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## FOREWORD

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The Golden age is about to come, the Aquarius time is ending: human beings have learned how to develop their ego and scientific knowledge. Now it's about time to return to the real self to come to fulfilment. The ego has grown to what it is now and has to return to the basic values, combined with the power of the science. This is a new vision which is based on old, traditional ones: the start of the new world with discovering the upside down effects of scientific human discoveries. There has to be an evaluation after the atomic bomb and now is the time had to live through again old values like the Bhagavad Gita. Back to basic but this cannot go on with specialised attacks and depressions.

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## INTRODUCTION

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Mankind is moving into a new age, a new golden age which is based on all the experiences on earth. In becoming a real human being a lot of teachings from the Divine have formed this grown humanity.

There is so much unclear in this fast moving world, younger people need to get hold on to the elder values to come clear with everything. Where traditions in earlier days had the function of knowing to do the right things, now youngsters have to come clear with everything there is and is changing. There is not only need, but hunger to integrate their beings into the fast development of everything. They need a clear sight on themselves, but especially on their belief in themselves and the boundaries. These boundaries must be comprehensible and clear, to know to do what is the right thing. When they know this they can fulfil their dreams and qualities to make the world what it's meant to be "ONENESS", unified. United people can have a powerful influence in a bad or good way. The right way to live from love out of the heart has to be clear for everyone. There is no other way to get real happiness and satisfaction in life. This has to be learned again, instead of fighting and war in and out themselves, know how to live love and sexuality in ONENESS.

In supporting this process, there was need for new teachings which lead to completion, before coming to the Golden Age. Supplementary there are 3 Prayer books which can be used to guide this process.

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# SUPPLEMENT

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PRAYERBOOK 1

PRAYERBOOK 2

PRAYERBOOK 3

## CHAPTER 1: THE DEVOTED PATH AS A CHOICE TO LIVE

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### 1. Live your life in love.

In life there are many choices to make, most of the times it has to be a clear yes or a no. In between there is doubt and considering what is the right thing to choose. Because of the brain it isn't only a matter of feeling what is right or wrong, there is always more than one choice to be made. Many times choices are made from a kind of feeling tired of all the consequences which cannot be overlooked. This could be called the easy way, but it isn't, but it is the less inspired way.

Knowing and feeling what has to be done is an inspiration from inside, which cannot be ignored. There is only this one thing to do, no matter what the consequences are. It is a feeling that God or luck is on your side and you will be guided to bring this to an end. No ego in doubting, but knowing this is the only right path.

In life there are many disappointments about all the different data as the weather, your income, your family and their sorrows or wishes. To be able to stay inspired in daily life is a quite different task and most of the time it is enough to stay in a loving, respectfulness. That is a matter of ego, putting your own opinion aside and let others do everything their way. Without pushing or judging them in respect for the way they live their lives and learn their lessons by experience.

No single way is there to find release in this dilemma, because the right way is too simple to believe and that is always listen to your heart. This means to check how it feels by everything you do or say, not as an apology, but as a way to live. It's almost like talking in your head with your heart, in consideration what to do, say or how to act. Ask yourself if this is the right way and listen to the answer, when you feel yes or no. Later on this will be completed with words how to say it and what the right words are.

### 2. The way to become pure.

For everyone there is always a moment of the truth, this is to speak from the inner self, or of what the mind tells you to do say. What the mind tells you isn't a bad habit, but a kind of defence as if the inner knowing cannot be trusted and isn't good enough. The mind is inspired by the ego and thinks to know better than an inner knowing and feeling in, or with words which cannot be properly heard and be verified.

A child knows from inside what is the best or the truth for him, but he adapts to customs how to behave, what to think and how to handle. Respect for others, most elderly people and making themselves small and humble is how a family and a society can function. Personal feelings are not important for the community, everyone has them and this is not regarded as special. Regulations and laws are made to rule the position of families in the world and also the behaviour of human nature.

No child can grow up without corrections how to behave decent, to become an accepted normal human creature. No stealing and murdering is allowed, but also not thinking to be, or act as a divine person: to show his own godliness that he is. The inner self tells always the truth about the beauty and pureness to children, but they learn how to ignore it. Learning to deserve love is quite different from the fact that they are love and perfect the way they are. Growing up all the values become related to what others desire and the inner self voice is hardly heard, or seldom listened to. That's the way to find the way in life and let the ego takes decisions not from the heart, but mostly from material values. Working in a, some kind of war industry related section, is identifying or looking in a different way to use or need weapons in the war.

For everybody it's a hard to follow only the inner path, or to find the real truth in themselves again. It's almost like a choice against society. But being an outcast is never feeling or being alone with divine guidance to show what is the real devote way to live in love.

### 3. The easy way to go the right path.

By thinking about everything life hasn't become easy to live, with being accountable of all sides of the question\_or matter. Because every matter has different sides, it's not possible to do them all right. The ego mind judges this as a failure, like falling when you start learning to walk. Perfection is maybe the way the Divine or God has to be in the mind of human beings, mankind cannot reach this. Everybody has his freedom to look at things from his side and this view is never complete. Also all human actions can be perfect or what everyone says. Sometimes it's a cloudy day and the world with everything in it looks dark and feels sad. In this mood it's impossible to make jokes or see the sunny side and laugh.

Feelings are there to keep in contact with the way how life feels at that moment and no one feels the same way about different things. Accepting no feelings is the easy way, but humans are evaluated to experience life in all matters. As Gods in a Divine way learning to life without ignoring human mistakes, is a long and hard way to life. Knowing this and feeling allowed making mistakes, with trying it again is a softer way. On earth it's an exercise to become perfect as a goal, not as a way to life. Although perfection is a good thing to reach, there is the side in it which is to become narrow-minded and not realising that half or less can also be enough. Perfection becomes easily overdone, in repeating and correcting to get it done only perfect, without a patient, respectful and loving spirit. When those almost perfect things don't give pleasure anymore, it's time to stop perfecting it for a while. Maybe later you can see what the real perfection is in this imperfection that shows you your lesson to learn and to love imperfection as a step to perfection. Like you others can learn from this so called imperfection that leads to perfection.

### 4. No way guaranties success.

Finding your way in life, you can take many paths to learn from, one leads to more satisfaction than another. This is the only way to find your path, the one which includes your needs to learn.

For all people there are different things to learn, because they all are different creatures. The difference between man and women is only on, but divides the human people already in two. Knowing and feeling is also an enormous difference and how to deal with that another. Friendly people can be too friendly and have to learn, or to start with themselves to take care of. The other part thinks the world is only there for them to learn enjoy and use whatever is there to enjoy. This all could be a perfect connection, but there is also the ego and the inner knowing of what is right or wrong. Bow your head so you can be beating, be the beater and act from your instincts are comparative to learn how to fill in your humanity.

In many lives there has been learned a lot, like wisdom how to love another like you. Still a lot of people, with mostly female qualities think they are responsible for others. By trying and prevent others to learn the lessons have to be followed several times in a different way or life. The male quality of dominate and conquer has to been seen in the opposite, if this ego cannot get what he wants the war starts on small or larger scale. This all is very far away from living in love and learn the lessons to reach the path of devotion. All religions still think that they have to prescribe and control their rules and fight with punishments to have them embedded. Also there are wise, most elderly men, who rule the divisions of money and food that leads to poorness and hunger. Without knowing the path of devotion it is impossible to know what a wise decision to make is and what the best is for all people. The ego leads to different choices than the path of love, respect, kindness and devotion.

#### 5. There are a lot of chances.

The devoted path is never spread before you, you have to fall and rise on it every time, till you know why. Every lesson has so many different sides, when you've learned one there still is much further to go. It's even not possible to learn them all, because everything is changing. When you think you know it, a few years or a lifetime later everything is changed and so are you. The basic knowing is there and will be there forever, but everything around it goes its own way. When you are not around or not noticing what is happening, these changes cannot turn into new knowledge. When your studying hard for your exams you simply cannot do all the other things you normally do. It's a matter of priority and sometimes your knowledge lacks after this period. It can be not knowing someone died a change in politics or another lack in information that you didn't attended to in your other priority.

Therefore you always have to fill up lacking information and are never all- knowing, even you think sometimes that you know it all. It's never time to sit self-satisfaction in a chair with nothing to do or learn. That is exactly the time to fill in simple things with caring for, or loving other people although this looks simple to you. When you bring round newspapers it's a real resistance to overcome and have enough patience to finish the deliveries. The work or matter is not important, but the way you fulfil it is, that is learn how to walk your devoted path. In newspapers is no love to find, you always have to get it from in yourselves even when it's not there.

Everything can be done in a respectful, joyful and loving way, a gardener learns that when he gets devoted in the wonder of seeing things grow from his hand. Animals also call on us for love and can teach us to be a loving person, so there are many ways to learn and show love in life. Living a life of love is your goal and you can gain it only by practising in daily life till you become a master.



## 6. The ultimate way for everyone.

If it was easy to live the life of joy, love and respect everyone would do so, without any doubt. The guilty feeling of being incomplete is even not the reason for security. Only the brains or the mind causes this uncertainty with the possibility to think and look at things from a distance. Animals can fight and be aware of danger, sometimes he wins and sometimes he loses a fight. But with their mind humans can plan and overlooked before the action and this is more than an animal can. Waiting for the right situation and learn from another one is not where it is about. The possibility, call it the consciousness of his behaviour is what people distinguishes from animal. Questions like good and bad are quite different from success and failure, they are a different matter. This is the matter of being responsible for the choices to act or not, choose the right things or the wrong ones.

When a soldier goes to war and fight for his country, there seems no problem in defending what he stands for. But before or after killing for the 'right' side there is already a difference, even when the decision still feels right. To have the power to kill, is a new feeling and his look on life or living beings seems to change, because of his experiences. He can make the change like judging who will stay alive and that is a divine task and difficult to handle for human beings. When the good side changes in a bad side, the use of killing can't be justified anymore it doesn't feel good anymore. All soldiers see

Different parts in what their ideal was to go to war, almost like win wars for the good of everyone. When this goal can only be reached in an dishonourable way, or feels useless the world looks different than before. When everything has changed and no values stay as they were, this is an enormous task to conquer. Not only in what is right or wrong, but what it does to humanity with all those scars that war brings.

## 7. Leaving the path of love and devotion.

No one can always be wise, kind and a loving person like an angel on earth. It should seem the most perfect way to live on earth without wars, quarrels and hate in complete harmony. But as long as there are all individuals with ego to construct, build, make and change things that will not happen. Not because of the satisfactory afterwards, but the real ego drive is what humans make human. Singing in heaven and looking in love to each other in complete devotion is not what human people should like to do for hours, days and weeks.

To combine this in working in harmony and thinking about everyone and everything in a kind, respectful and loving way is the highest that can be gained. On earth there is pain and sorrow, not all the plants can reach the sky and so it is for all human beings. Learning how to reach the sky and doing the best you can is what it's all about. Feeling love, in spreading it out and recognize it in other people, is the most joyful and devoted feeling there is. Recognizing to be love from origin and multiple love in all work and relations is not only a special feeling, but it's a drive to live. No one can always be like an angel on earth and sometimes the path drifts away from love. The ego mind is sometimes convinced to make different plans, again as another side from what is going on. There is always the possibility to return to the right path of live, respect and devotion.



Not using your own identity, ignoring the path your mind wants you to go, would also be foolish. It's more like getting a better and wider view when you return to the devoted path. Now you are sure the other path doesn't lead to where you want to go. This certainty is a learned lesson in self-confidence and not following as a slave without using the brains you have got to use. This hasn't been lost time, but made you wiser in trusting yourself to examine where you are not sure about, to become certain.

#### 8. The reason to live the devoted path.

In life there are a lot of lessons to learn to become a grownup that can carry his responsibilities. By learning to walk, talk, write, read a human being develops and this leads to know how to behave in society. For every child this is in another way and where in the world you are born is one of the most different importantly.

The culture determines a lot in developing capabilities which are needed to survive. It's even not always possible to lead a devoted life during growing up. But it is the time to let develop the inner knowing as remembering, practising or in cultural behaviour. When the inner knowing is too far away to reach it's hard to develop or remember to be and feel divine. Especially when there is hunger and a need for food gathering is necessary to stay alive. Fulfil the wishes of other people when money has to be earned, or punishment avoid is not developing the own greatness. This is learning another lesson of humbly and can lead to not judging other people's behaviour and see the goodness in everyone. This may not look as living the devoted path, but is another part of all there is, even when it is to be a mirror for other people. In the moment no one can see the results at the end, it's even not as studying for an exam, because even then you can fail.

Only when the inner knowing is there or can grow, the path of consciousness can be followed as a first part. This is when people learn that their ego is not important for their real wellbeing to live, because they are only part of a much greater plan in the universe. Filling in this part as a human being is already a long way to go and to learn to live in devotion. The next path of inauguration can only begin if this part has been succeeded, otherwise no one can understand real devotion. To feel the greatness of this path and having the willingness to follow it is quite another thing than survive.

#### 9. For the sake of all there is.

It is difficult to see what life is all about and for most humans it isn't necessary to know it all, because everything is complicated. As the learning at school starts simple with a few items of the basics, also should people not be able to understand everything about the complete universe. Scientist are still examining and trying to make the picture of the universe complete, which is hard to do because everything is moving and changing. A new star in the universe is one of the most simple things that can be calculate in nowadays, but the human body for instance also is still a mystery. That is also about religion and deep feelings of devotion. Although religion in old cultures was the basic to rule and Judge in daily life, this is regarded as simple nowadays.

The simplicity is that everyone can feel it even when they don't understand it; singing together gives a magic unity in sound. On the waves of the music and together chanting people let their ego and fear go in unity and knowing being a part of the community and not alone. This is not scientist to understand or to prove, but just the way it is when people get together in harmony. Feeling part of any kind of community, like lost souls people can reach a level of starting to understand that there is more than money, profit and ego. Gaining this reward which thoughts the inside feelings of real being, it is often hard to go into the normal world again. Life goes on in the normal way and children grow up and are taught the same knowledge, but they have to experience life themselves. Then afterwards everybody can choose for himself what his purpose of life is and what he is devoted to. Choosing to become wealthy with a lot of money or in religious feelings with devotion is a free choice. It's not possible to force someone to make a choice against his feelings, because no one will be happy then. The motivation and the choice have to be lived from inside and these are not to visible for other people seeing at the outside.

#### 10. What there is to believe in.

The inner life with thoughts, believes and all the feelings don't have to be shown to others. Knowing that the inner side is not visible and to control by others gives a kind of freedom. There is also the secret knowing better or plan with calculating, which isn't always pure. Those different sides are for every human hard to handle, to live an almost secret inner life with pureness and ego struggle. When the mind has been made up in knowing or a plan, this can be shared with other people who have the same struggle in their minds. Freedom of the spirit doesn't mean that it's always a holy spiritual view, because the ego has many ways to infiltrate. Also everyone has to stay alive and take care for himself and this is balancing between ego and only living from the heart. Those different sides can become really true when it means cheating to gather a lot of money, or begging for food. Knowing to be human and allowed to make mistakes and learn lessons means to gain purity from the heart in the mind. That means not letting the ego run away with short time successes, but in an overview trying to feel what the consequences are. It's not possible to overlook a situation by acting and being in this situation, which is possible for outsiders like coaches. Many decisions have to be made in the struggle or fight in the real world and it's hard to keep the heart and the mind in balance.

For most people the way to heaven is to be patient and waiting for what is going to happen. The devoted path is different from waiting, but an active way to discover what it's all about in life. The purpose isn't waiting and sees who loves you or hates you. Human mind is much greater than that, peace doesn't come if you wait for it. Even love is known to be conquered, to choose and want it, to be love for the one you love and get love in return. This is with all qualities; there will be no peace if you cannot be peace yourself, to other people and your behaviour in the world.

#### 11. For the sake of humanity.

In life every person has his own thoughts, feelings, brains and mind, that what makes him an unique person. To be in devotion this is complicated, to feel unity and knowing about the self he has to develop. But it is the same thing, togetherness is all being equal parts of the universe and no one has to be the universe. Being a grain means the possibility to join and become more of almost the same kind. Like bread cannot come from only one particle and the sand on the beach consists more than one grain of sand. Here it is more is not less, but completeness. When there should come peace on earth, everyone could be grateful and about it: one person cannot reach peace, only in his inner self. He can be a peace maker, or keeper by living peace as an example to show others how to do this. But peace cannot be the responsibility of one person, it's not the same for everyone. That means the variety of all kinds of peace when there is peace. To start in a family where all the interests are different and still everyone is a part of the family keeping the peace and love there is. To solve differences this can be done in a loving way, but in every family there will be tears, anger and shouting to learn the rules how to live in peace and love.

When the partners are in love quarrels are there without wanting to hurt each other, but always one of them is the looser. This brings unhappiness, tears, pain and can lead to separation, because a quarrel is always a risk. When there are children they have to educate the same values and the child has to accept all the rules, it's almost impossible to do this only in peace with love. This is the micro version before we will be in the macro version all lying together peaceful on the beach. Being and feeling one, in unity and the same wishes is hard to fulfil in daily life. In a religious meeting or session with higher insights it is easy to imagine. But always practice love and peace is very difficult.

#### 12. No one can ever fail to succeed in love.

Every human being is love inside and only trying to become complete love again and surrender to love. The ego-mind with all pain, disappointments, sadness and failure has brought the loving heart far from the outside world. Getting hurt, abandoned, or refused in giving love is a very delicate situation to deal with in life. No one has a heart of stone, but it is common use to say or do things that hurts other people. The return of this was started in the flower power period where everyone was nice to each other and love was all around. This is what it should become, life without ego that wants to gain or feel small and incapable to do the right things.

Also there is the way of thinking soft about love, as if it is a lower need that cannot be honoured by educated people. This strange development has brought people far from their inner knowledge and need to love and be loved. Be strong, handsome and doing everything seen from the eyes of other people, provoked the feeling being a very small person. When other people determine the personal freedom this is called slavery, when they choose for it the own freedom is ignored. Only when the own feeling and knowing is honoured everyone can be free to feel love for themselves and others. But there has to be develop trust in the self to act and think from love, this also has to be learnt to follow the own knowing and feeling. Later on there has to be quite a lot of trust in the self in acting to others in love. This is a very delicate and vulnerable matter, although it cannot be done in a wrong

way. It's just another lesson to learn, always to be and act in love, without the ego whispering inside to show it to other people. The work inside is the most important point to reach, to be aware of the ego greatness or smallness, this practising is the half work. Knowing to be love means also acting like that and the inner self is always there to instruct or remember how to do this from the heart.

### 13. Letting it all go in surrender to All there is.

People are used to be concerned and worried about everything there is in life. When it's about responsibility for love ones or safety this is a very good quality to fulfil in life. But most of the time it's an ego feeling to do things better, or should have done things better in the past. Doing things in the best way they could be could have done it, is enough to feel satisfied. This is a process in learning lessons of capability; the first time is only the start. By not starting or feeling disappointment afterwards this isn't the best way to learn.

Wanting to make a wonderful painting will ask skills which are never used before, only through experience the painter can learn how to paint what he wants. An example needing to know what and how to paint in perspective is different than expressing feelings in colours and images. The exception is there when he can surrender, by not wanting anything and paint from his deeper inner self. Then it's not about his own emotions or neatness, but the higher self can direct work through him. His painting will be a surprise then, and the special feeling about this is for almost can be touched by almost everyone. This is called talent and seems not to come from only the painter, it is to see and feel in an overwhelming way. This is also in music writing or making poems, the human mind has to be inspired to make it special. Wanting to paint, to write music, or other skills or arts is always about inspiration and this can never be forced, or judged afterwards. Even then there has to be a complete surrender to the task. Otherwise there will be a writer's block, or concern about the critics, or worrying about the next one in the future and this is always to deal with the ego. To let this all flow is to let go of the ego mind, surrender in believing to be a part of it all, the higher spirits and the universe.

### 14. Never forget who and what you are.

The human mind is fanciful and can change every moment of the day, no matter what happens. It can be influenced by the weather with mood changes, but also by just feeling upset and desperate. There is always a way to change this by recognizing it in time and asking your thoughts to go in another direction. It's asking for help, because some feelings are overwhelming the normal thinking, for instance by fear or feeling almighty or depressed.

When you feel almost driven away from your normal, quiet being it can surprise you. It's like being in a shop and just wants to take and steal something, although you have money to pay for it. The need for food and not feeling hungry with eating what you don't want and already regret by eating it, is of the same order. The instinctive action is hard to control and even dangerous when you want to kill yourself or someone else, or behave with almost inhuman behaviour. This is not who you are or want

to be and you have to learn to conquer these unwanted thoughts, needs and behaviour. Not only for yourself, but for other people as well, because they always suffer from your behaviour. Training yourself is what humans can do and learn how to handle this feeling carried away from the self. It is not so hard learn, it starts with submitting this in yourself, even when you don't want it and making appointments what can be done. When you don't see or feel what is happening, ask other people to warn you in time and listen to them. They can remind you in time to turn away from this behaviour; you only have to be open enough to listen and to act in the right way. When you can recognise and remember the actions what has to be done, you can easily choose them and not letting yourself carried away. Ask for help in time to your loved ones, the angels, your guide or whoever you choose to help. There will never be a refusal, you only have to listen to it and this will make life easier.

15. Everyone has his own path to go.

Although it may look the same it's more alike for all humans to live their life to learn their lessons. Not only every person is unique, but all his experiences make him the way he is and has to become. All women like to care and look after children is an old fashion look, as if every man wants a career and is strong. The differences between the two sexes are only a small one, because every person has a male and a female side. Besides that they have experiences of other life's to be able to know what it's like to be a man or a woman.

Seeing a child grow up is the best way to look how growing has to be done, but elderly people think they know it all. When a grown up is beaten up this experience will be a trauma and sometimes he realizes that he has been beaten when he was young. This could have felt very bad, but he also knows by remembering this experience that he will survive. So the lesson in his youth is valuable when he is older not to traumatise too much. Every person has a free mind and can make his own choices what to learn, or to ignore with the wisdom he has gained. When something sad or joyful happens this is also a lesson to grieve or to enjoy, or to be satisfied with a quit life. Stress in a busy life is hard to remark, because it sneaks slowly into the mind. This is a hard lesson to learn and hold back the energy that is asked for the job or the ego. Getting so deep inside the self with all the limits that are there unwanted, can break many people. To live happily after this experience in knowing what his limits in life are is not easy to learn for everyone.

Yet this is the moment to find the real self and what it's all about in life and for all people. To get the insight where mankind is up to and looking inside the own self for all the problems there are, is the most enjoyable lesson there is to learn.

16. The past has been and there is no looking back.

When things happen people have to learn the lesson and to know the consequences, so he can remember this in other situations. The learning is to recognize the same or alike situations and to use the results. When someone has hit with a hammer on his finger, he can recognize this situation and will remember the pain, so he should have learned to be careful the next time.

Life isn't easy as that, for sometimes actions have to be done in situations you cannot overlook as uncertainty with a risk. It will depend on many factors if this will succeed and he himself is only one of them. The only thing a human can rely on is his guts, the feeling out of the inner self if he has to do this and when to stop. When no one does anything for the risk they take, there will be no activity and progress anymore.

Even when looking in the past to mourn over what has been and you have lost, this is only needed when you can learn from it. Sitting and remembering without feeling joyful about it, is a waste of time. When you can smile about what happened, see what you have learned from it or in whatever way you cherish this memory. If the past makes you angry, this can also be stringing your next action when you can change this in a constructive way. Later on you can look at it with a smile, a gained purpose which the past has learned. The wisdom and the awareness of not only mourning for the mourning itself, makes clear what you have learned in wisdom, or gained in goals. Than the past is a challenge and it's easy to ask yourself what you have learned from what has happened. When you can look without judging to your behaviour then and the way you would do it the next time, you've gained a lot.

Living in the past is a very different thing, with regrets looking at things that cannot be changed anymore, is not using you and growing in consciousness.

#### 17. For the sake of all that lives in the universe.

The human mind thinks often itself as almighty, by having brains to determinate and discovers what surrounds him. Living in a small village is another view on life than in the countryside, or growing up in a township. Still they all have their own mind and trying to make a better world for themselves, for the animals and all beings in the countryside, the village and the township. That's as far as a child can see when he grows up, trying to distinguish the neighbourhood from the own family.

This isn't even a difference about rich or poor, war or peace, broken families or quarrels and passes away in disease, or divorces. All these conditions in childhood can influence like having good or bad luck, a prosperous education as pure possibilities. This variety in circumstances is only a few of the many differences for the development of human nature. The conditions can also be influenced by nature disasters, lack of food, health and genetic deviation. Then there is the function of the body in growing up, the dislikes of a child or the lack of food, hormones: it's a wonder that so many people grow up. When they don't grow up properly it's never a wasted life, learning by experiencing several hardships, makes him resistant in life. He can also develop skills to conquer this in trying to find a way to survive. Not only by discovering a riffle and shooting animals where he uses to trick them or beat them in a fight. Knowing about the use of water, learning the use of shelter for themselves and animals, it was a long, hard way to go. This all couldn't be learned in one life and one education, but token a lot of experiences.

Now he thinks he know it all in a science views on life, as if everything is to discover in this narrowed look from his position on earth. So there still has to be a long way to go, the universe is much more than a human mind can see, or touch and comprehend in the ego mind learning and experiencing.

18. The best way to do in life to become free.

Always the choice is free to make in the own mind, thoughts about possibilities are countless and to use whatever there is to choose for the best. There are about one third of the thoughts that cannot be used as a choice, one third which look great and doubting upon the last third part. This is a hell of choosing the right thing and it can be much easier in shifting the useless ones. Just ask with closed eyes to your inner self which one feels the best and the number that appear will be reduced to a few. To look carefully to these ones makes the choice final when you don't use your ego in just trusting your feelings. If you want to gain something, to act lovingly or friendly, or to harm some who has hurt you will influence your choice. Sometimes when you have been hurt you do have to choose different than you usually would do and that could be the not lovingly one as right choice.

When decisions are complicated, because there have to be so many aspects to consider, they are not to be solved at that time. Sometimes things will change or become clear after a while. This while can be a few minutes or weeks, it depends of the quietness in your mind. To feel is different from over see it all in the right context, when someone is in tears about something, it feels like this has to be solved immediately to stop the crying. When it would not be solved by you at that time the insight can dry the tears in knowing what has to be done. You didn't have to solve the problem but only listen to it, so the problem and the solution became clear thanks to the listening. Everyone who causes problems should solve them himself, then you learn from this and even find their own solution.

Asking for help differs also, is it in devotion to the almighty and his helpers who knows it all better, than a person on earth could use this. Is it for gaining in an ego mind like gambling, this wouldn't work. As long as it is for the sake of all that live, a choice to be made in love for the better, this will be the best for everyone.

19. The far way to go and come to the path.

It all looks very easy, as if everything is science to be discovered or learnt by success and failure. But when you think you can do it all, that your mind becomes almighty the downfall will arrive. That's like sitting high on the throne on a mountain and looking down and suddenly rushing down. This rush down cannot be stopped by you and you have to learn everything in life again without the old mind. Learning to feel and know what it's all about in life looks new at that time, but later on you know you had all these doubt before. Using the mind power to conquer uncertainty with not knowing brought you here and this is a milestone. What you learned and know isn't worthless, but not the main part in life as it was. It seems you don't have the right handles at this time, but these old ones will be used again. It is a treasure which feels useless and has to be buried carefully, to dig it up when it's necessary. This treasure cannot be carried the same time with discovering other values and although they felt lost and useless at this time.

The new way to see life for what it is, has to be looked at from the view of a child, by not knowing anything. As if you enter a new world without opinions that should restrict new experiences, where



only love and respect rules. If it is possible to see life with different eyes, without ego opinions, a brave new world can show itself. Acting from this loving and respectful view isn't easy to learn without judging yourself or other people by knowing better. Everyone has the right to follow the path in freedom of choices, although you know better for them. Learning to withdraw your knowing and allowing other people to fill in their life the way they choose, is hard. Listen to your inner self with patience and learn to communicate with your feelings, takes a lot time. Through experiences you learn what life is really about. Without those deep feelings to climb up to the mountain again and with the choice you made for your right path this can be done.

#### 20. You will never walk alone on the devoted path.

What appears in your inner self seems to be your process, but all humans have to go through this to come to deep surrender. It can seem as if this is the opposite way, first learning how to strengthen your ego and letting it go afterwards. That's not what it is, when you have a strong ego you are able to act and do what you want to do. If this wasn't like this everything would be just the way it is, without you as an actor. Slavery is the same, the boss tells what has to be done and without possible thinking, judging this has to be done. Creators have to think in a wider view and see all possibility's and try them out to make the best. If not everyone will just have a shelter against the rain, eat what there is and don't grow food or built to feel better.

When life is a struggle there is no motivation for a better life, being nice to other people, because you have to share or fight for food. Surrounded by people and only feeling united in sharing the need or suffering, can bring some people to new insights. They develop or pay with their lives and have to try it again another time, again surrounded by others.

Everyone has to find his way out, his own path to go by choice of the inner self, almost away from others in the loneliness. This loneliness gives the freedom for his inner being, to experience the real inner self, without ego and other interests. When the choice for the inner knowing has been made, it will be to live an unselfish life. Discovering the real, pure self with love and caring unity can be felt again, sharing this with others in joy. Before that there is loneliness in being snared by his ego in better knowing, inner discussions and how to act in a better way. Knowing the real self is feeling united in surrender to a flow of love, which can be seen in the eyes of others. This is a flow of love with feeling and knowing to be divine that can be shared by everyone without any condition.

#### 21. Knowing the path from inside the self.

Feeling what it's all about has always one initiator, you who wants to know more and willing to get the mind congruent to this feeling. Acting in the world around doesn't allow all kinds of feelings, because everyone has his own mind and feelings. When there is work to do, is this a different matter in acting, like building in cooperation with others. The work is the important matter at that time and it is not to associate all those differences, because the work will not start or end then.

So has every individual to do his own inner work for himself, he can meditate or council when needed. The discovery of the inner devoted path has to be found out in the inner self, it's what the right thing is for that person. Next year the path will follow another direction, but all the curves must have been worked out to get complete knowing of the self. No one can do this for another, only by helping a little when the burden is heavy to go on again. Until the inner knowing of it all is complete it has to be clear that the mind and the feelings about whatever is not what it really is. There is always another truth in time, for other people or as it was in the past. No one can be judged, everyone is allowed to go through his own process and take the time he needs.

Eventually everything will come to one knowing, to experience in being part of the un endlessness of the universe. All these individual paths will come out to oneness, to be in unity with the self and recognize everyone as family of the same human nature. When it all comes together there is only one wish and that is without individual ego make life on earth a heaven for everyone and everything. Living in devotion and honouring with respect all there is in love and light, is where the path of devotion leads to.

## CHAPTER 2: LIVING LOVE IN LIFE

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No one can live without love, light and willingness to live and it needs a lot of power to make life worthwhile. Sometimes there is a flow in which it all works out by itself, but a lot of times it asks attention and hard work. The turning points from flow to hard working cannot be controlled and this is always a problem. Becoming aware of the flow, which is as the waves in the sea, needs a lot of attention and doing nothing but waiting. Drifting around isn't always possible, because dates and decisions have to be made. Building a house has to be worked out from a dream to reality, to make the fantasy come true.

Every phase is important to look after and has to grow in the mind before it will be there in real life. Not only the stones are important, but the vision to create this as a dream come true is the most important part. Everything has to come together to that dream, but you yourself and others around you have to believe in this too. To get permissions from the government to build, to find the ones who can realize it with the needed money, there has to be a lot of flowing.

Only your mind can give this reality, when you don't believe in this dream anymore it all will fade away. So everything that happens on the way has to be looked at very carefully. Every small detail or misunderstanding has to be noticed and give attention. To prevent this from growing in an unwanted direction this has to be turned in the desirable way. Going with the flow of in this negative energy doesn't stop or disappear on his own. Being alert and make the energy or the circumstances positive will influence this negative flow. This is only the way to stop an unwanted flow grow into a disaster. Bad energy will be spread out and no one feels good by it, or can live love anymore. It's like the wing of a butterfly at the other end of the world that causes a hurricane. Everything matters, actions, behaviour and even thoughts can influence a family, community and society. The quarrel in a family can lead to a lot of sadness, pain and separation, without any love left. Wars always start small and when there are enough supports or sympathizers it easily gets out of hand in anger.

1. Knowing who you are.

Being only human doesn't mean to act less than human: the opposite ego trap. Feeling great doesn't necessarily mean acting great and that's what this is about. Feeling small can lead to great actions, when the power is activated from inside. These two things and what is in between, is what everyone is in life. This means sometimes feeling like a God and also incapable of doing anything right. Most of the times it means living in between these opposites, moving from strong positive to small and incapable. The balance is hard to find in knowledge, feelings, capabilities, this human body and the world with other people. Finding your own way through life in love is a hard struggle to win. The aims are to be set on all parts of living in thinking and acting in love.

2. To conquer the love goals.

The struggle for life is already hard enough to survive, to make it all love is even harder. To let go of old ways of thinking, means almost losing the grip on life. The ego has to be developed to know how the basis conditions of living must be. This is often gathering everything that is there and knowing from inside what is best. When the ego has been developed the inner knowing starts to hesitate, if this really is the best to gain. These doubts is a critical look to become aware and learn to overlook the small self, the ego. The soul can influence life in a different way, as the divine spirit in better and a higher knowledge. Looking to life and the world around from love and light, everything becomes different.

3. For the good of all.

Living on earth can never be without other people, it's a kind of dependence which have to be accepted. In the mind everyone can think every thought in independency, but in actions there has to connection with all beings. Even in asking or ordering animals the limits and willingness is important, as a use which is given. Careless actions to other humans will be judged or punished and so it should ne for everything. Pollution, spoiling water or poisoning nature is an unauthorized deed to all people in the world. Quarrelling and not behaving decently is also an offence to disturb a good society, because it influences other people. This is important because disturbing others in not living love seems a small incident, but effects everything.

4. Never forsake the inner self.

The ego is the drive to act and show the World all capabilities there are in a person. A small ego shows a modest, or sad and independent person without showing needs or power. This doesn't mean the absence of power, but this is not shown to the outside World. All energy is there but flows in a soft way, which doesn't mean the person is soft or powerless. Most of the time inner power cannot be seen on the outside, only when it's needed it can burst out. This can be shown in sudden anger, saving people's live or indefatigable taking care of someone else. It depends of the inner self to come into action, sometimes this is needed often, but can also be seldom. When the inner self commands it is the right time, when it's an ego drive it's not so often.

5. Trusting love will be there.

Starting an action or project has first to be made up in the mind, before let it grow in reality. To let this flow in love will be necessary from the start, also when the mind hasn't been made up. The flow will start and the loving part is not clear all of the time, with all the decisions that has to be made. It's not possible to be aware of this all of the time, only by evaluation in rest and meditation this can be known. It can be shown by a feeling of uncertainty, or suddenly exact knowing what to do and all kind of signals or feeling uncomfortable. Because it is an inner knowing, as a feeling only you can pay attention to, or not noticing. This is not ignoring, but simple unawareness in the busy things of life. When the Divine cannot reach you in a simple way, things will start to stagnate to make you aware of acting from love again.

6. Finding the way in living love.

The intention to live love has to be made, as a surrender and wanting to be influenced by love. In not judging the own capabilities as good or bad, but looking in love to what there is. The inner knowing is of great importance, the ego always wants more or less than is possible or desirable. The right way is not judging or wanting more, but feel the flow and joy in all actions. By looking at it and feeling part of every creation you are able to create and also knowing what has to be done by you. The flow can be like pulling you up, or fade away even when you don't want it. This wanting is the ego which can lead you in an unwanted way that isn't the good, loving way. To distinguish the ego wanting way from the inner knowing of love is a surprise to discover. The flow of love is always soft and joyful.

7. The well-being through love.

Getting or buying something can give a lot of satisfaction, a kind of being proud in gathering what is rightful to enjoy. Gaining money or compliments through work is another thing and means a lot of different kind of appreciation. To feel useful and needed in doing what has to be done by you, because you are the right person to do this. Like a business agreement using your talents and education in knowing and capability. This is quite different from using your talents in free giving away, or giving money for the poor. In acting from the goodness of your heart you feel comfortable about this possibility. Quite different is giving or acting from the inner self in knowing this has to be done to say, help or give for nothing but love. In feeling deeply touched by something there is only love, to be, give and act in whatever there has to be done.

8. Looking at the past in love.

Whatever has happened in life will become different in time, because everything is changing and nothing stays the same. Sad happenings, of lost or pain will get different feelings after some time, as about quarrelling and joyful events. The heat of the moment will cool down and everything comes to rest and finds its place, or will disappear. It's all about the ego being able to let go and look at it in love and surrendering. Wanting to hold on to what has changed or is gone is an unbearable action,

the grow of feelings about is isn't. The mind has to accept the changes and start to live with them in love, as long as the ego persists this cannot happens. When in time the shock feelings are gone and the ego has surrendered, the reality can be accepted in love of the self and what has happened.

9. Everything is important.

In every issue there are always different sides, like good, pleasant, beautiful and the opposites. It's common everyone chooses these sides and want everything to be like this. This isn't possible for everything all the time the whole life long, because there is no balance. In harmony there is balance, but like always sunshine a shower is needed. No one can get up every day is a fantastic mood, there are also limits in everything. It's like eating one ice cream and enjoy it, but every day or ten a day is too much and there has to be found a limit. A good cry can be a relief in have to accept limits which are there, they are in everything and everybody. To find this balance is a struggle in knowing, wanting and feeling and choosing from the heart is the best way to do it the right way in love for the self and all.

10. Awareness leads to consciousness.

Thinking about troubles never makes happy, looking at all sides of situations is hard to unravel. The real issue is often hidden, as a riddle which have to be solved when the puzzle is complete. Ignoring things is turning off from reality, like closing your eyes when it gets scary. The danger is still there but not facing it will not solve what is there in front of you. Being aware of it without action or solving is enough most of the times and sometimes better than acting in unawareness. Seeing someone steal a bike doesn't mean to fight for it. There are so many actions possible and no one is better than another. It's only to learn your personal lesson to see, watch or act what will suit you, but never close your eyes in pretending not to notice it.

11. Living the feelings there are.

Enjoy life is a good feeling and can make you feel light and free and experiencing life as a gift. The other side is less joyful and not always easy to deal with and denying is no solution. The feelings make you aware and the emotions are to protect and learn from. Turning away from the less joyful actions in ignoring as if they don't exist is living half conscious. Children learn to face all parts of life in smiling and crying, teach them not to cry is living a fairy tale with only good things. The endings can only be good when the person has learned the lesson which life teaches. Feelings are the reminders not only to show outside to the world in a smile or a cry, but also inside to realize both sides. In awareness the lesson can be solved and a cry can give as much relief as a laugh.

12. Let love flow in live.

Things feel sometimes good and another time bad, even the same kind of things. Like the taste of chocolate this can differ in various taste, but also in your taste of it. Having the same all the time this can get bored, too much or make you disgust it. Being fond of chocolate suits you no longer although you did love it, but your taste has changed. You can keep on eating chocolate or accept this is not pleasing you anymore. When you are aware of this, you can also make up your mind and feel whatever you do like or love to want, to do, to change and to realize. The disgusting feelings of chocolate can be a trigger to accept your feelings in likes or dislikes, what you do or don't want. Everything starts with awareness and finding out what you love and will let grow in a loving way.

13. In everything there is love.

Love makes everything grow in a perfect way, there is no ego involved in love. When things are happening in a flow it looks like a dream, but that's only because you notice it. All there is grows in their own flow, children, trees, animals don't need anything to grow but the right conditions. People like to think they make it grow and put in their ego different things like faster, better and more. Growing needs time like the flow of love which is always there, feeling the love is a capability to become aware of. Feeling love for a tree is in admire and respect, this is quite different from feeling love for a child or a lover. Loving animals is taking good care of them, loving food is enjoy eating it, loving children creates emotions, in everything there is love to discover.

14. Self-living love in life.

Life can be disappointing and this is mostly to you in experiencing your incapacities. You cannot change the world or stop people having to suffer and leading an unhappy life. Only by being love yourself it's already hard working to make yourself happy and living love. It is enough when you show other people this love by sharing life in a loving way. Everyone has to make the choice to live and be love for themselves. When you recognize this love in another person it can multiply, but you cannot make others love. Love is not like buying a bread, or taking a pill to change your feeling, but is a choice to live. The willingness to live love, see love in everything has to be there first. This is always after the ego knows he cannot rule the world or desire for other people how to live their life in love.

15. Many ways to love.

Deep love is the finest thing there is on earth, with connection in respect for everything is an ideal way of living. This implies a presumption that everyone is capable to can, feel and want to live love. Without ego wishes living on earth isn't yet possible, there has to be done and collect still too much. Living without war is the first aim to gain, because all the wars are in the deeper self to find. In uncertainties, moods and feeling small so choices cannot be made to feel and act only from love. Also the opposite thinking to know it all and wanting to go in a special way is overacting from the ego. The flow of love is different, it is accepting the way it goes in surrender to the greatness of all, without better knowing from the self. Democracy should be like that, but is still far away to reach this level.



#### 16. Grow into love.

Inside everyone is love as a part of human nature, but this has to grow during life. Love is not the only possibility to live and can be overlooked, or denied. Although and because it's the honest and modest way to live, it is as in willingness not only for women to practise. In every action love is a powerful component, but not necessary to make an action successful. Taking care of people like nursing can use a lot of love and understanding, even when it is professional care. Volunteers can choose the work they love the most and can do this from the love of their heart. Cutting wood or washing the dishes doesn't need a loving hand to complete the action. But when all actions will be thought of, or done in love this would be a better way to live in love.

#### 17. The kinds of love.

Loving a child is almost obvious, although the caring love is seen as a special female power. The female love is a little softer than the male love, which is more powerful. All people have both sides, a female and a male power in themselves and children need both of them to grow up. Boys need to feel this loving, soft and caring love to encourage them to become strong. Girls need to know the tenderness of a powerful love to feel protected and become strong. The other way around is obvious, a father will show his son male actions and a girl will identify with a caring mother. Sometimes in life people need the kind of baby love, as well to cherish themselves or to give to someone else. As a grown up all kinds of love can be get from, or given to other people.

#### 18. Experiencing love.

The world is full of impressions and they all have to be selected when they come to the mind. To welcome them all in love is not possible, because there are so many unwanted and what you did not ask for. The selection is your freedom of choice and which one to choose or let go. The choice to make for one or another is based on several feelings, emotions, wanting or knowing. When it's a mailbox you open it feels like freedom to choose the magazine you like to read. But the nasty letter or bill can also be opened first out of curiosity, anger or fear. In a shop you have to make also different choices in being nice to the people in there, or looking at the selling. When someone smiles at you it's a remembering of human behaviour and this can always be the choice of love.

#### 19. The joy of love

Feeling good makes the world a fine place to live in, rain or thunder can give a shadow on this feeling. A sunny day makes the world look more beautiful, but the weather can change and so is the mood of a human being. Like the waves in the sea this all goes up and down, feeling good cannot be forever because of the sunshine. Special needs and pleasures disappear when it doesn't move into the next level. Everyday eating ice-cream is never the real joy in life, loving to eat it is this. Then there is already love involved, from an inside feeling influenced by an outside action. This stimulates only what is inside, the real mood has to be from love and enjoy life. Everywhere and when there is a love connection it is like the sun shines in the heart of people who are aware and can feel this.

#### 20. Bring love in the past.

Things which happened years ago can still influence you in your thoughts, or actions. The good ones you cherish, but the bad ones can bother a lot. The energy of what has happened can bring you down, or feel like a failure forever. It is possible to go in thoughts to this situation now you're wiser and more experienced. When you recall the situation you can look from a distance what has gone wrong and how it should have been. Feel in love for all there is the bad energy change in the new energy and see the situation slowly changing through this new vision. Now you have change the energy of this situation into a new acceptable, or loving one in knowing this is what it should have been for me. The old energy is gone in your thoughts and has turned into a loving way to look at.

#### 21. Love is never a failure.

Looking to life in a loving way makes everything different, because there is always more to see. Every situation has to be judged by the mind and the first impression can be different from what really is going on. In overlooking important issues everybody can be mistaken if they do right things in life. Even right things can change into bad things and is asked a lot of distinction to be able to notice it all. Where and when things turn into a different way is hard to judge by the ego, so these thin feelings have to be noticed in time. This is never clear and only to choose one or the other, because of those both sides and everything in between. When the inner self, the consciousness and feelings tell us to stop and turn around, is this the right from the love of the heart.

#### 22. Listening to inner messages.

Talking to the self is mostly in thoughts, but there are other possibilities to use. Coincidences are common and natural things which happen, but can bring to awareness. In the normal things are the special effects to notice, to hear or to be seen. For a human being living on earth this can be easier to listen to as to inner messages or knowing. Inner messages are always the own thoughts and hard to distinguish from fantasy. Fantasy also leads to inner knowing but in a coincidence there can be instant inner awareness of what going on. Not noticing them immediately doesn't matter, because they will later get into the mind again to be understood. Instant action is seldom asked and when this is necessary there is nothing else to do but to act in the right way.

#### 23. Love for all there is.

Special persons in life are supposed to be loved, most of the times they are family. At school, at work, or in a shop there is supposed to be formal contact with a kind of distance. Although they are not family the exception can be made for close friends, to act in love and trust. This line is carefully drawn, but has dangerous boundaries and rules which must be obeyed. Different views or behaviour will only be tolerated and can lead to a lot of quarrelling. The loving aspect isn't important anymore and becomes almost a female feeling when the family falls apart. By coming to age and meeting a lover it's very important that the social rules will be honoured and clear. Living in love with people and all those conditions is hard, in the pure nature is an inner relief to feel free to live in love.

#### 24. Letting love flow.

There is never too much love on earth, everything needs attention, respect and love. The human body as well as the house to live in, all energy has to be pure and healthy. Everyone has his own energy, in living the life he lives this also means not only his own energy. In a crowd with a lot of people the energy of all the people mix and can get very strong together. Most of the times this is not a loving, joyful energy, because in buildings like hospitals there is a lot of stress and pain. It is very hard to stay in a loving energy in a crowded market or shopping area. The sadness at funerals has another dimension to deal with, because not everybody can let the diseased go with loving feelings or in peace. The own energy has to be in love to be able to let this flow to and around.

#### 25. To give love.

In love there is no result, only the flow which can be accepted, or not. Giving more love doesn't mean it will be accepted, sometimes less is more than enough. In hard times in life there is so much sadness, or pain and the possibility to receive love is almost gone. Love demands an open and wide range of feelings and it's not always possible to give or accept this gift. It's a free gift and everyone is allowed to accept or refuse well meant love for someone else. The obligation to have to be grateful doesn't count in love, because it's a free gift and may also be refused. Everybody has feelings to respect and sometimes feelings like love from someone else don't fit at that moment. So be it, wanting anything hasn't got anything to do with love, because a flow only flows.

#### 26. Allowing love to be.

Because love cannot be touched or bought, it is on earth level nothing concrete. It can only be noticed, or seen and felt in harmony with the deep inner self. Sometimes it won't be noticed and another time it's a deep touch from one person to another. It cannot be arranged like creating, buying or wanting to have love, but it can be missed in life. Such an untouchable feeling is hard to gain and can cause many different emotions, like feeling understood, strong, healed or deeply touched. Feeling the oneness in the eyes of another being in a deep harmony and understanding is an angelic experience. As brotherhood in a pure way and calling this love is almost unfair, because of the different levels of love experience it can submit human nature.

#### 27. Getting hold on love.

Something you can't touch or see is hard to get hold on, except knowing and believing in the true nature of it. Even an understanding like death as experience is tried to get hold on in drawings, but love can only be a heart. To describe the enormous, various components of love in different feelings, makes love very complex. Although it is not so difficult at all, because love is just being consciousness being aware, without ego control. Without interfering of the mind love flows in fits and starts, or in a stream of envelop, respect and joy. Surrendering and trust are conditions before astonishing in a warm flow can be there. The mind opens in surprise, or it can be felt in the body as almost overwhelming in joyfulness of sharing these emotions. In singing together this connected feeling of love can easily be experienced.

#### 28. Fear is never love.

Worrying is something of the mind and feeling out of the flow by looking at it. Although everything has been made in love to perfection, an overlook as a control have to be made. This is when the real greatness is shown, in experiencing the uncertainty of the mind. The real reason for fear is doubting the self, knowing in modesty to be not divine but human. Overlooking something is always possible and when the mind thinks to know it all, a person suddenly realises his smallness. Fearing to make mistakes is carefully acting in knowing the flow of luck or love have to be there. Feeling blessed to be able to do it all, the modest knowing is this could only by the support of something else. The help of something bigger than himself, which cannot be controlled has to be there, as a blessing of love.

#### 29. Love in every action.

There is no action that can be properly done without love, in hate or disgusting an action will not easily be done. This doesn't mean that the action will be badly done without love, but the actor can always choose the loving or the hating way. It's like waiting for something which seems to last long, but the time doesn't correspond with it. The same time in minutes can last shorter or longer and often this has nothing to do with the time. Feelings can influence anything, looking at the weather and feeling good makes almost the sun shine. Sometimes actions has to be done and letting the mind influence how to feel about it can be negative or positive. Love is the positive side and this grows when the negative feelings will not be allowed, also smiling will help to do it efficient. Although it never will become an action in deep love and passion this is a better way.

#### 30. The best way to live love.

There is always a choice in every action, the mind can think and turn what is the best in a flexible way. React on the first impression is not always the best way, because than you see only half of it. It's not possible to see everything that is going on in one short view, or understand exactly what can be said in angry, or hurting words. Being still and taking time to interpret in a flow is the way to catch all the feelings and your inner knowing. Maybe the mind changes from feeling angry to feeling sad, or in defence by feeling small and turning away in misery. Those ego actions can all come together in clearness when they have been there, to be honoured even in refusing. Love is all enclosed and most of the times it's the ego who wants to know, do, or say something which isn't love.

#### 31. There is no limit to love.

Experiencing love is a pleasant feeling, warm and tender and one of the good things in live. A deeper feeling of love is falling in love and feeling united and loved. Deep love can be experienced as divine love, a heavenly connection which is almost not completely to receive. Learning love to accept and give to the self and others has to be learned. As a child the I is the most important presumption, which has to disappear to be able to socialize in the family, society and personal interactions. This is a none and ongoing process in live, a child has to learn the love to live in a loving, understandable way. Adults have their lessons in love and love for children is a very intensive emotion and also combining this with partnership. Divine love is even harder in surrendering to all there is in love.

### 32. Always believe in love.

Sometimes there is a lot of misfortune in life, which is hard to handle in love and peace to anyone. It is impossible to be love all day long, especially when things go wrong. But there is also the inner knowing of the destroying bad thoughts, which never makes you feel better. In times of anger and distress it can be a good therapy to shout, to get rid of that bad energy. Inside you always get a warning when this is enough and you only have to stop in time to go back to love. From the view of love you learn not to feel small or getting so angry anymore, because love heals all there is. The choice for living in love have to be made first, as choosing to save money for a holiday. Sometimes you feel rich and proud with it and slowly you reach your amount. Love grows the same way.

### 33. The power of real love.

Lovely weather isn't the same as the real power of love, but this is the way love is used like feeling good or thinking about life as beautiful. The range in common language has become very wide, in the love songs this is meaning being in love. But that's not what deep, pure love is, an inner knowing like a holy feeling that love is what it's ALL about. Several moments in human life are there in learning to feel the experience of real love. This can begin with awareness look into a baby's eyes, where pure love and trust is reflected. In this look there is nothing else but love, without conditions and no hidden shame or better knowing. The eyes of everyone shows the deepness of the soul, unless it is hidden by the ego. In origin everyone is love and worth to be loved by others.

## CHAPTER 3: FEELING FREE IN LIFE

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There are many choices to make every day and to be pure in making them isn't always possible. Not only the ego influences the choice, but also the attachment to other people. Wanting to make impression can lead to another choice than a formal decision, or even in being polite. Then the heart isn't involved, because the loving actions always come from the inner self. These are always the only right choices which freely also can be made. Doubting from the ego, if it is the right decision, is a kind of distrust as if the ego knows better. All formal actions are for the ego to accept and have to be lovingly performed like uninspired work. This work with activities are a good exercise for the ego in accepting this way, without judging from the mind. The gate to the inner knowing through feelings is also for the ego to accept to make own choices in real freedom.

### 1. The right way is always there.

Sometimes there are so many possibilities which can be chosen as an answer or an action. Speaking or acting right from the heart could be the only way in life. But the ego is there to judge and make the best of life in using everything there is. To be self-confidence needs sometimes a push, like parents to tell you that you can do this. This friendly advice can help you to make a decision, because the feeling is love. Believe in yourself sometimes needs a push, looking at everything as hard work or not feeling able to act isn't always the best way. It is the way to grow in adult thinking about the real possibilities and capabilities, to know how to combine from the heart in real life. By not saving a child who is drowning, is from love when you cannot swim. Learning how to swim can then be an action from the heart in deep love for all and everything.

### 2. The various nuances of everything.

It's hard to distinguish a complete situation or action at the first look. To see it all is impossible, so the attention will go to the things which are clear to watch, seeing a red car by the colour. The sunlight or darkness can influence even this simple awareness in unreality. Everything is moving and a well-defined action can always be disturbed, although the conditions are perfect. This is complicated to accept although it has no meaning at that moment, another side can develop and be seen later on. Nothing is simple what the eyes can see and what the eyes cannot see is even more complicated. When the complete truth is hidden all parts can get attention and grow to the completeness, which sometimes feels like a surprise. As a wish that comes true which even wasn't there in the mind.

### 3. Choose for love in life.

Every time there is a choice to make how to react, but also to look at everything. It is a choice to wear sunglasses every day, because the light shines too heavy in your eyes. It is also a choice to look at the sunny side of life and let your judging ego as the sunglasses go. It is to discover a new World not to look from efficiency, anger or unwillingness. Waiting has always to do with your own feelings of waste of time, most of the time it is to make you aware of what is going on. Around you and inside you there is a lot to discover, like talking to the other waiters, or just enjoying what is there. It's your own choice to judge the things or persons which causes the delay and how you feel about it. There are things you cannot change so it's a lot more fun to smile about it and surrender to what is there.

### 4. Letting go of your ignorance

Every human being is there to live his own life, choosing in a normal egoistic way for himself. This is what really matters, by not being able to choose the own path becomes confused. Being greedy is very different to this or refusing to take care of someone else. Pleasing other people in loving acts is OK, but only as a speciality and not neglecting the own pleasures. Having fun with others is a speciality which cannot be bought by loving, or unrealistic acts. Willingness is almost the same



feeling of joy, but has also be given as a speciality and not as a normal act. It's difficult to examine the boundaries in unselfishness and loving activities. There is one thing which has to be there and this is always feeling glad, joyful in a loving way of willingness, without ego wanting to do it all right.

#### 5. Distinguish love in everything.

Most actions are necessary and cannot be as actions from love and the other way around. Love actions are also not always what the supposed to be, there is often ego and money involved. Being nice to someone don't have to be paid, because love is free of charge. To give from abundance is something else, but this can be also not coming from the heart. The ego is woven in every human action, therefore they are actions in human life. Sitting and praying doesn't let the grain grow or built houses, this is meant to keep the mind clear for the actions. Love always comes from the heart, in praying but also in all actions it is the guide in life. Every decision for actions has always a choice for the ego side, or for the free mind with the pure loving side. This choice is free to make in the mind.

#### 6. Making life a loving place to live.

Quarrelling and arguing is the opposite of living in peace and love. There is always something going wrong and when you're focussed on it, you will discover this. Looking at other people is the most easy way to see as in a mirror your own mistakes or weakness. Judging others means also judging the self and there is no need for, because it all is one big lesson to learn: to grow into perfectness in love for the self and the Divine. Stepping aside in your mind with no judgement, or opinion about anything that happens is an art which has to be learned. By feeling gentle and in harmony it's not so hard to overlook what good have been done in a better, or easier way. Everybody has the right to learn the lesson how to come to this, or to be unable or disinterested for another way.

#### 7. Between the lines there is love.

Feeling and mentioning love is quite different, to speak the words hasn't got anything to do with the real feelings of love. To see and experience love is more important, this is being aware and knowing from inside about the presence of love in life. Emotions can come and go and are changing during the day like an ocean with all kinds of waves. Deep love in the inner being is as a stability to look at life, at the waves and all which is there is going on. This is a kind of trust in letting go of everything, like the stream of a river which will find the way to the sea. The boundaries for the river in the landscape are and have to be there to find out the best way, the flow will differ when it's necessary. So the mind of every human being has to find the real and only way to find and live love in daily life.

#### 8. The first thing to think about in love.

Acting in love is unselfishness in flowing over to give in trust of willingness. By accepting this the receiver makes this as a wanted gift from the heart. Only give love cannot be good, because then

there is no balance in give and take. This is when misbalance grows, everyone has to give except love also the possibility to give to the receiver. A one way stream of love changes in when there is no flow in gratitude and thank you from the heart will not be enough. The pleasure of giving has to be there for everyone in various forms, but it has to be in equality. By refusing to let another give in love and willingness, the wonder of giving isn't there anymore in love and respect for both. The egos will then start to make this balance harmonious and the special aspect of love is gone.

#### 9. Feeling love like a child.

When people grow up they learn to withdraw their feelings and not to cry when they get hurt or feeling sad. As a baby crying is a useful process to show there is something wrong and the only way to show this is by crying. From the effect of smiling a baby learns how to please and get what he wants. In the beginning he sometimes shows an angelic divine smile with deep loving connection. Grownups can get completely disorientated by this open mind look, because they all have learned all the boundaries of smiling. In the good way by a loving full feeling, but also in the wrong way: smiling from politeness without a loving feeling. Showing deep love is not done in daily life, but it's a pleasure to meet people and feel a loving connection. Share heavenly feelings of love can be done.

#### 10. Beyond every action is your free mind

The difference in feeling free and a slave depends of the own thoughts and actions. Slaves were capable to free themselves, to act in the right way for wanting their freedom. Behaving like a victim without a possibility to escape is protection not to be attacked or killed. But it also has the opportunity to free the mind and stop behaving like a victim although this asks an enormous power. The ego of everyone has grown into anxious and victorious power in the good or bad side. Fighting back seems to be the only way out of this, but this is from the small ego. This can only be conquered and undermined by something else, a rightful and loving power. Force, break, or fight for rights will never succeed actions, it only strengths the ego's. Love can make everything soft again to change.

#### 11. Awareness in actions.

Sleeping at night gives the mind resting time, while unconsciousness there is a lot going on. The mind is always busy in the daytime and the essence has to be worked out in dreams. Even those dreams aren't always clear and understandable, but there is a kind of trust that it will be all right. Through those dreams can the real point of it be awakened by spirit. In a different situation and in another order with similar actions or persons the awareness comes slowly, or clear as a warning. Making the same mistake, or fail at almost the same action is a learning process and all guides and angels are there to support. Spirit can show itself in different ways in surprising actions to show the real lesson and most of the time this is joyful. Unawareness can lead to missing the link to fulfilment.

#### 12. The greatest joy of all.

Feeling good makes people happy, like everything is OK and on its way to fulfilment. Failing gives a bad mood, hard to get along with on the way in life. Inside is always the knowing that this is all temporary and it will change again. In joy this means getting everything there is to get to laugh, enjoy and feel great, in sadness is crying in a mourning way experiencing grief. In the acceptance of these both lies life as it is, like the waves in an ocean will always come to an end. Human minds can rule their feelings, being polite when someone hurts his feelings, laugh when they feel bad and being strong by not crying. Harmony is hard to find, feeling satisfied can be enough to feel good, to feel fine everything has to go all right, but the best is only to find in the inner self in deep love for all there is.

#### 13. Never forsake the feeling of love.

Not knowing and denying are quite different in consciousness, sometimes it's better not to know. Discovering things is knowing how and what it is, or is going on. In polite conversations this is talking with no means, just listening and knowing by hearing without opinion. None is then asking for opinions, although feelings always are there in what you think about it. If it feels good you can go on and let the feelings grow in love, or stop this conversation or the contact. Everyone is free to act only in love, by not mentioning these not loving feelings this stays open for a next time. Saying everything you feel is not done, but also not wise because it all can change. To know the real meaning asks a lot of understanding, or love to discover this. Love will have to come from all sides with the need for it.

#### 14. Looking for freedom.

There is always a way out of everything to free yourself from what is bothering you. You have to be aware first and to know what it is to be able to change it. Most of the times this will work and you forget about it and what has happened. There is a solution for all problems, even when it is to surrender to the situation as it is. Some things cannot be changed, but you can always change the way you look at it for you are free in your thoughts. When people get old, or ill you can react with anger or acceptance that's your free choice. You can never make them young again, but you can feel grateful about the time they were young. It's not possible to cure every disease, but you are free to look to the possibilities or the impossibilities and to mourn in love about what has changed.

#### 15. Be aware of the chosen bondage.

In life we learn the rules to be modest and respectful to others, elderly people and persons in charge. To want a job and show all the capabilities is a need, but in social life it isn't the way to behave. Although you feel the same way in knowing better, or not knowing at all the ego has to support in very different ways. If you feel good in feeling great, the ego will show you your inventiveness and being smart whenever you like. Your own greatness from the inner self can tell you the reality about this with possibilities to work out. When you want to build a house the ego will support to do this

and want a very beautiful and big house. The inner self will advise you to start with a shed and feel if you really can build anything and enjoy it. It's like a practise in fantasy to guard from mistakes.

#### 16. Looking from freedom to bondages.

What has been learned in life and is accepted as it is, becomes part of your mind. The way you look at things is based on earlier experiences and assumptions. You learn to get dressed properly as a kind of representation, so you can think clothes are important. You can easily get obsessed by always wanting to be dressed properly for the right impression or to make a statement. Rebelling in going naked to an appointment to get a job isn't the right way to act, but don't be surprised if you don't get the job. This has everything to do with politeness and respect for other people, but also for yourself. When you think clothes are more or less important than the real you, you underestimate yourself. The ego can hold on tight to old habits or former conclusions and has regularly be reviewed.

#### 17. Stopping with denying the truth.

Feeling unsecured in life makes every experience different, special meant for you, or as an attack to correct and hurt you. It's just the way you look at things and this is your kind of view on life, which hasn't got to do with other people. Even your own siblings experience what has happened in life different from joy, although you've been brought up in the same family. This is because everyone is unique and has to live his own life. To fulfil his personality to grow in pureness and learn live in love, like creating a world of love on earth. Blaming other people or denying the own problems will never be the solution to be able to solve them. It's not done to blame other people for anything, you only have to deal with and face yourself. Just accept that everything can be done better by you.

#### 18. Living in freedom.

To live the life in freedom is different from careless only fulfilling your own wishes. Everyone has to make decisions and sometimes it's good to choose for others, or for the self. Even when the self wants to have, do, want, or gain the only right choice is always a matter of the heart. The mind thinks and calculated, but can never see in a complete view above the own interests. The inner self can let go or feel better from the loving heart, instead of the own small purpose. Wanting an ice cream can be a very deep wish at some moment, but saving the money to buy food is a better choice. All the choices can be made in a free mind, no one can force to make you choose. What you choose is always your own freedom in accepting the duties there are and in listening to the inner self.

#### 19. The best way to feel free.

Working hard can give a lot of satisfaction in being proud of the performance and feeling lucky as a component is always there. This luck is a combination of capability, wishing and constructing with investing time and energy to achieve this result. Always there is also a freedom part, to have been

able to and a support feeling of luck. This feels like the luck is on your side in an enthusiastic feeling of YES as an overwhelming present to do this. The inner self is manifesting in growth with love and good feelings of being important and capable, like useful to the world. This is the best way to grow in love for all there is, as a being that is part of it all and doing fantastic work. There also are times when everything seems to go wrong in feeling small, but you're free to feel it this way too.

#### 20. Withdraw your actions.

Most of the times it's better not to react immediately on actions or events which are happening around you. Sometimes the view on the action is only half embedded in your feelings, ego or inner self and has to become complete. This is a kind of growing in greatness, because your mind cannot get the complete view related at once. It's like the last act of a play on stage, this can be full of surprises when it all comes together. Little things can get a different meaning and the clear parts are suddenly unimportant. The human mind can only work out part by part and the ego and inner self start to let you understand and bring clearness in the different feelings. This all can happen in a short period of time, most of the actions can wait until you feel sure about what has to be done.

#### 21. The next thing that has to be done.

In life there are a lot of actions to be done, although they all can be separated. Knowing and feeling the balance in everything is a difficult part of life. In a simple way is this the get up and get dressed, before that you have to wash yourself. The other way around is not a real problem, but in your head you have to order everything. Saying hello and goodbye cannot be mixed, or being so busy and forgetting to pray. Staying calm and in contact with your divine feelings is hard while moving in traffic. Living like a monk isn't possible in real life, but ordering your thoughts and actions is. Taking time to pray, pure your thoughts, plan actions and evaluate them afterwards will help to feel better. The load of everything what you could have done better will not bother you than anymore.

#### 22. Never give up your freedom of choice.

The things you start will sometimes fade away like thoughts without ending. This is an exercise for the mind to continue later on and be able to understand it all. It's like a dream which is often not to understand, future, past and present are interwoven. Sometimes there is a flash of memory and a lot of times you remember parts of it. The real purpose will sometimes never be clear and stay in your mind. This exercise of not having to understand it all in letting unfold and form can be the example of modesty. There is something understandable for the human mind which still have to be learned. Discoveries are only then when the time is right for it, like growing up as a baby which has to learn. Whenever the time is there will be a kind of recognition that this is what it's all about in life.

### 23. The greatest joy in all.

The human mind is free to choose how to behave, to smile or look angry and to look at the bright side of life. There are always different possibilities in choosing what comes into the mind. When you get a flat tire you can feel angry, or start to cry about this bad disaster. But you also have to come in action and can start to wonder why this happened. Were you careless in riding through glass or something like that and where were you with your mind. Did you had bad or loving thoughts and how does it feel when you now think about these thoughts or actions. Sometimes the mind goes driven by your ego in a direction you don't really want. How about smile about it all, letting go and accept the situation as it is. This is really feeling free and to laugh about it makes it a joyful feeling.

### 24. Forbidden or hidden joy.

Looking at another, or more sides of everything that's happening can give fun to discover. After your first impression your opinion is clear, so you can let it go and start to look at other things. All parts or actions can be seen than when your mind isn't focussed on one thing anymore. There is space and an interesting look at other, small things in what is going on. Resisted sitting in church or another service cannot give a real chance to experience holiness too. When you are only genuine interested this will come, without you noticing it. The joy to discover hidden jokes in your mind can make you feel free, joyful and almost enlightened. This can only be there when you're not focussed on something special what your mind wants to see, or already knows.

### 25. The most wanted things in life.

The most important thing in life is feeling good, happy, beloved and free to do anything. In making every wish come true the failures are shown and the limits have to be accepted. Needing other people can be experienced as necessary, or a joy to be happy and make all wishes come true. This is a very pleasant life if there wasn't the ego which has to be there in capability. To feel great, act, make, want or let go, feel small, and accept failures has to be learnt. No one is born with all capabilities, or will be loved by everyone. There are always disappointments to accept as part of living with other people, or to double the love and joy in life. The solution isn't to be found in what the ego wants or can, but in enjoying which is there for everybody. The inner self is the only guide for it all.

### 26. Never give up your freedom.

Making choices is often difficult to make it all work out for the best of everyone involved. Sometimes it needs to withdraw your own wishes for the best of other people. This is almost the same as parents give up their own longings for the wellbeing of children. The difference to distinguish when it is necessary to take a step aside can give a lot of pleasure when it all works out well. Like the result on an investment in love for others instead of the self. Seeing other people suffer and knowing what is the best for them, starts already to be involving. Letting other people live their life and making

their mistakes to learn from is what love should be. Feeling in between these interests is only your ego in knowing better and not feeling free in taking the right decisions for the self.

#### 27. Take care and notice.

Being aware means always looking at all feelings and actions from different sides. There is still a lot to learn and even when they look the same, all actions are different. It can even be that your feelings are different and that you look at another way. Your feelings change as much as the world around you differ in developments and actions. The first born child is an experience which is to be used for all new born infants, like learning in a different class at school. Everything has its own charm or can be remembered in disappointment, but even this can change again. When you're feelings grow in understanding life and all that has made you who you are, is worth looking at. As a grown up you see yourself no longer as a child, but experiencing and learning is always looking unprejudiced as a child.

#### 28. For the sake of all there is.

Never forget who you are in being a small part of the universe, but an important part of the divinity. Every part small or powerful is needed to bring, exercise and practice love in the world. Conquering wars will end then, but this is the same as quarrelling at home. To start and live in peace and love in the family is the beginning of living and though bringing peace in the World. Most things start small so they can grow till what they are capable of in their way. The grass is growing to feed animals, the trees to give nuts and fruit, the flowers to be a base for honey through the bees and so on. The bee is not more important than the grass, it's just something else. Powerful people are not better than devoted or poor people, love doesn't distinguish here for building a house for the divinity.

#### 29. Live the life you want to life.

There are many paths to go in life and still a lot are hidden for you to see to explore. The ones you can see and discover are important, even when they turn out to be wrong. Life may be explored in the choices you make, accidentally or from a deep inner choice. This is the only way, like a child has to fall down to learn how to walk. Your inner choice will become clear through all these experiences, because in the end the ego can rule your life anymore. Nature will form like a stream the water in ways which are the best, although it's not the strait way. The ego wanting will be survived in devotion with joy and sadness. Losing and getting what you want is only a matter of one moment and changes like the weather or the waves. Like the sun is not supposed to shine night and day.

#### 30. Never ending love to live.

The most powerful possibility is always there when you have to choose for anything in life. This can only be chosen by how you feel about things. When the ego wins you can earn money, stay in power or just win what you wanted. The love sight on life is with what you know as a quite different choice,



in a kind of surrendering to what is best. This means more than your wish, what you want in personal goals and cannot be seen in one quick look. If the mind looks at all sides of an issue there are a number of actions to consider. The choice from love is always what feels the best for all, doesn't hurt or damage the less. Seeing yourself as a small part with own wishes by knowing the un endless universe, your choice becomes unimportant. For your ego this will be surrender to all there is.

### 31. The benefit of peace in everything.

The human mind can create a lot of trouble in things that will or will not happen. Learning from the past isn't always joyful and the sad or bad feelings have to be worked out. The mind is busy for the ego has to know how to go on, or to learn from it. The inner self always has the right answer, things that felt good to do have hardly to be regret. Sometimes it's almost an excuse to do things the way they have to be done, but this is always the right way. Every choice or thought should be consulted by the inner self, to exist or be there. Thoughts which are bothering can be checked by the inner self if they are worth to be there. The mind can be stopped by the ego, in stopping unwanted thoughts. Making your mind up is something different, as thinking the same events over and over again.

### 32. Never give up loving the world.

Planet earth is the place to live for a lot of people, they all need space to develop their human being. To become respectful is already a hard job and not for everybody to reach. There are so many conditions which have to be conquered to make a dignified life possible. The most important thing is to realize that everyone is worthy to life. No one is better than another human being, like one bird is more worth or has more money. People made life like there are differences and children grow up in believing in differences. Before these misunderstandings have disappeared, the world cannot be love. To think you have more privileges than another human being is an old fashioned opinion. To respect someone for his wisdom, inner power and doing well is something else. This is divine behaviour.

### 33. The most wanted and greatest power.

Everybody wants to be loved and give love to everything, because love is the highest goal in life. Feeling loved and be able to love are the most satisfactory events in life, when there is no love life is worthless. Being able to realize love in the self with the inner divine being is hard working against all feelings of the ego. Making love free from all the struggles in the mind about what has to be and how, is letting divinity flow. The freedom to do so has to be understand first for the higher inner self cannot be ruled by the ego. Taking the own rules in life as a responsibility is a choice that has to be made for love. Feeling love, living for love from the inner self and all over the world will set free. Knowing love is the only way to become free and can ultimately lead to experiencing divine love.

## CHAPTER 4: THE POWER of SEXUALITY

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### 1. Sexual healing.

In human life most things are happening almost unaware, without conscious thinking or acting. This includes thinking about sexuality, not to act, or in explicit thinking about it, but as a special way to be. It's like thinking about food as a part of life and often being unaware of these thoughts. It's almost like a period of rest in the mind in which sexuality is embedded, as a feeling which exists. This doesn't mean that sexuality should not be important, but it can be oppressed. Instead of acting it's dreaming about something which belongs to life. Because it is a combination of physical and emotional feeling, these both things have to be handled. These sexual feelings can lead to an imbalance, when they are not handled with care. Every child learns to control all of his feelings, wanting to shout can be repressed and a child learns to talk. Desires of rape can be there in thoughts, but don't have to be set in actions. Looking to it as a sin and shame, can make people believe they are not completely in control sometimes. Thinking is a freedom for everyone to come to clearness in learning the difference of a fantasy and the reality. The desires of the own human mind doesn't include the fantasy or desires of a partner. It is just what it is and has to be accepted before it becomes to an action in real life. The eldest profession prostitution is for most males a safety valve and is exits all over the world. It is very understandable for sailors, who had been at sea for a long time. In human development a healthy vision on sexuality is necessary to grow up, as this is needed for physical, spiritual and social abilities. Ignoring, controlling or oversexed behaviour is undesirable for a stable personality. As the Kundalini energy has to find its way through the body, the sexual energy is even more important for human health and wellbeing. It is something to be aware of by using the sexual energy in a right way. Rape or incest problems can ruin the sexual vision. It is very hard to restore the mind in trust about events from the past, a deep process is needed to heal these problems.

### 2. Natural sexual actions.

The mind is free to think and is able to fantasize about everything in life and to change what has been or will be. This can vary in feeling beautiful or strong and being capable of everything. The reality always destroys these dreams of completeness, but in fact it is what humans can do. These kinds of dreams only have to be half lived in an acceptable way in daily life. This can become a problem, by thinking you have to hide feelings or wishes. It can make people feel small and not able to fulfil their wishes. Making dreams come true is not possible in every way for everyone, but living with a dream is. If the dream is about living as a knight, or become King or Queen it is easy to accept. This will never happen but isn't hard to accept, because every normal person knows the difference between fantasy and reality.

Besides the fantasy there is the physical need which can manifested in different ways. It differs for every person what the feelings are about this development and this can be not to admit, or accept them. Even enjoying these feelings has to be accepted, because it's a new field of the possibilities for

the mind with the human body. The greatness of sexuality and experiencing this with joy or in denying being a sexual being is almost too much to handle. While the body rather slowly matures, the mind has to join this developing to adult feelings and actions. It's like the growing up from a child in experiencing what the possibilities are. Ignoring this body language it will be difficult to accept this later on and to feel free to discover it all. Because this is a hard time with new hormones and feelings and changing in physical way. Behaving like a child is no longer accepted, Childtime is over and becoming an adult is the only way to live. It's like all the freedom of a child with learning and playing is over, there are only responsibilities to accept. These feelings are confusing and it takes a lot of time before this is stabilized and accepted in an endurable way.

### 3. Healthy sexuality.

Living a sexual life means having accepted sexuality as a part of life and has been able to integrate this. In everything there is sexuality, in thoughts, deeds, dressing, acting, looking and feeling. During the day there are so many impressions and half of them are involved with sexuality. As a forbidden fruit, it is very attractive, but can also ask a terrible withdrawal. Everyone tries to make his dream come true and for perfect sexuality it demands dealing with another person. When there is no one there, as a youngster or a single, this is a different question as in a relation or marriage. Learning to talk is encouraged by parents, but encouraging sexuality is still a taboo in the modern World. In the old Greek and Roman times there were practising temples, later looked to as brothels. Nowadays youngsters have to discover it all by themselves and the developments nowadays are alarming. Indecent clothing and behaviour makes sexuality look like a disposable action. This has not even the purpose of prostitution, but as a kind of fun which is possible. Exchanging sexual contact for a drink and the number of sexual activity is important. Having sex with ten different partners in one evening, is no exception.

This doesn't mean sexuality is as common as it seems to get embedded into life. In deep love it is a total different experience, as this way of expressing the possibilities. Like Tantra loving which is an art that can't be there when there is no deep love and respect for each other. Being in a partnership is totally different, with responsibility for each other's feelings of wellbeing. Then there is a very important function of sexuality that it's to make children. The inner nature of mankind is to reproduce for future generations. When this is problem sexuality gets also a different meaning in have to succeed in this. Reproducing has already developed with scientific possibilities.

### 4. Strenght by sexuality.

Relaxation is necessary for everyone after hard working, physical or mental exertion. Strenuous or exacting laborious work demands a lot of the human strength, with exercitation strain or even harnessing themselves. To reduce all the tension there are several different possibilities. Sexuality is a most effective way to fill up the energy and feel united again with other things than work and stress. It has the power to let go all problems or thoughts that bother the mind and experience relaxation. Coming in the state of excitement means letting go all thoughts about anything, except what's going on. This is a kind of concentration and relaxation which also is there in other situations.

Winning a game, feeling how to get the utmost from the body in sport is the same feeling. Some people get addicted to this feeling of arousal and also to sexuality. Being completely overtaken by a feeling makes the mind get clear, worries disappear when something else is important. The deep feeling of satisfaction afterwards make people feel free and capable to live their life in the world.

This clearing up and starting new actions after the energy boost is welcome and necessary for everyone. It's like a fresh shower, leaving all that's not worth full behind and start again with a fresh view. Letting go of old thoughts is like a good night sleep, not interfering but as a kind of surrender. Children can do this by nature, adults have to free themselves again of all things that bother in the mind. The mind is healing in the night, but also during sexual release in letting go all worries for a while.

The real pleasure of sexuality can be doubled in a loving full relationship, by using the energy of the partner. This is almost a game like having more fun with two or more people. The intimacy with sexuality is quite different from this, but the growth of the energy looks like it.

#### 5. Human possibilities.

The power of mankind is enormous, but how to control and use them is a discovery. By trying over and over again and making mistakes is exercising the way to learn. Cycling cannot be learned only in having a bike, to climb on in, at first balance is the most important issue to control. Only when this has been learned the cycling with power and speed can be learned. For reading and writing it's also the same, as the material is there, the process scan start. This is also by physical development, including the sexual components. Learning to walk and talk, everything has to be learned with the same conditions. Wanting to learn, being eager to discover will lead to results, which are different for everyone. Some people like to cycle and some don't and it's the same for all that has been learned. No one can do it all, or like everything with the same pleasure. Preferential make people unique for what they are with the skills they have chosen to develop. Every skill is like a pearl in the mind and to use in reality the whole life long. By not using them anymore it still has its power to know how to do it again. The capability of building a high tower as a child can become a forgotten skill. Even remembering it can give the pleasure again, but it also in using this in another way in life.

For some reason mankind has lost the connection between sexuality and love. The combination is what gives the real power and healing in life, as a motivation to feel connected to everything and everyone. The body needs to be toughed and to unload all kinds of energy, the mind wants to be connected and loved. Sexuality is a way to clear up all energy and feeling great and alive, capable to see and do what there is to do. Most of the times sleep finishes these feelings of relaxation in the body into the real self. In being unaware of all these processes the function of sexuality has changed into a physical relaxation. Even making art of sexuality is too much, everybody knows inside what has to be done. The way how, differs in being alone, this isn't the same as with a partner. In feeling deeply connected with someone else, there has to be a knowing how to let go of everything. Deep love in physical and mental ways is hard to gain in sexuality, but an extreme reward which redoubles all experiences.

## 6. Discovering sexuality.

Everything has to be learned in life and experienced, to make it work and developing capabilities takes time and perseverance. To learn, see and practice sexuality is an issue for a young child, there is much to learn before that. Being in the world as a person, how to behave, what is right or wrong behaviour has to be learnt first. Growing up, the personality develops into a self- image to live with in knowing what it's all about. Sexuality can be influenced by examples or experiences and it's depending on this whether a person learns how to feel about sexuality. Hiding or ignoring those feelings, enjoy and feel good about it are possibilities. In childhood this development starts in admitting, stimulating or to forbid children to touch themselves. By forbidding, a child can hardly explore and learns sexuality is something that is supposed not to be done. By admitting the actions and feelings it will never shows what immense pleasure it can give. By stimulating a child has to find his own inner standard and this can lead to excessive sexual behaviour. Finding the own way by trying and error, admitting and forbid as inadequate behaviour, this is all not clear. The greatness in connection with the Divine, the healthy stimulation for body and soul has to be taught in an adequate way. For parents and educators this isn't an easy way to educate in sexual possibilities. There have been conquered ages of shame, gossip, hidden activities and raping is a punishment or powerful action.

The attraction between people plays a very important part in willingly admitting sexuality. Because sexuality isn't only felt in the body, it's the mind which decides the admittance. When there is attraction, love, or another knowing or feeling that it is all right than there is permission. This can also be the agreement to pay, but there has to be a free decision as an agreement. If not it it's a kind of rape, but this is hard to distinguish. Signals which are not a clear yes or no can easily be misinterpreted and then there is no rape but misunderstanding. In a state of arousal it's hard to feel and see in the correct way, without being physically or mentally overwhelmed.

## 7. Control the power.

Everyone has his power, the way it will be used is up to how someone wants to show himself to the world. This has to do with physical conditions like muscles, bones and gender or race. Sometimes it's social not accepted to show power in a parental or working relation or as behaviour for a girl. Knowing one's own power and possibilities ask a lot of inner power to withhold this. Inner power is the real strength, showing the outside power is most of the time the physical power. Feeling good is the first condition for power, being ill or have to withhold it, gives a mental and physical handicap to let the energy go. It's like slavery not to show the real power that is inside and the ego has to be withdrawn nor ignored. As a child there has to be learned being humble to live in society without exercising authority. There is less exercise in expressing the own vision or power, except as an outburst in getting angry in knowing better. The consequence for a lot of adults is that they didn't learn and don't dare to express the own power.

Showing the inner power is most of the times is knowing better, which will not be accepted. Yet it is something completely different, knowing from inside is using knowledge from the heart. The heart chooses also for the wellbeing of the person and not only for the best of other people. Listening to

this inner information is not behaving small and obedient but using the inner power in love for all. Then it's not a rebellion action of better knowing or behaving in an angry way, but from inside purity. In a world where gaining the most money and profit from other people is the best way to live, this is a different way. It's almost as if this is too simple, but it is the condition for abundance for everyone. There is enough for anybody, wanting more and more as an addiction doesn't lead to freedom and happiness. Using the power with control and dealing for the sake of all, is using power in capability.

#### 8. The power of love.

In life the most important thing is love, living from the sight of love makes everything look different. The view with love is an unconditional accepting from the inner self and all people will be only trust and surrender. The ego, the small self, cannot overlook it all and acts from this limited view. Other people with the same desires and views act in the same way and then there is a circle without love. Starting to be love, speak love and act in a loving way will make people look surprised. It's like not knowing how to interpret this other way of acting, which is completely without selfishness. This is being an example for others, it is showing how to live in love without conditions. In living love the flow of love will not only grow towards the world and other people. This loving heart will stimulate the complete body inside and outside in everything that is love. What's not love will not be accepted anymore and will fade away, like people moving out of your life. When there is no recognition of love or connection in a loving way, they don't suit you anymore. Being together with loving people, is stimulating in a much different way, with energy so pure and valuable. The power of one loving person connects and multiplies with other persons, which is also by meditating together. The energy carries and connects with higher dimensions in a wonderful inspiring way, which gives more than joy. Feeling connected to other people, the higher selves and all there is and can move tears of joy and deep happiness.

Many people are not aware of these possibilities, or don't want to be in a state of meditations and this so called soft life. But everybody, man and woman know how it is to be in love, having affection and deeper feelings for another person. It starts in life when a baby is showing deep love to parents in an intense look. This touches the heart and soul and moves everyone. This loving looking almost disappears during life, but can suddenly be felt again by falling in love with someone. Then it is also a deep feeling of connection from the heart, with energy in the body and the mind. In this creative energy man and woman can even create another being in conceiving a child. This is also pure bliss and meant to be deep love, when the value of sexuality is completely understood.

#### 9. Living love.

It isn't always possible to feel deep love. The whole day long during work in daily life. Work has to be done and all the things to stay alive and what people and children need. Being and living love from the heart makes it easier to be friendly, without gossiping and making angry remarks to others. It is a turn in behaving in the world without the small ego rights, which are not important for other people. But living humans have to learn to act and be angels and this process is a hard way in daily life. Quietly sitting on a mountain in meditation is different from living in a world with other people,

especially when they don't have the same thoughts of being love. To manifest love in the world is mostly trying for years to be love and act in love. It is a trial and error experience, because the ego can play parts in every part of life, in thoughts or in actions. Old habits are suddenly different from the view of love, actions of other people also in looking with a love view. It all has to be experienced and this can take years before there is real progress to feel and know. Every time when the mistakes are made for instance by reacting vicious and nasty, it will lead back a few steps to where it can start again. Living love in this world, which isn't love, asks much self-assured and inner knowing that this is the way to go in life.

Meeting like-minded people is a deep recognition that makes this worth all the efforts in knowing that you're not the only, crazy, or simple one who believes in this. There is still a long way to go before all people can live in love and harmony, for the sake of all and all there is. It is important to feel and distinguish the unconditional love in others, for the old thought that love is sexuality has to be left. It's the other way around, the warm feeling of overflowing love is quite different from sexuality. It is very confusing and difficult to distinguish this exclusivity from feeling good in attraction, or honouring in an agreement. The deep respect in love for each other with inner knowing and wanting to surrender in sexuality is another process.

#### 10. Everlasting love.

Feeling beloved by a partner, or as a child has a caring aspect and this is a condition for real, heavenly connection. Letting it all go in love and complete surrender is possible as a child without responsibility, like only caring for the own needs. This self-centred action is always there, because every thought or feeling comes from the self. Thinking or caring for another seems very nice, but is easily overdone and limits the own development. Being love is different from taking care of, in a love relation there is no better knowing for someone else. Everyone is perfect the way he is created and this can always be seen from a view of love. Learning in love is stimulating the self-knowing, like learning in freedom. Boundaries are to be given to a child as material so he can develop, this means also correcting inappropriate behaviour. It's a great difference to correct from a loving view, this is like having to for the best of. This is not for the best of the self in anger or distress, or for the sake of other people to judge. Real wisdom in correcting or letting go in freedom have to be learned. In experiencing and living love this is never the same, all situations differ and every person is unique. Feeling the energy flows you instead of flowing with the energy is a process which is hard to distinguish. Temperament as disposition plays an important part and thinking for the best of another is always from and with the ego. Stepping aside in this rage, is going to the heart the first time and silently waiting. When it's clear and quiet it's time for action from the ego, sometimes this is just raising a voice. Being in love in all situations is not letting the ego rule your actions or your life, but is in feeling what to do. The best action is peaceful, without any anger or inner drive of injustice. People tend to listen and show resistance by attacking, knowing and seeing this happening is a great adventure.

To control and guard the love inside is learning by experience and to correct unloving behaviour into love. Answering with love whatever happens, makes life love and all that is toughed love for everyone.



#### 11. The power of injustice.

Love is always the good and rightful way for everything in acting and thinking. When something is unfair this will always be noticed by others, even hidden thoughts, because in love there are no secrets. People tend to excuse when there is no love in their actions, as if there is any excuse for it. Choosing for the smaller self and hurting another, or to be unkind is never the right way to communicate in love. By deciding to hurt someone only in view of one's own thoughts is always limited and selfish. Thoughts can go everywhere, in circles or in imaginary ways, often without reality or boundaries. In these thoughts everything is possible in feeling powerful, small or almighty in feeling this all. The real knowing from inside comes when in rejection with the higher self it all comes together as an insight. It is an individual and personal activity to come to this conclusion. All these thoughts with consequences and decisions have to be made and explained in communication. When there are other people involved they probably go through their process in the same way. For real understanding it is necessary not only to see one's own, often selfish way. In combining the different views, the best solution will appear to everyone's satisfaction.

Living in the inner world and looking at the different possibilities is only one sight of the real world. Without honouring other opinions this would be like tyranny and will lead to injustice. Slavery is equal to this process in knowing better for one's own needs, to gain money or force people to actions they didn't choose for. It's a difficult process to find the balance in selfish actions, because the ego is always there. Yet it always is clear where the ego prescribes the actions, the inner warning is there in a subtle feeling of doubt. Not listening to these feelings makes it harder to return to pureness and to honour not only this feeling, but the people who are involved. The injustice in everything has to be removed, because it's ruling the world.

#### 12. Unselfishness in everything.

Living beyond one's own interests and wishes is almost impossible, like being an angel. Yet it is necessary to change the world into a loving, safe and peaceful place to live. Injustice behaviour kills in another way from inside, both the victims and the perpetrators. Experiencing this betrayal is a process which has to be felt from both ways, because there is always the other side. Being a victim is very sad, but has to lead to the knowing how unjust this feels and what it means. Being a perpetrator has to be experienced to learn what power and overruling can lead to. It's both about the ego, in weakness and in strength finding the effective middle. Only after going through these different processes, this can become clear. It's obvious that all this is impossible to learn in one lifetime. Starting a new life is without memories, feeling all the experiences can only lead to an inside knowing of injustice. Realising the good or bad sides and feeling this can bring understanding for the both sides. Slowly this process leads to insight, with sometimes remembering mistakes that have been made before. This will be shown as knowing before and also where it all leads to with wanting to prevent this from happening again.

In love there is only one matter, loving others in the same way as the self. Because everyone is a human being and part of the created universe. Hurting, wrapping or punishing people is always



showing the own power in the wrong way. Everyone is responsible for his own choices, when there is a difference in something so be it. It's always the ego that wants to know better, thinking hurting and wrapping is a birth right. Conquering weakness from feeling strong and invincible is a glorious feeling and driven away from love and kindness. The weak people, mostly women and children, but also slaves could be abused and wrapped in this glory. Sexuality was and still is a way to feel great and invincible, but is not meant to gain comfort against holy matters.

### 13. The beauty of sexuality.

In normal, daily life there are ups and downs to live with, sometimes they can be changed by actions. Feelings are there about everything, good or bad, pleasant or unpleasant in all different forms. The mind is always trying to explain or change them in a more joyful way. Deep feeling scan rule life, like feeling hungry and needed something to eat, or physical like having to go to the bathroom. In between there is a warm sense of caring, loving and dreaming about a better, joyful life. Mostly this is connected to another person to express, to work out and fulfil these wishes. When there is attraction in deep understanding, the love can grow in this connection. It's a natural process of feeling loved and recognized as a wonderful, human being. This feeling of oneness has to be explored and it needs very little to awake a sexual flow, because love and sexuality often go together and feel as one energy. This is where the tantra flows with deep respect and love starts and continues. The divine love is present in this natural action and carries the flow in equality. There is never a loser or a winner in this special love game of sexuality. Both partners have the same purpose only to be in love for themselves and the other. To please and be love, inspired in acting in love in a natural way of sexuality. In this context, conceiving a child is the most ultimate result of deep and divine love.

Abuse or rape is never a loving action, as it is a calculated or only a physical need. Then there is no need for deep love, or feeling divine with a special person. The difference is sometimes, because of the arousal, hard to distinguished and the sexual actions can also be done without deep love. In a lot of cultures this divine influence has disappeared and sexuality has become a need for satisfaction. The most relevant need for all people is to return to the enormous power of sexuality and to discover love in all facets. Love for the self, the personal engagement with divine love is a favourable action. Without exercise and learning lessons through experience nothing can become perfect. Like everything in life has to be learned, sexuality has to be accepted and discover with all possibilities. Only in real love for the self, sexuality can be lived as a respected human action.

## CHAPTER 5: DIVINE SEXUALITY

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In life sexuality is one of the most important drives and a basic need to live, to get children, to learn, to love and be loved. This is complicated to disentangle what is what and when, feeling attracted is different from feeling deep love. Needs are there to be fulfilled and waiting or postpone is frustrating: it's not always clear why this cannot be when the need is there.

Learning to wait for the better, asks a lot of patience which is contradictive to a need which wants to be fulfilled. But this is like eating nuts from the floor, while a big banana is waiting high in the tree.

## 1. Fulfilling needs.

For everyone it's important to satisfy his needs and there are many unaware needs. Eating and drinking are the most knowing common ones and they have to be fulfilled for staying alive. Ego needs in wanting to gain, to have more and knowing better make people feel good, great or look wiser than they are. Loosing in any way is a hard lesson for the ego in accepting they cannot always get what they want. Feeling heartbroken is one of them in accepting the own smallness and this is quite different as living in slavery.

Gambling can be very joyful, but also be catastrophic and the different sides of needs prescribes what there is to be learn. In everything there is a lesson to learn, no one is born powerful. Its life which learns through experiences what is right or wrong in satisfying the own possibilities and needs. Feeling sad and small with a little ego can build up the power as a lesson in humbleness or restoring what is lost in mourning.

The ego has made a person to think that he is what he thinks he is, but feelings are different from these thoughts. They have to come to unify and the real greatness in experiencing smallness in deep devoted love. This can lead to what is much bigger than all egos, united love with all and everything. Than the own needs become smaller and the ego wants only what is best for all and everything, only or just live in love.

## 2. Honouring feelings.

Knowing and feeling are opposite which are so different and hard to distinguish in daily life. Afterwards it becomes clear why what is experienced and what has caused the actions. Being in the mind, with knowing and planning what to do when, can be disturbed by others. The feelings about this can afterwards become clear by evaluating the actions. Most of the times this is by accepting the likes, or dislikes from what has happened or is going on. Being puzzled about the own reaction can also activate and becoming aware of other feelings, like irritation or anger. Also feelings of attraction or love can become clear in the mind, but letting them grow is a different process. The ego should like to hunt after them and satisfy all possibilities, instead of letting them what they are or cherish them.

Feelings have to grow and are never completely clear in the mind, only to feel in awareness. Feeling part of family and be loved by other people is accepting and returning this love. Being loved by friends is already a different matter and there is more respect to be earned. The mind knows how to conquer this, so it looks as if it's a mind action without real feelings. Wanting and loving have to join in as a true marriage between ego and feelings of respect for the self and others. This is a difficult combination and has to practise a lot before a real friendship can be there. It's about trust and respect and liking another and the mind has to withhold the ego in this matter. Like stepping aside because these are different matters, but that's not what it's all about. By withdrawing the ego is going beyond the basic needs and the mind learns for the better to let feelings grow. This process can only be learned one at a time and slowly. Showing feelings makes a person vulnerable, in showing feelings of the deeper inner self.

### 3. Being aware of needs.

Living is more than fulfilling needs, the inner being wants to be fulfilled and this is a much higher level than needs. Feeling deep love, or gratitude is quite a different feeling than having quenched thirsty feelings. This has to be fulfilled, before it's possible to experience feelings with another quality on a next level. Like needing to know the first principles with basic knowledge and experience before going to university. Wanting to become a doctor is something which needs a lot of study, so this need has to be postpone for quite a while. Learning and wanting to kiss is also a need which asks a capability that has to be developed to enjoy in experience the completeness. Stopping to learn, in letting the ego think this is perfect the way it is, can be only half what is possible to experience. The inner need can be felt like an instinct and these feelings can be confusing. Feeling like being carried away in an almost instinctive action, asks letting go of all withdrawal. The ability to let go and surrender is not learned in normal daily life, because the ego always is alert. It's a strange manner to let the needs and feelings flow almost without thinking and ignoring the mind. Youngsters have to solve this problem by accepting their sexuality and it is an intimate and personal process to become aware of instinctive needs that can be fulfilled. Sadly this is always surrounded by hidden and secret behaviour, which have to be done in the dark or in solitary.

Practising and exercising is learning how to deal with the own sexuality, often in longing to join these feelings. Not communicating about this all, or talking in a dirty way stain the natural and purity of sexuality. Looking at pictures or movies which can arouse the senses with the same feelings of shame and hidden feelings about it. Only with very close friends or partners these feelings can be communicated.

### 4. Using sexual capabilities and experiences to grow.

Nothing stays the same, not using qualities make them disappear or become unimportant. This can be of use; it's not possible to do it all always. The capabilities remain and will not be unlearned, like not swimming for a few years asks to train again for the results that once were there. It's always possible to start an almost forgotten sport or capability. Being busy can give no time for meditation, but this can always be done again. This is also the same for sexuality; it's always there but not always as a very important issue, although this should be.

Ignoring to get peace and connection with the inner and higher self by taking rest in meditation is the same issue as sexuality. Being a busy ego person with hardly time to sleep has to react in something, drinking alcohol to relax or having sex. Many people cannot instinctive like animals, get rid of aroused feelings of sexuality or anger when they should want this. Postpone anger has to be learned as well as satisfy the sexual needs and this can be very difficult. Learning as a youngster to deal with these feelings by not ignoring them or in thinking as bad behaviour, can be exercised. As with the ego instinctive feelings have to find a reasonable way out to live in peace with the self. Appreciating those feelings as a part of living with the possibility to make life ecstasy is almost the same as living from love instead of ego. That's the real control in joy and happiness, without anger, distress, disappointment or self-reproach.

Nothing stays the same or on the same level, what in the beginning feel as a mistake of the body which is growing up. Learning through feeling and accepting these changes, can give the experience in purity the chance to develop in joy. Joyful learning to see sexuality as a gift to nature can lead to a precious experience with a sexual partner. Not only to multiply but an enjoying nature in reaching for sexual divinity. Ultimately this leads to experiencing divine energy in sexuality and the connection with a partner can lead to a double Divinity.

#### 5. Performing divine sexuality.

Degrading sexuality as a physical need is being unaware of the greatness and the power. This physical part as an instinctive need leads often to misunderstanding, ego or bad behaviour in getting what you want. Deep love and honouring sexuality from the inner self and knowing it is a gift for humanity, is quite different. In honouring and practising the possibilities can this be seen like a celebration with joy and passion. The greatness is such a valuable gift to handle, because the feelings are almost too simple and instinctive. The difference compared to the animal life are hidden in the deepness of connection with the Divine in unknowing. To really feel the deep, divine connection in another human being is not yet there to experience as an instinctive action. There it feels like a pleasant drive to satisfy, as it still is for a lot of humans. Like something powerful, to earn money from or only functional to get children. Being or feeling goddess in daily life and so it is with feelings of sexuality and thoughts about it. The instinctive way are old thoughts of satisfying and to gain satisfaction by certain behaviour or actions. This can be with pleasing like bringing flowers, or appropriate and take what is needed by wrapping or revenge and dishonouring. The honouring way is not only to please but feeling deep love and even more than affection to get into a higher divine connection.

Living and feeling love is like an art that has to develop from height to climax in feeling real connection, to come to divine feelings of happiness. This can only be learned in live like all basic needs, to habits in real actions and complete them in pure love. The ego has to be conquered first to let go and admit these precious and divine feelings of love to all there is. Just as this process of the ego in sexuality this love can be experienced as a divine gift to humanity to honour and love in life.

#### 6. Feeling content and trustfull.

By feeling small no one can explore the self to grow, only in strength the power can grow. Being wise is a component to be sure in which direction the choice will be made. This has to be always on honest and pure feelings about it all, without ego matters or meanings. To love and honour the inner self and the body as well, there can be a divine flow of love in connection with all there is. Multiply this with another like sharing in recognizing is a much higher state of mind in experiencing love. Knowing the own feelings about this is a condition to be able to accept the other. In openness seeing, feeling and accepting the other as a part of the self and the deep love inside. Before this is possible ego matters like feeling small, not worthy to be loved, or not capable to experience divine love has to be conquered. In devotion to the inner self there has to be an acceptance of the body and mind, this means to use all the possibilities. To behave and become divine is without any hesitation or ego thoughts to justify the acts or feelings.

Love is love and this can be showed in different forms, Divinity is there only in deep surrender. Letting go of all restraints and restricts will make the goddess part appear. In the flow of the divine and using everything that makes love grows there are no mistakes to make. In this flow of surrender to the deepest inner self the higher self will always be the guide to rely upon in life. No ego or other people can prescribe you what is right or wrong in exploring the body or mind.

To take the freedom of the mind, feelings and an instinctive drive to explore is something natural. Civilisation, family rules and religions have learned a lot of behaviour to rule and restrain sexuality for the better of all people. Nowadays this can be explored in another civilisation, not to judge but to in a divine way to explore feelings and love. Feeling unworthy and dirty never is a right way to be able to feel the immense glory of God and the own Divinity.

#### 7. The next step for mankind.

To look at sexuality in the special way as an offer from the Divine is a turning point in human life. This is not because the actions will differ, but the consequences will be huge. In this other way it's not an instinctive satisfaction anymore, but a connection to the Divine which can be felt, or not. By ignoring this possibility it will become more and more an instinctive action, without deeper knowing. To join with real passion in divine harmony, will bring an enormous joy that will last a long time. The energy that has been awakened will spread in the body and the aura and is a spiritual guidance.

This energy love will not disappear immediately and is even more than passionate love. This divine feeling of love will stay and influence everything while it's still there. It has a kind of inner secrecy and tenderness in it, a feeling of joyful love which can make you smile all day. Almost like not living on earth without touching the ground and feeling heavenly connected in joyful love. Life is not like that all the time and this feeling will fade away again. But not only the memory stays, the next time this experience will be there in an even more overwhelming way. This will lead to more and longer feeling joyful and loving the self and the world in which you live in.

To be able to feel this other kind of sexuality demands knowing how to surrender and free the mind from the 'normal' thinking about sexuality. Learning to feel and experience sexuality for what it is and accept the reactions of the body as natural. In many religions sexuality still is only there to make children and a good wife has to take care of this as a duty to her husband. In ancient times the roles were quite different and intimacy was a goddess task to learn for men before they could be husbands. Knowing how to act as an adult in Africa with initiate rites or experiencing is different from only giving sexual information. The speciality of sexuality is often presented as a dirty kind of instinctive behaviour and forbidden to talk about it in a normal way. Divine feelings that go along and the urge, curiosity or feelings about it are treated like lower instead of higher possibilities. Openness in these pure matter will give a lot of better feelings about and respect for nature and mankind.

#### 8. Making the world divine.

By interacting with the Divine also in sexuality there will be a boost of divine energy in human life. This divine energy contains love and light of a very high kind substance which is only to feel on a high level. In earthly terms it could mean living with your head in the clouds and almost not touching the ground. It's like feeling high with a divine drug and looking at the world with pleasure and joy. This is no denying of sadness and pain, but finding the good things in everything. All there is has more than one sides, having lost someone dearly can show the goodness and joy which has been there. In mourning the good memories can bring the love and joy back in a smile of knowing. The memory is valuable and will be in the perception, thoughts and words that will spread this over the world. In talking with love and joyful compassion the pain will heal in a soft way. There is no need for feelings of anger, distress and showing raw pain in shouting, because this only hurts more. In being soft and tender to the self and learning to accept what there is, in a different way of what is lost, has changed or is not to gain.

Living from the inner in acceptance with the self, the body and in freedom with all the structures in life is a hard goal to reach. This means not only letting go all prejudices, but also learning to accept other people in the way they fill in their lives. Being or becoming a divine person means pure thoughts about the self and everything, also no ego thoughts of knowing better. This is different from inner knowing in what is best, only when it's out of love actions are justified. Most of the times this will be not acting in words or better knowing from experience. Everyone has the right to their own experience in learning things the way you did it, even when they ask you to do it for them. In that case it's important to check your inner self, because the ego is much too eager to help. Everybody has to learn their own way of life and by making mistakes is the best lesson. Experiencing and finding out what went wrong leads to a better result and inner knowing.

#### 9. Knowing how to feel in deep love.

By accepting the body completely this can used to get into deep love, compassion and surrender to the inner Divinity. It's like reaching for the Divine through the body in spreading goddess energy into the World. This means that sexuality is not a loss of energy which disappears, but putting this energy into the world as higher and loving. The passion is needed to get to an arousal unity and the energy can multiply in a process of love and joy. This can feel like walking on the moon and awakening on earth with this divine love experience which doesn't stop, but goes on and on.

Because the world and all inhabitants are not divine it's a hard struggle to stay in this state of love. This means almost a kind of separation from common things which are not love, or a kind of divine actions. Experiencing the world as it is, like a godless place to live in, is discouraging and make your divinity disappear. Staying in love is the first lesson and hold your loving way of life, stay your state of mind. The second lesson is making the world divine by acting or not acting without judging other people in the inner self or in actions. Even when you know better for other people, they have to learn without your ego in good meaning, but better knowing.

Being passionate is a state of being which cannot last a long time, as it is in feeling connection with the Divine. Normal life is always there again and you're not an angel on earth in worshipping all day as a monk. Although you try to behave like an angel and look at the world with angel eyes, you are always a human being with ego actions. It's a pity this look at the self can always be overshadowed in ego actions like knowing better, or feeling small. Other people have to learn as much from you as you do have to learn from them in daily life. Knowing to live from the heart with love for all and everything is a long path to learn. When there would be nothing to learn in life it is time to go and go for an angel life, but even they want to learn and grow wiser and more lovingly.

#### 10. The love in everything in life.

Nothing can grow or exist without love, people, animals, plants and even things have to be handled with care. The difference in the loving acts make life worthwhile, no one can be passionate for everything. As a human being he always has his own temper and good and bad days. Feeling great and full of love is the best possibility to make life love, but disasters in life and the world happen. To take care of the mind when something bad happens is already half of the work to deal with. Looking through a spectacle of love doesn't mean to trivialize problems, but no one has to cry for other people or help them. Being there and share, or support with love and kindness can make half of their problems disappear so they can work it out themselves.

Showing love in acceptance of every individual process is a better way than to solve problems out of love for other people. Even when you think they want it, or ask you to do it for them it's still there problem they have to learn from. Showing to deal in a loving full way can be done by listening and suggesting things in hearing them struggle. They won't listen when they are still quarrelling in the mind and that's all right, because this is their process. To come to love and accepting the problem is the first step which takes time and has to be taken before the problem can be solved. All the consequences have to clear and acceptance comes before solving. There are always many ways to solve something and they all have to be looked at. In the meanwhile the problem is seen from all sides and this changes the wounds which are healing by the time.

Living love isn't yet normal behaviour, taking care is the first form of it which is there as an instinctive drive. Humans are able to conquer these drives in showing and living real love. Gathering money, power or possessions is not love, but accepted as a quality. Like in slavery, letting people fight or hungry can never be done in love. Living as a human on earth means not only taking care of the self, the family, country, or race. Love is much more than this in seeing everyone as himself and part of all there is. Living love cannot exclude anything, but this is still a far away view in life.

#### 11. Love form the heart.

Sometimes it's difficult to distinguish love from ego-wishes, because they both can feel good and pure. When it simply feels good is not enough anymore, like helping someone else with small things. Then it's helpfulness and there can never be enough of this, so this is always right to do. It only starts to matter when the ego is starting to find something from this action. In the beginning there is an almost holy feeling and joy to be able to help someone else, but nothing stays the same. The little



change comes that you think gratitude is OK, or little rewards. You still only want to help and do charity without reward and yet this doing for nothing from the heart is slowly changing. Your ego starts to think something from this all and like to interfere, in changing little things. When you do something often you learn how to do it more efficient, this is already better knowing. The mind and the heart have to combine the actions in yourself, but there is also the other person involved. The same kind of process is going on for the both, but are different for receiving and giving.

From the heart is giving in love with equality and thank you is a pleasure for both. There is hardly any difference in the giving and accepting, as letting come in and giving in love. This love isn't the same as the so called love in sexuality, but the give and take in love can also be that way. When it is a wish of the both their is commitment in what is going to happen. Honouring others wishes is the centre of any commitment and the basic for trust. This can also be asking money for sexuality, but this doesn't mean there is love involved. In wrapping or sexual abuse nothing can bring this to a higher rejection, because this is not love. The secret of sexuality can only be discovered in real devoted love to the self and everything else. The partners have to accept the divine love in all actions and submit the arousal to become the complete connection with all there is in complete surrendering. Only then heaven can open his gates to show what it's all really about to feel surrounded by love. In bringing this divine love in the world and live this love to other people the Divine can manifest on earth.

## 12. The loving self.

Being love and being in love is a different stage to live in on earth. With a total new view on everything and acting and thinking from love, is a skill which has to be learned to practise in daily life. All people had to learn rules to live a safe life in society and happiness or love are a very small part in this. Ego is needed to be conquered by love, instead of better knowing of the ego. It can be done by everyone's inner self, who always knows what is the best for the self.

Struggling, fighting or using power in any way is not needed anymore, because love changes everything in an acceptable way. The ego don't have to decide anymore in which opinion has to be given, when the love flow is permitted to flow. Treating other people the way you wanted to be treated is the point from acting. A lot of times people don't need advises or help, but just want to give their view on things and just ask for listening. When the story will be told in words the inner self often can define all points to the essence. Most of the times this is without asking anything, but admit the possible solutions to grow in the self. Respect for the self and everything is needed to make a better world and let love flow and grow. The tender flow of love in looking at the own actions, makes everything lighter an acceptable. Feeling soft in not judging will result in looking at other people with the same eyes. Everyone has to exercise in an inner struggle to conquer feelings of smallness without using ego-power.

Turning around from here doesn't give weakness, but has to be learned. Showing openness instead of hiding feelings and in honest behaviour, ask another power and guts to act the right way. This is again a hard game and exercise of falling, failing to be, think and act from love. The balance between inner power and ego is hard to find, but everything which isn't love is ego. So sadness, tears, jealousy and all sins are not love and have to be conquered.

### 13. Loving all there is.

Loving animals is different from loving buildings, plants or fashion, but all kinds of things awakens different feelings. Deep love, compassion, passion, tenderness, or kindness, there are so many feelings in different gradation. Most of the times there is no time for listening to the special kind of feeling and this can be good or bad, nice or ugly. The deeper possibility is not always honoured in life, the few times real feelings occur are seldom. But there are also emotions which are overwhelming and cannot be denied, like pain, fright sadness or joy. To deal in love with feelings of resistance are difficult lessons to learn and there are many in daily life. When one lesson is learnt, the next one is already there often with a little difference. It's a hard way to be aware of everything living in love, but there is always a loving way. Most of the times this is simple not acting, just being there and support in putting light on the situation with letting love flow.

This is almost like not acting, but is a essential action in the mind, focussing on love is a busy life. The reward is sometimes clear, like when suddenly someone is laughing about what was a real problem before. But the real reward is in feeling the special greatness and joy from the inner self in becoming love. The start is with a little knowing and grows in living love, peace and stay in the divine light. In all situations and special in intimate relations, showing the own real beauty and divine person you are and have become. In real love connection this will be recognized in unselfish behaviour reaching for the divine way of living. Experiencing everything is connected in deep love for all there is and in sexuality this is the same way of interaction. In shamelessness goodness showing your divine feelings, in gratitude for All that is. Reaching in deep love for the highest connection in coming together with everyone, everything and the Divine.

## CHAPTER 6: THE POWER OF THE MIND

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The ego can cause a lot of reactions, which are often separated from the heart. This is not to be seen as a bad habit, but to make intentions clear. Mankind knows a lot and can reach a lot by calculating and manipulating in life. Although this looks like not being and living love, it's only a way to turn back to love. Becoming aware of these actions, will let the insight grow and become clear to develop to love.

## 1. Looking at actions in evaluating.

In experiencing actions there is a possibility to change them, the direction or the outcome. The human mind can make decisions in stopping, going on, or changing behaviour during all actions. In meditating this is always going on, thoughts passing the mind have to be noticed before any action can be taken. It's very easy to drift away in thoughts and actions about the future or the past. Unaware this happens all day and sometimes it's a necessary action in not repeating behaviour. This is like a sudden remembering or feeling in becoming aware about what is going on. In traffic it can be an almost accident of the day before and feels like a warning not to act the same way. Most of the time this happens in an unaware moment, without ego thoughts, or of what is happening. The message can come through the thoughts as if there has been created space for memories. It feels like luck by thinking about it in time, as if the warning has not been there. This is the ego thinking and ignoring the higher powers, in letting the feelings flow. The mind has to be clear in thinking when there has to be learned at school, or at work. This has to be done in another awakening state which differs from being alert in daily life. Evaluating actions ask going inside to look at what has happened and can be done better in another way.

## 2. Using thoughts to clear the mind.

Many things happen during the day and it's impossible to remember it all during a lifetime. When something looks familiar, it always feels like you know that you've been there before. Yet you will have to go through this process again to experience what you learned before. The good things are easy in the flow of recognition, the hard things are difficult to change. The real experience isn't there to guide you, so you are on your own again to make your choices. In life there are a lot of choices to make and most of them are no problem at all. That's because your guts make you feel good about it to do, or refuse to do it. It's as easy as that, everything in life has to feel good to be able to make a choice for it. Even when your first thoughts are bad about it, this resistance can be conquered by the inner strength and knowing. In listening to your inner self there is always a little step which can be taken. If the feelings about this are good, this next step can be taken to conquer your resistance. With this action you have decided from inside to go into the right direction. The necessary steps are even so to make in parts which you can handle, one at a time. The former resistance can disappear by going this way and even lead to joy and feelings of satisfaction. Sometimes the job feels too much and it's always a good action to listen to what your resistance is. When your thoughts about it become clear, it's always you who decides what to do. Being guided without ego in not wanting, or have the guts for it will positively influence your decision. Even a mountain you want to climb can't be done in one day, but the challenge is to do it.

### 3. For the sake of humanity.

In life everybody has to learn his lessons and they are all the same, but not at the same time. To learn you need someone else to experience and to become clear. Being a victim cannot be experienced without someone who is there to hurt you. Both parts are completely different to experience, although they are both human behaviour. Opposite attract is necessary for the need to learn, even being a man and woman. So there is a lot to learn from all sides and for everybody in all stages of life. Being loved as a child and growing up without love from parents, is also a big difference. It's a complicated exercitation and the inner self, or higher knowing has a difficult task to guide us all. Sometimes there is a flow of this education in a special way or time, like the flower power. A lot of people were able to experience this, but could not yet change the world into love. Still there is too much ego and need for possession, which overrules pure love from the heart. The time will come to make this change in mind, choosing love is stead of money, or power. The ego brought us there to this intelligent society, but this is still not for everyone available. Learning to use the ego is a lifetime process of gaining and losing to learn. When the balance is there and the surrender to love can be lived, humanity has reached the heaven on earth.

### 4. Because of love for humanity.

The mind is able to think above the own needs, like taking care for a family. At work with colleagues this is more ego and envy to do the best kind of job. Love for humanity is a kind of working for the best results for the company. This is even a very honourable goal for everyone, but there are pitfalls. To stay in an honest way is a difficult job and all boundaries have to be experienced and learned. The mind has to be restrained to become pure and real proud of the self. Being jealous in love is almost the same thing, knowing you are all right is the matter here. Seeing, or feeling other people acting in an appropriate way can always be felt like pain. Feeling hurt is a way to experience the power of the inner self in never have to be vulnerable. The smaller self is than guided by the higher self and in love for learning all about humanity. This feels like a father and mother guidance as a child to support in standing up after falling down. This love is where it's all about, permitting the self to make mistakes and learn from it. Everyone has to learn this, and being gentle to other people to learn with making mistakes. Sometimes you can lovingly see that these are mistakes which you have been through. Then the ego has to learn being quit in better knowing, because everyone is allowed to make his own mistakes.

#### 5. The best way to unite.

Brotherhood has always lead to big results in combining the powers. The vision has to be there to combine people, but most of the time this has been from authority. Having to do a job is different as to be motivated, it's about half the power which can be there then. The way to bring visions into the mind of someone else differs from beating it up till asking. The inner self has to be motivated and is so pure, even in a little denying the truth of the self. Being and acting on a boundary of pureness can lead to good results and returning to truth. This is like too friendly asking for a favour to get what you want, in manipulating someone else. The ego always knows when it's too far and has to stop. Withdrawing of the support of the inner self can be felt all the time, by just listening to this. When the ego gets too much driven in a special way with a not so honourable purpose, it's becoming fanatic. This is never the right way to stimulate someone else, because they can feel that it's wrong. A real leader almost doesn't have to ask for support actions, people know from inside the motivation. When it's for the best of all and everyone, people can be easily attracted to act in unity. This is in also in enjoying music, support playing games. When the true motivation from joy and freedom to choose has gone, it will end like a fire burned down.

#### 6. Being prepared for intervention of the ego.

Wanting to do the right thing and being love in life isn't always possible to fulfil. In the quietness of meditation this is easy without any disturbances, or ego wishes. In daily life there has to be done a lot and this isn't always only pleasure. Get up early in the morning can be a hard exercise for some people, while others cheerful wake up. Seeing the day before you can give pleasure, or a hard working feeling of being too busy. The loving thoughts about the self, other people and the world around easily disappears. As an exercise the ego feelings have to get rid of and this starts with being aware of them. To see the self-slide down in aversion, anger or sadness is the first thing to do. Questions to ask the self can help, like why do I suddenly feel this way or what is happening with me. Old fashioned patterns in the mind like I hate waiting for the bus being late can become clear. While waiting it's easy to go in meditation to the inner self and not admitting to leave the loving self. Being unconscious of the things which influence the thoughts, feels insecure. As if life is carrying away with you and you have without a choice to follow what's happening. Knowing to be love and act love is the basic thought, everything which isn't love is ego. Loving thoughts and actions can conquer sad, or angry feelings and thoughts.

## 7. Thinking for the best of all.

The mind is always busy, to think about everything and there are very many thoughts during the day. To select them is often almost ignoring them till they become aware by repeating themselves. This is different from the special thoughts in awareness as a warning. They cannot be ignored but ask for immediate action. Whether the thoughts are concerning the self, other people, situations, or actions, they come and go. No one has to get bored, the own mind keeps everyone busy in thinking about everything. In meditations trying to get the mind clear from all thoughts is almost impossible. Trying to focus thoughts is easier in simple counting to give directions to the mind in meaningless exercise. Even then there are always thoughts between, which have to be corrected. It is however possible to give directions to the mind and not allow nasty thoughts. They can be stopped, but there has to be awareness about them before this can be done. Starting in meditation to think only lovingly by looking as counting all the good things in gratefulness. Smiling also makes it hard to think sad, or angry thoughts to connect and feel the blessings of life. Recognizing drifting thoughts into the wrong direction can be corrected easily. By looking at the self trying so hard to do things the right way, in knowing the unity with all people will give good feelings.

## 8. Correcting the mind.

To control thoughts is an exercise of awareness with a lot of failure. It's not only about ego, but about unawareness which is so easy to live. Like the clouds are blown by the wind, is then this letting the thoughts in freedom flow. When the sun is shining bright and clear, one little cloud is not important to change the weather. This is the same as letting the thoughts in the mind flow into an unwanted direction. What will happen when the thoughts are becoming unwanted is difficult when it already has changed the mood. By letting your thoughts flow without noticing the change, you can feel yourself angry and sad. Being aware and in deep connection with all there is, one little thought can be looked at. Examining this small unpleasant thought can be cleared up easily. The origin can become clear and your reaction in pain, anger or distress can be looked at. In letting this showing itself, the solution becomes also clear in letting love be there. The inner question can be how to live love in a proper way about this to solve the little problem. When you will look at yourself afterwards it looks very small and unimportant what happened. But it is a very deep process to allow yourself to be honest and choose to live love in every small part of life. This is like clear up the sky before the clouds turn into darkness.

#### 9. Beginning to understand the self.

A human being is a complicated creature, with all the physical, hormonal, mental and spiritual aspects. The mixture is complete, but the mind with the ego often change the perfect origin. Growing up is a normal complex of factors, but obeying parents and duties of studying makes it even more complex. A baby is not able or responsible for his actions, or aware of the consequences. Learning step by step all the facts of life will make him capable and responsible to fact his life. To become grown up in a decent way doesn't mean the job is done, it's only the start of real life. Being responsible for his life, to eat well and care for the body is the least part. To handle the mind and the ego is much more complex and to learn to listen and connect with everything. There is so much to discover and experience about the wishes, longings and deep desires. To make them all come true is impossible in either the physical, or mental way. Feelings about this all and the consequences of behaviour become different and difficult. Responsibilities and wishes have to become in balance to live life. To feel happy all the time is almost impossible and this becomes being satisfied. Knowing there is much more feels like a dream and making them come looks true looks far away. From this point everything can change, when the self comes to awareness. To look at things from another perspective, as a new view to all there is with inner guidance.

#### 10. Finding the right way to live.

In daily life there is a lot that attracts the mind to hold on to, or that could lead to an addiction. Like drinking coffee isn't such a bad habit, discovering everything without learning is. It's not about this experiencing and learning from it, but feeling the consequences as conscious being. Forgetting to drink makes your body weak, ignoring the signals to feel the thirst is another thing. You can learn to be aware of the signals of the body, but also of the mind. In noticing a bad feeling when you want to eat food, it will probably warn you for it. The first time is trying out this feeling to know for sure like learning to listen. When you keep going to the same food seller again and again this is foolishness. Being weak to an addiction is almost the same thing, in knowing how bad it is for the body and ignoring the inner knowing. When the inner self is not to be trusted, nothing can be resisted or grow to great proportions. Feeling small in unknowing or resistance is a matter of the ego, without wisdom. Trying to do the best you can reach is a good exercise, to keep on trying in failing this isn't. This is more about self-punishment which no one gains from, with self made rules to play. Being in harmony with the ego and the inner self can let guidance in to becoming a greater person. Everything from your little mind can grow into great actions with achievable results.



#### 11. Deciding to live the way you want.

Everyone has desires which will never come true, because everything isn't possible. Such as sitting on the moon and looking to the earth beneath. When you grow older you learn to live with these limits. Despite this there is a lot of it to realize in daily life which seems impossible at first. To sit on the moon is another kind of dream like fantasy, dreaming in growing in possibilities is different. Although it feels and looks almost the same because it's so unreal and not to realize, you still can take action. The first step is motivation in knowing more about your desire and what you need to realize this. Learning all about the moon, for instance gravity, plane, rockets and the need of the body for oxygen. This hobby can lead to find the part to develop in your own life to realize, like collecting pictures of planes. When the basic knowing is fulfilled, the mind can go ahead with this knowing. You can use some knowledge to practical solutions in life, this is how to make inventions. Feeling bad about a dream which cannot become true doesn't lead you to anything. Letting your mind work in willingness to discover has to be there to admit the motivation. With an open mind you can use your capabilities and let the inspiration flow. Even when it is painting your dream to allow everyone to join and enjoy this dream.

#### 12. The world is not the only place to live in.

As a child a home is as far as the mind can see, family and friends are the people to deal with. At school this changes, the role model becomes the teacher and new friends with family appear. The world to live in slowly becomes more complicated to behave in and to learn from experiences. Values are going to change with own thoughts about everything and living in the world as a human being has started up. Growing up everything will change again from a different point of view as an adult, a parent and at work. There are very many influences which changes the view on life and to live the own life. Many choices have to be made by the self, some are the right ones and others feel like bad experiences. Yet everything has its value to become the person you really are and have to be, this isn't accidently. When you are able to look beyond the daily life thoughts and problems, real interests can be developed. These can turn into beliefs if you know from insight that this is the right way for you. Like working is a special care centre, living a healthy life, eating with care for nature and respecting your body and mind. Slowly another knowing will show itself, like a higher knowledge you already have. By letting this flow into your thoughts and knowing, another world will show itself. It's like discovering higher knowledge you always had in your mind.

### 13. Noticing what is going on in yourself.

Everyone knows what is the best for himself, what he likes and dislikes. Being aware of this knowing he has to accept a lot of things which he has to dislike. This can be from the view of nurturing, or health thinking, but most of the time this is better knowing from other people. Going to school has a lot of disliking and duties in it, but also gathering knowledge. No child knows what learning at school will bring for him, but this is not really dislike. The fear or uncertainty could be a reason to refuse to go, or becoming ill. It's difficult to recognize what is happening inside, what the motivation or inspiring it is in life. Being aware of this as a youngster brings a lot of problems for parents and teachers. Yet this is the start of the real knowing of the self, in ignoring this or just adapting everything. The inner self has to become clear in life and even this can change again. It's like likes and dislikes and getting used, or addicted to it: suddenly at some time it can be enough. Pretending you still like this, can make your life unbearable to life in peace and love. To accept the changes and give a meaning to the new insights can be difficult too. No one knows the way when he's never been there, letting guide the inner self is the only way. That's a different way from ignoring the own wisdom and inner feelings.

### 14. Standing up in inner wisdom.

Learning in life is a process of being humble to new knowledge, with an open mind. Unwillingness to learn will never result in more knowing, being unable to learn is something else. An open mind can change old patterns and rearrange them in deeper knowledge, with is necessary in life. To cry like a baby in asking for food, or love and attention is a process of discovering the self and others. Behaviour can be adapted to the need, in being friendly, or asking politely. Only taking what is wanted is instinctive behaviour and will never result in social behaviour. Learning how to behave is different from inner knowing, or being clever. There is always a choice in what to do and listen to someone else, or trust the inner self. By knowing food is rotten when is served, it's difficult to refuse it or trust the self. Learning to feel the difference and honouring the inner knowing is a lifelong process. It changes all the time in every way and sometimes it's hard to know how to react. When you're a child and someone offers you sweets is refusing almost not done, but quit different when you're older and on a diet. Sometimes people mean so well to please you, which can make it hard to go your own way. Still you do have to make your own choices and this is really not eating cake to please someone else. No, thank you is always OK as an answer to give.

#### 15. Making your mind up before acting.

It's not possible to have an overview at one look at an event, accident, or situation. The way you look at things is also different from other people who look at the same situation. The first impression is always only noticing the highlights from your point of view. Looking again, or thinking afterwards in reviewing gives a lot of different information. It's like looking at a photograph; all the details cannot be seen at once. The human mind has a limited pixel to understand, or put together. Even in crime a murder cannot be solved by one look at the crime scene. Before and after also is part of right view, what the mind cannot understand will fade away to interpret. Reconstructing a situation can be made a daily exercise to learn from in evaluating events. Looking quit to the own behaviour without judging in good and bad, can give total different ideas to work out. In life often the same, or almost the same situations repeat several times to learn from. Learning in a situation and to act different is more difficult than let it show up in the mind. It's like a choice to make as an appointment with the inner self to act in another way. When the decision is integrated in the mind, it will become the normal way of acting in the future. All doubts about acting can become clear in this way and can even be combined with wishes.

#### 17. Thinking about the future steps.

The mind likes to fade away in fantasy and dreams which don't have to come true. When they should be reality, it isn't a dream anymore to fulfil life. Being born as a prince isn't always a dream to live life, with all obligations and glittering. This is the same for movie star and in all kind of desirable or glamorous dreams. There is a function in this dreaming and by letting go of the limited possibilities, because the mind comes to rest. Without difficulties, or any obligation experiencing in the mind how easy things can be to enjoy life. But also to know everything is possible, like a preparation of what can be. Dreams which appears several times always grow in reality, being brave needs the wish to stand up before acting. Maybe it will never come to action, but the mind is free to see and work out all possibilities. In daily life something can show up as well known and instead of feeling fear, actions can be taken. It's also meant as a knowing to prepare future activities, at first as thoughts in the mind. Sometimes they have to be worked out in daily life and sometimes it's an exercise for something else. Being aware of all this which should happen in future, would be too much to live in daily life. In the flow of life this is like a preparation of what is about to come in small pieces and part of the mystery of life.

#### 18. Being aware of changes in energy.

Every feeling has its energy which can make you feel fine, sad, curious, or free to do whatever you want. Feeling sad, depressed or be listless is hard to change, because there are circumstances involved which you cannot change. Mourning comes from a deep grieve, which is hard to handle. Yet the changes can be felt, although the circumstances are the same. Distinguish this can only when there is enough change in these feelings of sadness. They grow in gradual stages and unnoticed, so being aware of them will be a special awareness. This is the same for everything, feeling good, or happy can slowly change into the opposite. Knowing what to do, how to act can be the best at one time, but don't work another time. This make life feels sometimes like a carrousel, where all the learnings are being mixes up and leaves you puzzled. That is when you feel you need rest in your mind, to get a clear view on life again. The only way to get your special answers is from your inner self in quietness and meditation. Someone can give you a clue, but you have to deal with this yourself, the active ego never can provide in it. Evaluating what is there and how you got here where you are now is always the start. Your desires and using your capabilities is what is missing and has been done in a different way. A perfect time to start from this knowing into the right way.

#### 19. Being true to yourself.

Daily life is so complicated and being social and act from only your own feelings isn't always possible. This dilemma is about finding the connection between your ego and your real self. The ego wants to do the best there is, although your feelings protest. Being kind to someone else who insults you, cannot be done with feelings of distress. This should end in slavery, which has been conquered for years. The only way is being strong in knowing from the inner self what is right and wrong. Acting from the inner self is a strong way to express in every way. When you earn money and your boss asks you to do a task, you have to do it as part of the deal. At home when you know better than your parents it's time to tell them and if this cannot be accepted, to go your own way. This is no fight, but just better knowing from the inner self and discovering your values. To know where actions are from the ego, or from the inner self is hard to learn. There will always be a little ego in everything, which is necessary to act and do what has to be done. This is when feelings can help, when it doesn't feel the right way, or just not good, happy, or satisfying you have to stop. Take time to consult the inner knowing in asking if this is the right way to act. In this connection it will always be clear what to stop, or to continue to do. You then can see yourself like in a mirror being busy.

## 20. For the best of all and yourself.

Being concentrated on a task means doing the best you can, this always in conversation with the inner self. How to do it, what is the best way and how to fix it in time and enjoying the results. Especially the last item is the motivation to do things, to act, or to create and fix everything. Cleaning a room can be a dull action which has to be done, afterwards in the results is the reward. This is a complicated motivation, not building up from nothing in creation. Making a painting is quite different, this has to be created by you. The inner motivation has to be there and in every action there is, to make it work. To learn for yourself is a hell of a job, no one can be motivated always. Inspiration makes it easier and this isn't ego wanting, or acting. The higher power of the inner self can provide in this, but can never be forced. Sometimes this is inspiring for something complete different, for several reasons. What is the best for you, other people who live in the world is included, or to change your vision? Going outside nature, or coincidences can tell, let you know what the meaning is. This can even be friendly to someone else by helping to cross the street. In grateful feelings of being able to do this small works, the inspiration can be there again. From another view with an open mind knowing and seeing the greatness of All, everyone in everything.

## 21. Trustworthy living from the inner self.

A lot of things happens in daily life, sometimes it's not possible to think thoroughly about everything. In meditation everything can be looked at from all sides, with all kind of behaviour actions. When you have to catch a train to come in time for an appointment this isn't possible. A lot of common actions have to be structured filled in daily life, for instance the time aspect. Too late is a time aspect which cannot be ignored, oversleeping is a matter of time then. When you're meditating time isn't important, not a part of the process you are in. Thoughts and future actions flow in your mind, but you can use these also for preparation. This is like evaluation before the action to make it all work out fine. This can lead you to the conclusion to avoid being hasty and decide to take more time. When you get up earlier, there is enough time to do it all without stress about timing. Seeing it all before with the inner eyes, take the road in thoughts you'll notice if you need more information. Like finding the street, or the building in other ways then just go there. Your thoughts are always willing to help you look further, you are able to construct ahead whatever you want. This keeps life more well-organized and makes it easier to act correct at the right time. It's like prevention, how to act adequately when your car gets into the water.

## 22. Trusting inner feelings.

Knowledge learned at school is the base for trusting and self-confidence, as knowing the truth how everything is and have developed. Reading a book is already different, because life isn't always like is written down. The difference between fantasy and real knowing has got an almost scientific side. When it has been examined and has proven to be right, cannot be denied as truth. Even when inner feelings of doubt appear, holding on to these kind of conclusions is a safer way. It all has to do with trusting yourself, or being trustworthy against your inner knowing. To do the right things is a perfect education in self-confidence, but it means ignoring your inner self. There is no real study and examination about the self, then do it yourself. The cause of tears is quite different from what tears are, like salt water coming from the eyes. This is an enormous problem which can only be solved by giving it your attention. Getting clear in your mind about a problem needs to respect your feelings about it. Even when it's just stress, sadness, or feeling exhausted, you have to deal with it. Your mind has to deal with your own thoughts and feelings, you have to see them as unique. The right solution always has to be the one you can handle, in spite of what others know or have written down. This can be a guide, but you have to find the right way yourself.

## 23. Making the choice for the inner self.

In life there are a lot of decisions to make about a lot of things, the mind is never in rest. If it is about when or what to eat, this can be easy linked to feeling hungry. Enjoying nature because it feels good, is the other way around to make a choice for feeling good. Instinctive behaviour like eating can also have another function, like feeling good afterwards. Enjoying food is almost like seeking the wellbeing feelings in nature. Creating something beautiful, or feeling proud of an action is also satisfying for the ego feelings. Yet there is a distinction in short and long time satisfaction and the input from the self. Short satisfaction is eating chocolate when you see it or feel bad. This can even become an addiction without ever feeling really satisfied a longer time. Walking in nature has another movement component, by letting the body and the mind flow free. It's not only about the calories a better choice, but also letting free or flow your feelings in action. Sport can also have this effect, but is easily linked to the ego in accomplishment. Wanting faster, or more is another addiction of the mind to the body. Asking yourself in consulting the inner self what is needed and in what way, is a better option. The inner self will never promote more chocolate when there is already a kind of addiction.

#### 24. Before acting knowing what to do.

Often the mind is so clear in noticing what has to be done, without thinking quietly about an action. When the mind is clear, it doesn't mean all thinking is complete to act immediately. Sometimes there is no hurry for this good action and sometimes there is more and different action possible. The good thinking enjoys to know what to do, but the human mind is capable to perfect his actions. Without thinking twice only the half of all actions are completed. In case of a fire immediate action is necessary and thinking about all different sides of the action wouldn't be wise. Experience also learned a lot about this, like stand up after falling down. The instinctive action which has to be taken is always there in case of emergency, including learning about it afterwards. Knowing, learning, evaluating and contemplating are all possibilities to enrich the human actions. To fulfil this enrichment can only be in contact with the higher and inner self. In humble evaluating what happened cannot be done in the flush of the action, there would still be too much adrenaline involved. Looking back as in a movie what happened can show different things, where to be proud of and what can be improved. Looking at it without judgement can make clear all actions, of the self and others. Making rules and instructions about it all would be a wise action.

#### 25. Being aware of thoughts and actions.

Life can go on, as if your actions don't give an attribution to it, or are unimportant. This is just the way you think, but everything has a purpose and a meaning. Sometimes life feels like a quit river, just flowing and almost boring. Most of the times there is a lot of action, especially in the mind with a lot of thoughts. This feels like a wild river is overflowing without control and sometimes with damage. The waves in the mind also can feel peaceful and quit, but also moody with sadness and tears. Life isn't always a party with only success or great actions and positive results. This is a period of needing to go inside and talk to the inner self, to contemplate and get everything clear again. Often when the mind has been made up in clearness this can be a change, or the start of something new. Old thoughts, patterns or problems can provoke the flow of new actions with a clear mind. Life can make clear what the effect is of your actions and you can agree, or disagree. Building a dam in a river controls the water, dividing it into a quiet stream. Thoughts can also be looked at, by noticing which way they go. Control them is another thing, but getting aware of them and which actions to take are always possible. The inner self will always be there to let you experience the loving full way, which is for the best for all and All there is.



## 26. Always starting with a clear mind.

Everything you do, or want to do needs your full attention to work it out. Being clear in your mind as in meditation is the best way to find the space you need. When your mind is busy with a lot of thoughts, feelings or actions, there is no space for something new. You can experience this by the little thoughts which want to come through. You are not able to catch them, or to understand what it means. Like noticing a colour which comes along out of the blue in thoughts or visions. When your mind is busy, or full of actions, it's hard to break through for clearness. That's why clearness is the best to gain before starting, like a fresh new day. Feeling worried, tired and busy becomes only stronger when the mind has not been cleared up. This is feeling tired in the morning by getting up and everything will increase during the day. It only takes 5 minutes to become clear again, by choosing for rest in your mind. You can ask your inner self for it, or take a rose in mind and the thoughts will become more quiet. Then you can listen to inner advises about what to do and what isn't necessary to do at that moment. With a clear mind the work will be done easier, more pleasant and effective. When you're exhausted a lot of details will not be noticed and this will always cost you more energy.

## 27. The best way to live life.

Leading a pleasant life without worries in wealth and abundance would be the easiest way to live life. This doesn't mean the best way, sitting on a chair counting money and in a beautiful house is no guarantee for happiness. There will always be wishes which has to be fulfilled, even when they are small or huge. This cannot fulfil life, maybe only the outside to make some parts easier. Real happiness is something complete different as a feeling from the heart and this is not connected to money. Feeling happy is what it's all about, because this means everything in life and can be good, fine, satisfied, in love, or feel beloved. From this view on life everything is possible to work things out to feel even better. Starting to feel happy and realising this is always the start to renew life. From deep sorrow, pain, illness, a broken heart this has to be healed and worked out to happiness. To go through pain asks a lot of healing and cure there can be felt deep joy from the inner self. When this connection cannot be reached, there has to be inner work done to clear up everything. This can mean going into deep processes in pain till this joy can be experienced. Released from old pain or patterns there is space for new developments, like living in joy and love. Only learning with a clear mind there can be connection with the inner self to make life the best way to live.



## 28. Knowing the right thing to do.

During the day all kinds of decisions have to be made about a lot of things. Some are easy to make, others are doubtful, some are clear and there are changing ones. For drinking tea there is the need to boil water, this action is hardly a decision to think about. Choosing which clothes to wear can give some doubt, needing shoes and a coat when it's cold is clear. These last choices differ by the weather and there are choices to make, which can be the wrong ones. This is only a little part of big decisions which are important, but all of them can be divided into small parts. They all matter to the best way to live and feel good and full of confidence. When there are problems and you want to understand the cause, it seems there is a big bucket full of small things. Often they are all related and disentangle of the importance of each of them is difficult. Yet you yourself have made all these choices and it has grown to this amount. When you look at them separately, you can also notice the feeling which belong to it. The clear look after examining them all shows you which one was right, or wrong. You are capable enough to discover what could have been done better and what still can be changed. Sometimes one action is enough to repair the complete problem, taking no action will let it grow bigger. So there is only the right thing to do for you.

## 29. Embrace the heart in your mind.

Acting from love is always the best way in life, but this can also be too much in giving love to someone else. The boundary between wanting the best for the self and everyone else isn't clear. Willingness to please is a pitfall which is very near to love, because this is also from love out of the heart. This doesn't mean exactly gaining by it, although by giving love can also be wanting appreciation. Ego is in every action, otherwise it couldn't get in a form, from love this can be felt as longing for respect. Deep feelings of love have always been looked at, as if the deepness is already a pitfall. Loving yourself is never too much, until it is implied, or failing someone else. Going the own way, pleasing the own self is a matter of honouring the ego who knows the best. Loving someone means something else in this connection it is always give and take in a balance. This doesn't mean having to give all and everything away in love, including the heart. In being aware of the own needs, without ego factors, acting only from love, the inner can be a guide. When it feels good, wonderful and OK, there is nothing wrong or to change in this love behaviour. When it feels unpleasant, too less, or too much there has to be choices to make. It's like loving chocolate, in not having it, or wanting more, but eating too much will never be the best choice.

### 30. Forgiveness to yourself and everybody else.

What has happened in the past is done, repairing the damage is the only thing which can be added to it. To live with a lot of mental damage means a lot of work to do in accepting what has happened. Because it has happened it has to be worked out, resisting to work it out creates new problems. Looking at yourself in pain is always difficult, but the only way to heal even in tears. Crying out loud can make the pain be expressed before it will disappear, then this energy has left your physical pain. The wounds can only be healed without painful energy which has protected you. By the intention to let it all go what happened in the past, this energy has to be removed first. There cannot be a clear view on a problem when it has been encased by energy. It doesn't matter how long ago it has happened, it has to be cleared up to see the reality. Looking at yourself from a distance to the time it has happened, will give another view. Your life has continued, you learned other lessons and your wisdom has grown to clear it up. Going through pain is never easy, this is well known already and your inner guide has become a partner where you can rely on. The wish to go inside and let it all go starts and ends with forgiving. You know now this couldn't happen the same way again, because you all changed and learned and so it is for all people who were involved.

### 31. Making the inner self the winner.

In the mind there is often a battle in different thoughts of the inner self and the ego. This doubt, different thoughts and feelings can be seen as if they are fighting for what is the best. The ego always wants to stimulate, reach a goal and the inner self is looking at it in considering. In daily life everyone has to earn his money and be alert for his own sake. In the inner self overall matters count, like is there need for hard words or to quarrel. Seeing everything for what it is at that moment is clear for the ego, the consequences can be seen by the inner self. Of course it is clear what the best thing to do is, but the decision to make is hard at that time. All events work in on the ego, slowly or suddenly becomes clear which action has to be taken. When this is not from the view of love, it's never the best choice to make in life. There is always a loving full solution for everything, but the human mind isn't used to wait for this. Some actions have to be taken at that special moment, but most of them can wait. When special reactions repeats, it is time for action and this is to listen to the inner self. In asking and be open about this situation a new view will manifest and become clear in the mind. The actions following this wider view are always with pleasure to take, with a smile in knowing what is the best way for you and everyone.

### 32. Using the mind always properly.

Ignoring feelings is not done, they are the signals which has to be honoured for your own sake. Most of the times they let you know what is going on, because the mind is so busy in ordering everything. Planning, evaluating or controlling look like they are no actions to let feelings interfere. Wanting to plan the work you're supposed to do, could become an action to let freely go to fill it in. In letting go of the mind it can form itself without interfering of the ego and afterwards you can always check it. Trusting your feelings is a process to learn that you can rely on them, you don't have to be scared to cry or laugh all the time. Coming into your deep inner self and let the feelings flow, they look like a big stretch of fog. With the inner rest feelings appear, it also clears up on what has to be done in actions. As if you let it fulfil your higher self and don't have to think about it anymore. This action asks a lot of trust and time to let it filled in, for all actions you're lack time for this. Then you realize the way you normally make decisions, by trusting on your guts in the action. This is the perfect way. This is trusting your feelings also in acting in the right way. Contemplating in rest can give you more information, like evaluating this sudden action. By looking at it again it will all become clear, for instance by noticing the start and the end from a distance.

### 33. Taking wise decisions.

In life living is a hell of a job, to care for everything to stay alive isn't always easy. Making the right decisions for all kinds of things, even like what to put on the bread can be exhausting. When the mind is clear and the sun is shining this all is much easier to decide. On the other hand, is when there are problems or sorrow the sky will never be bright to let the sun shine. There has to be space and power in the mind to look at everything in an optimistic way. As a baby feeling like getting tooth and feeling a little hungry can lead to cry tears. Growing up tears cannot always be dried by someone else anymore. Even the food is no longer provided for, but the mind and feeling scan still be there as a child. Feeling hurt has to cure, to lose someone, a person, job, or ideal must be learned to cope with. This is life, feeling only happy would be boring in the long run of life, there is always a better way to fill in life. Being busy makes the ego feel good and finding the balance in the right way to handle. Living in harmony with patience for what life is bringing, where it will lead to has to be done. Every person has his own job to do, the own feelings to deal with and to do what he has to do. On the long run everyone will know from inside which message will lead him to his special task. Inspiration can be found in everything, collecting worn clothes, or making a painting, it's all the same.

For the sake of humanity, it's necessary to know the POWER OF THE MIND and especially how to use it. There is always a choice for the loving way possible to make, for the self and for other people. Only in behaviour in a loving way enlighten is to be reached, fighting doesn't solve problems in hate. LOVE, LOVE, LOVE is the greatest power of the mind.

## CHAPTER 7: THE NEW WORLD

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Living life on earth is a very hard and complicated choice to make before descending in a human body. Former experiences aren't always a motivation to start all over again and therefore many people live on earth almost unwillingly. The star children have to make an end on this, but the earth and all the patterns are difficult to conquer. The fact that we are never alone without guidance from the other dimensions makes it bearable to live. But the only real joy in life can only awaken when there is enlightening in seeing the real purpose in life. Even then it's hard to find which way to go, discovering the own qualities to give a meaning to the devoted path.

The only thing to do for reaching the devoted path is surrendering in letting go of the small human ego. This ego has become so strong in knowing what the best is, but this is never complete for the self. Even other humans can advise, or help to see life and everything in a bigger context. In real surrendering to all there is, or asking, the Divine greater wisdom will be shown. To come to real surrender asks a lot of a human being, these different ways are written down as a manual.

### 1. To be yourself.

It's easier said than done to live your own life in a family, society, school or work. There are rules everywhere to hold on to, in traffic, to behave or to act in a social way. The puzzle to find the way to act and react is enormous and has been hard to learn. But this is the time to let go of everything which doesn't suit you well. When you don't really feel good about something it has to be looked at and not be ignored. Things don't change by doing nothing in waiting till it will pass away. Your brain will guide your feelings about everything, but not in judging. Learning to feel what it is for you, if this is what you really want is the first step in honouring the feelings. Those feelings are always there and you decide to listen to them or ignore this possibility to use them. When you realize what you don't want any more is this the first step to clear your mind and this part of the puzzle may become clear, before it can fit in all that life is about.

### 2. Never betray yourself.

Things can appear to be and feel right for you, although other people have a different opinion. It's always difficult to know if it's your ego better knowing, fear to contradict or just the right way for you. When you feel a balance in knowing and feeling, which feels good it's always the right thing to do, say, or think. To come to this point of balance is pureness in thinking without ego knowing, or wanting: just the quiet feeling this is how it is for me. Other people can have a different opinion from their point of view, believing, knowing or wanting. It is a kind of slavery to accept their opinion about your own deeper inner knowing. Honesty is always the best guide and way to act, before this can become pureness. This is a process with many different sides, sometimes it changes by giving it time to become clear. When it has become clear to you in all perspectives, you know and can be brave to act from this inner knowing.

### 3. Needing a helping hand.

To do things the right way is difficult, from the own point of view it might be clear and complete. By waiting to act, do, or say things is a little pause before the best way to admit another side, tone, or word. It needs a few steps to get things clear in the mind, this can only be one step at the time. When you don't know how to handle, what to do, or say it's a relieve when you get the answer from inside. Finally you know, but most of the time you only hear in this answer a kind of pause. By waiting, more information can be added and the picture of your answer becomes wider. When it's enough you can feel that it is time to do what has to be done. By waiting too long the right moment can be fade away, as a chance you didn't use in time. To react on everything is impossible and unnecessary, asking the inner self what, when and how to react is a pleasant way to live. Talking in this way is always like another asking for his opinion and feeling free to use the information. When you're not ready to do this action, no one is judging you and you get chances enough to learn to listen.

#### 4. Everything is for the sake of all.

The ego is used to deal with the own interests, looking for the best way for the self. This ego entered thinking is for survival and fulfilling the basic needs necessary in life. Without ego nothing can be conquered and there would be no challenge, or goal to reach. All these different goals would lead to be as good as everyone, even better. Getting from life what can be gained is fine as long as it doesn't hurt, or is against other people. This is a very narrow path to walk on, the need and the greed are very close together in the mind. The mind can combine, find out and turn views in a creative process. Everything can be thought of in very different ways when you put yourself in the centre. Self-centred thinking doesn't include always the best interests for others. Learning the ego to look further than the own interests is only one question to ask. This is asking the inner self if this is also the best thing to do, act, or say for the interests of all and everything.

#### 5. The benefit is always counting.

In every action is a motivation, even when there is a lack on it. Real motivation, as a drive from inside has the benefit already in it. The mind is never still, or completely quit and a thought has to grow into an idea. Sometimes a part should be worked out to get a realistic view on possibilities. This is a kind of surrendering without asking questions for the use of it, just do what has to be done. The question remains as a feeling of uncertainty with a kind of joy in it and feeling almost silly. This is being open minded to accept new information to what seems to be an action without purpose. Only in this state it's possible to look open minded to what has to become clear to you. Then the coincidences may appear and shown as a first part the puzzle becomes clear. In this understanding there is real benefit and a joyful willingness to complete the puzzle. Sometimes it's necessary to overlook a complete situation to act, but starting small is learning to act in surrender to all there is.

#### 6. The reality shows itself.

Everything happens in its own way, you only have to look at it, as the waves in the sea go off and on. No one has to interfere and yet people do, boats are crossing the sea and in building dams. Human minds can think of better and economic ways to explore the world. The ego allows them to do so and learning boundaries makes it more or less successful. Building a tower as a child learns the same boundaries in his actions. When it's too high, or not built in the right way it will collapse. A child can start again with this experience, but as an adult the kind of risk is the same, but the consequences are bigger. The sky is the limit has already been conquered, but yet the risks are the same. The damage can be overlooked before in calculations, always there will be this moment of hesitation. To listen to the gut feelings will always be necessary to be aware, or warned to stop the actions. Changing things has to go in a smooth way with good feelings about it, if not they have to be cancelled.

7. Only the best choice has to be made.

Different possibilities make it hard to decide, in comparing them all is the choice even hard to make. But in this process the feelings about them all become clearer even although it looks like getting nowhere. Knowing for sure which choice to make is almost a heavenly intervention. The right thing is there in front of you and has to be chosen, done, or told from your inner knowing. When there are a lot of possibilities you have to surrender in wanting, or knowing what is the best from your ego. It looks like a little, or hardly any difference in making a choice in this way, but it's a lot harder. Knowing for sure what has to be done is no withdrawing from, but acting as a human. Becoming divine means pass all possibilities in a flow with their own quality, without judgement. In trusting for the right thing to appear and from itself will show up. In devotion to the stream of life in which all decisions have their own values. You cannot overlook them all, but they will show up when this is needed.

8. The need to survive.

In life the first thing is to know how to survive, but most of the times this is how the ego can survive. This can be in earning money to buy food, having job and a car to drive to work. These are the basic needs nowadays to fulfil live, but there is a lot more to gain. In wanting to be the best to feel fine is another component. Feeling small in losing is the opposite feeling to deal with. They are all part of the ego, which seems to rule life and is difficult to satisfy these needs. To find the real joy in life is a different goal which is hidden behind the ego needs. These higher aims can only be discovered in deep stillness of the mind and acceptance. When the mind doesn't judge the ego becomes of less important. The inner self can only be heard or felt when the ego is quiet and fulfilled in the basic needs. In not having to care for food, money or wanting to have, this can be fulfilled. The mind is open to learn in stillness of the self in being a part of all there is.

9. Being who you are.

To know you're own qualities is a game of error and failure, until you know and accept them. Looking into the world appeals to your ego in enjoying with doing and wanting. The ego is capable to look at things this way, it's except enjoying also see the possibilities. Wanting to discover and create is a process from inside and this means even accepting the failures. In these failures is also the learning part which the human mind knows about. By trying again it can succeed, or differ in becoming something else. Here starts the ego judgement in letting go what it has become and still enjoy it, or to see it as a failure. This process of the human mind is hard to conquer, enjoying the action without judging. Sometimes the result can be perfect and completely satisfying, but another time it can feel as a failure. Changing or trying to make it perfect can be a hard struggle and disappointment. This is the hard way, because someone else can see the beauty, or mentioning the finishing touch without judging.

#### 10. Knowing from inside.

Inner knowing is easy to ignore, because it's a flash of insight which comes and goes. To keep it in mind is hard, even when it suits in what is going on. Afterwards the memory appears that this knowing has been there before. This can happen more and more and it's even possible to ask for it. Like someone asking for advice in normal, daily things which don't have to be a struggle or a problem. Trusting the answer in combining it with what's going on is making the own mind stronger and wiser. It's like help in everything which is going on, a good spirit who watches and is there for you. In the ego mind, with wanting and have to do all kinds and different tasks, this whispering cannot be heard. Only in quietness, meditation, contemplation and tuned to this talking to the Divine can be there. Chanting to make the connection and admit the flow to come inside can help. Listening and acting from this inside information in knowing is another thing, which the ego has to allow.

#### 11. Between the lines is the answer.

All the different parts will form the unity as all people together with all their opinions are one. Like the sea with flat water with high waves is the sea as it shows itself to you. You can see, or feel it like you want, because it's never good, or bad, light, or dark, black, or white. There are many sides to everything and thereby nothing stays the same. The light can turn off by the moon or the sun and show a different light or darkness. The waves come and go also in your mind and this is the way you look at it. Between the lines of all the boundaries everything will go in time its own way, Thoughts cannot be captured in one way, like grass doesn't grow only in the border. You decide which boundary there is to live in and which one you let go in exploring for yourself. All people do the same and in the end they all know from the inside what it is to live for in life. One gets hurt a lot, or knows this from inside at the beginning and this is the Universal lesson to come to Oneness.

#### 12. Over and over again.

Lessons are hard to learn, because they always consist of different parts which have to be learnt one by one. The human mind cannot embrace them all at once, so it has to go step by step. To know what the Divine is, would be too much to understand in a limited comprehension. So less, or half is enough to see or experience to get overwhelmed and memorise, handle and learn a small part. Even then this can easily be forgotten so it has to be learned again. Sometimes these memories can return as something which have been there before. This is always later on in the process when other steps have been made to be able to look at it. This has to be in a pure way, almost in forgiving the ego and the mind for not remembering this before. And even then it still can be forgotten till there is the need to use it in daily life. It's like knowing to use a break, which has been there all the time, when needed.



### 13. Resting in time to contemplate.

Life is often a hard struggle to survive, every moment is valuable and needs attention. The mind is always active and thoughts tumble into daily life of and on. There have all kind choices to be made, things to remember, or be aware in traffic, the whole day long is filled with planning and not forgetting anything which is needed. It starts by awaking in time, choosing which clothes to wear, brushing the teeth, eating and buying food. Never a dull moment is even too easy, but resting in time is needed for the inner self. Being lived is never a solution in the long run, this can be done only for a short time. Then the reserve of the energy for the body and mind is gone and has to be reloaded. Often holidays will be enough to start fresh again, but quit often there will be an unquiet feeling. Ignoring this seems easy in the beginning, but it will be heard in sickness or accidents. That's the time to rest and start to overlook life and experience the wishes of the inner self to be heard.

### 14. Deciding to life love.

Even in anger there is always a choice for a loving way, or let your anger be there. Starting with half of it is a good beginning to learn in realising this is not love. Human temper is easy to raise into fear, joy, sadness and anger. Emotions appear to help us feel and in experiencing the consequences and deepness. We learn more sides in letting the emotions go in our behaviour to ourselves and others. The development of emotions, experiencing the deepness of them is evolution of the species. Animals cannot cry, only learning not to be afraid or angry. Instinctive reactions can be postponed by learning how to behave as civilisation. Rules how to behave, not shouting and smiling all the times look unnatural as are manners to eat. Being hungry at a dinner table is not done, there are rules to wait till everyone is sitting down. Getting angry is much alike to learn, wait and count till ten, is a good way to stay in love.

### 15. Feeling small.

The ego makes us feel great and small, but most of the time it's balancing in between. Feeling power from someone else can refer to memories in the past, as a child or long before. Knowing from and in the own power, the right to live on earth is often difficult to defend. To feel depended to all kind of powers, like parents, or authorities with all kind of rules. Stay in the loving self has to be learnt in all kind of situations, with, or without actions. In not knowing how to act, or react it's always wise to wait and withdraw all actions. This is the time where everyone can think of what's going on and how to play the game. Even asking the Divine to help has to be received in answers in you, before taking any step at all. In temper steps are taken too hasty, in emotions and aroused feelings. Although this afterwards always can be excused, it's more effective to wait a while. The balance finding for the ego in not acting is a process which has to be cultivated. The instinct reaction is of no use anymore.

16. Waiting till everything is clear.

Complex situations have to become clear in time, sometimes this will last years. In daily life all kind of aspects come to mind about very various subjects. To think about them all at the same time isn't possible, the mind has often been cleaned. The ego wants immediate answers to act at all events. Every time this has to be evaluated if and when this is needed. In traffic it's needed to anticipate and take actions when needed. This anticipating is before things could happen, in advance or at the same moment. Waiting then till the answers on the to do and how to react is the wrong way. Life can feel like traffic in your mind when there are too many unsolved questions. Clearing the mind in taking time for them all is the only sensible action. This asks other actions to feel inside peace and rest to get answers in what to do. Although it's also the same in waiting till everything is clear again.

17. Letting answers flow.

When there is a question there is need for an answer, because too many questions pollute the mind. The perfect thing seems to solve a problem at once, to get clearness. But even questions and problems are moving to show all sights without a clear yes or no. Sometimes a yes would be the best and another time a no is the best answer. This is because they all differ and never are the same, or remain what they are. The human mind can think about all these differences and is capable to give the answer. The ego has other plans and like to solve and answer at once so the mind is clear again. The temper will arouse then and almost inspired the drive to act immediately comes to mind. Not to get involved in this way is hard to learn, but needs experience. Nothing has to be solved at once, time is unimportant in matters of the mind which activate the ego. When it becomes important there is no doubt at all, but just something that has to be done. The only question to be asked is if answering can wait.

18. Being brave.

A lot of times you know what has to be done, but you don't after thinking it over. This can be a wise decision in not immediately taking action and to feel what it will be with all possible consequences. There always will be also a kind of fear then to withdraw you, because everything has a risk in it. It can be the money involved and this is an excuse not to take the necessary action. The moment can also be badly planned, when you haven't got time for it. Then there is also the almost good feeling of relief not to be obliged to take action. This will not happen only once, but repeats until you are ready for it. Everything will be right then like a puzzle which has been completed. That's when you know from your soul this is the right thing to do for you, without hesitation. Money problems aren't important anymore, you have or make time for this what has to be done. The most important thing is that the fear has gone, your inner knowing has won from the ego which stopped you before.

19. Being always the best me.

Like a chameleon all kind of roles have to be played, from customer to traffic participate. Every role asks his own attitude to be polite, or adroit and this changes during the day. Not every role gives a pleasure, or is the best loving way to act in live to others. Yet is has to be done and almost without looking to reality, in the best way you can. This is almost like a kind of slavery which has to be experienced and people are capable in. This is what society means, like all different personalities cannot be captain on a ship. To force oneself in the role which has to be filled in, is a task for the ego. Here the same thing happens when something has to be done, act quietly and don't let the ego win. When this occurs and the eager becomes too hard to handle, it's a lesson for you. By going inside and accepted things the way they are you can make your own life. This can be avoiding a shop, or taking the train to work and to do what you want. Your inner voice can always tell you what is best for you.

20. Besides the truth is another truth.

In your head is what you think, your opinion and thoughts your truth. All people have their own way to look at the world, thoughts and experiences. Sometimes they hardly differ from your way to life live as it is. Everybody has to eat, has to wear clothes and educates as a base in life. The dislikes, preferences and possibilities can differ in very many ways and there are men and women. It's no wonder all these differences lead to likes and dislikes and various opinions. There is no one truth, because everyone is building his own truth, based on learning from experiences. Only very heavy experiences can change this truth, or habits on which everybody has built his own truth. Seeing the own convincement is a first step in letting go things which don't serve you anymore. Trying to freely change them is a hard process of inner work in learning how to look in a different way to you. This is the first step to come to awakening by experiencing we are all one and trying to do the best we can.

21. Conquer feeling small.

The ego can make us feel great, small, sad and powerful with a mixture of them all. Feeling great and powerful seems the best, but makes you feel worn out. In this greatness towards the outside world, you aren't capable to feel inside. To stop in time and go to your inner self again is a very big step to take. This doesn't only mean the addiction of feeling great and powerful, but to feel others signals. In rest you can feel the smallest pain in your body, becoming aware of it and let it go. In a powerful mood you don't notice them, they only bother you to go on. Like a train you come to speed and only by stopping this train the normal warnings can be noticed. To feel yourself again with all the capabilities you have, means you stopped in time. When you then feel only failures by not feeling great, you are too late. The next step is feeling small and there is never need for this, contemplation teaches you the reality again. In being humble in acting the best you can, this will never happen.

## 22. Always trust yourself.

Life has many factors which to learned to handle by making mistakes. The value of the mistake is the insight to learn what was wrong and how to make it right. This is a kind of repair which is better than doing it as a matter of course by acting in the best way. To learn from what was wrong with all consequences gives a deeper insight in yourself. Also as a failure what was wrong and has to be better, but more as a lesson to become perfect. Getting angry and shout to someone which makes him cry, can be evaluated and lead to not shouting. Never need to raise your voice cannot give the experience of the effect of your behaviour. Realising the impact of your shouting will lead to carefully showing your feelings. In case you should have to use it again as a warning, this effect was the first step to learn. Knowing the power of your voice can even lead to speaking loud and clear and control the effects. Abuse to convince people may be the next step to learn.

## 23. Living with a conscious mind.

Being alert can help to get a clear view on life and to act accurate or at the correct time. See what is going on isn't the same as looking around, is like being conscious or unaware. It's not always possible to see everything immediately for what it is in completeness. This is always a development in not looking away and interpret things like anticipation. Seeing two cars in front of you don't mean they will crash, but by watching them you learn to know more. Even when you can't see the traffic light you are aware something is not going right. Looking the other way would be a foolish action, but stopping also. It's always difficult to interpret all the signals correct at the right time. Being aware will help and makes you alert and open for actions which can be needed. Although they are unexpected even for you, your awareness has prepared you in a special way. The overall look has been there already, so your first step has already been taken. Being alert brings you one step ahead in life.

## 24. Living by the rules.

Everyone has his own opinion about everything, formed by thoughts and experiences. When all people know what has to be done it's easy to go the right way and do the best thing. This however isn't the right way for a human soul to develop in life. The own opinion is a part of the inner knowing and doing right from the heart. Love is an individual quality and when it joins other loving people this can grow. In the right way this is almost without ego and there is only one purpose which is love for all and everything. To do, construct, change, or defend and build a new world also strong qualities are needed. Everyone has his own qualities and they are all needed, sometimes even fighting together for the right thing. The own mind can surrender to the best thing to do, when the inner self is allowed to conquer the ego. Inside everybody there is very often a struggle with the ego and the inner knowing. This isn't necessary, the choice is very easy to make, and everything has only to become love.

25. For the best of all.

The ego knows what is best and helps a person to do what has to be done and to act. Without this ego mankind is helpless without the spirit to act, as an animal only acting instinctively. From this instinct basic needs can be satisfied and also there is caring and sharing in a group. Using the mind in practical actions needs an ego, with a plan to act. Being able to overlook and look forwards to prevent and evaluate actions. Like knowing to need water food on a travel and needing other people. Everyone has his own quality, one can build houses and another can cook. In a society this is all needed without distinction with rules and duties. The best for all is taking care of everyone, but when the habits, rules and laws make small, the opposite happens. When the flow is gone there are only duties and no longer feelings of freedom and pleasure. Feeling free is the most important issue with living and acting from the heart. This is also ego to act from the heart and bring love in the world.

26. The best is for all mankind.

Every human is equal as a person who has the right to live, breath and fulfil his life. Development is no reason to feel better, wiser, and greater than any other living soul. It's the ego in judging what is good and better, or small and poor. The soul can be read in everyone's eyes, feeling hungry and poor make this invisible. Starving in surrender, or better knowing of justice is quite different even for ego eyes. Pictures of hungry children are about gathering money for humanity reasons, not for equality. Experiencing how poor children can play with simple garbage should open everyone's eyes. By the gathered money plastic toys are given to be better education instead of fantasy and self-discovered ones. The western look on the world is judging poorness, but it's only a matter of food as a basic need. Mankind can survive without well doing, but not without food. The best way to live can only be guaranteed by a joyful self, to play and enjoy life.

27. Fulfilment for everyone.

Living on earth is a cycle of being born again and again to experience everything you have to. To grow in experiencing, to live all kinds of lives in all possible details makes mankind wiser. Like a baby cannot walk or talk when he is born, he learns quickly by the support of parents. To start all over again in every life is necessary to remain and develop skills and inner knowing. It's like remembering how to do, or don't do things which are experienced before. To know all about being a victim or the perpetrator is a complex process. This is almost the same as like oppressor and being a leader and yet this is very important. The difference between abusing power and being just can change any moment. The ego can be great and generous, but also be small with mean sides. This can change very often in life, in a day, or an hour, because the mood swings with every thought. To keep thoughts under control is the only way to live life as the inner self wants, in love for everyone.

28. Looking for a loving way.

When things go bad and feel wrong it's hard to stay in your loving self, the ego has to deal with it. This is a perfect process of learning what life does to you and your feelings about everything. It's never the same, there is always something changed or new to learn. Even when you experienced it before and know the tricks, there is always perfection possible. Like working on a computer or surfing on the internet starts with simple basic information. The pleasure and wanting more and more is letting the ego flow in gathering skills. The information seems endless and all possibilities give so much joy: it's like playing around and around. But even this has to end and you always have to stop it, or make a choice to go on. In playing a game this is very hard, then there is easily ignoring signals in addiction. To be in, or returning to the loving self is far away in a game of winning and losing. This is the same as in daily life when something goes wrong, you always have to deal with yourself.

29. The second best choice.

It can be difficult to live from the heart, but all of the time even then choices have to be made. This is not a simple matter of doing the loving way or choose the wrong way. It can change, or grow into another choice and there is always the choice which way to turn to. Choosing an almond, an apple pie, or cream cake is a simple example of varieties. All the different possibilities are there and come to mind, even when they are unimportant. The matters of the heart include the own and the preferences of other people. When they don't like what you are doing, you can always change your actions. This isn't only to please, but also in knowing the differences which can be experienced. As you like, or hate cream cake someone else can feel the opposite in loving feelings. No one is to blame about this preference, it only just differs. It doesn't matter at all to make a decision for the other action, when you feel this is a better choice. Not honouring your feelings is a bad choice.

30. It all starts in the heart.

Living love in life always has to be a feeling, like an emotion from the inner self. Becoming angry is quite opposite to it and this doesn't come from the heart and inner self. Being soft and tender, loving and kind is another way to learn, to be and act in life. When everything could be seen in a loving way, looked to in love everything would change. The ego has won a lot, like power to do and make things the way a person wants to. But there is need for a balance in the personal profit, or what is necessary for the need to all and everyone. To please someone else by giving flowers, or presents can be as the start of bribery. This is meant to be a good gesture from the heart, like supporting the love you feel. Often it's also used as an excuse for failure, as if flowers can make things right. This is an abuse when the loving feelings are ignored, by repairing them through a gift. Most presents have become almost an obligation, as a rightful action to get. Given without love involved from the heart.

### 31. Existence means living.

Being as a human person in the world means being involved in the struggle of life. Not only participating, but also acting and adapting to all kind of obligations. As in family life, contacts with neighbours, or society life becomes playing different roles. The inner self as well as the ego has to adapt in different acting to be polite, or subservient. This is almost behaving as someone else, seen from the view of other people. Independency cannot function in society without becoming an outcast. Both the inner self and the ego have to fight for the right to be or act as they want. All these frustrations have to find a satisfying way in life, to be able to adapt. Sharing these feelings with others can relief and lead to subgroups with new ideas. But the common solution is to find, or fall in love with someone to share these feelings. Life becomes bearable in understanding each other in love. The real existence for life always has to come from the inner self in knowing to have the right to live in love.

### 32. Never forsake the inner knowledge.

Knowing how to live life in a pleasant decent way isn't enough to experience divinity. There will be asked a kind of devotion, as respect for all there is. The earth, people and the universe are all part of everything there is and what it will become. Although it hardly seems an assignment everyone has to live his life. This can differ a lot from each other and everyone can only look from the own, personal view. To pity, or judge other people is only possible from this narrow, often cultural looking. Seeing people in rags doesn't mean they don't know how to get expensive clothing. Their devotion can be of a much higher standard and no one can judge about this. Having enough, or too much food than is needed for a body to function also isn't a positive standard to hold on to. Even so is earning a lot of money impressing for everybody, it always differs what is important. There only has to be an inner motivation to live life in a pure way, as it shows itself the way it is.

### 33. The best for all and all there is.

Experiencing life on the earth planet is always starting brand new as a baby, without memories. All skills have to be developed, sometimes with handicaps, disinterest, desire, or impossibilities. Life situations can differ in all ways, so to make a painting can be a total failure, or an unfulfilled desire. When everything there is to know has been learned about a skill it's done. The experience is completed and somewhere deep in the memory it will always exist. The inner knowing to be able to make a painting is there and this is often hard to handle in life. Knowing how to walk after an accident, to cycle or swim after years almost feels like a surprise. To be able to use a skill again then seems to come from an inner knowing. Having a lot of these experiences feels like a wiser view on life in growing older. This knowing can also be used on another level, in teaching from experience. It can even mean sometimes dealing with this again, like looking behind the skill. When this has to be done the purpose is of another quality, with the skills which are there to use again.



## AFTERWORD

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In this renewing time, where everything is changing and all possibilities are there to discover only one thing is important. Accepting and respecting the self and other people, looking to the same side and aim for happiness for everyone is the first step for harmony. In making ego decisions everything looks possible to examine and the right thing for some, but this is not what real equality is. When every human mind is worth full to the whole society, the society as a whole becomes of great value. The smallest intention is as great as an enormous result of examination and maybe even the inspiration of it all. Ignoring simple and little parts, break up the whole construction, all kinds of behaviour has to fit in the understanding of this ONENESS. Making this planet life in unity, aiming for happiness for all is the main purpose after all these scientific and power ego ages. That is making the reality in life as brand new, golden plated in the Golden Age.

Everything is changing in this fast and moving world with so many people and all kind of inventions. Old habits have disappeared, or have lost its values. Where traditions always had an answer for problems, or how to behave, it looks like this doesn't work completely anymore. The answer is to change with all kind of things and behaviour and also from being polite to getting addicted. For parents this is an almost impossible education without having the right answers for everything.

Yet the clue is to handle this in a free way, from the inside intuition and trusting the own judgement. Exactly the same as youngsters have to do this, to try to learn from the inner knowledge and the best capabilities they have. Certainty in doing this with rules, like in a tradition, nowadays needs frankness and openness in sincerity. Moving the boundaries or any certainty of knowing for sure, if this way is leading to success has to be supported. Education is more than demanding of being obedient and learning rules, because those rules are changing even when they are learned.

Love of any kind is something different than showing the right rules, especially when they are not needed anymore. Mankind has to learn to live love, to act on intuition and feeling connected with the higher self and responsible for everybody and everything. This looks like an enormous job to do, but is only following the way from love of the heart based on inner rules. Living love has to be learned and practised with believing in the goodness and completeness of the inner self.

To find this new and right way asks a certainty to believe in the own judgement, to take the responsibility for the own loving way of live. Without fighting and ego the world can be a place to live in harmony where love can grow more and more. Everyone has to feel part of this all, without self interest to make this world a better place for all human beings. This and only this can lead to unity and ONENESS, when love rules all live and living beings.

What has been gained in the past isn't supposed to throw away, it's only a more complete and better way to use and refine capabilities, skills and knowledge. When this all will be used for the best of all people, all life on earth will become a divine planet. Then the Golden Age will appear in all people, when they can accept and live where life is supposed to be for, in love, peace and harmony.



