

# Divinefulness

Contribute to a world where  
Divine is prominent



Part 2

out into the world, live your mission

# Divinefulness

(Contributing to a world where Divine  
is prominent)

## Part 2

out into the world, live your mission

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# 1. The world is waiting for you

Now that the foundation of being connected to Divine has been laid in part 1, the next step awaits: going out into the world to grow further. The Father-Mother Life has two forms of Being. There is the silence and stillness, in which ideas are born. After that, the idea is manifested through the process of attraction and repulsion. Similarly, Divinefulness encompasses two aspects of spirituality. First, there is finding and deepening the contact with Divine, which was discussed in the first book. This second book is about going out to manifest.

## Heart, gut and soul and a little head

As in the first part, this book works from the concept of 'head, heart, gut and soul', in which the head becomes less important. From the first part, there is enough knowledge available to draw from. Now it's time to start applying this knowledge.

After two introductory chapters, four themes are discussed, divided according to heart, gut and soul. The four themes do follow head, heart, gut and soul:

- Head: brainstorming and discovery
- Heart: what do I want and what does it look like
- Gut: Putting it out in the outside world
- Soul: Selfless action in connection with Divine

A final concluding chapter provides fifteen chapters.

## A first look outside



Take the time to enter the silence. Let the question arise within yourself of what happens when you step out. Every image, feeling or thought that arises is good. When you feel like you're done, open your eyes and write down what you've observed.

## *An exciting step*

For many, going outside feels like an exciting and sometimes even anxious step. This is not surprising, because in contact with others, subconscious patterns become visible. Also, many who are now walking the spiritual path have faced fierce resistance in the form of inquisition, persecution or other horrors in a previous life.

The fear felt when considering going outside can often be traced back to such a life. It is now time for healing. This can be done by going outside and discovering that another scenario is possible.

## *Rewriting the Past*

Therefore, by coming out and sharing your talents with the world, we are simultaneously working to heal the deep wound that lives in the collective consciousness. Healing the wounds of killing each other because of a disagreement. We see its echo happening all over the world.

Healing this wound requires three things to be faced.

## *Acted Without Divine*

In the first place, many of the actions in the past will have had an ego edge. Think of thoughts like 'I'll show you how it is' mixed with a contempt for those who 'see it so terribly wrong'. In other words, most of the time they acted without asking for guidance from Divine, which resulted in a twofold result. Part of the message was received happily; the other part came back to the thinker like a boomerang.

## *The other side of the coin*

In addition, it is good to remember that the law of sowing and

reaping says that experiences arise from earlier sowing. In addition to being a victim, everyone has also been a perpetrator many times. Probably the people who fought so fanatically to fight the pagans in a previous life were themselves the narrators of this 'nonsense' and were persecuted for it. The persecution that was endured had its origins in dishonoring people in a past life.

### *Facing the Fear*

A final aspect to take into account is that by living through the fear, healing occurs. Many have resolved to undergo this transformation process during this journey on earth. Not only for themselves, but also for the collective.

This requires feeling on a deep level. Feeling through the fear, while always holding the awareness that it is based on untruth, makes that the conviction will be dissolved.

### *Out into the world differently*

When you take these aspects together, a new way of stepping out emerges. In it you are fully connected to Divine and everyone else. Moreover, you know that every experience that you experience as unpleasant is an echo of something you have sown in the past. You don't have to do anything with it, other than embrace it and let it dissolve with the help of Father-Mother-Life. You embrace the fear you feel and let it tell its story. Through your loving attention to it, you heal yourself and the world as a whole.

### *Infinite trust*

Following your own path requires a lot of courage and faith. It requires that you do not doubt and always know that you will be taken care of. It is important not to confuse this with denying reality.

A winged expression is the phrase that Jesus spoke on earth: 'with God all things are possible'. He was referring to the work that can be done in consciousness. Thoughts are infinite and know no bounds. Moreover, in consciousness, any belief or limiting thoughts can be changed in the blink of an eye.

In today's day and age, the saying has degenerated into the idea that everything should be possible. The consideration that the earth is finite, which means that there is a limitation of earthly possibilities in a material sense, is dismissed as ego-limiting thinking.

The truth lies somewhere in the middle: keep your faith strong and keep listening to what is possible.

### *Time to go outside*



With this knowledge, we symbolically take the first step outside. It starts with being completely with yourself. For this, three exercises from the first part are used. They are briefly repeated here, also for those who only have this book. If you do have part 1, it is wise to look up the exercises in it. The chapters are in parentheses.

### *Grounding (Chapter 11)*

In short, grounding comes down to being aware of the immense energy that carries you. To do this, you make contact with your whole body, by relaxing it from your feet to the crown of your head. In this relaxation you will experience the energy that flows from the crown of your head to your feet and from your feet to the crown of your head. You make this energy bigger and bigger, until you fill the whole space and even the universe with your presence. As you do this, continue to feel your feet.

### *Stay In Your Center (Chapter 4)*

After connecting with your being in this way, you get up and feel what it's like to be in your center. Let a cord from the top of your head lift you up slightly. Then move forward slightly, imagining that you are being drawn to something attractive. Then you lean back slightly with the idea of something repulsive in mind. Right in between you are in your center. The energy flows directly from the crown of your head to your feet and you are connected to your heart. This exercise works even more strongly when you are with a group. Look around, see the other participants, while staying in your center.

### *Here I Am (Chapter 11)*

The final preparation for going outside consists of the exercise 'here I am'. To do this, you open your arms, move them backwards, slightly past your torso. You tilt your palms forward, pointing slightly upwards. Now lower your shoulders, chest forward. While staying in your center, say out loud, "Here I am." Keep repeating the phrase, feeling that this is the truth. Here I am, visible to the world.

### *Feel it*

After doing these three exercises, take the time to feel what this is like for you. Are you able to fully accept that you are here and ready to go out into the world?

### *Really getting out there*

After all the preparation, it's time to take the step outside. To do this, choose a doorway. That can be one that really goes outside. If that is not possible, take the door from the living room to the hallway, for example. Imagine that the door separates you from the outside world.



From your connection with yourself, you are now going to *consciously* step through the doorway. Feel the intention you are setting with this. You go out into the outside world to share your uniqueness with all your talents with anyone who needs it.

### *The world of Love and Peace*

With your step you contribute to the world of Love and Peace.

A world where Divine has a prominent place.

Where everyone is welcome,

everyone is seen,

everyone is well dressed,

is well housed,

where nature is in balance,

is valued and respected,

where an idea is there to be shared

and a disagreement there is to pronounce it.

A world in which Divine is our greatest inspiration, guidance and support.

### *Give everything to Divine*

In the next chapter, you are invited to surrender all you own to Divine. To do this, you make a list of all your possessions. Everything you love, everything you could value: your house, what's in it, your clothes, your car, your possessions, your family, your friends, acquaintances, talents, tools. Positive feelings, but also feelings that don't want to dissolve, or people with whom you have a difficult relationship. These things also give you something.

You're not really doing this. It's not about putting everything up for sale. You surrender everything in consciousness. In effect, you are saying to Divine: 'do with it what you think is right.' With

that statement, you also put your life in Divine's hands. This means that from now on you will follow every inspiration you receive, without any resistance. You're not going to wonder where something leads, or if it makes sense to do it.

### *An example*

To illustrate, something that the writer has experienced.

One day I had an appointment. Before going there, I wanted to run an errand. There are two branches on the route to my appointment. I asked 'which branch should I go to'. The answer was different than expected, as I normally choose the other one. Arriving at the indicated store, I was in an unpleasant mood for a moment. The branch was being renovated! The thought 'why are you sending me here now!' bubbled up. There was someone there who was very upset about the renovation. She looked at me angrily. It was like looking in the mirror. This was not what I wanted to give to the world. With a smile on my face I said: 'I'm sure it will be very nice after the renovation. Besides, there's another shop right across the street.' The woman looked at me for a moment, then smiled back, greeted me, and walked away. The great thing was that I could still go to the other branch, do my shopping and arrive on time for my appointment. Following the lead does not result in an either/or, but an and-and.

### *Why give it all away?*

You may wonder why it's important to give it all away. As long as you value something, you want to hold on to it, even if it doesn't serve your highest purpose. Take one of your children as an example. It may be important that you distance yourself from that. This can be for your own development or for that of the child. When you attach great importance to the idea that you should always be there for your child, the inspiration 'distance yourself' will be immediately rejected.

### *A contract with yourself*

The first step is to make an overview of everything that is in your life and consciousness. At the back of the book, you will find an example of the topics you could think about.

Fill in the list as completely as possible before moving on to chapter 2.

### *Without possession, in full action*

The fact that you're giving everything away can give you the idea that you're not be doing anything anymore. The opposite is the case. Now that you're detached from everything, you can get into the action. If the inspiration is to sell a particular item, take the necessary steps to do so. Be aware of what is happening. Does the idea evoke fear in you, or do you feel liberated by the thought?

It seems like a big leap of faith. At the same time, every time you say the prayer, at the end you say, "I commit myself and my life into your care." This is to concretize that sentence.

## 2. Surrender

In this chapter, we work on completely surrendering ourselves and our lives to Divine. That's quite a step. Again, the prayer used in Divinefulness ends with the phrase "I commit myself and my life into your care." It's time to put the phrase into practice.

### *Deeper contact with Divine*

Into whose "hands" do we actually place our lives when we say the last sentence of the prayer? In part 1 the prayer was discussed in detail. There are two phrases in the prayer that can help you gain more insight into this.

#### *I ask you to reveal the true reality of yourself to me*



This phrase stands more or less as a parenthesis in prayer. As suggested in Part 1, when saying the prayer after this sentence, you can stop to get an answer to the question "who are you?" You ask Divine a question: 'reveal the true reality of yourself to me'. When you enter the silence after the question, you will surely receive an answer after a while. That usually doesn't come in words, but in feelings and a knowing of what that true reality entails.

#### *Better receive your presence within and around me*

This sentence seems obvious at first glance. Divine is within you. Also, It is all around you. You can be aware of both aspects. There is an even deeper layer to this sentence, which you can discover. If Divine is both within you and around you, It is essentially everywhere. Again, something you can know with your head. Try to let it sink in. There's nowhere where Divine isn't. That makes you and everyone else but a hologram projected into the infinity of Divine consciousness. You move, as it were, in the infinite presence of Divine.

### Overhauling everything

We live in a time when everything is being reconsidered. Is the earth round, or maybe it is flat? Who is the villain in the conflicts that are taking place. Where one half claims that it is party A, the other half has just as much reason to say that it is party B. When there are multiple players in a conflict, the division only increases. There is duality in everything that takes place on the earthly plane. It's this, that, or maybe something else. In doing so, it seems as if we have ended up in a page turner, a book in which you keep reading. In a book like this, you always think you know who is on which side. In the next chapter, you'll be stunned when it turns out that the bad guy wants the good thing after all and suddenly someone else is in control. The story is constantly changing.

### Distancing yourself

We may be invited to question everything we believe to be true. This does not only apply to visible things, but also spiritual 'truths' may be examined. As beautiful as the attempt in this book, and many others, to describe the reality of our Source is, they are all built from the analytical minds of humans. Christ says, "If I were to speak from the perspective of Love, you would not understand." So, let's let go of every concept we have and see where we end up.

### Looking at the light

To achieve a world of Love and Peace, it is important to focus on what we want. A world in which honesty and truth are a given and do not need to be questioned or doubted.

To this end, it is important that we turn away from the stream of images that are currently coming at us from television, radio, books and films. A frequently heard thought is that, precisely by taking note of it, more transformation can take place. Because

you are triggered, you are more likely to seek healing, is the thought. Transformation also happens without your mind being fed with negativity. Life offers you exactly what you need for your inner growth.

The argument that it is important to watch or read, because tools are offered for transformation, does not hold water either. The information provided is usually out of proportion to the sensational way in which the events are first portrayed.

In fact, the transition to the next dimension could be greatly stimulated if we used information technology to spread positive images and solution-oriented information.

### *The Painbody*

It can be quite difficult to turn away from everything that is sent to you. The people who preach it are often very loving and caring. Movies and books start off very pleasantly. Out of love, people try to inform you about the danger that is coming your way. Sometimes, deflecting the information offered feels like condemning the person. You also don't have to cut off all contact with the person in question. By staying with the desire to see the beautiful and to talk about it, you can help the other person to let more light into life.

Eckhart Tolle speaks of the painbody. He is referring to the part of us that enjoys all the negativity and feeds on receiving this information. There's a song by Doe Maar called 'Doris Day' with the beautiful line 'There's a button on your TV, it will take you of the hook in no time.' After five minutes of watching or reading, you will know what the approach of a film, documentary or book is. Is it negative? Let it go and do something else. It is precisely by no longer being preoccupied with negativity that the peace arises that is needed to heal and transform everything that has accumulated in you.

## *Sharing*

There is a tension here. On the one hand, there is the healing effect when someone talks about what has taken place. This allows it to get out of the person's system. This opens up a view of new possibilities.

On the other hand, there are several reasons to stop telling a story. As indicated above, telling the story contributes to perpetuating the misery that is shared. Because the circumstances discussed, are the sowing for the next event.

In addition, expressing is often done earlier to get recognition. The need to tell then arises from a need to be supported and to be affirmed as a victim.

Below is a way to get someone to express themselves that limits the negative effects.

- ◆ Examine together whether the intention of the telling is purely intended to let go of the situation
- ◆ Prepare as a receiver by knowing that you are listening to give space to the other person while remembering that it is just an event (see Part 1, Chapter 4)
- ◆ If you are hit, use 888 healing to remove your contribution from the situation
- ◆ As a narrator, do your best to sketch the circumstances with as few details as possible. Always ask yourself if the details are subservient to sharing. If necessary, take time to let feelings that come up be there, using 888 healing to process them.

## *(In)justice*

One aspect that can certainly be looked at differently is the theme of (in)justice. It appears the moment you choose a side. You divide the world into someone who has been harmed, which immediately creates a perpetrator. Mentally, we know that this is

not the case. There is only the working out of the law of sowing and reaping. A wish of two or more parties has been realized by bringing them together. On a heart and gut level, this can come in very differently.

### *Looking with the eyes of Divine, Love or Christ*

Years ago, James Twyman introduced a method to deal with injustice differently: He suggested looking at a situation that affects you through Divine's eyes. You can also choose to look with the eyes of Love or Christ. As you do so, ask yourself:

- ✚ What thoughts
- ✚ what feelings and
- ✚ What words or actions

would arise if you look at the situation with these eyes.

It is quite difficult to do this. It requires you to be able to put yourself in the shoes of the other participants. It also appeals to your imagination. You can get an idea of what the other person is doing. What could be the motive for the behavior that affects you? In addition, it requires you to step beyond the judgmental voice of the ego and receive new, loving information.

### *An example*

In the gallery of the apartment there are regularly empty cans that someone has left behind. A human thought can be one of annoyance, for example, "Clean up your mess. You have a trash can at home, don't you?".

One day there is a can on the first step of the stairs to the top. Seen through Divine's eyes, the thought appears: 'what a beautiful can. The colours contrast provocatively with each other'. The feeling that arises is one of joy and wonder. It stems from the observation 'what a funny place to put a can.' The action that is received with inspiration is to put the can on step two. An action that once again evokes a feeling of joy.



## *Back to square one?*

By going out into the world and actually putting your life in the hands of Divine, you step out of your comfort zone. When you leave the familiar behind in this way, all kinds of old patterns and habits can resurface. What you thought you had processed requires attention. This can give the idea that you are back to square one. That is not the case. What happens is that an unprocessed piece presents itself again.

Some aspects of yourself require you to look at them multiple times from different perspectives. Can you become aware of the fact that you can now perceive what presents itself, where before you would rather sink into a deep hole of depression or self-reproach?

In addition, you will have access to methods and knowledge that you did not have in the past. You have reached the same point at a higher level. Think of it as a spiral. As you go around in circles, you rise a little higher in consciousness. You dissolve a deeper layer and take more distance.

## *Let yourself be guided*



A nice exercise to discover what happens when you put someone else in charge is the following.

You do this exercise with two or more people. Place a number of chairs in a room. The person who allows himself to be led chooses someone from the group as a facilitator. The person closes their eyes and lets the supervisor spin them around a few times.

Then they walk around in the room. The guide determines the route. At some point, it is indicated that there is a chair behind the person and that they can sit down.

The person being accompanied, keeps their eyes closed at all times and sits down in full confidence. That is, of course, the most perfect situation. Notice what happens when you are shown around. Do you tend to open your eyes and see where you're going?

### *Signing the contract*

After this exploration of the benefits of surrendering our lives to Divine, it is time to sign the contract with your Self. Maybe you haven't taken the time to fill it in yet. Or you only did come a short way.

Take a look inside. Ask yourself if there's anything holding you back. Is an old piece of domination by religious authorities coming to the surface? Or does your ego feel too threatened in its freedom of movement? Whatever it is, you can surrender it to Divine and decide to sign the contract. Even if it is only filled in for a small part. You can always add more. The question that is asked is whether you are willing to 'entrust yourself and your life to Divine'. It has your best interests at heart.

# The head

After two exploratory chapters, we start the journey outside. We start in the head. The head that thinks and has ideas, that helps us to keep a grip on the world and is therefore also the biggest obstacle to being able to experience and feel deeper layers.

That is why we clear our heads as much as possible, while at the same time investigating what information is available that can help us with the question 'what is my mission?'

### 3. In the world, but not of the world

Part 1, chapter 11 dealt with the idea that 'you are not your body'. A very valid statement. The conclusion, which is often linked to this, is that you can process everything in consciousness. You may wonder what then the function of the earth is. After all, we have come here in a body to experience in it.

#### *With your feet in the clay*

In Divinefulness, life in a body, on this earth, in all its facets is an important starting point. You are in embodiment here because there are lessons to be learned here in a way that is not possible anywhere else. The body is sluggish and requires constant attention. It also tells you directly what the state of your consciousness is like. When you are in complete harmony with Divine's intent, it functions, and its appearance is completely as it is intended. Any deviation from this perfection in health and mind is reflected as a dysfunction of your body.

#### *The world is a mirror of all aspects of your consciousness*

In addition to your body, every circumstance, every relationship, every success or failure is a direct reflection of the state of your consciousness. If you observe sincerely, you will see yourself in the outside world. In this way, life on earth becomes the mirror in which you can perceive where there is still work for you to do.

#### *Not just now*

For many people, spirituality is initially a safe haven to catch their breath and reconnect with themselves. Such a time-out within yourself is fine. The important thing is not to get stuck in it. The outside world is the mirror that shows you where you can

grow. Don't let the thought that you are not far enough advanced, that you still have to learn more before you can start the journey outside, hold you back.

### *The Surf and Tsunami*

You can imagine going out into the world as the surf. It starts with a retreating movement, in which, in the silence and stillness of meditation, you recharge your batteries and receive inspiration. Then you go out and make contact with the material world. The wave rolls over the beach. You gain experience. Then you return inward to process what you have experienced.

The comparison with a Tsunami also fits into this image. It occurs when you focus your attention solely on meditation. Your consciousness is moving further and further away from the earthly dimension. There will come a point where life will drive you out to participate in the dance with other individuals. That can be a shocking experience because you have been deprived of contact for so long.

### *The Gift of Time*

This world of matter has the unique property that there is time. Due to this phenomenon, it is possible to delay the consequence of a seeding action. In other words, you can take advantage of the fact that there is time between the moment of sowing and reaping. This is not possible in other dimensions. There, an action leads to a direct re-action. On the earth, during the time you see the harvest gathering, you can seek guidance with Divine to discover how best to deal with the given circumstance. Remember that nothing is set in stone. When you are willing to look at your sowing with forgiveness and remorse, their effects can be greatly reduced and possibly even nullified.

Another possibility that arises through time is the conscious exploration of what wants to be manifested through you. These are the well-known four steps: asking for inspiration, receiving it, followed by asking for the how, and only then taking action. The final step is to go out into the world and realize the idea you received there.

### *Attaching value*

Don't value anything. A frequently heard statement, which you can see here in two ways. The first is by looking at the world from a distance and not connecting with anything. Indeed, you don't value anything. The flip side of this approach is that you miss out on the fun and joy that everything in this world can give you. Therefore, appreciate everything, see the beauty that the creator, Divine or a Divine-inspired person, has put into it. At the same time, let go of any idea that your life would be less valuable without a certain object or person. Everything contributes to your happiness, at the same time you don't need anything to be happy, other than your connection with Divine.

### *Time to land for real*

A vast majority of humanity has not committed itself to a life on this earth. They fled. This can be in spirituality or in work, money, alcohol or drugs. Because of the loss of connection with the true nature of life, the beauty of life eludes their attention.

Only when we land, fully connect with the world of matter, will the world of Love and Peace come into being. This requires us to look at all the ego-intentions that have been created in the past centuries and to repair the damage done by them.

## *The Importance of Physical Presence*

Mind knows no difference between fantasy and reality. That's why athletes can prepare for a competition by repeating it over and over again in their minds. With this, the mind can be taught how to react to any expected circumstance. Despite all this mental preparation, the athlete may be confronted with slightly different circumstances when entering the material world.

In the mind, you are a player and a referee at the same time. What you come up with is the truth. You can completely miss the mark in self-examination. No matter how closely you look, seeing your own blind spots is almost impossible.

A final point to mention is the memory that is stored in your body cells. By physically being somewhere, information can be brought to the surface in a fraction of a second. That which is hidden deep in your subconscious immediately comes to the surface as soon as you are in a certain environment or situation.

## 4. Emptying

In this chapter, we clear our heads as much as possible by appealing to our feelings. We then use this feeling to detach ourselves from who or what still binds us to what we thought we were in the past. For this purpose, the technique of uncording is used (see chapter 7 in part 1). Finally, this technique is expanded to extract the apparent reality of the world outside of us.

### Reveal your true reality



In the previous chapter, two sentences were mentioned that are helpful in experiencing the essence of Divine.

Before you read on, take a moment to recite the prayer up to and including the phrase "I ask you to reveal to me the true reality of yourself." Stop there and enter the silence.

Possibly, your head is telling you everything it knows intellectually about Divine. Ask to move beyond this voice and then receive impressions that will tell your heart about the true reality of Divine. It can only be captured in feeling and knowing. In any case, words are inadequate. The more you allow this experience to happen, the emptier your head becomes.

### Ignorance

Intelligence is usually seen as the highest good. The one who is intelligent is held in high esteem and deserves to be richly rewarded. The intelligence that is being talked about here is about mental intelligence: that which can be reasoned and conceived with the brain. According to psychologist Howard Gardner, this is just one of nine intelligences out there. He distinguishes the following types of intelligence. In parentheses is an example of an area of interest that someone has.



- ✚ Mathematical (research)
- ✚ Linguistic (writing)
- ✚ Visual/spatial (art)
- ✚ Naturalistic (nature and animals)
- ✚ Musical (music)
- ✚ Existential (spirituality)
- ✚ Kinesthetic (sports)
- ✚ Emotional (connection and feeling)
- ✚ Intrapersonal (self-knowledge)

In this model, everyone has a mix of the above aspects.



The beauty of this model is that it gives a much more complete picture of a person's wisdom and indicates that it lies in different fields. Go through the list and see where you are intelligent.

In addition to these forms of human intelligence, there is the Divine intelligence, which transcends any earthly form. It is the intelligence of Love.

### *What wants to unfold*

As described in part 1, receiving inspiration has a double up and down movement. In a way, there is a lemniscate to be seen in this. The first step is to reach out to Divine for inspiration. In the silence and stillness of meditation you open your being to receive insight into what a next step might be. In answer to your question, it will come in. Then you reach out to Divine again with the question 'how can I best put this inspiration into the world?' This seems to be the end of the matter. You ask, get answers, ask for implementation and get to work. It may well be that this last step does not have to be taken or does not have to be taken immediately. You can keep the peace to feel if it is the intention to take the step. Is your ego impatient, does it want to move on now,

while the time may not be ripe yet? Trust that you will know when to take the next step. In addition, you can consider the possibility that the idea is just that, an idea that you have thought in order to introduce it into the world. Or is it more effective to share your idea with someone else, who will then take it further?

### Uncording

In part 1 we discussed uncording in detail. Below is a brief summary of what this technique entails.

In every relationship, energetic connections arise. In the energetic field of a human being there are seven energy points, called chakras. In uncording, the chakras are passed through while you have something or someone in mind. At each point, you can feel what the connection looks like. Then you will be asked if the connection feels good or if it can be changed. In the latter case, the cord is cut, and a new cord is applied, if desired. This exercise is mainly about accepting what your intuition is giving you. Clear your mind and follow what your heart is telling you.



Ask yourself what or who is still holding you back from really growing into your essence. Then do the uncording exercise to make your energy cleaner.

### *That ain't going to work anymore*

It can happen that resistance arises when applying new connections. The idea is that the relationship is what it is. The belief in the current status quo is so strong that it blocks any possibility of change. When this happens, realize that nothing is set in stone. Change is always possible. What can be helpful in allowing that change is to ask yourself the question: is this really true? In doing so, you make an opening in a hitherto established fact.

You can also imagine what it would be like if the situation was suddenly the way you wanted it to be. How does that feel to you? You may experience that it is less pleasant for you when the relationship changes than you would initially think. With that, the initiative comes back to you. First, work on embracing the situation the way you want it.

### *Uncording the world consciousness*

Everyone has a relationship with the state of the world. All stories about war, deception, malfunctioning institutions or companies, the climate and so on. If you take the time to reflect on how many opinions and ideas you have about how the world works, you can start to see that you put a lot of energy into rejecting all kinds of situations and people.

Christ invites us to let go of "that which we do not want to perpetuate." All the energy you invest in rejecting and repelling might well be used to dream of the world you do want.



In the next exercise you are going to uncord yourself from the world consciousness. You don't have to solve anything. The idea is to clean up your connection to it. By changing your connections, you can relate more lovingly and relaxingly to the "misery" in the world. This reduces the nourishing power that your energy gives to maintaining these undesirable situations.

Visualize a large sphere in which you see all your thoughts about the world. Take the time to put in anything that you feel is "not right," "needs to be changed now," "makes your hair stand on end," "that makes you so angry," or whatever words fit. Complement this with anything you think is great, absolutely should stay that way, etc. With this energy you do the same exercise as before. Go through your chakras and clean the cords that run from you to the world consciousness.

## 5. I don't know

With this chapter, we dive even further into the depths. If we want to go out into the world, it is important to know what we are going to do it with. Or is it something else?

When preparing the second part of Divinefulness, I had again made an outline. Each meeting was given a theme and a number of topics to cover. During the preparation, I entered a period in which everything became uncertain and unclear. As a result, it seemed as if the preparations for the fourth meeting did not go smoothly either. When I asked for guidance during meditation, I always felt 'I don't know' come up. Maddening! Until I noticed the little 'yes, that'. With that, the topic of the next meeting suddenly became clear. It was 'I don't know'.

With that, a lot fell into place. We think we know what our mission is and what aspects we need to achieve it. It's the carrot we hold out to ourselves to take action. Gradually, we discover that things are different than expected. With the ego's limiting glasses on, we did not see the great heights to which we could ascend. As our glasses become cleaner, what we see as our mission changes. There's nothing wrong with that, there's no other way. Every step we take teaches us to be more and more in touch with our true selves and to grow into greatness. The more we are able to let go of what we believe, the sooner we can receive the inspiration that will lead us to where we can truly shine.

### *I really don't know*

The phrase 'I don't know' can be intoned in different ways. For example, you can say in a dejected tone, with drooping shoulders, "I ... Know...any... more.'

A completely different way is to say 'I don't know'. In doing so, you square your shoulders and stand proudly upright. By doing so, you are acknowledging the truth, which is that you do not know. In addition to the aforementioned greatness, we can only look into the moment of now, that's all we know. The greatest Intelligence of the Universe oversees the whole and can therefore look far ahead to what is about to happen.



This next exercise will help you sink all the way into the 'I don't know'. Before you start, have a pen and paper ready.

Then close your eyes and descend into the silence of meditation. Now let your head tell you what it's all sure of. It could be that you are a man or a woman, that you need to breathe, that you can't read without glasses or that we live in a loving Universe. So, include both negative and supportive thoughts in this exercise. With every thought you say, 'I don't know'. Really do it with every thought, don't be selective and withhold certain ideas. Feel that this is the truth, you don't know, it could also be different. If your ego rebels, reassure it and move on, you really don't know for sure. Think of it as the fire of 'I don't know' into which you throw everything: your certainties and all the beliefs you have.

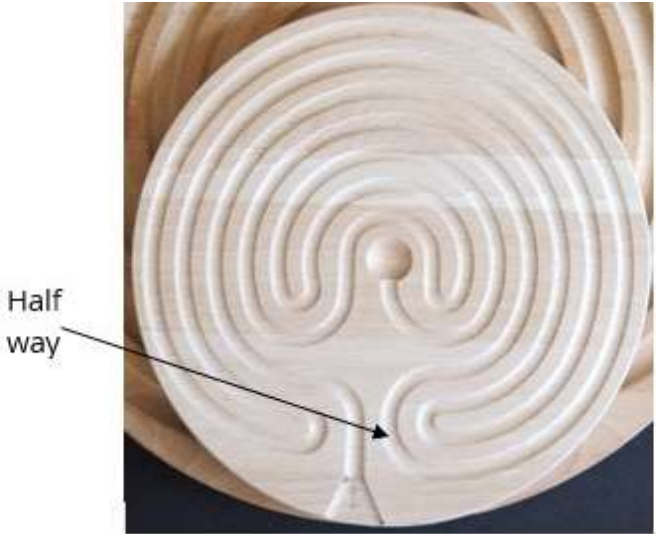
When you notice that your head has become still, open your eyes and take the paper. Take the pen in your non-dominant hand and ask Divine, who knows what it wants to tell you. Start by writing, "Dear, and then your name." If nothing comes, say softly to yourself 'I don't know' and focus your attention back on the pen in your non-dominant hand.

### *Labyrinth*

Another way to connect with your true knowing is to walk through a labyrinth. A labyrinth is different from a maze, with

which it is often confused with. A maze is meant to get lost in it and find the exit again after many attempts. The labyrinth is an ancient form meant to find yourself. It is a path in which the center of the form is reached through many twists and turns. From there, you turn around and follow the same path back out. You can't get lost in a labyrinth, normally. There are labyrinths all over the world. There are a number of standard shapes, on which many variations have been devised. Another way to 'walk' it is with a finger labyrinth. A printed or carved version is used for this.

The labyrinth represents the way inwards, of self-discovery. What is special is that if you are halfway along the path, you will end up opposite the entrance to the labyrinth. It seems like you're back to square one.



If you follow the road carefully, you will notice that you get stuck in certain places. Your feet don't want to go any further, your finger refuses to go any further. It could also be that your eyes are drawn to something, you hear a song in your head, suddenly think of something or someone or that something is on the path.

All this information is offered you to get closer to yourself. It can therefore be helpful to start walking the labyrinth by asking a question. In this case, you don't, because it's about receiving what you don't know.

Prepare yourself by relaxing yourself and then step into the labyrinth. Feel where you falter and be alert to information that comes to you. Take the time to experience resistance and don't force yourself to move forward if you feel it's not the time yet.

Once you arrive in the center, you can in a physical labyrinth look into the four cardinal directions and notice what is happening within yourself. When you're done, start your way back. This path stands for rebirth, the start of a new beginning. To this end, consciously let go of everything that no longer serves you, that you no longer need. And then move back to the entrance. Again, there will be places where you will receive information.

At the end of your journey, thank the labyrinth and Divine for the information and wisdom it has given you. Write down the information you receive right away so that it doesn't evaporate.

### *Can you believe it's different?*

In this last part of this chapter, an important question to ask yourself in situations that you experience as difficult. This one is 'can you believe it's different?'. If something has occurred in a certain way over many years, the quick conclusion is that it will always be that way.

On the other hand, everything is subject to change. With the idea that 'it is the way it is', you put a concrete wall around the situation, making any adjustment impossible. Therefore, ask yourself the question 'could it be different?' You may notice how thoughts immediately arise about how you know the others will behave, which brings you back to 'it is so, not otherwise'. This indicates that you are getting something out of the existence of

the situation, even if it is only that you have no idea how to react when others change their behavior.



A nice exercise to do in cases like this is to start by connecting with 'I don't know'. Everything you assume now about the situation is based on old assumptions, on things that happened in the past. See how it always goes and then keep saying 'it could be different'. Then let a feeling of change arise within yourself. See a beautiful field that has just been sown. And enjoy the green blades you see coming out of the ground. Then turn it over to Divine to make changes, both in your attitude and in the reactions of others.



## Out of the head, into the heart

With an empty head we descend into the heart. We consider going out into the world from the point of view of feeling.

To do this, we first make contact with the inner child, that part of us that is filled with old ideas and beliefs and is also the gateway to our soul connection with Divine. From there, we explore connection and what our mission is.

## 6. Working with your inner child

The inner child is a way to get closer to your inner self. It's a way to tackle a lot of things at the same time:

- ✚ Connection with your beliefs and inner knowing.  
The inner child reacts from old fears and beliefs. At the same time, the child naturally has a strong connection with Divine, offering you direct access to your soul and your inner knowing. Actually, the beliefs cover the contact with Divine and working with your inner child helps to clear this connection.
- ✚ Take yourself seriously.  
All kinds of information arise from your inner child. This can be in the form of old patterns or in the form of inspiration. Normally, you copy the behavior of your parents. What you heard in the past, you now say to yourself. You ridicule fears, don't act on the inspiration, or exhibit other behaviors that you inherited from your parents. Through the inner child's work, you can change this behavior and begin to take what is happening inside you seriously.
- ✚ Becoming the parent for yourself that you never had.  
You didn't like this way of reacting in the past. Nor is that the case now. You're so used to it that you don't notice it anymore. With inner children's work, you can start working on becoming the loving, understanding, parent to yourself that you never had.
- ✚ Loving Yourself.  
The above-mentioned aspects will make you love yourself on a very deep level.

## *You're pulling yourself apart*

In this teaching method, you divide yourself into two parts. The aim is to make these two parts work together in harmony.

### *An adult part*

A true adult lives fully in the now. This part knows that you've been through a lot and are still here and can handle anything with the tools you've collected over the years. In addition, it knows that you are allowed to make mistakes and redo things after you have learned. This part has an active memory of the connection with Divine. This knowledge allows the adult part to respond in a calm and relaxed way to situations that are perceived as unpleasant. The panic, irritation or fear that may arise is recognized as a part of the inner child, which can be heard at a later time. As long as you have not yet made this dichotomy, you react from your hurt child part, so that another person reacts from the same hurt child part with all the consequences that entails.

The function of the adult part is to listen to what the inner world is saying and to respond to it lovingly. This part asks what the child part has been triggered by and responds with understanding. In doing so, the adult part refers to the here and now and shows that it is different now. With that which comes up, the adult part works on letting go of or transforming the beliefs that live in the inner world. Inspiration that comes from the child is taken seriously and put into practice. In addition, this part brings structure by continuing to see which things need attention. It ensures that you leave on time, have food at home, etc.

### *The child's part*

The other part is your child's part. It's a playful, joyful, and uninhibited part of you. You can connect with it by bringing up a memory from the past. This will be discussed in more detail below.

The inner child has only one function and that is to be itself. That sounds simple and it's not. That's because we've learned not to be ourselves and to suppress inner impulses almost immediately. Moreover, this part is buried under all kinds of ideas that have been inculcated from the outside world. By working with your inner child, you remove these beliefs layer by layer and you get closer and closer to your soul.

A very small child, a few months old, has a very pure connection with Divine. Over the months and years, more and more beliefs fall over this purity. Any experience that is not fully joyful and viewed with love at the time forms a conviction about life. These beliefs color and distort the inspiration that emerges.

The inner child lays, as it were, on top of your intuition. It covers your inner knowing with all kinds of beliefs. It is therefore a gateway to a deeper contact with your intuition. The inner child harbors all kinds of ideas and thoughts that are not true. As a result, what you receive in terms of inspiration comes in distorted. The cleaner you make this, by constantly paying attention to when you are triggered, the purer your connection with Divine becomes.

### *Growing up*

The adult part gives the child complete freedom. This means that the child is allowed to say and think anything. At the same time, the adult keeps an overview and guards healthy boundaries. An example could be that the child asks for sweets. The adult asks to make it specific. What kind of candy do you

want? Once that is clear, the child may then want a few pounds of it. If you give in to that, you eat yourself completely nauseous. At that moment, the adult part becomes the child.

The adult part knows that this is not necessary. It's about the experience associated with the candy. It can therefore first be investigated why the desire for this candy arises. Note that the intention is to investigate the reason, not to not go and get the candy, which may indicate not taking yourself seriously. It may be that just talking about the candy and the experience is enough. The story will have both pleasant sides and less pleasant ones. It is precisely by investigating these that you find the origin of the desire for sweets. And it may be necessary to buy the candy first, consume it consciously, and thereby gain access to memories.

*What do you need, what is happening?*

The basis of children's work is to regularly ask 'what do you need' or 'what do you feel like'. Another question you can ask is what happens when you, as an adult, know that you have been triggered by something. The point is that when you receive a response, investigate it and take action.

The possible search leads you to something, you just don't know what. Most of the time, you discover some old belief that needs to be dissolved. Or a pleasure that you had completely forgotten, such as eating an ice cream or the pleasure of dancing on a square.

A pitfall is to fulfill the child's wish in your mind. Does your child need water? Then the adult says, "Imagine walking to the faucet and drinking some water." With that, the desire to go to the tap to drink water is not taken seriously.

## *Taking Yourself Seriously*

This brings up the next point: taking yourself seriously. When you make a promise to your inner child, keep that promise. Working with your inner child is therefore equivalent to taking everything in yourself seriously. Because we don't take ourselves seriously and don't keep agreements, we make with ourselves, a feeling of unreliability about ourselves arises. You see yourself as someone you can't rely on. Which is even true. In practice, you make a resolution and then don't do it. By embracing your inner child, that unaccountable behavior becomes much more visible. You will find yourself promising things to your inner world and then not keeping them.

This work is therefore essentially in line with the contract you have made with yourself in chapter 2. Take every hunch seriously and act on it.

## *Becoming the parent you never had*

The inner child is also the memory of how your life used to be. For most of us, it wasn't a big party. With the contact, the stories about negative experiences slowly come to the surface. With that, you have access to the beliefs that have arisen there.

To get to this point, you need to build a relationship with the inner child. This requires you to adopt a loving attitude, to listen to what is being said and to receive it in complete openness. That takes a lot of practice. This is because everyone copies the behavior of the educator to themselves. You respond to the same disinterested, absent, dismissive attitude towards yourself as you were responded to in the past. When making contact with your inner child, it is therefore important to always ask yourself 'how would I feel if I was spoken to like this?'

## *A safe haven for your child*

There are situations in the here and now where it is not convenient to put your inner child directly in the foreground. An example of this is a job interview. In such a conversation, you are expected to behave according to certain labels. Having a conversation about an incorrectly delivered product or service is also something you do from the adult part.

To be able to do this calmly, it is useful to create a place where your child can feel safe. One way is to tell the child that they can sit behind your back. This allows it to feel safe and still get to know how the adult handles things. If this feels too unsafe, you can also imagine that there is a room in which the child can play. In any case, it is important to say that if the child is triggered, this may be indicated and that, when the conversation is over, attention will be paid to it. An agreement that you will keep.

For example, the adult indicates that they are not happy with the way something has been handled. In doing so, the child's part can be triggered out of old fears that it will be reprimanded if it speaks like this. By experiencing that no disasters happen if this is done now, the inner world experiences that life in the here and now is different than 'then'.

Notice that the inner world can whisper inspiration to you that is important in the conversation you are having.

## *Different ages*

When you connect with the child in you, you can ask how old it is. Also, by the way it speaks, it presents itself to you, you can tell that it is very young or of an older age. The age doesn't matter, but the way you communicate with this part does. You address a younger child differently than an adolescent. Most of the time, you'll come across older parts first. Those memories are closest

to the surface. They also often block access to earlier phases in your life. Over time, you come across younger and younger parts.

They are all parts of you that have decided not to grow any further. Through the attention and the transformation of the beliefs, the child grows. In the end, it coincides with the adult part.

### *A grown-up child*

This is not the end of the work. In the next phase, other parts can make themselves known. The vista you can keep in mind is that an adult child arises. Someone who has a pure connection with Divine. This person lives entirely from the impulses given, fully aware of the impact that the actions have on the outside world. As a result, they are carried out in such a way that they bring only joy and insight to all. You have become the child Jesus meant and are living in the Kingdom of Heaven.

### *This is what I have to give to the world*

At a young age, you knew very well what you had to give the world. That makes the inner children's work a way to discover what that is. Because what you knew then, is now snowed under a thick layer of belief that it is not possible. Because you can't make money from it, no one is interested in it, or your parents will disapprove, or thousands of other reasons.

### *Voice dialogue*

In the inner children's work, a technique called voice dialogue is used. The technique can be used for much more. Actually, you can use it for any situation where you feel like there are two parts. For example, with this technique, you can talk to your deceased parent, a part that feels like not yours or even Divine.



In the beginning, voice dialogue works with two physical chairs in which you really let the two parts sit. When you have more experience, you can also do it in your head. There is the pitfall that you think you know too quickly what the other part will say. Be alert to that and when in doubt, grab two chairs again.

### *A first meeting with your child*



Set up two chairs. The first question you ask is 'which chair does the child want to sit on!'. This question often painfully shows how dominant the adult part is. You decide that the child wants to sit in a certain chair without asking. Regularly, the child wants to sit in the place you had planned for yourself. When it is clear where the child wants to sit, you sit in the other chair. Imagine that in the chair across from you is your little me.

### *Connect with your child's part*

The next step is to make contact. How do you do that? It can feel very strange. How do you reach out for something you essentially don't know. Imagine meeting a small child that you would like to connect with. You don't do that in your mind, but by saying words out loud. Something like 'hi, how are you?'

Such a first meeting can be very emotional. You're reaching out to a piece that has been neglected for years. It may be that the child doesn't want to talk to you at all, turns away from you, or even runs away. Whatever it is, do your best to receive it in love and acceptance. When there are tears, let them flow.

### *Let the child speak*

When you feel that you have managed to make contact, you get up, consciously let go of your parent energy, sit in the other chair and sink into the energy of when you were little. Take your time for that. Now it's your little self's turn. You may feel resistance, will cower down or feel anger. It could also be that there doesn't seem to be anything at all. Whatever there is, it's okay.

Ask the child part if it heard what was said. This is important because it can be used to see whether the child can receive what has been said. You ask this question every time you switch from adult to child and vice versa. If what has been said has not been heard, it means that there is resistance or that this part has been dissociated. It has removed itself from the situation for safety. Accept it in love and try to get your message across again next time.

The child is now allowed to speak. Often your voice sounds different, higher, more playful.

### *Where are you*

At first, the child usually reacts with disbelief or defensiveness. It's so used to being pushed aside. The reaching out feels unreal. Ask the child where it is. It has often hidden or built a world of its own where it does not feel the pain of being separate. Listen to what is being told and accept that it is the way it is right now. Your child may have no idea who is sitting across from him/her and why there is suddenly attention.

### *What name does the little child want*

It is important to consider what name your inner child wants to be addressed by. The name you used to be addressed by can be very painful for your child. Words like little one, sweetheart, no matter how well-intentioned, may not fit either.

Ask the child what they want to be called. Realize that as an adult you don't know anything about the child.

### *Back to the adult part*

After making the first contact, it's time to go back to the adult part. Ask the child if it's okay for the adult part to say something. Give the child appreciation and gratitude for what they have shown, even if they have refused to connect. It has shown itself, which is important. Promise the child that you will be back in a minute.

From the adult part, you question if you have heard and understood what was said by the child. Repeat it in your own words.

### *This is a part to love*

In the beginning, as an adult, you may have the idea that you are having a conversation with a completely unknown thing. Try to realize that this is the most precious thing you possess. You're talking to yourself. If it doesn't work, put someone you love very much in the chair across from you. See how you connect with them. Listen to what words you speak. Then put your inner child back in the chair and utter words with the same intention. Feel how valuable this part is to you.

Ask yourself if you can come to love your child as much as you love the person you have in mind. And then tell that to your inner child. If it doesn't work, you can ask for help from your inner child.

### *Back and forth*

The conversation goes back to the child. Again, the child tries to tell what has been said and indicates what he thinks about it. Keep an eye out for lovingly receiving what is being said.

### *A division of tasks*

In order for this meeting to be the beginning of a continuous contact with your inner child, it is necessary to make a number of agreements.

The inner child has often given up. It has been hidden somewhere for a long time. It has a suspicion towards the adult part. Tell the child that it can tell you anything it thinks. That there used to be all kinds of restrictions and punishments. They no longer apply. There is an atmosphere of openness and acceptance here. Pay attention to the words you speak to the

child. Are they soft, inviting. Tell the child that if it wants change, it can only be done if it starts to talk. By constantly indicating what it needs. Give it the task of sounding the alarm if it feels that it is being forgotten. Ask the child what it will do if it feels that way.

The adult part has the most work to do. It should actively reach out and seek contact. Always practicing lovingly receiving whatever is offered. The child's agreed behavior is intended as an emergency brake. It is not the intention that the adult can sit back and wait for the whistle to blown. If the emergency brake is applied, it means that something is very wrong.

### *Finish with a pillow*

Often the child needs to be held or given a hug. To do this, take a pillow and place it on the chair of your inner child. As an adult, be very aware that this pillow is a representation of your child's part. Then pick up the pillow and hold the child in your arms.

Take care of yourself after you've made this first contact. Try to limit contact with the outside world, drink plenty of water, rest, and watch your dreams.

### *Let someone help you*

In the beginning it is difficult to start the conversation with your inner self. That's why it's useful to have someone help you make contact.

This person can help you to adopt the loving attitude, to keep repeating what has been said. So quickly a statement of the child's part is dismissed as not so important, from the past, as no longer valid or other statements that undermine it. See in this your attitude towards yourself. That's how seriously you take yourself.

If consultation is needed between the adult and the supervisor, it can be good to tell that to your inner child: 'I want to consult to get something clear, I'll get back to you in a minute.' or something like that. Don't forget to come back to the child's part

### *A lifelong process*

Children's work is something you do for the rest of your life. It may seem as if small things come up for a while, which will later turn into the more important things. Again, a thought from the 'grown-up' world, an apple or a candy is not really important. Your subconscious is constantly speaking in symbols and metaphors. Every object, image or thought that will lead you to something that can be transformed, is seized. There are many thousands of years of accumulated beliefs waiting to be looked at. Take every hunch seriously. The adult part may receive any form of communication in love.

A great way to help remind the adult part of the inner child is to let your arm hang down, turning your palm backwards, your thumb out. Invite your child to put its little hand in yours. If you succeed, you can walk around anywhere, anytime with your hand in this way, inviting the child to be with you. And that without anyone knowing that you are doing this.

### *Play*

A child loves to play and silliness. With the children's work, this aspect may also come to the surface. Give yourself permission to skip, play games you used to enjoy. Lie down in the grass, look at the sky or hold your breath for a long time. Ask your child what they need and follow that impulse. Anything is possible.

## Resistance

The adult part may tend to label certain topics as not necessary to address. Another reason that is given, is that by talking about the past, a parent is treated negatively. All these forms of resistance point to something that should be looked at. Ask yourself what the reason is for not looking at it. Keep asking for the reason for each rejection, until you find that you are indeed protecting yourself, not the other person. With this knowledge, you can go to your inner child and ask them to tell you about this.

Often the resistance has to do with the so-called lie of a happy childhood. It is painful to have to admit to yourself that all kinds of things have happened in the past that you have experienced as unpleasant. Remember that healing can only take place by shining light on it.



## 7. Connect

When you want to give your talent to the world, it is important to do so in connection with others. By entering into a connection, you can receive what resonates with the other person and thus offer what the other person needs.

When connecting, you can ask yourself the following questions: to what extent am I really paying attention to the other person? And am I connected to the world, or am I only half present?

### Attention

Attention is the gold of our time. Especially when it comes to giving it to someone else. Real attention is often hard to find. Attention is usually divided between dozens of things that want to be looked at. The future and the past also compete for a place in your thoughts where you search on your phone for the answer to a question that is asked in a conversation.

### *Listening*



When you listen to someone, you can practice being present with attention. Be aware, as you receive the words of the other person, to what extent you are really present. If your mind wanders, bring it them back to the conversation. Let go of thoughts about how you want to react to something. It may well be that it is no longer necessary to say anything at all when the person has finished talking. You can also let go of thoughts about what you think of something that is said.

### *Getting*



The other side of giving attention is receiving it. That's not easy for many. Ask yourself what that is like for you. Are you someone who quickly shifts attention to the other person because attention is uncomfortable, or can you receive attention?



When you are someone who likes to pay attention to others, you may feel that there is no place for your stories. Because you also have a need for attention. You get that attention the moment you take up space. You can do this by feeling and knowing energetically that there is attention for you as well. Open yourself to the possibility and discover that there are silences in a conversation in which you can say something. The next step is to actually claim the space.

Also realize that it can be difficult for others to give attention. Many people are mainly concerned with themselves and the vicissitudes that play a role in their lives. In addition, there may be the fear of what you will say. That's why it's easier to make small talk than to ask how you're doing.

### *Looking*

An important aspect of attention is looking at the other person. There is so much to see if you pay attention to the other person. A lot of communication is unspoken. That's also why it can be tricky. Seeing someone almost in tears, or unable to find words, is difficult to watch. As with listening, it helps to be aware of what your eyes are doing. Do they fly in all directions or can you pay attention to the other person and their attitude and behavior?

### *Unprepared*

Attentive listening can become even more difficult if you're not prepared for it. You are approached, busy with other things, or you are suddenly in the middle of a discussion. Realize that in such cases, your ego can be easily triggered. This gives rise to wanting to defend yourself or score points over the other person.

### *Dividing attention*

Having a conversation with multiple people requires you to focus your attention on the person who is speaking. This can be quite an challenge if the word jumps quickly from one speaker to the next. The moment you start to lose the thread of the conversation, there is a tendency to wander off. Ask yourself if you find the topic being discussed interesting. When this is not the case, you can choose to leave the group or be with the group as a whole with loving attention.

### *Me, you, me and we*

When connecting, you can perceive yourself and others in four ways.

*I*

The first way is to look at yourself. With 'I' you look at how you think you are. How do you experience yourself when you are on your own and isolate yourself from the outside world and all the labels you experience there. I is also about the needs you have and would like to see fulfilled.

*You*

You (both in singular as plural form) point to one or more other people. You try to put yourself in the person's shoes and imagine how they experience and approach life. This is often difficult because your own frame of reference gets in the way of being able to embrace a different way of seeing.

*Me*

Me is an interesting point of reference It's the way you think the other person sees you. You put yourself in the shoes of others and then think about how they see you or think about you. It is the answer to the question you ask yourself: 'how do I think you see me.'

Even more than with you, your own beliefs get in the way here. Everything you can think, reflects how you subconsciously think about yourself.

In addition, me is the not taking I seriously. From me you can think that you should do something, while from I you feel that there is no room for that.

### *I and me make we*

The concept of me really gets in the way of some people. They live more or less completely inside me. They are mainly concerned with the other. There are also people who are much less bothered by me. They live much more from the I-point of view.

As is so often the case, a balanced approach lies somewhere in the middle. Knowing yourself from your I-experience provides a solid foundation. That's how I see myself, that's how I think things need to be addressed, etc. Me is used in a new way, namely, to gain insight into how the other person experiences you.

### *How does the other person experience me?*

This creates a different view of me, namely the examined me. This is the answer to the question: 'how do you experience me'. The answer to this question will give you valuable information. It tells you whether your I-vision comes across to the other person. That can be quite confronting. For example, you may think that you are helpful, and others may reflect to you that they perceive you as intrusive.

### *We*

This brings us to the last way of perceiving: from we. How can we function together so that the self I see in front of me actually corresponds to what you are experiencing. In the end, this is where me and I coincide. You remain yourself and take into

account the feelings and needs of others.

*The other is that part of yourself that you haven't accepted yet*

This beautiful phrase from a Course of Love can be interpreted in two ways. The other person shows you what you can't yet look at with love and compassion. We mirror each other all the time. This means that if you are annoyed by something in the other person, you can ask yourself where you are exhibiting this behavior, perhaps unconsciously. It gives you a key to heal an aspect of yourself.

The other side is just as true. Everyone you admire or esteem reflects a part of you that you have not yet acknowledged to yourself. By realizing that, you can begin to embrace how great and wonderful you really are.

*Setting boundaries*

Connecting also means setting boundaries. Setting boundaries is often seen as the opposite of loving. Nothing could be further from the truth. Setting healthy boundaries is very helpful both for yourself and for others.

By setting boundaries, someone else knows where he/she stands. Because you have indicated your boundaries, you can experience safety. You have indicated how far you are willing to go. If that is exceeded, you tell the other person this. In doing so, it is wise to ask Divine to help you choose the right words so that the other person can receive your message.

Sometimes setting a boundary feels like abandoning the other person. Look at it from this angle. When you cross your boundaries and do something (for someone else) when it doesn't feel right, with how much love and attention are you present for the other person? In addition, it may very well be that you offer someone else the opportunity to assist someone by setting a boundary.

## *A cross in your diary*



One way to help you set boundaries is to put crosses in your calendar. These crosses mark moments when you take time for yourself. Think of them as real appointments that you can't easily reschedule. It's a great way to protect you from running from one appointment to another appointment and forgetting about yourself.

### *Explaining*

This can feel awkward. Just reserve time for yourself. When you do this, it feels like you have to explain why you can't make an appointment. Most people have a tendency to explain their doings without being asked. That is not necessary. You don't owe any explanation to anyone but yourself. Simply say that you have another appointment or have decided not to participate. Often this is accepted without question, especially if you know inside that this is the truth. If you are challenged to give a reason, stay true to yourself and share only what is necessary. Divine will help you in these cases if you ask.

## 8. Mission

It's time to get outside. To discover and offer what we have to offer the world. This is usually grouped together under the term mission. The term mission is not always viewed positively. Why does everyone need to have a mission? Isn't it mainly meant to put yourself on a pedestal? A mission is more than that. How this works is explained in this chapter.

### Accepting help

Before we start with the theme of mission, there is another topic that should be highlighted: accepting help. A lot of Divinefulness is about asking for help. Only when you ask for help, is there the possibility of getting an answer. That's because Divine only acts at your request. Any other way would be a violation of the free will we have been given. The free will that allows us to do our own research and thereby find a unique expression of the Universal Truths.

It may just be that the answer you are offered is different from what you had in mind. Do you reject it? For example, if you ask for help from someone and the way this person wants to help you makes your hair stand on end. Can you see that you may not be helped in your own way and yet you will be offered a solution that will help you further?

### *Oppotunity*

The above word evokes an immediate reaction from almost everyone. There is an r missing in the word, the right word is opportune! A correct observation. At the same time, there is a wise lesson in oppotunity. In everything in life, you can find a missing r. Something that makes you decide that the information (or help) offered is not useful. For example you can

discover a wonderful workshop. Unfortunately, the dates on which the workshop is given are exactly on days when you have already planned something else. Or the person has an accent that terribly annoys you.

When you get over the missing r, decide not to go to your beloved appointment or get over your irritation with the accent, you can participate in the workshop and learn a lot. Remember, you can always find a missing r. By accepting that it is always there, you give yourself the opportunity to receive so much more. See what you see in terms of possibilities around the missing r.

### *I don't hear a voice in my head*

People expect an answer from Divine like a voice speaking in their heads. Sometimes that's the case. Much more often, the answer comes to you in a completely different way. By a passage you read in a book, a song that is played on the radio of which one line suddenly sounds deafening to your ears. It is also possible that someone says something to you, a butterfly flies in front of your eyes, or you suddenly know something.

### *But how?*

At many points in the spiritual journey, it can feel like you are stuck. You really don't know how to do anything. The conclusion is quickly drawn that you can't go on, 'because you don't know how'. You can always ask Divine to help you where you see no way out. It may be that once again a feeling arises that you can't even do that. Then ask for help to remove that blockage. Continue to ask for help with whatever comes up. You sink a little deeper each time. There comes a point where there is something you can and want to ask for help for.

## *Receiving*

A final point to mention: is being able to receive. Are you able to receive what is offered to you? Or do you feel burdened by getting something? Do you feel that you need to give something back in order to restore the balance? A beautiful statement is this: the receiver gives the giver the gift of receiving. Precisely because you, as the receiver, accept what is offered to you in love, you also give the giver something. Namely, the joy that what is given is accepted by you.

## *Everyone has two missions*

There are at least two reasons for the journey that everyone makes on this earth. The first is an internal search for who and what you really are. The other reason for being here is to assist others in their earthly journey. You can say that everyone has two missions: one personal and one worldly.

### *Your personal mission*



Internally, we are all looking for the same thing: answering a burning desire to know what is going on. Because we are all unique, we all describe this quest in a different way. How would you describe your personal mission?

### *A Worldly Mission*

Many companies have a mission that is very much written from the ego. Often, it's something like 'we're going to provide x number of people in a y number of countries with this or that'. There is another way. By taking a mission much broader, a completely different feeling is created. For example, there is a T-shirt brand whose mission is to 'make people smile'. This doesn't say anything about what the company makes or how they're going to do it. However, it does say that this company wants to make a positive contribution to the world by handing out smiles.



The big advantage of this mission is that the company can also make cups or billboards. The only condition is that a smile appears when the product is seen by people.

### *Guideline*

The beauty of a mission is that it gives you direction. Looking at your mission, you can decide whether what you undertake still corresponds to it. If not, it's time to either change your mission or make sure your activities or actions are back in line with the mission you've chosen. A well-chosen mission also gives you the impulse to get out of bed every day in joy and take your mission out into the world.

### *Finding Your Mission*

Now that the importance of a mission has been demonstrated, the question that arises is probably, 'how do I find my mission?' There are a number of ways to gain more insight into your mission.

#### *Write it down spontaneously*



A simple method that can yield surprising results. Close your eyes, connect to Divine. Then take a blank sheet of paper and write on it: my mission is and then write down what comes up.

#### *7 times why*



Another way to get to your mission is to do the process of 'seven times why'. Basically, the exercise consists of answering the question seven times: why is it important for you to? (At the back of the book you will find a form to fill out) The first question is about being successful. It is important to realize that success does not have to consist of a very large car

plus a house with a swimming pool. Being successful may just as well be to have enough time to relax in your own way and at the same time live your passion. If, despite this explanation, the word successful doesn't feel right, choose another word.

Answer the first question: "Why is it important to be successful?" On the next line, write down, "This is important because ..... Next, read what you wrote down as a reason. Then write down: Why is it important for you to ..... And here you fill in what the reason is. Answer this question as well and continue to ask the question 'why is this important?'. It is very helpful to keep repeating all the answers.

An example: Why is it important to be successful?

Because I want to contribute something to the world.

The follow-up question then is: Why is it important to contribute something to the world? If your answer is because I see a lot of wrongs in the world, the next question is 'why is it important to do something about wrongs in the world?'

For the next step, check all the previous points. You say, "I want to be successful because I want to contribute something to the world, because it allows me to do something about the wrongs I see. Why is it important to do something about the wrongs?"

You will notice that after a few times it feels like you are walking around in circles. As if you want to answer the question with something you've already said. Stay with this moment and wait for something new, a different perspective, to emerge. Often this has to do with something from the past. How did you experience things then, what was your home situation like? Once you've found that, continue writing down because ..... until you've taken this step seven times. Your deepest why gives you a very good indication of where your mission lies.

## *Talents*



Another way to gain insight into your mission is to look at your talents. You do this by writing down on a piece of paper those things that come very easily to you. Those things that make you think: 'anyone can do that.'

The next step is to ask a number of people if what you have written is just as easy for them. You'll be surprised to learn that most often this isn't the case. In addition, you can ask the same people what they find special about you. Again you hear things that you have 'forgotten' or see as so normal that they do not occur to you to write down.

It is important to realize that what comes easily to you can cause another headache. What you do in a moment is not ordinary, it is what makes you special. Ignore the discomfort that is felt when you say you can do something well. It's time to let go of belittling thinking towards ourselves. The idea that you step into your ego when you name your talents is not true. That only happens when you start claiming that you are the only one who can do something well and that everyone else is nothing.

The list you obtain in this way gives you insight into what you have to offer the world. They are your talents. Your mission lies in connecting the talents that make you most happy.

### *A blank sheet of paper*

Finding a mission is often hampered by the thought that it has to fit into today's world. Thoughts like that it has to make money, that there is no interest in what you have to offer or that there is still a lot to learn before you can start.



Take a blank sheet of paper, preferably an A2 or A3 sheet. You can also stick two or four A4 sheets together to get a larger sheet.

For several days, write down in one corner of this paper things that stand out to you. It can be a moment in a contact with someone, something you see on television or read in a book or a conversation you have. Take a look at what you've written down. You can add the talents you have collected.

Then take the time to write on the rest of the paper what you could do with these talents and ideas. Let go of anything that might be holding you back. Imagine that you have the place to live that you dream of, that income is not an obstacle, that people come to you in the right numbers or that you find exactly the job you dream of. Maybe your ambition is to do something as a volunteer. All is well, let your imagination run wild. A good metric to use is whether you would offer your activities completely free of charge.

### *Ask others to help you*

You can use some help in finding your mission. You can ask Divine to assist you with inspiration. You can also ask others what they find special about you or what they see as your contribution to this world.

### *Your inner child*



A final way to discover your mission is to connect with your inner child and ask what makes it happy and joyful. Travel back together to the time when you were about eight or nine years old and see what you were doing then. Were you outside a lot, were you into books, were you a wild boy or were you attentive to all kinds of things. A mission is something that makes you happy, your inner child knows all about that.

## The Big Five

In part 1, in chapter 4 the Big Five are discussed. These are five aspects or talents that you feel are the most important to express in your life. By choosing these five, you determine for yourself the five starting points of which at least one, preferably several, may be expressed in what you do.

Just like your mission, the Big Five helps you gain clarity in your life. On any occasion when you doubt its usefulness in your life, you can consider whether it aligns with your Big Five. If none of the five aspects are highlighted in such a occasion, it is very likely that you do not have to participate in it.

As an example, here again My Big 5

Fully live my **S**piritual Being  
spread the **C**hrist Letters Spreading  
assisting in **E**stablishing an **E**ra of Love and Peace  
bringing **D**ivinefulness into the World  
**A**ssist where I can

In this example, you can see that it's helpful to find an acronym (a short word that arises from the first letters of a row of words) for your Big Five so that you can remember them more easily. SCEDA is not an existing word, but it is easy to remember.

## Accepting help is quite difficult

As mentioned, others can help you find your mission. That was also the suggestion to the group: reach out to others and ask for help. In the next meeting, it became clear how difficult it is to ask for help. Everyone has researched on their own what their mission and Big 5 could be. Below are a number of reasons why it was decided not to reach out.

It's time to let go of the urge to go it alone, as it's time to grow from I to we. Working together requires that you are able to ask for and accept help.

### *It's always pulled out of my hands*

Probably a very recognizable one for many. You ask for help and before you know it, someone else has taken over the entire project from you. It can take practice to stay in control and indicate that you want help, not someone who 'takes over from you'. Also realize that it may be an old belief that makes you encounter this again and again.

### *I wanted to hear something different*

You may have asked for feedback and were disappointed in what has been said to you. A first reaction may be to clam up and 'figure it out for yourself'. Another way that yields more results is to utter that what you expected to hear. This gives you feedback on your own ideas, which is very enlightening.

### *Time to formulate your mission*

After all the preliminary research, it's time to formulate your mission. Below are a number of points to take into account.

### *Under this umbrella, everyone fits*

Choosing a mission means that you are going to focus on one particular aspect of being human. You make a choice and with that many other possibilities fall away. The tendency can be to describe a mission in such a way that it can be used for all kinds of things. It's a bit like a restaurant where 'everything is available'. That's nothing more than an interesting idea. The more you focus on something specific, the clearer your path becomes. You can see very quickly that you have gone off course.

Another reason to choose a clear mission statement is that it makes it clear to people whether or not they resonate with you. Imagine a shop window where there is something different in every corner. There is really no common thread to be found in what is there. Would you be tempted to step into this store? You only do that when you want to be surprised by what's in the store.

### *What do you have to bring to the world*

A mission is truly a gift you want to give to the world. Look at the world through those glasses. What do you have to give that will benefit the world and make you very happy?

### *Out of your comfort zone*

It's okay for a mission to feel a little uncomfortable. If, when writing down your mission, you feel like you've been doing it for years and are pretty much done with it, it's time to take a step higher. What is there that challenges you?

### *Nothing is set in stone*

A mission gives you direction. You define it with the knowledge you have at this moment. As a result, the interpretation you give to your mission is always limited. Because of the development you go through, you are able to express more and more. As a result, the interpretation of your mission is constantly changing. It may also be that your mission and your Big Five will need adjustment at some point. Don't let this stop you from defining a mission now and helping you get out into the world.

## *You don't have to be perfect*

A mission is not something you have already mastered so that you then go and show it to the world. A mission is something that you see as a vista. It may happen that when you have written down your mission and you relate it to yourself, you notice that there is still work to be done to implement the mission in your own life.

There may be a tendency not to put your mission into the world yet. Don't do that. Precisely because you are going to propagate your mission, you will integrate it more into yourself. It's okay to have things to learn. The moment you stand up and indicate that you have a mission, people automatically look up to you. They assume you know. Knowing this makes it easier to take the step outside. With your mission, you help the people who want to learn more about what you have to offer. At the same time, you look for others with a more extensive knowledge and absorb that knowledge in order to grow further.

Know that you never stop learning. A pitfall for many teachers is to think that they have finished learning. In doing so, every comment or comment is immediately reflected back as part of the pain or inability of the person who utters it. No matter what someone tells you, there is always a part of the message for you. Listen and learn.



## From heart to hara

After we have opened our hearts and found what we have to offer the world, it is time to actually start the journey. A number of important aspects that you will encounter are described in the following chapters. It discusses going along with the rhythm of life, doing it as a means to help you move forward and evaluation.

## 9. Rhythm

Everything in the Universe is subject to rhythms. It really is recognizable everywhere. Just pay attention to your breathing, it goes in and is followed by an exhale. The day has a part where it's light, the other part of it is dark. In normal circumstances, the light invites activity, the dark invites you to sleep and rest. The Earth revolves around the Sun in 365 and a quarter days. The Maya speak of a rhythm of 26,000 years in which the earth tilts from left to right if you draw an imaginary line between the north and south poles. This movement would also coincide with the coming and going of the world of Love and Peace. In addition to these visible rhythms, there are many cosmic energies that have an effect on the functioning of a person.

The 24-hour economy does not take all these phenomena into account. We work just as hard, if not harder, in the winter. This time is a time of rest and reflection for nature, in which preparations are made to be able to start fresh again in the spring.

From various sources it is indicated that we are entering a new phase in which the effects of these energies will be felt more and more. As a result, following the natural rhythms is becoming increasingly important. This chapter discusses a number of ways to get a grip on these invisible energies.

### *Biorhythms*

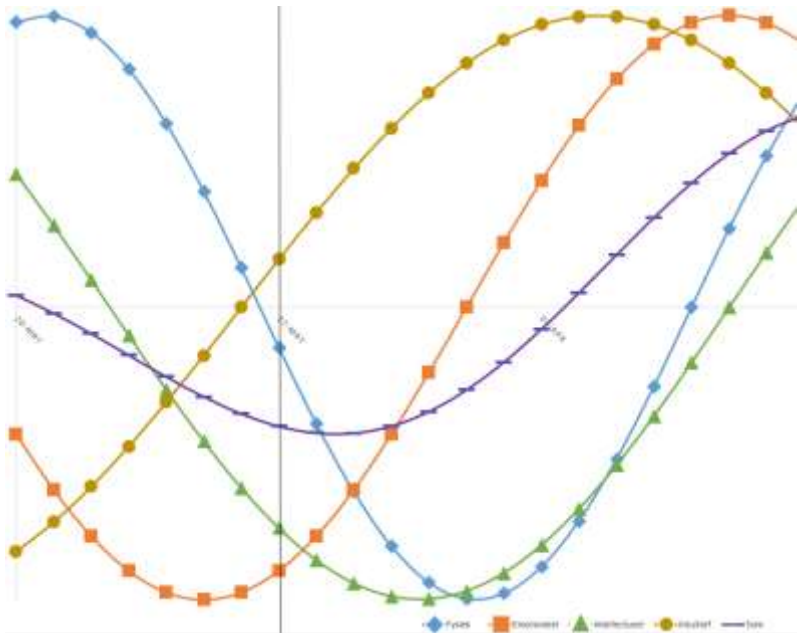
The main energies we experience coincide with the first four bodies we have: physical, emotional, mental, and spiritual. For the latter, intuitive energy is often used.

All these energies move from zero upwards, from a high to zero, continue to the low point and from there go back to zero.



You can see an example of this in the image above. A high point means that you are well able to receive the energy. Physically you are strong, you can think well, you are able to experience emotions and give them a place and you feel a clear contact with Divine and have sharp insights. A low point results in exactly the opposite: physically you are weak, you are unable to come up with solutions, emotionally you feel unstable, and it can feel as if the contact with Divine has completely disappeared. The passages through the zero point can be experienced as a relief when the line goes up and as dejected when the line goes down.

All energies begin at zero at birth. The speed at which they rise and fall differs per energy. As a result, a different composition of the four energies arises at every moment in your life. You can see an example of this on the next page. On the site of [divinefulness](#) you can download a free Excel sheet with which you can calculate your distribution at a certain time.



In addition to the course of the four energies, the graph also shows the sum, which gives an indication of your overall well-being. In this example, you see someone who is in a slump overall. A time of improvement is coming. Both emotionally and intellectually, the energies are low, it will be difficult to think of anything and feelings will come in strongly. Physically, it went fine, but that will decrease in the near future. Intuitively there is an upward trend, the connection with Divine will become more and more tangible.

### *What can you do with the rhythms?*

It is certainly not the intention to check where your biorhythms are every week. For important assignments where you are going to do a lot of thinking, it can be useful to see at what time you are mentally at a high level. Strenuous training or exertion is easier to do in a physical maximum than in a low.

When it's not possible to plan things at a certain time, knowing the biorhythms gives you peace of mind because you can expect things to go slower or more difficult when you're low in a certain energy.

### *The taroscope*

Numerology assumes that every day carries its own energy. It is calculated by adding the day, month, and year. For example, March 27, 2023, the day this chapter is completed, has an energy of  $27 + 3 + 2023 = 2053$ . The energy of the day is obtained by adding up the numbers of this outcome:

$$2 + 0 + 5 + 3 = 10.$$

In the taroscope, these numbers are linked to the first 22 cards of the tarot, the so-called major arcana. The 10th card is the wheel of fortune, with which this day can show unexpected twists and turns or offer new insights. You can find out much more about the taroscope on the website <https://www.taroscope.info>. There you can create pages that provide insight into the energies that apply to you, both for your day of birth and your birthday in a certain year and in relationships.

This same premise means that everyone is born on a day with a certain energy, which tells something about the character of the person. For me, I was born under card 21. My date of birth is 13-06-1964  $\Rightarrow 13+6+1964=1983 \Rightarrow 1+9+8+3=21$ . This is the world, the map that is about having a helicopter view.

In the event of a result higher than 22, the figures will be added again. This is because we work with 22 cards. Take, for example, the date of birth 23-09-1965  $\Rightarrow 23+9+1965=1997 \Rightarrow 1+9+9+7=26 \Rightarrow 2+6=8$ . The card of Balance.

From a numerological point of view, the composite energy of two numbers is the sum of them. As a result, the energy of the day is experienced differently by people with a different birth number. Which energy this is, is calculated by adding the number of the day to the outcome of the day of birth. For me, on April 24, 2023 (the day of the meeting), this results in  $24+4+2023=2051$  (energy of the day) + 1983 = 4034. The sum of the digits of this comes to 11: strength.

In addition to the day, each month and year also has its own energy. As a result, the energy acting on you changes from day to day. You are really being tossed back and forth from one energy to another. The trick is to keep your vibration of consciousness as stable as possible.

### Astrology

Astrology states that everyone is under the influence of cosmic energies. Like numerology, in astrology, the day combined with the time and place of birth provides information about the character of the person. This is read from the position of the planets at the time of birth. The energies are constantly changing due to the shifting of the planets. In turn, they have a different effect on each person. Astrology is able to provide a much more detailed description of a person and the influence of the position of the stars at a particular time than a taroscope. It does require a much deeper knowledge to be able to interpret this.

### Giving and receiving

Giving and receiving also follow a rhythm. The rhythm always starts with giving. First you give trust, then you can receive it. First believe, then see. The worldly view is usually the other way around.

Ideally, giving and receiving should be balanced. Someone gives as much as is received. In most people, there is an imbalance. Some are givers and give more than they receive. The latter is a real challenge for them. Others are very good at receiving and find giving more difficult.



Ask yourself: is giving easier for you, or is it receiving?

Are you a giver? Resolve that the next time someone offers you something, you will experience it with joy. Leave out words like 'you shouldn't have done that', or 'never mind'. You also don't have to worry about building up a 'debt', you give more than enough. Part of why you are a giver lies in that fear that an imbalance will arise by receiving.

If you see yourself more as a recipient, buy something for someone, just like that, for no reason and give it away. As already stated on p. 57: the receiver gives the giver the gift of receiving.

### *Receiving in your heart*

Giving and receiving is about more than just matter. Compliments, support, or a kind word are also part of this. The same mechanism comes into play here. How many intangible things do you give and equally, how good are you at receiving them? Being able to receive has everything to do with being able to contain feelings. The better you can let the feeling of gratitude and joy be within you, the easier it becomes to receive it. Read more about it in part 1.

## 10. Focus and do

Focusing is something we do all the time. You can't focus your attention on nothing. The well-known saying 'what you pay attention to, grows' clearly indicates that your attention is the life energy that causes something to sprout. Or rather, it is your consciousness energy that you focus on something. By being (more) aware of what you are focused on, you can contribute to this growth process. In this chapter, therefore, attention is paid to focusing and doing. Doing has a relationship with focusing. By putting your focus on something, insights and inspiration arise. Only when you take action will you reap the benefits.

### *What would you really like*



Before you read on, ask yourself what you would really like. It could be anything. More peace in your life, something very concrete or the achievement of a certain ability. It doesn't matter what you choose.

Next, examine how focused you are on your heart's desire. Do you regularly spend time on the subject or is it more or less gathering dust in the closet? Now compare the results of this research with the results you have seen so far in your life in what you so fervently desire. Does this align with your focus on it?

### *Exclusively focusing on*

The above can come across as if you have to be constantly busy with what you want. Rather, the opposite is the case. Be aware of the times when you focus your attention on what is actually working against obtaining it. How often do you spend time doubting, checking whether you have done enough, etc. Having a clear idea of what you want and being open to inspiration with a willingness to act when necessary, that's what it's all about.



### *Don't visualize, but give thanks*

A common method of obtaining something is to visualize it. 'See it in front of you and feel what it's like to already have it'. The downside of this way of acting is that your ego is very soon included in the process. You are going to fill in what the end result should be. The more you define that, the less room there is for what is really going to make you happy. Therefore, give thanks in advance for the fact that you will receive exactly what is good for you, the people around you, and the world at large. When you do visualize, imagine it in general terms: a nice place to live, a relationship in which I can be myself.

### *Focusing on your body*



This exercise shows you how to deal with focusing in a completely different way.

Start by sitting down relaxed. Put both feet on the ground. Now bring your focus to your left big toe. From this point on, slowly start to let your attention pass through your body. Move through all your toes, then shift the focus to the center of your foot. Continue on the way up. This can be done both along the sides and inside, as it were through your bones. You can visit any part of your body this way. Successively you go to: lower leg, knee, upper leg, pelvic area, left side, any organs that you know and come to mind, your left arm in, upper arm, elbow, forearm, hand, all fingers and then up again to your neck, over your front from your head to your crown, down your back and up again to your crown and from there along the right side of your body along the same points again to your right leg up to your big toe. Then complete the circle by going up the side of your right leg, along your pelvic area and down your left leg.

There may be times when you come across something that feels unpleasant that makes you want to stay at this point longer. Welcome what is, say it's good, you notice it and don't have to do anything with it now and go on quietly.

Most of the time, you'll find that your body responds to your attention much more slowly than you can shift your focus. Follow your body, don't go faster than you feel that your attention has arrived at the part of your body that you are focusing on. It may be difficult for you to really feel the attention in your body. Then notice where your feeling is and bring it to the part of your body that you are working on.

Pay attention to what happens to your thoughts. Do you tend to think about other things while you "wait" for your body to respond. Or do you think the exercise is too extensive and you want to skip parts? Another obstacle may be that you can't immediately think of how you will continue your way, for example with a knee. Do you take the time to let a solution come to you, or do you jump over the knee in your thoughts? The way you do the exercise says a lot about how you deal with focusing in life.

### *Counterclockwise*

The exercise intentionally starts on your left side. This is your emotional side. This can feel contradictory or even provoke the tendency to start with the right and follow the road the other way. By doing the route from left to right, you start with your emotional side and let the directing, masculine side wait.

### *Attention to a specific part*



A variation of the previous exercise is to focus on one particular part of your body. To do this, choose a part that requires attention. This can be something that feels painful or very open or pleasant.

Then notice what happens when you pay attention to this part. The result can really be anything. More peace, an intensification of the feeling or a sudden insight. Anything is possible.

### *A grateful body*

These exercises also show how happy your body becomes when you give it attention. Your body allows you to live and experience here. Each component normally functions properly. We often take all these things for granted. It's only when a part falters, no longer works the way it did before, that you become aware of how little attention you've paid to your body.

By dwelling on the indescribable miracle that your body is, you become more in touch with the Divine intention behind it. Each cell functions exactly as intended. How amazing it is that every cell originated from the same DNA information. In addition, no cell interferes with the functioning of another. There is no disharmony anywhere. They work 24 hours a day, continuously, to ensure that you as a soul here on earth have a vehicle in which you can grow and learn. What dedication and cooperation! As humans, we can learn a lot from that.

### *Quieting your body*



Another way to focus also uses the body. The way is part of the trust technique: <https://trust-technique.com>. This time you stop your body. When doing this, it doesn't matter what position it is, assuming you can stay in the pose for some time. Then you stop your body. Instruct all muscles not to change position. Do this for as long as it feels comfortable for you. You don't have to go through pain or anything. Continue to breathe in and out slowly.

Now take a point to look at. It could be anything. A cap on a bottle, a light switch or a hole in the wall. It doesn't matter what you choose. Look at it while keeping your body fixed. Do you notice how your thoughts become quiet, and you are completely focused on that one point?

You can also do the exercise by paying attention to your breathing, listening to sounds around you, or feeling what's going on in your body. These variations require a little more practice because there may be a tendency to name and reflect on the experiences. For example, you may find that you are breathing too slowly, or too fast, or you may start to label sounds as irritating.

### *Doing*

Establishing a mission in the world requires taking action. Without doing, nothing happens in the outside world.

### *Telling stories*

People tend to, instead of doing, tell stories. In this they discuss what is going on that ensures that no action is taken. The story is about how external circumstances make it impossible to take action. A lot of time is spent sharing stories with others, who respond to them. This can be by acknowledging how serious the situation is or by outdoing you with an even more extraordinary story.

### *Life is about something else*

Life is about what's left when you leave the stories behind. A story is not true. It consists of assumptions that you make and often a magnified representation of the actual situation. Moreover, with the story, you put the responsibility of your life on others, who make it impossible for you to move on. By stopping paying attention to stories, you gain insight into what you have to do.

Reinhold Niebuhr puts it beautifully in the following statement:

*"Give me  
the courage to change what I can,  
the wisdom to accept what I can't change,  
and the insight to see the difference between the two".*



Doing is about making a distinction between situations in your life. Ask yourself what challenges you are facing right now. Next, highlight those things that are out of your control. These things require you to look at them one more time and then let them go. You can't change it (at the moment). The rest of the list are points you can take action on. What kind of actions are these; what can you do now? Go through your list and write down these points. The final step is to gather the courage to do what you've written down.

Notice how you are likely to be tempted to step into your story with each part of this exercise.

### *Building trees*

Doing means that you get in touch with the outside world. You don't know what the reaction of the other(s) will be. Most of the time, you come up with all kinds of scenarios in your head. With every response you come up with, you then consider what could be said. Every possibility that comes to mind requires research into how you can anticipate it. In no time at all, you'll have a gigantic tree of possibilities in your head.



The next time you are faced with a step that you experience as a challenge, write down all the possibilities you think of in your head. Read them and ask yourself how likely someone is to react that way. See, the further up the tree you get, the less likely it becomes that the conversation will unfold like this. When you've finally had the conversation, look back. There is

a good chance that the outcome will be completely different from anything you had imagined.

Realize that there is no point in building trees. You don't know how your life is supposed to unfold. The only one who knows that is the Great Intelligence, Divine. Your forest is nothing more than a way to figure out what the perfect solution is, even in advance. The fact is, you can't think up anything.

### *Fear of doing*

What do you do with the fear you experience before you start the conversation or take action in any other way? Basically, there is no need to feel fear. You will be supported by Divine, who will take you to the right circumstances and will give you the right words. As long as you can't feel this, it's helpful to use your power of thought to conjure up positive images. See how someone is happy with your arrival, responds calmly and understandingly, and asks you the right questions to help you.

### *Trial and error*

In the end, there is no other solution to doing than doing. When you take a step, you may miss the mark. Something you do turns out to drive someone to great dismay. Or something you've come up with isn't possible at all. You fall on your nose. What will you do? Do you lie down and fall into storytelling or do you get up and move on to the next step. A small child has a built-in desire to walk. It falls hundreds of times and gets up every time. The child wants to master walking. Your mission deserves that same drive.

Think of it as a game of chess. With your doing, you move a single piece on the board: Pawn to F4. Now it's the other person's turn. Wait and see what the reaction is. If the response is not workable for you, you can always decide to take back your move or move another piece. Step by step, you will get closer to a solution.

### *Once chosen, is ....*

An often-heard saying is that once chosen, is always chosen. This implies that once you have taken a step, you are not allowed to retrace your steps. Why would that be? You are free to say that you have changed your mind. That you have received new insights and now look at things differently. You don't know how this will be reacted to. The only way is and remains is doing. Speak up and see how your message is received.

Another thought that may arise is that 'this is how it used to be'. The reasoning is that this means that it will now be the same again. You don't know that. You have changed, and so have the people involved. Every moment is new and unknown.

### *Step aside*

The intention with which you stand in a situation contributes a lot to how it unfolds. A relaxed and loving intention makes others open to you and your needs. If you're in your story and feel like you're at the mercy of the whims of others, that's what you'll experience. Therefore, do your best to step aside and hand over the reins to Divine.

### *How serious are you?*

The moment you step out of your story and start doing, all the turmoil you have created by telling comes to the surface. This can feel like there is suddenly opposition in the form of people questioning you about your intention. They ask you if you're sure, if it's a good decision, if it's better to wait. This is a great test to see how serious you are in your choice to start acting. Do you let yourself be persuaded, or do you stay true to yourself?

# 11. Taking stock

In this chapter we look back at the journey that has been made so far. It is good to regularly take a moment to check whether what you have set out to do is being put into practice. Hearing something and committing to do it is one thing, integrating it into your life next requires you to push through and persevere. Taking stock is different from reflecting. In this last one, you look back at where you came from and where you have come. That, too, is important to do from time to time. This will give you insights into the growth you have experienced. Often, we get stuck in everything that can be improved and celebrate too little how much has already been accomplished.

## Four key areas

So far this year, four areas have been examined. Expressed in four sentences:

- ✚ I surrendered my life to Divine
- ✚ I talk/listen to my inner child daily
- ✚ I live my mission
- ✚ I step out of my story and do



To take stock, you can sit down and put a number after each sentence. That's not easy. Each topic can be interpreted in different ways. In addition, the figure is

likely to differ if you look at different aspects of your life.



## Why numbers?

For many people, it is confronting to be judged, especially if it is done on the basis of a grade. That makes a lot of sense. For twelve to sixteen young years, the fate of everyone depends on the grades assigned by "the masters." When you get over this allergy to numbers, you can see that it is a very useful tool to briefly describe a situation. A 10 is perfect, everything is going well, a 1 indicates that nothing has been done with the subject. In between is an area that you can colorize. There may be a feeling that you have to score high everywhere. That's not the point. A four is just as valuable, possibly even more so, than an eight. A low grade tells you that you've taken an honest look at yourself and admit that you still want to improve a lot.

### *Frame of reference*

The grade you give yourself provides a frame of reference for yourself. Whatever number you have chosen, if it does not correspond to reality, you will experience it. High scores may give rise to the insight that there are aspects that need refinement. A low grade may show you that you can be more gentle with yourself and that you are doing quite well.

### *Snapshot*

What you write down now is about the moment of now. How do you look at yourself right now? Tomorrow could be different. Moreover, our knowledge of spirituality and living in surrender and unconditional love is very limited. In a few years, we'll look at what now seems perfect as a nice first step.

## *Can I give myself a grade?*

This question stems from the thought that you would not be able to look at yourself objectively. Which is indeed true. The point is that you can indicate with a number how you think you're functioning in a certain area. If an eight feels very high to you and a nine feels unattainable, then an eight and a half says that you think you are doing very well. For someone who takes a ten as the highest, the same number indicates that there is still something to be gained.

The number you choose indicates how, on the whole, you have integrated the area into your life. As you do this, you're likely to see several sub-areas. One you have mastered well; in another it rattles quite a bit. All this information helps you to come up with a figure and to discover which areas still need attention. Discovering a sub-area, where things are going well, is valuable. How you act here can be used to apply in another area. Read through the description below and rate it yourself.

### *Surrender to Divine*

The prayer from the Letters of Christ ends with 'I commit myself and my life into your care'. This phrase implies that you surrender your life completely to Divine. It knows what you need. Your only function is to ask (or know inwardly) where the path runs that is meant for you.

### *Your Inner Child*

Working on your inner child provides you with access to all your beliefs that are holding you back from living completely freely. The more beliefs you let go of, the closer you get to the deep

knowing of the inner child. In addition, the contact with this part of you creates cheerfulness and playfulness in what you put into the world.

Is it important that you really listen and talk to your inner child? The essence is that you take time to talk to yourself. By doing so, you indicate that you are serious in your desire to let go of your beliefs. This creates depth instead of superficial conclusions. If you ask your child what it wants, you can be sure that it is something that will make you happy.

### *I'm living my mission*

Your mission is about what you, as a soul, have decided to come here and do. Which part of your mission do you carry out with ease and which parts do you leave behind? This question is close to surrendering your life to Divine.

### *I step out of my story and do*

This last sentence is about whether you tell stories, in which you blame others for what happens in your life. You then tell others how bad the situation is and why you ended up in this. As long as you do that, you will remain trapped in the role of victim. If you step out of your story, you look at what options you have to make changes in your situation.

### *Why am I doing this?*

When drawing up the balance sheet, the question may arise: 'why am I (not) doing this?' Exploring why can quickly become something that the ego can spend a lot of time on. Ask the question "Why?" and a possible reason will come up. This

answer can be followed by the following 'why' question: 'and why is that?' One answer evokes the next why. It is more constructive to ask for inspiration on 'how can I do things differently'.

### *You're okay*

Taking stock can give the impression that you have to comply with something. That you have to get better to be accepted. You are good, just the way you are. Taking balance is about looking at yourself in the mirror and determining where you want to adjust things in your life. Not for anyone else. At the end of the day, there is only one person for whom all this work matters, and that is yourself.

You don't have to change anything; in essence you are perfect. The work on yourself is about peeling off everything that does not belong to your core. At the same time, this is grist to the mill of the ego. This sees the remark that you are perfect as an invitation not to change anything and to carry on as it has always lived. As always, it's a balancing act between wanting to let go and loving yourself with all there is.

### *Save what you've found*

Essentially, it is a question of constantly working on the points that have been mentioned here. If you don't, you will slowly slide into ego thinking. This thinking makes everything you have found before dismissed as illusion or imagination. The denial that is necessary for this makes you crawl even deeper into the ego. The end result is that you become more firmly entangled in the ego than you were before.

## From Hara to Being

The last step that may be taken is to complete be with what you want to put into the world. Don't give up, know how great you are, and don't fall into the pit of burning yourself out trying to arrive in the Kingdom of Heaven. This place where you do what you came here for in complete harmony with Divine, can only be reach taking one step at a time.

## 12. Endure

As mentioned in the previous chapter, integrating something into your life requires pushing through and perseverance. This chapter highlights a number of aspects of this.

### Pitching

A pitch is a short message that you know so well that you can tell it to someone at any time. This is also known as an elevator pitch. The word elevator refers to the fact that you have a limited time to tell your story. You're in the elevator with someone. The doors of the elevator close. From that moment on, you have time, until the doors open again on a certain floor, to give your pitch. This means that a pitch should be short and to-the-point. In addition, a good pitch does not contain technical terms and has a challenging word or aspect in it. This invites the listener to ask a question in response to your pitch.

An example of a pitch could be: My name is Jeroen-Arnold van Buuren. I want to contribute to a world in which Divine has a prominent place. I do that by surrendering my life to It and following the inspiration I receive. In addition, I sing intuitively for people, so that they too can experience the connection with It.



Now try to write a pitch of what you would like to put out into the world. That could be your mission. You can also choose to broaden it and tell how you organize your life or what you find important in life. When you've made the pitch, recite it to someone else. That can feel quite exciting. Also, you may tend to want to read it from a piece of paper. Do that once. After that, put the paper aside and let the words come. You will experience that when you pitch without paper, what you say hits you much deeper. Both for yourself and for the person to whom you give the pitch.

## Persevere

The opposite of perseverance is giving up. In part 1, the analogy of the long queue for an attraction has already been mentioned. It's going to take a long time before you'll reach the goal of slowly shuffling forward: enjoying the entertainment on offer. In the queue, there is not much you can do other than quietly stay attentive to your wish.

When you see something else you like and decide to get out of line to get it, you'll have to join the back of the queue again. Again, you go through the shuffling, step by step forward. That's why it's better to stay in line and see that you're getting a little bit closer to the goal each time.

Know that as you read this book, you are at the forefront of people who are helping to establish the world of Love and Peace. Your contribution is unique and of great importance for the creation of this. Perseverance is important because, at the moment, not many people understand what you can bring.

## *Inventiveness*

Perseverance requires you to be inventive. If it doesn't work going left, try going to the right. If that doesn't give the desired result, there are still underneath, over or perhaps some another way. Keep trying as long as you feel you're on the right path.

## *Some things you just have to go through*

In the land of spirituality, people like to talk a lot about the power of our thoughts. With that you easily create what you want. There is definitely some truth in that. Thoughts, as well as feelings, are powerful creative instruments.

When you really want something and it just doesn't manifest itself in your life, you can get the idea that you're not doing

something right. Or that the story, that the Universe is kind and takes perfect care of you, may not be true after all.

However, there are things you have to go through. This may have to do with reaping of earlier sowing. An action of yours that has harmed something or someone is now coming back to you. No matter how much you try to find a solution, the path will remain blocked until the reaping has done its work.

Waiting also has its own lesson in it. Can you keep waiting and know that everything will come to you at exactly the right time? Or are you going to doubt and grumble?

### *The Humility of the Lightworker*

In one of the books featuring the readings of Silver Birch, an ancient Indian who is channeled, he explains that the path of someone who wants to help transform the world is characterized by little financial wealth. The reason for this is that it creates humility and a persistence in seeking. The opulence might well overshadow the mission.

### *Changing course*

A completely different way of perseverance is to radically change course. After you've tried everything, you choose to do things completely differently.

### *The Great Intelligence*

Where does your path lay? When do you choose to persevere, show inventiveness or accept that there is no point in doing something. There is only one Intelligence that knows that and that is Divine. As has been said before: it is a continuous tuning into and following Divine.



### *Discipline*

Perseverance and discipline are very close to each other. Without discipline, it is not possible to persevere. Therefore, read chapter 5 of part 1 again.

### *Growth of the psyche/soul*

All of this work is intended to make the psyche strong, inventive, and creative while leaving the individuality of the soul untouched. The psyche is the thin edge of consciousness that separates all that is the soul from the rest of Divine consciousness. Without it, the soul would be absorbed and individuality would disappear.

Everything teaches you that no matter what happens, there is always help and you remain essentially the same perfect creation.

### *Willpower*

To persevere, you need willpower. Some have a lot of willpower by nature. For others, it's a search for this willpower. When you are someone with little willpower, reach out to Divine and ask for an influx of it into your being. It will surely come to you. Use what little willpower you have to make more of it.

### *Use what you persevere in, for something else*

When you look at your attitude, you will see that there are things in which you are very persistent. Often these are things that the ego feels are very important and must absolutely be realized. Persistence in this is often a game of the ego. By focusing on that, it can attract attention away from other things.

In other aspects of your life, you can see that you quickly give up. Often with the reasoning that they are too difficult or will not succeed anyway.



Look at something that you are really persistent about. Then consider whether this wish serves you, or rather works against you. In the latter case, you will notice that it feels difficult to let go of the wish.

Then find something that makes you inclined to give up. Take the time to reflect on the reasons you give for giving up. Now see if you can transfer the tenacity of the first to the second. What would it be like if you were just as steadfast in this?

### *What do you want to persevere?*



The chapter concludes with the question: what do you want to persevere in more? Take a look through your life and see where you keep giving up, while you know deep down that it is important for your being to persevere. How does it feel to choose to persevere in this from now on?



## 13. Greatness

Everyone is great. By embracing this truth and start living it, we are getting closer and closer to the world of Love and Peace. The following text perfectly illustrates this. He is widely attributed to Nelson Mandela's inaugural address. The truth is that it was written by Marianne Williamson and is in her book 'A Return to Love'

*Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are immeasurably powerful.  
It is our light, not our darkness, that frightens us the most.  
We ask ourselves, "who am I to be brilliant, gorgeous,  
talented, and fabulous?"*

*Actually, who are we not to be?  
You are a child of God.  
Keeping yourself small doesn't serve the world.  
There is nothing enlightening about shrinking  
So that other people don't feel insecure around you.*

*We are born to manifest the glory of God that is within us.  
It's not just within some of us; it's in everyone.*

*And as we let our own light shine,  
we unknowingly give our consent  
to other people to do the same.*

*As we are freed from our own fear,  
our presence automatically liberates others.*

## *Your True Mission*

In essence, the quest that Divinefulness invites you to is about this: to come to the realization of the greatness of everyone, including yourself. This short chapter describes a way to let go of anything that is holding you back from embracing your greatness. In the exercise you leave your smallness behind, take what you have learned from it and set a new intention to really put your greatness into the world.

## *The spiral*

Embracing your greatness is done by using a spiral. Like the labyrinth, which was discussed earlier, this form helps you channel your energy. The spiral is easier to make than a labyrinth. Branches, glass jars filled with sand or ribbons, almost anything can be used to lay a spiral. In the annual training, ship's rope is used, as you can see in the photo below.



Start making a circle from the center, in which you can stand. A stool will be placed at the beginning of this circle. From this circle you make a spiral outwards. Make sure the circles rotate counterclockwise. This means that you will be walking clockwise when you enter. Keep adding circles until you feel the spiral is big enough. In principle, three rounds are sufficient. Then put a stool in the middle with a bowl underneath it. Place a card with a pen on the stool. Finally, place a chair at the entrance of the spiral.

### *Walking the spiral*



The idea behind walking a spiral is that you go to the center at a quiet pace. You bring to the center that which you want to leave behind. In the middle, you consider the lessons you want to take with you from what you are leaving behind. Then you walk out of the spiral again, on your way to a new future in which you can be free of obstacles. At the exit, take time to write down an intention for this new future.

### *Prepare*

Start by laying the spiral. Put a stool in the middle of it that you can sit on. Place a card of 4 by 6 inches and a pen on top. Place a chair at the exit of the spiral.

### *Step 1: what do you want to let go of*

In chapter 11 of Part 1 the exercise 'Here I am' is described. By starting with this exercise, you will stand in your power. In short, stand in your center, open your arms, palms facing slightly upwards and energetically take up your space. Then say "Here I am." Repeat this phrase a number of times. Feel your greatness, feel how brilliant, gorgeous, talented, and fabulous you are.

Now take a pen and paper and write on it everything that you may let go of, that what is holding you back from embracing this truth. Things like 'that you're not good enough', 'you're doing all kinds of things wrong', 'you haven't learned enough', 'people aren't waiting for you'. Whatever negative thoughts there are, write them down. It may be that, from the previous positive exercise, it seems difficult to write something down. Just start writing and let the words come.

You may feel that you can't write anything down. You've already let go of the negativity about yourself. Then take it a step further. Are you truly living your greatness? Do you put what makes you happy out into the world in such a big way that it is visible to everyone? Do you make music? Do you perform in large halls and inspire thousands of people with your lyrics so that the world is a paradise? Are you artistic, writer, creator of special things or do you like to bring people together? You can offer all these things on a much larger scale than you do now. Have the courage to think really big. Then you write down everything that prevents you from putting this out into the world.

### *Step 2: to the center of the spiral*

Now stand up and take what you have written down with you. Walk slowly into the spiral. With each step, you let go of what you just wrote down. When you reach the middle, sit on the stool and place the paper in the bowl. With this you symbolically release the negativity in yourself.

### *Step 3: What do I take with me?*

The next step is to ask yourself what you want to take away from the past period. What lesson or lessons have you learned? Every experience has given you something positive. Write this on one

side of the card. An example could be: 'I'm really going to take myself seriously now'.

#### *Step 4: Towards a New Intention*

Now walk slowly out of the spiral again. Take the card and pen with you. As you walk, you leave your old self behind and walk towards a new future. At the entrance of the spiral, you sit on the chair and feel the new intention that you are going to put into the world from now on. Write it on the other side of the card.

Then sit somewhere quiet and read your lesson(s) and intention again; This is what you're going to bring to the world.

#### *Step 5: Clear out your old beliefs*

As a final step, get rid of the paper you wrote on in step 1. There are several ways to do that. You can burn it, tear it into very small pieces and put it in the trash. Another way is to make a nice drawing or painting on top of it.

#### *Don't think too much, trade*

A pitfall of walking the spiral can be that you get too much in your head. This means that while writing down what you want to let go of you already try to think about what positive lesson you will take with you, or what your intention is. Usually, the moment you arrive at a point, you know what you need to write down. Therefore, do the exercise step by step.

#### *Ten times more beautiful*



You can do this exercise with any intention you want to integrate. In this case, use the intention you just wrote down.

It works best if someone else reads the following text to you. Another option is to record it and play it afterwards.



Close your eyes. Imagine what it's like to live this intention. Visualize it in front of you. Feel what it's like when you live from here. Make the experience as real as possible. Maybe you see images, you know what it's like, you smell it or hear sounds. All is well. Experience how your whole being is filled with it.

Take a break.

The other person then says to you: it can be 10 times bigger. Just look at what that's like, 10 times bigger. Just know it, see it, hear it, smell it, feel it. Make all experiences 10 times bigger. So beautiful. Your whole being is filled with it.

Take another break

Then repeat the previous paragraph and then continue with:  
For the greatness of Divine is infinite. Infinite in Love, infinite in potential, infinite in possibilities.

Take a final break.

To grasp this, this greatness, is what matters. And know that it is far greater than what we can comprehend.

Take your time to incorporate this experience into your being.

## 14. Self-sacrifice

This chapter discusses self-sacrifice in the sense of stepping aside for someone else so that this person can do what is wanted.

Sacrifice is when you give something to someone else. We all do it: let someone go ahead in the queue at the checkout, slow down to let a car go first.

Self-sacrifice is often seen as a high good, something that everyone should want. In doing so, it becomes not taking up space for yourself and always letting the other person come first. That is unhealthy behavior with which you cause damage to yourself.

Healthy sacrifice is completely balanced. What you do for the other person gives you satisfaction. You give in complete surrender. This balances giving and receiving. The more you start to see that by stepping aside, you are essentially receiving something, the easier it becomes. There is no sense of lack or desire to get anything.

### *Doing something you don't want to do*

Sacrifice can evoke the association with doing something that goes against your principles. Sacrifice is about doing something for someone else because that person wants it. You do it for the other person, while it is not important to you, can even feel unnatural. You give time and energy to someone for which you don't expect anything in return. What you do does fit within the norms and values you use.

### *Love says no too*

The balance in sacrifice lies at the intersection of 'I' and 'the other'. The statement 'sometimes love sounds like No' is a good indication of this. Not everything that someone else asks of you has to be done without further ado.

## Boundaries

Self-sacrifice, therefore, starts with getting to know your own boundaries. Only when you know them and can monitor them, you know when something still feels good to you. This makes it clear when you can consciously choose not to do something.

### *Boundaries are healthy*

Having and setting boundaries is seen by many people as unpleasant, even inappropriate. When you look at the whole universe, you see that there are boundaries everywhere. Every molecule, every cell, every leaf or every grain of sand sets boundaries. If there were no boundaries, everything would have merged into one big whole.

For people, boundaries are also very helpful. Because of boundaries, it is clear within which space things are allowed to take place. As long as something stays within the set boundaries, everyone can go their own way. Boundaries give space instead of limitations. Without boundaries, everyone is all at sea. Because of the lack of boundaries, everyone does what is seen as right, with which the coherence disappears.

Boundaries are not set in stone. They can change over time or vary from person to person or situation. For example, you can allow a friend to make fun of you, where you may not find that no acceptable of a colleague. It is also good to test boundaries from time to time. This makes it clear that they can be reconsidered in certain areas.

### Setting boundaries

When it is known where boundaries are, the next step is to guard them. The ego does this by nature and has no regard for the other(s). Bluntly: up to here, I'll take this, that's left for you.

By acting in this way, you sow more than you would like. Every brutal rejection leads to you being shown the door in the future, in an equally brutal way. It is better to indicate and guard your boundaries lovingly and in connection with Divine. How you do this is a matter of practice, practice, and more practice.

### *Three steps*

When setting boundaries, there are three steps that can help to indicate boundaries lovingly. Don't forget to reach out to Divine for guidance first.

- 1** Empathize with the situation. There are two or more people involved in the situation. Ask yourself where your boundary is being hit.
- 2** Indicate your boundary. Start your sentences with I. Say 'I notice', 'I notice in myself' or something along those lines.
- 3** Then ask the other person, "how is this for you?" You can also ask what makes something important to the other person.

For example, someone may tell you that you need to do more than you have done so far. For you, this goes beyond your boundaries.

In the first step, you look at the situation. Someone thinks more work needs to be done. You can relate to that. Where the difference arises is that you feel that you have done your bit.

In the second step, you say this. "I understand that there is more work to be done. I think I've done my part."

Now you shift the attention to the other person. "How is that for you?"

In this way, you set your boundaries without bringing out your ego. You can't control how the other person reacts. From the response, you can see whether you can change your boundaries or stick to your previous decision.

### *Me, me, me*



If you find it difficult to set boundaries, it can be good to say 'me, me, me' in your head throughout the day.

This can evoke the association with selfishness. What matters is to experience a solid core within you. A part from where you know that there is a place where you can be without any restrictions. In complete balance with everything else, of course. For this balance, knowing and experiencing your own self is very important. Knowing this also makes you take care of yourself. If you have a tendency to go overboard in the I-thinking, turn it around and say you, you, you all day long.

### *About boundaries*



In the next exercise, you will explore how you deal with boundaries. Take a piece of paper and a pen and answer the following questions:

- How well do I know my boundaries?
- Can I set my boundaries, and do I do so lovingly?
- Where do you still go beyond your boundaries?
- Why is this crossing your line? What triggers me here?

In doing so, it is good to realize that not entering into things also counts as letting things go beyond your boundaries. By tacitly agreeing, you do not indicate your boundary.

### *Your own boundaries*

A separate category of boundaries is those for yourself. Again, it is important to respect them. By taking good care of yourself, you make room to give more space to others.

For these kinds of boundaries, think of getting enough rest and

taking care of nourishing thoughts and activities. You often cross these boundaries because you believe that you have to live up to the norms and values of others. Or you want to be liked because you do what the other person wants you to do. When you learn to love yourself and see that you are valuable no matter what, accepting your own boundaries becomes easier and easier.

### *Taking over from someone else*

When you take over someone else's work without being asked, you too cross a line. No matter how well-intentioned, when someone has agreed to do something, it is their responsibility to do it. At the time, and the way, that this person sees fit. When this conflicts with your boundaries, it's time to discuss them instead of 'just doing it yourself'.

### *Respecting boundaries*

Boundaries work both ways. Where you have a boundary, so does someone else. Just as you want your boundary to be honored, so does the other person. It is therefore a matter of finding the right balance.

### *Explaining*

As mentioned at the end of Chapter 8, almost everyone has a natural tendency to explain the reason for a boundary. That is not necessary. Briefly and lovingly indicating a boundary is sufficient. When the other person wants a reason, you can choose to give it, or not.

### *Energetic boundaries*

These kinds of boundaries are not directly observable. An example of this is the distance that is pleasant in relation to another person. Is it right that someone is close to you or do you prefer that there is more space? We also quickly cross other people's boundaries with our thoughts. How often do we judge the other person's appearance or behavior. In doing so, you enter the integrity of the other person without being asked.

### *Let yourself be protected*

Guarding your boundaries sounds like a very human issue after reading all these words. In prayer, the line "my protection" says that Divine takes care of your protection. The word protection indirectly indicates that boundaries are set for you that are respected. When you feel that your boundaries are being crossed, it is helpful to remember this line: Father-Mother-Life, you are my protection.

### *Beware of saying yes*

Helping is ingrained in the human species. By starting a text with "Can you help me to," you will have the attention of most people. It turns out that once someone has started helping, it becomes increasingly difficult to stop.

Marketers make good use of this fact. They do this by starting with a question that you can almost only answer with yes. For your brain, confirming is a form of help. The natural reaction is to again affirm the next question. Answering in the negative is hard.

Just pay attention the next time you bump into a newspaper vendor or get a call from an online marketer. "Just finished shopping," the moment you walk out of the store. "Am I talking to Mr Van Buuren?" Chances are that the natural answer to such questions is 'Yes'.

This knowledge is important for setting your boundaries because it allows you to know that the clearer and earlier you set your boundaries, the easier it will be to stick to your point of view. In addition, the other(s) immediately sees that a limit has been reached.

## Experiencing boundaries



This is another exercise to connect with where your boundaries are.

Ask someone to help you. Stand facing each other with a great distance between you. Ask the other person to come to you slowly. Feel where the distance is right for you. Then calmly say stop. Let the other person walk on for a while and experience what happens.

With this exercise, ask yourself:

- ✚ Do I dare to set my boundaries?
- ✚ How do I set my boundaries?
- ✚ What happens if someone walks on?

This exercise shows very well that it can be difficult to set your boundaries. Very quickly you get inside the other person, and you wonder where their boundary might be. It may also be that you think you should be able to handle more than what feels right. Or you indicate with your body that the limit has been reached without saying the word stop.



## The end of the journey

We have come to the end of the journey. Although the final destination is even further than here, we say goodbye to each other here. We have seen a lot, learned a lot and shared a lot. Now it is time to further integrate the knowledge that has been acquired into the soul. Everyone goes out into the world and shares the light that has been found. With the encounters that result from this, parts that still need attention become visible and the cleaning work continues.

## 15. The Kingdom of Heaven

In this final chapter, two themes are addressed. First, a look at the final destination: the Kingdom of Heaven. Getting to this place is what it's all about. First for yourself and from there radiating it to everyone and everything. The book 'Christ Returns' contains two beautiful passages in which the vista of this world is painted: Letter 8, page 27 at the bottom to the end and part 2, article 15, the true Kingdom of Heaven.

To conclude, the theme of breathing will be discussed.

### *The Resident of the Kingdom*

Part 1 deals with the state of mind of a person living in the Kingdom. Below is a point-by-point representation of the qualities that such a person possesses.

- ✚ You are playful like a small child, uninhibited and happy and grateful for everything you have and will receive.
- ✚ You are free from fear, nothing bothers you, no matter what 'danger' you encounter. This also applies to the physical.
- ✚ You know you're always where you're supposed to be, guided by Divine, provided with everything you need.
- ✚ When you see the need to ask for something, you do so from the perspective of everyone's needs.
- ✚ You wake up with a mind filled with praise and thanksgiving.
- ✚ You then undertake what there is to do, without any resistance or reluctance. This will prevent waste of energy.
- ✚ You wait until you are sure that your inspiration is in line with Divine intention. Any corrections are indicated with love and gentleness.

- ✚ A male person develops more loving traits, a female person more decisiveness and direction.
- ✚ When someone comes to you, you speak the words that are given to you so that the person is comforted. If someone asks for healing, it will be there because you trust it completely.

### *Life in the Kingdom*

In the article of the same name in volume 2 of the Christ's Letters, this state of mind is discussed in more detail.

Shown point by point, the following things are discussed:

- ✚ Our consciousness is fundamentally different from all other entities in this world. That's because we've evolved along lines of logic and reason, where everything else lives by intuition.
- ✚ The eyes are the mirror of the soul. More importantly, blessings or curses are emitted from the eyes.
- ✚ While the hermit can attain high levels of spiritual realization, in doing so he evades the true Kingdom, which is about expressing Divine in the world through thoughts, actions, and words. Meditation is meant to recharge your batteries and receive inspiration.
- ✚ What a joy when you can love everyone: rich or poor, interested in you or judgmental about you. You see the battle that another is in and feel only love and compassion.
- ✚ The Kingdom can only be attained by doing the work yourself. Acknowledge your mistakes, reach out to Divine, and ask for cleansing of your consciousness. Your ego can't do that. That is removing syrup with syrup.

Of course, this point-by-point presentation only gives a brief summary. You can find the full texts in [Letter 8](#) and [Article 15](#)

## Breathing

In many spiritual traditions and movements, it is advised to breathe a lot and deeply. The idea behind this is that oxygen is good for your body and mind. A Russian scientist discovered long ago that the opposite is true. Konstantin Buteyko discovered that people in their last phase of life start to breathe faster and deeper. After many observations, he was able to accurately determine the moment of transition by monitoring breathing.

In addition, Buteyko suffered from high blood pressure. He started an experiment in which he began to breathe less. His thought was that if more breathing is part of dying, then breathing less than possible is part of living. His high blood pressure disappeared due to less breathing. When he started to breathe more, it came back.

### *Meditating 'breathlessly'*

In the form of meditation that is practiced in Divinefulness, the number of breaths also decreases more and more. There comes a point when you realize that you are almost not breathing. This fact confirms what Buteyko describes.

### *Need for (carbon dioxide) CO<sub>2</sub>*

Buteyko argues that too much oxygen is poison for your body. This is because the cells in our body were created many hundreds of thousands of years ago. At that time, there was much more CO<sub>2</sub> in the air. The cells in our body therefore thrive on a lot of CO<sub>2</sub> in the blood. When you breathe a lot, you increase the proportion of oxygen in your blood and therefore there is less room for carbon dioxide.

### *The body tries to make you breathe less*

Many of the modern respiratory problems are caused by this overdose of oxygen, including asthma and apnea, according to Buteyko. The body makes a last-ditch effort to allow less oxygen to enter.

One of the most striking examples of this is a stuffy nose when you have a cold. Your body seems to produce an excess of mucus that causes your nose to close up. The truth is that the reverse is true.

Colds lead to coughing. This gives rise to rapid inhalation, through your mouth. As a result, a lot of cold and dry air enters your lungs. Soon there is an excess of oxygen in your blood. The only recourse left for your body is to close your nose, although that encourages more breathing through your mouth.



Try the following when your nose is full. Pinch your nose, close your mouth, and hold your breath for 10 to 15 seconds. Then let go of your nose and breathe in slowly and calmly through your nose. You will notice that your nose is free again or at least more open.

By allowing less oxygen into your body, the mucus dissolves and you can breathe more freely again.

### *Breathe less*

How do you learn to breathe less? The first step is to become aware of breathing too much. In addition, there are courses you can take to learn this.

In short, they teach the following:

1. Get used to breathing through your nose

Many people are used to breathing in through their mouths. The tendency to do this is amplified if you have breathing problems. Your nose is often clogged.

## 2. See how long you can go without oxygen

This is a central point in the method. There is talk of determining your Control Pause or CP. How long does it take for you to feel an urge to breathe in again after you exhale? It is important to breathe in again in time so that your breathing remains normal.



Determining your CP is done as follows.

- Breathe in slowly and then exhale slowly
- Now pinch your nose and wait
- When you feel the urge to breathe, let go of your nose and breathe in and out slowly
- If, after releasing your nose, you start breathing in and out faster, then you have waited too long.

It is best to determine the CP immediately after your awakening.

The longer your CP is, the better your health would be.

## 3. Extend this time by gradually breathing a little less.

There are many different methods to do this. They all boil down to taking in just a little less oxygen than you normally do. For example, there is the exercise in which you imagine that the breath you take in is like enjoying a delicious meal. Always take a small bite instead of stuffing everything in. Inhale a little and then exhale.

More information about this method can be found on the internet by searching for the name Buteyko. Don't be put off by the fact that you will find a lot of Russian-English speaking people who can come across as a bit unreliable.

### *The Reptilian Brain*

The oldest part of our brain was created many millions of years ago. It is referred to by the term the reptilian brain. This part is focused on survival. It immediately sounds the alarm when you stop breathing. The idea is that without breath you won't survive.

This is why you can only lower your breathing in very small steps. The reptilian brain has to be taken along and see that you continue to live, even with less breathing.

### *Interaction*

There is a clear link between breathing less and relaxation. The more you relax, the less you need to breathe. By breathing more calmly, your body relaxes more, so you don't have to breathe as much.

The opposite is also true. The more you breathe, the more restless you become. The restlessness causes a build-up of adrenaline, which makes your heart beat faster and therefore there is a greater need for oxygen.

### *Above all, exercise*

The above may give the impression that the best thing to do is to sit in a chair, do nothing, and breathe very little. Part of the Buteyko method is to do gentle exercises in which the intake of oxygen is limited. It is precisely because of this that CO<sub>2</sub> builds up in the body, causing it to function better.

# Epilogue

And so, we go out into the world. You have a backpack full of knowledge. Knowledge about who you are, how to integrate Divine into your life and what you wanted to offer the world. The journey will lead you along beautiful paths, mind-boggling vistas and also deep valleys and abysses into which you are in danger of falling in.

Be of good cheer, Divine is always with you. Question, question and question. The answer is right there. People will come to you if you believe they do. Pass your gifts around and you will see the entire universe responding in joy and abundance. Keep remembering how incredibly amazing you are and everyone else is and how much you are loved.

Slowly and surely, the landscape is becoming greener and greener. More and more people are joining and deciding that being themselves and living from their soul is the way to lasting peace.

Thank you for wanting to be part of the vanguard





## Annex: the contract

# My contract with Self

In the coming period, I will regularly take the time to meditate and fill in everything I value in the form below, as completely as possible.

I do this with the intention of surrendering all of this to Divine so that it may serve my highest good.

Here's what I hand over to Divine:

### Possessions

(bank accounts, car, house, belongings, etc.)

### Desired relationships

(family, friends, colleagues)

### Undesirable relationships

(dislike, hatred: name names, reproaches, criticism)

### Fears, Needs, and Wants

(being left alone, what do you miss in your life, living environment, partner, food, wealth)

## Opinions and beliefs

(judgment, resentment, unforgiveness, good, bad, condemnation)

## (Spiritual) skills

(skills, qualities, talents, intuition)

## Positions

(father, mother, son, daughter, boss, teacher)

## Body

(abilities, appearance, health, disease, strength, pain, intelligence, the earthly vehicle)

## Emotions

(suspicion, anger, sadness, depression)

## Otherwise

(name anything that doesn't fit into any of the categories listed)

# Date and signature

Today, \_\_\_\_\_, I sign my intent to confirm my agreement with Self that I have chosen to place my life entirely in the hands of Divine. That is why I am handing over everything that is described on the previous pages. It will no longer have a place in my consciousness.

I do this with the intention so that Divine is completely free to live my life in the direction that is right for me and for everyone else I am connected to or meet in any way.

Any thought form that comes to mind that is not in alignment with the consciousness of total surrender to Divine, I will add to this list and offer to HET for transformation.

I consciously choose to follow every inspiration I receive from now on, without any form of resistance or reluctance. In doing so, I will always ask Divine how best to put the inspiration into the world.

Signature:

Additional things I find to let go of are listed below:

# Appendix: 7 times why

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 1 Step 1: Why is it important to become successful?

This is important because \_\_\_\_\_

## » 2 Step 2: Why is it important to \_\_\_\_\_?

This is important because \_\_\_\_\_

## » 3 Step 2: Why is it important to \_\_\_\_\_?

This is important because \_\_\_\_\_

## » 4 Step 2: Why is it important to \_\_\_\_\_?

This is important because \_\_\_\_\_

## » 5 Step 2: Why is it important to \_\_\_\_\_?

This is important because \_\_\_\_\_

## » 6 Step 2: Why is it important to \_\_\_\_\_?

This is important because \_\_\_\_\_

## » 7 Step 5: Why is it important to \_\_\_\_\_?

This is important because \_\_\_\_\_