here have been done, you will see that there are no present, past or future. If you can reach that point, you will discover a new life and a new way of seeing life. The decision you take there, will be a major step in your life. A step taken without thinking, calculating but knowing that you have made the most important decision ever in your life. Trust your feelings and do not see your life as a negative never-ending story but as a never-ending life and a part of a beautiful world.

***This positive never-ending story is needed to go on in your life.***





## - Chapter 76 -

### **Hate and displeasure**

Those are very negative words and I will try to make this chapter as short as possible. Hate is something terrible that makes this world negative and very difficult to live in for people. Displeasure is a word that is directly related to the word hate, because people who live in a world of hate are always looking for more. Why are we like this? Why are we not happy that we are living here, that we are healthy, being able to learn what we need to and do what we should do here on earth? Why this hate and this displeasure? This world has turned completely upside down. People are working and living their lives separately. For a long time, human beings have been growing apart thinking: “I can do it by myself”, fuelled by their ego. Yes of course you can do it by yourself, but you should learn and experience it with others around you. Life is not only doing things for yourself. Many people today just want more and more and more. Bigger, better and more expensive is what counts, as we can hear and see on TV, the Internet or the radio.

Why should you have that million dollar home with a swimming pool, tennis court, a few cars in the drive and lots of money in the bank? What more can you do in such a house than in a small one with just a roof, a small kitchen and a bed in it? Life is not all about swimming all day, playing tennis and driving around different cars every day! Working for the system, working to pay taxes, showing off the things you have to others who have not? No, this is why there are so many problems in this world. When you start to believe that you need all these material things around you, you are taking the wrong turn in life. All we need is a small home where we can sleep and eat, nothing more. All that luxury and all that materialism are not important because they make no sense in life. All these things are not important, because we cannot take them with us to the next life. No person ever came back with his or her belongings from another life! You may say that you want to have an indepen-

dent and an easy life. That is the reason why you don't sleep well, because you have problems with the tax office and you have several people working for you to get your money and to maintain your house. In that way, you maintain the system. You believe you should have your own income and a safe place. I understand that it is your own world that is determining the whole world and nobody can go on without you and your business. That is why you have to act like that, living in that big house and spending a lot of money for your own pleasure. But you do not really know what pleasure means. It is not sitting on your yacht watching others working to survive. Even your parties are not pleasurable, because many of your guests do not come for you but for the free alcohol, other drugs or food. If you think that is pleasure, you are wrong. But again, I understand, because an important person like you who works hard, needs a bigger house and more material things around him/her. No, let me stop, because we have come to a point that explains why there are hate and displeasure. Hate because we all work hard and displeasure, because we think we are only important if we are surrounded by all those material things.

Let me tell you about an experience I had. My former work meant that I got involved with people who had a lot of money and possessions. People who were famous, rich and very distinguished. I spoke with many of them and more than once, and when I talked with them, I always got a strange feeling. These people had everything: houses, boats, big cars and parties. When I talked with them, I noticed that only one thing was important to them and that was what others said and thought about them! They were so happy that they had more than their neighbors. In the same breath, they told me that they always tried to get more and also more expensive things just because somebody a few streets away had that already and so they wanted it too. This brings us to the issue of displeasure, as they would never have enough. A few weeks later, I was told that this person a few blocks away did not get his money in an honest way. There we are, they created hate because that other guy had more than they had. The end of the story is that he consulted a doctor, because something was wrong with him, but it was the body that was asking for help.

This is when my feeling is confirmed that with all those goods and all that money, the person was not happy and had no real pleasure in life. So I was not surprised when they told me, because in that way they admitted that after all they were not happy with their lives and money. It is important to have real friends and family around you, people who really care for you and people who are there when you have a hard time and need them. You cannot buy that and you do not get an answer from a doctor or psychiatrist either, because they cannot really help you. I know people who live on a bare minimum in life, just like me. I keep everything to a minimum and what I do not need any longer, I give away. These people who live modestly and who are there for others, are people who know what life really means. I am not talking about people who are cheeseparings, keeping their money in a bank, not spending a nickel on anything. What I am talking about are people who share their knowledge, but also ask me to come and sit down and have dinner with them. They give you a wonderful time and their hearts are open and full of warmth. Then there is no hate or displeasure, there is a sincerely being together of different souls just going the right path.

Hate and displeasure are only there where people live close to each other and only notice what others have and they have not. They always want more and try to get on that top, even if this means to hurt others. They have forgotten the real meaning of life and that we should work with each other, our own way up to a higher level and back to the connection with the Core.

I also need to say a few things about people who believe in any of the different religions. When I hear that they collect money for a church I cannot believe that churches really want to help us. In many of the churches I have visited, all I could see was gold. I cannot believe that those churches are there for me and when I hear all those negative stories told by the priests and other holy people, I cannot imagine these people truly believe. But when I see an old woman coming out of that church, she starts talking to me and we are having

a good time together, then I believe! I believe that in every person, there is something good, even if that person is considered a criminal in the eyes of the authorities. I believe there is a place in his/her heart that is connected with the Core, because every human is here on earth for a reason and so all humans have a connection with all sides: you, me and the Universe.

Hate and displeasure are created by our system. Let us rise above that system and no longer live its way. We do not need the system, we do not need the pharmaceutical, oil and war industries. As soon as you believe that too, a great change will happen in your life. I know that for certain.



## - Chapter 77 -

### **Boxes**

After more than 70 chapters, I think it is time to recapitulate. Don't worry: I won't repeat all the things I have said before! What I want to do is something different. By the time you read this chapter, I suppose you have read the previous ones and you will certainly have some idea of what I am trying to say.

I wrote about churches and all kinds of religions. I wrote about the system and things you should take care of. There were chapters about what to do with your body and how to believe in yourself. I introduced you to a completely new world, the world of our soul. I hope all this will help you learn, feel, see and believe in this new world.

When you read my chapters, you will probably feel that behind the words there is something else. You may see that the world you live in now, is characterized by classifications. Look around you. We live in different countries.

- Different human races.
- Different languages.
- Different schools.
- Different professions.
- Different people with different jobs, such as a housekeeper, criminal or laborer.
- Different churches, different beliefs (in God, Allah, Buddha, et cetera).

We try to place people in different categories by telling them they are rich or poor, but also that one child is highly talented or has learning problems or cannot concentrate. All those classifications!

I wonder why we want to put labels on everything. Look at our scientists, who try to solve things so they can place them in categories. Scientists (or at least most of them) do not work together, because perhaps they will find something that they cannot explain. The number of different churches is increasing, even though they are all based on the same idea, beginning and belief. Then there are all those wars around the world, where people fight for one thing: power over another. There is always a label to be put on others, if you want or not. By placing everybody and everything in different categories, we merely aggravate the problems that we are facing today. We are supposed to believe that some other category, perhaps a better one, is not good for us or is not meant for us. The category that we are already in, is the best one for us! Others who are in a category of being poor, must know that they are poor and that they will remain poor and for that reason are not interesting for our system. Criminals are also given a label, because they did something that is not tolerated by the system so they must know that they are criminals forever. Millions of categories are created in this way so that we know what we can do and what we have to do. The moment you step out of your category, they will try to put you in another one. When you refuse to cooperate, you will get the label “crazy” put on you. In that category, there is no more hope for



you and you no longer exist for the system. As you know, many of the greatest on earth were labeled this way because they rose to a level where no-one understood them. They could no longer explain what they saw, felt or knew. They found the door to another dimension. Others were lucky and escaped, becoming monks or staying in temples for the rest of their lives. They were connected with that other world and the other dimension. How many highly educated people reached that stage? Many of them were put away because we could not understand them.

How can we change the category we are in?

In the beginning human beings were always there for each other. We were ONE big family, helping one another. Even though we argued, we were there for each other. The same can be seen when there is a war and people lose their homes, families and possessions. Then they work together and try to help each other. But what do we have today? People live on their own, do not listen to nor believe in the power they have when they are united. Of course you can change it if you want and if you are ready and have the courage to step out of your category and make your life into one in which you are there for others. You do not need to do social work, not everybody is able to do so, but what about having a nice talk with someone or help those who ask for your help. Be there for your child(ren). Do not let work and money be your main goals, but place your child, family and others above all that.

In all the chapters that I have written, I have shown you that you should step out of this kind of life, shrug off that label. Look at yourself, perhaps:

- You do not feel happy.
- You do not feel healthy.
- You do not feel as if you are living a real life.

You are sitting in a box, afraid to change or do something, because you fear what others may say. You should come out of that box and together we should work on a world without categories.

There is no difference between one person and another. It does not matter in which country they live or what kind of work they do. It does not matter what color their skin is. Just stop it. See another human being as equal to yourself and as a part of you. You don't hurt yourself, so don't hurt others. Hurting others should feel like hurting yourself. Hurting, this negative energy, is something we do not need. We can do everything and as long as we are positive, we can also pass on that positive energy to others. Deep down inside them, there is a connection and in the long run they will change their ideas about you too. Be positive, do not see life as being locked in a box, but see all people around you having the same positive energy as yourself. This will change your life, perhaps so dramatically that others think you are crazy, but you are not, you have just freed yourself of those labels. You are a human being again and that will give you the feeling of freedom. Together we should work on that, do you agree?



## - Chapter 78 -

### Is it white?

IS IT WHITE?

No it is Purple.

No light Blue.

Oh no, it looks like Yellow.

I think I see Green.

No that is not right, it is Violet.

I think I see some Black.

Maybe there is also some Brown in it, going more to Red!

Aren't these human beings who are talking? Everyone sees something in a different way or thinks he or she sees it better.

I see a beautiful landscape.  
No, it is a seascape.  
Oh no, we are in a jungle.  
Do you mean this dessert is a jungle?  
Oh no, this looks more like a beach to me.  
For sure this is Central Park!

These are human beings again, talking and trying to convince others of what they see. Here we have a point. Several people with different visions, brains and different dreams. All of them see something for sure.

I feel this is not right.  
Oh no, this is terrible, I can feel it.  
If I listen to my feelings, I should do this.  
Do you feel it?  
Ouch, I feel the pain.

These people have feelings for sure! They feel in different ways and sometimes in the same situation they feel differently.

All have one thing in common. They see and feel, however differently, but which way is the right one? Here we go again: What is right and what is wrong? There is no right or wrong when comes to feelings! ALL of these people are right, because they see and feel in their own personal ways. Who do we think we are, how dare we tell them that they are doing right or wrong? We cannot do that, because in their lives with their feelings and with their points of view, they are right! When I look around me and see how hard people try to convince others of their views, I think: "What a waste of time." Convincing of what, of what you want or how you see it? Is it not so that the entire human life form at the moment is based on the views of others? Have you ever noticed that others try to impose their views on your life? So you start to doubt the way you think. Is that right or is it wrong?

Do you see it right or do they? We forget what we see, what we hear, feel or smell. Instead, we believe what others tell us to see, hear, feel or smell.

We are all capable of doing these things by ourselves. We are all beautiful human beings who can do this without the help of others. So why do we listen to other people and have misgivings about ourselves? Are we afraid? Afraid of being somebody else, better perhaps or different? I think this is an important point in many lives. We do not live our own lives but people's lives.

Step out of it, smell, see, hear and feel in your own way, the way you want. You will see a new life opening up for you. Your OWN life!



## - Chapter 79 -

### **Karma**

Karma is the path you have to go, because it's what God has given you to do in your life. Nothing can be changed and everything is clearly defined by him for you.

Pfffffffffff, I'm tired of this. Why? Simply because such things are written by humans with manipulated brains. In other chapters, I have written about "God and Karma" and I think it is time for a small chapter about this word "Karma".

But first of all, the word "God". Several times, I have written that God is not a person. God is inside you, around you, everywhere. God is energy that you can work with. It is always there when you need it. God is not an old man sitting on a chair high above us telling us what to do. Neither does

God force us to follow a path in our lives. On the contrary, we must create that path ourselves, one that is important for the Universe as a whole.

Let me explain. Our bodies are filled with blood. Throughout our lives, blood circulates through our bodies, day in day out, doing its work. Let us take one blood cell and follow it. It follows the other ones. It goes to the left, to the right, to the head and to the toes, all the time following the other cells. Is this one blood cell that we took as an example, now part of karma? No, it is going the way it should go. If the body has a cut, some blood cells will leave the body. Then the body, acting as a system, decides that the blood cell has to leave to do its work. Is that karma? It is not, because this is what that bigger system (your body) wants. Our body is part of the Universe. Our human body can go to the left or to the right, but that is allowed in the Universe. Life is part of the Universe, where all lives come together and contribute their individual parts to the Universe. Energy is the part between the body and the Universe, and is therefore the connection with the Universe. The Universe needs all the energy it gets from the lives.

This brings us to the point where I want to go, because all of us are parts of a complete system. Not the system we know as the one here on earth, but the complete system of energy. We are parts of that one cell that also gives a sign that the energy needs in the total existence. Karma is no more than the path we should go in our lives. But we humans are capable of working with energy, because we are part of this energy field. In this way, we can change things, but we remain part of the energy field. We have the power to go more to the left or to the right than you may think possible.

It does not mean that everything that happens to you was set out before you started life! That would be the wrong way of seeing life.

We must contribute to the total system of energy, but there are millions of ways to do so. If you think you have to do it the way God wants, then you are wrong and your energy will be wasted. The day you were born, you knew your path, but how to follow that path is your choice. You can choose your own

way. Nobody can tell you that you have to be sick, poor or dissatisfied. It is you who chooses that. If you charge yourself with negative energy, it will not be the right choice for the total energy. As long as you are negatively loaded, you are not connected with the total energy.

Karma is definitely there, because we must follow the path that is there for us, but karma does not determine the way we should do it.

Just remember that we are energy, a part of all lives and a part of the things we see, feel and smell. It is up to us to choose, it is a freedom we have as human beings.

*Let us use that freedom!*



## **- Chapter 80 -**

### **Ball of protection**

Some weeks after the accident, I got more and more information about what had happened. In the chapter “Our car accident”, I wrote about those few seconds before we hit the lamppost. More information is coming up, which I will try to explain to you. Those few tenths of a second, something strange happened. There was a feeling that everything would be okay, there was no “flashback”, because this would not be the end of our lives. I could feel that special feeling inside me. A feeling that I was okay and that I was in a safe place. There was no connection with my car and the world around me, I was away from this situation and no longer in my body. I did not feel anything, nor did I hear the blow or any other sound, I was just not there. I was not far from my body but it looked as if I was in a balloon and nobody could hurt me, nor touch me. That feeling was a new one for me in such a situation, but certainly proof for what I am writing about in these chapters. Did I call it proof, because

I want proof for what I write? No, I do not want to prove any thing, because I know that many things are possible and will happen if you just see yourself as one with the energy.

It was not the first time that I experienced strange things, but those were always interpretable, in a way that we humans always seem to want. But we were in the middle of a situation for which there was no explanation, no direct proof. The energy protected us like a balloon and it will always be there. This balloon is what so many people see as angels, like the archangel Michael, who helps us in such situations. I'm sorry to say that I have met angels, but they cannot help me in such situations, because they do not own the power that people have given them. Thinking of an angel is a human reaction when strange things happen, to give an explanation for extraordinary things.

I see it this way: In "Core, part two", I wrote about energy. I wrote about energy in several chapters, but I think that I may not have been clear enough about what I meant exactly with the power of energy. In this chapter, I will do my utmost to clear this up so you can use this power/energy.

What exactly is energy? Energy is a power that you cannot see, but only feel and that you can use. Our Universe is built of energy that can take any form: a plant, an animal, a stone, water, or a human being. This energy is our source, the Core, and the key of life. In the past, I used this energy several times and strange things happened.

Let me tell you how I see my life. When I look around, I see objects: rocks, sea, people, animals. My eyes tell me how I ought to see those combinations of energy. But then I go further and see all those things as pure energy, made from different combinations of energy, but seen by scientist as DNA and molecules. When we determine these, we come to a source where everything is made of the same energy. One energy that has the possibility to build everything we can see in life. Maybe it is difficult for to understand,

but if you go deeper into this matter, you will see that this is the right way to look at all life there is.

As long as we accept our life as part of that energy, we have an explanation for all situations, an answer, and a purpose. I have lived that way for a long time and things are now different and easy to understand. The connection with people is as if I can go inside them and I feel the way they feel. Thus, I feel their moods. Because this is another way of living, sometimes it is difficult for me to work with and to accept it, because for a long time I lived the way my parents told me to do, which is the way the system wants. There are times when I get confused and believe that I am far from this world and that people do not understand me. I am glad that I have my wife near me, who is always with me in this way of living. She tells me at the right moments that it is not strange at all, but just a pure life we live in. Eating is no longer seen as merely getting food because we humans need food; to me, eating means to put energy from other sources in me. In the past few years, my way of eating has changed drastically, and more and more I have the feeling that I do not need so much food because I can get it from the Universe around me. My human instinct tells me that I have to eat, but my higher self tells me that it is not necessary, but if you want to, do it.

The same is happening with different things around me, like that accident. This split second when my wife and I were out of the car and we both had the feeling that we were okay and nothing would happen. That was the moment when we felt connected with the complete energy, where nothing could destroy our lives. Our lives will go on and our bodies are needed, for what? I do not know and only the energy/source knows why we are still here.

The day I changed my way of living, there was something else. For me, time does not exist any more, there is no agenda and no “must”. Every day when I wake up, I know that there are many things to do, but what it could be, I do not know and it just comes to me when it needs to be done. I do not plan my days, not the next day or week! There is an open agenda, which I fill



the second something comes up. This way of living is definitely strange to me, because in the past, when I had my advertising agency, my agenda was so tight that there was hardly time to eat or sleep. Now that I am free for 24 hours a day, by the end of the day I have completed a full program.

Now what happened with that ball of protection? That was the moment when I opened myself completely while I gave my life to the energy that took over the situation. In such a situation a human brain and body cannot do anything, because they are too small to handle such big things. What I did at that moment was to make connection with the total energy and I was one with it. There was no pain, no connection with earth or with that body of mine. By being one with the source of energy, we can do things that seem impossible. Remember this: If you are one with the energy, then you are that energy yourself and you can change or work with it. The same happens when you want to accomplish a goal in life. Say your goal is to stay healthy. If you focus on that, you will connect with that energy field that is a part of your health. When you become that field and so a part of your own health, **YOU ARE HEALTHY!** When you really want to be something or get something, conceive of and focus on that. You will see that your wish will come true. Anything you wish, anything you really want, will become reality. All my wishes have come true and sometimes I hardly dare to make new ones.

A wish is like sending the right energy into the total energy field that gives the right input, an answer how to accomplish your wish. Still **IT IS YOU** who fulfills that wish, nothing else, nobody else and no mysterious sources like angels or Gods.

Energy, this ball around us, is pure energy that protects us, so nothing can go wrong. If you can feel the energy and connect with it, be one with it, there is nothing to be afraid of, because you are protected by the highest source there is. This ball or balloon is there for everybody. You do not need to look for it and you cannot buy it. It is already there, just believe in it and it will be there for you.



## - Chapter 81 -

### **What you believe, is what you see**

Seeing and believing, two words that are closely connected. Just look around and you will see what you want, because it is you who makes the world around you! Indeed, it is you who creates your own world. I will explain this later. We all believe; many people believe in money, fame or matter, but they believe. What you believe, is what you get! If you believe in health, you will be healthy, if you believe in fame you will be famous. We have two words with completely different meanings, but they lead to the same point: believing is seeing and that is what YOU CREATE. Many people believe in a God, a Place or a Sign, and categorize these as faith. Why is it that you see angels and I see energy? This is just a simple question, which has a simple answer. I believe in energy, so I see energy! You believe in angels, so you see angels. You believe in God, so you see God. There we are, you see what you believe! I have heard many of those angel stories and about people who talk with angels, see them and work with them. For a while, I thought: “Why don’t I see them?” Well, because I do not believe in them! It is the same if you believe in Allah, God or Buddha: you can talk to them and see them when you need them. As I see it, people seeing the Almighty or other related aspects simply want to see them, they need them and then there are those appearances. An Angel or God are suppose to look like that. That is why all of them look different! Your imagination makes of them the images you want to see and believe in.

Now I think that I have moved on. What I see in my world, is energy. Everything is energy and it can take any form. Energy is like light that can go everywhere. Energy is the connection with the Core and the building stone of all life. I see energy in everything around me and that gives me the opportunity to get connected with everything. It seems to me easy to understand, when we see that we are energy and those objects are energy and therefore we all are the same.

Coming back to Angels and Gods: many people believe in a God or a Buddha. Is this something the system wants? If you can really believe, you create your own God and also create the world in the way you want to see it. Why do you sometimes see the world around you as a difficult and a dark one? Why do I see the same world as a beautiful one and full of light? It is the same world with the same people in it and we occupy the same space. The answer is simple: because you create at that moment a world of darkness, while I create a world of energy (light). This is what I see and you see the same world completely differently because you want it that way!

When you start a day and think that anything is easy to do, you will see that your world will change. I do not ask you to lock yourself up or go and live in a monastery for years to meditate. All you need to do is one thing. Think of one sentence, day and night: “The world that I see, is energy”. Then look around you, at the people, plants, animals, or buildings and see that they are the same as you. They may look different, but they are made of the same energy as you are, with the same stones of life’s “energy”. I guarantee you that soon you will see your life completely differently and from another point of view.

Even that burglar, that parasite, that terrible animal, all of these are the same as you! If you can imagine that, then you have taken the first step in the real world of energy. Energy, the building stones, is more because you are at the point where you can see it, feel it, knowing that you are a part of it; then there are no limitations. Energy has no limitations like time, distance, sickness or pain. All of those are what you create in a world that you think you should see. Your world is created and lived by a system, but even that system is energy with lots of limitations. All those limitations that we put in our lives ourselves.

Later, I will take this a step further. For the moment, I think I have shown you enough. It is important that you first learn to see yourself in a light world of positive energy, where there are no limitations, instead of seeing yourself in a dark world full of negative energy.

So again, do not see the things around you as created by others. See everything around you as energy and made from the same building stones from which we were built. This simple sentence in your mind will help you open the door to a world full of light and without limitations. Keep that sentence in your mind forever and I guarantee that you will enter a beautiful life: “The world that I see, is energy”.



## - Chapter 82 -

### **Open book**

How many times have you heard the expression: “My life is like an open book”? It is just an expression and not many people think much when they say these few words. Many of us love books, we look at them as sources of learning and we consider certain books as guidelines in our lives. I know people who only accept what is written and live their entire lives according to a book. They live in the way the writer put the sentences on paper or screen. I know I am a writer too and you must be wondering now why I am telling you this. I also have many books and I read most of them, but there may be a difference between you and me: I do not believe all books. Only books in which I can find a new technique or explanation, I will read. The rest I will find out myself. Lots of books want to hem you in, make you accept what is written in them. Unfortunately many people really believe what is written in them. I can distinguish between a book that comes from the writer’s heart and a book that was just made for commercial purposes. Most books are written to

make money. When I see the writings of medical professionals, scientists or people who believe that they have to prove something, I feel bad because the last lines in their books are usually: “to visit my seminars, please go to.....” Sadly, these books tell you not even a fraction of the whole story. They are full of information from other books and only add a few new words. It hurts to see that, in particular because people pay for them. Information that you can get for free is placed in a book and to read it you must pay!

This “open book” is my way of helping anyone who wants to be helped. I do not ask money and there are no fees for me. My wish is that we all collect enough positive energy and as a consequence change the world into a positive place. If you are positively loaded, I can feel and see it, and that will give me the satisfaction that another human life is back on track. In all the billions of people, many are doing the right thing. The rest is following the books, the system and the churches. The intention of some of these is okay, but when you go deeper into their themes and see what is really behind the church, the book or religion, then I think it is clear that you and your life do not count for them.

By writing these chapters and through my e-books, I want to contribute to mankind and I hope some day people will understand my goal in life. As I told you above: I hope you will see my work as an open book. There is nothing hidden behind it, there is no commerce and I do not ask for a donation. The words that I have written are a connection between the energy and my body. It is my life I am writing about and it is my heart that is speaking. I believe in the positive power of the energy; we are that energy and so I believe in the words I write.

An open book is no more than information coming straight from the heart and soul, there is no money involved and no fame. Money and fame are short-lived and there comes a time when there is no fame and money that you can take with you to other lives. Continue to be honest, share your knowledge with others, help people who need your help and - above all - believe in the

power of the positive energy around you. Be an open book, because there are no secrets in an energy world. When I see you, I sense you, I am you and I know all the so-called “secrets”. Think about that and next time I will see you as .....an open book.



## **- Chapter 83 -**

### **Life in life in life in life**

What should that be? Do you believe that you are living just one life right now? Really? Then you should read this chapter. Every year, we get older, a year goes by, is gone and is done. When we go back to that year, it looks like nothing has changed, not much happened and yet, another year is gone!

These are the thoughts of most young people, who live in such a hurry that they do not notice what has happened even a few minutes ago. As they are running the whole day, always being in a rush, they have no time to stand still to enjoy that beautiful moment that happens every now and then in life. Instead, they think they have to go on, making money, furthering their careers, and they forget to live. I am older now, old enough to see things from a different point of view. I look at situations from another angle.

My life was full of problems, sicknesses and pain. After I got myself back together again, I found a way to see how life really is. Life without sickness or pain and no need for money. When I realized that, something became very clear: we do not live one life! No, there is much more. For example, when I look back at my own life, I can see different stages. My infancy was filled playing and being connected with Mother Nature. During my teenage years, I was sick and could not go out having fun, even studying was a sacrifice to me. As a grown-up, I moved to another country, far from home, where I started

to draw and earn money that way. I bought a big house with everything in it, cars, a boat, and a swimming pool. Then my wife got very sick and for years we spent our days visiting medical professionals and the hospital.

After my wife passed away, I was lonely and thought it was the end of my life too. An angel came by and together we started a new life, in a home in the hills far away from the city. Thus I saw different periods in my life, and later on I saw them as parts of my life, or rather as several lives, because there was a start and an end in every period, with a completely different way of living. Seven times, my life has started and ended, and now I have started another one that I should go through. Life in life in life is more a way of seeing one's own life more clearly.

These are situations in life that you should learn from. A life never ends, because even after you have left this body, there will be a new life. Perhaps this is a little bit too complicated to explain, but I will do my best. As you know, I do not like to make my own terms or words, so I will explain it in my way. Imagine we are living in a big energy field with no beginning and no end, no time and no obstacles. In that field, you are moving around and you step into a life that gives you the possibility to learn and to grow.

Take your own life as an example. Take a part of your life and see what was happening during that time. Now look at that part more closely and see how it started. After you have defragmented your life, you can see that all parts were connected and that they followed each other naturally. In that way, you can see where you made a turn to accomplish your goal. Let me try to explain it in periods of time for you. Take a lifetime of 80 years. Take out of that a year, a month, a day, an hour, a minute, a second and stop here. What did you do that second? Do you know what was happening, what you have learned and what kinds of feelings you had? No, you do not remember! Let's take the last minute, how was that? You do not know! Last hour? Ah yes, you had a headache! But what did you learn from that? How about yesterday, what did you learn from yesterday? Can you remember? Not so

much or nothing at all! Now examine your whole life; what have you learned there? You do not know that either. That is just what I am trying to explain. You must enjoy every second in life and try to learn from every second. When you see the overall picture, you will see where you have taken a completely different turn. These turns marked the start of a new life. Why is it so important to find out and to look at it? By looking at your life, you can see in which way you are growing. In my lives, I can see a clear line where I followed my first dream to get rich and later I followed the line to be a part of the complete life.

I entered this body with a clear view of what I had to do. Later the sicknesses and problems I got, showed me that this path was wrong, but I have learned and I found my way back to pure life. That was the time when my mind (dream) told me to follow a different path. Life in life in life, how many lives have already passed by before this life? Find them, see them and learn from them, so you will find the path to a new life within this body or later in another one. It is a matter of making choices.



## **- Chapter 84 -**

### **The world of war and fighting**

Note: This chapter will not start positively and may be hard to read, specially for those of you who live in the United States, but I hope you can see the larger picture of what I am trying to say and that you will see what is really going on.

War is a word that conjures up pictures of death, destruction and terrible pain. As long as man has been on earth, there has been war. There are people and groups who want to dominate others and invade other people's land to own it. This leads to many people being killed. The victims are usually the ones who want to protect their country and their homes.



Let me first go back in history and look at the birth of America. America is an enormous big piece of land where natives once lived in small groups. People who lived far apart, with their own cultures and their own religions. Then Columbus, a man who wanted to discover the world and rob what he could lay his hands on, happened to set foot ashore in America and saw the opportunities for making money. In the following years, many of suchlike armies came to this Promised Land and started to take over the place by killing everyone who did not want to follow their orders. After a while, America was dominated by white people and there was a big war going on, to capture as much land as possible. The native Indian people were forced to live in small camps and white people came with their slaves. The black population expanded because the white people needed them to do their dirty jobs. After killing everybody who did not want to listen to the white people who had now settled there, a terrible hatred against black people developed. Blacks were treated like dirt and killed as if they were animals. After a long time, America was the last country in the world to stop racism against the black people officially, but did not put this into practice. The question was then: Whom to kill now? So the government of the United States came up with the solution to go and interfere in other countries' problems. WW1, WW2, Vietnam, Israel and now Iran/Iraq are the places where they waged war. There was also the cold war with Russia, Cuba and China, and currently Venezuela has the honor of being a target for starting a war with, but these countries stand above the strategy of the US government. In all these years, those wars caused destruction, pain and death. For those who own the arms industries, it is important to ensure that their plants keep producing, and thus to keep the large flows of money coming in. Also by controlling the oil around the world, the US tries to gain power over the whole world. There is one thing, however, which nobody seems to want to learn: It is impossible to own the world and to own the things that belong to others. We can see that all wars are being lost by the US. Vietnam, Israel, Iran/Iraq, Venezuela, Russia and China are developed enough to withstand the US. The US overlooked an important thing: You cannot fight human beings with steel! Just look at what Cuba was capable of, or those

small groups of terrorists. They win, they survive and they come out stronger. The rule “Do not do unto others what you do not want them to do unto you” also applies to war. You may think that I am simplifying wars and history, but let me try to explain. Look at who is winning and who is losing? Going to a war or starting one is losing, but keeping out of all that negative energy and working together as human beings, makes one a winner. War creates war, peace creates peace! This is the golden rule. Negative energy returns negative energy; if you hurt someone, he will want to hurt you too. But if you talk with somebody, he will listen and so you will get respect for different cultures and for different ways of living. All the wars that the United States has started or interfered with, not a single one was won by the US. Even within the country itself, it is losing. Latinos take over the south, Chinese and African people spread across their country because if you take their homes and their land, it is impossible to keep it and cultivate it. The original people will come back in another way, a peaceful one, and the government will not have a solution. Their motto is: Act peacefully and you will get back what once belonged to you. Another example is the cities and houses built everywhere, which in time will be gone too. Buildings that have been there for hundreds of years, return to dust. Many places Mother Nature has already taken back: temples were lost, entire cities are gone and Mother Nature has restored what was once there. Look at the Romans, Egyptians and Greeks, or other once powerful peoples. Where are they now? Gone forever. The Catholic Church, another powerful institution, is being reduced to small organization of those who still believe in its domination, because the Catholic Church withholds the truth. If you look at the complete picture, you can see what is happening to the US. It was built on wars and bloodshed, and it is now falling down in war and blood.

Then there are all these martial arts, sports such as boxing, taekwondo, judo, kick-boxing, Thai boxing, jiu-jitsu, et cetera, all based on fighting. Supposedly for self-defense. But what should we do defend ourselves against? Against whom and why? In my life, I never experienced a moment when I felt that I should defend myself. I have never had a physical fight and only

once faced a guy who hit me. But he never came back and after that I got respect from the other boys. It takes two to fight, and I will never be number two! Everything that is related to violence, is unacceptable under the law of the Universe!

This was all about negative energy, but there are positive things behind it. As I wrote a few lines back, what you take in a war, you lose in a war. It is the golden rule that I see in the Universe. We human beings are still learning to live together in harmony and peace. Talk things out, let go power and domination, and work together to build a new life. Nature has been telling us for a long time that we are on the wrong track, but so far only a handful of people have realized that. There has been a lot of talking, a lot of groups and a lot of movies bringing the message that the end is nigh. But what do we really do? We keep fighting, hurting each other, and trying to dominate others. We have not learned from the likes of Stalin, Mao, Hitler, Hussein, or Bin Laden, who gave us the message that we are worse than animals, because we kill each other for nothing! The pretension is a false belief. We do not get the big picture and even Mother Nature is warning us, by giving us freak weather conditions in order to let us know that we must stop. Stop polluting our world, stop wars, and stop fighting! Let's get together, let's clean up the mess and find out what is really behind every person. You can see the signs everywhere, you can sense and hear in every corner that this is the wrong way, but people remain blind and sink deeper in the mess that they have created themselves.

If you are able to see the real state we're in, as created by ourselves, then you are also able to get out of it and return to the real life and our mission. Most of the books that have been written to tell us what to do or not, are meaningless, because the true intention and energy are often not there. The motto of many authors is to make money, not to help you. Reverse your energy field and - like a magnet - negativism turns into positivism. Your heart and your energy are most important.

The proof is everywhere: nature is winning, countries in war are losing and only positive people will survive, because they are able to overcome simple human frustrations such as money, domination and pain.

It is just a matter of time and then we will see the big picture that gives us the room to go on as human beings. Because human beings will exist for a long time till they find the next gate to a new form of life. The next step is my biggest wish: That soon some of you will follow the new way of living. I see, I feel, and I detect that this chapter will release a lot in you. It is nothing personal, but just a history seen from the outside world, a world I belong to.



## - Chapter 85 -

### **“Trying” and “If it is possible”**

I will “try” to accomplish that!

“If it is possible”, I will do that!

Two phrases that so many people use. But also thoughts that many people have. These two phrases are totally inappropriate in the world of energy. There are many similar phrases, but for the moment, I want to concentrate on these two, and you can find the other ones yourself.

In the world of energy, words such as “trying” and phrases such as “If it is possible” are irrelevant. There is no “I will try”, but “I do”. There is no “if it is possible”, because “everything is possible”! In the world of energy, you do things without any limitations. “Trying” and “if it is possible” were invented by humans, and are not part of the world of energy. We humans place ourselves in a world full of limitations and we doubt very often if something is possible.

Look around you, what do you see? There are people who believe that they can do everything. They believe that everything is possible. Some would say: “They go for it” or “Those are extreme people”. There are people who regain their health after they have heard that they have only a few years to live. People who came out of deep misery, poor and without a home, now have a great life in a small house, healthy and satisfied. All that was possible, because at some point they did not “try” or asked “Is it possible?”, but they reached the point where they knew everything was possible! There is also a group who believe that material things and power are important. In the long run, they will realize that they have made the wrong choices. In the world of energy, material things and power cannot be used in the way those people do. As long as you work with the power of energy, there is no problem for the total Universe, but if you work with that power only for yourself, the power will turn against you. Many of those people are sick, dying or spend their last years in bed or a wheelchair. Many people live in over-protected houses, as if they are afraid to meet people, or are always on the look-out for something that may happen.

I do not claim, nor do I want to tell you that having money and material things should be a problem in life, but using them well, is another story. How many of you are separating themselves from others? When you have a good day, do you share it with others? When you have a stroke of luck, what about giving some to your friends who are in trouble? This has almost gone, this living and sharing with each other, being there for each other and helping those who are in need.

I briefly want to refer to my own life and I demonstrate that life is not about trying and hoping it is possible! I found out from the beginning that something strange was happening to me. When I had a dream, it came true after a while and so all my dreams materialized. Some people have one dream in life and it never comes true! When I look back in life and I consider all the things that have happened, I see there is a line that runs through everything. The line of believing in the power of positive energy.

Take the plane crash, for example; I was sure that I would survive. My own agency; I have learned to do everything so as to accomplish that. I had a big house with a swimming pool and cars, the agency did well, so I earned the money to keep all this up. I have survived a car accident, knowing the moment it happened that I would survive and nothing would happen to me. I received the signs to stop working when I was 50 and to look after my health. No money, no material things, but now I am healthy and I have a much better life than before. I started to make sculptures and I was able to work with over 450 kilos by myself! One of my latest dreams was to write, and now you see that I am writing this book! My drawings are also doing their jobs around the world, telling their stories.

I would like to explain something about my writing and my drawings. When I start, I do not know what to do, what to write or draw. I listen to my inner self, which leads me and shows me the way. In the case of drawings, I did not know for a long time what they would be, others were clearer and I could go on without any thoughts, sitting at my drawing table, writing long chapters, short sentences, the chapters being dictated by something deep down inside me.

By drawing people's faces, I see and sense their lives. I feel what the soul is like, what those people have to accomplish in life, and what they have already done. The drawing table is the gate to another dimension for me. It is not always easy to be there, because it sometimes feels as if there is much more than I can handle at that time. When I get off my chair, I am completely drained and exhausted, returning to the world we live in. There are so many chapters, and most of them come from another dimension. All of this would not have come to me if I was only trying or if I did not believe it was possible. It is there, because I really believe that everything someone wants, is possible. It is about believing in a world of energy and that human beings can do everything they want. So it is up to you if you want to keep trying or you really start doing something.

Work from your heart and soul, listen to the messages deep inside you and start seeing your life not as one of flesh and blood, but as a life of energy, without limitations, pain or negativism. Do it, make it possible! That should be your goal for the rest of your life.



## - Chapter 86 -

### Considerations (part Three)

- We all are accomplishing our paths in different ways, not knowing that we are working together and for others in one direction.
- If feelings do not determine the path we have to go, why is the road we are following so difficult?
- Some call it “wave”, scientists call it “quantum”. Why is it so difficult to see it as energy?
- Energy, the answer to all questions; it has no beginning and no end, because it is the Core we work from.
- You see seconds, minutes, hours and days, feeling that you are losing them. Do not regard them as time, and you are on the way to see your life as overwhelming.
- By experiencing every moment, there is no past and no future, because experiencing every moment is living a total life.
- Don't look at human beings as bodies of flesh and blood. See them as energy and you will understand them.
- A child wants to know who his father is and a teacher wants to know how to teach. A human being wants to know where he comes from and scientists want to place everything in categories or groups. Am I missing something?
- If energy is our source, there are no limitations. Why are human beings so limited?



- If energy is our source, our path, why are we afraid?  
Thoughts are the building stones of our energy; when they are negative, the world will be seen by you as negative, when they are positive a gate opens to another dimension and everything is possible.
- All my dreams are coming true! Why? Because dreams are energy and energy means no limitations. Create your own world, your own dream, without any limitations.
- Dreaming is creating a world, a world created from energy. Energy created from a dream, makes it possible for a dream to come true in your life.
- Your own world is created by your dreams, it is the world of energy you need around you. Dreams come true and your world is built from these “building stones” of energy.
- Tension - power - waves, what’s in a name? Words written so many times that they have lost their strength. They now need explanations, proofs and answers. It is lost, it is forgotten by the people who are writing them today. But deep down inside you, there is a point, a place where the answers are waiting to come out, to start the key of life which is energy.
- It cannot be explained, it cannot be written down. You feel, detect, believe, and work with it. It is there, but you do not understand it: Life.
- “Tam bail tom bad doe, Scab Dali doom at one”  
Do you understand these words?  
Feel them and write down what you feel.  
You will be amazed what the meanings are of these words.

- Childish adulthood is what we have to keep.  
Be there, be open, and enjoy every second in life.



## - Chapter 87 -

### **The Gate**

A great deal has been written about “The gate”, movies have been made and theories have been formulated. “The Gate” raises some questions:

- What is the gate?
- Where is the gate?
- What do we expect from the gate?
- Can the gate solve our problems?
- Is the gate the door to another dimension?
- How do we work with the gate?
- If the gate is there, why does not everybody see it?
- Does the gate imply “power”, in the way we expect?

Let me start with the first question.

#### **What is the gate?**

Is it an entrance, a black hole or a door? More questions. There is only one answer and I will explain it in a minute. The gate that I see, is a bundle of energy through which we can go and where we can do what we think is possible. Energy is the power of life, the engine behind everything. The gate is there, because in the world of positive energy there is no time, no past, no future and no beginning. The gate is our only connection with the Universe and hence with the Core.

## **Where is the gate?**

Many people try to find the gate in old lectures or ancient books; others think it is out there in space and there are also people who think that there is a mystery place here on earth where the gate can be found. There are many theories about where the gate should be, but these are just ideas. We humans try to make everything as complex as possible, so everything is almost inexplicable. Thus, we created many theories, stories and legends in the past. Where you can find the gate is simple, there are no secrets or hidden places. It is here, it is everywhere and almost too simple to believe. It is in every person, so it is in me, and in each of you. You find that hard to believe? In that case, it's better to stop reading, because first you need to believe in the world of energy. After that, you can come back and read this chapter again, and you will find your own gate into the world of endless possibilities. For me it is not a problem to get through the gate, it is a matter of concentrating and the gate will open. I can tell you that I live in the world of energy, a world further and more powerful than the world here on earth.

This brings us to the next question:

## **What do we expect from the gate?**

If you have read all the chapters so far, I think you know already what was possible for me in my life with the power of the energy. You can expect from the gate everything you really believe in. Difficult to understand? Let me explain in another way. The fact is that you are the entrance to the gate! Your energy field is capable of making the entrance into that world. If you believe in the energy, you are connected with the source that always has a lifeline with you. So if you are able to see your energy, you see that lifeline, that entrance through the gate. Once connected with your energy, with the source, everything is possible. That connection, that entrance, is the basis of the power without any limitation. Working with this energy can be dangerous

and you have to follow the instructions you get strictly. This is no playground and it is not allowed to use it for negative purposes. The only rule is that you listen to the signals and the feelings about what is possible or not.

### **Now the question: Can the gate solve our problems?**

The gate certainly provides access to the solutions of all problems. So everything can be solved by working and mastering the energy that comes through the gate. No sickness, no pain, no domination, no hate. Because the pure energy does not know these things. It is pure, it is there and it is needed to fulfill all positive works. Get people well educated, not the way the system wants but what is needed to get on in life. Change all the negative energy into positive energy, to ensure that all human will be healthier, have a better life and so reaching a higher level in life.

### **Is the gate a door to another dimension?**

The answer to this is a little difficult. Let me tell you the way I see it. We humans are living here on earth in a world that we created. A world with its own rules, domination, and many sick people. This is not the way to live life and it is not the way of the Universe. That is the reason why so many lives have to start over and souls are coming back endlessly to this earth. When you have reached the point where you can see your life as energy, you can go deeper into life and the gate will open for you, the entrance to a new dimension. In fact, this is not a new dimension. The dimension of the Universe is the best way to live your life. But for most people here on earth, the gate is a new dimension that they do not understand.

There are people who know how to work with the gate, with the energy, who know what can be done and what is not permitted. It is your inner self, your feelings and the signs you get, letting you know what can be done. Behind the knowledge of this power, there is a problem. There are not many

people who are really connected with this energy, because most see everything separated and in different categories. Looking for explanations is the worst they can do and they cannot find the answer, because the whole thing is too simple to explain. That can make working with the gate dangerous, since people can do more things with the power than is allowed. This will result in sicknesses or even death. If you do not follow the right way to work with the energy, the gate will be closed and the connection will be lost. It is very important that you always listen to all the signals you get. In the future, great people may be born so they have the opportunity to change the world in a positive way.

Next question:

**If the gate is there, why does not everybody see it?**

I already answered this, but perhaps I can give some more details. Energy is something special, very great and very powerful. It is beyond human thought. The gate only shows up for those who are really connected with the pure energy, who are seeing life and everything around them as energy. There is no point in saying: "Show me the gate!" There is a lot more to be done before you can make the connection. The gate is something special and it is the connection between you and the Universe. If you don't come so far believing in the Universe and its energy, then it will not show you this powerful lifeline. The Core is not giving its power just because you want it. You only get it if The Core wants it, and if you are worth it. You get this connection, this entrance only if you know how to handle it. After I had been working with energy for a while, I came across this gate. In the beginning, I did not know what was happening, because as a simple human being, I thought that I did not know what I saw and how to manage it. It is incredible and it is not always easy for me to handle. Sometimes when I have the feeling that I am coming back here on earth, it is as if this energy is telling me to keep to the point. When I occasionally ignored these signs I got from inside, I got sick as I had before, so to get me back on track. So beware! I wrote in this chapter what the energy is and what it does. But if we misuse this power, we go against the will of the Universe.

When we reach the point where we get the connection with the gate and the power, we see the entrance and we are able to work with this energy. The Universe obviously is always there when you are working with this positive energy. If you start to work with the energy in a negative way, you get the same results as working with a magnet, the positive part will feel the negative energy and so your gate will be closed.

### **Why does the gate open if it knows people can do these things?**

If you have reached the point where you see the energy going deeper into the Core of life, you will be able to step into this world. Energy is always open for positive energy. The main problem is that some people abuse this power. Then, that part of that world will close again for them. It is a simple mechanism of positivism and negativism that the energy is working with. Human beings are not always ready for this, but the Universe will be always open for people who want to contribute in a positive way. Energy is soft and positive, but it can be transformed in a split second into deadly negative energy.

Power is everywhere and that brings us to the last question.

### **Does the gate imply “power” as we expect?**

The gate is power and it is certainly far beyond our imagination. There are people who have the knowledge how to work with this power. We may call them supernatural gods, but they are not, they just know the entrance into the world of energy. They do inexplicable things such as healings and other “miraculous” things. These people know the way and they respect the law of the Universe. If you want, you can do that too; it is a matter of believing and seeing the energy. Then you pass through the gate and the world changes in a way you never thought possible.

At last you have reached the point where you need to decide for yourself.

- You go on as a human being here on earth, living amongst fame, matter, domination and a sick system.
- Or you step out of it, make a turn and start listening to your inner self and what it tells you.

This will be the first step, listening to yourself. Why are you not feeling well? Why are you feeling sick and have a lot of pain? Why does it look as if everybody is against you?

I can write a whole book with questions just like these. You only need to see one thing: “I have made a wrong turn in life”. It is never too late to make the decision to turn back to the Universe, the Core, the world of energy. If you are ready, you will see what a difference it can make, this simple belief in your life. See yourself as part of that energy, so the energy can enter you and take over all negative things. Then you will also see that everything is possible, because your inner self will show you the road to the gate. A gate so many people have died for and others are still looking for, but will never find because they forget to look inside themselves.

The gate is part of your own world, the connection between your energy and that of the Universe. It is the same energy you were made of, and stones and animals are made of. The same energy is the building stone of all that lives. If there is sick energy somewhere, we will be sick too and if we do not connect, the Universe cannot rebuild it and then we get sicker and sicker.

As you may see, you yourself have all the answers, so all questions are gone. Because in the energy, there is no time, no limitations, no domination and no pain. There you are free from all that and you can go to a higher level in life. Go deeper into the matter of the Universe and help others who are not strong enough to get on.

I will leave you with this knowledge. It has been a long chapter, but is one of the most important ones so far. I feel most of you will now categorize me as a dreamer. That is fine with me, because in the world in which I live, there are no categories and no limitations. If you still think like that, you are not ready yet. But I have confidence that we all will once come together. I know the entrance into the gate, where to find it and how to handle it. That powerful energy is there and there is a possibility to work with all that. Going into real life by following the gate. That is what I want to let you know and that is the reason why I have written all these chapters. From deep down inside me comes the feeling that I have to do this, no matter what people think about it. One day, these chapters will help you find your gate, your entrance, thanks to the positive energy behind it.



## - Chapter 88 -

### **What do you have to lose?**

When I hear all these complaints from people around me, what I get is something like you can read below.

We were all born healthy, without any limitation.

- Then the time came to go to school and people became more important.
- The boys and girls became a part of my life.
- It was the start of a new part in life and the first turn came along.
- It seemed more and more as if others did not like me, telling me I was ugly.
- This was the reason for me to go my own way.
- My parents did not understand me and had enough problems themselves.



- After finishing school, I found a job, not the one I wanted but it was a start and enough to make a living in the small apartment I had.
- I found the love of my dreams, a person with whom I was incredibly in love and so I married him/her.
- Then children came, they were not always wanted, because the problem was how to get more income.
- At the same time my dream lover turned out not to be the one I thought he/she was, I did not get much help from him/her.
- He/she left me and there I was, alone in life.
- There was always the feeling that people did not like me, neither did my dream lover, and the kids who were not able to bear me.
- My life went gradually downhill, I had health problems and financial problems, but I had to get on with life.
- My health reached the lowest level ever and I was hospitalized.
- I had to go on, to finish this life full of problems, pain and misunderstanding.

This is a summary of a life that fits many people. Some stories are more dramatic and other ones more painful. It depends how far you get into sicknesses, alcohol or drugs. These people have one thing in common: they think they have to fight for their lives. Because life is full of misunderstanding and they have a miserable health. There are people who are so far down that they cannot see any light around them. No way to go, no solution.

I started this chapter with a question: “What do we have to lose?” My answer is: Everything you see around you! There is so much you do not see around you when you are down in the dumps. There is so much, so much positive energy, but you are locked in misery. You are not in that misery because you want to be, but because you allowed to happen. No matter how deep you have sunk, there is always a way to get out and go on. We all came into this world to learn, to understand and to live. We have to learn how we can get to another level in life. There is a path you have to follow, to understand and

to go. You have to go on in life and by turning it “off”, your life will be no answer to the Universal life. There is no death in Universal life and all the knowledge from each life is important to reach the Universal level.

As you know, we are here to learn. Learn to make decisions, learn to listen and learn to believe and to understand. Believe and learn to use your own power and learn to understand the decisions you make. It may look complex, but all people are able to use the information I am giving. Your life is created by yourself, there is a road to go, but it is you who decides which path you want to take to accomplish your task. It is up to you to decide where and which turn to make. In your life, you alone make millions of decisions, good ones and bad ones, and all those decisions take you to another path. No two human lives are the same, but the full story is almost identical in each case.

What is really important, is to realize that you are never alone in life. You always have other people, animals and plants around you, exactly what you need at that particular time in your life. As a baby, most of us had a mother or a father who took care of us. If not, there was someone else who took over that job so that you could start your life. Apart from the one or two people who were there at the beginning, there was a third one, whom you do not see, but felt and heard. He is there throughout our life, and some people call him an angel, the inner voice or guide. The first years in life, we mostly listen to that guide, we talk to him and find a way to grow up, and we learn what we need for the rest in our lives. It is a beautiful time, because we listen and hear what we have to do and so we visit places we cannot normally imagine with our brains. Then we grow up and think that we have to listen to our friends and teachers, while shutting out our feelings. The connection with our guide is almost lost. We sometimes do unexpected things and these are the very few moments when the guide is helping us, showing us what is possible. Then there is the big turning point, where you believe you can do everything by yourself! No more feelings, no listening, only doing what you want, in the way you think is right. That is when negative energy gets free play in life and settles itself, showing up when it wants. You get sick, do not feel well, and

you get problems with others. The guide is there trying to tell you that you are on the wrong path, but these signals are not received. More disappointments, more pain, and thoughts that nobody likes you, all these feelings take over your life.

Understanding is very important in life. Understanding why you have come to that point, why things got so negative and why people react so negatively to you. There is a rule that gives a good explanation: action causes reaction, and that is what is happening throughout life. Take, for example that you are having a bad day and your son asks you a question and you yell at him: “I don’t have time”. Your son will leave sending you negative energy. So you are getting negative energy from yourself and from others. You have a bad day, your son asks you a question, you tell him what the answer is and your son walks away with the feeling “wow, my dad is the greatest”. You then get this positive energy that will eliminate your negative energy. And so your day ends in a normal and quiet way. It is worth a try. Go and stand in front of a mirror, with your negative energy, and see yourself as a big mess. This energy goes into the mirror and comes back to you, and you feel sicker than before. Now go and stand in front of the mirror when you do not feel well and smile to yourself, tell that person you are looking at “Hi man, you look great”. This positive energy is reflected and you feel better.

Understanding is very important in life. Why do people react the way they do? Why do people not like me? Those are questions you can answer yourself. A person gives you back what you give him. If you send out negativity, you receive negative energy back. There is another point, which is that all human beings have their own lives and their own problems, and so they have to deal with a lot of negative energy. When you come to them with your negative energy, it can be the last straw and they get irritated. It is important to understand why people react in a particular way, try to feel and see why they do so. You have to respect their lives, their problems and the way they live. It’s not always easy to keep this in mind, not everyone has advanced in life as you have, or you have not yet reached the stage where they are.

Do we have to live? Yes we do. Living is not merely coming to earth and sit and wait until you breathe out your last breath. That would be a wasted life, and you would have to do it over again. In each life, you have to accomplish something, you have something to learn. Use the opportunities you get in life, the turns you take and the roads you follow. A disabled person coming to earth also has a task to fulfil, being blind is no licence for sitting still and letting go. We all have to accomplish something, and by listening to ourselves and to our guide, we find out what it is that we have to do. It is not so that when you ask something you get an answer, but by listening to what you feel and hear, you can follow the path you have to go. There is always a goal in life, a goal to accomplish. But it can also be that you have a task to fulfil for others. Only your guide and your feelings know what that will be. Have confidence in these feelings, as they can take you to different places in life, and sometimes you take decisions that you do not wholly understand, but by trusting your feelings, you will always come to a good, healthy and pleasant end. Do you remember the advertising agency I had for 15 years? I got all the material possessions I could want, but something definitely went wrong. My health deteriorated and I was approaching the end of my life. Doctors could not help me till one of them told me to stop working. I said to him: "I am almost 50 years old and you want me to stop working, are you crazy?" But then I had some feelings when I read a small, wise article. And then my financial director told me that I spent too much money. That night, my guide told me; "John, close the agency and have faith in me". The next morning I got up, took the key of the agency and collected the folders with the orders I still had to do. I went to my customers and told them: "I am sorry, but I am quitting, I am taking you all the folders I have from you, please go to a friend of mine". After a few hours, I felt truly relieved. My agency was closed and there was no work to do. But no work, no income! I trusted my guide. After a few days, somebody ordered a drawing and my website got a lot of visitors. Strange things were happening, which I saw as gifts. There was always money to pay my bills, enough to eat for us, even for my animals. I became healthy again and my back was better than ever before. I started sculpturing and lifted blocks of over 450 kilos. Now I do only one thing every day: in the morning,

I talk to my guide and I listen what I have to do that day. In the evening, I talk with him about the day that has passed. I have true confidence in him and that is how all the good things come to us. If I have to make a decision or a turn in life, I know I am led by my guide and I will do what he tells me to do.

This brings me back to the title of this chapter “What do you have to lose?” I believe all lives have a goal that must be accomplished and if you do not listen to your feelings and your guide, you will lose contact with the Universe and the path that you have to follow in life; The reason why you are here. It is important for your soul and for you as a human being to believe in your own life. When you are so deep down that you think you cannot see any light, then look again and you will find a little spot of light in front of you. Follow it and keep listening. Listen to the voice that tells you what to do, even if it tells you to make a turn. Do it and you will find a perfect place to be. See everything positively, and when people react strangely, do not feel negative, but try to see why they act like that. You may be the one who is there in them! Understand others and sense what they are trying to tell you. By following your feelings, you will always get an answer. Following the feelings does not mean that there will no longer be ups and downs in life, but you will see that these ups and downs are reactions of yourself. Look in the mirror and the downs will be not so deep. Just stand up and walk on in life. These are lessons to get you to the level you should reach in life. As I wrote above, your guide always has an answer and you will always take the best path meant for you. Just have confidence. Confidence and belief can make of your life a healthy one, without pain. A life full of understanding, love and happiness.

***What do YOU have to lose?***



## - Chapter 89 -

### **It is there, it is everywhere**

This is not the last chapter. There is more to write about this simple thing we call life in the total Universe. Energy: it is there, it is everywhere. Energy is around you and in you; in fact, it is you! I think I need not write any more about the way I see energy and what it can do for you. In this chapter, I want to start with a new turn in your life, to ensure that we human beings are more connected with the Universe. All the information we need is in the Core, this large energy field that is doing everything and that keeps life going. This field which is full of wisdom and knowledge is so powerful, so extreme, and yet it depends on all life forms there are. We humans see all things separately, a man as a man, animals as animals, plants as plants, all categories, within categories, within categories. The main problem we have as human beings is that we believe we can do everything by ourselves, we do not need Mother Nature and we believe we are the centre of all life. This is bad, because human beings like to destroy. We destroy what we think needs to be wiped out. This is childish and very stupid, and we need to get over that point and see what is really going on around us. We destroy nature and nature keeps recreating everything we destroy. We believe we can manipulate, we discover strings of DNA, sicknesses and manipulations by Mother Nature which we cannot explain. Things always come back to us, as we can see from those terrible storms and huge disasters in several countries lately. By giving us more rain, more wind, extreme drought and heat, Mother Nature lets us know that we are not doing well by manipulating her. These disasters are turning more and more extreme, because we cannot see how everything is interrelated. When we take something away, it has to be replaced in some other way. This is what has been happening in the past decade.

Energy is the source from which we were created. Everything is made in such a way that all works fine, because the Universe do not create anything that is not needed. This explains why we humans are not perfect, some are born sick and some will be here on earth for a short time. Some will live for hundred years in good health and others will be sick from the beginning. All of this is needed to make the Universe complete and to teach other human beings. Negativism goes with positivism and if one goes one's own way, there will be no accomplishments in life.

Just imagine a life in which everything goes the way you want it. There are no problems, you are healthy, you have a perfect family and everything is fine. What can you learn from such an easy life? Not so much. You may think that everything can be bought or had, and you don't accomplish anything by yourself. Energy is down to a very low level. Nothing is accomplished, and all you have around you are material things. Your energy field does not contribute so much to the total Universe. But there are also low energy fields that are part of an extremely and heavily loaded one, so you, as a low field, are absorbed by that extremely high energy field. There is interaction between the low level fields and the high ones, and together they form the complete Universe.

I have been feeling it myself. After building a new home and working hard in the garden, there is a time now that it looks as if I am doing nothing. The only thing I know is that the last months I have been very tired even after a night's sleep. I have just found out that I work on several houses in my sleep, or I have to work with large groups of people who depend on me. They follow me everywhere and I must take them to places that are difficult to reach. This makes my nights very exhausting and I wake up very tired in the morning. All those activities and supervising at building sites, all these people around me whom I have to lead, all this is more than enough to do in 24 hours a day. Looking at my day, my sleep is the most tiresome time, and so I change my day. During the night, I do the job in which people need me and during the day I do my work as a writer and as a painter. This works and so I help people when they need me and ask for my help. I am definitely here to

help others and in that way grow to a level where I can manage things in life. Sometimes it feels as if I am living several lives in one lifetime, and that is not easy to manage with one human body. Having these different lives gives me the feeling that there is so much to do, so much to accomplish. It is not that I want to stop, but all those problems sometimes make me very frustrated. The day jobs, the lives later at night, being there to help others, all that is not an easy job.

What is going on here? As you know, we all have a soul, a connection with the Universe. We have to accomplish a task for the Universe, but first of all to accomplish it for ourselves so that we can grow. A soul is not only connected with one body, it can have more lives in one human life. This is possible, because the soul is the energy to do things wherever it is needed.

When I look at myself, for example, I can see that the soul is there where and when my body needs it most. The time when I was going through a difficult period in my life, the soul did a lot of work in this body of mine. At the moment, my body is on the right track and it does not need the soul all the time. When I lie down, there is no need for the soul to stay in my body and, as energy, it goes to places where it is needed. So I know that I go to a place where there is a big city with big roads, full of people and lot of noise. A group of those people are lost and every time I have to be with them leading them to the right road. Another place where my soul goes, is a place where I help a family with their house while they are waiting until they can move in. It is big, immensely big and I, as a soul, can only give instructions. I am not allowed to help them build. Then there is another group where I am not always welcome, because they are lost and not willing to accept my help. That is the most frustrating group for me, because my task is to find a way to help them. I now spend most of the time in that big city with that group of people. You may think that these are dreams, but I experience them in a different way, because when I lie down on my bed, I leave my body, I can see when I am getting out of my body and there is a feeling toward my body that it is okay. It can handle it for a while. When I go to these groups of people,



the feelings that I get there are very negative and difficult to handle. There is so much negative energy and so many people depend on the one soul that I sometimes wonder what will happen when this soul is going to another place. But strangely enough, the answer is there already, because this soul is always travelling and is there when needed. Living a number of lives is not new for me, because in the beginning when I was born, there were also more lives to handle. After I went through some problems in my life, the soul was not there for a long time. Or rather, it was there, but I did not listen to it. It could only wait until I was ready to be connected again. A soul spends a lot of time waiting, waiting until the time has come that it can give the right impulses to go on, to find the right path in life. In that lost period, the soul was there but it was necessary to spend more time with me and did not go often to other places, my life was then its number one priority. After I found my path back, the soul was there again to handle other lives, more parts in one human life. The soul is still in me, but it also does its work for other lives. With all the feelings and connection with the energy, I found out that I have to accomplish more than just my own life. It is not a coincidence that I am now writing all these chapters, nor is it a coincidence that I have produced a large number of drawings that came from my deepest inner self. All those are now needed in the groups where I am working, the ones I go to while my body is asleep at night. Since I live in a warm country, I lie down every day in the afternoon for an hour, because it is too hot to do anything. That one hour, I sleep very deeply, so I can handle the rest of that day and night. I am then very relaxed, so far away that all the energy can be restored in my body. This energy that I am made of is then looking for places where it is needed to rebuild or restore. One hour is all I need. Not that I stay awake when I go to bed in the evening. On the contrary, I am away in a few minutes and leave my body where I will pick it up again, normally around 5 o'clock in the morning. That is usually the time when I get back. It is an incredible feeling to know that my soul is doing all this in my one life and what is most unbelievable for me is that there is a definite wall between here and there. Several times I was away and I could clearly remember what I did those nights.

One soul, full of energy, so many jobs to do in one life and everything is going well. For me, that is the proof that everything is possible with energy. What I feel is that there is a lot going on with me and my body is a part of that. It cannot be explained. Two things are certain, though, helping there in those large groups and at the building sites are two main parts in my human - and soul life. I did not intend to write this chapter, but I was sitting here in front of my computer and just started to type. Now, many sentences later, I cannot believe this is me. For me, this is another sign that I should listen to my feelings and there will be an answer. I have just found the answer to a question that I have had for a long time. Why am I sometimes so tired? It needs no explanation anymore, because I know now that I do not have only one task in life. Why me? This could be the next question, but one does not ask such a thing because the Universe gives you the path to go. There is more that I found out in the past and that explains why I sit here during the day and I am active the rest of the night. It was about half a year ago when something came from deep out of my soul. I was connected and I saw five people in front of me, asking me questions about my life. One of these people was very unclear, but I could see his face. He was the one who looked like the leader of the group. I realized I was on that moment far into my soul life and not in my body. After the meeting, this mystic person took me with him and asked me more questions, very deep and sometimes painful questions. I answered them as best I could and then I was back in my body sleeping in bed. For days, I wondered what that meeting meant and who that person was? That mystic person who wanted to get me into difficult situations. Shortly after that, a new guide came into my life, and until today he has been the one who has led me in these chapters and drawings. His name is Mounck and he is always there. I asked him who that person was and what the purpose of that meeting was. Mounck's answer was: John, you were connected with the soul world, giving up your life and asking to come back. They asked you why and you gave them some answers so they saw that you could do more, much more in your life. It was not your end yet, even though you did so much already, accomplishing several lives at that time. After all these questions, there was a flashback to let you see what

you have already done, so that you know what still needs to be done. As you know John, this life is important for you, because you are on earth after a long time and you have almost finished all earthly lives, but you were the one who wanted to go back to prove something. You are now so far John and you did not need to go back in a human earthly life, but it was your own choice. You want to prove that you can do a human life with a minimum of soul energy, without any power of energy and without any other power of healing. What you did was amazing, you came to earth and you found in another way the power to help people. You turned that plane, you helped lots of friends and children and so your life was filled with feelings and understanding. You fell into a deep hole, which was also something you wanted to prove and you came out of it. You have lived several lives without all the power you normally had. You thought that was enough and so you asked to come back. The counselor asked you more questions and let you see that there is more, more to accomplish and so you went back to your body accompanied by this counselor. That person, that mystic person was yourself John, you were talking to the other part that is here in the soul world. You are a member of that counsel and you know what power means and what it can do, because you have all that power in yourself. The reason you are not able to work with it now here on earth, is that you want to prove that you do not need that power to make a living and it is not needed to have a good life.

I was impressed when I heard that from Mounck, because I finally got explanations for almost all questions I had at that time: Why can't I help others with this positive energy from myself and why do I feel so tired sometimes? He gave me the answers and thus also the reason why I had to come back here on earth in this life. There was something more I had to do and that was to write. All the things I have done so far here on earth and I did not put on paper. So it would be lost if it was not written or published. As I wrote before, most chapters are completely new to myself, because I do not know when I start a chapter, I do not know what is coming, I just trust my guide Mounck, who tells me that what is coming is important for later.

Have confidence in what you are doing, have faith, that is what you need. If Bill Gates did not trust his guide when he wrote his first computer program, there would now not be any Windows. He trusted and believed in what he was doing. So you have to trust and believe your own program, the way you are living, because only your program is important in your life. Sometimes you may be very doubtful, wondering if you took the right turn, but after really believing in what you are doing there will be a time when you will get the positive view on it and say: "Look at it now, this is great". The connection that I have now is at a much higher level than the years before the important meeting in my life. It is not a problem, I know what has been in the past, I know that the power will be there to protect me when I need it. What I now know for sure is that being involved in too much negative energy can take me to a lower level of protection. So I keep recharging myself to the highest level I can get every day, to protect myself against negativism.

My goal in life is very clear now, that message came again to me when I was there: Keep helping people with your writing and your drawings, and create what you get from deep inside you. Listen to what comes to you and let the feelings direct you.

There are no longer any questions and if I need answers, Mounck is there 24 hours a day.

***Believe, listen, and feel what is coming, the rest will not be a problem any longer. It is there and it will never go, as long as you keep believing in it.***



## - Chapter 90 -

### **It is not up to you to decide to end a life**

You may wonder why I chose this title? As I hear and see around me, there are many people who think they are finished here on earth and want to end their life. To be honest, a few years ago I thought the same myself: “It is enough, I give up”. This was at a time when many things were happening around me. One of them concerned my best friend, an old man living in a small apartment next to our house. His firstborn had died because of diabetes, after that I was the one who helped him. Except me, there was only one brother who was there for him, who visited him regularly and took him for drives. He was alone and his family hardly ever visited him. It was a time when I was faced with people without a hearth, without love. People who came to him only for material things and money, and there were no feelings of warmth. He was like a father to me and we did a lot together, like fishing, driving and building. He also helped me with my company. He was there for me and every morning we had tea together and in the evening he came for dinner. I enjoyed those moments very much, because he was my friend, my father and my soul mate. Then there came a point when he got so disappointed with his family that it brought him to a complete turn in his life. He could not see why and for whom he had to live any longer. He once told me in confidence “ I will take some pills and then it is over”. My answer was: “It is not up to you to decide to stop living, it has to go on”. Nevertheless he found a way of doing so. He went to his two daughters and son and told them: “When I want to go, please give me these pills” Incredible, they believed him and then the day came he told me the end of his life was near. He pretended he was very sick and he did not want to live any longer. He asked me to call his family so they could come to see him for the last time. My heart and soul told me there was nothing wrong, he was not sick and he was certainly not dying. That was also what the family doctor told us: This is not his end. I did not call the family, but after a few days they came by themselves, a “friend” having called them!

The youngest daughter told me about those specific pills. Two days later, his last night, I heard terrible screaming from his apartment, but his children did not allow me to go there to help him. The pain he suffered I could feel in my body and the screaming has haunted me for months!

It is a sad story and what is more painful, is that it is true! I was there and I felt the pain, knowing my old friend took his life. That was for me the point when I asked myself why I was here if I could not help my best friend? I did a lot of talking, was there for him, looked after him. Was that not enough to keep him away from that thought of ending his life?

I was not able to think this over for a long time. For years, I had only one thought: “why did I have to lose him and why could not I help him?” Lately – many years later – I had a talk with my guide Mounck. This is what he told me; “John, it is okay, you did your best and you could not do any thing about this. Your friend was in a lot of mental pain, he was disappointed in his family, in his children, who were willing to give him these pills. It was his firstborn who kept him alive and whom he really cared for. After she passed away there was no reason for him to go on. You did everything possible in your life, but there was no way of getting him over that terrible loss of his child, who was the only person he could trust. He knew the other children were willing to give him these pills and as he told you many times before, they were only after material possession and money in this world. Being together with his children in this way, was his proof that there was no true connection between these three children and him. As you see John, these people are simple beginning souls, people who are in their first lives and have to learn a lot. They will carry all this pain in their future soul lives for a long time, because ending a life is not allowed in the soul world. All lives are important, even when a life is full of sickness or not so full of power, every soul needs to bring its life to a natural end, just as it was planned. Your friend is already back in this world and has to start all over again and learn to live a life without manipulating and avoiding terrible things. This was his main problem: whenever he came across any

major problems in his life, he walked away and did not solve anything. He was not there for his children or for others. So even with his own life, he did not solve his problems. About the others who did this to him, keep believing in their simplicity. They are new souls who have only just started and who need to learn a lot. As long as they keep believing in material wealth and money like this, they have to come back over and over again, until they see that there is another road to go for them. Feel sorry for them, because in the future, in this life, they will have a lot of pain to bear and they certainly already know that they did wrong. Keep sending them positive energy, so that, they will end their life in a positive way, making that negative part smaller in their complete life. One of them will have hard times, because he was your best friend and he bears the pain all the time and he could not talk about that with you. Keep sending him positive energy too and one day he will have the courage to call you.

Do not expect this to happen soon, because he is in a lot of pain and you know him better than anyone else”.

These words of Mounck gave me all the answers to the questions I had in this part of my life. The negative energy from one of them I could feel every day, and she wanted my life to be over too. With all the positive energy around me, there was no place for her negative energy and so my feelings changed. Mounck told me enough, so I can believe that these people are poor in life. But sending them my positive energy, I know for sure that the negative energy coming from them will be changed into positive energy.

This chapter is an example of what may happen if you end a life, your own life or someone else's. Ending your own life or that of other people will push you back in soul life. In the Universe there is a law, a rule and that is: you have to respect all lives, human, animal or plant life. It doesn't matter which one, because all lives are part of the total life and ending one of them, creates huge negativism in the Universe. Everyone has a moment in life when

he wants to stop living. Sometimes you think a problem is too large for you. Then you find a solution, so your life continues and everything is forgotten. But if you decide to take a life, you will see the turn in your own life and that of others. The Universe will give you more problems to handle, greater than those before and then there comes a moment when a voice keeps reminding you of that split second when you did that one act that was against Universal law. So remember, respect all lives and life forms, because we need them in our total life in the Universe. Respect life, it is a miracle that you are here, so enjoy it.



## - Chapter 91 -

### **Alone**

Do you ever – or perhaps often – have the feeling that you are all alone? I know for sure that you feel lonely at least once in a while, otherwise why do you go to a bar, to your friends or to a park? Not because you feel fine. Many people feel alone, lost and not really there in life. Why is that? Why do we human beings have the feeling that we're alone? I experience it as a feeling deep down inside me, a feeling that tells me: "You have to do it by yourself and nobody will help you". Strange, because I have wonderful people around me: My wife is there whenever I need her, she feels what I feel, and she knows what is happening. I have some friends, who come in, just in time when I need a talk. I have my animals around me: the dogs, the lizards, the birds and not to forget that hummingbird, that is talking to me all day long. There are the plants around me, telling me what is going on in their lives. I am certainly not alone! But why that feeling, that mood of being lost in space? There is more that I have not mentioned, which is that there is also energy that is always there and of course the connection I have with the Core. It is too much to tell you how everything is connected, because we are one:



One big energy field that is working together for every one and everything. So we can talk with each other without opening our mouths, see what is coming, look in the past and we see the present. All this is because we are connected with everybody and everything.

But the question is still there: Why do we feel alone? I think it is because we cannot really believe that we are one and even if we live by ourselves, we are still connected with all that is around us. I saw it like that for a long time in my life, but then I found out that there is a stage when you are alone. Not being alone because you do not have the connection with all that is around you, but being alone because the energy waves do not fill a certain part of your feelings. What does that mean? Let me try to explain by taking myself as an example, because that is the easiest way. I was not alone for a long time. I was fully connected with people around me. They were not always the most beautiful people, but there was a feeling that I was with them. A few years ago I started to connect again with more larger part of the energy and I saw, felt and worked with energy so that I was always filled with the feeling that I was one with total life, total energy. After this period, something happened. More and more I left my body traveling to other places at night, as I wrote before, and I have the feeling that I am not working full-time with this body I have during the day. I feel as if I am giving my energy away at night, helping, that is to say, trying to help others with their problems in their lives. Living that way, I experienced a new feeling. A feeling of being alone! It feels like that, because I have split myself into different lives and I am not really feeling at home anywhere! I know now why this feeling is there. It is because I am thinking more like a human, like when you come back from vacation saying to yourself: "Home Sweet Home". Because I am not always in my body, there is really no home. This brings us to something that is very important in my life: My soul doesn't have a home. In the energy world, there is no single place to stay and there is no "Home Sweet Home", because everywhere, everybody and everything is home. As for me, I feel deep inside me that this is the bridge between earthly lives and Universal's (soul's) life! At this moment, I have to

replace the feeling of being alone by the feeling that I am at home in my own energy and the Universal energy. The energy is there and does not leave me for a second, which is why there is no being alone in the Universe.

Difficult to understand? No problem, it is not important to know at which stage I am living right now. For me it is important that we, human beings, can never be alone if we believe in what we feel. A homeless person walking in the street is not alone as long as he feels the energy around him. That dog with you and that life in the streets around you can never give you the feeling that you're alone. I can hear you thinking: what about these people in bars, in the park and in the streets in the big cities? I'm glad you remind me. These people, all of them, are alone, because they lost the connection with the energy, with their life and the path they have to go. They are lost and think they will find love and understanding from others in other places. Their feeling has gone. When I walk through a street or I visit people, there is so much energy with which I first have a lot of trouble. I can feel all that negative energy and a lot of disappointment. They are talking, laughing or playing and having a lot of fun, but their energy tells me so often: HELP ME, I FEEL ALONE! This is something I hear time and again when I am in a big city or in the street. ALONE! I am alone, because I cannot feel anymore, I cannot see anymore, and I do not know how to go on with my life. It is sad and I have to confess that for a long time this was difficult for me to ignore.

Why? Because these people feel lonely, but they do not want help! I have wasted a lot of energy trying to help some of these people and in the long run, it took me down, because my energy was not strong enough to keep myself healthy. Now I am back at that point where I was at the beginning of my life, and so I can get on. For most of you it may look as if I am alone, feel lonely and do not understand human beings anymore. But I believe something else is happening: It is my next stage, a higher level in human life which I have to learn to work with, not with human beings but with pure energy.

Some time ago, I wrote that everything is energy but as long as you see a human being as a human being and an animal as an animal, there is no way I can help you. Now that I go deeper into that world of energy, I can see that most problems are solved by themselves and there is no longer a world of limitation. That stage is strange, because this feeling of loneliness I have had for a while, is not the feeling of missing people but missing the power I had in former lives. This life is for me a life full of limitations. My body, my power and my soul are so limited that I am not able to do extraordinary things. My path and my goal are that I want to prove that without any power, most of the things are possible. This feeling of working without power, knowing it is there, is for me the hardest thing to accept right now. This feeling of loneliness is for me like: “Oh, what have I done, coming into this world powerless?” It is the path I have to follow, I have to work with and for sure it will be accomplished, because I know I did not come here on earth to have a vacation.

This is the last time I am here, I will bring my last mission to a good end, so there is more we can work with in the soul world. I believe, I feel, I accept, and so I am now on my way to the next step. A place where there is no feeling of being alone or standing in an open space where human beings are paralyzed, without feelings and beliefs.

***Believe and you will never be alone.***



## - Chapter 92 -

### Frequency

A human life is complex. It is incomprehensible why and who is directing the process. For us humans, it is difficult to understand what is going on. In the past, people lived their lives the way they felt they should do. They did their best and were there for others. Together they tried to advance in life. What kind of lives and what kind of targets did they have? For thousands of years, people have been struggling in life and nobody has found the answers to questions such as:

- Why do people fight?
- Why do people get sick?
- Why are people always looking for something better?
- Why, why, why?

In the last few chapters, I wrote a lot about the world of energy and the Universe. One big field, full of energy, with which we are all connected. Energy can be used to build and do everything that you may think of. If you really want it, you will get it: is an important rule in the Universe. We humans have to learn. This learning we do at school and during our life. The entire time we spend here on earth, is a playing field, a learning place. By dogged perseverance we have to succeed. We have to find solutions and a way to survive. That is how most of us see life.

In the Universe, this large energy field, many things are happening. Like everything in life, we work with positive and negative energy. Most of the time, I have written about the positive energy that we can use. I wonder why many of us are so negatively loaded, looking at most things here on earth in a negative way? The Universe needs both kinds of energy to create a place that is pure. A place where there is no more fighting and no more pain. What I am trying to say is that everything that has to grow, needs positive and negative

energy. Plants need both sun and darkness, both water and drought, to grow. Animals and human beings also depend on both positivism and negativism. If everything is there just to have, just to take, there is nothing left to learn. And then there will be no growing.

I gave this chapter the title Frequency. Not because I like that word, but I think it is an important word in the world of the Universe and its energy. Energy is, as we know, everywhere around us. It has to do the work we ask for. Frequency connects us with the Universe, so that we can get the energy we need. We need this signal to make our decisions. Mother earth is filled with frequencies, and as a result, we human beings are getting more problems. The connection is fading. The energy field gets many signals. It overloads you with energy, but not with the proper one you need at that moment. It is an energy that you cannot handle or has a completely wrong frequency, and you do not know what to do with it.

Let me give you another personal example (also because I do not want to write about others). Lately, I often have connections with other human lives. As I wrote before, when I go to bed, my soul is doing overtime, helping other souls with the path they have to follow. This is great, but now I have a big problem myself. The connection I have with the world of energy is so strong, that I am completely overloaded with all kinds of energy. Energy that is meant for other souls, but which does not have the right frequency. My problem is how to manage that. My human life in this body is full of energy that blocks my work in this body. What do I feel? I feel tired when I get up. This because, almost every night, I go to at least two souls' lives that need me at that time. All of them have their own problems, their negative energy, which I try to restore to positive energy. When I look at my own energy field, I see an enormous ball of light, ready to explode. So my body feels extremely hot. It is like I want to, but cannot send more energy out. My goal is to keep going, because I do not want to give up the souls I am helping now. It is not that I am going into other bodies. I am like a guide, who helps others to find

a way or a solution for their problems. Some people believe that these are angels. It is nothing more than just another name for energy, which is helping other energy when needed. I do not interfere in lives. I do not change lives. I send energy to people, so they will find a solution, a path or recovery. I do this by sending positive energy and taking away as much negative energy as possible from them. The negative energy is the most difficult part, because it has completely the wrong frequency. I am learning to master that now. In the past, when negatively loaded persons came into my life, they took me down. This problem has now been solved, because I can pass on that negative energy to the Core. And the Core turns the negative energy into positive energy, which comes as frequencies. Working with different frequencies gives you more possibilities to manage things in the energy world. Changing a frequency, to a higher or lower level, requires more energy. It takes you to a higher level of working with energy and this is energy that I cannot give right now. The reason is that people are too far gone to receive this positive energy. It is too disturbing for them, because they no longer know which frequency is good for them. All day long, 24 hours a day, we are bombarded with frequencies that we do not need and which affect our bodies. Frequency takes us to energy waves that we cannot handle. But I will let this topic rest for the moment, as it is too complicated to explain in a few lines.

We live in a very disturbing world. We do not know how to handle all the technologies around us. Computers, in front of which we spend most of our time, mobile phones working on high frequencies, wireless Internet, GPS systems, satellites, and so on. All these pose the latest problems for mankind. We have created them, but we do not know what they do to our bodies. They consume our energy, taking our spirits, or rather the frequencies we need to live our lives. Indeed, because of these artifacts, our bodies cannot receive the right frequencies. And so we sink deeper and deeper. We no longer receive the right signals. We are lost in a sea of signals, signals that we do not need.

In the future, we will find out what these disturbances are doing to us. Without having any technical information or background, I can tell you that most of our problems are coming from those lost signals.

Thousands of years ago, people knew how to work with energy and the signals they got. They were able to do extraordinary things. Nothing was too heavy, too big or too difficult for them. There was endless health and earth was a paradise, until Adam and Eve had a piece of that apple! It was not that piece of apple, but the first disturbance in the frequency. The first things they created, changed the frequencies. Religious books are full of stories. They want to show you what went wrong. But there are also books, concealed and never published, that state that a few thousands years ago, the energy fields on earth changed. Today, we can see more clearly the effects of what energy does to us. Most people can no longer manage all the signals. This makes them sick, criminals, dominators, dictators or drugs addicts. All of these are signs of what disturbances in energy and frequencies can do with human life. It will not be easy to solve this. Removing all that negative energy, all the lost signals, is a matter of experiencing and managing your feelings, so they will get the right input from the Core. It can certainly be done. You do not have to go to a place high in the mountains of Nepal to get your energy back. Just ask: “ Please, get me connected again”. It is a matter of knowing your body. Feel what it asks for, to get the right signal. Then you will be placed in the right frequency. I deal with this in greater detail later, when I think the time is right to show you more. For the moment, just think of this: Do not feel lost, but open your heart and soul, and listen to what they tell you to do. That is the right way and the best frequency you can get.



## - Chapter 93 -

### Communication

In a world full of telephones, Internet, TV and radio, we have determine what communication really means. Today's generation is talking on the phone or the Internet all day long. They talk with people around the world, even with those they have never met. Does this mean that communication is now at its best? If you think so, you are mistaken. Communication is not the same as talking with each other by means of some high-tech instruments. Far from it. Communication does not need all these technical devices such as telephones or computers.

I see communication as looking at each other without opening your mouth. Looking each other in the eye and feeling what the other wants to say. Communication is having a connection with someone else without talking. But it can also be being together, talking with each other, and seeing how the other reacts to the questions you ask and the answers you give. Communication is talking with each other, directly from the heart and soul. Without any mediation by some high-tech piece of technology, which is without feeling, and certainly without heart and soul. Such tools prevent you from looking the other in the eyes. You do not feel what the other really means, who may be using empty words in their talking and writing. These days, people even commit their feelings to technical objects like phones or computers. Communication is a lot more than producing letters on a screen or talking all day long. The way things are going right now is causing many problems. Problems with young people, who do not know how to communicate. They believe what they see on screen. They do not know how to behave in the company of others. Young people who are very lonely. They are living in a virtual world of technology, a world that does not exist in reality. Young people who believe in such a world without feeling and connection, made up of binary code. These days, many of our youths are lost in a world of digits. Indeed, lost, because humans are not



made of digits, but of energy that has feelings, a heart and a soul. Many people, both young and old, spend several hours a day in front of a computer. They also use telephones, trying to find the attention they think they need. After a while, they discover it is not as real as they thought it would be. Using these modes of communication, they will not get the real feelings, neither touching nor eye contact. Neither they will have a real conversation, because they do not know what a real conversation is or how it is done. Many use nicknames or even a different gender, when they talk with others. We are lost in this world, which is full of technology and satellites that keep us connected. It is a world without heart and soul. Just try to start a conversation with one of today's youngsters. He will gaze at you as if you are from a different world. Perhaps it is not the right moment for him to have a talk with you. Then turn around and call that same person by phone and you will have a chat for maybe 20-30 minutes. Why is that? Because people today are afraid of confrontation. They are afraid of looking a person in the eyes, afraid of how they may react or discover who they really are. Negative energy is getting the upper hand. Such people are afraid of having direct contact with others. In a virtual world, everything is possible. You can make your life look as fascinating as you want. People will believe it, because they cannot see you. They do not have eye contact with you and they cannot observe what is really going on. Put these virtual people in the real world and they will drop to the lowest level. That is also what they think, because at that moment, they feel that the other one knows who they really are. This way of living is increasing. The computer is taking over our lives. Eventually, human beings will be completely dependent on binary code machines. Communication will be done from behind desks. Real communication will soon be regarded as a waste of time.

Let me give you something else to think about. Lately, we have all heard and read a great deal about Internet dating. Millions of people daily chat and talk with each other by computer. Most of them will never see each other, believing that this is just having fun on the Web. Others may meet after a while. Many will get a strange feeling, as if they do not expect such a person

behind these e-mails and chats. During all these hours on the Internet, there was no real interaction, because there were no feelings coming through from each other. Of all these people who meet like this, many never see the other a second time. Some of those who keep meeting, break up after a while. Just because there was no face-to-face contact, nor by heart and soul. Feelings are what we need the most, if we want to know the people around us. But communication is almost gone. We are turning our world into a virtual one, without touching, feelings, heart and soul. Communication is connecting with others. A connection by binary codes or technical instruments can never replace communication through feelings and inner self. The feeling I get and the way you roll your eyes, tells me how you really feel. If you master this, then you are really communicating. Today, there are not many human beings who are able to communicate that way. Empty words, phrases and pictures: that is what the world depends on now. Many people believe that communicating is having a long list of MSN contacts or a full telephone book on their mobile phones. But this is a virtual, empty, and lost world.

Communication is shaking hands, feeling that person, looking at him, straight in the eyes. Watch how he talks, his body language, aura and energy. That is communication. In this modern world, it has become a rare art. This is one of the keys why things go wrong. Because there is no real communication anymore.



## - Chapter 94 -

### Considerations (part Four)

- While we live here on earth, we believe there is more. There must be something special. When we are off this world, we think it must be in the earthly life, this specialty. Is not every second we are here on earth or in the Universe, a special one?
  
- Sometimes I think; “What is my path, what is my goal?”. I never get an answer. Then I feel: “This is my path, this is my goal”.
  
- When I wake up and hear all the birds and animals singing their wakeup song, I think I am dead. Not because I am not breathing, but because I feel so peaceful.
  
- When the sun rises, a new day has just started. Animals are busy starting their day, as if they are reborn. We wake up and think “Another day!”
  
- If believing is so powerful, why do people not believe in believing?
  
- Close your eyes, go deep into yourself and see the world behind the world.
  
- Behind every dream, is another one telling you that you are in the middle of a dream.
  
- If life is a virtual world and in that virtual world there is a life, which life are we living right now?

- Our earthly life is only a second of our complete life. Does life mean living a human life here on earth for that second?  
What does the life that we are in the middle of, mean for us?
  
- A world from deep down inside yourself, is a world full of possibilities. Full of paths you can take, making your own choice. It always brings you to the point where you have to be, this world inside yourself.
  
- I believe that the world is an energy field. We are creations of energy and like all energy fields, it has to feed the complete Universe. By living our lives, the energy field in turn feeds others. By being a part of that energy field means that you are alive, part of each other. That makes you, me and me you.
  
- I am a part of you, I feel you and I am you.
  
- The pain I have, is there for a reason. It is a path I have chosen and a path I have to go. It is my path, to be part of this world. For me, it is a lesson that being a human being means only to give and not to take. If a dream is a reality and our present time a dream, why do we make such a problem of life, when everything goes well?
  
- I feel that it is my time. I see that it is my time. I believe that it is my time.  
I wake up and see time is over.
  
- That split second, that one moment, that one feeling, that one believing, it is life and the path you have to follow, every second in your life.



- When I see a human being struggling in life, I think: “Is this life?”  
But without struggling there is no learning, no point to reach.  
So I think we can only be there for those who need help; a talk,  
a touch, so they can see another path and then continue life.
  
- It is painful to see and you can hardly believe, when you see  
people hurt each other during their years here on earth. It is a  
lesson, it is what others have chosen. Why is it necessary, if  
energy is so mighty and capable of doing everything?  
Why is life here on earth so hard?
  
- Green is the color of life.  
Blue is the color of life.  
White is the color of, yes, life.  
Black is the color of - believe it or not - life.  
Colors, between white and black, don't matter.  
They are the signs of being alive!
  
- As dark as the night, that is how dark it is in your dream.  
When you see the days so dark, believe me, there is a path to  
go on, to succeed and make your path a special one.
  
- Hello, good morning, it is me! Who am I? Life?
  
- I think right now, it's okay. It's fine. Only one thing, what is okay?
  
- My feelings tell me: “It is done”, my brain tells me: “That is it”.  
My body tells me: “No further”. My dream tells me: “It is OK”.  
All that is left for me to say is: “Thanks, goodbye, it is done.”  
Done what? This job, this life?
  
- A white piece of paper, clean, without any disturbance.  
A few days later, that piece of paper tells a complete story.

- Creation is the expression of a soul.
  
- When I sit here looking around me, believing what I see, knowing what I see, there is only one question: why is life so extreme?
  
- Answers are logical follow-ups to questions. I think an answer is only the start of another question.
  
- God, a concept that most human people believe in. God, what do these three letters mean and what can they do? If God does not exist, would the human race be here on earth?
  
- With all that talking, writing, and other forms of communication around us, aren't we at a point where we are really lonely?
  
- TV, virtual, not real, movie, life. What have these words in common? They all are a part of one thing, they do not represent real life!
  
- It is your path that you have to go, for some it is a path not to be explained in this world. What hell means for some, is paradise for others. It is what you choose, where you want to go, what you want to learn. That is what you will find.
  
- Stalin, Mao, Hitler, and lots of other names that will keep reappearing in our books. Always in the worst form possible. There was a lot in them, we cannot explain, but one thing, even in the worst, was that they made a difference. It was what the world needed to wake up. See what could happen, when another part of a human being came up. They let us realize that we, people, have to work together and not against each other!

- Money, fame, matter, sports car, a million dollar home, swimming pool, a dream of never having to work again, always looking for those things and never being satisfied. Poor, no job, small house, no car, one dog always around you and a dream that some day it will get better, seeing it positively and believing: “My time will come”. Which one is poor here?

- My time is done.

My time is over.

My time will be gone.

This human life will not be over.



## - Chapter 95 -

### Music

What is music and what does it do for us in life?

Music is something we all are accessible to. We, human beings, are always attracted to the different tunes that come from a mouth or an instrument. But why is that? In a world of energy, music plays an important part. Music is energy and one of the communication tools in the Universe. “Ohhh, here we go again,” I can hear you thinking. No problem, you are thinking and that is important. What music does is merely to connect you with your soul, your life. Through music, you find out what to do and how. Music can also give you the energy, the mood or the idea you need that moment in your life. Music is just tunes, created by a human being, who in turn gets the feelings straight from his heart and soul, to play a melody. We have many different kinds of music and many different ways to make music, ranging from classic to beat, rock and newer forms such as hip hop, et cetera. They have one thing in common, which is that all these tunes tell you something. I believe we do



not need words in music, because words draw the attention away from the music. Others think that words are important in music, but words are made to read, not to listen to. Instrumental music is very powerful. The mood that a musician puts into his instrument or voice, is like talking through notes. That is the importance of music, all the different sounds together, so it gives you the mood and the strength that you need right then.

Let me tell you about something I experienced in one of the biggest malls in the United States. While shopping, I was walking down a long hall. Then I suddenly heard a melody by Enigma through the speakers, playing throughout the complex. This sound was ultimate, it was as if I was not on earth. It was that sound that put me in an extraordinary mood. Something happened there during those few minutes and it was so beautiful, as if there were no time, no place and no life around me. I stood there in a big hall, with thousands of people, but nevertheless I felt as if I was alone on this earth. The music told me something, but at that time there was no explanation. Nothing gave me any indication of what was happening, neither of what was going to happen. During those few minutes, I was absolutely happy and I felt myself above everything. That sound, that piece of music, was supreme. It was the sign of something terrible that was coming, but I felt so good, so wonderful at that time. It was one of the greatest moment in my life. What happened to me there, was that I was back in my soul life, back in my ultimate life and all of that amidst of thousands of people.

What happened was clear to me. I needed that music, that feeling, so I knew there was something coming. For me, these were minutes when I was full of strength and power. But, I can tell you, that one piece of music took me back several times to that ultimate stage, so that I could handle the problems I got into. That positive energy came back, every time, with that piece of music.

It was not only that one piece of music. There were more in my life, so that I could manage the problems I had. All of them are instrumental, because it is very clear that words do not make the music. Why? Simply because in the world of the Universe, words are not important and not necessary. Words are something human and we think that we need words. Instrumental music goes deeper into the Universe, it has more warmth. Music with words is like listening to a human story and it is insignificant when you need these for getting more energy. If you use words to send a message, only a few people will understand you. If you send a message through music, it will reach the entire Universe. There is no clean energy in human words! Indeed, no energy. It is you who believes in words!

Music is something very special in life. It can give you extraordinary power, as it does to me and will continue to do. It will give you what you need at that moment.

Another example: When I am drawing, I always have music playing in the background. I have music from different instrumental artists on CD. I may get up from my chair suddenly, turn on my stereo loudly and the music comes right that moment, so it takes me to the gate of another dimension in life. This will continue for several minutes and then I put my stereo back to background music. These few minutes give me all I need that moment, information about the drawing I am making. I can go on for a while and maybe the next day there will be another moment like that, but it can also be later that week. In that second, I decide that I need that melody, that music to get the connection. When I work on a portrait, this will happen regularly, because the trouble is that I then feel that person and get to know his whole life while I am drawing. Music gives me the power to overcome this problem, because seeing a complete life is like living that life, a life that is not mine.

Music is the power to get connected with the energy. At that moment, you are away from the present time. Listening to music can be healthy, but don't listen to the words. You need the melody! That is very important. It is like playing an instrument with your heart and soul. When you open your mouth, all spirit is gone. I also listen to music with people singing, but believe it or not, I do not listen to the words. I listen to the sounds the words create. I know thousands of numbers by their melody, but not even five of them name, lyrics or artist! I do not want to know either, for only the tunes are important to me. I do not want to place these lyrics or names in my memory. A melody is notes placed in a perfect way and is balanced, that is what makes the connection. Music is so important in life and so powerful in our human and Universal life. Music will not stop when we are no longer here on earth. Tunes are everywhere, giving us the signs we need then in our Universal life.

But even in a world without music created by man, you can go out into nature and hear the most beautiful music. The music of nature is ultimate, it is absolute and the most direct pure energy of tunes you can get. So if you are able to listen to nature, leave your iPod at home and let the melodies from the sea, the birds and other animals do their work.



## **- Chapter 96 -**

### **The end**

The end, something that is definite. We talk about “The end” in different ways. The end of the day, the end of a movie, the end of everything, or the end of our life. There are both old and new cultures that see “The end” as a beginning. Others see it like going to another place, and there are people who believe that they go into another dimension. But most people see “The end” as an absolute end. Absolutely the end!

There is NO end and there is NO beginning. But how can I explain that? Every time we think “This is the end”, it is just a part that is closed, not closing the way we think. Let me try to explain it this way: closing a part I compare to going to school, getting information from a teacher. After we have received that information, it is up to us to do something with it. Having received the information and then working with it, we show that we have learned something. In this case, we do not see that part of life as an end, but as a learning process. In life there are so many lessons to learn and it goes on forever; we learn something new all the time. But strangely enough, when the lesson is learned, we say “this is the end”. We see it as closing part of our life. That is the way we see it and it is strange that, when there are certain periods in life, we believe that we have to close them first and then go on. We should regard them not as jobs being done, but as lessons learned. We have to work with those lessons for the rest of the time here on earth. There is no closing.

This may be a strange idea, but that’s the way it is. I see it like this: In my life - which is anything but boring - there is something happening all the time. Every day, there are situations when I think “How can I manage this?” And every time, I find out what is happening and how I should proceed. I have closed that part and I went on, is what most people would think. My mind and my connection with the Universe tell me something different.

- First of all, there is no time.
- Secondly, there is no beginning and no end.
- Thirdly, because there is no time, every situation can be filled in, when you want and where you want.

Pfffffffff, you must think that I have reached the end! Just as well that I do not believe in an end! Time is only there, because people adopted the concept, when they decided to start a life on this planet. The limitations of time are inherited from people here on earth. It is incredible how many limitations people believe in. Because they believe that those limitations are there, they exist! It’s we who believe in time and all its limitations. Which brings me to

my second point, which is believing in a beginning and an end. These limitations of beginning and end were created by human beings. I'm sure you can follow me in this.

Now the third point: Fill in your situation and the time you want! This will be the hardest part to explain. If you have come to the point that you are above the limitations of time, you will see you can live your life any way you want. All these situations, these parts, you can place behind each other the way you want. It is not a puzzle that has only one way to finish. A human life is not lived that way. Every second, we end up in different situations and then we get action and reaction. All these apparently insignificant situations together make up something important for us to reach a higher state. We get input from outside and reach a point where larger moves manifest themselves. Having completing these situations, newer cycles follow and they teach you how to manage life. Life is like a continuous learning experience, not a place with beginnings and ends.

Look at how life goes. We are born full of energy, clean and pure. We follow the way of an earthly life and we become weaker and weaker, believing we are growing, but that is a misconception. We do not grow. On the contrary, all the situations we end up in, we see our body breaking down to a weak old collection of bones and flesh. That body, which is there for us, ready to help us and willing to go the way we want to. We abuse it, until it is empty and can no longer fill in our needs. That is the point when our mind starts to break down as well, because it cannot handle all the inputs and needs of true life. It's as if our body and mind have reached point of feeling useless, painful and old. What is happening? Because we believe in a world of time, we act accordingly. When we are young and strong, we can do everything. Getting older, we turn weak and full of pain. We do extreme things with our body. Things a body does not need to do, but we act as if we believe we have to break down that piece of flesh! There is something strange going in that. It's as if we are all here, because we are in the middle of an experiment of

“What is the human body capable of.” Is that the reason why we are here? I do not think so, because this is what you also create in your own life. Step by step, you are creating your own “end”, because you want it that way!

Is not one of your main goals to create a good life for the future, gathering enough money for later, when you are older? Is not that like living with the knowledge of getting old and being weak later? People die, because they believe in that end. Stop believing in time and follow the path that is open for you.

If we can see further, we reach a point where we can see that we are no more and no less than energy. Pure energy that is capable of doing anything. We are guests in our bodies, which are not ours and only there to learn from. People who believe in energy, act like hosts for their bodies and do everything to show it the way in a beautiful life. It is hard to believe in energy when you are in pain or in a difficult situation. Once you find the connection with the energy again, there are no more limitations, because you are in a world which has no beginning and no end. We borrow our bodies for as long as we need them, for the lessons we need to learn. After that, the body goes back to energy and returns for other energy’s need and help. As long as we see ourselves and our life just as being here on earth for some years, there is no learning, no real path you are following. “The end” is created by human beings and it will continue to be so as long as people believe in it.

Follow the path of energy, it is wonderful and it gives you everything you can imagine. Do not believe in these earthly matters any more, such as pain and domination. Then energy will be released that gives you the power you need. It is not your mind, it is not another way of thinking, it is energy that is talking through your soul to your hearth. Energy will guide you through this lesson that we call “Human Life”.



## - Chapter 97 -

### Signs

In a world full of signs, we forget to see, feel and remember what a sign means. I am talking about something we have almost lost in this world of technology and highly educated people. What can a simple sign mean? What if a sign is meant for you, and what to do with it? Questions and more questions, but let me start from the beginning. A sign could be a billboard, a melody, a fragment of a movie, a few words, or a picture. In short, it can be anything you capture in that second. That split moment, a strange feeling or an inkling that tells you: “this is special, this is something I will remember for the rest of my life”. A sign on which your whole life depends.

Life is the path you have to go here on earth. Every day, every minute, every second we need to make decisions to continue. Most of the time, we do this instinctively, the way we feel we have to go. Unfortunately, for decades now mankind has started to rely more and more on the brain. Our brain does not know what is good for us. It is indoctrinated by a sick system, which tells how we must live. We lost our feelings a long time ago. Something else has come instead: a sign, a simple reminder, a connection that tells you what you have to think about or a path you have to follow. As I wrote before, these are difficult times, in which everything revolves around the brain, around thoughts and a system that tells you what to do. The problem is that we no longer pay attention to our feelings. We are hard to reach, so giving signs is the only possibility for the Universe to get in touch with us. It is difficult to see the connection, even when signs come across your path time and again, because you are not aware of them. There are many examples of people getting signs, but not being able to see them. Usually, the signs are seen by others. They can talk with this person and try to let him see what is going on. Card readers and “connected” people often work like that. But before a person gets to hear from others, he has already had the signs over and over again, saying “do

this”, “go there”, et cetera. However, if they are not open to it, it is a waste of time for the Universe. Then again, time is not important and the Universe is very patient. There are people who get signs throughout their lives, to follow a specific path. Still, even after 75 years they have not understood and keep waiting for the turn they have to make!

Signs are important for those who do not listen to their feelings. But also for those who do not know how to go on in life. Signs can be found everywhere, they may come as coming repeated over and over again. And when the same thing happens several times in a short period of time, it means that you have to see what it implies. It is not always easy, I agree, to see these things. Most of the time, outsiders can see more easily what the signs mean for you. In the past, we lost most of the connections. We increasingly think that we can manage life by ourselves. Not realizing that we are here to accomplish a task and therefore we are lost in a world without a mission.

What can we do? Go back to the roots! Shut down your brain (not completely, because you need it). I mean, do not try to explain everything. Just try to find the meaning of everything and open your heart, your soul. Start listening to your feelings and see the signs that tell you what to do and which path to follow. It is very important to trust your feelings. Believe me: they are always right. So if you get the same sign over and over again, the same feeling, listen to it. It will lead you in the right direction, to a higher level. Even if your brain tells you something completely different! Do not listen to it any longer, because your brain is a product of our system and the system certainly does not know your task in life. Keep that in mind! That is the most important thing in life. Only you know how to live your life. Nobody knows your path, it is unique and only for you! The Universe and the other part of your soul, back in the Universe, know what you have to do. They give you these feelings, these signs to start a new period, a new path or to make a particular decision.



Keep that in mind! Each life, so also your life, is unique. Only you know what to do and with help from your higher self and the Universe, you will get what you want and what is good for you. It is your path, your life you have to accomplish. So recognize those feelings, open your heart and soul and listen to what is coming to you. Remember to notice the signs around you and act the way they show you to do.

It is possible, but it is by no means easy. Remember, you always get what you can handle and are ready for. Your own upper soul and Universe will never let you down, nor place you in situations you cannot handle. If you trust that, there will be a perfect place where you can learn and see a lot. A place we use to call “Heaven”. Believe, that is important, believe in YOURSELF, because that is where the only God is.



## **- Chapter 98 -**

### **I love you**

These words must be among the most frequently used in the world. “I love you”, spoken by children, adolescents and adults. “I love you”, spoken directly from the heart and sometimes by people who do not know what the words really mean. “I love you”, often spoken to get attention, which is what the other will give you in that split second. But, what do these three little words mean exactly? Do these words tell others: “I need attention”, “Listen to me” or “My heart and soul are open to you”?

Starting with the first one: “I need attention”. This is what people mean most of the time when they say these words to others. In bars, outside in the street and in groups, people tell others so easily that they love them. By doing so, they get attention and others are willing to spend more time with them. Saying “I love you” is usually a cry to others from the people who say the words. A cry,

because they are feeling alone and need some company. They feel alone in a harsh world, where there is hardly any true love. People spend hours on the street, in bars or other places, just to make connection. Perhaps a little bit of attention from others, because they are alone. “I love you”, those miraculous words in life; just say it and most of the time, you will have a great time.

The second meaning is “Listen to me”. It is actually a variant of the first one. I am alone, no body listens to me, so I tell others “I love you”. Then they will feel sorry for me and they will spend some time talking to me. We are short of listening right now. We all have our own stories, our own words and our own thoughts. Nobody listens, feels or lets the words touch the sensitive parts in our ears so we can understand the message. On the contrary, we often talk in a chaotic environment with loud music, yelling at each other. It is difficult to hear, so we don’t know what others are saying.

Then the last meaning: “My heart and soul are open to you”. Now we have reached a point that has a big image. Because we are in a wide spectrum now. Innumerable books have been written about love. There are love stories in movies or on TV. Not to forget all the poetry inspired by it. All of them express their heart and soul for their loved ones. All that energy, only for some words with which you try to send a feeling of your love to others.

Let me go back a little into my life and see how I regard love. I am not a poet who writes wonderful words for my loved one. For me, this is not the way to show my love to her. I do not believe in the words “I love you”! They have an empty meaning for me, because I hear them so often, see them everywhere in books and hear them on TV. So their meaning is absolutely nil for me. I see it as “Okay, let me tell him that I love him, so he will be quiet!” The words “I love you” are not so important to me, because I feel many do not mean it, when they say these words. Does this sound strange to you? You know I am working with energy, see people in different way than most of you do, so I can see and feel if it is real or fake when they use these words. I can tell you that almost all of these spoken words, are not that true love at all. It is

not what those words really mean. Most of the time, I see hatred, loneliness and frustration in the people who use those words. It is like in the United States, where everybody says to others “Have a nice day”. Meanwhile you can see their looks and their energy of, “please, sir, go away and never come back”! Those words “have a nice day” are empty words spoken by an empty person. The words “I love you” are usually a cry for attention for a person’s needs. It is possible, without speaking those words, to let others feel that you love them from the bottom of your heart. Without saying these words, the energy tells the other everything and it gives them the feeling of warmth and understanding. It hurts when I hear those words spoken and see no energy, so I know the words are empty.

A good friend of mine, a man I see once in a while, came to me, just held me tight and the energy was a sign and a feeling of love. I have the same with my wife; we just sit beside each other and without saying a word, we know we are one and that our love comes from the deepest place in our heart and soul. So many times when my wife looks at me, I see these words in her energy, the feelings and the love. No words spoken, but true words of love. You may think that I am in love again. I have been in love for a long time with a person with a beautiful energy field. She is true love to me. Not the love you think of, touching, kissing and having sex. No, love by having contact, feeling the energy and understanding each other, without a word. That is true love. See another person by their energy and get connected. That is what makes love something special. It is great to see that there are others who have the same experience. It doesn’t matter if it is a man or a woman, because in a world of energy there are no differences. Energy is so incredibly strong, it makes everything possible.

The next time you tell a person that you love him or her with the energy and the feelings from deep inside of you, you will notice that this person receives this energy. It will give them that special feeling and you will get back an honest reaction.

“I love you”. The next time you think you have to say these words, focus on that and you will see the energy and the true love in that person. You will see that, in the same second, the other also gives you the feeling and energy of “I love you”.



## - Chapter 99 -

### **Religion**

This will be the most difficult chapter I have written so far, because religion is something sacred for most people. Many people around the world are connected with a religion and believe more or less in a God, Allah, Buddha, Krishna or some other deity.

Religion is something created by humans and preserved by humans. Most churches pass on to their flocks the words from a holy people or from God. Over the years, I have read many of these scriptures and I always ask myself the same question: “What do these people want from us?” It is clear. When I see what the Catholic Church, for example, is doing to people, I see that it is mostly about money and domination. The churches are full of gold, the priests are dressed in expensive robes and many are corpulent, from the copious quantities of food and alcohol they take. Lately, many have been exposed, because of sexual abuse of young children and adults. People who are destitute, handing their last penny to the church. Hoping for a better life, believing the church will help them. Then there is all the hate and pain, because of people’s trust in a religion. All this happens not only in the Catholic Church, but in many religions. Most of them are so tight and afraid something will come out that they are willing to do the strangest things to make their religion “clean”, as they see it. Killing in the name of Allah is an example. Or the monks who are fighting and waging war! There are various religions that claim to be connected with a higher place. At the same time, they act like human beings, killing, accepting stolen money and dominating.

Why? Simply because, as I wrote earlier, all religions are created by humans, people who tell stories and prescribe the way others have to act. All these bibles, scrolls and stone tablets were made by humans. They are just laws, laid down to keep others under control. That's all they are, and therefore we see people following these priests and monks. These people believe that they know the path that others should follow. This is very strange, because we see time and again that these priests and monks are looking for a path in life themselves. Their books are no guidance in this world. We can all see that they lead to nothing but churches that take as much as possible from people, hardly sharing anything, as they claim to do. All these religions are going nowhere, because they are only there to dominate human beings.

In the past, people needed religion, because there were no leaders who believed in a world without war and violence. This is the reason why religion was created. People had a safe place to go, whether it was a church or a temple. These places were rooms of silence. There you could get connected with yourself, not with a God, just yourself. Later, religions started to feel their power and domination. They could not manage the power of absolute connection. This was when bibles, scrolls and tablets showed up, containing rules drawn up by high priests, greedy for fame and domination. Books and scrolls, written supposedly by very good people who would change the bad world into a peaceful one! Stories with many examples of what to do or not to do, and everybody could take from them what they needed. At the same time, many of these stories are unrelated and there are plenty of contradictions even within a single book. This is the reason why these books, scrolls and tablets must be interpreted by theologians. Otherwise, we would see a different story, and that is not all what they want. Now and then, I get the real information, telling me one small simple story and the thoughts behind all this. I am not a politician, nor a person who will dominate or use violence. I will go the peaceful way, helping others who believe in a higher life and connection, or just anyone who needs help. That thought does not come up when I read about the work of different religions. Again, these books and scrolls were

written by people who wanted to have complete control over mankind! It is a shame to see that religion is no more than a political party that gets on top. It is sad that many people are in pain, just because of religion. Look at those monasteries everywhere, where people spend their entire lives. To do what? Pray? Pray for what? A better life? And then look at those people at the top, playing God, deciding what others should do. What about those monks who are now fighting in an army and will be killed in the name of Buddha! Priests who are going around the world to find new “victims”. Honest souls will be lost forever! Lives of children are destroyed, because priests could not keep their hands off them! What about all that violence, when a religion does not agree with some other people? People who are in pain and cannot get help, because their religion does not allow that kind of treatment. In some religions, men are superheroes and women are slaves; is that what God really wants? No, these are rules that were made by frustrated men in the past, to gradually gain control over other human beings.

Religions are no different from other groups. New groups appear every day in this world, with their own rules, like new religions. Sometimes they go so far as to demand from their followers that they give up all the money they have! Again, is that what God wants? No, it is time to wake up. Read the holy books again and you will find hardly any real love and understanding there. These books were written in such a way that everybody can find something to suit them. I know for certain that these books, scrolls and stone tablets are not the real guidance in our lives. Our purpose in life was not written in those documents, but comes straight from the soul.

Some people can see positive things in these books. They are able to read between the lines. However, deep down in every human being there is something good and it is impossible to hide, what kind of book is written. Between the lines, you can read that the only important message in life is: “Help each other, be there for others”. That simple, powerful message, can be found between the lines. Even in the most negative books ever written.

It is not about believing in a church, but believing in the power of the Universe, the power of yourself.

What I have just written, may be to understand, painful, and even unbelievable. That is because, as I wrote before, most people believe in one of those books, scrolls or stone tablets. Let me stress that I am not an atheist, nor the Devil. I am a human being, just like you, who came to earth to learn. By reading and keeping the connection with the Universe and the Core, I know this world is full of wrong information and with many people who want to dominate. I can pass on to you what I know, if you want, if you are open for the real life. With this book, I want to demonstrate how many of you live virtual lives. A life, in which all things are determined, made by others, as long as you accept that! If you want to step out of it and go on a real path in life, you should see, feel and don't believe in a God or in some holy person. Believe in the strength of something that is really there, which is our own energy in the Universe. As long as you are not willing to make that turn or have doubts about your own life, you will be dominated by a government or a religion.

It is sad to see that people who really believe, like mother Theresa, Martin Luther King, Desmond Tutu and some other religious people who did their jobs for us, are placed on one line with many others. It is interesting to know that these people did not believe in a God as we think, but worked from their heart and soul, and directly with the Universe.

I do not want to hurt anybody and I know some of you are now frustrated, perhaps even angry, because they fear their world is falling apart. Do not be afraid to change, to believe and to turn your life around. Behind all that, there is a beautiful life waiting for you, where everything is possible and there will no be longer pain.

I know from deep inside me, that one day these words will be important for many people. Believe, but do not believe in God as a person, just believe in yourself and the Universe. It is the most simple path and the true one. Your energy will be then so strong that you stand above all earthly pain, domination and war.



## - Chapter 100 -

### **Indigo**

A great deal is being written about the latest kind of children in a new dimension, whom we call “Indigo children”. These are children who experience their own world, their own vision and their own way of being here in this life. All these children look gifted and usually have a higher IQ than normal. It is a long story that I have to tell you, unless you prefer the short version. In short I can tell you this: the children that are born, have not changed, but we adults now have a different way of living and thinking. This may sound disappointing for many medical people and parents. But don’t be annoyed with me, be annoyed with yourself and the system you want to follow. I will now present the longer version of an explanation, maybe you can then see the big picture.

Children have been there as long as we have been on this earth, because they are the start of every new human life. We all come here on earth as babies and it does not matter if we come into a poor or a wealthy family. Most of us come from two people who loved each other. We come back here on earth, as older souls, to redo a job or to learn a new part in life. The soul comes into that body to do the task it needs to accomplish. A body is, as I have described before, only there for the time the soul needs to accomplish its task. These days, people are looking for answers and a new way to survive here on earth. They believe that this earth is coming to an end, as we are destroying it, and



that will be the end of human life. People have been trying to find a solution for a long time. What we forget is that we humans are the problem and that we make living here on earth impossible in the long run. Many books have been written and scientists have been talking for many years about what to do. For years, we have been trying to find a solution for our problems. But we fail to see that our own life and all new lives start in and around us. We forget to look after our children. We only teach them what to do to survive in this world of destruction. We don't teach them about the world in which everything is possible and everything happens in a positive way.

We have tried to educate our children like the members of an orchestra, in which everyone has to play his part. Nobody can play his own life. That is the way the conductor wants to lead his orchestra. That was the point where everything went wrong, and now we are all a product of that misunderstanding. We are not an orchestra, but an energy field. We do not need to live like members of an orchestra, listening to a conductor. We are individual souls who need to accomplish a task in this particular life. No more, no less.

So what is happening differently to our newborns now? Nothing! They still come the same way they did for thousands of years. Nothing has changed. The children are still the same, but our system and the way of living have changed completely. We are far away from the Core and we no longer see the energy that is around us. We are totally blind in what we are doing, because we are only there for the system. We are far away from life, from accomplishing our tasks. We are standing completely still in our participating in the Core and our Universal energy. We do not believe in it any more. Our newborns are still coming with the same tasks as did and as human beings have had for thousands of years. Our lives have become empty, as we are no longer aware that every human being is unique and has his own task to accomplish. Because our system has now reached a stage where it cannot have full control over us any longer, we see that our children are taking control over the system. It is nothing new, it is not a miracle, not a supernatural thing. It is something

we forgot to do and we were afraid of, because the system would punish us! We were not there for our children. We had so much to do; our work in the system, we were busy with ourselves and so the children found their own way. All those years, the system failed in its way of providing education.

For many years, we were lost in a system based on wars and manipulation. Now we have reached a stage where we, adults are so negatively loaded that a newborn can take control over us. They do so by thinking simply, straight to the point and without any logic, to our mind. We adults are far beyond the point newborn has, when it arrives here on earth. These children, our new Indigo children are no more and no less than children of thousands of years ago! Painful? It must be, because we failed to learn from our earlier mistakes. We refused to learn from the books that tell us what went wrong in the past. The United States keeps looking for wars and most people are blind. Nobody stands up and listens to the newborns who tell and show us a way without war and violence. All the time, we get signs from around the world that violence is not the answer to our problems. But, as there are those people who are wealthy but still want more money, more fame and more domination, they force us to follow them, and we end up in darkness. Follow the system, we no longer have control over our children. The younger people create their own world, based on positive energy and positive power. They know that our system has failed miserably and that it is falling apart by wars and pain. So they create a completely different world, one we knew, but lost a long time ago. These children do not learn from us, but we should learn from them! Again, they are not more gifted than we are, they just have more courage than we have, to follow the Core in life.

So what should we do? We should simply observe where these children are going. We should watch their path and by changing ourselves as well, we can all be a part of the Core and Universal life. Sometimes, it may look as if these young people only think of themselves, but that is only the mirror they hold up for us. They are capable of working with energy, to heal others and

to help others who are in pain and danger. These youngsters are the same as we were, until we let ourselves be changed by the system. They are here now, because they are no longer interested in that system.

As I wrote a long time ago: Every newborn baby is capable of going its own way. It does not need schools, no system and no material things!

I was one of these youngsters and I was always against the system. I did not listen to the system. I went my own way and I learned what was important for me. I am still not a part of the system and I can show you the path to go. It is an open honest way of living, in a world without domination and without people who believe in fame, matter or money. It has never been an easy path to follow, but I think that I have shown that a system is not necessary in our lives. I know these “new children” well, because I’m one of them. I never lost the feeling and I have always kept in contact with the Core. These children are no more and no less than we all are. Thanks to the failing system, the children of today get more opportunities to continue being themselves and so to accomplish their tasks in life.

No supernatural, no Indigo or other beautiful names. These are children who keep connected to a higher self, the Core and Universe. We can learn from them and if you really want, there is a possibility to get back to your own path. Look at these children, follow them, listen to them, feel and understand them. Good luck! I hope to see you soon, back on our collective track.



## - Chapter 101 -

### Indigo (part Two)

In the previous chapter, I wrote about the “Indigo” children and the hype around it. I think I will go into more detail here, because I think this “new fashion” may not be completely clear.

For hundreds of years, the system has been changing. The last 45 years, the entire system has turned around. Both parents had to work and they spent a lot of energy getting on track. They worked for many hours, so as to achieve their goals. People built large houses and tried to dominate everything they could think of. The children who came on earth during those years, were raised in a system of free education. Another way of thinking prevailed at the time. Parents did not have the time to listen to their children. They were often not there when something went wrong or when their children needed help. Children were rarely educated by their parents. Children were raised by the system, by other people or even on the streets. These children found a way to survive, to get on in life. There are many parents who do not know how their children grow up. It is remarkable that these parents now come to the fore, when they see there is an Indigo child in their family or a gifted one, who feels, sees and believes in another world.

We need to pause here for a while. These stories about ADHD and ADD and Indigo, are based on a big mistake in our system. Let me tell you what is really happening.

For example, let’s take a child (no matter where he or she comes from or what he or she is). That child is the same as one thousand of years ago. It has the same capabilities and can do anything it wants, it is the same soul! Children have not changed at all over the years, because they come from the same Universe as thousands of years ago. The Universe did not change, it has been following a path for millions of years and will go on, even after we, hu-

man beings have ceased to exist. Children come with the same intentions and the same strength as they always did, but there is something else. We adults - “older children” - have changed. We have changed, because the system has taken control over us.

- We have stopped feeling, touching and even listening to our children.
- We have stopped loving them.
- We have stopped being there for them, for we have jobs.
- We have stopped respecting them, because we believe we are almighty.

Therefore we are no longer connected with the younger generation. The problem is that we do not understand our children any longer. We think that they are overactive, more sensitive and more gifted! It just shows that the world of medicine and psychology has taken the wrong turn. Show me one of these doctors who is really interested in children! Is there anyone of them who really cares about what is going on in a child? Do they really watch, follow and learn from youngsters?

What makes me sad is that there are no truly open studies about children, just old input from the same system. The system that makes the rules and the ways in which children have to behave. The system that decides what they have to learn. There were no questions, no studies and no input from children. Today, at last, the system is losing its grip on youngsters, because there was no interest in them for so long. They were just newborns, who had to grow up as quickly as possible, so they could work for the system. You can see that clearly today in countries like India, the US and China.

We need something new in the western world. We need an explanation why we cannot raise our newborns. So a new term was launched: the “Indigo child”. This should explain exactly why we have so much trouble with our children. Children who have never changed. The solution is there now, in case you have problems raising your children. The medical world has differ-

ent names for it, like ADD, ADHD, or “Indigo child” (which sounds more mysterious). The best part of all this is that they have a solution for all these problems. Of course there is a solution. The simplest one is to give the child some medication. The problems will come later, when they should be old enough to handle them themselves. Another solution is more difficult, but it is the solution and the answer we never even thought about! What can we, as parents, do? We should listen to them, treat them the same as we treat other children. We should respect those children and, most importantly, love them! I sometimes wonder whether I am missing something:

- Is that not what all babies and children need?
- Is that not what we failed to give, because we were too busy working for the system, earning money and collecting objects?
- Is that not what we no longer know?

Books are being written about Indigo and all its symptoms. The medical world has woken up and has come up with a solution! But again, this is just proof of how sick the system is and that it is losing grip. The system will tell us what to do and we will spend millions buying books.

What our children need, is respect. They need to be loved, touched and understood. Children have not changed in all these years. We, adults have changed, we have been totally blind and now we think we have found the solution. It is sad that the system is breaking us down, over and over again. It comes up with solutions that have always been there for free, but now we have to pay for them! Nevertheless, we keep following the system that has changed us.

Thanks to a new generation of children, who have a solution and know how to avoid being dominated by this sick system, we are returning to a world of loving and understanding. It is not the children who have changed, but we, adults, who failed to find a way to survive in the new world. We should ask our children for help. We are lost, but they have started a fresh new life, full of positive energy. That is what we need in order to survive!



## - Chapter 102 -

### **The world beyond absolute zero**

As we all know, mankind is trying hard to reach absolute zero. A point where we will find a start, a beginning or a solution. Do you really think that this point will tell us everything? A single molecule, a small part of what you think you see. A single atom, which is alone in this big world. That one atom will tell us.....

What do you think you will find? How earth was created? How life started? How we came into this life? Answers that we think we will get if we have gained possession of that one atom. But then the moment comes when we get the information of what that one atom really implies. And what do we get? We see new life forms, a new world in this single atom, in the absolute zero, where we thought we would find all answers! We see another world, a new beginning and a new life form. So absolute zero is nothing more than the door to a new world.

That must be frustrating for all scientists who have been working hard for many years to get to that point. The point they dreamt of. "If we get there, we will have the solutions." Absolute zero, an entry point into another world and another dimension. It is certainly a dimension, because zero is, for us, an absolute. In the Universe, it is nothing more than "another step". In the world of matter we think, live and act like matter, because that is what we have learned. In the world of the Universe, there is no beginning, no end, no time and no matter. Everything is made of energy, and there is no zero. We have created that zero, over and over, and we continually set the point higher or lower, where we think zero is supposed to be. Zero = nothing. Do you believe in nothing? Nothing does not exist, because the nothing is made by something; something we call energy in the Universe. Even if I get zero from you, I can feel you and I get your energy. Because everything in life is

interconnected. Everything has something to do with some other part in life, other people and other places. Why do we have people around us? Because we like them? Because we need them? Do we have to do something for them? No, because they are a part of our energy field and so they will come and go, during our life. In that way, they participate in Universal life. The way we react when people are around us, provides the Universe with the energy it needs. The connections between people, negative or positive, are made of energy and that is what we and the Universe are there for. But why do we have these negative people around us? Because of the failing system perhaps? Or could it be a change of the human race? Is the world changing?

All of these are parts of the same thing, because the human race needs negative input to find the right positive output! If we only live like we are in paradise, happy, with healthy food and a perfect place around us, then what will this mean for the energy? This energy will be stable, but not growing. The environment we live in, is a place where negative energy is needed, so we can take positive energy to a higher level. Every second, this energy goes to another level. Some people believe the next level will come soon. I believe the next level is there for the first ones among us and that there are already others who have reached higher levels. In the energy world, level is not on a specific place, but level is the energy you can feel and master and know what to do with. That is why there are at this moment those extreme differences between people. Some are violent criminals and believe in war. Others believe in a world of understanding and peace. Both kinds of people need each other. I know that it looks like the criminals own the world. That is because they get all the attention in the media. In the background, there are those who work hard to reach the next level in their lives. Some people believe in the “new” indigo children and we should respect them. I wrote a couple of chapters on this subject and I believe that these human beings have always been there. Now is the time they have to come out. They have the strength to take us further. For a long time, we have thought that fighting is the answer to everything, because we had adopted the instinct of animals, but even animals are not as



cruel as we are. Human beings have dropped below the level of animals, and now we should grow again. We should start to get back to the level we were at thousands of years ago. When we have reached that level again, we are entering the world of zero.

Let's return to energy and absolute zero. As you know, in the Universe there is no time, so no beginning and no end. This is because everything is turning around in the world of energy. Man once thought that the world was flat and we would fall from it if we kept walking. We now know that the world is round. We believed that we could not go into space unlimitedly, because the distances are too great for one human life. If you see what I see, you will be silent. All it takes is to believe that there is no time and no distance. Why do we always impose limitations on ourselves, believing there are things that we cannot do? This is also what happens with this "absolute zero". Why do we create a point of limitation? The explanation is easy: because we think it will give us the power and the explanation of the creation of the world! The negative energy we put into this is so strong, so extreme. We will be very surprised, in a disappointing way, when we reach that point.

Working with energy in fields in which you never believed, is dangerous. I am not a scientist and I cannot tell you mathematical solutions, nor can I prove new theories. It is not up to me to do that. But I can tell you that there are no answers in that point called "zero", only a new world. People believe that this zero is interesting, because it would enable them to change the world, dominate one atom and build perfect machines.

This atom is part of the energy field as a whole and we are also parts of that same field. This atom is a new world and the minute we reach the point where we separate this atom from the energy field, we will enter a world we cannot understand and do not know how to work with. A world that is no longer pure matter, but an entrance to a new world of energy. It is certainly interesting but we cannot handle it with machines. None of the machines we have, none

of the knowledge we think we possess will tell us what we see and what we can do with it. It will pose a new problem for scientists. “What to do now?” This level can no longer be handled with our machines. They hope to find in the world of the quantum theory, a solution to go further. Instead, they go deeper into a new world and a new science. This science should be built in the world of energy. It is true that there are already people who have started this work. As far as I can see, these people merely wanted to get publicity. They like to manipulate their power. They will not get us any further, as far as I can see. In the world of energy, there will never be an explanation when you enter that field with these intentions. Energy feels everything, sees everything and is pure. As long as we practice science to get more power, we will get stuck in never-ending worlds. Those worlds are easy to create, because energy is very flexible, but above all, it is pure. So, forget about absolute zero, it does not exist! Absolute zero is another point that mankind has created to believe in. I went beyond that point and you can go there too if you want. It is the same place where you can enter another dimension.

Now I suppose you think that I am going too far. I admit that I believe in things that are perhaps difficult to grasp. If this book still exists in 50 years’ time, I know it will be read as something normal. There will be a time that this way of thinking and this way of living has become part of every life. Believe now what you want, take out of it what you need, or even do not believe in it. I know this is a wake-up call for you to get the energy you need, later in life. It is not my intention to push you onto a path you cannot believe in. It is a path that has to open up in your life. Nobody can help you to find that gate. The same gate we will find when we reach the absolute zero, where a new dimension presents itself.



## - Chapter 103 -

### Similarity

Bush, Castro, Caesar, Ceausescu, Franco, Hitler, Hussein, Napoleon, Mao, Marcos, Stalin. A few names with the same connection. The connection with death, pain, domination and war. All of them were and are politicians with the same goal: DESTROY for POWER. This is probably not a good chapter for this book, because it is about who and what these person are, but then in a negative way. But, as I wrote before, where there is positive energy, there must be negative energy too. I will show you what is wrong with them. All the people mentioned above, are dictators in their own kind, from the past or the present. They are very powerful people, who believe the world belongs to them. Humans are not important to them, a human life means little to them. In fact, it means absolutely nothing! It is not important to know the reason why these people are like this. We already know what they want:

POWER and DOMINATION. The way they accomplish their ambitions is interesting to see and to analyze. From the day they came on earth, they knew that once they would own the world. That is their goal and that is what they want. Some of them did not get beyond being a dictator, others thought the world was their domain.

But why am I writing all this negative stuff? Because we need to realize that as long as we allow it, there will be always dictators dominating our lives. I want to put my thoughts on paper about the last few years, when Bush and his friends started a plot, a war against Saddam Hussein and Osama Bin Laden. Claiming it was “for our protection and a war against terrorism,” Bush started this war. That was what he wanted, because it made his war industry will flourish and gave him more power and money, to dominate even more people. My common sense tells me that wars are used to feed industries. This explains what is happening today. But to start a war, you need an enemy and isn't it better to have an enemy you never really want and you will never catch? Terrorism is now something the entire world is fearing. A terrorist is

someone who is against certain rules or against the way the world is going. He believes that he will get his right by killing other people.

They are very much involved with death and live in a world of terror. They have a foolishly negative way of thinking. Death brings death, pain brings pain and war brings war: that's what these people don't get. It would be better if Bush and his country stopped these negative actions. Instead of making war, the US should make a deal with the people it is fighting at the moment. How many more signs or proof do you want? Saddam was killed by mistake, nobody could find him for a long time. The same will happen to Osama Bin Laden, whom nobody can find. And so with other people who are at the top of the lists and who will never be found. We should understand that all these wars are merely a way of getting more money in bank accounts and more power. And to get control over oil and thus to dominate people. What I feel is terrible and I do not want to dwell upon it any longer than needed, because of all this negative energy.

The war against terrorism is not a war against a few people, it is just a way to get more power.

Just look at how everything has developed over the past few years. When Bush did not get his money, he overruled everything, in the way a dictator would. The same happens with all this intelligence he receives. When something comes out that does not suit him, he simply destroys the evidence, so that he can go on. What do you think what did really happen September 11th? Day in day out, there is an army that controls and destroys. Free country? Forget it. Manipulation is everywhere and the motto is "join the club or we will destroy your country". We can see that not all destruction can be controlled. Just look at China, Cuba and Venezuela with Mr. Chávez? They have answers to the boycotts and isolation. And it looks as if they are getting more and more countries behind them. These countries realize that the way in which the US is managing the world, is based on manipulation and indoctrination. It is based on war, pain and death!

Why did we not learn from people like Stalin, Hitler or Mao? Why do we always let them wage wars and thus create a more negative world? It is because we are afraid of them, as they have the power to eliminate us, to make us disappear. That is their solution for every problem. I see things differently, so destroy me. It does not mean that I am no longer there. If you want, you can come back in several human bodies! So they have to destroy more and more. We can see it with people like Bush, Saddam or Hitler. You can destroy them, but there will always be another person who takes over. It is the same in drugs cartels or in the underworld. As soon as you have destroyed a person or a group, another one will take its place.

This brings us to the point of realizing that destroying is useless. Nevertheless, there is always the power of the masses. When there are enough people who say “no”, it will be no! We saw that happen with Nixon, the Vietnam War was the ruin of his career and power. The same happened with Saddam Hussein, who was killed by his own people. We saw this also in the communist world of the GDR and the Soviet Union. If there were more people who said NO, something would definitely change. These dictators would not have an answer to this simple word! ‘No’ is a power on its own. The first ones to say it, will probably get into trouble or even be killed. But all of them will come back and say NO again and with that, the energy will change. The positive energy that we need to survive in a world full of wars and domination.

In short, if you see what I see, then it is clear that it is the likes of Bush who kill their own people, while sitting in their ivory towers. They need people to wage their wars around the world. There are several of those individuals around the world and more are coming. Their seeds are planted to come up when the time is right. They will start other terrible wars. These people believe in death and that is why they will always lose.



Do not be afraid, because being afraid is just what they want. Being afraid is something they have introduced and with their instruments of torture, they believe they can shut you down. That is what may happen to your body, but not to your heart and soul! Those will never die and will continue to work with positive energy against war, fighting and dominating. Nothing can stop that, not even a death. Believe me, being dead is not the end and it will never be, as long as you believe that no torture will have any effect on what you started. NO, these two simple letters are the key to everything.

NO.



## - Chapter 104 -

### Old

Let's talk about how we experience old people. We have different feelings about them. Not because they are human beings, but simply because they are old! In the western world and in some cultures, the word "old" means not participating in a work process and not being part of a busy life. Being old implies illness. Sometimes old people are difficult to understand. They are people who are no longer needed in life. To be put in a rest home. Old people have a strange view on life, which is difficult to understand for us. You probably know what I am talking about.

Let's begin with the time when we start to become old. We work hard, do the things we think important. Day in day out, we go from point A to B, to accomplish our jobs. All the information we need in life, we get by learning. Then there comes a time when our system tells us that we are too old. Too old to keep concentrating and therefore to take part in the work process. It is over, go home and sit. Sit and wait until the day comes when you will be released of your body. This feels degrading, because there is something wrong,

very wrong. We are talking about human beings who are old, wise and full of information. People who did their jobs for many years and have learned a lot. They have experienced life, and thus have acquired a specific point of view about life. Many have reached a point where they can see beyond earthly life. Now they live their lives accordingly. We should surely want to learn from old people.

In some cultures, old people are the centre of the group, family or culture. Because you are old, you have the answers to all questions. Young people will come to you and listen to your stories and messages. Old people are the centre of culture. Everyone respects them and learns from them.

What can you learn from old people? EVERYTHING! Because they have the solutions that we younger people do not have and know not where to find. Old people are full of wisdom and full of energy. Having energy does not mean that you have to work like a horse or act like a hurricane. Energy can also be just sitting in a chair, watching around and observing what is happening. Old people are full of energy and wisdom about life and the Universe. Some of them are further in life than others. There are some who can share their wisdom easily, and others who cannot find the right words. But all of them realize that there is something more and that life is just a small piece in the Universe. Have you recently talked to an older person? When you talk to them, don't you get a feeling as if you are talking to a younger person? Sometimes, when you are talking with older people, you get short sentences or only one word. Those are short stories, which include a message, which we do not want to understand. When you were a child, how many times did you go to your grandma, crying? And then you told her your problem, or the pain you had. What kind of an answer did you get? Everything will be all right, don't be afraid and let's play a little. Those are the answers from old and wise people, who know that behind every pain there is pleasure. The elderly always have solutions for the young, you can count on that. Why? Because old people know, directly or indirectly, that time will heal all problems.



Time does not exist! That is right, but many people do not know that. The only thing they experience is that after a while, every problem is solved. Not always in the way you expect, but the right solution will always come. The wisdom that older people have, is very important for us and we need it in life. Older people have lived their lives for many years. They had lots of problems to solve and they experienced many good and bad things. But one thing is that they can see that every time there will be a solution for any problem. Time is the solution to everything. We, younger people, think we can manipulate time. We think we can rush things. That's why most problems take so long to be solved. After a lifetime, the problem is probably still there, because we tried to manipulate the situation. Older people have found out that taking that one moment and live that second, solves everything.

It hurts me when I see the old people in our western cultures being placed in big buildings, with a doorkeeper. They are placed away from us and thus the young no longer see them as very important. We do not regard them as the people we can learn from. But as old ones we do not need any longer and who are a drag.

I believe that we should at least listen to them, bring them back into our lives and learn from them. While we listen to them and observe them, we will reach that point sooner where we know that life is not the system we live in, but it is tolerating each other. I love the elderly. They are very interesting and I love to draw old people, to experience their lives and their wisdom. Growing old does not mean approaching an end, but cherishing the knowledge of the Universe.



## - Chapter 105 -

### **Ego, the dark side of a human being**

This is the second part of Mr. Ego. In the first part, I wrote about the ego and our soul. Ego is not a part of our soul, but the negative side of a human being. Let us look more closely at this “Ego”.

- What is ego?
- What does ego do to you?
- What can we do with ego?
- Is ego dangerous?
- Do we need ego?
- What about life without ego?

When you answer these questions, I hope that you will see what ego does to your life and the people around you.

First question: **What is ego?**

Ego is a part of your brain that believes everything turns around yourself. Every human being lives in his own world and everything should go the way he thinks is best. Your law is the right one and those of others are questionable and maybe even wrong. We do not really listen to others, because when they talk, we already have our own story standby and we can hardly wait to tell it. The reason is that we want to force our point of view on others. Ego is an area in a human body, which is there because people believe that only one thing is important: I have to survive! Whatever it takes, I have to survive.

I! The word “I”, no more than a single letter, which sums up your ego. This letter dominates your life completely. “I want to be in the picture”, “Look what I did” or “I’m the greatest”. I, I, I. This “I world” emerged when people

started to manipulate and dominate. It was no longer fighting to survive, but fighting to gain control over others. In the past, some wise men, named Jesus and Buddha came to earth and with them, the people of the circle of brotherhood. These people showed us a path to follow and told us how to live. What happened? Other people took these words totally out of context and distorted their meaning. They even wrote their ideas down in books. As a result, the first holy books are based on misinterpretations of these spoken words. By then, the first domination had started in a new world. Every time the books were rewritten, they changed in such a way that powerful people were able to dominate others even more. The ego of these people grew beyond control. All churches and temples are dominated by them and they suppress many people around them. Ego was not only created by these books, but also by the system that came up. Many people adopted this, because it gave them fame, made them feel greater in this world, or so they thought. Ego is something the most dangerous people are full of. Look at Bush, Napoleon, Bin Laden, Hitler and Stalin, all these so-called great people, are full of their own egos. But there is also an “I world” created by other people. Don’t forget yourself, you do that too, when you place yourself above others. Why should you be more than the tramp walking down the street? He is also a human being! Why do you think that you are better than your colleagues at your work? They are human beings too and they also do their best in their eyes. Why should you be more important than that girl sitting in a park watching the birds? Why do you think, you need a nicer house than your neighbor or a bigger car than the next guy? It is all because you are struggling with your ego. Your ego believes that it is the best, the greatest and the most important thing here on earth. That ego is a product of your mind and the system, which tells your brain what is important and what is not.

Now we come to the second question:

### **What does ego do to you?**

To answer this question, I could fill my entire hard disk or an entire library. But it's better to give some examples. You can see then what ego does to you. The ego, the mighty voice that tells you what to do. The same voice that, when you do something in another way, tells you: it's not the right thing. For example, you suddenly feel that you have to call someone and you walk to the phone. Then you get a message through your mind: "Oh no, maybe he is busy, he has no time and besides, what do I have to tell him?" That voice stops you from calling the person you are thinking of. A few days later, you get a phone call and guess what, that person has had an accident. You listened to that voice and therefore missed the contact. The same voice tells you: Hey man, you are the best! You are the greatest! But also: I need more! More? More of what? Attention, I need more attention. Don't let me sit here and don't ignore me. I need attention, every second! Don't let me wait here, while you are thinking about life and others, it is me who counts, me, me, me! That ego is always asking for attention. The ego builds an "attention demander" in everything you do. Look around you at the things you have, all those material things and all that luxury. All part of your ego! You want them, because your ego created them! Let's go on. You are talking to a friend and in the middle of a discussion you try to convince your friend that you are right. You think your opinion is the right one. Again, your ego is trying to dominate the other and forces its will onto your friend. There is more. Your ego is working day in day out to get attention, even when you are playing with your children and believe that you, as an adult, are always right. In short, your ego is everywhere and it tries to achieve only one thing: to get more, more and more! It is a second life in your life, which is built of attention. The ego wants a career, to be on top, to be the best, and the highest and so on. It does not care for others, it is only the ego that matters and should win. But there are many problems with Mr. Ego. Always winning is impossible and you will also lose. Being on top

all the time is not feasible, so sometimes you end up at the bottom. But as you see, Mr. Ego needs to control everything, and does not want to miss a thing. But in the world of ego, there is never enough and a perpetual need for more. Do you remember that perfect place and perfect spot when you thought that it was the best moment in life? It was a good moment, because you had forgotten about your ego and you felt the “real life” for a while. Mr. Ego will do everything to prevent you from getting that moment back, because at that time, he was not important to you and there was nothing there telling him that he was the greatest” The ego is almost always there and it gives the people a hard time. Listening to an ego is like creating hell in your life, because you always want more and always better.

I think you already have the answer to the question **“What can we do with ego?”**

It is clear that it makes a hell out of your life. The ego will never be satisfied, because it will always ask for more and it will find a way to get it. Many people are stuck with their ego! That needs not be so, because we can lose it, IF WE WANT! It’s up to you. The answer to this question is clear: the ego does not good to us, if we want to live a Universal life.

### **Is ego dangerous?**

I am glad, that in the most lives, people do not get the power like some people have here on earth. People like Hitler, Stalin, Castro or Bush, are the ones with major ego problems. Their motto is to get more, always more and everything is about their ego. There are many people like that: captains of industry, film tycoons and fashion icons, business people and of course politicians. All of them are dangerous “ego people”, who always need publicity and attention. But it can even be a problem in families, if someone thinks that he is the best or feels powerful and so terrorizes the rest of the family. Ego is very dangerous and the cause of most problems.

Next question: **Do we need ego?**

No, we do not need ego. Ego is not life, and besides, material things and domination are not real life. The system needs the ego, or rather, you need it to get into the system. All that materialism, domination and ego things, are very important for the system. But in Universal life, fame, materialism and earthly things, are not. So ego is not needed and we can live without it.

The last question: **What about a life without ego?**

Well, that would be great. No domination, no materialism and no hurting each other! We can talk to people who have their own stories, their own points of view. That way, we can learn from each other. A life without ego is definitely possible. It is up to you. We do not need ego if we believe in ourselves and neither do we need all that materialism and power around us. Because the ego keeps creating that “world of more”. Ego is there because we want it and allow it. We all live with an ego, therefore we have something in us that wants us to get on top. That is why there are so many wars and so much fighting. If we stop listening to our ego, there will be no greed and no fighting any longer. It is possible, if you realize what ego is doing to you. Look at what your ego is telling you, but do not act the way it wants you to do. Allow the feelings to come out of your heart and soul. Let them tell you what to do. When you get a negative message, watch out: it is your ego! If you get a nice feeling about something, it means that your soul is trying to tell you something and that is the right path. Everything that has a message that tells you to get more, just leave it. Do not listen to such negative thoughts. It is important that you see for yourself what is going on. See how your life is going. Is it about material things, fame and domination? How are things at home, with your family, your friends and at work? Do not dominate, just listen. Listening is very important in life. By listening to your feelings, so to your heart and your soul, you will get the connection with the Universe.

Whatever your ego is telling you to do, is negative. What your heart and soul are telling you, comes from understanding and is therefore positive energy. That will always be the best you can get. No fame, no materialism and no power, but a true life full of positivism and positive people around you. It will give you a happy family, people at work who understand you and who will see in you a special person.

*Ego, forget it, it leads nowhere.*



## **- Chapter 106 -**

### **Sleep, your other life**

We came here on earth to live two lives, one is a life by day, the other one at night. We usually think that life during the day is the only life. But what about the time when we close our eyes and sleep, dream, and visit another world? The time when you are way out, in bed and far away from daily life. Most people think: “Oh, I had a bad dream” or “I’m still tired of last night”. A lot happens during the night and most of those things are far beyond imagination. Some dreams you can remember, others are like science fiction stories. Some of them are strange, as if they are not a part of your life.

#### **What is going on here?**

Night is the time when you often travel to another dimension. To a place where many things happen. It is also a time when your soul goes deeper into your present life, the past and the future. Time is no problem for your soul and it does not need your body to travel and visit other dimensions. Your body is resting in bed or in a chair, recharging with new energy. Your soul does not need rest and goes to other lives in other places.

The soul goes to situations that are coming up in these dimensions. Some people believe they are travelers in space and others experience something as if they are picked up by UFOs. One is in the middle of a perfect scene and another person has a fight. All of these are situations that are real at that particular moment. When you are going through such a situation, you can hardly come out of it. Why is it so difficult to step out of a bad dream? Actually, you want to finish it or leave it, but it keeps coming back and it keeps going on. At that moment, you find yourself in another world. There are people who have an explanation for every dream. They can tell your entire life story from a dream. Why do they try to put the night world in the day world? The way we live at the moment, does not match with the idea that there is more than just this earth and this one life. People today try hard to explain everything. They believe they need a reason or an answer for everything. That is why they write about dreams and the stories behind them.

This is the reason why I want to present my version here and try to make you see my point of view. Of course you don't need to believe me; it is not up to me to convince others or to claim that place my point of view is better than someone else's. Time will tell. Some will need more time or more answers before they get to the stage and the feelings that came up in me when I wrote these things.

Dreams are our second life, which is more than just a good or a bad dream. As I wrote above, it is another world, another dimension, which we enter when we sleep. It is important that we experience these trips, because we need them when we are awake. Most dreams are stories, related to what we have done during the day. They were situations that we could not handle at that moment, so they keep following us at night. At night, some of these stories get an exceptional turn and sometimes it is as if there is no answer. In a dream, the situation takes over your other part, which is completely different and on another timeline. What can I do when I am floating 25 floors above the ground and I have problems with my bank? They are not the same situations



at one time! Situations such as flying from one tree to another and having a problem with your car. Most of the time, things are placed in ridiculous situations and then it looks as if you are in the middle of a science fiction movie. All of that happens because you take the day life into the night life. But there is more. In a night life, everything is possible; you can fly and do things you can't imagine, which is what makes a dream feel like science fiction. But couldn't that be real? Why do we think we cannot fly, cannot float high in the sky or do extra ordinary things? At those moments, fear appears and our mind tells us that something is impossible! All restrictions are things we believe in. During our night life, the brain rests and does not tell us what we can't do. The brain is not active and we are separated from our bodies, doing things we can't imagine. Dreams are then reality; the same happens when you play a virtual reality game. It is there, you see it and you can do it. In your dream, the real person comes alive and every time it gives you the feeling that you can do more than you would ever believe!

The night job we have, is not just a job. It is our real life, our parallel life, which starts the minute our brain rests to recharge. We can learn a lot from this parallel life. First, there are no limitations. All limitations you have, come from your brain, which tells you that there are things you cannot do. Second, your parallel life gets you on track. It gives you the information you need in your waking state in life. Third, your parallel life is connected with your higher self. This means that you are connected with the rest of your soul here and in the Universe. The information you need for your life when you are awake, you get from there.

Maybe you need to think all this over. When the time has come for you, you will understand what I have written. All I want is for you to feel the essence of my words. Do not throw away the knowledge you get when you dream. And do not waste the information by telling yourself "It was just a dream". Think about what happened. Try to see the connection and the story behind this second world. You will come to a point when you realize that

there is more going on than meets the eye. Learning, feeling and believing are important in most things and also in this part of life.

A dream is your second life and therefore it will give you solutions and answers. It shows you the path to go in your life during the day. Believe it or not, it's up to you. Time will tell, and because of there is no time, the answer is already there!



## - Chapter 107 -

### Writing

I am sitting here at my desk, typing the chapters. Most of the time, I do not know what will come or where to begin. Maybe it is interesting to tell you the way I work.

When I sit in front of my PC, I always have a tendency to write. I want to put things on my screen and write what I think about them. Above all, I want to put down the words I receive from somewhere way outside myself. Way outside myself? By this I mean that when I start, I do not know what will come up. Often it starts just with a single word and that gets me going. Following my feelings, I go deeper and deeper into the subject and I always get the examples from the world in which we live right now. For me, it is an incredible idea that I am putting my feelings on screen for others to read. In that way, I want to try and help others. Those are my feelings and the way I see what is going on in this world. Perhaps it opens people's eyes and maybe you will find an answer to your problem in one of these chapters. When I start, I do not know what the chapter is leading to. Most of the time, I don't even know what I'm writing about and I just let my fingers go where my heart and soul are leading them. Apart for my drawings and sculptures, writing is another tool for me to reveal the feelings I have deep down inside me.

My sculptures, with a few lines and sterile forms, express the connection I have with my other world. My drawings are sometimes a connection between human and animal, but I have also drawn human beings who are deep into the world of the Universe. I mostly write about feelings, thoughts and of course the words I get from my higher self. There are some parts of the text that may look very strange, not from this time. Because of those texts, many people think I am no longer of this world. But for me, all this is the key and the gate to a better life. Why do I know that? Simply because I am in the middle of that life. It is just another way of living and there are certainly others who see this way of life. It is sad to notice that most of the people who also see life in this way, want to make money out of it. They sell their books expensively, organize seminars and all kinds of activities, just to tell the truth, which is free. Even movies are being made, showing you how to get rich, as long as you keep believing. It is amazing that people are making money out of something that is free. This is the reason why I do not ask money from people who read my knowledge. I don't even ask money for my sculptures and drawings. Money is something that belongs to this earthly life and is made to dominate others. I believe in a world in which people help one another and are there for each other. A place where we can work on a higher level, to get to another dimension, using our energy to get on in life. This also means that we will not be sick anymore. Sickness is something based on this system and all the stress, which in turn, is made of negative energy. Our bodies cannot take all this any longer, and therefore cancer, aids and other chronic diseases appear and prevent the human race from progressing. Isn't it clear that we are getting sick easier, time after time? Even young children cannot handle this earthly life. Because the whole system is based on stress and negativism.

When you read the different points of view, your eyes may open. Perhaps you believe that I am a bit mad. That's fine, as long as I am able to write down my thoughts and the messages I get from my deeper self. I do not want to change your life, your family life or the way you think. I believe that once you have read these chapters, a message will have entered your brain, which will make a big difference later in life.

I do not stand above human beings. I do not feel greater than others. I do not want to get more power or be a guru. All these things are products from a sick ego. A sick point of view that many people have. For me, it is important that my chapters and drawings reach into other people's lives. There is only one goal for me, which is to write and create as many chapters, drawings and sculptures as possible. Through those, others can feel and see what is behind this life. These connections, which are not understood at the moment, will be later prove to be a gate into the next dimension. The next dimension that brings us further in a life in which human beings will once again live peacefully with each other. The dimension where people write down and tell us what we should do. They will teach us and show us the path how to live, without making money out of it.

I am not writing to get money, fame or domination. I write because these chapters emerged from me and may show others a path they can go. I write from my heart, placing my soul on paper, that's all.



## - Chapter 108 -

### **If God could talk**

- What if God could talk?
- What would he want to tell us?
- If there were a God with whom we could talk, what would be his message?

This will be the shortest chapter I ever wrote. Why? As I already wrote before, there is no such God as the God many people believe in. God is not a person, not somebody who can talk and he does not have a message, because he doesn't exist in the way most people think!

A great deal has been written about and there are many old documents based on a God as someone who is watching us, to see if we do right or wrong. All of that is based on a faith that was created to manipulate and to gain power over people. A supernatural being was invented, who sits high above us and can see if we do everything in the right way. BUT God is not a person above you, God is IN you! God is yourself, your own flesh and blood, the world inside you. God is not only you, but also your children, your father, your mother and your neighbors. God is in every person and it is the energy that gives you the power to go on and to find a path in your own life. God is energy and your guidance in life. Believing in God is not believing in a church or believing in an almighty being. Believing in God is believing in your own power and the path you should go. Everybody has to accomplish the task that the Core has reserved for them. You have to do this by yourself and therefore you will find a path to your higher self. That higher self will take you to a more complete energy field that gives you, in turn, more possibilities to see and to go deeper in life. See life? Yes, see what life means and what it has to do in the energy field of the Core. Go deeper in life? Yes, deeper in life, because life is not

outside us, but life is in us. In a world of no time, there is no far away or deep inside, everything is near us. The minute we can see that, we have reached the point where we can go further, or in my terminology “going deeper in life”.

God is not a person, not the almighty one who tells you what to do. God is yourself, your energy, which will lead you to wherever you want to go in life. Believing in God is fine, as long as you do not see it as a person who will solve your problems. It’s YOU who has to solve all the things that come on your path and there is no God, Allah or Buddha who can or will help you. Moreover, all of these are energy fields that you can work with. It may be hard to realize, but I think it is time people open their eyes and see what others are doing in the name of God and therefore in the name of themselves! Do not be afraid, the moment you came on this earth you already knew, everything that will come across your path is there, because it’s what you chose! You made the moves yourself, it’s you who walks the different paths. NO ONE else could have made those decisions for you, it’s you who chose that path. You have to fulfill your task, because in life you never get more than you can take. The confidence you have in your inner God, your inner field, will lead you through this beautiful life and it will take you to places you cannot imagine.

God as a person? No, God is yourself, that’s what God is and that is the God that will lead you. Your own energy, your own world inside you, that is what God is!



## - Chapter 109 -

### **The world of negative energy**

Maybe it was not such a good idea to include this chapter in the book. After long consideration, I believed that I should do it. Not so long ago, I came across some photographs which keep going through my mind. Western and eastern people write a lot, read a lot and think we know almost everything about life. We fight and have wars. There are many sick people and the system is failing completely. This is not a cheerful message. I believe I need to show what negative energy can do and it is best to see this while you are in a positive energy field.

There is a lot going on and I know for sure that energy can achieve everything you have in mind. This means that we can also use our energy in a negative way. We only need to look around us to see that the entire system is based on negative input. A world always consists of positivism and negativism, light and dark, et cetera. That is the reason why I think I should write about the worst things we do, as human beings, against our own species. People are dying of starvation or are killed by wars. There are no sufficient medicine supplies and many are treated like animals. The worst part in life is hard, but we allowed this with our negative energy and we have therefore let others down badly. It is true that we can choose the life we want and the life we can handle. We build our own future, our own path, but there is one question: Why do we think we have the right to do this to others and in that way, to our own energy? We all did this, because we are so negatively loaded. There are people on this earth who cannot manage the negative energy we live in. It should be a normal thing to help them, to be there when they need us. We should give them the power to go on, to come out of that darkness. We are all from the same Universe and part of the same energy. Together, we are one with all those billions of people. Why do we let our other part down? Materialism, domination and a sick mind are capable of doing this to others

who are weak and not so lucky as to live like we do. You may say that they chose it. That may be true, but even the worst animal's life is better than what we do to people in places without food, causing starvation. I know this is painful, but I believe it should be written down what people are capable of doing against their own species. I cannot and do not want to believe that we have sunken so deeply, doing this to others.

There are many more examples and painful truths, but I believe these few lines suffice to show exactly how this system works.

In doing so, I hope that whenever you read about the perfect system, the perfect world and the billions spent on wars, you will know what is really going on in this world. This world is in a deep crisis, it is filled with negative energy, and it is up to us to give all human beings the same opportunities in life, filled with positive energy.

Please, change your point of view and be truly human.

***“Being human is helping each other”.***





## - Chapter 110 -

### Paradise

The world is one big paradise. We have everything around us and nothing is missing: blue sky, clear water, light as much as we want. We have people around us, all species of animals on land and in the sea, plants full of colors and in many different varieties. This is paradise!

Why is it that we sometimes cannot see this place as paradise? There are many people who think it is hell. They think it is the worst place to be, dark clouds, dirty water, everything is grey and dark. They feel alone in this world, with only sick people around them, having lots of troubles. It is a complete different view of this world.

At this moment, I am sitting on my porch overlooking a small village, with the blue Caribbean Sea in the distance. There are a few clouds and the sun is shining. Everything is green, because the last weeks we had a lot of rain. All plants are coming up with their different colors and shapes. Some people are walking to the village to buy some food. The birds are singing all day long and as you can guess, I don't need a radio to get some relaxing music. The songs of the birds are the best music I can get. Young birds come to the table, begging for food. One of our domestic animals, an anole, sits near me and looks as if it is telling me the story of its life. Some falcons are brooding in a tree and in a few weeks, the young ones will come out of their eggs. You can see, the nature is in full swing. Plants are growing so fast with all the rain, it will soon look like a jungle. This is the situation I am in while I am writing this chapter. As you see, I am sitting here in a paradise with everything around me. Why do I have this all, while my neighbors are having a "hard time"?

My neighbors live in the same environment as I do. They have a nice house and all those things around them too. There is only one difference: they do not feel or see the beauty in their environment. Their minds are all set on earning money and their children are irritating, because the parents have no time. To these neighbors, the world is like a hell right now. A hell created by themselves and generated by the stress they have, because they dream of getting more money and a bigger house.

Every day is a holiday for me, because I allow myself to take the time and watch the birds, hear them sing and talk to my anole beside me. Money cannot change that for me, because what I need, I will get. So why should I make more money, if I am already living in paradise? To buy another paradise? Better, bigger, greater, and so on? No, I believe I am in an ultimate life, a life which is the best I can get.

Let me explain something before you think I am a millionaire who is living on his fortune. My life was full of surprises: a long time ago I was rich, having so much money that I thought it would never run out. I continued to need more money all the time. In the end, I got very sick and with that, I lost all my money. I was broken. Now, I have a small income. I do not ask money for my drawings or sculptures, neither for helping others. My small income is enough to live on. With this small income, I can see the real world behind the hell of the money-making industry. I have found the connection with the nature again and I now have people around me who really love me. The money and the negative input of our system have faded away. My health has returned and light has come into my life. The sun is shining again, the same sun that seemed so dark years ago. But most importantly, I can hear the birds singing again. The birds that were always around, but I was no longer able to hear. The plants are growing faster than before, because the light I give them is the food they need. Life is completely changed and the dark hell of a life I had with no way out, has now become a life in paradise, full of surprises, full of light and music.

I know that it is difficult to see paradise when you think there is no way out. But there is always a way out, and there is always a path leading to your own paradise, if you want! It is important that you listen, feel and see that path. Time after time, you will get the signs, feelings and pictures, telling you what you should do to turn your hell into paradise. But it is you who has to do it. Nobody can help you, not even the most expensive psychiatrist or doctor. The pills you get from them, will just bring you down even more and take you further away from your path.

It is there, paradise, but it is up to you to follow the path to it. Clouds will disappear and the sea will be blue again. The birds will sing for you the most beautiful songs you have ever heard. It is just up to you. If I can do it, everybody can do it and with that positive input, we can turn this world into one big paradise.



## **- Chapter 111 -**

### **Considerations (part Five)**

- If every human being is a temple, as so many people say, why are so many temples degenerated?
- A human being; the temple of light, a life on its own but serving the total Universe. Why are so many people without food, in terrible pain and having lost their way in life completely?
- Being part of that one Universal life means, respecting others and helping them whenever possible. You can be the one who shows others a new path in life.

- Why are you keeping so much to yourself? Is there something you're afraid of? There is enough to survive and you will see that the more you give and the more you help others, the more you will receive in life.
  
- It is painful to see people who don't see a way out in this life. Why do they choose to be in such a situation? It's because we have to see and feel when things are going wrong in this system. As long as we get these signs, we know we are not following the right path.
  
- I wrote a lot about signs. But can you see them now? Are you aware what is going wrong around you? How many people are in pain because they can't please the needs of their own ego? Wake them up; let them see that there is more, much more in life than material things, being famous and having power.
  
- The most Universal people lead a retired life. They quietly do the work they like, listen and help other people around them. That makes a good soul into a master.
  
- All that writing, selling books, all these seminars with lots of talking, all these spiritual leaders and presumed great masters, is based on one thing: pleasing the ego.
  
- When I sit here behind my computer with all my know-how, all my strength and all the dimensions I work in, I just have one question: Why me? What can I do for the 5 billion other people on earth?

- Earth consists of two worlds. World one where there is enough food and material things, throwing away what they don't need. World two is a place full of pain without food and nothing around them, with people who have to live from what comes their way that moment. With all the pain they have, I believe these people are much further than we are. Their soul is ready to sacrifice, showing us our mistakes, knowing that all this is a matrix in which many people hurt each other.
- In nature, killing is to get food to survive. We humans kill for fun, for pleasure and our own ego.
- I often say that I'm ashamed to be a human being, and I'm ashamed to be part of this.
- What can we do against all that pain and these endless wars? The answer is simple: don't fight and don't hurt. That's positive energy and that will lead its way everywhere.
- In thousands of years, not once a war was ended. Not once a war ended in victory. In all those thousands of years, we humans have learned nothing!
- As long as we see people around us as pieces of flesh and blood, there will be never an understanding between us. If you can see people as energy fields, you will see that they are part of you.
- We pollute ourselves and our children. We kill nature and destroy everything that is not useful to us. Our system is at its end and doesn't see a way back. That is when we, human beings, being a part of the Universe, can show what is possible and what real life is.

- I'm not afraid, honestly, I'm not afraid. Why? Nothing can happen to us because we are made of pure energy. Energy can never be destroyed and so our lives never end. Everything we do will forever be a part of our complete energy. I'm not afraid.
- Blind, I can not see. Terrible? Yes, but I'm blind through my eyes, but I can't ever be blind because of my energy.
- People who miss a leg or an arm, talk about pain in the body part that is no longer there in the flesh. But in our energy field, it's not gone and it's still there and so our feelings, heart and soul can feel the pain as it is there.
- Energy, everything is energy. Our most important food in life is not food taken through the mouth, but light, the building stone of our energy field. Energy is life and if you can accept that you are an energy field, nothing can happen to you.
- Billions of dollars are spent on food, people eat so much that you could build, as a matter of speaking, create a second body or a third one from all that overweight flesh and bones. It's money wasted because we take all that food simply because the system wants us to, so it can make its billions.
- If we eat normal portions and just what our body needs, we can feed two worlds.
- Animals can talk, plants are listening and nature is one big family. Why do we human beings make such a big mess?

- The end, it's over, we are there, dead end, no way back, dark side of our life; these words can be heard almost every day. Do you feel the negative energy when you read these words?
- I'm writing a lot because my mission is to put as much as possible on paper, to help others to feel and open the path to another dimension. Because I live between different dimensions, it's possible for me to write, draw and make sculptures and so to serve the Universe.
- An energy field of a human being has to cope with a lot. When I came here, I knew for sure that this will be my exam, my final part here on earth. I took the challenge and came back. Not as a key figure such as a high priest, as I was before, or some other great human being, but as an energy field without power. My goal and what I want to show, is that every person here on earth can make differences if he wants!
- My end is near, my earth life is done, my flesh and blood are telling me it's over. But don't be afraid, my energy will never leave this earth.
- A paradise is what you see, feel and create. A hell is if you accept everything and let others do the work.



## - Chapter 112 -

### Talking with animals

From the day I came here on earth, I could hear strange voices. Except of the voices of my parents, there were others. From the moment I could walk, those voices kept coming and telling me stories. When I was playing in our garden, they taught me how to live and how to be one of them. These voices come from Mother Nature, plants and animals. They were not normal conversations, but wisdom we forgot existed. They were lessons from Nature, which have been helpful for me throughout my life.

Lately, I stood up to get some dolphins free and back in the wild. They are still in a small basin, waiting until the time has come to take them back to the place where they belong. Waiting patiently, because a human being does not know the power of Nature. In the meantime, they can hear, see and feel what some human creatures are doing to them. The dolphins are just waiting while human beings are acting like this, for these people are lost. I receive the energy, the feelings and the whine of these animals, and I understand what they are saying. I can hear their stories, what is happening to them, day in day out. As a human being, I can feel what they feel and that is very painful. But these animals are far above us in life. They know that they have been chosen to be there as a lesson for mankind, knowing time is just a human limit. For the dolphins, it will be over when the lesson is done and with that, just a small part of life has been fulfilled.

They talk to me every day and thus I learn to stand far above the people who are so limited, pleasing their ego by catching and holding these wild animals. The same goes for the people who end the lives of these animals in Japan. They slaughter them for the money and also for fun. All animals know how nature is made, that's why they are far above human beings.



What makes human beings think that they are better than all other creatures of Mother Nature? What is the reason why human beings believe they are above them? Would that be matter, fame or money? The animals keep telling me, and I keep writing, that it is human beings who should learn a lot and realize what is really going on in life.

When I talk with them, I apologize for being a human being myself. I cannot understand what they, the other people, are doing. Those animals told me that I was a chosen one, one of the people who are the connection between nature and human. Chosen! No, on the contrary, I don't see it that way, because I have to learn many things that I cannot understand yet. Things I cannot tell others and that are far above my imagination. "Don't learn", they said to me, "Believe, believe that it's there, we will show you". With this, I am following a path of animals, in a world of Mother Nature.

I speak with them, but most of the time, I just listen. Listen to what I have to believe.

*And I ..... keep following.*





## - Chapter 113 -

### **Above everything**

What do we think we are? Why do we, human beings think we stand above nature and other creatures? What does a human being think he is, what does he think life is?

In the world of Universe, there is no above or under, no high or low, and no nothing or everything! We are all made of the same building stones, which consists of energy, as you know. If you are capable of seeing energy, you can see that there are no differences between the energy of an animal, a plant or a human being. The only difference is the way it was built. It is the same way we build our houses, in different ways. Because everything is created from the same energy, it is easy to understand life and to see what is really going on in life.

Let me elaborate a little on this. I hope you will see the bigger picture. Since we realized that we could think, we wanted to find out the reason for our being here. How did we come in this life and how did everything start? We do our best to go into space and to go inside human bodies. So far, we have only been exploring new worlds, new places, which are far away or so small inside us that we hardly can imagine what we found. We always need to change our point of view and many times new theories have come up or were introduced. Just because we want an explanation for what we found and what we saw.

Several astronauts have gone into space and saw our earth in complete isolation. Isolated, but not quite alone. Some astronauts came back with other strange experiences, which they already had before they started the trip. The earth with all its problems, wars and pain, looks peaceful, beautiful and perfect when seen from space. All the negative energy had gone as they couldn't see it from up there. The negative energy created by humans.

When we go inside ourselves, we can see the same peaceful world, working hard to get our body going, carrying out the commands it gets from the brain. It has to go on while making things possible.

As soon as we go deeper into space or in our body, we find the same world. Even when we see a single drop of blood under a microscope. Hold this thought for a few seconds, that peaceful world and imagine that world, right now this moment, while you are opening your eyes. Can you feel it? Do you notice that you are in the middle of a creation which YOU accept from life? You create the world around you and it is you who makes your world into a hell or a paradise. Is that hard to believe, to accept? I believe that this is the way it is. Otherwise, why is the complete Universe so peaceful and only the world around you so miserable, in your eyes? Because that is the kind of energy you are creating around yourself.

A small lesson from Mother Nature: a young bird is born and is there with two other youngsters in a comfortable nest, built by some proud parent birds. It looks so nice, the youngsters are growing fast and soon they can fly. As a larger bird passes this nest and sees these youngsters, it flies towards the nest, takes one young bird and eats it. The two others are frightened, but fortunately they manage to get away. A minute later the two youngsters and their parents are together again, trying to get food, as life goes on. What I want to tell here is the following: these birds and Mother Nature live from second to second, as a part of the complete energy. When that little one was eaten by a bigger bird, it was the law of that energy. The two youngsters with their parents continued. They dealt with it for some seconds and went on with their lives. You see that everything is part of the same energy and energy gives and takes. In nature, there are no weeks, months or years of thinking about what went wrong or why this is happening to us. In nature, everything goes on, everything is working together to get further.

In the human world, we forget the connection with energy, we do not believe in that power. Even when we see it from outer space and even when we can see it under the microscope. We still believe that we are no longer a part of energy. We do not need it any longer and we think we can do everything by ourselves. These astronauts saw the truth, saw the real energy and also saw that we were not alone. Even Mr. Einstein with all his knowledge, saw in the last part of his life that there was much more that he could not explain in formulas and therefore he went quiet and rested. The energy, which is the building stone of everything we can see and feel, is our life. As soon as we can see the energy around us, we will see that our neighbor, that animal and that particular flower are ONE! Then we are back on track and the world of human beings can be rebuilt and continue along the long path it has to follow.

We are no more and no less than everything we see around us. That dust, that flower or that small animal, are all part of us! There is no world without energy and thus there are no human beings without energy.

The minute you really see this, all limits are gone and everything is possible. Just faith? No, it is a world that exists, the world we are in: ENERGY.



## - Chapter 114 -

### **Degeneration**

I think we should gather things, so as to get the big picture. In all these thousands of years, it looks as if we, humans still don't get it and we cannot see the big picture yet. Going back in time, we can see that entire civilizations have come and gone, and great cultures have completely disappeared from earth.

- What happened?
- Where did they go?
- How was it possible?

These are the three key questions to be answered in this chapter.

When I read certain books and see what kinds of great cultures existed, for example those of the Mayas, Aztecs, Egyptians and Romans, and what they were capable of, it is almost unbelievable that they have gone. These people who were so advanced, knew the mysteries of the world and realized what is really going on in life. What happened, has been described elaborately: sickness, disasters and fights were the main reasons why these civilizations were lost forever. People got sick and major epidemics affected millions of people. Mother earth did also her part, as the disasters came and large pieces of land disappeared forever (e.g. Atlantis). But people also fought each other. They battled to gain possession of land, money, to own more things and thus gain more power. It as if everyone was dominated by their ego, some wanting to be the king or queen and only a few being really happy, living their lives.

The high cultures were lost. All the knowledge, all the power they had, became a big problem for the simple creature that man is. However, these people had found out what is really possible in life. Big mysteries came with a part of their life and in the end, they found out how to work with. I wrote

several times that everything is possible. Man places himself below what he is capable of. He is not aware of what the world of energy can do for him. Abusing the world of energy leads nowhere. Because energy takes back what is not allowed in the law of nature. The civilizations that were capable of working with energy, went back to energy. They returned to earth and started to learn again how to manage the power of the Universe. As you know, not a single soul is lost and is forever in the Universal power. Time, lost, differences and power are in the world of energy only a part of wasted energy. If a part does not do its work, it has to start over again. The negative energy has to be converted into positive energy, so “lost” means nothing.

How is it possible that civilizations with so much knowledge disappeared? This brings me back to energy and its power. As you already know, our life and those who exist are built with the same elements of pure energy. In the past, these old civilizations achieved a great deal and discovered the building blocks and what life really means. Then a lot of things were possible. We can still see today the enormous constructions they created, but also some old manuscripts. In those old civilizations, they found out how to work with this power and with that, they reached a higher standard in life. Therefore, man found and got more power and thus an easy way of living. Then the turning point came, a point that is reached in all lost civilizations. The point of having power and an easy way of life. Look in all old books to see when things went wrong. When man abuses the power he has mastered. People were repressed, humiliated and lost. Some people just played with the power of energy and wanted more and more of it. You can read this in several old manuscripts and old books, which all describe how powerful people wanted to own the world. But people who were lower down in the hierarchy also changed. For them, working was no longer important. They tried to collect money by stealing or taking it from others in an unfair way. People became alcoholics, drug addicts and prostitutes, and there was no respect for their soul mates, nor for others. There was even no respect for the source, the absolute energy field. Everything was possible and having faith in the power was lost.

Man thought he could do everything himself. No need to think of others, just thinking of oneself, money and domination. We see this repeated time and again in history; they came, got powerful and were lost.

The same thing that made many civilizations rich and happy in life, but because they constantly wanted more, they lost everything.

Why are human beings so greedy and never satisfied? Why is nothing ever enough? Why shouldn't you work just for your income, be happy and have a good healthy life? Do human beings believe that they can control the energy field? It is sad to see how people live their lives and forget to be there for others. Look at the games played by big countries. They try to dominate others, in the name of a God or terrorism! With all our knowledge and the power we have, we again reach a point where we are lost in our system. Our civilization is losing every hold and is going down very fast. Look at the wars, people killing each other and the drugs that are taking over the word. People acting like animals. Having sex with anyone without respect for one another, also in groups. Let me make myself clear, I don't have problems when two people of the same sex love each other. However, in many acts there is no respect at all, neither for each other nor for other human beings in their environment. It is as if all sense of life has gone and people see life as one big party. Therefore we see the world is turning against us: the climate is changing, great disasters are happening, poison is around us, killing us. And last but not least, there is not enough food for all people! How long do we think we can go on like this? It's up to us and we should change it, because everything that happens, is created by us. How can we stop this? Very simple. Start today by no longer manipulating others, see life as a gift, stop making yourself sick, stop making problems and accept other people the way they are. This one sentence can change the world. Too simple? We should change our way of living and treat the energy with respect and honor. That is how we can change everything. If you don't respect even a simple bug in your garden or a small tree, how dare you expect that our earth will respect you!



We should have respect for the energy that we are all made of. With that, we can simply change the world, as soon as we start with our own energy. I guarantee you that the world around you and the world as a whole, will change as you are working/living the way I told you. Remember that our civilization should make a choice and make that turn. I have started with myself and I hope that you will be the next to follow.



## - Chapter 115 -

### **Statement**

After you have read this book, I want to make a statement, to say why I am doing this and what I believe we can do with our lives.

Most of the things I wrote about, are personal experiences. I believe in my way of living, in the positive energy and in self-healing. My personal experiences are what I want to write about. In my life as an artist, I have found out that there is more than we can learn at school. Through my art, I have found a way to connect with other worlds. When I draw a person, I connect with his or her personal world. When I make drawings of people, a lot of information is released, which enables me to see their past, but also their future. In my own life, a lot has happened. It is not always easy to find a balance between the material and the Universal world. I have made many decisions and some were totally wrong because I listened to my brain. At last there came a time when I started making my decisions only from my heart and my soul. Some of these were very strange to me, because my brain told me that they were illogical. Nevertheless, I made those decisions and they brought me onto a path and the most beautiful road I could have taken in life. Things happened that one could only dream of. So my life started to change course, leading me to the world of this Universe more and more every day. My world is now a completely different way of life. I also changed to a completely different way of thinking.

To be honest, there is no thinking, because everything comes from my heart and soul. Going down that path, doors opened and things happened that I would have thought impossible. My physical condition, for example, changed completely and when something goes wrong with my health, I can fix it with the energy that I get directly from the Universe. This is because the Universe does not have sicknesses. By allowing your negative (sick) energy go there, it returns as healthy positive energy that gives your body all the strength it needs. It is even so that if you live in a positive energy world, the people around you will also be positive, because they can feel you are connected with something special.

All this may sound strange and you may think that my mind is not clear, but I think we should learn again from the positive energy around us. We should learn something we forgot in the past and no longer know how to use anymore. What I am talking about is by no means new. It is something that we all have in us. On the day a human being is born, he or she is clean, free and positive.

Many people make a lot of money from things that we can have for free. Today, there may be health practices, natural healers and all kinds of groups telling you to get connected to all kinds of high spheres, provided you first pay huge sums of money for their teaching you..... NOTHING! Perhaps I have been too rude to these people in some of the chapters in this book. I believe that many of the problems of today are the result of our world leaders, churches and scientists. These people try to dominate our lives so they can get the power, because they think that power is important in life. They have turned to a wrong way of living, a virtual life, and now there is no way back for them or they will lose face. So by telling us lies and showing us manipulated material, they try to convince us that they are right. My chapters are very clear about this and maybe too hard for some people. But I believe it is time that the eyes of some get opened.

In my life so far, I have been a person of action and I believe that there are situations in which one should wake people up. So now is the time for me to wake you up and let you see what is really happening here on earth.

These chapters are not only telling you what is wrong. On the contrary, I like to present you with a solution by showing you a way to make your life into a beautiful stay here on earth. This earth is a beautiful place to learn and you should enjoy life. You should only see through the real rules in life. I will show you that way and give you the solution for all your health problems, the problems that you have created yourself.

***Do you still believe that I am telling stories?***

***It is up to you, and only you can change your own life.***

***Only you can do this and so find your own way in this beautiful life.***



## - Chapter 116 -

### Conclusion

In this book, you have been able to read hundred of pages, which were written because I believe we should help each other. In the beginning of this book, I wrote about the importance of the information that we have forgotten. We no longer know now how to work with the positive power of energy. With the help of this energy, the right words came to me and with that, all the chapters of this book. It is the same energy that can change your life. We all had this information when we came to this earth, but we forgot it as soon as we started to participate in this human life here on earth. Why did we forget it? Simple: we are always looking at what others have and what they do better. We forgot how to live our lives when we came here on earth. All this input from outside is having a great effect on our lives and we receive all these negative influences. There are lessons to learn. How far are you prepared to go? How much more are you are willing to hurt others? What is your limit in participating in this society and how far are you willing to drop in life? How can you get over these difficult and sometimes hopeless situations? Are you willing to get out that black hole and start a life that will take you higher in the world of the Universe? All these questions I have answered in this book and you will have noticed that you already knew the answers. They were answers and a way of life that you had forgotten. In the system in which we live, there is scarcely place for a pure life and for people who are there for others. We believe we cannot change the system and this rotten society. But we are not lost in this world, because one person, one life, can change the world. We can see that in persons such as Jesus, Buddha, mother Theresa, but also Nelson Mandela and Desmond Tutu. Or that person who helped you when you were in trouble. We can all make a difference, we all can make the world a better one and we all can change things. However, the most important thing is that you have to believe, believe in yourself and the God who is in you. There is no point in believing in a God above you or in other human beings. Instead, believe and have faith in the power that YOU have!

As you start to believe, you can change things positively. It will be the beginning of a world in which people respect each other and help each other. In this way, we will get a world full of health, pleasure in life and strength to overcome all problems we may meet, on the path we have to go. Don't believe that others will do it for you. Believe only in the power of yourself, the power of positive energy.

You don't need fancy machines, churches or to live in a monastery to find out what real life is. Neither do you need a large sum of money to get the answers. Because all the answers are inside you and you already know them. Take steps, open your heart and your soul and ask them to help you in your new life, in a positive world of energy.

Look around you. For decades we have thought that we can live by ourselves, doing it our way, but this has resulted in major disasters, weather changes, and more wars. The world is so polluted that, if continue in this way, it will no longer be a place for us! We do not respect nature, mother earth and all living creatures. We bring everything down, just to make our world, and what do we get? We get a world that is based on violence and "ego culture". We must wake up and see that this is not having a positive effect. It is important to respect all life forms again.

What I want to tell you is that we must work together for a better world. All souls and all energy are needed to change the way the world is going at this moment. A lot is being written about the negative way the world is going. As you can see also in this book, there are many negative developments. I hope we will manage to combine all positive energy, to succeed in changing the path of the world. Every soul is important and so is yours! Our earth is changing and we should work together to restore that beautiful world. The one that was there before. It is not as difficult as it may look. All you need to do is to believe and act the way the Universe indicates. The Universe, which knows how everything should be. With it, we will return and be part again of the positive energy field.

Then we will have a world in which everything is possible. A world without restrictions, war, domination or egos that brought us to the edge of life. The signs are everywhere. Just open any history book or read the latest newspaper, and you see how the world is turning sick. It is you who can change that and you who can make a difference.

I hope this book will help you to make that first step. I wish everybody the best of luck, faith and strength. I know that you will be healthier and get a new life you never thought possible. Believe in yourself and in the power of positive energy. In my view, the best thing is to read this book several times. At least the chapters that are the most important ones for you. The chapters contain events from everyday life and each chapter has its own message. It should be clear that this book is not a bible. Nor is it a book that I want to enforce on you, but a book in which you can find a path to a better life. A life full of energy called the World of positive Energy.

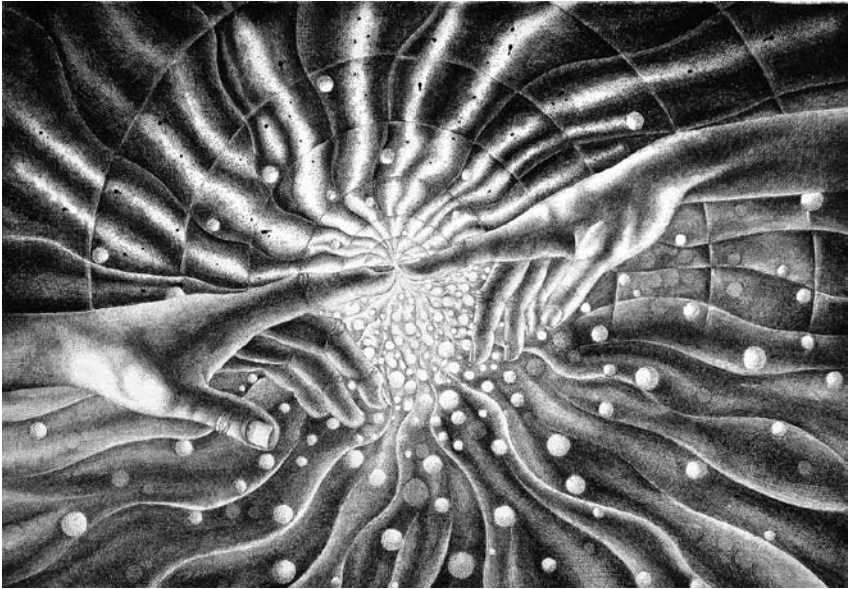
***I want to thank you all.***

***Updates or new parts will be posted on my website;***

***<http://www.world-of-positive-energy.com>***

***Information is free, your life is free and the power of energy is free.***





*“Being human is helping each other”*



John Baselmans wrote several books.

These books can be ordered on the website;

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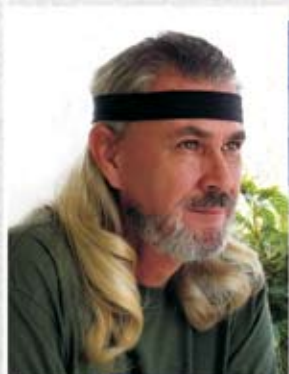
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