

Simplify your life and thrive

An E-book on human potential

A practical and insightful guide to thrive your life

“Man was his own star and decided to fade into oblivion”

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Introduction

This short E-book is the foundation on which I am building the institute SOL – Simplicity Of Life. It is often stated that during any creative process the most crucial phase is spend on the first seven years of the growth cycle. This is the time spend to nurture the ideas and dreams you hold in your mind's eye about that which you desire to bring forth in this world. As an analogy we can use the phenomena in nature and our own biology. *“As the twig is bent, so the tree will grow – author unknown”*. Just as the tree follows the trajectory into which it is bent, so do our parents, teachers and cultural climate bents us to grow into a distinct direction, but not always the direction of our own. Therefore, the first 7 years lays the foundation on which we build our lives, it gives us a framework to expand upon during the span of the rest of our lives. This concept is something I often highlight during this E-book, since it is of utmost importance to deconstruct and reconstruct, if necessary, a solid psychological framework that suits your personal vision for the remainder of your life. Honestly, no self-help book, guru or teacher can do this for you, it has to come out of your own willingness to discern what is false and true in your own being and validate your own sense of self. The number 7 has many symbolical meanings and references in multiple fields of study and is often referred as the number of completion, creativity and renewal. That being said, this E-book forms the backbone, the foundation on which I want to rest this institute and be of service for those who are interested by sharing the gifts I hold.

The things I write about are mainly for the sake of entertainment, informational awareness and inspiration. It is not my intention to impose, indoctrinate or convert you into my philosophy or school of thought. It is only a humble approach to share some insights, practical knowledge and wisdom from my life into yours. Whatever works for me, might not work for you and vice versa. Life would be a dole game if it was that easy. I encourage you to follow your own truth, your own ideas and let life be your own teacher, for the sake of diversity, advancement and complexity. However, whatever you find useful of my service, take it. It is meant to help you grow, find ease and to alleviate any suffering or obstacles you may have in your own personal journey.

Human language has its limitations and is, therefore, a trap in and of itself. Poets, sages, storytellers, saints and all alike have always done their best in illustrating bits of wisdom and knowledge in cultures all around the globe. Mythology and religion are examples of this, but, as has been seen, aren't always successful at communicating these higher insights to the people without misinterpretation. Interpreting a myth, story or metaphor requires just as much skill as writing one and misinterpretation is a common thing because of this. Words easily take the shape of the recipient and I think it is wise to address this inherent flaw in my introduction. As I am writing and perfecting this E-book, I have always felt like a spider continuously making and re-making its web. It is a nice analogy to explain the creative process of writing or weaving words together, but also an image to keep in mind that the web can hopefully give you some hold, but shouldn't be something to get caught in, or I will eat you alive!

The intellect is our most beautiful gift with which we can make systems, conceptualize, learn new languages and build tools to manipulate our environment. Despite these strengths, is the intellect not ultimate, but penultimate. There are sources of intelligence we can tap into that are more insightful then any rational argument or scientific sound

principle can give us. This psychic, intuitive, metaphysical realm behind the 'web' or realm of forms, as Plato coined it, cannot be known or read in a book, but can only be experienced and validated through subjective experiences and by cultivating your own psychic abilities. Our brains work like an antenna in the sense that we can tap into higher frequencies if we know how to vibrate with them. The transmitter and the receiver need to be synchronized so that information or energy can be transmitted. Quantum psychics is now at the point in which psychic sources of intelligence are an accepted fact, and the genius is out of the bottle in that respect waiting to spread itself in the scientific communities and, therefore, the world at large. Ironically enough, we now live in an age and time that is scientifically enlightened and at the same time ignorant to accept a new truth that is tested according to scientific standards. For example, psychics who are adept at remote viewing have been used by the US military several times in order to track down potential threats. Since science has become the new religion, it is only a matter of time until these ancient old truths are accepted by the general public, catapulting us in a new golden age..... (Hopefully).

As a psychic myself, I try to minimize the disturbance of my own personal biases and limiting factors of my false personality in order to be a trustworthy and resourceful source of information for others. Creative writing or automatic writing is an ancient old method of sharing useful insights that can help us understand, grow and evolve. It requires a level of relaxation, synchronization or surrender in order to aid in the flow of inspiration. It is, therefore, interesting that the word *inspiration* is derived from Latin; *inspirare* or to *breath in*, referring to that which is happening in the inner workings of your being. Just like *enthusiasm* is derived from *entheos* or *divine inspiration*. So I hope that the words that come through me are inspirational and worthwhile reading!

Enjoy,

Kees Berg

Chapter 1: Going from who we think we are to what we might be already

OUR CURRENT STATE OF BEING

The turning of the ages has been a great leap 'forward', or did it not? The coming of the machine-driven society and scientific method allowed us to manipulate our environment and 'harness' Gaia; a precious blue gem on the edges of the universe. All though this reductionism, determinism, materialism, clock-work universe perspective on the nature of reality has brought as many luxuries and technological improvements, did it also corrupted us from our philosophical and spiritual significance and truth. We have been foolish enough to think that we could actually 'control' nature in her fullness. The stupidity of changing a natural inclination into an artificial one and forcing the outcomes of our lives out of impatience, greed, stubbornness or other neuroticisms, diminishes our potency to mature and to live in accordance with our natural selves, the core of who we are. This process of spiritual alienation occurred when the challenge of co-existence with wild animals and nature turned into a domestication system of control. The invention of industrial agriculture, cement, the scientific method and all other scientific and industrial complexes all contributed to our desire to domesticate nature and the animal kingdom, whatsoever the possible good intentions it had, are we now disrupted from her roots and our own. This creates a negative spiraling effect when new generations are being born in family and community systems that are dwelling in *Maya* or *illusions* about the nature of reality and oneself. It's like you decided to play the earth game and humanity said; 'Welcome! But we are going to mindfuck the heck out of you!'. *Maya*, false personality or illusion is something that is culturally induced when we were small and vulnerable, and depending upon the individual and the culture one has smaller or larger 'issues' to deal with in order to live up to one's potential.

Because of these anxieties to live in coherence with nature and fundamentally speaking our own nature, did we decide to control and domesticate it in extreme fashions, leaving us with a disrupted biosphere that needs to be re-balanced in order to sustain our demands, broken family systems, fractured cultures and basically a fractured humanity waging wars against each other. This state of alienation is causing worldwide confusion of who we are, where we came from and what our potential might be. It also indicates that there is an abundance of patriarchal systems that seeks the control of the outside world without the necessary maternal influences to balance them out by controlling the inner world as well. This is now changing as we speak, since the repressed sacred feminine is being reintroduced in our societies. We need to have the masculine drive for setting goals, reaching them and impacting our externals, but we also need the inner trust and strength of surrendered action of the feminine to stay at peace, remain calm and access our emotional guidance system when need be. This guiding system is crucial in telling us if we

go into the right direction and things will fall into place if we listen closely to the guidance that is always present if desired. An analogy is the husband who seeks to understand his emotions through his spouse, and the spouse who seeks physical security through her husband. The whole concept that the two are separated is an illusion, and by realizing this within yourself, you become an androgynous being showing the way for others to be free of the illusion of separation and access the strengths of both genders. Carl Jung called this 'accessing the anima and animus sides of the psyche and integrating them'.

A technological, materialistic expansion without a philosophical or spiritual counterweight of advancement, is doomed to fail and will annihilate itself like a cancer that spreads out and violates healthy cells in the biological system. A dis-ease causing the system to collapse eventually and reset itself like many ancient civilizations have gone through. We may think or believe that 'comfort' is found in having a car, owning a house and eating quick and easy foods, but the reality shows us differently. Off course, the color of the perceiver shapes its reality, but beyond color we have objectivity, a truth that is beyond the veil of the senses and is a universal truth. One can debate and argue all they want, but many ancient civilizations and individuals came to find the same trues they used to build their legacies and navigate their lives. In the end it is simply a question of what *works* and what *doesn't work*, and today many individuals and societies operate on inherently broken and inferior systems that are about to tear down. One of the hardest things about these matters is to intellectually grasp a complex society like that of us. By learning to see the bigger scheme of things we create a holistic analytical thinking process that allows us to comprehend every aspect of a greater whole rather than trying to understand complexity by reducing it to a minute mechanism of the greater whole as contemporary science is doing today by using reductionism. Meaning that the way you think isn't obscured by limiting beliefs, rigid judgments, specialization, narrow mindedness and detached theories from reality or stubborn opinions, but is well-rounded and critical in order to perceive the greater spectrum of a reality by understanding its individual components that composes it. This strength of comprehension, clarity, synthesis or enlightenment allows us to know what the heck is happening around and within us, so that we can make better and intelligent decisions for our future's sake and empower ourselves to manifest the live we want, to truly be a creator of our live instead of a reactor.

For example, the medical industry might be the biggest and most profitable business model of today's age. The world is physically, mentally, emotionally and spiritually drained and we have to admit it, if we ever want to change that. Living in denial or lack of comprehension about our own sickness because of fragmented and short sighted awareness is preventing us from empowering an aim towards health and well-being. If you want to heal a dis-ease you first have to acknowledge its existence and what the underlying causes are to get more 'ease'. By not looking at the root issues of a dis-ease, we keep treating symptoms instead of sources. The body has evolved by using its natural functions on a daily base like hunting, gathering, farming et cetera, and because of our desire to delegate this drudgery of survival to modern luxuries, our bodies became dysfunctional in their movement, eating and resting patterns. We drive in cars, sit in chairs all day and our food quality has decayed tremendously. All kinds of dis-eases occur because of our radical shift in lifestyles over the course of time. Our bodies are having a hard time catching up and most people are so detached from their instinctual or bodily intelligence that they are not even aware what kind of damage they do to their bodies, others and Gaia herself. This lack of comprehension or ignorance is preventing empowering change for the individual

and collective as a whole. This is also shifting since the drums of change has never been rumbled so loudly in these times of crisis around the globe and sometimes this is the only way to wake a species up from deep sleep or ignorance.

Technology allowed us to explore a control paradigm in which patriarchal systems took the forefront on the stage and where the maternal has been suppressed to the background. The paradox however is that we delegate too many potential inner powers into external objects, and, we are, therefore, losing more personal powers instead of gaining them. We all have the inter-net, the *in between*, but can we all access the intra-net, *the within*? The inner shaman, witch or magician is delegated to Google, scientific authorities and hospitals. The inner warrior of assertiveness, action and discipline is given away to tools of convenience and luxury, like cars, elevators and chairs. The inner king or queen is trusted to politicians or policy makers, without considering our own sense of judgment and structure for our communities and life compass. The inner lover is repressed and forgotten in those who are de-pressed, dis-passionate and lacking in purpose. I say 'de-pressed', because I think that depression and boredom go hand in hand. Being depressed is lacking the courage or awareness to *express* the passion you have within yourself and enjoy the rapture of simply being alive!

I may sound a bit pessimistic now, but this is simply the reality for a majority of the people I have seen and talked with during my travels around the world so far. Alienated and disrupted from our roots, are we weak and immature. Our fruits resonate a taste of disgust and everything we touch becomes less. Virtues has turned into vices and we are stuck in a negative downward spiral of dissolution. Feeling meaningless and desperate to find answers, are we blind for that what we might be or already are. The struggle of survival has turned into an inner psychological battle of meaninglessness and despair. A collective catharsis is occurring as we speak behind walls of cement and cities of smog. A distasteful scenario and yet great in potential! The world ends for those eager to continue playing this game of fear, negativity and destruction. Where they dissolve, we emanate. Where they die, we live. It is this extremity of opposites that confuses most. Finding unity within this diversity is a great challenge which can give one much growth and ease when achieved. Here we don't talk about *positive thinking* like many self-help books promote, here we talk about *transcendence* and learning how to transcend the adversities that can strike in ones lives by adopting *non-dual thinking processes*. The opposites are there, and ignoring 'evil' will not make it disappear, just as fighting it won't make it better. Learning how to find stability by working with the opposites is necessary to make them work together harmoniously. With the desire there is always the dread, and while it is worthwhile to aim for the positive, it only exists because of the pull of the negative. Transcending them is going above and beyond, so that despite the life situation you are in, you can remain objective and calm during times of adversity. You become *the eye of your stormy life*.

“In the midst of opposites, do we find the potential of energies. In the midst of despair can we grow and reach potency. Darkness, therefore, is a blessing in disguise”

WHAT WE MIGHT BE OR ALREADY ARE IN DISGUISE

What is written above is distilled from what I have seen during a majority of my time traveling, studying, researching and talking with a number of people. A great part of the world we live in is alienated, dirty, negative and contaminated. How long will we pursue this path of pain and suffering, until we realize there are other ways of being alive, enhancing the quality of it while it lasts? As has been said above, our desire to fully harness nature is driven by the fear of death, unwilling to accept the honesty of what nature gives us daily by showing us how natural and completely normal death is in the animal and plant kingdom. It is this fear of finding peace with the spontaneity, uncertainty, unpredictability and transient nature of life that disrupts the whole fabric of what it means to be alive. How can you appreciate life if you cannot equally appreciate death? Appreciating both sides of the coin, to be a passenger, a walker of two worlds, the dream world and the physical.

Having and achieving goals in life is one thing, but surrendering to the present stillness, spontaneity and unpredictability of life while remaining at peace is a whole different ball game. I am not talking about the fear that strikes you when you are really in danger, since this is simply useful navigational information to prevent any further harm and continue your path. I am talking about riding all those dragons whispering in your mind, I am talking about psychological fears, the inner game. These fears cannot be conquered by removing or destroying the object of what scares us, like domesticating animals, waging wars or projecting them on those who express the deep shadows of our human nature, simply holding a mirror for our eyes. Instead, we have to face them one by one and learn how to transcend them singlehandedly and individually. By resisting fear, we give it more power to persist, and it is the process of transmuting fear into a higher and more transcendental power that has bothered every alchemist of the past. It is like trying to push down a hot air balloon in cold water, it cannot be done without forcing yourself and creating tension to hold it down, to eventually surrender and address the shadows of your psyche. It works similar with emotions, by pushing them down we turn into a dangerous volcano waiting to explode and destroy everything that is within our range of emotional wrath. Not facing our fears and shadows and acting like they aren't there, will not help you in overcoming them, but instead, hold you subjected in their witty seductiveness. Hiding in the shadows of your soul, waiting to strike like a tiger ambushes its prey, are your own dragons not the greatest 'evil' to conquer? The seductiveness and illusionary nature of these shadows is what makes them powerful, and a powerful being cannot be seduced by them because he or she will see these shadows as simply an absence of light. Being afraid of dying is to be afraid to live, these shadows feast on your anxieties so why give it to them? How can you ever live up to your potential if you don't see the beauty of 'death' or better said, the beauty of letting go, or even letting go of the concept of letting go? By contemplating on death and understanding its purpose, we become aware of rhythmic cycles in ourselves as micro-cosmos and macro-cosmos expressed at large.

It is not so much a question of becoming, but more an exuberant journey of un-doing. The pain we suffer from today in contemporary society is not found in seeking co-existence with wild animals, but is found in dealing with inner psychological battles. Life is not so much a material challenge anymore, as it is a psychological one. The battlefield of life has moved from the Sahara desert and the deep jungles into an inner chaos of darkness and despair. Since less energy has to be spent on outside matters, the opportunity arises to address the inner realm of the psyche. The phenomena of boredom, meaninglessness, confusion, alienation, escapism, passivity and laziness are all pointing towards a lack of

self-understanding and self-mastery. To “know thyself, and be thyself” is not enough, we also need to “master thyself” in order to stay stable and continue living from essence when adversity strikes us and test our spiritual resilience.

Imagine yourself being a river, freely flowing with strength and confidence, you need to have a clear path and direction, otherwise you are scattered and split off in your force. When that path is obscured by rocks and dirt, you stop flowing less fluently and you eventually become stagnant. All stagnant water becomes even more polluted and dirty. Do you see now how this negative spiral is working? The further you go down the path of fear and negativity, the harder it will be to heal yourself from it and the longer it will take you to eradicate the Maya or illusions you are dwelling in.

Therefore, the challenge is to overcome these obstacles instead of holding on to them and projecting them on our environment. By doing so, we continue on this ever flowing river of life instead of holding on to the rocks that keep us from evolving in joy rather than pain. By using this ability to discern what is false and what is true or better said to validate truth within ourselves and see falseness as an absence of light or truth, we can manage to overcome our inner demons and live a life of greater purpose, integrity, power, grace, happiness, bliss, self-awareness and creativity. This continuity of 'death' and 'resurrection' is which most people ignore to embrace and they do not see how *eternal* they actually are. They 'enjoy' their routines and mechanical lifestyles without being initiated into new areas of growth and understanding. However, when a life crisis or traumatic experience hits them in the face, they often realize the illusions they had and hopefully wake up or hold on even tighter to the 'comforts' of Maya. Feelings of negativity are a great opportunity to look within and observe from which place of being one has acted. Becoming aware of its causes can help you in coping with them more effectively and efficiently by replacing or eradicating them with more loving, compassionate and forgiving thoughts that serve you a better destiny. Often times, people victimize themselves and, therefore, remove the power of self-responsibility (the ability to respond) and self-observation. These kind of people can go through life being afraid all the time and, unfortunately, never find peace and make it themselves very difficult to enjoy the simple privilege of being alive.

“Life today is not so much a material challenge as it is a psychological one”

HOW MY MISSION CAN SERVE YOU

One of the tenets of life is knowing your *bliss*. I think that no school, parent or authority figure can know this for you, besides maybe a very good seer. This doesn't mean that mentorship or parenting is useless since it helps to become functional in your given society and offers a foundation to build upon. Pursuing your bliss is more significant than simply being functional and making a worthwhile contribution to your society. Your bliss is probably not taking drugs and partying all the time and living this YOLO lifestyle, although it can be something you want to explore so that you can distill better and more refined directions. Your bliss is also not playing the monkey who repeats the same trick just to earn a living. Your bliss is more an intuitive trimming away of what excites you the most. What tickles you of being alive, that makes you get out of bed each day? One of my personal tickles that are very high on the list is of course writing about ideas that can support others in growing stronger. Besides that, I have many other areas in my life I want to explore and aim towards, hence my ever expanding hobbies and creative projects, but

some have a lesser priority than others. It is always difficult to define your personal bliss because of the limitations of words, but I have done my best in doing so, so that you can better decide if you are helped by it or not.

“It is my mission to be strong, whole and to thrive my life so that I can inspire others.”

My perspective on being strong:

Life has plenty in stock for us to challenge our sense of well-being. A strong person is well prepared for times of adversity and can show resilience when necessary. The focus is, therefore, not so much on a material punch, but is more emphasized towards having a strong character. A practice of self-reliance and independence enlarges your circle of influence and sense of confidence in your abilities. Therefore, life is not so much a material challenge as it is a psychological one in order to respond appropriately on your life situations.

My perspective on being whole:

Health and wholeness go hand in hand. The word ‘health’ is misused because of the scientific revolution. Dis-ease has turned into a gigantic business model instead of a sign for change. By not using a holistic or well-rounded viewpoint towards your well-being, you castrate and blind yourself from underlying causes. Physical, mental, emotional and energetic areas of your being are intertwined and holistic. They work together in a cohesive whole. We are never really healthy if we don’t address all four areas.

My perspective on thriving:

Human beings are part of a greater whole. Whether you want to admit it or not, we are dependent on our ecosystems and communities. We grow and learn through the interactions we have within these communities. HOW we interact is our choice and ours only. Thriving means, therefore, to cultivate the talents and abilities you enjoy the most and turning them into a sustainable form of income. True education is to help you ‘to draw out’ your potential, not to imprint ideas that doesn’t fit you. Thriving is a mutual relationship of giving and receiving with the TRUE work that you WANT to do. You are not worthless, we can all choose our own way to serve and contribute in an enjoyable and fulfilling way.

My perspective on inspiring:

The root meaning of inspire is to 'breath in'. Information does not quite do it, we need practice and integration in order to make a change. An inspiration can only be used to enhance your realm of possibilities. You need to put the inspiration into practice, consolidate it and integrate it into your own being in order to transmute the possibility into a tangible reality. No-body can do this for you, it is your responsibility to be the person you want to be.

Chapter 2: “Burning your ships” or “slaying your dragons”

I coined the title for this book; *simplify your life and thrive*, since it is *simplification and the return to simplicity* that I believe can help you the most in distilling your truest desires in this time and age, and, therefore, to thrive your life! Our world is bombarded with distractions and this is in a way a blessing in disguise since it is a great obstacle to overcome the distraction and, therefore, a great potential for growth.

Simplifying your life is a great way to determine what you don't really need and to gain insight in what you do need to be happy and feel fulfilled. This doesn't mean that you have to oversimplify your life, since this is where Eastern traditions turned a bit dole and fanatically simplified if you ask me. It is a subtle process of simplifying your life and, therefore, *burning the ships (unnecessary garbage) or slaying the dragons (negative characteristics)* that are blocking you to live your life to your best capability.

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” - Ralph Waldo

Emerson

As mentioned before, there is a lot in this world that is not contributing towards a universal vision of creativity and evolution, but rather artifice and involution. A great majority of the people in this world are immersed in negativity and the challenge is then not to be influenced by it yourself. A warrior with integrity will look at this world with the desire to fight for justice, truth and freedom. He or she knows that a lot of stuff in this world needs to be destroyed, just like you need to remove the rot from a piece of fruit in order to keep the remainder, nutritious part of the fruit intact. Our inner warrior can help us to quite an addiction, execute plans and fulfill our dreams through conscious thinking, vigorous action, assertiveness, discipline and decisiveness. Without accessing this warrior archetype in its fullness, I am afraid that this world will dissolve into oblivion, just like a drug addict that is unable to say; *‘this is enough, I quit!’*. We all know those ghostlike people on the street who seem to be soulless, because they are possessed by the shadows of negative characteristics and Maya. Such people lack the decisiveness of the inner warrior to pick themselves up and get their act together. There is a lot of work to be done in order to restore ecological, economic, social and political balance and we need to build better models of thinking in order to make the lesser obsolete. This is something I hope to provoke through my writing and actions since only then can I partake in making the lesser obsolete, burning my own ships and dragons and hopefully inspire you to burn your own obstacles like; illusions, ignorance's, addictions, vices and to learn how to live and die better, enhancing the quality of our journeys while it still can...!

I use these terms *warrior, magician, lover and king*, since I highly recommend the materials Douglas Gillette and Robert L. Moore have published in their book; *King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine*. I think it is a nice pocket seized self-help book for both man and wo-man to deal with the confusion and impotency of today's age and heal one's mind.

Being in a world of distractions, it is easy to lose your mind in what it truly wants and on what you want to focus your *inner warrior* on. Our brain works like a magnet, always attracting things which it is thinking about. The amount of thoughts that pass during the day are enormous and imagine if you would be aware of all of them. I would bet most people would be in shock if they had a little trip in their own minds. Not only do we tend to suppress our inner life and ignore our trauma's, turning them into ticking time bombs, we also think very negatively without always being aware of it. This is unfortunate, because it is undermining our ability to pursue our dreams and joys. The current 'sleepy' state we are living in is making us unaware of what we are thinking about and we are, therefore, being subject to unconscious thought patterns. This negative spiraling is caused by a lack of mental mastery and an overdose of destructive suggestions from our environment and ourselves by giving it more strength in rehearsing those stories repeatedly in our minds. It is like an overweight person who is unaware that the extra weight is corrupting his or her knees. Having cluttered thoughts loaded with negativity is like having to carry around such a weight all day, all night without knowing the damage you are doing to your body!

Unfortunately, as have been said in the introduction, most suggestions or imprints in our childhood and later years are destructive and don't serve us in the best possible way. Your parents or care-givers have hopefully done their best in equipping you with their best wisdom, practical knowledge and resources. If not, then you have to undo the damage done in later adulthood, since you cannot deal with that stuff when you are still a child. Burning your ships has to do with eradicating these destructive imprints just like the overweight person wants to remove the excess weight. It will create a great sense of relieve and clarity in your life. It is a process of moving into balance and acting out of essence instead of imbalance, fear and negativity, which is what meditation means to me. The metaphor shows us that the answer is simple and effective. In order to experience more joy and ease in your life you need to '*burn your ships*' or '*slay the dragons*' that are preventing you to live your life to the fullest. Only through the process of losing the excess weight can the overweight person in the metaphor feel relieve on his or hers knees and enjoy the embodiment with more joy and vitality. By learning how to remove negative thoughts, psychological fears and destructive imprints we gain more clarity and insight in what we truly desire and are. In order to focus upon the things you want, it might be helpful to first know what you don't want. We cannot solve the issue of indoctrination with indoctrination itself. My greatest complain against NLP is that the word *programming* is in the method. How can you overwrite a program if you don't know what the purpose of the program was in the first place? How can you educate, train or build yourself towards the right direction if you don't know what is already within, your inner foundation on which to build on?

It will simply be another form of imprint, suggestion or program which is only one part of what education means. In the archeology on language do we find two roots of the word *education* in Latin (*educare* and *educere*) or *training/molding and drawing out which is already within*. Both suggest different approaches towards growing up and both are equally valuable when used in harmony. I would like to take this moment to extend my gratitude for the etymology databank I use to refer to certain words; www.etymonline.com

“Etymologies are not definitions; they're explanations of what our words meant and how they sounded 600 or 2,000 years ago.”

What I want to share with you here is the method of *deconditioning your mind and body* and what I think is most necessary in order to fulfill the meaning of *drawing out* in the word education. Without having self-knowledge you cannot make definite decisions in choosing what kind of training or molding you need more. An emphasize on *educare* or simply molding will only help you to serve the status quo a.k.a your parents, government, big companies and cultural dogma.

“What lies in our power to do, lies in our power what not to do” -
Aristotle

'Burning your ships' and 'slaying your dragons' are metaphors that can give you a perspective on this. I will quickly tell a story to illustrate it better for those right minded individuals;

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Imagine yourself sailing in the wind on a calm summer sea when there is a sudden change of currents. The currents are moving you directly to a hard bed rock a few sea miles down your trajectory! You have a fear of immediate death and you wish there would be someone to help you! But the fear is flimsy and instead of victimizing yourself in useless worries and trivia, you know exactly what to do in order to get back on your enjoyable ride. You empower yourself and change some nuts and bolts and manage to get back on your

”

more preferable chosen path!

“

In mythology and folk stories you often read about a hero slaying dragons to protect the people from any harm. This also goes for our hero Michael who was born in a small fisher village in the north of Europe. Troubled by the elements of nature, this village had the hardest time to endure the winter when the sea was almost too frozen to sail. Especially this particular winter when the food stocks were so thin that the people worried if they could see the sun again in the spring. For some reason there were some fishermen missing and they haven't been found to reveal the cause. Our hero Michael was eager to find out and set sail to explore these mysteries. He stumbled upon an island where the sea was as hot as ashes and where no tree could ever set root. He lay rested and saw upon him a six headed dragon eating everything that looked edible. If it wasn't edible the dragon destroyed it with its flaming wrath and restlessly sought for more to eat. Maybe this was the reason why some fishermen weren't arrived safely at home and why the seas where so scarce of fish? The belly of the dragon was so immensely large, that it seemed as if it had eaten a city. Compulsively on a quest for food, the dragon was so distracted that it didn't even notice Michael approaching him. Using the element of surprise, Michael managed to cut down all heads, leaving the dragon to bleed to its death. Excited to tell his adventure, Michael went home and learned a valuable lesson of how greed can corrupt the finest of all, even a six headed dragon. All thought the story talks about real dragons, the imagination shows character flaws that lay within each one of us. The mythic imagination in these stories can help us to grasp a better picture of reality and how we can navigate our lives

better.

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The first story illustrates that we as humans beings have an enormous potential of navigating our lives the way we want as long as we feel confident we can and as long as we are not troubled by useless trivia, unnecessary fears and other psychological hang ups . The sailor in this story could have easily died if he was troubled by useless worries or thoughts of despair, either created by himself or from accumulated life experiences. Instead he managed to change his trajectory into a more enjoyable and preferred way by a blink of an eye. Such a person is freed from destructive self-talk and negative imprints and is firm and confident in executing conscious thoughts and actions in order to create a better situation for himself. This is an art of life we can all practice by 'burning our ships' or dumping the garbage imposed on us, often by our own consent.

The second story talks more about character flaws that already lay dormant in us and are activated during our lifetime. These have nothing to do with removing imprints, but more with facing these flaws head on and trying to stabilize them so that they do not control our lives.

Our ego or shadow (not to confuse it with our functional ego) doesn't like change and detachment, but likes to stay within its comfortable boundaries. This is unfortunate, since only by expanding our comfort zone can we grow the most. Being aware of how your ego comes at the backdoor empowers you to face your fears at all times and, therefore, give yourself great ease, growth and confidence in return. You have probably grown so attached and familiar with these imprints or patterns that they carry feelings of comfort, security and identity. The daily routine at your job from 9 till 5, the pleasant drugs at the weekly party, your morning/afternoon and midnight coffee, watching late night TV et cetera. It becomes so *automatic and subconscious* that you stop questioning their impact and meaning in your life and remove the power of choice to change them. We do have the power to influence our subconscious mind by learning to stay aware and change the subconscious pattern into a more preferable one if need be.

It is by asking yourself intelligent questions that you enable yourself to receive intelligent answers.

Questions to ask yourself in order to look behind the veil of imprint are;

“What is left behind if I leave all these familiarities behind me”?

“What kind of person am I behind the layers of persona, class structure and duty”?

“Who am I when I transcend the imposed limitations of my parents, the status quo and other forms of authority I followed in order to survive and please my environment?

“What is holding me back in achieving anything worthwhile in my life?”

Being personally identified with your *persona* solely is making you ignorant from higher perspectives about yourself, others and reality. You are not just a substitute of your parents, a cog in a clockwork universe or the community role you fulfill out of duty. There is something beyond the mask of these culturally induced influences that can only be known if you go within and rebel against anything that has imposed something upon you or still does secretly without your awareness. It is this ancient old question of ‘Who am I?’

that sets this inner search for self-discovery and eventually enlightenment, the gem that has been there all along, waiting to be revealed. The annoying thing about seeking the answer for that question is inherently unfulfilling, since more questions will arise when you found answers on some. This is why the *search* simply stops when you realize it has been there all along. The question itself does not have a definite answer and cannot be definite because who you are is inherently indefinable, unknowable and the answer will always be a rounded off truth, constantly under influence of change, always reinventing itself. An emphasis on education in the pure form of training or imprint is, therefore, leading you astray from your inner truth, your inner knowing of who you truly are and what your inner resources are.

The process of burning your ships and slaying your dragons is a psychological meeting with death itself, it is an 'ego-death'. Truth will prevail over this falseness or ego until it fades away, implying that it will not be gone forever since even the finest of all can still be seduced and corrupted by it. The alchemical process of removing the useless imprints, despite the possible good intentions of your parents, childhood teachers, role models et cetera is a feeling of dying, a feeling of letting go. While we can question the validity of this death, since by letting go of the concept of letting go, we liberate ourselves from duality. In the abyss of this despair we can reunite with our true self and heal the alienation of the ego from the self. This salvation is like a vacuum in which the ego dissolves into the eternal ocean of the self. This is what I mean with burning your ships and slaying your dragons. It requires a level of detachment and courage that is necessary for you in order to find your inner strength and vision for life. Without having this form of education we remain trapped in artifice, domestication and, therefore, involution on the long term. While we can also question the validity of true involution, since isn't it true that the cosmos is always expanding despite the seemingly destruction and collapse that happens when you observe it narrowly. If we see it from a higher perspective we simply see that we are always expanding and growing, it is only our choose *how to go about it*, through pain or joy, love or hate, war or peace.

Nobody can truly know your path and your needs, but yourself! A healthy dose of rebellion against your parents, your government and the status quo is, therefore, necessary in order to innovate, break rules and to thrive as an individual and global species.

“Always do what you are afraid to do” - Ralph Waldo Emerson

Self-observation or meditation

Undoing destructive imprints and achieving peace of mind or equanimity is easier as it may sound. The reason why most people live below their potential is simply because of inferior institutions who do not know what they are doing and our own consent of their authority. A knowledgeable shaman or ritual elder would look very differently to mental illnesses than western culture does. Instead of prescribing pharmaceutical drugs, they look at it as an opportunity for psychic liberation in which all trivia of the mind can be disposed with the appropriate mentorship. Unfortunately, we now live in a scientific paradigm in which such matters are not addressed properly, and we are, therefore, more often than not, left in our own hands and in that of a few authorities who prescribe pharmaceuticals at the drop of a hat. However strong the imprint may be, in the end, you are *the governor of your life*. We may not always be in the position to choose our life circumstances, but we can always choose how we want to respond on it, even if that is an internal choice. Self-observation is the art of paying attention to the inner glimpses of your mind so that you can make better discernments which thoughts represent that which you truly want, what defines you and where you need to work on. If you simply observe and don't judge the thoughts that come up, you gain clarity and awareness. This awareness or observation about oneself is transforming in and of itself and shouldn't take much effort. It will lead you to self-knowledge and self-understanding and, therefore, the ability to make more intelligent decisions in how you want to navigate your life. Sometimes an outsider can point things out you are blind for. Being sensible, in the moment and aware of what is happening around you, makes you receptive for signs that can support you in making better decisions for yourself. There is always guidance for those who are willing to listen.

Meditation is in my experience very similar to what I have said above. It is a process of removing all trivia from the mind in order to give yourself more breathing room to see the essential things. It is like cleaning water. In order to have fresh, drinkable water, we need to filter out the dirt, just like we have to distill our own negativity.

Critical thinking

As have been said before, not all education comes from within and we need both etymological descriptions of the word education. Sometimes there has to be some training or molding in order to gather the skills necessary to fulfill your dreams and to add on the natural talents you already have. Critical thinking can greatly assist in finding the best training or external input for you. Those who know more, teaches the ones who know less and, therefore, it is wise to sometimes listen to simply good advice. When this occurs, you can embrace this imprint or suggestion as welcome and beneficial for your growth. By using your critical discernment you equip yourself with defense mechanisms against indoctrinators, manipulators and destructive people that want to lower you down intentionally or are unaware what kind of impact they have upon you. It is a very powerful ability to express gratitude and forgiveness for even the most harmful impacts other people can have upon you, not for their sake, but for your own. The information age has given us access to all kinds of sources, also those that are not constructive for our development. Critical thinking can help us in coping with this and to make better decisions in what to use and what not to use.

Facing your fears or 'slaying' your dragons

Being *comfortable with being uncomfortable* is a great way to remove 'the ships you don't need any more' and 'slay your dragons'. Just like the short story in which you had to remain centered and sharp enough to change the trajectory of the boat, you can face your own demons head on every time they come up. Whenever fear comes up in your life you are given an opportunity to grow and to expand your comfort zone. Overcoming fear is a great way to shock yourself and to open up to new territories of growth you wouldn't dare to imagine before.

This is of course easy to read about, and much harder to put into practice.

Continues self-appraisal

Another very powerful tool is that of having the ability to see yourself objectively from afar. An analogy is that you become *the eye of your stormy life*. Life on this planet is difficult, especially with the changes that are currently occurring. However, by having the ability to stand firm in your essence and see your thoughts, emotions and actions without being attached to them is extremely powerful in gaining self-awareness without the feelings of guilt and judgment that are often culturally induced. By using this tool you can examine yourself like a scientist does and gain insight in your strengths and shortcomings. I recommend not to take this too extremes, because every moment can be rehearsed, reevaluated, re-digested and broken apart until it generates great agony, which can be quite disturbing for your well-being. This practice is quite useful in the path of self-mastery. The need to conquer the outer world turns inward when we recognize that we are simply projecting inner shadows by judging the evils in other people. Being deeply aware of our own shadows and shortcomings can enrich us in gaining great ease, grace and compassion for the shortcomings in others and, therefore, open us up for more Agape or unconditional love.

Fasting

Many philosophical and religious traditions recommend fasting as a spiritual practice for growth. Personally, I like to fast from time to time to detoxify my system and support my meditations. I am not implying the need for being ascetic, but I guess we can all agree that self-indulgence easily distracts one from continuing on the path of spiritual growth or personal development. How can you grow if you are so immersed in all this Maya or illusion? Being spiritual beings embarking on a human journey, we need the physical to grow spiritually, but only to a certain extend. Fasting is, therefore, simply a tool to remove the distraction as well physically, mentally as emotionally in order to focus more on the arcane instead of the mundane. It can greatly be of aid in concentrating on the higher qualities of life, like artistic, philosophical, ethical and athletic pursuits. In the end the higher goods outrun the low hanging fruits, and all though I know many who are violently opposed to such practices, it does have an element of truth and worth in it one can only validate out of personal experience and by seeing the long term benefits. See it like an investment in your happiness and as a cost-benefit analyses. A typical Freudian saying is that we are creatures of pleasure, and the crux is that by restraining our hungers we can enjoy greater ecstasies of pleasure the body or mind cannot possibly experience.

Solitude, introspection and independence

Contemporary society is very attached to the idea that the welfare state or someone else should take care of them. It is very easy to victimize your current miserable situation to those in power, like the government, big companies, your parents etc. etc. While it may be true that it isn't your fault, it won't help you in overcoming the problems you have. In some cultures you never ever leave your family or community support behind, and, therefore, never become independent from their welfare. Any choice is valid, but in order to gain self-knowledge you might want to consider to remove yourself physically or/and detach yourself mentally from your mundane world in order to open up your mind a bit more. Moving into unknown worlds and leaving your mundane situation behind for a while, is a great calling for adventure to start your journey of self-exploration. Without outside suggestions of your care-givers, who often think they know what is good for you, you are solely dependent on your own inner resources. Being self-reliant this way can be a great gift to yourself and others in all endeavors throughout the rest of your life.

“We can only love others to the extent of our own self-love”

Rebellion

Some rules are necessary, but most are limiting in contemporary society. The complexity of Western society breeds an imprisonment for creativity to express itself freely. In order to remain oneself and to express ones true nature, one easily becomes a rebel. It is very easy to be a rebel in this society. There are so many rules, that you almost have to break them to follow your authentic path. To emancipate ourselves from mental slavery, we need a healthy dose of rebellion to break away from these imposed limitations.

Intuition

Intuition goes beyond intellect and rational thinking. It is out of the context of the tangible world and, therefore, highly unpredictable, random, subtle and creative. Most people earn their livings and live their lives through syntactic forms of creativity. They mix known elements into new unknown purposes in order to remix it and change the outcome. This is however still in the realm of the physical contextual world without accessing the higher planes of reality. To intuit something is to feel it by instinct, by gut feelings and subtle insights. You go beyond the tangible context and move into other contextual sources of information. We are not solely depended on outside training or schooling if we learn how to access our own intuitive powers. Intuition is, therefore, similar to the second meaning of education. When you follow your intuition, you draw out your potential in previously unknown ways to the world. It is your trading mark for authenticity and self-hood. Intuition goes beyond the physical context and is, therefore, an unknown and often feared force many are not willing to listen too.

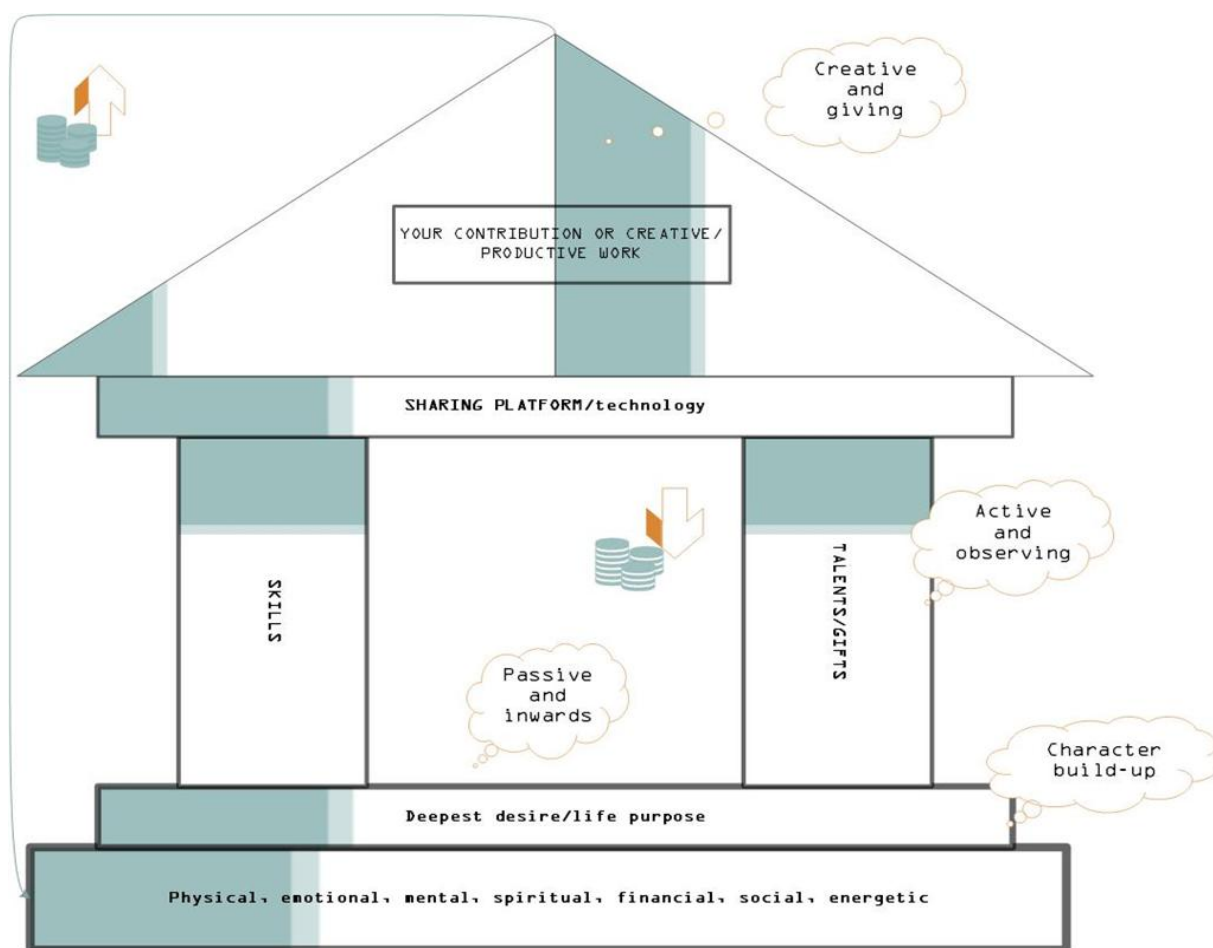
“It is not the tool itself that makes a man great, but the way in which he or she uses it”

Chapter 3: Knowing your essentials

Now that you have undone the destructive imprints and dragons that hindered you in your personal and spiritual development, however good intended they were, we can start to look at what *excites* you the most. As a child you probably had wild dreams, visions and a vivid imagination to what you wanted to do for the day or even your whole life! Every day was like an adventure, a new world where new things could be learned and experienced. Healing our inner child, like a knight who protects his realm, is crucial in re-constructing our essentials. Contemporary society does not dare to be childish, but instead is serious, 'responsible' and mechanic. Nowadays, it takes a lot of courage to be playful about life since pain and hard work has become the mundane. So by honoring your inner child and learning how to be playful, you automatically turn into a rebel again, turning the current paradigm into a hoax. I truly hope that by *burning your ships*, you have found this inner bliss and fire in your belly so that you can now start to shape your personal journey of creativity by the force of your own will power. Finding out what excites you is key in figuring out what your essentials are and how you want to organize your lifestyle.

Chapter 1 was created to inspire you and share some practical methods to de-condition your mind from false imprints that doesn't serve you well. This form of education is worthwhile, but only to a certain extend as mentioned before. The tools you have acquired from your parents and childhood can be used to serve you a greater destiny, but only when these tools serve your personal destiny and not theirs. Your inner master is that voice that gives you the visions, dreams and ideas you had when you were a child. These ideas are a part of your self-hood and represent your authenticity and signature to the world. Without knowing these ideas you cannot build your *dream house* and we remain purely a substitute of our parents and the environment that conditioned us instead of going beyond and beyond in reinventing ourselves...

The dream house system is a holistic model I created to illustrate how we can navigate our lives with *strength, wholeness and prosperity*. It is a very simple comprehensible model that needs to be addressed from a bottom up approach, hence the house metaphor.



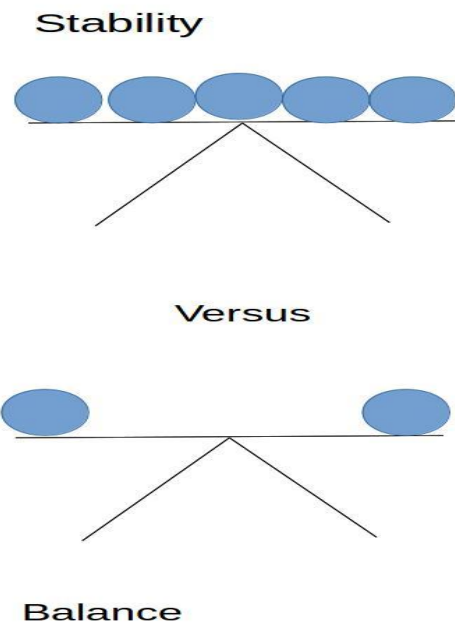
THE DREAM HOUSE SYSTEM

In this chapter, I want to focus upon the first layer of the house. The first layer is about *holistic well-being, strength and wholeness* as described in *my mission for you*, whereas the second will be focused upon using that well-being for a life purpose, mission or inner calling. The higher you go up in your house the more we will be focusing upon the *thriving* aspect of my mission for you. I will dedicate chapter 4 on *helping you to find this inner flame or deeper calling* and I will dedicate chapter 5 on the thriving aspect shortly, but don't give it too much attention yet in this E-book since I believe that building your fundamentals is more valuable than working on the 'roof' already. Without well-being and knowing your deepest desire, life purpose or life task, it is impossible to further continue to build your house. The abstract 'why' is in that sense more important than the concrete 'what'. To prove my statement you can simply observe the differences between individuals and companies who act from a 'why' or a 'what'. For example; the Apple computer was more successful than Microsoft because they acted from a deeper 'why'. Both are simply computers, but Apple created a deeper 'why', a deeper meaning to something really practical. Microsoft on the other end excels at being operational excellent, but lacks a deeper philosophy or deeper meaning by which to build a great and reliable fan base. By not having solid fundamentals, you or your company will eventually crash in a life crisis, burn-out, lack of innovation or depression that is intended to shake you up a bit. Your body

and mind are your fundamentals or 'game pieces' in which you play the game of life, and taking good care of it increases your experience and ability to impact the game! Your life or house will literally crumble down in order to reconstruct a newer and more refined fundamental if you did not manage to take care of yourself properly. This knowledge is not new. The ancients described such cycles of change in their mythology and, nowadays, psychotherapy is affirming the constant cycles of 'death' and 'resurrection' we experience as human beings in that we are ever flowing, ever evolving and that 'death' is simply a mark towards a new beginning. Contemporary society is oftentimes holding on to a paradigm of linearity without acknowledging the cyclical and often random nature of our lives. Except maybe for the masochist among us, nobody really enjoys pain, and, therefore we want to prevent such a thing to happen. In order to prevent such a radical life crises, we need to get to know ourselves during our younger years and remain as conscious as possible in navigating our older years, so that we can make more intelligent decisions to fit our needs and learning-curve. The only remedy to reconstruct a sleepy psyche when there is a lack of awareness is by radical means. It is similar with your alarm clock in the morning, if you don't wake up or become aware, the sound will go louder and louder until you have noticed it and smash it against the wall!

So without the second meaning of education, we fail in developing ourselves towards our natural inclinations. We will be syntactic and think like an android if we follow the wrong training or schooling for these inclinations. Unfortunately, you see many people who are very unhappy and suffer in the jobs they currently occupy. I believe this is because we lack a proper initiation in our youth that should give us the methods to draw out our inner potential and get a deep understanding of ourselves. Such rites of passages were very common in ancient civilizations. They were created in order to steward the youth into the proper trajectory for their individual needs in their adulthood. Nowadays, we experience, at best, a pseudo-initiation by joining the army, street gangs, skate groups, drug parties or whatever the thing is you are trying to get a life experience out of.

So let me break down the first two layers of the house. The first is meant to be a stabilizer to your house, where the latter is meant to build upon that stability by finding your thriving force, your deepest and truest desires. Stability is different than balance since balance is easily disrupted. A stable person can handle blows easily and is resilient towards physical dis-ease, emotional dis-couragement, mental slavery, spiritual corruption, financial stress, social conflict and energetic vampires. The diagram below illustrates the concept better; I have borrowed this concept from the book *Journey of your soul* written by Shepherd Hoodwin. So make sure to check out his book which has great in depth knowledge about *the Michael teachings*; a framework of self-understanding and spiritual growth, created to help us live and die better by an cycled of ancient entity of souls who made it their mission to assist us from the mid-causal plane.



As you see, balance will be more easily disrupted than stability. A stable person, therefore, has stronger fundamentals on which he or she can rely on during times of despair and setback. So in order to be stable, we need to be strong and healthy. It is very hard to thrive if you are constantly struggling with dis-ease, financial worries or social conflicts. I will quickly summarize some useful insights you can use in order to be stable on, what I believe, are *your 7 layers of strength*.

“See your life as it is with building a house, and you become the architect”

THE 7 LAYERS OF STRENGTH AND WHOLENESS

Before I want to break down and classify the elements of what I believe can make you stronger and 'holier' as a person, I want to make clear that they are all intertwined and interrelated. A physical strong person, also needed a mental and emotional level of development in order to reach that kind of physique. So keep in mind that the ideas I share contribute to the greater whole of your being, but emphasize to a lesser or greater extend to certain other elements of this being.

On my website; www.keesberg.com, I often write about holistic health and inspirational material that can help you on all these layers. Make sure to check it out if interested!

What follows is simply a short introduction to the layers of strength that fits the introductory purpose of this E-book for the institute SOL.

Physical:

Our physical bodies are the epitome of complexity in our known universe. Its capacities and potential is ever evolving and constantly adapting to its environment. It is digesting our food, creating babies and repairing itself without us having to think about it!

Sometimes we forget how amazing our instinctual intelligence is, because it is automatically playing on the background of our awareness. By listening to the needs of the body, we enable ourselves to make intelligent decisions in our diets, movement patterns and rest intervals. A schism between our brain and body has occurred due to the levels of alienation in our modern, high tech society, leaving us in confusion how to communicate the two so that the brain makes healthy choices for the body by re-learning how to listen to what the body needs.

Your body is completely unique and your personal instrument to explore this world. A metaphor will illustrate this better; just like an astronaut needs to have a space suit in order to explore space, do we need to have bodies in order to experience sensibility and physicality. The human animal is only trying to survive and to prolong our stay, so that we can experience and learn the most along the way. However, our alienation has caused us to take it for granted that the body is repairing itself, without we having to do anything, but part of being intelligent is to know how to honor our animal instincts so that we can be healthy, vital and fit. The only simple things we have to do is to know how to eat, move and be healthy so that our 'game piece' in life is working at full capacity!

Please visit my website for more information or contact me there if you want any help with that.

Mental:

Tapping into the higher faculties of the mind is key in maximizing our creative energies. Our intellect is the greatest boon of being human since it enables us to shape our environment, interact with it and get a grasp of what the heck is going on. Without the intellect we couldn't have made the tools we have today. All inventions are created by our intellect and our desire to manipulate the environment. So growing intellectually is key in creating visions, plans, tools and systems of communication in order to build our dreams and to navigate our life intelligently. It is a different form of intelligence than learning how to listen to the instincts. We clearly see that the mental faculties are emphasized instead of the instinctual in the modern world. Since we don't have to move that much anymore in order to survive, there is more energy left to think, ponder, rationalize and analyze. Being an egg-head and overly intellectual can cause great dis-ease and suffering and can be a great obstacle. The intellect is, therefore, a trap when you cannot access other forms of intelligence as well and balance your centers in harmony.

Emotional:

Emotions are **energy in motion**. Subtle and spontaneous in nature, do they oftentimes govern our life. The etymology of emotion refers to *emovere*, which means *movement* in Latin. Emotions are constantly in movement and we often don't allow this to happen and repress or deny them until they explode right in our face or loved ones! The same is true about a lack of instinctual intelligence and knowing how to properly take care of the body as it is with our emotional intelligence. Being too intellectual can cause the person to feel dispassionate and live in denial about his or her emotional state, which is a reoccurring theme in a world that emphasizes on the intellect. The lack of empathy and the fear for irrationality is proving my point that many of us are trapped in the intellect. Emotional intelligence is just as valuable and worthwhile to pursuit as is the intellectual and instinctual part of us. Without knowing how to be sensible and empathic, we miss out on a great part of life, like enjoying music, intimacy, romance, wine-drinking, poetry etc.

Spiritual:

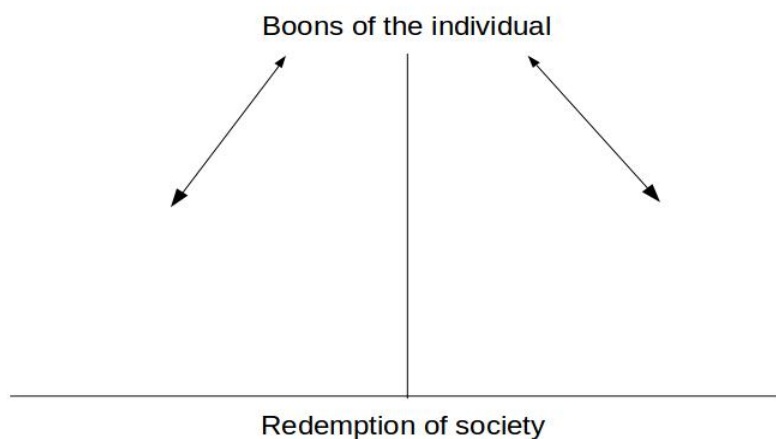
The rise of the industrial age and our focus upon the material or mundane has created a decadence in spiritual values, awareness and, therefore, the arcane. We need the mundane in order to grow spirituality, but not to the extent in which we often think. There are some basic needs we have to fulfill in order to maintain our biological continuity, but again, in lesser degrees than we often think we do. In order to evoke spiritual growth there has to be a focus on more essential than trivial things. By making discernments in what we **NEED** instead of what we **WANT**, we can better grasp the things we need in order to grow spirituality. Oftentimes, what we want is not contributing to our spiritual growth but merely acts as an anchor. By 'knowing thyself' we can spend our energy more effectively and useful in activities that make us feel more happy, fulfilled, creative, empathic, joyful and wise. Energy spend purely on the mundane, is blocking your ability to spend energy on the arcane or spiritual. Our time and energy is limited, and dwelling in the mundane makes you less able to spend energy on the arcane. I am not implying to be an ascetic or a Tibetan monk, but by simply shifting your mind upon more arcane things instead of being occupied with the mundane all the time, you do yourself and others a great favor in terms of spiritual growth and moral sophistication.

Social:

It depends upon what kind of culture you live in, but contemporary society has become hyper individualistic and isolated if you ask me. In the introduction I have mentioned the prospect that there is a catharsis happening within each cement house and polluted city. This is due to the increase in technological innovation, without an increase in philosophical or spiritual awareness to use these technologies. Nowadays, it is very easy to isolate yourself from social contact or contact with nature due to alienation and, therefore, avoiding conflict and constructive critique. There is no real survival threat that creates a common enemy and, therefore, no real need for a communal or tribal setting that support you from the back and personal agendas are, therefore, much easier pursued. Besides the great benefits it has to pursue the luxury of making individual choices, it does tend to disrupt the common good of a community or society. Everyone has their own bank account, there is great fear for intimacy, and there is this feeling of 'every man for its own!'. There isn't anything wrong with individualism, and pursuing one's own creative endeavors, but it can become destructive when one feels isolated from the greater whole. Feelings of superiority, loneliness or isolation easily slip in when there is no communal setting playing in one's life. Without community support there is an absence of intimacy in which ritual elders can steward and initiate the young into adulthood. Without having *honest* confrontations with your fellow man, how can you possibly grow and know how to be valuable for others? That many people live with a lack of meaning proves my point that meaninglessness can cause severe feelings of isolation and disconnection from others. In their confusion of meaning they try to substitute the feeling of meaning and connection in fantasy games, porn, drugs and other mediums of trying to get a life experience. The same is true when an individual is pursuing a personal agenda that is only self-serving without considering the needs of others. I am not pushing any moral judgement here though, since "all is well, all is permitted" as Voltaire would say. I am more concerned whether an individual or society is functional or dysfunctional like an organism can be healthy or not.

To me an individualistic society makes it very easy to lose touch with what the greater whole of that society needs in order to thrive collectively. Therefore, I included the *social complexity aspect* as a fundamental part for our growth and well-being. Without true community, we have to do it ourselves or ask improper institutions or family and friends who do not always know how to handle the battles of growing up either.

As you see below in the diagram I created, you can see how ones individual contribution can potentially add to the whole so that both interests are met and come together in a synergetic alliance. The process of individuation is necessary to undo parental and sociocultural imprints, to the extend in which you are 'out of the box'. The idea when you arrive at that point is too use your insights to redeem your society with the boons you have received or discovered and 'return' to oneness with all that is. By doing this you are working 'in the box' by using 'out of the box' thinking processes. This can be previously unknown talents, gifts, valuable knowledge or whatever seems fit for you in order to serve others in a way that you feel self-realized, individualized and simultaneously contribute for the common good. The great benefit of this form of *mutuality or reciprocity* is that the individual is doing the work he or she enjoys or finds meaning in, and at the same time redeems the society by creating a service or product. This philosophy on its own can heal parasitism, boredom, meaninglessness, alienation, lack of productivity and all other imbalanced phenomena we currently see in contemporary society.



The diagram shows that the individual grows through a process of individuation on the y-axis by using the resources of the x-axis from its society. Eventually the individual should arrive at a point in which his or hers unique offerings or boons can redeem the society he or she grew up in and, therefore, creates a sustainable society.

Financial:

This can also be read as *resourcefulness*. I had some doubts adding this to the 7 layers of strength, but decided to go with it anyway. Not because we live in a capitalistic system, but because I believe that we are living on a planet that needs us just as much as we need her. There is a mutual relationship between you, your community and the ecosystem that support its longevity. Without nature we would be lost, and we are on a point in which there is a great decay in the quality of our basic needs like food, water, clothing and shelter. Your financial strength is, therefore, based around the idea how resourceful you are for yourself, your loved ones and the ecological environment that you are a part of. Without this strength you remain a parasite and a sucker to your surroundings, solely dependent on what others and nature can give to you. This is the negative form of *extraction* which is the opposite of *innovation*. Unfortunately, the majority of the people are living like parasites and are using more than they give which is in turn disrupting our ecosystems. The line of work you do and how innovative you are is, therefore, paramount to the greater whole of your community, society and planet. *How* you earn your money is key in developing yourself on this layer of strength. We often fail to see our own role and influence in the bigger scheme of things since our perspectives are so narrow minded by the boundaries of capitalism. When you work for a company like Shell, you are contributing to the longevity of a company that is working on a dinosaur old age business model of extracting all the sun pockets of the earth. Shell is a good example of how they extract resources instead of being resourceful and innovative. Nikola Tesla already introduced options for free energy during his age and we are still acting like dinosaurs, waiting for extinction. Your financial strength is, therefore, focused upon minimizing a negative environmental impact in your own lifestyle and maximizing a positive influence by being resourceful with what you have at your disposal. As long as there will be a demand for gas, prostitution, junk-food, cheap clothing a.k.a. child labor, the capitalistic system will supply. Our own wallet is, therefore, our strongest vote for a better future. If we learn how to spend our money, vote or energy

in companies that are resourceful instead of extractive, we support a resourceful and abundant future.

Energetically:

Nikola Tesla coined it nicely in his quote; *“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”* This is equally true for our well-being and, therefore our first layer of strength. Without addressing the energetic significance of our reality, we fail in building solid fundamentals for our life. Have you ever been in a job you really hated? A relationship that was very draining? A living area which wasn't stimulating? The negativity that occurs is happening because you are not living up to your true desires. Some lifestyles work like black holes, draining our primordial source of energy down the sink. You may call it a 'vampire' archetype you are possessed by, because essentially you are the one who is choosing the pain and suffering. It is within our control to choose lifestyles that energize us the most, and still we choose those that are draining us. If we want to think in terms of health, wholeness, well-being, happiness and joy, we need to think in terms of energy, frequency and vibration.

This paradigm shift on its own will change the current status quo the scientific community is holding on too. The human eye has always been a precious gem and deceitful nightfall. What it can perceive is only a fraction of the total whole of the universe. Within this perception we build our scientific principles, tools and instruments, and by expanding our perception, we expand our science. Science is then a faithful follower of the eye goggles of the people and born from the doubt of the unknown. When the new instruments will prove a reality beyond the veil of the eyes, the intellectual man will come to the acknowledgement of his ignorance.

Not acknowledging a reality that is paramount for our well-being and strength, is limiting our ability to live our lives to the fullest.

TO CONCLUDE THE FIRST LAYER OF YOUR DREAM HOUSE

As you see, there is a lot of work to be done in order to have solid grounds to build our dream house and, therefore, I want to focus on this aspect in this E-book. It is a holistic approach for *being the best you can be*, and I know for sure there are many more areas we could classify and categorize in order to be more precise and detailed. However, my intention was only to let it be an introduction for how broad and complex we are as human beings. There is much more to the equation if we really want to live up to our fullest potential and what I have shared here is just the tip of the iceberg I have dis-covered so far in my own journeys.

This book is not meant to go into great detail yet. I merely want to give a broader perspective in the possibility of how we can live our lives more fulfilled, effective and efficient. The 'dream house' can serve you a good reference for pinpointing your own evolution. Since most people lack solid fundamentals, I won't go into the upper layers of the house in great detail yet. Heck, most people don't even HAVE fundamentals, and are living upon an instable house of death and decay!

The greater part of this world is 'lost' in Maya, fear, negativity, destruction, false personality and, therefore, mediocrity. 'Burning your ships' and 'slaying your dragon', is, therefore, more important than thinking about building the roof of your dream house. The following questions can support that theme;

- How can we grow if we are dwelling in all this Maya or illusion?
- How can we prosper if we are constantly living in fear?
- How can we be of service to others if we are not of service to ourselves?
- How can we raise a loving family, if we don't know how to love ourselves?

'Burning your ships' or removing the Maya is, therefore, paramount in my message here. Nobody can do this for you, but yourself....

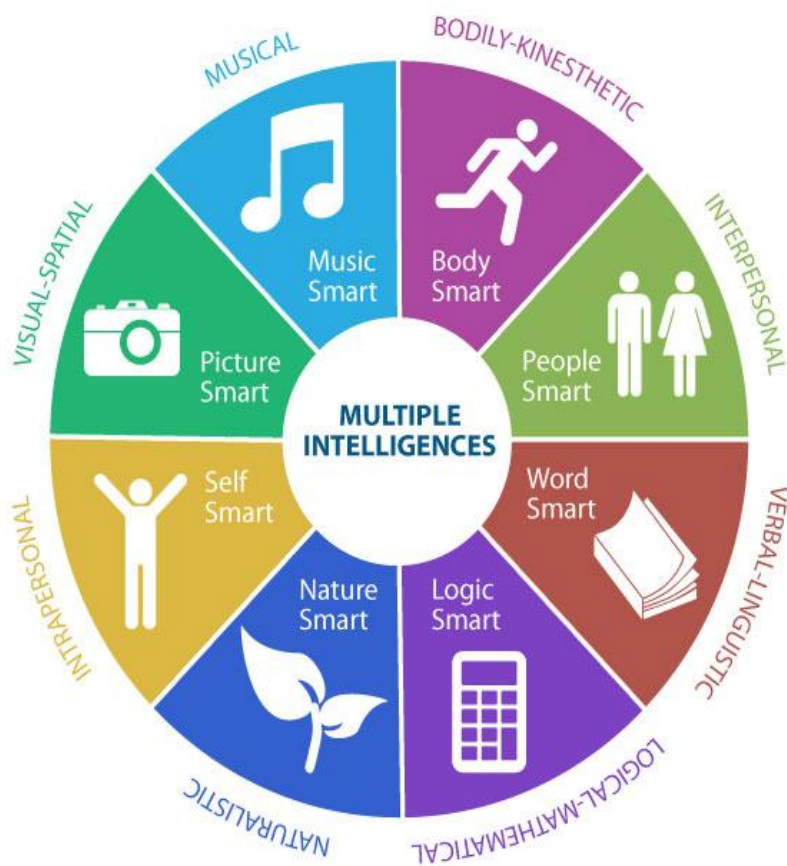
Chapter 4: Finding your thriving force

Being a young man myself, I can easily sympathize with the struggles there are with the educational system, making a stamp in the world and 'earning' a living. I say sympathize, because we are all in this 'together', which is the Greek root of 'sym' or 'syn', whereas the root 'path' means *to feel* or *to suffer*. Sometimes we are so immersed in our own inner and/or outer battles that we forget we all row the same boat and start to live in our own bubbles without seeing others going through similar difficulties and even mock about their suffering. It isn't easy to find the courage to get to know thyself and to find the things and do the things you truly enjoy instead of working a grind stone job that you barely landed with your precious degree or by stamping on other people their faces. Work is just like family, it is something universal and necessary that shows up in every culture. Without feeling productive we remain psychologically speaking on the level of an infant and remain handicapped in nurturing ourselves and our loved ones. It is interesting then to note that the word 'maturity' originates from the Latin word 'maturare' and has an etymological meaning 'to ripen' or to become fruitful for others. Therefore, this chapter is all about *how to earn a living by doing what you enjoy the most*. The practical methods have been shared before in 'burning your ships', because we are again trying to 'draw out' your potential instead of indoctrinating another school of thought. Therefore, I will only share some insights and personal experiences that might help you in determining your own 'thriving force' since you are the only one who can be absolutely sure what this force is and what kind of fruits you want to leave behind in the time you are alive.

I have found myself in many jobs I absolutely hated, but needed for survival, because you do what you have to do in order to earn a living, right? To me this phase, which I am partly still in, has been crucial in distilling my own true desires from my false ones. This phase of scraping my knees feels necessary in order to appreciate the beauty of writing this E-book for you. You either find yourself that dream job, which for most simply does not exist or you drop down by living at your parents or care givers again with a debt because you were pursuing false desires like spending it all on drugs and parties trying to escape your initiations! Both scenarios aren't ideal, and I am all about realizing ideals so that you can

experience a fulfilling lifestyle. I am not playing the judge here though since nobody holds the authority to judge you, not even god or any other authority figure. If you want to only party, play video games and kick back for a while, then that's all fine and no need to feel guilty about yourself. It is just that I have noticed in myself and others, that such things are oftentimes simply substitutes for the things we really want out of life, plus a poisoned organ system due drugs is very painful! We have become *passive observers* by seeing other people doing the things we want to do! Hee, but don't worry, every experience can be learned from and making decisions is always better than making none at all. If we don't take the courage to make a decision we *endure* instead of *participate* in the dance of life, which can be a great cause for de-pression. Moving into a direction you absolutely hate can give you useful information for the things you really love. You might read this with an enormous debt hanging above your head, barely making ends meet, working a grind stone

job, being a single mother or sitting on the edge of your bed in your parent's basement with a drug addiction. Either way, instead of losing ourselves in boring jobs, escapism, drugs and racing hormones, we can look back on our experiences, take the ability to reflect and make more intelligent decisions for the future.



The main imbalance in mainstream education is the emphasis on solely reading books and spewing up facts instead of having a *full body and visceral* experience of the craft you want to engage in. Without having a spiritual education that gives you access to self-knowledge, you become a cog in a wheel just to live up

to another man's expectations.

It is only through the *acts of doing* that we can truly master a craft. Neuroscience has proven that our brains make new neuron pathways if we engage a practice with our whole physical body, and especially with the hands. Human beings are hardwired to be tool makers, and by the use of our hands we have invented the greatest tools by only using the elements that were at our disposal, no books needed. I am not implying that one form of intelligence is more superior than another, but I do want to highlight the imbalance of contemporary society that emphasizes a lot on memory alone.

This form of intelligence is of course useful, but limiting when you realize there are many other forms of intelligences as well. Real knowledge or *gnosis* cannot be gained by only

reading about it, but it can give you the information necessary to transmute it into knowledge by putting it to the test in real life sensory experimentations. Therefore, information is penultimate, and practical knowledge, life experience and wisdom ultimate. We explore our environment through our 5 senses; smell, touch, sight, hearing and taste, not even mentioning the psychic senses we are all hardwired to activate if we are willing enough to explore inter-dimensionally. The more senses that are engaged, the more well-rounded and hardwired the new experiences drip into our consciousness and learning process, which in turns equals to a greater circle of influence in shaping our lives the way we want.

Therefore, practical knowledge and wisdom are both attained by trial and error and doing the *thing* wholeheartedly over a long period of time by engaging it with *all our senses*.

To quote Ralph Waldo Emerson here; “*Do the thing, and you will get the power*”. In older times you would do an apprenticeship in which you would learn a particular kind of craft over an intense period of 7 years or more. Close mentor ship and vigorous practice was the core approach to such an education instead of reading books and spewing up facts sitting in a lecture room with 30 others trying to do the exact same thing. There was a holistic approach towards learning that didn't only included the rational intellect, but also the irrational artistic mind, the kinetic, the emotional and psychic aspects of intelligence. By having this well rounded approach we develop ourselves towards the ideal of the Renaissance man. It seems, however, that we have shifted towards being a cog in a machine, spewing up facts and working the treadmill every day to ‘escape’ the rat race by building up pension plans into infinity.... I don't want to offend anyone here, since there is great value in the rational intellect and how far it brought us in terms of modernity, but we are much more than just ‘thinking machines’ working the treadmill in order to see another day.

If work is not a reflection of *who we are* we remain alienated and emotional detached, but if it is our signature of creative uniqueness and true personality, we feel highly connected, self-realized, authentic and passionate about the work we do.

Let me share with you the 3 most valuable principles I think are worthwhile sharing in discovering the things you feel passionate about:

- Instead of investing huge amounts of money or energy in a degree which doesn't always guarantee actual mastery of a craft, why not invest your energy in a vigorous apprenticeship where you will actually gain practical knowledge and wisdom from a true master as your teacher, while making ends meet at the same time? You can question the value of today's traditional educational systems in an age where information is so easily shared over the Internet. I have personally learned this the hard way unfortunately.... It is very simple really. As a child you probably wanted to play with the adults, to learn from what they were doing, to model them and to make sure you could do what daddy or mommy also did. Why choose all of a sudden a different path to learn about crafts and skillsets?
- Don't choose jobs for money only, but make sure that the job has learning opportunities for skills you want to acquire for your future trajectory. Working solely for money without learning new skills can be a difficult trap

- to escape from if you become depended on the job.
- Spend a great part of your younger years removing parental and cultural imprints, so that you can make great discernment in what you want and don't want for your later years.

Let me conclude this short chapter by saying that it isn't always easy to find your *thriving force*. Some individuals stay more awake about themselves than others, and others completely loose themselves in parental and societal imprints. Looking outside for answers will probably not satisfy your questions about motivation, enjoyment, fulfillment, passion and work occupation. These questions are as personal as it gets and we are all unique snowflakes in these matters. Instead of relying upon authority figures, why not dive deep into your own being and explore your heart? To see what kind of gems are really buried down there. Just make it a private experience and see for yourself what makes you unique.

Chapter 5: Sharing your craft

Our time and age is in my opinion truly the most exciting times in which we could have been alive! Travel has become much easier, study is available for everyone, depending if you have access to the Internet or not, and there is a whole new digital world to explore in our social, economic and academic lifestyles. Besides knowing and practicing your craft, it is also paramount to share it with others so that it can be recognized and used in order to provoke reciprocity. Nothing can be recognized if it isn't shared, and even if it is shared it might not be recognized as something valuable. Therefore, you greatly increase your chances to put yourself in the spotlight and find the audience you want to serve if you market your contribution correctly. Many people and organizations use 'false marketing' in their business practices in order to win people over. Personally, I find my integrity to be more worthwhile to pursuit then having to lie and stamp on other people their faces in order to step up my game. Building your business in a compassionate way is rewarding in and of itself by the good feelings you receive from the way you treat other people. Besides, there is no good reason to lie if you are not truly under threat and the new systems of communication like Youtube, Facebook, Wordpress, Drupal and all other platforms of sharing content are excellent in generating on-line communities in which people of similar interest engage and help each other.

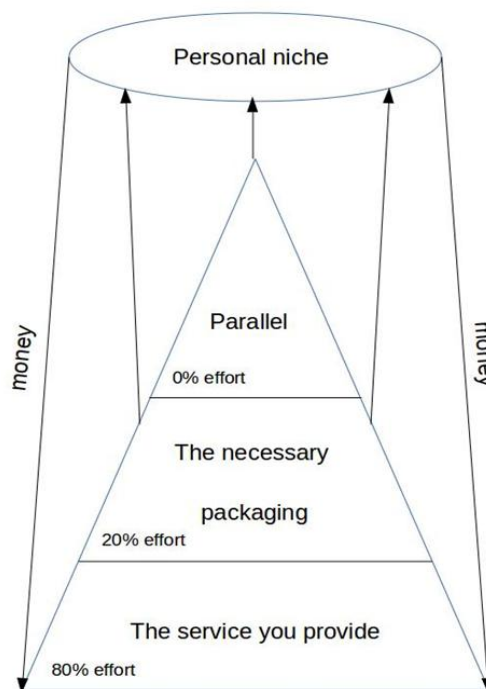
This is the great boon of the age of technology and information, and we need to use these new tools towards our greatest benefit. It can greatly increase our sense of resourcefulness if we use these tools appropriately. Like any invention, can it be used for good or ill, and this also counts for our new communication systems like the Internet. Internet is in a way a new form of escapism and a great distraction if we use it in a dysfunctional way. On the other end, can it be used to meet up with people, establish digital relationships and create digital economies in which we can better share our products and services and by doing so creating new ways to support ourselves and our loved ones and prosper as a collective species.

This freedom of sharing your craft can greatly benefit in how we choose our lifestyles. It is opening new ways of being alive. I have written this book while jumping continents and living places multiple times! I am currently writing this E-book on a WOOFFING farm in Denmark and at the same time, enriching myself with a new culture and useful skills for my future. This would have been impossible or at least much harder if it wasn't for the Internet! Imagine that.

Now I want to share with you a marketing model I use in building my personal niche. I think it is a more natural, balanced and authentic way of making a stamp in the world, instead of using aggressive, illusive or manipulative forms of marketing and sales. There is more focus upon product and service development and less upon marketing and sales endeavors.

Therefore, we rely on *mouse-to-mouse* advertisement, which still is the most trustworthy kind of marketing despite all the fancy psychoanalytical manipulation techniques salespeople use nowadays. These so called marketing 'guru's' use many of the psycho analytics Sigmund Freud introduced to manipulate the masses. In my view, this is one of the shadow sides of the *inner magician* that tries to create illusions and manipulate people in converting them to their suggestions. I happen to know this, because as a writer, salesman and educator I need to constantly check if I am not acting out of this shadow part myself. Such manipulators can make you feel ecstatic until a point that you justify your financial losses with your short lasting emotional pleasures created by their magic charm and fancy storytelling skills. Not being judgmental here, since I really love storytelling and salesmanship, but the shadow magician easily creeps in with these matters and is something to be wary of. A good way to see if someone is lying is to learn about reading body-language. The beauty of nature or the body in this case, is that it cannot lie. The body is always honest in that it gives away signs of what the underlying message of the speaker is, even if this speaker has mastered his own body language.

Mouse-to-mouse marketing is trustworthy because it relies on references, testimonials and suggestions from your friends and close ones. Your friends are probably those who know you the best and to which you *want* listen too, and can, therefore, recommend the best product or service to fulfill your specific needs. This is a parallel form of sharing your craft and requires no real effort on your part except for creating the best service or product you



can offer to others.

Sharing what you have created asks for the *necessary packaging* in which you invest around 20% of your time and energy. As you see, most of your energy goes into good product and service development in which the product or service will hopefully sell itself through mouse-to-mouse advertisement. By the use of open source technology solutions like Youtube, Wordpress, Drupal etc etc you can be very efficient in your overhead costing and, therefore, increase your chances to get a return on your investment. If this is not the case, then you might ask yourself if you are getting crushed by fierce competition or that you simply created something where there is no market for.

If this is the case, then you might want to consider exporting or moving to an economy where you know there is a need for your preciously created service or product, or leave it as it is and enjoy the creation process on itself. Unrecognized or unappreciated value can be very frustrating for an artist or entrepreneur, but if the thing you do gives joy on itself, then the fruits of your labor will taste even sweeter. Even if that means that the fruits will be little or none at all..... What truly helps is to have no expectations of it, to prevent discouragement and disappointment and just create for the sake of creation. The golden rule of reciprocity only occurs if the recipient or the customer in this case is truly happy with the service or product you created. If you create happiness around you, the positive energy is never wasted since there will always be someone who will take the benefit of that energy.

These are the keys of your success:

- Be persistent and dedicated in your generosity or creativity
- Produce more then you consume
- Don't have expectations of desired outcomes to prevent disappointment and discouragement
- Be resourceful, inventive and efficient in your overhead costing

By following these principles you can build a very inexpensive business depending on what kind of craft or passion you want to share. The bottom line is that *you have* to be intrinsically driven to provide a service or product otherwise you will be governed by external triggers and unable to battle the challenges that come with making a living out of the thing you love to do and building something out of nothing.

If there is really no market for the product or service you love to create, then you can always try to create a new market. '*Within trying lays accomplishment*' and Steve Jobs is a great example of how to market a product which did not had a need in our daily lives before. With his Apple industry, he created new psychological habits most of us follow religiously currently by seeing the Smartphone as our new best friend. Infusing these psychological habits in your product or service is a great way to ensure the sustainability of your art.

“A gift is only a gift if it is shared and received”

