



FENJA ELLEN SEPERS

NAVIGATE ON TRUST

Handbook of the
Trust Program



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Introduction

The essential principles you will come to know in this book are called *The Seven Principles of Trust*. But although they are called *The Seven Principles of Trust*, they could as well be called *The Seven Principles in the Art of Living* or *The Seven Spiritual Principles for Happiness and Success* as they are the same principles that Nature and the universe uses to create its beautiful and bountiful existence.

I have put together *The Seven Principles of Trust* after having personally integrated these principles into my life. I observed how practicing them, my life and my sense of self became more joyful, more successful, and full of trust. And when I started to teach these principles to others as well, I realized that *The Seven Principles of Trust* embody a way of living that can enable anybody to attain self, mind, and life mastery. They are spiritual life principles that lay the foundation for a primordial sense of trust. To move away from the notion that life is inherently unsafe and that there is always some problem to be solved, in you or outside of you. They are the principles of leading a good life, in practicing the art of living. Because a life-artist is someone who seizes life, who sees the magic of life, and co-creates with life. But also who lives in alignment with his or her purpose and who enjoys life regardless the external conditions for existence. *The Seven Principles of Trust* are principles that have the power to connect you to a deeper layer of yourself, including the people and the world around you, her hidden laws and mechanisms, and even have the power to move beyond.

This book will walk you through *The Seven Principles of Trust*. Each chapter is dedicated to a specific principle which is accompanied by theory and literature, daily practices and reflection, and meditation exercises. The theory and literature will enhance your intellectual understanding of these principles; the daily practices and reflection questions are there to gain a profound personal experience of the principles; and by meditation (some of which are explained in text, and others are given to you in audio-files) you fortify another level of understanding, the level of deep knowing without words.

But let's start and see how we can apply *The Seven Principles of Trust* into our life.

The Principle of a Greater Intelligence

Exercises principle 1

- Part 1 Read—You are part of this
 - Daily practice—The voice in your head
 - Meditation—Sa Ta Na Ma
- Part 2 Read—The Principle of a Greater Intelligence
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Part 1

Read— You are part of this

The first principle of trust is the *Principle of a Greater Intelligence*. *The Principle of a Greater Intelligence* is based on the universal notion that there is a greater intelligence beyond the material level of existence that functions as the underlying organizing principle of the universe. From the smallest organisms to the largest universal force, from the microscopic to the cosmic—our astonishing existence is under the constant guidance of this extraordinary intelligence. This invisible field permeates all of creation— it orchestrates all of Nature's actions, seasons changing, animals migrating, planets functioning, including the workings of your own body, exercising millions of functions throughout the day without you even having to think about.

In the amazing book "Journey of the Universe", dr. Brian Thomas Swimme and dr. Mary Evelyn Tucker write about the extraordinary things created by this field. They write about where we have we come from, and where are we are going. And so, to get a sense of the Greater Intelligence, even before intellectually understanding it, I would like to invite you to read the following excerpt of their book. And after reading it, perhaps even more than once, I would like to ask you to reflect on the questions: What effect does reading this text have on your

acknowledgement of being human and on your personal place in the great architecture of the universe? What are the implications of the fact that you are a part of this great mysterious existence? And what feeling does this give you?

The Journey of the Universe

(excerpt from from the Journey of the Universe, Swimme & Tucker, 2011)

Imagine experiencing Earth's beauty for the first time—its birds, fish, mountains, and waterfalls. Imagine, too, the vastness of Earth's home, the universe, with its numerous galaxies, stars, and planets. Surrounded by such magnificence, we can ask ourselves a simple question: Can we find a way to sink deeply into these immensities? And if we can, will this enable humans to participate in the flourishing of life?

Reading this is an invitation to a journey into grandeur—a journey into grandeur that no previous generation could have fully imagined. Today in history, we are the first generation to learn the comprehensive scientific dimensions of the universe story. We know that the observable universe emerged 13.7 billion years ago, and we now live on a planet orbiting our Sun, one of the trillions of stars in one of the billions of galaxies in an unfolding universe that is profoundly creative and interconnected.

With our empirical observations expanded by modern science, we are now realizing that our universe is a single immense energy event that began as a tiny speck that has unfolded over time to become galaxies and stars, palms and pelicans, the music of Bach, and each of us alive today. The great discovery of contemporary science is that the universe is not simply a place, but a story—a story in which we are immersed, to which we belong, and out of which we arose. This story has the power to awaken us more deeply to who we are. For just as the Milky Way is the universe in the form of a galaxy, and an orchid is the universe in the form of a flower, we are the universe in the form of a human. And every time we are drawn to look up into the night sky and reflect on the awesome beauty of the universe, we are actually the universe reflecting on itself.

And this changes everything.

So let's begin at the beginning. How did it all start? An awesome question certainly, but it appears there really was a beginning. Scientist have learned that the entire observable universe was once smaller than a grain of sand, a tiny dot

that began with a massive inflation that has been carrying matter apart for billions of years. Let's think of it as a great flaring forth of light and matter, both luminous matter that would eventually become stars and galaxies and dark matter that no one has ever seen.

And the discovery that the universe has expanded and still is expanding is the greatest of human history. All of space and time and mass and energy began as a single point that was trillions off degrees hot and that instantly rushed apart. The universe arose with a titanic expansion. Some scientists refer to this as the Big Bang and has been expanding ever since. But besides this expansion, there is another fundamental force at play in our universe: a force of attraction, pulling things together—a force we call gravity.

As the universe expanded and cooled, gravity pulled some of the matter together to form the galaxies and stars. These two opposing dynamics, expansion and contraction, were the dominant powers operating at the beginning of the universe. The expanding universe was causing matter to move apart from the tiny seed point of its beginning. Gravity was drawing some of this matter back together again. We now know that the universe as a whole, from the beginning, has been shaped by these two opposing and creative dynamics.

This double process is wonderfully reminiscent of life, of the movement of breath and of blood. Our lungs expand and contract. Our heart expands and contracts. With such primordial movement we come into existence. In a very literal sense our lives are possible because of this in-and-out rhythm of the universe. As we fill our lungs with breath are we mirroring the large-scale dynamics of the universe? At the very least we can say that because of the great exhalation of the universe, life and humanity have emerged and are breathing within it now.

But one of the most spectacular features of the observable universe is the elegance of its expansion. If the rate of expansion had been slower, even slightly slower, even one millionth of a percent slower, the universe would have recollapsed. It would have imploded upon itself, and that would have been the end of the story. Conversely, if the universe had expanded a little more quickly, even one millionth of one percent more quickly, the universe would have expanded too quickly for structures to form. It would have simply diffused into dust, with no structures to bring forth life. What we've discovered is that we are living in a universe that is expanding at just that rate necessary for life to emerge.

And this dynamic timing will appear again and again over the fourteen billion years of cosmic unfolding. The universe utilized its own inflationary mechanism to expand rapidly to the rate that enabled it to bring forth structure and life. When the celebrated physicist Freeman Dyson was reflecting on all of this and trying to make sense of it, he realized that he had come to feel at home in the universe in a new way: “The more I examine the universe and study the details of its architecture,” he wrote, “the more evidence I find that the universe in some sense must have known that we were coming.” Of course, humans were not present in any explicit sense at the beginning, but what he suggests is that we are now learning ways in which life was implicitly present in the very dynamics themselves, from the very first moment.

Daily practice—The voice in your head



The exercises within the *Principle of a Greater Intelligence* evolve around reconnecting to the great cosmic concert, the Greater Intelligence of the universe. As a matter of fact, accessing this field will be one of our main objectives throughout our journey together. As humans, we have the possibility to connect to the field through silence, through meditation, and through observation. Spending time in Nature also connects us to the field of intelligence. However, the first step in our journey revolves is making space for inner silence. We are going to investigate how we can create enough inner silence and space to listen to this all-persuading field.

One of the greatest human obstacles in connecting to silence and the intelligent field of the universe is the endless and all-consuming noise of the mind. Bill George, professor at the Harvard business school, says that as humans, we are not using our full potential because our modern-day society is so overly focussed on the mind. According to George, the focus on the rational mind and its content, disconnects us from our ability to look deeply inside ourselves and blocks our connection to a new kind of intelligence.

The human mind thinks that by thinking more, by working more, and by doing more, we are getting more things done and more problems get solved. It does not realize that by over-rationalising, by over-calculating, and by over-thinking we exclude creativity from our lives and we hold ourselves back from using our greatest capabilities. Because research shows that instead of doing more, only by taking a step back, by untangling from the mind and by reconnecting to space and consciousness—to mind, body, and spirit—are we able to use our true capacities and have more innovative answers and solutions.

The all-pervading limiting power of the rational mind is nothing new. Already for centuries the mind is said to be like a wild elephant, hard to control and difficult to tame. Perhaps for this reason, overcoming the mind is the first step in any spiritual practice. It is taking the important step of using the mind instead of letting ourselves be used by the mind.

In our current state of development, most people find it very difficult to distance themselves from the mind and step into a different kind of awareness. As humans, we are totally caged and consumed by “the Voice.” You most probably know the Voice as that voice in you that has an opinion about everything, all the time. It is that Voice that cares a great deal about what other people think. It is that Voice that tells you what to say and what not. It is that Voice that says things should have been like this or that. It is that Voice that complains incessantly when something is not the way it wants. It is that Voice that says “what if”, “watch out”, “but ... “ So much fear and so much worry is expressed through that voice.

The first step within the *Principle of a Greater Intelligence* is disentangling from that Voice. To start noticing that Voice, not as you but as something in you. I would like to invite you to start to listen to your inner Voice, without judgement. Start to look and listen to the Voice in your head as often as you can. Do you notice that you have a mental dialogue going on inside your head that never stops? What is it saying? Can you notice any particular repetitive thought patterns? Does it change in tone of voice or does it stay the same all the time? And can you see that you are the one who hears it.

If you don't understand exactly what I mean try this little practice.

After you read this sentence, make the voice in your head say “hello” right now.

Say it over and over a few times.

Now shout it inside, “HELLOOOO!!!”

Can you hear yourself shouting “hello”? Yes, of course you can because there is a voice talking, and there is you who notices the voice talking.

So the first step in distancing yourself from the Voice is to observe what it is saying without identifying yourself with what it is saying. Without identifying

yourself with the content of your inner voice. Stop feeling that one thing the Voice says is you, and the other thing the Voice says is not you. Because I will let you into a little secret: If you hear the Voice talking, it is not you. That is your ego. Your ego communicates through that Voice. The language of your deeper self has a different tone to it, if it uses any word at all. So you are the one who hears the voice. You are the one who notices that it is talking. And this is also tricky part. Because it is not so difficult to hear the voice shouting “hello,” but it is not at all easy to know that no matter what the Voice says, it is still just a voice talking and you listening. You can use the daily intention to help you on the quest of becoming aware of your Voice.

Daily Intention

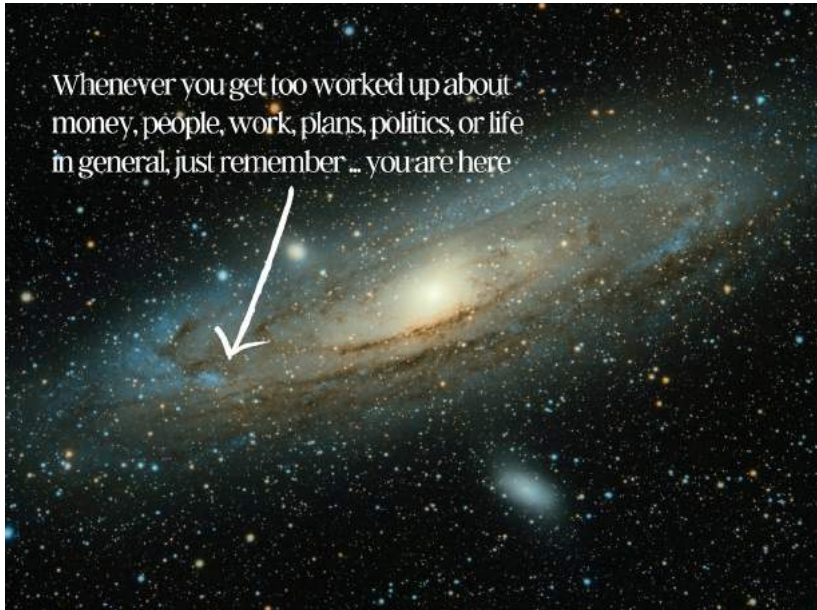
Stop giving so much importance to the internal dialogue of the Voice and simply start to listen and look. The first practice is about allowing thoughts to happen but don't put any judgement on what it is saying. Because the moment you judge, you come back right in with the same Voice. So don't evaluate, classify, or analyze the Voice, but instead just observe it as it goes. You can start to do this by taking on the following intention.

“Today I will become the observer of my mind, of my inner dialogue. I will let thoughts appear in my inner space of my consciousness. And whenever I catch myself conversing with these these thoughts, I will take 3 conscious breaths and remember I am part of the larger field of existence.”

Remember when starting this practice, at first it may seem if your internal dialogue will become stronger. You are becoming conscious of the endless chatter of the Voice filling your inner space. Your mind might even start to protest. It may say “What a crazy exercise, of course you need to listen to me!” “Hey, I am important, listen to me!” “Watch out, to this thought you really need to listen!”

When this happens try this: don't try to correct or stop your mind, but just observe what it is doing. Because the practice is not about silencing or stopping the mind, but about dis-identifying from your thoughts and just look. And when you stop to be bothered by the Voice, not getting dragged along with its stories, this is where the silence starts. This is the starting point of your connection. This is your connection point to the field of intelligence. In that space of silence is where your journey begins.

Throughout the day remind yourself of the daily intention. You can do this by setting your alarm three times a day at: 11.00, 15.00 and 19.00 (or 3 times that work for you) as a reminder of this practice. At these alarm moments simply take one minute to connect and remind yourself of the daily intention. Feel your feet on the ground take at least 3 conscious breaths, connect with your body, and the larger field of existence. The following image can also assist you in your attempt to dis-identify from the Voice.



However, if practicing this observation of the mind for the whole day seems too difficult, then you may simply say to yourself, for the next two hours, I will observe, or for the next hour, I will observe. Then you can extend it gradually.

Meditation—Kirtan Kriya

What does it do for you?

The more you start to connect to the world behind the Voice, you will also start to uncover a different quality of the mind. When you slowly unravel from the Voice or the ego mind, you start to discover that at the same time the human mind is a very marvelous and mysterious thing. The subconscious mind is the source or messenger of great ideas and inventions. It is our registration device. The subconscious mind can be thought of as the inner, all-knowing part of the mind. It stores information and experiences—both the triumphs and tragedies of our daily lives pierce deeply into our being and they remain in the subconscious mind. As a result most of us have not only collected large amounts of great information, but subconscious “garbage” as well. Traumatic events that we thought we had dealt with long ago and moved passed can remain unresolved and stuck in the subconscious mind. And this so-called “garbage” is preventing us from moving forward in life and rising up to our full potential and connect to the greater field of Intelligence.

To release this garbage we can practice the meditation technique, the Sa Ta Na Ma meditation or also known as *Kirtan Kriya*. This is a classic technique in Kundalini Yoga as taught by the Kundalini yoga founder, Yogi Bhajan. This meditation is intended to bring total mental balance. It clears the subconscious mind of traumas and negative, unnecessary emotions. It improves concentration and brain function, increases intuitive abilities and brings peace and understanding to the practitioner. The *Kirtan Kriya* not only heals the subconscious but helps us discover the divine nature of all beings. Yogi Bhajan suggested that if you can practice only one meditation in your life, this is it. Clinical research in Alzheimer even has shown that practicing *Kirtan Kriya* for just 12 minutes a day can improve cognition and activate parts of the brain that are central to memory. Interestingly replacing the *Kirtan Kriya* sounds with other sounds, or replacing the meditation as a whole with other relaxing tasks, has not been shown to be effective.



How to do it?

The *Kirtan Kriya* is composed of several parts that are done simultaneously, all which have equal importance and should be practiced correctly as to receive the benefits and to not injure the student—mental focus and precision is key.

Mantra

Mantras are ancient yogic chants that carry vibrations containing sacred energy, most Kundalini mantras are in the Sikh language, Gurmukhi. These powerful chants are believed to settle the mind and balance the chakras (energy centers) of the subtle body. In the *Kirtan Kriya* the mantra *Sa Ta Na Ma* is chanted. Each syllable of the *Sa Ta Na Ma* mantra has a specific meaning:

- Sa*— birth, cosmos
- Ta*— life
- Na*— death, transformation
- Ma*— rebirth

The *a* in each syllable is pronounced like *ah*. Each repetition of the mantra is thought of as a complete “life cycle.” Tone. There are three different “voices” you use during the meditation: Out loud—the human voice. Whisper—the lover’s voice. Silent—the divine voice. Each repetition of the entire mantra takes 3 to 4 seconds.

Mudra

Mudras are sacred hand positions that have a profound energetic effect of the body and mind. Yoga stimulates pressure points and energy channels in a similar way as acupressure. The mudras used in this meditation activates pressure points that allow energy to more easily flow to the brain. This energy flow is key to clearing the subconscious mind and accessing the brain's higher potential. The mudras involved correlate to a particular syllable of *Sa Ta Na Ma*:

Sa— index finger and thumb (for wisdom and Jupiter)

Ta— middle finger and thumb (for patience and Saturn)

Na— ring finger and thumb (for energy and Sun)

Ma— little finger and thumb (for communication and Mercury)

The elbows are straight while chanting, and each fingertip touches in turn the tip of the thumb with firm pressure. Each time you close a mudra by joining the thumb with a finger, your ego “seals” the effect of that mudra in your consciousness. The effects are:

Index finger—Knowledge

Middle finger—Wisdom, intelligence, patience

Ring finger—Vitality, energy of life

Little finger—Ability to communicate

Vizualisation

Visualization is an important tool for manifesting desired results. This is essential for experiencing the subconscious cleansing effects of the meditation. The mental focus for the *Kirtan Kriya* is known in Kundalini yoga as the Golden Cord, which is an energy pathway that connects the pineal and pituitary glands. While chanting at the various tones and alternating mudras, imagine the vibration of each syllable dropping into the *crowen chakra* (located at the top of the head) and feel the energy flowing out through the third-eye chakra (located above and in between the eyebrows). It helps to visualize this energy moving in the shape of an L. The pineal and pituitary glands are directly associated with the crown chakra and third eye point, which are our centers for intuition, spiritual connection and enlightenment.

Extra note

If during the silent part of the meditation your mind wanders uncontrollably, go back to a whisper, to a loud voice, to a whisper and back into silence. Do this as often as you need to. Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and in the refinement of sensation and insight it produces. It is a science in the tested certainty of the results each technique produces. Meditations have coded actions to their reactions in the psyche. But because it is effective and exact it can also lead to problems if not done properly.

Time

To begin: Begin the kriya in a normal voice for 2 minutes; then whisper for 2 minutes; then go deep into the sound, vibrating silently for 4 minutes. Then come back to a whisper for 2 minutes, then aloud for 2 minutes. This takes 12 minutes. The duration of the meditation may vary, as long as the proportion of loud, whisper, silent, whisper, loud is maintained. If you want you can slowly build up the meditation to 5/5/10/5/5 minutes. This sequence will take 30 minutes (Gym-Boss is a great app where you can set different times for different sequences).

To End: Follow with one 1 minute of silent contemplation on the greater field of intelligence. Then inhale, exhale. Stretch the spine, with hands up as far as possible; spread the fingers wide, taking several deep breaths. Relax.

Comments: Each time the mudra is closed by joining the thumb with a finger, the ego "seals" the effect of that mudra in the consciousness.



Part 2



Read—The Principle of a Greater Intelligence

The Principle of a Greater Intelligence has its roots in both modern science as well as ancient wisdom. *The Principle of a Greater Intelligence* is based on the ideas of quantum physics and the study of consciousness of science today, as well as on the ancient stories that mystical sages and seers have known for ages. Both of these stories say that there is a greater intelligence, a consciousness, that functions as the underlying organizing field that pervades everything in the natural world. In both of these stories it seems that everything in our world can be seen as an expression of this consciousness and intelligence. This intelligence permeates every fiber of our existence. It is in us and around us. As a matter of fact, science today is discovering that this consciousness is distributed through every cell of our body and that it may be present in every photon or every particle of light throughout the universe. This means that we live in a world where we may be completely covered in a sea, a field, or a web of energy that is paralleled to the visible universe and the most minute particles of matter. This discovery tells us that you and I are literally immersed in an ocean of intelligence and consciousness, invisible to us, but all-pervading and all-creating. And this invisible web connects every one to every one else and to every aspect of life in the cosmos.

The Vedic tradition, the ancient teachings and experiences of various lineages of sages who lived on the Indian subcontinent, have a word for this intelligence: dharma. In its widest sense, dharma is the unseen and limitless web of intelligence that sustains and supports both the universe as a whole and each individual creation (person, plant, animal, even mineral) within it. Dharma says it is our personal purpose as an individual (microcosm), to operate in the best interest of the universe as a whole (macrocosm) and visa versa. The great mystics, thinkers and philosophers, the great travelers and discoverers of all cultures and religious traditions understood this calling. That is why they have been so deeply committed to connect with this field in one way or another, to dedicate their life in serving the world and contribute to the great cosmic order.

In life, in one way or another, we are all drawn to connect, understand, express and directly commune with the underlying intelligence that shapes our world. Perhaps you don't feel consciously connected to it right now, or don't see a relationship in your life and work, but you might find yourself attracted and

mesmerized by this intelligence on various occasions throughout your life or day. For instance when you consciously breath in the amazing life-giving air of a beautiful forest. When you observe a great waterfall or mountain range in a vast natural setting. Or maybe you become aware of this intelligence when you see a hummingbird beating its wings 50 times per second while finding nectar from a flower blossom. Perhaps when looking at a spider spinning its perfect symmetrical web or when seeing a perfect drop dangling on a leaf in the early morning dew. For others this intelligence becomes evident when realizing that over immense spans of linear time, stellar dust became planets, mountains, rivers, and butterflies. And again others commune with this intelligence when uncovering great mathematical problems, when making a music, or designing great technical inventions. I experience this all persuading intelligence when paddling out for a beautiful clean wave in one of my favorite places in Morocco or when writing about *The Seven Principles of Trust*.

I believe we can count ourselves lucky to live in a time where scientists have been working to quantify the field of this consciousness and its processes. These investigations enable us with an ever greater understanding of this intelligence, the laws of nature, the workings of the universe, planets and stars, but also the understanding of the human mind, life and heart. Because not only in the field of physics, also within the domains of neurology, psychology, anthropology, sociology, and philosophy researchers are discovering more and more about the role of consciousness and its power to create and transform. In all research domains consciousness turns out to play an important and groundbreaking role. As the Nobel prize winning theoretical physicist Max Planck commented, "I regard consciousness as fundamental. I regard matter matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness."

But even though all-pervading, in a time we are discovering more and more about the role of consciousness, at the same time, the understanding of the Greater Intelligence cannot necessarily be expressed in human words. Despite the millennia of analyses, definitions, and explanations by seers, philosophers and scientists, consciousness also remains puzzling. Often the moment we think we can grab it, we understand it, we have figured it out, consciousness is lost in mystery again. Because what is it really? We simply don't know. And perhaps that is what the *Principle of a Greater Intelligence* is all about: becoming comfortable with the invisible and inexplicable mystery of life and the universe. A realm that speaks without words. A realm that can be observed, but never fully understood.

And so my question to you is: Are you ready to dive into a different level of knowing? Are you ready to understand without explanations? Are you ready to let go of words? Because one thing is certain, by saying yes to these questions, by moving into this new dimension, by widening and deepening your consciousness, by tapping into a dimension that speaks without words, you will become a more powerful co-creator in this earth-universe-journey. Although this intelligence lies beyond your normal human sense perception, once you start to learn to interact with this field of intelligence, it will have great effect on your life and world.

Daily practice—Listening as silent space



The most important step in applying the *Principle of a Greater Intelligence* is to become familiar with silence as foundation for the field of consciousness. The field of intelligence can be heard, through the world of simple awareness, beyond thoughts and words. You have already started to create more silence by becoming familiar with the Voice in your head. Now we are going to deepen this connection by starting to consciously listen to silence.

Try this: after you're done reading this sentence, stop and listen to where you are right now. What sounds do you hear at the moment. Can you hear any cars? Can you hear people, voices? Can you hear the wind blowing through the trees? Dogs barking, birds singing? But below the noises, can you hear the silence in the background too? Can you hear any electronic devices, the washing machine, the humming of the fridge? And also here can you hear the silence? Can you hear your own breathing? Can you hear yourself reading this sentence in your head right now? But below can you hear the silence too? Can you listen to both the noise and the silence? You cannot listen to the field of silence by thinking about it. Your thinking is an obstacle to do this. But you need to start to hear it and to tune into it. It is tuning into the bed of silence, of consciousness, that is the ground of every sound and action.

Daily practice

The coming days can you start listening to the sounds and actions of the world as the silent space? Can you start to listen to everything with your body and your awareness, including your own thoughts? What is very helpful in this practice of listening as the space of the silence is to let go the constant labelling

of things. Labelling is the constant evaluation, classifying, and analyzation of people and things. The labelling of loud or quiet, right or wrong, good or bad, agree or disagree. And this labelling creates a lot of noise. And when there is a lot of noise, the connection is simply not that good. It blocks the space between you and the field of intelligence because there is literally less space in your inner space. So this means from today start to observing life, people, situations, sounds, circumstances, without the mental labeling of it but as the space. The daily intention which you can repeat on the three daily alarm moments will assist you in this practice.

Daily intention

“Today I will become the space of the silence. I will start observing people, things, and situations without going into the mental labelling of it, good or bad, right or wrong. And whenever I catch myself labelling I go back to being the silent space, listening with not my mind but my body and consciousness.”

Connection-time—Taking time to converse with nature

Within *The Seven Principles of Trust* I would like to invite you to start to make time for a regular practice of what I call *connection-time*. I use the term *connection-time* to refer to time which you set aside in your day, week, or month to make connection to yourself and the field of intelligence. For some this could be the daily time to meditate, but with *connection-time* I refer to a time which is set aside for just you—a time without plans, full of inspiration, wonder and connection. So can you set half an hour, an hour, or more, each week or few weeks to dedicate just to yourself? Maybe you feel like reading a book, venturing out into nature, or just drinking a coffee in your favorite cafe. *Connection-time* is about you leaning back into life, a time where you can take a deep breath and just be.

But for your *connection-time* within the *Principle of the Greater Intelligence* I would like to make a special request. I would like to ask you to set aside some time to converse with Nature. Can you take time today or this week to watch the sunset, to hear the sound of the wind rustling through the leaves, to smell the sea or the season? Can you take a moment where you silently witness the intelligence within this living thing? Can you reflect on the web of which this

thing is is part of? And can you remind yourself that you too are part of this? And can you, perhaps, open yourself up to the possibility that as you look at Nature, Nature might even be looking back at you too?

Audiofile—Universal life-force energy

To fortify your connection to consciousness and the Greater Intelligence, this guided audio-file will enhance your connection to the universal field of intelligence and omnipresent life-force energy. It will ground you and connect you—all the way up into the universe. Grounding and connecting are both essential practices to commune with the Greater Intelligence. Sit in a comfortable position, but with a straight spine (meditation cushion or chair, both possible) and in a place where you will not be disturbed for about 30 minutes. When doing this meditation keep in mind, that making the connection all the way up with the universe feels to “far” or vast, on your first try, just stay on the level you feel comfortable with—for example connecting with nature or your immediate surrounding.



The Principle of Organic Space and Time

Exercises principle 2

- Part 1 Read—The Principle of Organic Space and Time
 Daily practice—Conscious Shifting
 Audiofile—Cosmic Breath Awareness
- Part 2 Read—White people run
 Read—The modern and the traditional world
 Daily practice—Creating space and time

Part 1

Read—The Principle of Space and Time

The second principle of trust is the *Principle of Organic Space and Time*. This principle says that to live a life in accordance with the *Principle of a Greater Intelligence* we must transfer a new sense of space and time to our modern lives.

Throughout history there has been a sense of space and time that coursed with the natural rhythms and cycles of Nature. For thousands of years we lived closely connected with plants, with mountains, with valleys, with rivers, with planets, with the great web of all life. Living with Nature reminded us that we were connected. That we were a part of the cycle of life and that the spiritual power of Nature was not only around us, but within us and between us. We looked at Nature for guidance—at the sun, the moon, the clouds, the rain and the animals. And in this way of living, the natural setting of each place defined the seasonal rhythms and rituals, the cycles of agriculture and the course of night and day. For instance, the seasons on the plains of Burkina Faso in West Africa, gave way to different cycles than those on the cold tundras of Siberia, or the rhythms of the societies of the ancient Maya's in modern-day Mexico. Each of

these societies established their own notion of space and time according to their specific circumstances.

At the beginning of the modern era, natural time and rhythm were slowly replaced by mechanical time represented by the machine and the clock. Instead of looking at Nature, each community learned to organize itself within artificial space and around clock-time. The need to walk hand in hand with Nature, the seasons, the moon or the sun, became less and less important. Over decades, clock time together with its electric light, factories and machines became the central organizing principle of human life. Yes, it meant an enormous increase in industrial productivity. From trains, transport, to factory workers and investment bankers, all could be joined into networks, systems, and processes with an enormous material output. And while we truly can say that the invention of the machine is one of the great achievements of Western civilization providing us with amazing developments, innovations and solutions, at the same time as we have put technology first, Nature came secondary. Under the guidance of modernity, with its mechanical notion of space and time, the Natural world slowly started to crumble. Many animal species became extinct, and we've experienced an enormous decrease of vast and natural space.

At the same time the mechanical notion of space and time brought other struggles as well. Looking at our modern lives, it becomes evident that where we have been focussing on the machine and the rational mind, we have lost some of our heart and soul as well. As we've put the machine first not only Nature, but also humanity came secondary. When production, efficiency, innovation, and development becomes more and more important, an increase in stress, physical and mental illnesses, burn-outs, and a sense of alienation are other results. As the poet John O'Donohue puts it: "Our times are driven by the inestimable energies of the mechanical mind; its achievements derive from its singular focus, linear direction and force. When it dominates, the habit of gentleness dies out. We become blind: nature is rifled, politics eschews vision and becomes the obsessive servant of economics, and religion opts for the mathematics of system and forgets its mystical flame." For this reason, the movement into the *Principle of Organic Space and Time*, is not only a movement from artificial into organic space and time—from mechanical into natural—but from fragmentation into wholeness: from rational mind, into mind, heart and soul.

Knowledge space-time, Being space-time, and Psychological space-time

The first step in bringing the *Principle of Organic Space and Time* into our lives is through the understanding of the human mind. What the *Principle of Organic Space and Time* asks from us is to start moving between the rational mind, the emotional mind, and the universal mind by the conscious movement between three different internal notions of space and time: *Knowledge space-time*, *Being space-time*, and *Psychological space-time*.

The movement between *Knowledge space-time*, *Being space-time*, and *Psychological space-time* means to start to use *Knowledge space-time* and the rational mind in the practical aspects of your life but immediately return to present-moment awareness, the universal mind of *Being space-time*, when those practical matters have been dealt with. And as you do this, there will be less room for the built up of the emotional mind and *Psychological space-time*.

In these definitions, which are based on the teachings of the Spiritual teacher Eckhart Tolle, *Knowledge space-time* is any practical use of space, thought, time, and knowledge. *Knowledge space-time* means making an appointment, planning a trip, or using thought in work or study. But more than that, *Knowledge space-time* also includes learning from the past so that we don't make the same mistakes. And as for the future, setting goals and working toward them is also an aspect of *Knowledge space-time*. But it is here that we need to watch out because *Knowledge space-time* often runs over into *Psychological space-time*. *Psychological space-time* means compulsive or negative thinking, the repetition of the psychological stories of the mind, over-analyzing, over-identification with the past, and the projection of scenarios into the future. For example, if you made a mistake in the past and learn from it now, you are using *Knowledge space-time*. But if you keep repeating the situation mentally and self-criticism, guilt, or shame keep coming come up, then you are turning it into the emotional mind's *Psychological space-time*—the useless or even harmful repetition of thoughts, situations, and emotions. This practice does not mean to not have any emotions anymore, on the contrary, emotions can be, may be and must be felt with body and soul. Living life means to have emotions (e-motion, energy in motion), but reducing the *Psychological space-time* means to decrease the useless overthinking, over-labelling and over-analyzing with the mind of these emotions.

The movement between different kinds of space-time means that thought must function naturally at the everyday level, in the field of Knowledge, but must not have too much presence in the psychological field. For example, If you work toward a goal or intention, you are using *Knowledge space-time*. In this space-time you are aware of where you want to go but you are fully immersed in the step that you are taking at this moment. When you become overly focused on the goal, obsessed by the future, and “loose” the present moment, *Being space-time*, *Knowledge space-time* turns into *Psychological space-time*. The moment becomes nothing but the vehicle into the future. And when this happens you might even loose the clear connection to the original goal. What you are doing has lost its adventurous and mystical aspect and only becomes the need to arrive, to attain, to make it, to finish. In this mode you most probably are also less conscious of the beauty around you and for the appreciation for life.

The practice of the conscious movement between your interior space-times therefore will show you that the mind is an amazing instrument if used rightly. It will show you that thought must function at the level of *Knowledge space-time* but must not overflow into *Psychological space-time* where it has no function at all.

The original function of thought is to create memory, security, and order. If I had no thought I wouldn't be able to speak or read a book, to find my way home, to navigate a car or a computer, to build a microphone or a website, or to analyze data. Thought and memory are amazing tools. They give us the ability to develop, to innovate, to construct, and build. But as thought always builds upon memory, experience, and knowledge gained in the past there is a limitation to thought and thinking. Because of its wide knowledge and memory, thought tends to think it can see the total picture of things while in reality it does not. For example, thought can think of the chair you are sitting on—its material, different aspects and elements. Thought can think of the book or paper you are holding in your hand, the feeling, the weight, the color. Thought can think of the flowers in the vase on the table, the colors and perhaps the names. But thought cannot become aware of all these three objects at the same time. Try it. Try to think of the chair, the book, and the flowers at the same time. Thought cannot. Now try to become conscious or aware of all these three elements at the same time. I am sure you can do this. But your *awareness* can. Your awareness can sense the whole while thought cannot. As a matter of fact, you can only become aware of these three objects at the same time by letting go of thought. And then you can invite thought into that awareness again. However, you cannot invite awareness into your thought.

The spiritual teacher Mooji phrased this so beautifully by saying that mind which mainly exists of mind activity, is like the wind. But you, you are like the space. Your consciousness is like the space. Space can be without the wind, but the wind cannot be without space. And so thought, in contrary to what it believes, can only function as a part of the instrument, in fragmentation, not as the totality. And you would actually be surprised how much can be “seen” and “known” with your awareness. Your awareness has the power to connect you to the whole, to the field of a Greater Intelligence in a way which your mind cannot. To some this kind of thinking or knowing is called “intuitive thinking”. Intuitive thinking is described as the “knowing without knowing why”, “thinking with the heart” or “having a gut feeling”. It is the unconscious field for rapid action, judgment, and decisions. And while logically we tend to belief that this way of thinking is a more unintelligent way of thinking, in reality it is more intelligent. It uses more aspects of intelligence than merely thought. Actually, it is a kind of “thinking” that famous leaders, lawyers, and energy workers alike use all the time because in this way of thinking, decisions and actions include thought and information but not exclude intuition and feeling. As Albert Einstein so truthfully said “The intuitive mind is a sacred gift and the rational mind is a faithful servant. But we have created a society that honors the servant and has forgotten the gift.”

Daily practice—Conscious Shifting

The first step into the *Principle of Organic Space and Time* is training the mind. It is about practicing conscious shifting between *Knowledge space-time* into *Being space-time* without the building of unnecessary *Psychological space-time* in order to connect to the field of intelligence.

Can you observe and discover your own mind patterns? In which space-time are you mostly abiding? In *Knowledge*, *Psychological*, or *Being space-time*? And if you find yourself dwelling a lot in *Psychological space-time*, what does its content consist of? And then from that observation, can start to consciously move from *Knowledge space-time* into *Being space-time*?

You can enter the realm of *Being space-time* by whatever way works for you. Whenever you enter *Being space-time*, you enter the space and time of silence and simple awareness between thoughts. You can do this by consciously becoming aware of your breath or you can go back to the awareness of the silent space. You can start listen to the silence beneath the noise of daily the noise of thought. You can also become aware of *Being space-time* by starting to feel into your body as often as you can. Can can feel the sun on your skin or your feet

on the ground? Can you focus on a specific part of your body? Whatever way works for you, remind yourself of this: although *Being space-time* is the place beyond words and beyond thought, it is not a question of stopping thought. Know that it is impossible to stop thought. Instead, simply accept the fact that the mind is chattering without trying to get dragged along with its stories

Three alarm moments

To remind you of this practice, set your alarm three times a day. When the alarm goes off take one minute and reflect: What am I doing at this moment? In which space-time am I abiding? And then, try to consciously shift, from *Knowledge* or *Psychological*, into *Being space-time*.



If you feel hesitant about leaving the Psychological space-time, or having problems getting out of the head, because you feel not safe or secure to let some thought or a worry go, you can use this graphic of “Why Worry” reminding you that there is no need to ... worry. Always start with the questions in the left corner, “Do you have a problem in your life?”

Slow-time

In our life we make time for many things: work, friends, family, home, sports. But do we also make time for ourselves to slow down and dwell into Being? For many people the answer to this is “not really”. And so, to enhance your

connection to *Being space-time*, I would like to invite you to set aside a moment this week—maybe half an hour, an hour, or even a few hours—to express your way of organic or slow-time.

Take a moment in your day or week which is not about getting somewhere or achieving something. Take a moment which is not about stopping the mind, but about Being, about slow-time.

Ask yourself: what do I feel like in this moment? Maybe you would like to go out to walk nature, maybe you would like to read, to create, reflect, connect. The practice of slow-time is a time and practice in which you give yourself the permission to become the observer of life, your life and life at large. Whether it is sitting, meditating, looking, reading, painting, walking—put all your energy in this looking, in this doing, reading, and pretend for a moment there is no past or future. To see and do with all your senses and without the concept of time. The practice simply requires not waiting for the next moment, not being absorbed in the past, future, or in the minutes to run by. Not to think about yesterday or the day to come. No to-do's, no day dreaming about the future or the past, but simply Be, Act, Create, Observe and see what happens.

Audiofile—Cosmic Breath Awareness

One of the best ways to slow down in space and time and connect to Being space-time, is by connecting to the breath. Therefore, this week's meditation is inspired on an ancient Kundalini Practice, the Cosmic Breath Awareness. Yogi Bhanan had his students meditate in this manner for many hours. The character of your thoughts and emotions is reflected in the motion and level of energy in your breath. Doing this frequently not only can avoid many illnesses and bad decisions, but it also opens your intuition to environmental changes. It increases your awareness of how other people influence you. Practice this meditation in silence and see what it does to your mind and energy. And then, take this breath awareness into your daily life.



Part 2

Read— White people run

(Excerpt from Ritual: Power, Healing and Community, Malidoma Somé, 1993)

For an African who comes to America, there are no words to describe the shock he encounters. At first blush this culture shows itself as heaven somewhere away from the planet. But there is still connection to the planet in a left-handed way. The Dagara people from Burkina Faso, on the other hand, are suspicious of abundance. It translates into a cultural attitude that a person of abundance is a person too worldly to deal with hardship. This is an obvious trick from a god to put someone to sleep before the final blow. The only place where abundance is warranted for the Dagara people is in nature. A person who wastes is a person who insults the gods. In light of the waste encountered in the modern world, one wonders if anyone knows that there is a world outside of this abundance where people are aware of priorities other than materialism.

But the greatest shock that American culture has on traditional people is its notion of speed. My role in our village is to be a translator to my elders of modern culture and a translator to modern culture of my people's ways. I remember a social moment spent around millet beer where I began to speak about the notion of motion. Millet beer is brewed by women. First, millet is germinated and dried in the sun. Then it is ground and boiled heavily to extract the juice. This juice is boiled again for a whole day to ensure its fermentation, then cooled to ambient temperature. By the time it is fermented, the entire process has taken about three days. It is around a calabash of this beer that people socialize. As they say in the village, "One drinks his way to interesting talk," or, "The spirit of millet beer is generous in words." In the conversation, I pointed to a circle of old people who were sitting around enjoying the day and explained that such stillness would be a shock to a person in the West, whose schedule is much faster.

One of the elders asked, "Where do these white people run to every morning?"

"To their workplaces, of course."

"Why do they have to run to something that is not running away from them?"

"They do not have time."

I had to say this word in French because there is no equivalent in the local language. The conversation came to a halt when the elder had to ask what this “time” was. Among the Dagara, the absence of “time” generates a mode of life whose focus is on the state of one’s spirit. This is not comparable to what machine-dominated culture is all about. While in America, the newcomer thinks at first that people move hurriedly in order to enjoy the thrill of speed. But a more traditional look at motion, at speed, quickly reveals that speed is not necessarily so much a movement toward something as it is a movement away from something.

The elder who noticed that moderns don’t have to run toward something that isn’t moving was pointing to the idea that to move is also to keep oneself distracted. The indigenous mind cannot conceive of it otherwise. And so the elder sees those in constant motion (going places, doing things, making noise) as moving away from something that they do not want to look at or moving away from something that others do not want them to look at. When you slow down, you begin to discover that there is a silent awareness of what it is that you do not want to look at: the anger of nature within each of us, the anger of the gods, the anger of the ancestors or the spirit world.

In his book *The Africans*, Ali Mazrui began his study of the triple heritage of the African people by pointing out that the ills of the continent of Africa nowadays are the result of the anger of the ancestors in the face of the general desecration brought about by modernism. He indicates that throwing away one’s culture for another is an insult to the dead, and can result, as in the case of Africa, in a lot of unresolved ills. In a way, Mr Mazrui is not just speaking about mechanized Africa, where the worship of the ancestors is being gradually replaced with the worship of machines. He is also speaking to the developed countries, where the ant like frenzy of life, characterized by a work-obsessed culture, is symptomatic of an illness that is perhaps too large to face.

I believe that the difference between the indigenous world and the industrial world has mostly to do with speed—not about whether one world needs to have a ritual and the other doesn’t. Indigenous people are indigenous because there are no machines between them and their gods. There are no machines barring the door to the spirit world where one can enter in and listen to what is going on within at a deep level, participating in the vibration of Nature.

Thus the two worlds of the traditional and the industrial are diametrically opposed. The indigenous world, in trying to emulate Nature, espouses a walk of

life, a slow, quiet day-today kind of existence. The modern world, on the other hand, streams through life like a locomotive, controlled by a certain sense of careless waste and destruction. Such life eats at the psyche and moves its victims faster and faster along, as they are progressively emptied out of their spiritual and psychic fuel. It is here, consequently, where one's spirit is in crisis, that speed is the yardstick by which the crisis itself is expressed.

Read—The modern and the traditional world

As we've read through the words of Malidoma Somé, there is a great difference between the two space-time worlds of the industrial and natural, the traditional and modern, the mechanical and organic. On one hand, the organic world drums the unhurried beat of Nature and engages in a slow, quiet, and wholesome way of life. It is a way of life that walks hand in hand with natural rhythms and fills its surrounding with simplicity, with tradition, locality, vitality and natural wonder. Its appetite is defined by natural space, a slow pace, emotion and expression, human connection and the mystical. The mechanical world on the other hand, races through life and its appetite never seems to ease down. Busy days, filled bank accounts, new opportunities, social media posts, 20 different kinds of milk in the supermarket to choose from—the industrial world is always excited for more. This world is embodied by speed, by strength, wit, innovation, efficiency and production. It is bold and present, it proudly imposes its creations on the surrounding, and it does not seem to take no for an answer.

The difference between these two world can easily be sensed by thinking of a simple hand build cottage in the woods versus the Empire State Building in the midst of a busy New York day. Can you feel the contrast in energy and rhythm in both of these spaces? Can you feel the difference in their relationship to space and time? And what would the effect be on you spending time in either of these places?

Knowing that there is no right or wrong in the exploration of these worlds, a question within the *Principle of Organic Space and Time* is how can we rebalance some aspects of the mechanical and organic, the traditional and modern? How can we bring equilibrium of these worlds into our own life? Unsurprisingly, the answer to this question is, to balance the mechanical and organic world, we need to shift into a different pace, and we need to open up our internal and external space, in order to get into a different mode of connection.

My greatest spiritual teacher used to regularly shout to me “Because we are not in a hurry!!!” Over the years I have come to see the great truth of this simple statement in my life. I have seen how impatience can block deep personal connection. I have seen how rushed energy overshadows favorable outcomes. I saw how “pushing the energy of space and time” stopped natural flow and even happiness and enjoyment. Today, I have come to see this “pushing of the energy of space and time” as something like pushing stuff down a tube or a drainpipe. When you would push too many things down the drainpipe, it gets clogged and messes up the flow of the water. The same happens when you rush or hurry, or when have too little time for too many things. With pushing the energy of space and time with too many things, you are disturbing the flow, whether it is the flow of your work or the flow of your personal life. When you push too many thing, you literally create less space. And just as in the drainpipe, when there is no space, there is no flow. And when there is no flow, there is stagnation, disorder and decay.

Space and time in this perspective, instead of being two fixed external phenomena, can be seen as an interrelated field of space-time. Just like in physical science, space-time is single concept that recognizes the union of space and time. Molding time means molding space and molding space means molding time. Time in this sense is not a concept of *duration*, chronologically flowing from the past into the future. And space in this sense not a *three-dimensional region*. Instead space-time is a momentary interrelation of space and time. Space-time is not a duration, not a separated region, but a four-dimensional interrelated continuum. Space-time in this light becomes something like an *intensification* or *loosening*, just like in the case of the drainpipe.

And while the concept of space-time might be a bit more easy to grasp within the theory of relativity where large bodies of matter, like planets, have influence on the notion of space and time, you might also recognize the interrelation of space-time in your personal life. For example, the feeling when you enter the house of your grandma or grandpa or an elderly home. In a space with little movement and filled with old things, time can quite literally feel as “standing still”. And what about a Japanese style filled room, with little furniture and a lot of open space? Can you feel how time feels there? And what about a day in your Holiday, a day with little plans and hurries, how does space and time feel in that mode? Does a day seem longer or shorter with more space? I am sure you get a feeling, that even on the microscopic level of your personal life, time and space are not really separated.



Daily practice—Creating space and time

For most of us well-educated Moderners, the concept of space-time is the toughest nut to crack in the journey of awakening consciousness. To escape from the three-dimensional mode of thinking into time-space as a unified field turns out to be daringly difficult. Not because we don't have the will or the believe to change this mode of thinking, but simply because it is a new developmental capacity that has to be activated within us. We will start developing this capacity by continuing to apply the organic sense of space and time into your life. Because first you started to apply the *Principle of Organic Space and Time* by practicing to consciously shift your interior space-time—from *Knowledge space-time* into *Being space-time* without building up *Psychological space-time*. Now you can start to apply the *Principle of Organic Space and Time* in the outer space of your life by the practice of patience, no-hurry, and clearing up clutter. In this practice you will see how patience, no-hurry, and clear space set the stage for the energetic environment of flow. And hopefully you will discover how organic space-time opens you to the experience of being connected to the whole.

Time

First of all, to apply the *Principle of Organic Space and Time* in the outer space of your life, ask yourself the following questions: Do I hurry a lot? Do I often feel I have too little time? Does time stress me? Or does time make me feel relaxed and is something I have enough off?

The movement into organic time can be very simple: simply stop hurrying and stop putting too many things in too little time. When you stop hurrying, you'll see that you can even accomplish practical activities of *Knowledge space-time*, but from a space of Being. It is in this space that you are getting a lot more things done in a short space of clock-time. Once you will truly stop hurrying you will see that what you create will be more beautiful and the practical things in your life start to move with more ease and alignment. In slow-time a different dimension will come into your daily life, one of strong connection—with yourself and with everything around. And it is in this space that you will attract what you need as you are in alignment with the whole.

Therefore secondly, ask yourself: How can I transfer a slower or more organic mode of time to my life? What little changes can I make? In home, work, and my

relationships? You can do this, for example by doubling the time you would usually think you need to do a certain task like shopping, cleaning, a certain work task, or getting ready for an appointment. Instead of taking 30 minutes to bring the children to school, take an hour. Instead of an hour for a job, see what happens in the space of a few. See if you can make more time for your personal rituals, such as your daily shower, your morning coffee instead of rushing to work. And what does this do to you? Notice how this slow-time-mode effect your state of mind, your inner feeling, your emotions and your general mood. Make it a personal investigation. Write it down.

Daily intention

“Today I will make the commitment to refrain from doing anything in my life in a hurry and I will stop putting too many things in too little time.”

Space

The second step within the *Principle of Organic Space and Time* is to investigate the exterior space of your life. The invitation to take your exterior space under the loop and make changes to widen or change your feeling of space and time—from artificial into organic.

Start by asking yourself the following questions: Where do I spend most of my time, in artificial environments or outside in Nature? And what does my home and work environment look like, is there a lot of clutter in my work and home space? Could I clear out some of the spaces in order to give you a wider sense of space-time?

And what kind of materials are used in your spaces, are there a lot of natural elements, or are they mainly filled with industrial and artificial things? With natural elements I mean wood, wool, plants, flowers, shells, candles, flowing shapes, etc. With industrial and artificial things I mean plastic, machines, iron, artificial fabrics, straight lines, etc. And if there is a clear disbalance, can you bring some equilibrium between the natural and artificial in these spaces as well?

On the outer level of your life, it can also be helpful to consciously materialize a space in your life where you can move into your personal sense of organic sense

of space-time. Is there a space in or around your house you can make available for your slow and connection-time? Perhaps a little meditation space, a comfortable chair, a beautiful corner, a special Nature place you enjoy? Making this kind of physical space for yourself can be an important step get (back) into connection and a new rhythm of space and time.



The Principle of the Expanded Self

Exercises principle 3

- Part 1 Read—The Principle of the Expanded Self
 Daily practice—Who am I?
 Meditation—Sat Nam
- Part 2 Read—The Expanded Self is immeasurable
 Daily practice—The starting point of what-is
 Audiofile—Ground and Connect

Part 1

Read—The Principle of the Expanded Self

The third principle of trust is the *Principle of the Expanded Self*. *The Principle of the Expanded Self* says that each human being is inherently seeking to connect with his or her Expanded Self. Your Expanded Self is the centre of your being that never moves, yet large enough, expanded enough, to contain all the trivial things of life. It is that eternal part in you that can peacefully observe any situation or circumstance. That is able to take distance from thoughts, criticism, and opinions. It is that part in you that operates without a sense of lack and in full confidence and at the same time is always humble, compassionate and sincere. Your Expanded Self knows that in your essence, you are consciousness, pure awareness—body, mind and Spirit. The Expanded Self lives from the notion of self-identification, meaning the source of your feeling and thinking is your Spirit instead of the objects of your experience. And the moment you discover that is who you really are, in that discovery your view on life changes, inevitably. From battle to play, from fear to wonder, from Ego to Self.

The opposite of the Expanded Self is the Small Self or the Ego. The Small Self lives in object-identification in contrast to the self-identification of the Expanded Self. In object-identification how you think and feel is always dependent on the world outside. The Small Self is constantly influenced by people, situations, circumstances,

and things. The opinions and approval of others are very important to the Small Self. Her thinking and behavior is always constructed around the response it wants from the outside world. And, as the spiritual teacher Deepak Chopra so rightfully says, it is therefore fear-based. Because at the most fundamental level, the Small Self feels unloved, unsafe, and unable to trust in Life. Without a connection to Soul and Spirit, true self-identification, the Small Self feels empty and tries to sustain itself through the power of objects. Because without it who would it be?

In object-identification of the Small Self your identity is totally depended on the roles you are playing in your life. As a human being, already from a young age the Ego starts to identify with words, objects, and things. “My toy”, “My name”, “My neighborhood.” The word “my” and “I” slowly become identities created around certain personal and cultural habits and beliefs. This later turns into “My country”, “My group”, “Our traditions.” Then, fortified by years of upbringing—school, jobs, relationships and experiences—this identity slowly becomes the role you are playing. Your Ego becomes your mental self-image, your social mask. And although the Ego is a necessary construction for a person growing up—creating perception of the world, enhancing self-awareness, and giving support in problem solving—as adults, instead of letting that mask slowly go, we keep mistaking these roles for who we really are.

Unknowingly, the Ego or the Small Self has handed over most of its power to the objects of its experience. Having a certain job, a certain social group to belong to, or when you are famous or known for something, or when you have a lot of money or material stuff, a certain power, a certain security, a certain sense of self-esteem goes with this object, role or identity. However, when the job, the status, the material thing goes away, so does the identity and so does your power. When these objects disappear, they leave you naked and with nothing left but yourself. In the Western world for example, it is not uncommon for people who retire after having been in a certain professional role for a long time, sink into a period of depression. Especially when they don't have something new to focus on, a new role or object to relate to. They feel like they have lost their identity, their sense of self. The same thing happens with many famous people. It is a common fear for famous people to lose their fame because without it who would they be? And so as a result, we most diligently try to keep holding on to all of these objects sustaining our personal sense of power.

Personally I have experienced the power of the Small Self versus the power of the Expanded Self when embarking on my journey into trust. I undertook a life experiment by leaving behind my country, my job, most of my stuff, many of my

plans and goals, to see if I could let the moment decide the course of life. I wanted to see what would happen if I let go all relative securities. Where would life lead me? What I didn't realize at the time is that I was not only undergoing an experiment in trust, but a journey in unravelling many identities I had latched on to myself. And the more identities I let go of—my idea who I was professionally, socially, and culturally—the more I became “nobody” and “no-thing”, the stronger became my sense of self. The more I let go of my Small Self, the more Expanded, the more “me”, and the more powerful I felt. Amazingly, with less “things” in both my inner and outer world, my sense of self was growing. And this is the true difference between object-identification and self-identification, you experience your being behind the roles. The power of self-identification of the Expanded Self is therefore the only true and lasting power.

Daily practice—Who am I?

The famous and most essential spiritual question, proposed by the Indian sage Ramana Maharshi, “Who am I?” points to the journey from Small Self to Expanded Self. “Who am I?” is said to be the ultimate question of self-inquiry. Because as soon as you dive into the question “Who am I?” and slowly peel of layer for layer, object for object, identify for identity, it inevitably leads you to your core, to the centre of your Expanded Self.

Within the daily practice of the *Principle of the Expanded Self* take several moments each day to start investigating the question “Who am I?” To start to unravel all the objects and identities you have attached to yourself. Can you move beyond your identity as a man or a woman, as a mother or a father, as rich or poor, as highly successful or difunctional in a certain area? Can you investigate your roles—your professional role, your nationality, and your social group? How much power have you given to these different roles and identities? And from there, can you start to look at the world, including your own life, from the Expanded Self? From a point of pure awareness, from Spirit or consciousness?

Let me get this straight. This practice is not about *stopping* all your role-based activity. You still need to go to work, the children need love and care, you have certain commitments, traditions, and engagements. But this practice means to see if you can slowly detach yourself from all the roles you are playing—observing them, performing them—but realizing they are just roles, not who you really are, in your essence. Who are you without your role as a man

or woman? Who are you without a body? Are you still without a body? Who are you as consciousness? Where does your life-force come from? So you ask yourself, again and again, "Who am I?" And then see where this question leads you. Dive deep if you want.

And as you go deep into this question, can you start to perform your daily activities from this new perspective: from self-identification of your spirit, instead of object-identification of your Ego? This is perhaps not something you can express in words, but moving through life from self-identification points to a feeling, a state of being, a new point of departure. Your Ego is the one hosting most of the conversations in your head, expressing so much concern, so much worry, so much negativity and fear. But your Spirit is the silent awareness behind that Voice. What happens if you start to move through life as Spirit? Really make the practice a self investigation. Use the three daily alarm moments to remind yourself of the daily intention below.

Daily Intention

"Today I will remain in self-identification. This means I remain established in the awareness of the Expanded Self, of my Spirit, that silent observer in me which sprouts from a deeper well. This also means I will not look at myself through the eyes of the world or allow myself to be influenced by the opinions and criticisms of others."

Meditation—Sat Nam

To fortify the connection to your Expanded Self, this is a simple meditation technique you can practice over the course of a lifetime, the meditation *Sat Nam*. This meditation is about simply following the breath as it moves in and out your body—from the nostrils, all the way down to your belly, and then add to that natural course the Mantra “Sat Nam.”

‘Sat Nam’ in Sanskrit simply means “true identity.” ‘*Sat*’ means truth and ‘*Nam*’ means identity or name but also has been translated as meaning “to bow.” To bow to your true identity. In the practice of Kundalini Yoga *Sat Nam* is the most sacred mantra and the most widely used. It is said to be the “seed syllable mantra” meaning the seed of all sound. And like any seed, within the seed is contained all the knowledge to fully grow. And so when chanting a seed mantra, the seed of the sound is planted in your unconscious. ‘*Sat*’ is the truth. ‘*Nam*’ is your vibrational identity. And what you vibrate you become.

How to do it?

Choose a spot in your house where you feel very comfortable, preferably your personal meditation spot or space. You can sit cross-legged or in any position that is comfortable for you (a chair works as well). Place your hands in your lap or on your knees, whatever feels comfortable. Start by taking your attention from around you to within you. Start to feel the chest rising and falling, feeling the breath moving in and out through the body. Remember that with the breath you are exchanging your life-force energy with life, with the earth, with the plants and trees. But make sure you keep your attention in your body, just going along with the breath.

Mantra

Then, add to your natural flow of breath on the in-breath the mental sound of ‘*Sat*’ and on the out-breath the mental sounds ‘*Nam*’. ‘*Sat*’ has a vibration that reaches upward through the head and crown, and ‘*Nam*’ is a grounding vibration, a manifesting vibration. And so by silently chanting *Sat Nam* you acknowledge the Greater Intelligence made manifest as a vibration in this world. You acknowledge your true identity. Chanting *Sat Nam* reaches up into a subtler part of the physical plane and pulls the vibration of the Greater Intelligence into your awareness, your consciousness, and your physical world.

Time

Start this practice with 11 minutes and slowly build up to 31.



Part 2

Read—The Expanded Self is immeasurable

One of the most important aspects of harnessing the *Principle of the Expanded Self* is the immeasurable. The immeasurable means to stop measuring everything up against everything else. Because measurement, specifically in the *Psychological space-time* of life, has a very diminishing power. While measuring in some aspects of life is very necessary and beneficial, in the practical space-time of life—weighing apples, calculating the bill, measuring results, defining systems, building technology—insecurity, ambition, greed, competition, and fear are all the results of measurement in the *Psychological space-time* of life. They are the result of the voice of the Small Self saying “I don’t have enough of this”, “He/she is better than me or him/her”, “Things should be like this”, “I need the same as...”, and “What if I don’t succeed or gain this.” The immeasurable part of the Expanded Self stands in stark contrast to the Small Self who is constantly measuring. It is not attached to any specific idea, result or outcome. It abides in the power of the Greater Intelligence, open to whatever may be.

The two most important destructive habits of measurement of the Small Self within *Psychological space-time* of life are *expectations* and *comparison*. Measuring the circumstances of life to what we think should be or hope to be, which are called expectations. And measuring ourselves up against someone or something, which is called comparing. Unfortunately for most people, expectations and comparisons define the smallest things in life—from what a nice evening should look like, to the greatest life expectations, such as when and what a love relationship should be like, what a happy family-life contains, or what it means to have a successful business or career. When we would go very deep into this we could see that all psychological measurement creates an immediate gap between *what-is* and what *should-be* (or should have been). And this movement, the movement between *what-is* and what *should-be*, creates distance. And distance between the actual and the projection, always brings conflict. Conflict between this moment and the future, between *what-is* and what *should-be*. For example, you are late on an appointment with me while you should have been on time. I am irritated because the *what-is* does not confirm with what I think *should-be*. And this distance creates conflict, the distance between *what-is* and what *should-be* always brings disharmony. It always results in an emotional or mental disturbance that is born out of two opposing

(being on time and being late) but simultaneously happening situations or impulses (the *what-is* and *should-be* or should have been).

The Expanded Self on the other hand, instead of abiding in the constant conflict between *what-is* and what *should-be*, moves through life as the immeasurable. The Expanded Self uses measurement in the practical or *Knowledge space-time* of life but intuitively knows when to return to the creative manifestation of life which is immeasurable. The immeasurable in this light simply means to be open to move beyond your own personal limiting beliefs, convictions, expectations and theories. It means to be open to what this moment presents. It means to be able to align with *what-is*. The immeasurable has the acceptance that this moment is as it is, as it should be, because the whole universe is as it should be, including situations, other peoples opinions, ideas, and actions.

To be clear, moving as the immeasurable part of the Expanded Self does not mean the moral acceptance of every idea or action. A crime is still a crime, being late is still being late, neither of which we would prefer to happen. But the immeasurable accepts that this moment has happened, this moment is how it is. In the future I can wish for things to be different, but this moment is as it is. The immeasurable part of the Expanded Self finds peace with the form that this moment has taken. The Small Self, the ego, says no to the form that this moment has taken. An inner 'no' to *what-is*. But the Expanded Self lives in an inner state of 'yes' to *what-is*. Being the immeasurable means the shift in you internally—from resisting the moment because "This shouldn't be happening", "It is not what I wanted", "It is not fair" or "I don't want this"—into yes; submission, surrender, to whatever is, in this moment. It means to have responsibility in life, the *ability* to have a creative *response* to *what-is*.

And this brings us to the second part of the immeasurable part of the Expanded Self—your deeper wishes and desires. Because as the immeasurable, with the starting point of *what-is*, what about your wishes and desires? What about all the things you would like to create and pursue in life? As the immeasurable part of the Expanded Self you do not have to give up all your desires. And it does not mean to stop looking at the external world, afraid for comparison. Because as the Expanded Self you can still wish for something in the future and you can surely look at others as a form of inspiration. But as the Immeasurable you simply understand the mechanism of desire. It means you understand that the moment you see something outside yourself—it being a person, a house, a car, a job, a relationship—and the Small Self steps in and projects this thing it has seen through comparing, through wanting or expecting, internal conflict begins: the gap between *what-is* and what *should-be* has arisen.

As the immeasurable you therefore start to identify the difference between the shallow desires of the Small Self and the deep desires that arise from your Expanded Self. And what is the difference between shallow desires and deep desires? Shallow desires often arise from a point of lack and fear. The Small Self constantly thinks about all that what it wants from life. “I want more of this”, “Less of this”, “I also want this”, “I don’t want these feelings”, “I also want these experiences”, etc. A deeper desire arising from the Expanded Self has a different tone to it. It sprouts from a feeling of love and abundance. For example, a deep desire from the Expanded Self is not the wish for a new big house in a great location, just like your friends. A deeper desire probably sounds more like a place for me and my family to feel safe and to flourish. It is very possible that it ends up being a good sized home in a great location but the motivation behind that desire is totally different. A shallow for instance is the wish for a successful job with lots of money and success, to have gained the feeling of “I made it” to fulfill my self-esteem. A deeper desire on the other hand is probably the wish for meaningful work where I can contribute to life and to society. And when I do work in which I enjoy and I am good at, then money and so-called success inevitably will follow.

So there is absolutely nothing wrong with wanting something from life. Desires will always be there and we are not here to stop desires because desire is life. As a matter of fact, desire is what creates life. If we would destroy desire, we would possibly destroy something very beautiful and powerful. But the *Principle of the Expanded Self* is about learning to distinguish deeper and shallow desires by going back to the question: Why do I want the things I want? Does this desire rise from a deeper well within me, or from a shallow spring? It is the acknowledgement that the Small Self will never be content. That the Small Self always wants something or has a problem with something. Because when was the last time your Ego was totally satisfied? When was the last time there was absolutely no problem, no thing to be done in life?

The Expanded Self is content no matter the circumstances of life. It understands that life is not here to make me happy but life is here to make me conscious. Happiness is inherent in me and in life, no matter the outer circumstances. For this reason, once you start moving from the deeper desires in your life, you will automatically be more flexible towards what the future might bring. The Small Self does not leave room for the the space between *what-is* and *should-be* to unfold, to be creatively and innovatively born. The path of shallow desire is fixed, the very exact end-result in sight. The Expanded Self however has desires without attachment to the outcome. Instead of demanding “This is what I want

from life” it asks “What does life want from me?” “What wants to be born in this specific moment?” The secret of the Expanded Self can be described as “wanting what you get” instead of “getting what you want.” And once you start to operate with knowledge, you can start to trust that this moment is the perfect point of departure to move into the future, whatever it is to become while staying with your deeper wishes and desires.



Daily Practice—The starting point of what-is

The second practice of living from the Expanded Self is to start practicing to move through life from the *starting point of what-is*. Being the space of the Expanded Self therefore means asking yourself the question: Can I make my sense of self, my feeling of self so large, so big, so expanded, that it contains all and at the same time stays (relatively) unaffected? Can I become the space or container through which everything moves, both inside myself as well as outside myself? It means your awareness is established in the heart of the moment, rather than holding on to the projected future.

The practice of the *starting point of what-is* simply means accepting people, ideas, concepts, situations, circumstances, as they are instead of how you think they *should-be*. It means to give up the need to constantly hold on to your ideas, opinions, your need to control and change things into what *should-be*. This counts for giving up the need persuade others of your point of view or wanting things to go your way.

A lot of our energy goes not only in wanting to change the outer circumstances of life, but a lot of energy also goes in trying to change our inner landscape. And so *the starting point of what-is* also means not wanting to change your own thoughts, your own feelings, your own emotions and behavior into *should-be's* as well. It means not giving any attention to the mind-activity of the Small Self saying “I don’t want to feel this”, “Why do I think this”, “It is bad I think or feel this.” It means to give space to your internal world—your mind, your thoughts, your feelings, and your emotions—to move without trying to change it. It means being the space that embraces all the objects within. Can you let fear, hurt, worry, anger, happiness, excitement, laughter, wonder, move within you, observing it as the space of the Expanded Self? I always like to imagine the space Expanded Self as a large space in the form of an egg around the body. The inner turmoil—the fear, the anger, the anxiety—moves through the body as the wind would blow through the space. But the space, the egg is able to contain all

these energies, these e-motions. Me as the space is able to observe it and let it move.

Daily Intentions

To fortify your practice you can use the following intentions during the day:

“Today I will take the starting point from what-is. This means today I will start accepting people, ideas, concepts, situations, circumstances, as they occur, including my own feelings and emotions. And I do this because I know that this moment is the perfect starting point to move into what it is to become. I trust the power of the Greater Intelligence, the creative emergence of life and the universe.”

“Today I will stop measuring. I stop my measuring things, outcomes, results, people, and events. This means not expecting how I think things should-be. This also means not comparing myself to another, including my wish how I should be, or should have been. I will look at life and others as an inspiration, but I know that my life and my being unfold in their own unique way.”

“Today I will move through life from my deeper desires. I will look at all the things I would like to pursue, and ask myself does this desire arise from a deeper well in me, or from a shallow spring?”

You can repeat these intentions, or one of these intentions, on your three daily alarm moments. And as you repeat this I would like to ask you to connect to your Expanded Self. Connecting to your Expanded Self is something that you have been practicing in the daily exercises and meditation. So you can connect to that deeper and wider part of yourself in whatever way that works best for you (the meditation ground and connect will support you in this endeavor). So this might be taking a few deep breaths, connecting to your body and heart and connecting to the feet on the ground. And from there you enlarge yourself. Make your personal space of consciousness, literally, larger. Be the space through which everything moves.

Audio-file—Ground and connect



Meditation can be an amazing practice to connect to the Expanded Self. This audio-file is specifically about connecting you to your centre and your Expanded, or as I call it in this meditation, your higher self. In this guided journey you will first be grounding yourself and then gently expand yourself and establish a connection with your higher self. And in that space of connection, you can see if you can start to open and communicate with this expanded part of yourself. Towards the end of the journey you will have space to receive messages. For instance, you can ask your Expanded Self for advice or direction. You can receive these answers or messages in the form of images, sensations, or words. And the next time you do this meditation, you can use this space to ask a specific question or plant a deeper desire. But be gentle with yourself and watch out for any expectations and know that everything will unfold in the right time, including your connection.



The Principle of Dynamic Exchange

Exercises principle 4

- Part 1 Read—The Principle of Dynamic Exchange
 Daily practice—Slowing down the brainwaves
 Audio-file—Aligning mind and heart
- Part 2 Read—The power of the heart
 Daily practice—A practice in heart connection

Part 1

Read—The Principle Dynamic Exchange

The fourth principle of trust is the *Principle of Dynamic Exchange*. *The Principle of Dynamic Exchange* says that nothing in life is static and exists in separation but everything in the universe, everything in life, is in constant dynamic exchange with the larger field of existence. This counts for the body of the universe, the body of Nature, as well as your own body—any living system or entity is in constant communication and correlation with the world at large. And once we learn to harness this *Principle of Dynamic Exchange*, by using the energetic content of our minds and bodies, we have the power to become one of life's conscious and powerful co-creators.

In the Western society of today, there is the rediscovery of our inherent human ability to use more than only the five senses. After having relied on the age of reason for so long (where we were only allowed to believe in “what the eye can see”), today, a growing number of scientists agree that it has taken science until now to confirm the metaphysical insights and experiences that sages, shamans, and seers have had throughout the ages. What these ancient seers have known is what we start to scientifically verify as well: that the true nature of reality consists of both the physical and the non-physical world. That the physical world exists of both the material realm, the world of heavy and solid form, as well as the world beyond physical and finite things, the world of a much

finer and subtler energy. And it is in the world beyond the physical form where thoughts, information, energy, vibration, intention, and meditation have a much more valid power.

If we would look closely at any object broken down to its basic aspects—a tree, a star, a human body—we would see that each physical object is made up of three important aspects: matter, energy and information. As a matter of fact, the entire physical universe is made up of matter, energy and information.

On the quantum level, material objects exist of minuscule amounts of different types of matter but with a great variety in their informational and energetic patterns. On the quantum scale, objects and things are made up of a tiny bits of matter with most of their form existing of “empty space”. On the quantum level of your body for instance, an atom in your body exist of about 0.00000000000001 percent matter with 99.999999999999 percent space. So let's say in this view, the center of the atom in your body, the nucleus of that atom, where the size of a golf ball, the closest orbiting piece of matter, the electrons of that atom, would be about 2.5 kilometer away. The term physical in the physical world points to 99.999999999999 percent space and what we perceive as solid objects in our physical world—desks, chairs, cars, and bodies—are actually big collections of tiny atomic elements separated by a multitude of space or nothingness.

If we would take another close look at these different objects, we would also see that on the level of actual matter these objects are not so very different. A human body and the body of a tree for example are both made up of the same atomic elements: oxygen, hydrogen, carbon, nitrogen, and other elements in very small amounts. Actually, the body of the tree and your body are exchanging some of these elements with each other, carbon and oxygen. The real difference between your body and a tree therefore is not so much on the material level but the real difference lies in the informational and energetic content.

In science more and more research is appearing about the informational and energetic construction of objects and things. As it turns out, energy and information play a much more fundamental role than originally thought. Not only in the organization and coming into existence of the universe, but also in our personal lives, and in relation to societies and systems as well, energy and information turn out to play fundamental roles.

One of those investigations is the work of the, once controversial, scientist Rupert Sheldrake. According to Sheldrake a morphic field is a field of conscious-like energy which emanates from all living beings and permeates throughout everything in our universe. Any object, system, or living entity emanates a morphic field constructed of energy and information. Morphic resonance on its turn, is the ability to transfer information across this field. Not only organisms and objects, but any physical or living system, whether it is a group of animals or people, an eco-system, or an organization has its own field of energy and information and through resonance the ability to consciously convey information through this field.

The work of cosmologist Jude Currivan also investigates the power of "information" within the non-physical and physical world. Her theories are based on the holographic principle coined by the Nobel Prize winner and Dutch physicist Gerard 't Hooft. The holographic principle, in its essence, says that our three dimensional world is an image of the data stored on its own two dimensional axis, much like a holographic image. We all know a holographic image as an image of information projected into the field as light. According to Currivan, our world is like a hologram with information as the basic building block that creates everything we see in the physical world. Information is the most fundamental aspect of the entire universe, more fundamental than matter, and even more fundamental than energy, time and space. And this might make you wonder, how can I use the knowledge of information as the basic fundament of creation into my own life? How can I use information to alter my own personal morphic field?

In order to use the power of energy and information in your personal life, and to understand information as the most fundamental aspect of the universe, we first need to start to learn the basic three-way process of creation. Because everything in the universe, the coming into existence of any object, entity, element or force, walks through these three steps: from information through motion into formation. The three-way process of creation is the process of "in-formation", the non-physical, transforming itself through motion or energy, into "formation" or physical matter. From source (information, the non-physical, or spirit); through the process of creation (energy, motion, or mind); into the object of creation (matter, the physical, or body).

We can see the three-way process of creation happening constantly in us as well as around us. An idea for instance has the power to become a computer, a table, a project, or a travel adventure. A seed holds the information to grow into a tree.

An embryo contains the source to become a human. The universe holds the information to build stars, galaxies, and planets. In reality, the physical laws of the universe are nothing other than this process of the invisible or information manifesting itself through motion or energy as the visible or physical matter. From information through motion to matter. From source through energy to object. From spirit through mind to body. And once we truly start to grasp this concept of creation as a three-way process, we can start to consciously apply it into our own lives as well. Because the same process that life and existence uses to create a forest, a galaxy, or a star, can also be used to manifest anything in our own personal world.

The energetic information of thoughts and feelings

While most people are aware of the fact that thoughts (information) have the power to create and transform, what we often do not realize is that an even more important aspect of creation is the *energetic information* of our thoughts and feelings. Most people are unaware of the fact that if you, for example, would like to create more abundance in your life, emanating the feeling of being abundant is much more important than repeatedly thinking of having strategies for being more abundant (whether it is more abundance in money, fame, wellbeing, or success). In the three-way process of creation the energetic content of information—the vehicle for information—has a far greater power than just plain information.

We all have experienced the power of energetic information in our personal lives. Most of us have felt the energy of somebody with a strong negative emotion, “a heavy vibe”, which is very easy to pick up on. Many of us can easily detect the states of mind of people close to us—a partner, a child, a family member—without using words. We most probably also all know that when somebody with a powerful positive energy walks into a room their presence is often very palpable. People like to be around that person and it even can look like if this person attracts good fortune or luck.

The energetic information of people and things cannot only be more easily picked up on than plain information, but through the law of resonance, the vibration of things—the energetic information put into the morphic field—attracts and exchanges corresponding things in return. The law of resonance states that the rate of vibration projected will harmonize and attract energies with the same resonance or frequency. Just like colors have different

frequencies, feelings and emotions have different energetic qualities which are likely to manifest and attract different things in your life. Actually, research shows that on a chemical level the body cannot “see” the difference between a thought or if the actual thing is happening right at that moment. So for instance, the body cannot know the difference between you thinking of having received a new job or more money, or if you have actually gotten it. No matter the “reality” of it, the thought produces almost the same amount of chemicals in the brain. These chemicals on its turn will emanate different kinds of energies or vibrations into your body, which will emanate them into the larger morphic or quantum field. The same counts for thoughts around lack or negativity or love and happiness—thinking these thoughts alone make them reality, as they produce the chemicals, brain and heart waves, the vibrations and feelings of these thoughts and emotions. And so often unknowingly, with our thoughts and feelings we are creating our reality through the body. For this reason we are going to learn how to tune and change the energetic information of our own minds and bodies in order to truly attract the things we want.

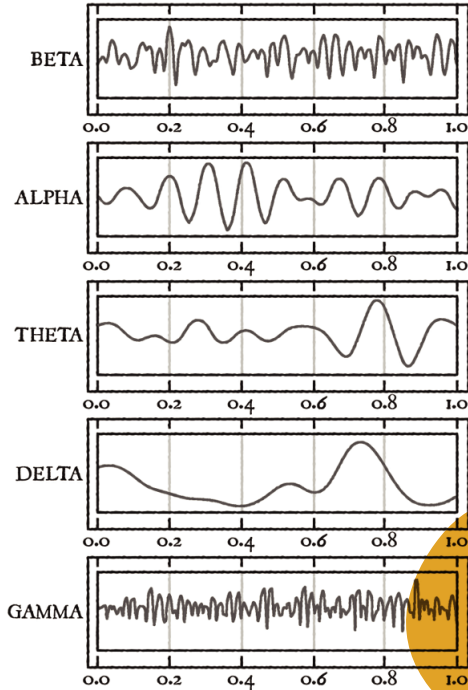
Brainwaves

The frequencies of our day to day feelings, states and emotions can be measured through different kinds of brainwaves. In our day to day life we are constantly switching between different kinds of brainwaves which result in different chemicals, moods, energies, feelings and vibrations.

In our waking state beta brainwaves are the brainwaves that usually dominate. Beta brainwaves are activated when your attention is directed towards cognitive tasks and the outside world. Beta's activity is fast as it results from those moments when you are alert, attentive, engaged in problem solving, judgment, decision making, or focused mental activity. When dividing your attention between job, social media, friends, family, and e-mails you are operating from beta brainwaves. And because beta brainwaves are fast, they often create more “dis-harmonized” heart rhythms. Very fast beta waves on a regular basis can increase stress on our physical system and negatively impact mental functions.

Alpha brainwaves are the brain waves when we are awake but relaxed and not processing much information. They are the brainwaves activated during flowing thoughts, but also in some meditative states. Alpha waves increase order and balance in your nervous system and produce smooth, harmonious, wave like, coherent, heart rhythms. Alpha is ‘the power of now’, being here, being in the

present moment. Alpha is the resting state for the brain and it brings about overall mental coordination, calmness, alertness, and mind-body integration. These smooth rhythms not only reduce stress, but also enhance your ability to think more clearly and to regulate emotional responses.



Theta brainwaves are typically of an even slower frequency both in heart and brain. Theta waves are strong during internal focus, meditation, prayer, and spiritual awareness. Theta brainwaves occur most often in sleep but can also be dominant in deep meditation. Theta is your gateway to learning, memory, and intuition. In theta, your senses are withdrawn from the external world and focused on signals originating from within. You might also recognize theta in that twilight state when you drift off into sleep. In theta it is like you are in a dream; vivid imagery, intuition and information happen beyond your normal conscious awareness.

Delta brainwaves are slow but loud brainwaves (low frequency and deeply penetrating, like a drum beat). Delta brainwaves are generated in deepest meditation and dreamless sleep. Delta waves go beyond your external awareness and are the source of empathy. Also healing and regeneration are stimulated in this state. The true meaning of no better medicine than deep restorative sleeping.

Gamma brainwaves are the fastest of brain waves (high frequency, like a flute or the color purple), and relate to simultaneous processing of information from different brain areas. In the universe gamma waves are produced by the most highly energetic objects, such as neutron stars and pulsars, supernova explosions, and the regions around black holes. Gamma brainwaves pass information rapidly and quietly but they are the most subtle of the brainwave frequencies as the mind has to be very quiet to access gamma. First gamma was discharged as 'spare brain noise' until researchers discovered it was highly active when in heartfelt states of universal love, altruism, deep breathing and meditation. It is thought that gamma rhythms adjust perception and consciousness, and that a greater presence of gamma relates to expanded consciousness and spiritual emergence. A lot of your work in the field of dynamic exchange therefore involves consciously switching and actively operating from the so-called higher brain and inducing aligned heart rates.

Daily practice—Slowing down the brainwaves

Within the *Principle of Dynamic Exchange* we will focus on consciously switching between different brainwaves and, as a result, create smooth and aligned heart rates. This is, what we'll refer to a practice in creating, an aligned heart-mind connection. The practice involves, as often as you can, slow down your brainwaves, to consciously change your brainwaves from Beta to Alpha, and even to Theta through the practice below. Try to actively and consciously alter your brainwaves and to create a more coherent heart rhythm. You can do this during your three daily alarm moments of whenever you have a spare moment the day; waiting in line at supermarket, cleaning your house, a minute between two work moment, you name it.



Exercise in slowing down the brainwaves

You can slow down your brainwaves by first bringing your conscious attention from around you to within you and into the area of your chest and heart. If you want you can place a hand on your heart or just become very aware of the place of your chest and heart. Connect. Become aware of the movement of your breath and see if it naturally slows down.

When you feel very agitated or when your mind is very active, you can start to consciously slow down the breath by taking a few deep and slow conscious breaths. The more spaced out the mind, the slower you can make your breaths. See if you can take a few seconds for an in-breath and a few seconds for an out-breath, maybe taken 5 to 7 seconds. Really slow it down. Make your breaths deep, slow, and conscious. And if you can even longer. Make a few of these these rounds until you feel you have slowed down and your awareness has moved out of the mind and into the space of the heart. See what does this practice do for you. What do you notice? What changes? How do you feel different? Make it a self-investigation.

Audio-file—Aligning heart and brain

Through this week's audio-file you will practice the power of dynamic exchange by aligning your heart and brain and by unleashing a desire or intention, fueled by a positive energetic vibration. In this meditation you will be creating a strong field of heart-brain connection and in that field release something you wish to manifest. You do this by sending out the intention but by letting go of any expectations of how things should manifest. Know that by doing this meditation and releasing this intention for a longer period of time, you send out a powerful energetic vibration into the larger field of existence.



Part 2

Read—The power of the heart

We've learned that one of the most powerful ways to apply the *Principle of Dynamic Exchange*, to fire-start the workings between the visible and invisible world, is to consciously change the energetic and informational content of our mind and body. We've come to know the mind as a very important instrument in translating and sending out information (we know now that different thoughts and brainwaves produce different kind of vibrations in the heart and body). Now, we will focus on an even more powerful tool for navigating and manifesting the invisible energetic informational field of life, the human heart.

The electromagnetic field of the human heart is scientifically proven to be a very trustworthy sensor to “feel” and “read” information in the morphic field. Most often, it is the heart who picks up the information in the field, and it is the mind who translates this information back to us. But, not only picking up on information, the human heart is also a superb instrument to transform the energy of the field, to change the energetic information of things. The human heart has the power to generate the strongest magnetic field in the body, about 100 times stronger than the electromagnetic field produced by the brain. The field emanated from the heart can actually be detected several feet from the body with sensitive magnetometers (the Heart Math Institute are experts on the heart and have a lot of great information and insights on this topic). And so, in the second part of the *Principle of Dynamic Exchange* we are going to learn three practices in activating the powerful electromagnetic field of the heart

Gratitude, gratefulness, and grace

One of the most beautiful ways to use the powerful electromagnetic field of the heart is through the practice of gratitude, gratefulness, and grace.

We all know gratitude as a state or quality of being grateful or thankful for something in life. Gratitude is the appreciation for something received. Gratitude is the recognition of something valuable, whether it is the blossoming of a flower, a sum of money, or a kind word from a friend or neighbor. Through gratitude we have the power of bringing the dynamic exchange of affluence into the morphic field. By practicing gratitude we consciously shift our thinking and feeling from what *should-be* into alignment with *what-is*. Gratitude has the power to put us from a lack-based mindset into an abundance mindset. Instead

on focussing on what is missing, by gratitude we start to focus on what is there. However, through the power of gratitude, we not only have the possibility to bring the energy of abundance into the morphic field, but we also have the ability to cut through into something deeper, the powerful thinking and feeling states of gratefulness and grace.

Whereas gratitude is a feeling that is dependent on something that is received—the source of this goodness is outside of ourselves—gratefulness and grace are internal states of being grateful no matter the outer circumstances of life. Because while it is easy to express gratitude when all goes well, the practice of gratefulness is the acknowledgment of what life gives me in this moment. I am thankful for everything in life, right now. The act of gratefulness is to not only be thankful for the good things in life, but to be thankful for all, including the things you did not wish for, the unfortunate things that happened, as well as those things that have been denied. And by repeatedly doing this, gratefulness flows into a state of grace—the deep knowing that life itself is a gift. In this light, gratefulness is the act of being grateful, no matter the circumstance, grace is the state of being that grows out of it.

At first the practice of gratefulness might sound absurd. To be grateful for the unfortunate things in life, for the things I did not wish for, or for what has been denied? Because yes, this means to be as welcoming to a new love in your life as to the diagnose of an illness or a loss. To acknowledge the lesson that is hidden in there. This is the practice of gratefulness. Gratefulness means abiding in the wisdom of the Greater Intelligence; a deep knowing that everything in life appears at the appropriate time and everything is serving the evolution of my own consciousness. Because let's be honest, if you look back at your life, including the things you did not wish for or welcome—hurtful situations, loss and pain—what did it bring to your life? What did it teach you? In the end, what was its gift? Most probably these painful and unwanted things have served your own transformation and your view on life in the most profound way.

It is important to understand that abiding in gratefulness and grace does not necessarily means to be jumping with joy about all the things that happen. Gratefulness does not means to only have, what we would call, positive emotions. The emotions associated with gratefulness and grace are not so much a matter of positive or negative, but more, feeling alive or not alive. In grace we can grief a shattering loss to its fullest, we can be deeply saddened by a situation and hurt can arise in numerous occasions. But through this pain, through this hurt, through these emotions, light shines through. Aliveness shines through.

Gratefulness and grace mean to come alive with an open heart in each and every moment. It means being humbled and open to what life gives you. In the state of grace, grief and gratefulness are allowed to be in the same room. Like anger and pleasure, hurt and wonder. And that is the sweet spot of real happiness, that is where you move from gratitude to gratefulness into grace. When you dare to live with all the emotions of life. To open your heart to each moment and let the mystery of life to enter. The practice of gratefulness and grace therefore means to, again and again, be rooted in the question “What does life want from me?” instead of “What do I want from life?”

The power of prayer

The second heart related practice in the *Principle of Dynamic Exchange* is the practice of prayer. For many people the word “prayer” carries a heavy baggage. Western society holds a social stigma against the word prayer; let alone the act of praying itself. Prayer is often seen as a skeptical, old-fashioned ritual from ancient times. But whatever the reason may be—personal, cultural, or historical—prayer remains one of the most powerful vehicles in your personal three-way process of creation. In reality prayer is one of the most powerful ways to silence the ego and let the true vibrations, feelings and voice of your heart be heard.

The word prayer comes from the Latin word “precare”, an alteration of the word “entreat” which means to make an earnest request. To pray means to ask for something, to interchange, or be in communion but “pre-care” in English also means to take care of something in advance. And perhaps this is what we do when we pray—to ask for something in advance. Praying activates the dynamic exchange between information or source, energy and motion, and formation or matter. Because if we would strip down the word prayer off of all its baggage, would it not just be a request to something larger in life? To a domain that even although we cannot see it, does exist?

Personally I never used to pray. Growing up in an atheistic family, praying or any act of religion was not something that was done. On the contrary, we were firm believers in ratio and the analytical. Anything true could be observed, if not with your own eyes, at least by science. Prayer or anything ‘magical’, was reserved to the superstitious. And beside that, praying, to whom? But over the years, due to various life events involving adventure, mystery, love, uncertainty, death, grief and loss, I have come to rely on this act of communion as a powerful

agent in the process of creation. As a truthful friend in connection and change. I have understood how praying builds the relationship between myself and my heart, my deeper and shallow desires, between me and the field. But not only to communicate and build relationship, through prayer I have seen how we hold the power to create resonance in the morphic field, attract the things we want, by unleashing the right vibrations and energy.

Giving and receiving

The third heart-related practice within the *Principle of Dynamic Exchange* is the practice of giving and receiving. If we look at life and the field of dynamic exchange, giving and receiving are different aspects of the same flow of energy. The seasons of the earth, the relationship between two people, the manifestation of different things in your life, are nothing but the dynamic exchange of giving and receiving within in that particular field of existence. As a matter of fact the flow of life is nothing other than the dynamic exchange between all the elements and forces that make up the total field of existence. And in order to keep the flow alive, the flow of giving and receiving must keep moving. Because if you stop the flow of either, when you stop the flow of giving or when you stop the flow receiving, you are interfering with Nature's intelligence. Stopping the energy of either one is like stopping the flow of a river. And when the river stops to flow, it runs dry or turns into a smelly pond.

In life, we must give and receive in order to keep wealth, health, and abundance circulating. We need to give in order to receive and we need to receive in order to give. Receiving ignites the power of giving, and giving ignites the power of receiving. We all know how receiving something brings forth natural wish to give back. And we might also know that the more we give, the more humbled we are when we receive.

The most important aspect behind giving and receiving is the feeling with which we give and receive. Also here, within the three-way process of creation, the energetic information behind our giving and receiving is of utmost importance. When you give with the expectation of receiving something back, or when you give and you have the feeling you lost something, then the gift is not truly given. The resonance created in the field does not match a positive flow. But if you give and receive with true sincerity, the more confidence you will gain in the miraculous effects of dynamic exchange.

Practicing the Principle of Dynamic Exchange through giving and receiving is therefore very simple: be grateful for all that has been given and learn to give what you would like to receive. This means beside being grateful (which can be practiced through gratitude, gratefulness and grace), start giving the things in life which you yourself long for. This means if you want joy and laughter in your life, learn to give joy and laughter to others. If you want love, start to give love. If you want gratitude, give gratitude to life and others. If you want a natural abundant world, give natural abundance to the world. And if you want success, help others to become successful. The fastest way to receive what we wish for in life is to give others what we wish for. And this not only counts for you as an individual, but also for companies, societies, as well as countries. And you'll see, the more you give of that which you would like to receive yourself, the more of that you will bring into the world.

Daily practice—A practice in heart connection

As a daily practice pick one of the three following heart-related practices to take into your day.

7 days of Gratitude

The practice of gratefulness can be done through what I call the “7 days of Gratitude.” Each day start your day with what you are grateful for. Can you name 5 things that you have and truly appreciate? Whether it is your house or money, the air that you breath or being surrounded by Nature, your job or family. Not only mentally repeat it, but feel it, embody it. Infuse gratitude into every fiber of your being. And as you do this, can you add to that list a few of the less “positive” things in your life? Those things you perhaps did not wish for, but nonetheless have given you something—an insight, an opening, a lesson. Can you say yes to that? And during the three alarm moments, take these things again in mind. Slow down your breath for a moment, tap into the gratitude and gratefulness, feel it, sincerely and with your heart.

A Personal Prayer

With the practice of a personal prayer, an invitation to start using the power of prayer. To start practicing your conscious ability to communicate between you



and the unseen field; between you and something greater. Try this: start or finish your day with a personal prayer. For instance, you can say a prayer before or after your meditation, when you get up in the morning or go to bed at night, or when sitting at the table during your morning breakfast or your evening tea. How? Despite what many believe, in praying there are no rules. Feel free to make your prayer about anything you want, in the way you want. It can be as long or as short as you want. If you like you can write down something personal, use an existing prayer, or every day just see where it takes you. You hands in prayer pose, one hand on your heart, or your arms just resting. Whatever feels good for you. A simple prayer could already look like something like this:

"Thank you spirit/soul/creator/no name... For ... I wish to ..."

What is important of this extra exercise is that you make it something personal and fitting. And see, what does this act of communion do to your day? What does it bring to your life? How do you feel different?

Giving and receiving

The third practice in dynamic exchange is to learn to harness the invisible dynamics between giving and receiving. The most easy way to activate the flow of giving and receiving is to start giving something to whoever you come in contact with. It being a material gift or something immaterial, a simple wish of wellbeing and abundance. Start to experiment with this and as you do this, as you give more, can you see what this does to your own state of being?

Another, even more powerful way, of activating the dynamic between giving and receiving, is to start giving to others, what you yourself most of all would like to receive. So for instance, do you yearn for love? Give love to others. Do you feel the the need to be seen, can you truly start to see others? If you wish for more fun, start to give fun. If you wish for wellbeing, give wellbeing to others. The most easy way to get what you want, is to give that to the world.

And if you want, you can take this practice even a step further by giving what you believe the other really would like to receive. So what does your friend, your family member, your lover, your child, your colleague really long for? And what happens if you start to give them this? What do you receive in return? What does this to the flow of dynamic exchange?

As always, make any of these practices a personal investigation.

NOTES



The Principle of Non-resistance

Exercises principle 5

Read—The Principle of Non-resistance

Daily practice—Non-resistance internally and externally

Meditation—Audio-file Surrender to Space

or the Kundalini Liberated Heart Meditation

Read – The Principle of Non-resistance

The fifth principle of trust is the *Principle of Non-resistance*. *The Principle of Non-resistance* is based on one of Nature's most significant mechanisms: the fact that creation arises out of a state of non-resistance to *what-is*, out of elegant ease and smooth alignment with all the seen and unseen elements and forces of life. This principle could therefore also be called the principle of ease and alignment—do less and accomplish more—the principle of interconnection or the principle of harmony and love. Because Nature and life is held together by the power of interconnection, harmony and love. And when we learn this principle from life and Nature, we can start to use it in our own life as well, learning the art of sailing instead of rowing.

When we observe Nature at work we can see that non-resistance is used when bringing forth creation. An embryo for instance, doesn't try to grow, it just grows. A turtle doesn't try to swim, it just swims. A swallow doesn't try to fly, it just flies. Flowers bloom, trees grow, birds sing. It is their inherent nature. Nature uses the fundamental characteristics and qualities of elements, species, organisms and things to support life. And so is the nature of flowers to bloom. It is the nature of the earth to orbit around the sun. It is the nature of the ocean to follow the moon. It is the nature of an artist to paint. It is the nature of a mathematician to work with numbers. And it is our human nature to co-create with life, easily and effortlessly.

Another aspect of Nature's non-resistance is that Nature always works in alignment with the different elements and forces of life. Nature always works in co-creation and correlation instead of separation and individuation. We can see

this when the world's weather patterns starts to shift for example. Weather shifts, birds and fish begin to migrate, trees and plants start to change, and many other processes are activated and terminated. And this great interconnection gives way to the symphony of the earth's beautiful seasons. And this is how life works in general. Because in life and through life we are infinitely interconnected—from the food we eat, the clothes we wear, the things we use, to the projects we undertake. Although many modern human beings think that their lives are lived individually and independently, all that we do and all that we use, comes forth from the great interplay between nature, people, systems, objects, and things.

Applying the Principle of Non-resistance

If we want to activate the beautiful workings of non-resistance, if we just like Nature want to start using ease and alignment in our personal life, then we have to apply it. And we can apply non-resistance in our life in several ways. One way to use non-resistance is through the practice of the conservation of energy, by acceptance and defenselessness and by using organic power of the power of control. Getting comfortable with uncomfortable feelings is another way that will give us internal access to non-resistance, and we can navigate our external world in non-resistance by using three heart related questions.

We can think of our bodies as batteries and engines for using and controlling energy. Our body can both produce, save, as well as consume energy. In physics energy is defined as “the capacity for overcoming resistance.” Energy is described as “our ability for doing work.” We all know that the more energy we use for a certain activity, whether that activity is something physical or non-physical, the less energy we have left and the more tired we feel. In other words, more resistance to overcome, more energy we use. And although we have a certain amount of energy available to us on a day to day basis, very few people consciously manage and conserve their energy. As a matter of fact, most of us are very unaware what things, on a day to day basis, we are spending our personal energy on.

For most people attention to the Small Self or the Ego consumes the greatest amount of energy. Many people are using a significant amount of energy in overcoming object-identification related resistances: defending opinions, resenting words or actions, having disagreements, lack, offend, comparison, agitation, blame. All costing great amounts of energy and all, in one way or

another, attempts to fill the impossible gap between *what-is* and what *should-be*. All results from the voice on the head saying “Because things should be like this”, “That has to be like that”, “He or she should have...” etc.

Non-resistance is applied when your actions are taken from the starting point of what-is. And when you start with *what-is*, when you let go your personal need to defend, you will gain tremendous amounts of energy. If you don't have a point of view to defend, if you accept things as they are (because *what-is* is), you are not wasting any energy. This is the power of acceptance and defenselessness, it puts you back into your personal power. However, to accept, not fight, and to co-create with what is happening from moment to moment turns out to be one of the greatest challenges in life. For most people, the most freighting aspect of acceptance and defenselessness—to accept situations, people, opinions and things as they are—is the idea of not being in control. The thought of giving up control is simply unacceptable. Because if the things don't go the way I want, the way I'd planned, or the way I think it should be, I am not in control of my life anymore. And if I am not in control of my life, who would I be? And so, by forcing things to go my way, I keep a certain security, I stay under the illusion of keeping a certain control. But of course the question is, how much in control are we really? Death, health, wealth and other inherent aspects of life, to which we are trying to hold on to so dearly, are in the end all transitory and not totally in our control.

The solution to the problem of control is using organic power over the power of control. Organic power means nothing other than harnessing the organic power of Nature and life by giving up our control of “how” things should get done, while staying with our deeper intentions and desires. You can compare organic power over the power of control to being the president of a country. While the president sets a certain direction, how this direction is executed, is not totally in his control. Because when he has to lie awake at night thinking about what every official under his authority has to do to execute that direction, he cannot be president. He simply would not be able to keep up. But when hands over the control and makes an act of trust in all his subordinates, this is where he will start to step into his true power and navigate towards his higher goals.

The power of organic power is the same power harnessed by our bodies. Because if we have to think about every function that our body has to perform to keep itself running, we would not be able to function at all. Instead we have to let it go and do its job. And what about organic power versus the power of control we have over our children? Having a deadly grip over their life and

deciding how we think things should be, often has quite the opposite effect. But when we hand over control and truly start to trust our children, this is where the real change in them starts to happen.

Living within the organic power of non-resistance therefore means our life becomes something like practicing the martial art of Judo. In Judo, one's spirit always has the upper hand over the use of control and bodily strength. Using one's spirit means staying calm, alert, and full of energy. It means relaxing the body parts, yet being completely aware and responsive to what is going on around you. But then, when the opponent pushes you pull; to take action means using the strength and action of the other, to your favor. And by doing that you are able to send the other flying across the room, with the least effort.

Getting comfortable with being uncomfortable

How then, can we truly start to use the power of non-resistance in our internal and external lives? How can we actively conserve energy and apply organic power, over the power of control? The most important step to apply the *Principle of Non-resistance*, to abide in acceptance, defenselessness and organic power, is to consciously become aware of the choices we are making from moment to moment, and to get comfortable with being uncomfortable.

While many people think they are making most of life's choices consciously and freely, you would actually be surprised of how many of our choices are made unconsciously and automatically. As it turns out, over the course of our life, most of us have become living mechanisms of action-reaction. Action-reaction means giving fixed responses to people, opinions, and situations. For instance, if I would say something bad to you, you most likely would make the choice of being insulted or upset. And if I were to say something nice to you, you would most likely make the choice of being content or happy. But whether you realize it or not, your response is still a choice. I could offend you and you could make the choice of not being insulted. I could say something nice to you and you could make the choice of not letting that flatter you either. Let me get this straight, I am not saying you necessarily have a choice over what or how you feel, but what I am saying is that you do have a choice of what to do with those feelings; how to give meaning and how to respond to those internal the feelings that arise. You have responsibility, the *ability* to give a creative *response*.

So the next question is, how to deprogram your automatic responses? How to become less reactive to our feelings in response to the outside world? For instance, I would offend you and this would invoke an uncomfortable feeling. Despite feeling this uncomfortable feeling you could remind yourself that the choice you have is how you respond to that feeling. Instead of blaming me, you could see that these are your feelings, your emotions, just another word for energy in motion (e-motion). And your feelings, your emotions, is your responsibility. Of course, if I would keep offending you, our friendship would fast be over. But you would make that choice from a point of action, and not of reaction.

And so while our usual strategy of dealing with uncomfortable feelings would be pushing them away or blaming somebody or something outside, what the *Principle of Non-resistance* asks from us is to get comfortable with being uncomfortable. To not resist any uncomfortable feelings that arise as reactions to people and things. But instead to relax into them, give space for the emotion—the energy in motion—to move. It does not mean to discard or reject our feelings or emotions, but accepting them, acknowledging them, and feeling them. And then, by staying alert and awake, by using the spirit as the upper hand, to have the possibility to transform them. And so, by taking a step back and observe the choices you are making from moment to moment, and by relaxing into each moment, instead of controlling it, blocking it, holding it, you allow the energy of life to flow and you can start to use that energy to your advantage.

Non-resistance in your external world: three heart-guided questions

Once we learn to apply the *Principle of Non-resistance* in our internal world, by acceptance, defenselessness and getting comfortable with being uncomfortable, we can start to use the energy we have freed up and apply it in our outer world as well. It means to navigate all the external elements and forces that are coming our way on a day to day basis, such as situations, actions, words, input, change, and problems. Non-resistance means not to block these elements and forces, but to co-create with them because they are part of the Greater Intelligence that runs through everything and which is the basis of our physical world.

With its strong electromagnetic field, the heart turns out to be a great instrument for navigating the external world within the *Principle of Non-resistance*. During the last century there was been the belief that the heart

is too emotional, too soft to strategically work with, but through the *Principle of Dynamic Exchange* we learned that the heart has a strong electromagnetic field for detecting and changing our vibration, much stronger than the brain. But more than only detecting and changing the energy field, the heart can also function as a superb navigational device for making choices. The heart is both intuitive, holistic, as well as contextual and relational. As a navigation tool, the heart has the power to “see” and “understand” things far beyond our rational thought. The heart has the ability to tap into the cosmic computer of the intelligent organizing field, including the knowledge of the brain. With the *Principle of Non-resistance* it is therefore our best compass.

Whenever you want to use non-resistance in your external world, whether it is navigating external life events or making choices, when confronted with a situation, a decision, a life choice or something you would like to create, you can tap into the power of the heart by asking the heart for an overview of that situation, including a few specific direction-related questions.

First of all, no matter which situation or decision you are confronted with, ask the heart to give you an overview of anything that is presented. When you ask the heart to give you an overview of a situation, a project, a personal decision, it will immediately give you a 360 panorama that is far more accurate than anything within the limits of rational thought. It will include the people involved, the deeper desires in there, and the things that wants to be seen or born. And then, when you have that panoramic overview, you can start to align with the flow of existence of this specific situation by asking yourself the three following heart-guided questions.

So whenever you have gained an overview of the situation, connect with your heart and first of all ask yourself: *What in this situation am I still resisting? What is my limited belief in here? Or, to what (belief, idea, concept) am I holding on?* By first releasing your resistant thoughts and feelings, you will be able to connect to your deeper desires and can you start to align with the vibrational frequency of the desired direction.

Then secondly ask: *Am I thinking about this situation based on love or fear? Am I taking this decision out of love or fear?* By asking yourself this question you automatically tap into the intelligence of the heart who does not have a win-lose orientation. Because when you are afraid, you unconsciously pull yourself back from life. You disconnect instead of interconnected. But when you act from love, you open to all that life has to offer.

And then thirdly, when presented with a choice or situation, anything at all, ask yourself: *What are the consequences of the choice that I am making?* When you ask yourself this question, your heart will directly know what the answer is. And if this choice that you are making brings happiness to you and to those around you, then that is the right choice to make. But if the choice does not bring happiness to you and those around you, then simply don't make that choice.

How and where these answers of the heart arise is different for everybody. Navigating your life in non-resistance means to get acquainted with your own internal navigating system of signals and messages. For instance, some signals or messages arrive through an inner knowing, for others through an inner whispering, but for most people they arrive as sensations in the body. For some these sensations arise in the belly or the solar plexus, but for most people signals arrive in the place of the heart. You can start to practice and listen to it. Consciously put your attention on your heart and body when asking yourself these questions. Then wait for a response, any (physical) response. It might come in the form of a sensation, a knowing, a hearing. It may be very clear or subtle, but it is there, in your body, in your field. And then, by making choices in this way, your body, your heart, your Expanded Self and the field of intelligence will show you the way.

Daily practice—Non-resistance internally and externally



The daily practice within the *Principle of Non-resistance* is about slowly releasing resistance and to consciously start flowing with life. You can use the daily intention (if you like you can repeat it during the three alarm moments) for the practice of non-resistance in your internal world, and you can start to apply non-resistance in your external world by using your heart as compass through the three heart-guided questions.

Non-resistance internally: accept and relax

"Today I will consciously move from resistance into relaxation, from defense into acceptance. Whenever I meet inner defense and resistance I will consciously move into surrender and relaxation. I do this by taking a few deep conscious breaths, by enlarging my inner space, and by handing over my resistance."

“Today I will accept all my inner states and feelings. Whenever I meet an uncomfortable feeling I will allow this e-motion, this energy in motion, to move within my inner space without pushing it away.”

Non-resistance externally: using the heart as compass

“Whenever I wish to align myself with life’s events, or whenever I need to make a decision—any decision at all—I will ask my heart to give an overview of the situation and use the heart as compass by asking myself the following questions:

1.

What in this situation or decision am I resisting? What is the limited belief in here? To what am I holding on?

2.

Do I make this decision out of love or fear?

3.

What are the consequences of this choice that I am making? Try to feel the choice in your body. At the moment you consciously make a choice, pay attention to your body and ask your body: If I make this choice, what happens?”

Meditation—Surrender to Space or the Liberated Heart Meditation

To harness the *Principle of Non-resistance* on the non-verbal level, you can use the audio-file of *Surrender to Space* or practice the self-guided powerful *Liberated Heart Meditation*. Through both meditations, you will expand your sense of self and create an amazingly strong invisible field of electromagnetic energy. This will enable you to start using your spirit as the upper hand and support you in making the right choices from moment to moment, through acceptance and defenselessness.

Audio-file: Surrender to Space

Your connection to space reflects your connection to non-resistance of the Expanded Self. The level of self-identification, the identification with spirit

instead of objects, depends on your ability to move your awareness away from limited objects—people, places, ideas, even your body and the notion of time—into the vastness of the space. Therefore, your challenge in this meditation is to surrender to space. Can you totally give yourself up to the space and let go? Can you merge with it? See how far you can go, but at the same time be easy and gentle with yourself. Don't push it, but each time see if you can go a little deeper, a little further.

Surrender to Space starts with a powerful breathing exercise, pulling your breath up from the base chakra, to the top of your head. And by contracting the muscles in your first three energy centers (as you did in the first week) you move the cerebrospinal fluid in your central nervous system up your spine. You are drawing the energy that's been stored in those lower three centers—the energy to digest a meal, to run from a predator, for an orgasm or to make a baby—and instead of releasing it, you draw it up your spine like you would draw fluid up a straw and release it into your brain and out into the field. From there your journey into space begins.

Kundalini: Liberated Heart Meditation

This is not a beginner's meditation. It should be practiced with respect, and the time should be increased slowly, as your nerves adjust to the psychosomatic changes the meditation initiates.



What does it do for you?

The tips of the thumbs touch to form the arched look of the swan's neck. This represents inner grace and the dominance of the neutral mind and the sattva guna. You observe all that happens with no anger, hostility or resistance. The absence of these reactions makes all the energy of prana, your essential life-force, available to the direction of the mind. The mind has joined with its prana. Concentrate on the rhythm of the breath. The 8:8 rhythm will work on the connection between the Heart Chakra and the immune system. The hand position will give you strength.

How to do it?

Sit in an Easy Pose.

Mudra

Raise the hands up in front of your face with the palms facing forward. Curl the fingers so that the fingertips press onto the mounds at the base of the fingers. Extend the thumbs out from the hands and press the thumb tips together. The thumbs form a little arc at the level of the lips. The elbows are relaxed, down by the sides of the chest. The hands are held 6 to 8 inches (15-20 cm) in front of the face.

Eyes

The eyes focus on the tips of the thumbs.

Breath

Begin to inhale completely in 8 equal strokes. Then exhale in 8 equal strokes. One entire breath cycle (16 strokes) takes about 10 seconds. The only mantra for this meditation is the sound of the breath itself.

Time

Continue for 11-31 minutes.

To End

Inhale deeply, hold the breath as long as comfortable, then exhale. Inhale again and stretch the hands upward. Pull up on the spine as you open and close the fists. Exhale. Repeat the last breath again. Relax.

The Principle of Uncertainty

Exercises principle 6

Read—The Principle of Uncertainty

Daily practice—The Art of Embracing Uncertainty

Audio-file—Facing Fear

Read — The Principle of Uncertainty

The sixth principle of trust is the *Principle of Uncertainty*. This principle sprouts from the ancient knowledge that life in its essence, in its basic nature, is insecure and always remains uncertain. *The Principle of Uncertainty* says that only by the recognition of uncertainty in your life, by seeing what you do not and cannot know, you will gain true wisdom, true freedom, and a deep feeling trust. And so once you are able to allow uncertainty in your life, by letting go the need to know all the outcomes, while staying true to your intentions and desires, you will start to flow through life and be able to use the power of innovation, co-creation, and magical transformation.

In life we can quite confidently say that most people are not comfortable with the concept of uncertainty. Uncertainty or "not knowing" is a state of mind that, for most of us, invokes a great amount of fear and a great feeling of uncomfortableness. And as a result, to avoid those uncomfortable and fearful feelings, we are constantly seeking security. As humans, we have build countless strategies for gaining certainty and security in life. As a matter of fact, most people spend a lifetime chasing certainty in one form or another—socially, emotionally, professionally, physically, or economically. Finding security could be called one of the greatest driving forces of life.

If we would take a deep dive into the structure of the search for security, we could see that the search for security and the avoidance in uncertainty, can be divided into five main categories. There are five basic mechanism that can be distinguished in the human search for security. Five basic driving forces that humans drive forth.

First of all, there is the driving force for survival. The fear of survival results in the search for the most basic kind of security in life—whether it is for oneself or one's family—the search for food, a home, money, clothing, and so on. This is the first and foremost human security and the primary aspect of living. And for most human beings, this security must be resolved in order to move into the other developmental realms of life. There must be a certain safety in survival before our minds can give energy to attain anything else.

Secondly then, there is driving force to gain emotional and physical security. The human fear for physical or emotional pain results in the search for emotional and physical safety. And while most of us are aware of the fact that we wish to avoid physical pain, what we are often less aware of is the strategies we have built around avoiding painful emotions. Through the *Principle of Non-resistance* we might have gotten a glimpse of the wide array of internal and external strategies to avoid feelings such as loneliness, sadness, grief, or any other emotional pain.

The third driving force in the human search for security is the will to arrive, to succeed or become. The will to arrive, to succeed or become means the search for a certain position in life, a certain status, or to attain a certain goal. In today's world, especially in the West, the search to “be somebody”, the need to have success or to gain something is of great importance, including attaining spiritual realization. As a result a big part of our life revolves around the search to arrive in one form or another.

Fourthly then, there is the search for social security. The search for social reputation and being liked. This driving force sprouts from the fear of rejection and the fear of outward opinion. It results in the importance of what my friends think, my boss, my family, my neighbor, and so on. It results in upholding my reputation and to avoid any type of rejection. And, as humans many of our daily strategies and internal mechanisms evolve around the search for social security.

Lastly, there is the search for security of living in its most widest sense—living life to the fullest and the avoidance of dying. This driving force results from the fear of death and not living to the fullest. It means keeping away from death at all cost and the fear for not having all the experiences in life. For example, in Western society, where standards of life are very high and the array of experience (travel, relationships, professional experience) is very great, the fear of death and of missing out is also extremely big. It seems that where we have prolonged life significantly and raised standards of living, we also have forgotten the art of simple living and death as an inevitable part of life.

Neither of these searches for security could be called good or bad. But what we could ask ourselves in the light of our personal search for security and avoidance in uncertainty, is how to lessen our actions made out of fear. Because you might remember that being in alignment with Nature and life, to move through life in non-resistance, meant to make decisions out of love instead of fear. And although finding security is an inherent mechanism of human development and each human being focusses on a different aspect of security (I might be looking for more material security than you, or you might long for more social security than me) there is one overall mechanism applied in the search for security which can support us in eliminating fear in our lives.

In the end, all searches for security, whether it is the search for survival, the search for physical or emotional safety, the will to arrive or become, social security, or the avoidance of death or the fear of missing out, are determined by the internal movement of the mind from certainty into uncertainty. It may seem obvious, but any search for security arises from the movement of the brain, from something it knows into something it doesn't know. From what-is into "what if" or "what might be". Think about it, what in this moment of your life do you fear the most? Is this fear the fear for the actual outcome, or the fear for *not knowing* the outcome? And which searches for security are you applying to avoid this fear?

The famous saying "He who fears he shall suffer, already suffers what he fears" so correctly exemplifies the basic structure of fear. But, at the same time, it shows us a very important distinction: the difference between fear and danger. While most people interpret all fear as immediate danger, an incredibly important aspect in the dissolution of fear is the understanding in the difference between the two of them.

Danger can be described as any direct exposure to harm or risk. Danger is always the threat of something immediate, in the moment. For example a car approaching at high speed when you're crossing the road, or the direct threat of a certain loss (whether it is money, a house, or a loved one). Fear on the other hand, is never immediate. Fear is a mechanism of the mind, a projection of the mind into the possible future or past. In contrast to danger, which is always in the present moment, fear is a mental construction where the mind is given the space to step in and create the gap between *what-is* and "what if" or "what would have been". In the moment of danger, there is always the possibility to act—don't cross the road, guard or release what is to be lost, run from danger—within the mental construction of fear there is never an answer or no

action possible, yet. And because there is no answer or no action possible, fear is so all consuming. Because of its uncertainty and insecurity, fear often feels as immediate danger.

In the ancient wisdom traditions, the solution to the problem of fear is called the wisdom of insecurity or the wisdom of uncertainty. Within the wisdom of insecurity, uncertainty is regarded as the invisible field of life, the unseen realm from which everything is created from. It says that the search for security and certainty is nothing other than an attachment to the known. And what is the known? The known can never be anything other than our past. The known can never be anything other than the knowledge gained through past experience and conditioning. And staying with the known therefore gives rise to very little evolution. And when there is no evolution, when there is no flow, there is stagnation, entropy, disorder, and decay.

In the wisdom of insecurity, uncertainty is the field of all possibilities, the field of innovation and creation. And by embracing the unknown, by embracing the field of all possibilities, we give rise to new creations, to extraordinary innovation, to creativity and the new. Because while creation and innovation can be inspired by something that exists, creation and innovation must always be infused with something new or unknown. Albert Einstein explained this so beautifully by saying that “The most beautiful thing we can experience in life is the mysterious, which is the source of all art and science.” An innovative man or woman therefore is the one who factors in a certain degree of uncertainty in everything he or she does.

Daily practice—The Art of Embracing Uncertainty

So how then, how can we harness the wisdom of insecurity and the *Principle of Uncertainty* in our lives? How can we factor in uncertainty as an essential life-giving ingredient of our experience? The practice of *The Art of Embracing Uncertainty* within the *Principle of Uncertainty* means to befriend our fears, to return to the Expanded Self, and start embracing uncertainty.



Befriending fear

To apply the *Principle of Uncertainty* in your life, I would like to ask you to first start uncovering your personal fears and your own searches for security.

What is it in this moment of your life are you looking to attain or avoid? Maybe a fear for physical pain or negative emotions, the fear of not becoming, the fear for not gaining that what you really wish for, or not living life in its most widest sense?

Make a list of your personal searches for security within 5 searches for security—the search for survival, the avoidance for physical or emotional, the will to arrive or become, social security, or the avoidance of death and living life to the fullest. Then pick one of your fears to work with. Take this fear, and see if you can, very gently, very slowly, start to befriend this fear and the uncertainty it beholds. This practice is a little bit like befriending a wild animal, slowly but steadily you start to familiarize yourself with this fear. Can you sit with this fear, and see what it evokes in your body. Can you let it come close in your inner space? Can you bring it to mind on a day to day basis? Can you get comfortable with the feeling of being uncomfortable? And with your new knowledge in fear and security, what is this fear telling you? Is there a deeper desire to be detected within this fear or is there something else behind its door? The audio-file *Facing Fear* and the daily intention will support you in finding answers to these questions.

Returning to the Expanded self

As you start to befriend your fear an important aspect is to, once again, become aware of the movement between the Small Self and the Expanded Self. As you meet your fear can you become aware of the fact that your Ego or your Small Self takes hold of you? And as you become aware of this, can you feed your fear with the love and acceptance of the Expanded Self? Can you, through the Expanded Self, put your Small Self at ease? It might help to think of fearful Small Self as a prisoner who has lived in prison for many years. Her release is coming up and she starts to feel uncertain about the future. Behind those doors everything was secure—food, sleep, a daily routine. There were very little surprises. But now she need to start to move into uncertainty. She will have to live in freedom again. And that idea of freedom and uncertainty gives space to the mind, space for “what if” to arise. And so she finds herself in conflict. Because

her Expanded Self wants to be released, it wants to live in freedom. But the fearful Small Self wants security and wants to stay with the known. And it is exactly this movement, from Small Self to Expanded Self, the movement of fear, the movement from certainty to uncertainty you are trying to embrace. And so what the *Principle of Uncertainty* asks from you is, once again, the work done between the Expanded and the Small Self, the conscious movement between the higher self and lower self. The daily intention will support you in this endeavor.

Embrace uncertainty

The third step then, in *The Art of Embracing Uncertainty*, is to infuse every decision, every action, with the innovative ground of uncertainty. For example the practice of the *Principle of Uncertainty* means staying with your deeper wishes and desires, staying with your wish or goal, but acknowledge the fact that between point A and B there are different ways of how to get there. It means there are different ways of how your wish or desire can manifest. *The Art of Embracing Uncertainty* means you trust the greater force of intelligence to manifest your desires in the appropriate time and way. You trust the Greater Intelligence to align you with the perfect possibilities, at the right time.

Another aspect of the *Principle of Uncertainty* is to stop forcing solutions on problems. You acknowledge the fact that when you force solutions on problems, you only create new problems as you are not aligning with flow of intelligence. But instead when you put your attention on uncertainty and observe that uncertainty—stay with it like a tremendous force—while patiently waiting for the solution to emerge out of the chaos of the present moment, then what emerges will be something very amazing and of great value.

Daily intention

To practice *The Art of Embracing Uncertainty*, I would like to ask you, on the three daily alarm moments or during your daily routine, to consciously meet your fear. Can you start to befriend one of the fears on your list, becoming comfortable with the uncomfortable feeling of that fear and uncertainty, both physically, as well as emotionally and intellectually?

Physically by locating the bodily feelings that are invoked by this fear. How does this fear feel and where do you feel it in your body? What are the qualities of the

sensations that arise? And which emotions come with it? Intellectually you can investigate your fear by slowly starting to look what is really behind that door? What would be the worst that can happen regarding this fear?

Then by bringing to mind your fear, can you start to lovingly embrace the uncertainty that is hidden in this fear? Can you start to befriend the uncertainty that is tucked away in there? You can start to embrace the uncertainty by first going back to the Expanded Self. Do this in whatever way works for you. You can slow down your breathing, feel your feet on the ground, and perhaps remember your energy field around you. Then see where in your body you feel your specific fear or the resistance to that fear. If it is needed slow down the breath even more, knowing that slowing down the breath means slowing down the brainwaves, which will activate your sense of security. From there expand your sense of self, expand your energy field, maybe a few centimeters or even meters around you and in that space invite uncertainty. Invite uncertainty by inviting the greater Intelligence that is hidden in the unseen field of existence. Invite uncertainty as your space for innovation and expansion. If you like you can use this daily intention as support:

“Today I factor in uncertainty as an essential ingredient of my experience. Uncertainty is the invisible field of intelligence from which everything is created from. And I know that in my readiness to stay in uncertainty answers and solutions will start to appear.”

Audio-file—Facing Fear

Facing Fear is an invitation to consciously meet and move beyond your fears. It is a practice in giving up the known and to step into the field of uncertainty. You will do this by first creating a strong energy field around you. And from that place of connection, from that place of security and power, you can start to practice *The Art of Embracing Uncertainty*. The first time you do this practice, you might feel very scared or comfortable. Because this guided journey is about letting go your long-lived securities, beliefs and strategies. But trust, by letting go of the certainties you have carried with you for a long time, by dying these small deaths, you will start to step into the power of uncertainty, and your personal field of power, more and more.

The Principle of Purpose & Direction

Exercises principle 7

- Part 1 Read—The Principle of Purpose and Direction
 Daily practice—The Purpose Paper
- Part 2 Read—Setting Direction
 Daily practice—Staying with your intentions
 Meditation—Audio-file Living in intention
 or a practice in Setting Direction

Part 1

Read—The Principle of Purpose and Direction

The seventh principle of trust is the *Principle of Purpose and Direction*. *The Principle of Purpose and Direction* says that each human being on this planet has taken physical form to fulfill a certain purpose. There is something in life that you came here to do. There is something in life that you can do better than anyone else in this world. And once you uncover this purpose and use it as your needle point of direction—asking yourself how your purpose can serve your life, the people around you, and the world at large—then you will start to live in true trust and abundance.

In the East, the word purpose has great significance. In Sanskrit purpose is referred to as dharma. Within the *Principle of a Greater Intelligence* we came to know dharma as the unifying law or principle that governs the universe—the cosmic order that pervades the entire field of intelligence. Dharma is the mechanism that sustains and supports both the universe as a whole, as well as each individual creation. On the cosmic level, dharma points to the universe as a whole, operating in the best interest of each individual, and on the individual level, to be in dharma means the individual operates in the best interest of the universe as a whole.

According to the Vedic Science your individual soul, your being, your incarnation, has four distinct desires which together form your 'purushartha': the purpose of your soul. Meditation teacher Rod Stryker wrote about it in his book "The Four Desires." Purushartha means that as an individual, in order to fulfill your purpose, you have four distinct desires in your life that want to be met.

The first of the four desires of your soul is 'dharma'. Within purushartha, dharma points to the individual cosmic order that we have been speaking about. Dharma is the desire to become who you were meant to be. It is the longing to thrive and, in the process of it, to fulfill your unique purpose in alignment and in best interest with the greater whole.

The second desire of your soul is 'artha'. Artha is the desire to have all the resources to fulfill your individual dharma. These resources can be things like money, security, and health but they also include non-materialistic things, such as the power of will, certain skills and attitudes—all the things you need in order to fulfill your dharma, your purpose. This means, work and purpose do not necessarily have to be one and the same. While in the West we often tend to think that our work, our profession, is the same as our purpose or dharma, in the Eastern philosophy work or "earning money" can just as well be a way to support your dharma. Work can be a way of earning the means or resources to support your bigger purpose.

The third desire of your soul is 'kama.' Kama is the longing for pleasure in its widest sense. This can mean the desire for intimacy, beauty, family, creativity, friendship, as well as sexual pleasure. Actually, the desire for pleasure is the motivation behind many of our actions and a life without pleasure would not be a life well lived. And at the same time, anything aspired to, anything achieved, gives rise to a great feeling of pleasure.

The fourth desire of purushartha is 'moksha'. Moksha is the desire for spiritual realization and ultimate freedom. It is the desire to be free from the burdens of the world, even as you participate fully in it. Moksha is the desire to be in deep and lasting peace, beyond the reach of the other three desires. It is the desire to be in connection to that eternal part in you and to lead the best life possible.

Through *The Seven Principles of Trust* we have been working a great deal on moksha, gaining freedom and spiritual realization while completely being engaged in the world. To a smaller extent we also have been working on kama,

creating a more profound pleasure in life. Kama within *The Seven Principles of Trust* are the pleasures we gain by the realization of being alive, of fully participating in life and with life, like the pleasure of being in and a part of nature, the pleasure of listening to the beauty of a bird or a song, the pleasure of meditation or creating a deep and lasting connection to ourselves, even up to the pleasure that can be gained by sustaining uncomfortableness, hardship, sadness, or pain.

One of the reasons we have been mainly focussing on moksha, freedom and spiritual realization, is that through moksha, you gain the ability to open yourself up and connect to a deeper part of yourself, your Expanded Self. And by that opening and connection you have made room to step further into your individual dharma. Because to start to live in dharma, to start to flourish in your outer purpose, you first need to find align with your inner purpose. And your inner purpose is to awaken, to gain spiritual realization, to consciously connect. You share this purpose with every other person on the planet, because it is the purpose of all of humankind. And so, by tapping into the power of your inner purpose you lay the foundation for fulfilling your outer purpose; your spiritual realization it is the basis for true and lasting success.

In your life it is important however, to start to learn to honor all four of the desires of purushartha. To equally honor the desire to fulfill your purpose, to have the recourses to fulfill your purpose, the desire for all kinds of pleasures, and to fulfill the desire for spiritual realization and freedom. None of the four desires are more important than any of the others and all of the four desires are ever-present and fluid. For instance, in a single day you could easily move through each of the four desires and during different stages of your life some of these desires will have greater importance than others.

Daily practice—The Purpose Paper

Through the *Principle of Purpose and Direction*, we will be focussing on the desire of dharma and artha. Within the *Principle of Purpose and Direction*, I would like to invite you to start uncovering your purpose, and those things you need to fulfill that purpose, through *The Purpose Paper* (handed out in a separate document). Through *The Purpose Paper* you will start to unravel your personal talents, values, and passions; the “why” you do the things that you do. You will discover what excites you and those things that bring you into timeless awareness. You will find out what is truly important in your life. Because if money was not an issue and you would have all the time in the world, what



would you be doing? If you still would do what you are **doing** in this moment then you are in alignment with your purpose, then you are living in dharma.

Part 2

Read—Setting Direction

Once you've uncovered your purpose (or have a better sense of direction in life), the next step within the *Principle of Purpose and Direction* is to start to navigate in the direction of your purpose. After verbalizing your purpose in a single sentence or word, or when you have a more clear idea of your desired direction, now first ask yourself: How can I serve humanity and the earth? How can I serve with my purpose, passions and talents? By asking yourself "How can I serve", you will align yourself with what you have to *give* in life, instead on what you have to *gain*. And by doing this, you place yourself within the purpose of the great cosmic order of the universe as a whole. And then, by using the power of your intention, attention, and vibration, by using the present moment as your map, and by seeing problems as opportunities, you will steer yourself into the appropriate direction—you will be able to tap into the possibilities and opportunities that arise from moment to moment.

Conscious intention, attention, vibration

Setting direction means putting the information of your purpose and your idea of how you can serve into the quantum field by setting a strong intention. Remembering the three-way process of creation—from source through motion to object, from information through energy to matter—setting direction simply means unleashing your conscious intention (information) in the ground of creation, and activating that intention (energy) by the power of your attention and vibration to create the outcome intended (matter). We could therefore say that the quality of your intention (information), through the power of your vibration (energy/resonance), on the object of attention (matter) will organize the right space-time events to steer you in the right direction

Intention in this light is just another word for conscious goal-setting. Intention means your ability to put information in the field of Greater Intelligence. Every creation starts with information. And through the power of your thoughts and feelings (energetic information), you have the ability to bring creation into the world. Your thoughts and feelings have the power to manifest. And so, after

discovering your purpose, you can set the direction of your purpose by setting a strong intention and put that informational content into the larger quantum field, for example through writing or setting your intention in meditation, silence or Nature.

condly, after having formulated an intention, through the power of *attention*, you have the possibility to energize your intention. We all know that by putting our attention on something, as we give energy to it, we are most likely to create more of it. Sustained attention on your intention increases the strength of your intention, it increases the energy of the information. You can energize your intention by looking or repeating your intention on a regular base, for example reading it before or after your meditations, during your morning ritual, in moments of silence, or on a Nature walk. The audio-file *Setting Intention* also can assist you in repeatedly setting and energizing your intention. Find a practice that works for you.

Lastly then, through the power of your *vibration*, you are able to bring the right resonance to your intention and attention. With the right resonance you are able to harmonize and attract the things you want. Keeping the right vibration therefore is key to steer yourself in the right direction of any intention or desire. Heart-created vibrations will assist you in creating a stronger electro-magnetic field. Using the practice of gratitude and gratefulness on a frequent basis, making a regular connection to your heart by slowing down the brainwaves, or maintaining positive thoughts, will assist you in this work.

The present moment as our map

After having uncovered your purpose and direction and after having set a strong intention, what life asks from you is an overall new way of navigating through life. What the *Principle of Purpose and Direction* asks, aside from keeping your attention on your intention and vibration, to move your attention from the future and bring your awareness into the ever-changing present moment. Because when navigating on trust and living with purpose and direction, the present moment is always the map. It means trusting that the field of Greater Intelligence always presents you with the right possibilities and answers, at the right time. It is about trusting that when you are in alignment with the greater whole, through your powerful intention, the cosmic order will always set you in the right direction. That there is no need to worry about how things should manifest. It is the acknowledgement that although you know the destination, you don't need to

know exactly how to get there. And this means, in order to get from point A to B, to get from the present moment to the place of direction, there is always just one question to ask, and that is: What is the next right move, right now? And having arrived there, you can ask yourself again: What is the next right move? And so on. Living with *the Principle of Purpose and Direction* means you don't need to have a complete or rigid idea of what you'll be doing—tomorrow, next week, or next year—because if you have a very clear idea of what is going to happen, you shut out a whole range of possibilities. It means staying with your deeper intentions and desires, but handing over the control on how things should get done—to life, to the present-moment, to the great cosmic order.

Problems as opportunities

And this automatically brings us to the last aspect of setting direction: the way we look at the problems that occur in our life. Whereas most people would interpret problems as something that is setting them back, within the *Principle of Purpose and Direction* problems can be seen as signs and opportunities for change. Problems are nothing other than messages from life to steer us into a different direction. As they say in the martial arts of Aikido “Take the hit as a gift.” Taking the hit as a gift means that when your sparring partner hits you, he gives you energy, which you can use. Of course, it will first be sore and reactive. But if you are able to use your spirit as the upper hand, when you are able to stay present (which usually means to breathe and feel and notice), it can become a conscious experience. It has awakened you, and it is a source of energy, which you can use to your favor.

Personally, I encountered many problems that turned out to be great blessings in disguise. Many of my small and large transformations, both on the material as well as on the interior level, were born out of what on first-hand seemed like great problems. But instead of derailing me, they steered me into the direction where I needed to go. Take the worldwide pandemic for example, besides the hardship, what did it bring to your life? This and other so-called problems like big life-changes, maybe a burnout, great sadness or pain, what did they do for the better? Most probably they brought something to your life as well. The famous singer Leonard Cohen phrased this so beautifully, saying that “There is a crack in everything. That's how the light get's in”. Because through the crack, through the opening, through your acceptance, you literally make space for the light to come in. Death, loss, break-ups, illness are life's most difficult problems to surrender to. And yet, surrendering to the most dreadful thing also means a

bigger opening. A bigger hole—the greater the problem, the change, or loss—means more light. The bigger the resistance to overcome, the greater the energy that is breaking the damn to let the life-force flow through. But this only can happen and will happen when you are able to accept and surrender to your problems, to *what-is*. By understanding that this too is part of your purpose and direction.

And this undeniable aspect of existence, problems and change, show us another deep underlying truth: that in the end all things lack the ability to endure, all things lack the ability to remain the same. Nothing in life is able to remain the same under its own independent power. At any given moment, no matter how pleasant or unpleasant, how solid or frail, how beautiful or ugly—any experience, any circumstance, each person will wither away. No thing, no object, no entity, will last. And so to trust means the understanding that life is an inevitable blend of opposites—beauty and suffering, gains and problems, possessions and losses, pleasure and hardship, expansion and contraction.

In this light we can start to look at problems and change as an inherent aspect of living. As an opportunity—a necessity even—for diversification, evolution, change, and alteration. A change into something different, better, more innovative or in greater alignment. And so when your awareness and preparedness in the present moment, meets these problems and meets these changes, you are able to see and seize them. To see and seize them as opportunities for change and evolution. And what many people will admire in you as great strength, determination and resilience is nothing other than your awakened awareness, readiness, and acceptance aligning in the same moment.

Daily Practice—Staying with your intentions

To further activate the *Principle of Purpose and Direction*, and steer yourself into the right direction, start engaging in conscious intention setting on a regular basis. For example through the audio-file or using the intentions below. Before taking on any of these intentions take a moment to connect—through the breath, to the Expanded Self, space or the universe—and repeat these intentions, if you want on the three daily alarm moments.



Daily Intentions

“Today I will start living from my purpose and through intention. I will make a list of all my deep desires and I will start navigating through life from those intention. This will help me steer in the right direction.”

“Today I will start to see change and problems as opportunities. Whenever my life meets change or problems I will stay connected to my Expanded Self. I know that even when I cannot see the total overview of these events yet, I trust that everything is happening for a reason and at the right time.”

“Today I will ask myself what is the next right move to steer me into the direction of my purpose and intention. I will not look too far ahead, but keep my alertness into the present moment, so I am able to see and seize the opportunities that arise from moment to moment.”

To infuse your intentions with the right vibration and resonance, see if you can, during the day, keep your awareness as much as possible on the heart. Start practicing being very comfortable there. Create your vibration from the electro-magnetic field of the heart. Whenever you think of it, or during the three alarm moments, slow down your breath and go back to that place in the middle of your chest. Keep your awareness, as often as you can, on that nodal point between mind and gut, between Small and Expanded. Remember, your heart is the place that connects you the energy and plan for your larger life.

Meditation—Living in intention or Setting Direction

Audio-file Living in Intention

In this audio journey you will set an intention and change the informational and electromagnetic content of your own personal field. With this meditation you now have a tool to unleash a powerful intention and bring the right vibration into the field of intelligence. By practicing this meditation on a regular basis you can start to create many beautiful things.

The challenge of this practice is to set your intention, but then to hand over your control. Plant the seed of your desires direction but let life handle the details without becoming rigidly attached to the outcome. Because the only thing need to care about, after having planted your intention in the fertile ground of higher intelligence, is having your attention established in the ever-changing present moment and nurturing the vibration of the heart.

A practice in Setting Direction

If you would like to live with purpose and direction this is another great meditation exercise that can be done on a regular basis. It is a practice of contemplation in which you ask yourself a few purposeful questions which will bring you in alignment with your purpose and dharma. This meditation requires two moments, take 2 times 10 to 15 minutes for this exercise. For instance at the beginning and ending of every day, at the beginning and ending of every week, or even once a month, at the start and the end of the month.

Beginning

At the beginning of the day, week, or month, take 10-15 minutes and ask yourself: What am I really living for? What is the most important thing in life? Where am I going? (If you want have your purpose or mission statement at hand). And what do I need to do to align with that—to be an expression of that in the world? What would I need to give up or let go of, to be able to align with my evolutionary impulse? And what do I need to do, or let go of, to be a vessel for the greater intelligence to move through me?

Ending

At the end of the day, week, or month, take another 10-15 minutes and ask yourself again: What is the most important thing in life? What is of ultimate significance? How did I live my day/week/month? Did I do everything I could to live in accord with the deepest truth I know? To align with a higher purpose? Where could I have given more or where do I need to redirect? Don't simply ask these questions with your mind. Ask them with your whole being, as if your life depended on it.

The Seven Principles of Trust

Ongoing exercises

The Seven Principles of Trust

Building your practice

The Daily Guide into Trust

The Seven Principles of Trust

We have come toward the end of our journey together—a journey through *The Seven Principles of Trust*. Throughout this journey you have immersed yourself in the *The Seven Principles of Trust* by reading theory, by doing mindful practices, by engaging in personal reflection, observation, and meditation. You have discovered that living a life in trust means taking on a different view on the nature of reality. To be rooted in a strong sense of self and to have the ability to move between the different selves throughout the day. You gained this knowledge by unraveling the patterns of the mind, by understanding the notion of space and time, and by expanding your sense of self. You have started to co-create between the visible and the invisible field of existence and to use your body and mind as a powerful tool and instrument. You have opened yourself up to the possibility of remaining in non-resistance and uncertainty. And now, by conscious intention setting, you will move further through the river of life.

And while you have arrived at the end of this journey, you are also standing on the threshold of a new beginning. The beginning of a new way of navigating through life: a life lived in conscious connection, with more (inner) freedom, and with a new feeling of trust. And when you diligently put your attention on practicing these principles for an extended period of time, rest assured you will further change your life, from the inside out. You will become an ever more powerful co-creator with life. You will attain that ultimate feeling of trust. You will gain that sense of trust that whatever happens, all will be fine. It is that inner knowing that reality is ultimately good; that what happens is the best that can happen. And it is this basic sense of trust that enables you, and reveals a way to you, where you live your life in a way where you are no longer trying to control,

on a fundamental level. Where you know that you have to let go of control because you have discovered that life works better that way—when you don't always try to know all the answers. It is here that you have discovered a fluid way of living that is in alignment, whole and openhearted.

And this what I dearly hope for you, to connect to this primordial sense of trust, which of course is, for all of us, the ultimate journey of journeys. To know the fundamental ground of your being. The knowing of the deeper reality of who you are, beyond your identification of a separate body and a separate ego. To know that you are rooted in the fundament of non-separateness, of oneness, of knowing that you are one with existence.

Sending you much love,
Fenja

A handwritten signature in black ink, consisting of several loops and a horizontal line across the middle, resembling a stylized 'F' or 'J'.

Building your practice

With *The Seven Principles of Trust* you have gained a set of spiritual life tools which you can use in order to fortify your primordial sense of trust further into your life. *The Daily Guide into Trust* will assist you in this endeavor. This guide is an invitation to start to play with *The Seven Principles of Trust*, in whatever way works for you. It is about trusting that, by repetition, these principles will become part of your brain, your body, your soul, your system. Think of repeating these principles like washing a dirty piece of clothing. Every time you wash it, it takes away a few stains. And when you keep washing it, again and again, each time your being gets a little lighter, a little brighter.

In the *Daily Guide into Trust* you find a short summary of each principle and the daily intentions connected to that principle. Each principle on its turn, is connected to a specific day of the week, starting the week on Sunday with the *Principle of a Greater Intelligence*. You can start your day with stating one or all of the daily intentions connected to that principle, and you could (if that serves you) keep the three alarm moments to remind yourself of them. And whenever the time allows you, you can enforce your daily intentions by the corresponding meditations and/or by reading the literature. But simply starting each day with one of these intentions will prove to be a very powerful practice.

Another way of practicing *The Seven Principles of Trust* is to take one principle and practice that over the course of a certain period of time—a few days, a week, a month, or even more. Know that by doing a specific practice for 40 days, you will really start to embody that practice and principle. In 90 days your subconscious is cleared and new habits are truly build. And by practicing a principle for 120 days, a new awareness is truly realized in your daily life.

For total self-mastery, to confirm your new consciousness beyond space, time, and circumstance, *The Seven Principles of Trust* should most likely be practiced over the course of a 1000 days. In the yoga tradition 1000 days stand for becoming a master. That might seem as a long time but ask yourself: to truly establish new habits and patterns how long would that normally take? For instance to learn a craft, a language, or a sport? Allow yourself this time.

And yet, practicing *The Seven Principles of Trust* or not, the most important action you can take towards true transformation, is to make time and space for a personal practice on a regular basis. Working on your personal practice means doing practices that assist you to sink deeper into your being, as well as keeping your attention on the things you would really like to create in your life. Know that creating a personal and sacred time for yourself, even though a few minutes a day, can make a great difference.

The Daily Guide into Trust

Sunday: the Principle of a Greater Intelligence

The Principle of a Greater Intelligence is based on the fact that there is a greater intelligence, beyond the understanding of my mind—a consciousness within the unseen field of existence that functions as the underlying organizing principle



97the universe. And it is this invisible field that permeates all of creation; from the smallest organisms to the largest universal force. I can connect with this intelligence today by taking on one of the following intentions.

“Today I will access the field of greater intelligence by creating silence in my internal dialogue. I will do this by practicing non-judgement. I will not label and evaluate things as right or wrong, good or bad, but just look. I will just look at things as they are. And whenever I catch myself labelling or evaluating I will take a few conscious breaths, connect with my inner space, and remember I am part of the larger field of existence.”

“Today I will connect with the field of a greater intelligence by connecting to one of its greatest expressions: Nature. Today I will take a moment to connect to Nature and silently observe how everything is connected to everything else. I can do this by venturing out into Nature, or just by taking a moment to look at the sky, the sunset, a tree, the birds; in whatever form Nature is available to me now.”

Monday: the Principle of Organic Space and Time

The Principle of Organic Space and Time means to align myself with the natural rhythm of life and transferring an organic mode of space and time into my personal life. *The Principle of Organic Space and Time* is the allowance of organic space and time, both within me as well as around me. It is about harnessing a sense of space and time that is fueled by wholeness and connection instead of fragmentation and production. It is to witness the natural unfolding of life, while staying connected to my deeper desires and intentions.

“Today I will dedicate myself to the witness my conscious movement in the field of time. I will use time in the practical aspects of my life (Knowledge space-time) but immediately return to present-moment awareness (Being space-time) when those practical matters have been dealt with simply by becoming conscious of the breath and going back to self-referral, my deeper sense of self.”

“Today I will stop doing anything in my life in a hurry. Rushed, impatient energy blurs my capacity for favorable outcomes and blocks strong energetic connection. Instead I will transfer an organic sense of time to my day today. I will let things flow and naturally arise.”

Tuesday: the Principle of the Expanded Self

The Principle of the Expanded Self is based on the fact that each human being on this planet is seeking to connect with his or her expanded, higher or deeper self. My Expanded Self is the centre of my soul, the center of my being that never moves, yet when expanded, large enough to contain all the trivial things of life. It means my thinking and feeling are rooted in my Spirit instead of the objects of my experience.

“Today I will remain in self-identification. This means I remain established in the awareness of the Expanded Self, of my Spirit, that silent observer in me which sprouts from a deeper well. This also means I will not look at myself through the eyes of the world or allow myself to be influenced by the opinions and criticisms of others.”

“Today I will take the starting point from what-is. This means today I will start accepting people, ideas, concepts, situations, circumstances, as they occur. And I do this because I know that this moment is the perfect starting point to move into, what it is to become. I trust the power of the creative emergence of life and the universe.”

“Today I will stop measuring. I stop my measuring things, outcomes, results, people, and events. This means not expecting how I think things should-be. This also means not comparing myself to another, including my wish how I should be, or should have been. I will look at life and others as an inspiration, but I know that my life and my being unfold in their own unique way.”

“Today I will move through life from my deeper desires. I will look at all the things I would like to pursue, and ask myself does this desire arise from a deeper well in me, or from a shallow spring?”

Wednesday: the Principle of Dynamic Exchange

The Principle of Dynamic Exchange means that everything in the universe, everything in life, is in constant dynamic exchange with the world at large. Nothing in life is static and exists in separation but everything is in constant communication and correlation with the larger field of existence, including me, my thoughts, my feelings, and my body. And by changing the energetic information of my mind and body, I have the power to become a conscious co-creator, to attract the things in life that are in resonance. And so, to fire-start the invisible mechanism of dynamic exchange, I will start to use the energetic power of the heart by taking on one of the following intentions.

“Today I will start the day with a prayer, the conscious communion between me and the unseen field of existence, between me and something larger.”

“Today I will slow down my brainwaves as often as I can by consciously slowing down my breath and connect to the area of my chest and heart.”

“Today I will harness the power of the heart. Today I am grateful for all the things I have and receive in my life. I am grateful for the money that I spend, the people I have in my life, the house I live in, the joy that nature and my surrounding gives me.”

“Today I will meet life in gratefulness—being grateful for the very fact to be alive. Today I will abide in the wisdom of the universe and creative emergence, knowing that all appears in the right time and everything in life serves the evolution of my own consciousness. This means, today I will not only be thankful for the good things in life, but also to be thankful for what I did not wish for or what has been denied.”

“Today, I will begin the process of circulating joy, wealth and affluence in my life and in the lives of others. Whenever I meet or visit somebody, I will bring them a gift, knowing that gifts can come in many forms, a material gift, a compliment, a flower, a wish of wellbeing or a prayer.”

Thursday: the Principle of Non-resistance

The Principle of Non-resistance is based on one of Nature's most profound mechanisms: the fact that life and creation arises out of a state of non-resistance to what-is. This principle could therefore also be called the principle of ease and alignment—do less and accomplish more. And when I learn this principle from Nature, I can start to apply it in my own life, learning the art of sailing instead of rowing, fulfilling my desires easily and effortlessly.

“Today I will start with the question: “What does life want from me, instead of what do I want from life. Today, what wants to be seen, what wants to be held, what wants to be experienced?”

“Today I will harness the power of organic power of the power of control. I will let go the need to control of “how” things should get done while staying with my deeper intentions and desires.”

“Today I will consciously move from resistance into relaxation, from defense into acceptance. Whenever I meet inner defense and resistance I will consciously move into surrender and relaxation. I do this by taking a few deep conscious breaths, by enlarging my inner space, and by handing over my resistance.”

“Today I will accept all my inner states and feelings. Whenever I meet an uncomfortable feeling I will allow this e-motion, this energy in motion, to move within my inner space without pushing it away.”

“Whenever I wish to align myself with life's events, or whenever I need to make a decision—any decision at all—I will ask my heart to give an overview of the situation and use the heart as compass by asking myself the following questions:

1.

What in this situation or decision am I resisting?

What is the limited belief in here?

To what am I holding on?

2.

Do I make this decision out of love or fear?

3.

What are the consequences of this choice that I am making?

Try to feel the choice in your body. At the moment you consciously make a choice, pay attention to your body and ask your body:

If I make this choice, what happens?"

Friday: the Principle of Uncertainty

The Principle of Uncertainty is the recognition that life in its essence, in its basic nature, is insecure and always remains uncertain. *The Principle of Uncertainty* means to be grounded in the ancient wisdom and Eastern philosophy that says that only by the recognition of uncertainty in my life, by acknowledging what I do not and cannot know, I will gain true wisdom, freedom, and trust. Uncertainty is the invisible field of life, the unseen realm from which everything is created from. And by embracing the unknown, I give rise to new creations, to extraordinary innovation, to creativity and the new. And so today I will factor in uncertainty as an essential ingredient of my experience by taking on the following intentions.

"Today I will befriend my fears. I know that my fears are the avoidance of the unknown and ways of my mind to look for security."

"Today I factor in uncertainty as an essential ingredient of my experience. Uncertainty is the invisible field of intelligence from which everything is created from. And I know that in my readiness to stay in uncertainty answers and solutions will start to appear."

"Today I stop forcing solutions on problems. Whenever I encounter a problem I slowly witness the uncertainty while calmly waiting for the solution to emerge out of the problem and the present moment. I know that in my ability to be with uncertainty I give space for answers and solutions to arise."

Saturday: the Principle of Purpose and Direction

The Principle of Purpose and Direction says that each human being has taken physical form to fulfill a certain purpose. There is something in life that I came here to do. There is something in life that I can do better than anyone else in this world. And when I uncover my purpose and use it as my needle point of direction—asking myself how my purpose can serve my life, the people around me, and the world at large—I will start to live in true trust and abundance. And so today, I will let my purpose and direction provide the framework and destination to where I want to go.

“Today I will start living from my purpose. I will formulate or look at my purpose and ask myself how can I serve. I will unleash this intention in the invisible field of existence in whatever way that works for me.”

“Today I will keep my conscious attention in the heart. During the day, whenever I think of it, I will go back to that place in the middle of your chest—taking comfort and trust from that space of loving-awareness. That place that connects me with the energy and plan for my larger life.”

“Today I will start to see change and problems as opportunities. Whenever my life meets change or problems I will stay connected to my Expanded Self. I know that even when I cannot see the total overview of these events yet, I trust that everything is happening for a reason and at the right time.”

“Today I will ask myself what is the next right move to steer me into the direction of my purpose and intention. I will not look too far ahead, but keep my alertness into the present moment, so I am able to see and seize the opportunities that arise from moment to moment.”





**THE TRUST PROGRAM
FIRST EDITION SEPT '21**