

# NOW -

Experience Calls CHAPTER9

Senses & Communication

# **Abundance NOW Experience Calls**

# Chapter 9 Senses & Communication

# Theory & Workbook

# Theory

However the ears, the eyes, speech and moving the body are not officially known as the complete collection of senses (namely traditionally sight, smell, touch, taste, and hearing; and nowadays even more), we will primarily work with these faculties in this chapter about Senses and Communication. Originally, the idea to work with the senses in a cleansing and natural way, and in an attuning and supernatural way, came from a revelation from the Divine that talks of the mind, the eyes, the mouth, the ears and the heart: again a variation of the senses that seems not too literal. Why we speak of the sense nevertheless is, because this is roughly the area we are addressing and it is about the mediation between the inner world and the outer world.

Firstly, it seems advisable that we need to cleanse the faculties that are doors between both worlds. And then secondly, we can learn to use them for the correct kind of communication of our deepest, truest, Divine Self. In the end, you will even get the insight, that the process just described, is in fact the entire spiritual journey, in another perspective. Because in your goal manifesting spiritual journey (that we stand for to make possible for you), you in essence cleanse the medium (yourself) to let the true energy flow through so that the vision of the Divine Mind can come into Being through you in the world: that's cleansing the door or senses (yourself), to let the inner world into the outer world as the ultimate communication and thus contribution.

And indeed, in traditional description of the spiritual journey, the cleansing of the senses plays a role, just as the stage of that cleansing that will be somewhat in the middle of the journey and become communicated to you by a withdrawal of them, or them becoming dull and dim - which is in effect the cleansing itself -, after which phase the senses will become able to communicate the deeper Divine Truth instead of the personal experience. However it is a part of the organic truth of that journey that cannot be missed by anyone that genuinely goes through it (just like nobody can miss the fact there are mountains, forests and oceans on the earth when one is a world traveler, and these are feats or stages of world traveling that can not be omitted when one has done the genuine world travel), this is for instance well described in Christian mysticism from the church teacher Theresa of Avila (meaning that all spiritual an religious traditions have such information because it is part of the genuine journey).

The nine layers in prayer, in meditation, in the spiritual journey that a person goes through according to Saint Teresa of Avila are as follows:

# **Ascetical Prayer**

# **Purifying Way**

1. Vocal Prayer Read aloud the prayer words in full faith. 2. Meditation

When the words are known, there is room for thinking about mysteries of faith.

# 3. Affective Prayer

The will comes forth and you make resolutions and receive consolations.

4. Acquired Recollection

You silently meditate on spiritual objects about their meaning.

# Bridge: Dark Night of the Senses

Emotional-mental-physical desert experience in the senses, difficult to get through, experience of futility due to sensing painful contradictions that seem unable to resolve.

# **Mystical Prayer**

# Illuminative Way

5. Infused Contemplation The supernatural, God, the Holy Spirit and the saints, will come to you naturally to offer you their power.

# 6. Prayer of Quiet

The complete silence that can be experienced when you are visited by the divine and that you cultivate with your will.

# Bridge: Dark Night of the Soul

Desert experience of the intellect and the will: great cleaning of all your memories, concepts, worldviews, self-images; difficult to get through and the will is finally transformed into giving up the personal will in merging it with God's will.

# **Unitive Way**

### 7. Simple Union

Your inner powers including intellect and will have turned towards God and in a process of becoming more and more true, it is as if you are being consumed by the divine from now on in a process that is unstoppable.

### 8. Conforming Union (Harmonious Union)

Spiritual engagement in which that process is completed in the core and then expands over all inner faculties, in which an ecstasy can be experienced that will not go away.

### 9. Transforming Union (Perfect Union)

Spiritual marriage in which a transformation in God can be experienced, in the sense of God moves the person and that is all that happens because there are no other motivations. Communication is the crown of creation: it holds everything that is of true value in the inner and portrays that in a natural way to the outside in the many ways of signs such as language.

So, this is where you can thus see, that the first Bridge (towards deeper), in Theresa's systemization, is the Dark Night of the Senses indeed. This is where the sense become transformed to be able to – again – translate deeper layers and communicate them to you

yourself, after which (and probably best after you've completed the entire nine stages) you will be able to convey the deeper layers into the world. That means that you will be able, through the turnaround of the senses, to manifest the fruits of the deeper layer, and they are Harmonious Twin Flame Union (for the ultimate partner, see the term Union for the deeper layers in Theresa's system) and Anchored Flowering Golden Flow (for the birthright abundance and ultimate financial vibration, in the physical reality.

Thus, the formula of the senses as presented in our work, has the same goal. The formula is: Hearing + Seeing + Speaking + Moving = Creating. The idea of it is, that while using those faculties, you transform them and create a transformed result as well. Transformed in the meaning of: deeper then only surface; from below the first bridge, from the first bridge until stage 9. Mind, seeing, speaking, hearing, heart is then additionally the order of the original teaching of the senses how it was communicated to me spiritually and this adds the consciousness of that the direction of the transformation is always from the Divine Mind to the Human Heart, with seeing, speaking and hearing as faculties that mediate that process (to which we only added moving). If this all sounds to technical, don't worry, the rest of the chapter will make it experiential for you – and especially also the workbook of course.

More on the formula, you will find in these books:

*Innovate Yourself* (Dutch version *Innoveer Jezelf*!) for the formula Hearing + Seeing + Speaking + Moving = Creating, on page 96.

*Nine Entrances to Conscious Creativity* for the formula seeing + hearing + speaking + moving = co-creation, The Senses in chapter Keys/Nine Entrances invite Nine Keys, on page 48.

More on the spiritual journey system of the mystic Theresa of Avila, you can read if you want to in the added extra section at the end of this theory part of Chapter 9.

Hear, See, Speak, Move

Hearing

Sound that can be heard is perhaps the most basic of all information carriers: it is even said that the base of the earth is a vibration, a vibration that causes a sound, a low hum due to its movement in space. It is not for nothing that many sagas and myths exist about creating people, the world and other things through music. Pan with his flute and Apollo with his lyre, two ancient Greek examples of mythological figures, fought together for the honor of the one who most entranced nature with his music - and indeed, the birds almost fell from their branch of worship. Hindu goddess Saraswati creates the whole world with the vibrations of her vina (stringed instrument). Orpheus lures his beloved Euridice back from the dead to the world of the living with his harp playing.

Sound is a way of influencing your cells (and in the case of Euridice: bringing them to life!), after all, they will vibrate differently if you let certain vibration information resound around your cells via sound or music. Just think of a rock concert, where after a while you let your body sway to the beats: it influences your body in its movement, but also on a more subtle level than kinetically. Your cells are everywhere, your body consists of cells that are always

more or less receptive to their environment, to what is offered to them, so to speak.

Music is very logical with 'hearing', but what a number of visual artists who work with sound do, is very telling about the effect of this medium. Some call themselves sound artists. Paul Devens, for example, sometimes allows a space to speak with his installations by merely amplifying the natural sound that 'sings' through airflow through a specific shaped space, so that the audience can see this enlarged. He says about his work:

I think noise is very important, noise can make a space, can play that space. Because noise in a coffee cup sounds different than noise in a room. Space becomes the resonator, so that space is beginning to have a voice.

Silence: is that even possible? It seems logical after hearing and the introduction of sound and music, to switch to the silence between the tones. But does pure silence objectively exist? Devens also takes a position on this:

Silence does not exist. John Cage once put in an acoustic dead space – a car developer has such a space to test their equipment. Sound from outside does not penetrate and sounds in the room do not reflect either. As if you are in a snowy landscape, you will hear your heartbeat and the pumping of your blood. There is always noise, even if your ears make it themselves: the blood circulation in your ears.

And indeed: the least you will be left with is the sound of air movement in the atmosphere and in yourself (breathing). And what about your own heartbeat? Truly deep relaxation can be measured by being able to hear (and feel) your own heart.

This is how the idea arose that the ambient sound itself is already musical composition, if you listen to it in that way. A good example is the composition 4'33" by John Cage. It is performed with piano, preferably a quality grand piano, in front of an audience, in a good acoustic environment. Here's a video performance:

### http://tinyurl.com/horen433

Which brings us to the subject of hearing. When does the ambient sound become a 'beautiful' composition? If it whines in the background as you try to focus on a precision job? Or if you don't concentrate, but open up, are receptive and take everything in as it is, you just sit down and let the sounds become the sounds. Slowly they creep closer and you start to like it as a casual 'serendipity composition' when you open up.

This deeper hearing is also tapped into the compositions of FNSounds, with whom Business & Creativity has been collaborating for years. His sounds are memories of his personal and collective musical past, contain many fragments of tracks from modern music history, especially genres such as pop, country, rock and punk. His music pieces are created on the computer. The pieces have been published in combination with spoken text, poetry by Petra Else Jekel, and have been used in various theatrical settings. In 2014 a creativity CD was released. Although there is a whole spectrum of emotions running through his work, from the very dark to the cheerful and crazy, there is a sound very unique, which forces a certain unusual listening experience.

"Much slower, as it were and much more aware," says Lize Wieggers, my intern from Radboud University at the time. The listening experience is one of a certain delay. Especially compared to the fast beats and switching between different 'stations' and types of sound, which we have become accustomed to from contemporary TV and pop music. Due to the (usually) lack of beats and an unambiguous tuning to our western note system (a song is for example 'in C'). Waves are audible, but if they were perfectly regular, they would be interspersed with other irregular sound waves. This creates an exciting atmosphere that certainly has a structure, but at the same time is nowhere to be 'grabbed' or reproduced. As a result, the listener is, as it were, forced to open his ear and brain, to open his body in order to receive the sound effect or not to receive it, see: receptivity. By listening differently, silence still arises, in a different way, because of the harmony it produces, even though the music is a combination of dark and light tones and atmospheres.

Composer and poet Freddy Nekkers a.k.a. FNSounds

### By Mireille Molenhuis

He has been writing poetry since high school. Poet and composer Freddy Nekkers then translated song lyrics into Dutch. "People started shouting that it was great poetry. I could do a trick. And that was writing." Also began to compose in the late 1970s. "Music is my first love," he says. "As a child, for example, I hit a metal garbage can with a harmonica to my lips."

He describes the music he makes as a dark, industrial sound. "And then you can suddenly hear something very sweet passing by. For example, a sample of schlager music. I grew up in Winterswijk. At the German border I often heard schlagers. All kinds of music that have passed in my life, I let in a distant echo."

During Talkshow about Creativity The C Inside we listen to tracks by Nekkers. "We are going to analyze the music. I want to show the samples separately, how my music came about." Nekkers says the following about creativity that the talk show is all about. "Creativity is something indefinable. Something that can rise above yourself. When I'm working, I have no idea what I'm doing at that point. Only when I have everything ready will I see what I have made. It surprises me then. Does that come from me? But maybe it's not from me either."

\*Video about FNSounds and Petra Else Jekel, together Audiopoëzie: <u>http://tinyurl.com/videoaudiopoezie</u>

\*Example of Audio Poetry (The Great Crossing): http://tinyurl.com/degroteoversteek

\*Sounds like Creativity - A little Madness to be Free, the new Audio Poetry CD from 2014, is available online and for free: <u>http://tinyurl.com/SoundslikeCreativity</u>

At this stage we have crossed over from hearing to listening. A difference associated with deeper listening. Moreover, it is modern society, as it were, which enhances or at least preserves the superficial hearing in contrast to the deeper listening. A good example is the frequency, measured in hertz, of pop music. This is normally 440 Hz and this is higher than the natural (heart or body) frequency, which is 432 Hz. For pop music, further into music history, you come across music at 432 Hz, like all classical music. This frequency is easier to harmonize with the normal body frequency and has no 'speed up' effect on your natural

system. By listening to pop music on the radio all day while at work, for example, your cells are continuously accelerated as a side effect of hearing. If you listen to classical music, your body would not have to endure this war of attrition.

You can easily make use of this knowledge by listening to music at 432 Hz, to harmonize your cells. Some even recommend purchasing a 432 Hz tuning fork, which you can use to tune everything you encounter or use before you come into contact with it, such as water, drink, food. Since cell information needs 40 days to change substantially, it is clear how long you need to keep this up for optimal results. On this site you can easily hear the comparison of well-known pop songs in the two different hertz frequencies:

# http://tinyurl.com/horen432hz1

And here you listen to soothing 432 hertz music:

# http://tinyurl.com/horen432hz2

Another vibration can heal your out-of-vibration due to environmental factors and, for example, give you more confidence or make you feel more at home. Very good restorative music comes from Anadajay and Raju, take for example their Resonance CDs with tanpura (stringed instrument) sounds, of which you can hear a preview here and can also order if you want:

# http://tinyurl.com/horenresonance

### Seeing

To see. It seems so logical. You get up in the morning and you open your eyes. In this way you orientate yourself on your day, your life, the world. What you see determines what you choose. But what is your particular way of seeing? Does it lead to illusions or to insight? An anecdote of mine about this reads:

It didn't always make sense to me. After seeing, studying and memorizing hundreds of slides of artworks from 2000 years of European art history during my training, at some point the beauty of them had faded. I didn't see it anymore. An overkill of the best works of art from bygone days in famous European museums was also to no avail: I could look technically and analytically like the best, but no longer knew what I loved.

The beauty in my eyes had run out. And after studying all the blurry slides in the dark and years of intensive reading and screen work, I also needed glasses. How to get out of here again? After all, my view of art had also become my view of life. Inspiration seemed to have left. I couldn't really see my surroundings and, more importantly, myself.

The many children I was allowed to teach at the Museum of Modern Art Arnhem for over four years, on the other hand, taught me to see beauty again. Their fresh look opened my eyes. Classes full from 4 to 100 years and especially many primary students and young people. The little ones taught me to see again. The young people 'had to' drop out of school, but I managed to open their eyes. What a liberating and empowering experience!

Now I know: everyone actually benefits from learning to see more deeply. Truly opening your eyes and allowing inspiration gives you the beauty (back). Not only in your environment, but also in the one who sees. It finds its way on a deeper level because it then sees in. And that is where strength and freedom come from.

In seeing, there is something you look at or what you see. Without going into detail on the philosophy and biology of viewing (which you can read about, for example, in: Ernst Gombrich, Art & Illusion): it is all about images. In our (Western) culture there is an abundance of images. We are surrounded by it every day. Images of war, misery and death, of manipulated beauty and pornography: these extremes are becoming more and more normal and everyday in paper and online (news) media. But can we also quietly take in a real image? Can we still distinguish what is a qualitative image for us and what is not? Can we still find ourselves in the abundance of all the images? Can we still see clearly where we find ourselves in the daily bombardment of war and manipulated beauty? Can we still look like a child, so pure? See beauty? Freshness of vision creates magic, and this is a key element in the art of seeing, but it is usually dulled by the (negative yet popular) visual culture.

(Western) art history naturally gives us all kinds of images that are made for beauty, reflection or devotion. Although sometimes strange or ugly, depending on the art concept of the relevant period from which the art originates, it always wants to touch us in a constructive way (if destructive, then still constructive, because of the art context, which ensures a certain critical distance). The power of the best of this almost inexhaustible stock of images can revive viewing. It stimulates aspects of looking: form, multiple dimensions, colour, movement sometimes, spatial awareness in installations, et cetera. And it stimulates the mind, because someone made this with the intent to cause something, perhaps to mean something, to be meaningfully present. What is that? There may not be a definitive answer to that, but the awareness that an area of meaning is being touched does mental work and opens your mind.

The subversive power of visual art, since modern times (i.e. from about 1890) also certainly does its job when it comes to creative stimulation of contemporary viewers. Work that is made to exceed certain worldly and artistic norms (subversive), stimulates to open the mind (sometimes to the extent that the norms exceeded are still recognizable to contemporary man). In a secularized society, older works of art may be subversive in a new way: the worship of Christ, as central figure in the religion that has been so prominent in the Western world for centuries, is currently much less in vogue than, say, the Middle Ages and the Renaissance. The procession of depictions of the life, miracles and death of Christ can break a taboo on belief for the contemporary viewer, if only in the sense of opening yourself up to the option in your mind.

Seeing and seeing art, for example, is ultimately something very personal and unique. What appeals to you in an image says something about you and how you viewed it. See you in a red abstract expressionist painting an alarm phase or do you feel warmly embraced by the color appearance: both can be true and if you surprise one of the two options, that at least says something about you too. (The reverse intentional fallacy, in which the same form comes from a different context: a work of art can have multiple meanings depending on who is looking at what.) If the warm blanket happens to you, it actually says that you need warmth and at the same time that you somewhere inside you, but that you are still allowed to unlock that heat source. Seeing images suddenly becomes a form of seeing yourself.

To be seen for who you really are. Who doesn't want that? Because how often are we not taken for the images that others have of us? Or, more confusingly, do we see ourselves in the frame of images of others? Or do we even think about ourselves in images, even though we really wanted to free ourselves from that? Being seen for who you really are rather than as an image or a self-image is a basic need of life. Think of a baby that needs to be seen or it will die. And so it is with you right now. You may not literally die of hunger and thirst, but of the vibrancy and beauty that is possible.

What would people in this era need more of: looking at art or being seen for themselves? Both are great, but a first condition of life is to be seen. Only then can you really open up to the world around you and the beauty in works of art. Truly opening your eyes and allowing inspiration gives you the beauty (back). Not only in your environment, but also in the one who sees. It finds its way on a deeper level because it then sees in. And that is where strength and freedom come from. Seeing receptive gives you information about who you are and therefore and then about the other person and your environment. It gives you beauty: which you will radiate yourself and which you will observe in your environment (people, nature, things, works of art) whatever that environment looks like.

In the workbook you will find a number of viewing exercises with art. These exercises let you experience how your environment is experienced by you and how your experience affects your perception of the environment. You learn to interpret and appreciate your environment. This is applicable to your work, life and social situations. Plus: you will be able to get more out of art for the rest of your life. Truly seeing is understanding and being seen in your worth. In short, seeing is a quality that penetrates much deeper into your life than you might think at first glance. You must first see the value and especially the added value that you create through your creativity and that you want to ask your customers in money, for example, before you can ask him.

### To speak

We have been speaking since we imitated our parents. Pure sounds gradually took on more meaning and refined. Libraries have been written about biology and developmental psychology. Here it is more about exploring and stimulating the possibilities of speaking in connection with creativity. Although speaking, expressing yourself in language, preferably with a text that connects to you, only arises on a conscious level when enough has been received and processed in inner listening and insight, and the body has woken up to support what is spoken with its presence, your current speaking or difficulty speaking is always the gateway to greater healing and receptivity—and therefore greater inner and outer attunement, purpose, and success.

Because speaking means expressing yourself and expressing yourself in language has enormous design potential (think of this book, which is an introduction to an entire business), it quickly seems to be the creativity tool of choice. The intention, sound, color and depth of speech and the voice give signals from the inner self and the text and meaning of the spoken give direction in the outer world. Many people, however, find it difficult to speak in one way or another, especially in public, as it is called: giving a professional presentation in front of a group, for example. All the accumulated fears of failure in a lifetime sometimes seem to come together in this common phenomenon that seems to mean success or failure in many career prospects. Speaking seems as crucial as it is exciting.

The art form associated with speech in this connection is literature and recitation. You can take this broadly. Poetry is a good example and appeals to many imaginations. It is an art form in which rhythm, pure sound, compressed, deeper word and sentence meaning come together in thickened form to represent with few words on a lot of white paper something valuable that wants to cause a new brainwave in the reader through its uniqueness in form and content. The art of elocution is therefore a celebration with poetry and is becoming increasingly popular among both trend-sensitive youth and inspiration-seeking middle-aged and many individuals who cannot be linked to any classification, who find their unique image in poetry by reading it, discussing it or better still: the self. to be recorded and presented to the public. Perhaps poetry tries to speak the unspoken and thus it is a sublime and ultimate form of the speech referred to in this subchapter.

I became known as a poet in the early 2000s and in 2009 my national solo collection Oer was published in the recognized literary circuit. I also struggled with speaking difficulty:

I remember a moment on a stage, in front of a room full of audience, with almost dozens of colleagues in addition. An anthology was published by a national publisher, and a separate work of mine was included—just as dozens of bundles of my work have appeared over time under countless headings, such as trees, sex organs, festivals, a river, and works of art.

Because a poem has sprung up in a very personal area and is recited by its creator, this reading from one's own work always has a very intimate and revealing character, while at the same time you are aware of the actor-being of your own work and the theatrical quality of the whole occasion and undertaking. It can be felt, but it must also come across as theatrically clear, clear and convincing, in the way that I myself think fits with my work.

Acting as a writer is actually quite a tour de force, but you do it and at the same time you enjoy it intensely: this is your red carpet moment, you will not get closer to your readers and/or audience than through their visible recordings You can't get more direct feedback and appreciation from your voice than their approving nods and hearty applause afterwards, no matter how high or low your sales figures are.

That afternoon my voice stopped in the middle of my poem at the core emotion I had put into it with my own hands and could not go on. To cry? Stop? Walk away? It seemed like a nightmare. Very aware of my breathlessness, fat seconds passed like syrup—except this experience was bitter rather than sweet. Anxiously I must have looked from my paper into the room and back to my paper, wondering if I would be able to finish the lecture in one piece and satisfy the audience as I was used to (usually I got compliments on my voice, the appeal of my poems and their mysteriousness at the same time – although my work has more than once been dismissed as superfluous in written reviews and the like, but something for everyone and the amount of ways and approaches to poetry is as inexhaustible as there are poets and the number of interpretations as many as there are readers).

In the end, the publisher of the book we baptized in the afternoon, opened his mouth – he sat diagonally behind me next to the podium –, stretched out his arm to me, standing behind the microphone and began to mutter if it was okay... And suddenly I could finish my poem and

everything came again moved into more neutral waters, that is to say that the right proportion of emotionality that was suitable for this poem came into view again and the way was cleared again to be able to pronounce the conclusion. And this is just one of the incidents from years of practical experience.

This anecdote immediately reveals an important reason why speaking does not come, is held back, the thought of it already evokes fear or, unfortunately, still falters when speaking is indeed started: the breath has no free play. That crucial breath is what gets everything going and brings out physically produced sound with mental content in a flow that has a naturally continuous rhythm - or should have if our breathing was not for all sorts of reasons unnatural, irregular, high in our body, has become incomplete and artificial. The disruption of the breathing process is common and is proportional to the fear factor.

Already disturbed breathing often becomes more acute as the challenge in public speaking becomes greater and the action to be taken becomes more unaccustomed to the individual. It is a sign that the thing to be uttered, at least in the context where it will be spoken, is still in the realm of conception and may still be born through speech. Such a birth process is always stressful, no matter how much the story wants to be told.

Also, your manner and the level of success of your speaking are related to who you are and the message plus background of your story to be told. If you yourself are connected to your story and where this story has its motivation and origin in your life and if you can feel this, preferably also in your body, you will also be able to speak more connected with your breath, yourself and the audience.

More of your story and why you are telling this will come across. People see yourself through your speaking. Whatever you sell, you will have to sell yourself to your prospects first and speaking will be an important and worthy part of that. Poetry must be sold outspoken to the listener who does not understand it in a single moment. Your product or service will meet a new market with a previously unheard of, inspiring and honest story.

Speaking gives you authority and (self-) recognition. If you are harmoniously connected with your motivation, story, voice, breath, objective and audience, truth and value will come into its own and you will automatically accredit yourself to your next level. This way of using language and voice is creative. If you've got a taste for it, think about writing your own book: speaking in a roundabout way but full of magic of the rich book history and of the credibility of an author. Many people dream of this – and dreams exist to come true.

# Moving

Movement is action! And only action leads to success. You become active at all levels: your mind moves through different options to choose the right one, your body moves from bed to the office, gets fit during sports or dance, performs work, travels to a potential client, shakes her hand and makes a first impression directly through your (unconscious) posture. Nonverbal body language seems to make up about 80% of our communication. (For some inspiration on what non-verbal communication entails, take a look here: http://tinyurl.com/bewegen1.) So it's time to act. Richard Branson, well-known serial entrepreneur and author, wrote on his blog in August 2014:

The most troublesome time for any entrepreneur is before you start turning your idea into reality. If you find yourself sitting around not doing anything, shake yourself out of it and get going.

In the summer months most people take it a little easier, and there is a lot to be said for recuperation. But don't let relaxation turn into inaction – keep your mind ticking over and preparing for the challenges ahead. If there's a work lull, spend your spare hours getting your body as fit as possible.

# Shawn Heinrichs

Action means getting into your body in the first place. The most common posture deficiency is not allowing your feet, legs, pelvis and abdomen to participate in the area where life takes place. It is not a matter of tricks or an hour's work to change this substantially and permanently. But becoming aware of where you feel in your body is a good start at any moment. Do you only feel your head, or also your chest and arms, your stomach and further down? And what is feeling? That you are sensually present in it, that you feel the temperature in your own stomach, for example, and when you are very still, you feel the beating of your heart like a swaying movement in your chest. If you zoom in on the heart, it becomes clear that actually total inactivity fortunately does not even exist, because then you would be dead, then your intestines and senses would no longer work and move (by themselves). But movement drives movement, removes waste and at the same time attracts new life. Seen in this way, the dance of the unknown, also of, for example, never-before-executed business campaigns, is already a lot more fun.

Furthermore, I am not really someone who knows much about themselves, I prefer to dance than to talk.

# Fragment from an interview with a dancer in Rails (NS monthly magazine), presumably in 1999 or 2000.

For me, a movement and dance is around the pinnacle of what movement can mean: you can express yourself in it (think of free dancing to any music or no music) and even in learning about your personal leadership (think of horse dances such as Argentinean tango). The last option indicates that movement brings us into contact with other people and with new situations. The Argentine tango is a nice example, because every step in the social dance is improvised and so every step creates a new situation. The collaboration consists of as leader and follower always solving that situation in a creative way. The follower gives his energy to respond and the leader neither pulls nor pushes but steps into the created space and directs the energy again. A dynamic whole and when it works optimally, both roles become integrated. A great model for action as a leader and as an employee in the workplace.

Action often creates reaction, but this indicates that a certain unconsciousness is going on. If as a tango follower I only react like a rag doll to what is indicated, I do not give my own energy and the leader drags along an empty shell. Action requires a real response, so giving your own energy and only then will a meaningful new situation arise. If leadership goes beyond the energy of the follower, you can push as hard, but there will be no harmonious dance step; you can pull as hard but your follower won't even walk or dance with you. Leadership is not pushing and pulling, but stepping into the now assertively and proactively.

Dancing means everything to me, I live from it, literally. After dancing I feel satiated. [...] I like tango as well as milonga. All the steps I make in the milonga I came up with myself, just like my figures in the tango, it's my dance.

# Pepito Avellaneda (1930-1996) quoted in: 'La Cadena' 85, 2003.

For a tango video that always inspires me, see: <u>http://tinyurl.com/movementtango</u>. See also how the leader actually seems to do or indicate almost nothing: it seems, it is a subtle and almost inner happening. If you can lead without outward action, you have internalized the action and contradictorily your radius of action has increased enormously. Work and life organize around you in a dancing rhythm. Always there comes into being another imbalance and this triggers the organizing principle to make a dance step so that new, temporary balance is created. These are the laws of motion and action. Move the unconscious, your body, so that it can be infected by the conscious, your brain contents, and take a step to move yourself, move the unconscious of the body, so that the life force moves to where there is space, to create success there.

# Creative leadership

Note to self. A lot of information suddenly penetrated to me (-n body), about giving the follower freedom and internalized leading (also physically). Really exciting! A certain fit combination made me suddenly feel 'Chicho'. Chicho is one of the most amazing contemporary tango dancers. I just picked out a 'normal' video of him dancing; you can also see very clearly that he leads inwardly... I mean, look closely at the man: he does almost nothing and sees the brilliant result of his inaction with his follower. Ultimately, that's what 'creative leadership' is all about: internalizing both 'male' and 'female' leadership, letting it take effect and harmonizing it in an active creative process.

Movement works with opposites: for example the leader on the one hand, and the follower on the other. In traditional terms this is a man and a woman respectively, but with some inner and outer liberation no one has to stick to that and we can mix the cooperation poles as we see fit. Like magnets, opposites can either attract or repel each other. Think about your desired high profile customers: you want to attract them, certainly not repel them! Where is the tipping point? How do you go from repulsion to attraction? Isn't that almost magic? No, it has to do with letting go.

Unfortunately, there are still mountains of misunderstanding about letting go. For example, it is often applied to things that we want to get rid of. Letting go is then a hidden synonym for: I don't want to. This is of course not how you attract your favorite customers. The secret is that letting go means letting go and making and keeping a connection at the same time. "Letting go seems to have become an action in which an attempt is made to get something away. It is then a letting go as a result of the desire not to want to meet it. Do you know what you are letting go and the desire to let go doesn't just arise with everything you have trouble with? [...] Even letting go of the spiritual sounding becomes a means of the will. Letting go is meant to cause freedom, to release something from its tightness or grip, which hinders it in its freedom or growth. Tensions in the body on an emotional, mental or unconscious level, longing to be

released, because they want a free flow again. This free flow allows the area to receive nourishment again, so that it can and may be itself, just as you long for the freedom to be yourself." Anandajay, Living in Openness, part 2. Give freedom and your action will flow. Release yourself, so do your prospects and they come to you; the law of attraction works with letting go.

# Creation

Through the senses we then come to creation: something comes about.

Your new idea is out of the box because of its novelty. It is your unique content in your unique form. For example, your creative coaching based on your artistry, which you can allow to exist in artistic integrity. You transform that coaching into an innovative form. If you come this far, your uniqueness will have flowed well: a powerful instrument to attract your (soulmate) clients as well. However, you don't have a business yet. This is the collection of business aspects that give structure to everything that is involved in business operations. Something that can feel more in the box. And business operations are once again necessary to actually market your unique content and form and to be able to demand value in return.

According to the Sage method, business aspects in an individual development from the inside out include: values, mission, vision, accounting, systems, team, marketing, leadership, service and freedom. This comes with more or less structuring: accounting and systems are obviously very systematic, while freedom arrives when all structural issues have been properly addressed. In addition to unique individuality, structure is also of vital importance to ensure that everything runs correctly and works. Business is the starting engine of your unique individuality! Viewed in this way, creativity (generates unique value) and business (convert your value into money) belong together like night and day. And it is you, who connects Business & Creativity. You are the indispensable factor that can draw on your individuality and link it to business elements that work, reach clients and let the experienced value pay off in money.

You are valuable, even though we often overlook our own worth. Value has to do with truth and with what is already there. In developed form you can create money for the value that is already there, through business aspects. Develop yourself! You may have talent, but you also exchange those coins. The 'Talent' is a Biblical currency. You have to exchange those coins, if you have them, to get something else in return. That is transformation in the now. Of course you will also develop over time, but you are already worth it, so invest now and start your cocreation with yourself.

You already have something of value because you are someone. What is of value can be exchanged for manifested value. All of that can be communicated, especially if you do it with a nice mindset:

A positive mindset means, among other things:

- that you recognize yourself for who you are and what you do;
- that you take responsibility for your situation, whatever it may be;
- that you look at the facts of your situation and not at the dramas;
- that you do not hang on to the past and do not give away your happiness to the future;

- that you recognize what you have already achieved;
- that you assume that you always have an option in your way to achieve your goals;
- that you dare to set goals and make them concrete;
- that you want to get the best out of yourself every moment;
- that you think in possibilities instead of impossibilities.

# The Balance Myth

Getting into balance is a beautiful thing to strive for and if you become more receptive in your senses as an intermediate station between your inner and outer world, you will get more into balance, but creativity also means allowing imbalance. So that a new, temporary equilibrium can come. This is development.

So, the senses are to be turned around in the developing journey; this way they come to life and will transform into a creation. Then communication can become quite differently attuned as well: it will tune to the ultimate creation instead of the old and dead venture point. Communication is the Crown of Creation, just like marketing is the crown of business and the senses the crown of the energy body system.

Crown of Creation is a music piece of us: <u>https://tinyurl.com/crownofcreationaudiopoetry</u>

And also the last part, the outcome part of the Source Magic formula 128493756. It is as that also the outcome of the transformative working of the Source Magic Rosary as taught in the Divine Feminine Manifestation Course and more. For all of this, see our books and other products. In the extra part of Abundance Now, called Abundance Building, there is an additional teaching called Magic with the Senses, as well.

# Conclusion

With transformed sense, one can communicate from the deeper truth out and communication will then not only be of the spontaneous ultimate form but of the divine ultimate meaning also. Transforming the senses and getting at rightly attuned communication as a result of that, means to have walked the spiritual journey until completion and being able to be and act Heavenly. It is a complete teaching.

# The Trance of Reality

What transforming the sense and the communication essentially does, is altering your trance. Reality is what you experience and this includes the notion that another trance or altering the trance is only a relative difference. The absolute difference that is the ultimate outcome of what is presented in this chapter, comes when you see that your reality trance is caused by your senses mostly and by turning the senses inward or to Truth or to the Divine you come out of the trance or go to an absolute trance (however you want to call it) that is a Divine relying state. That is the big difference that is possible and we are talking of here. This means your Divine Inheritance comes in and your True Twin Flame too. Extra article or book, about Theresa de Avilla's 9 layer system for the spiritual journey.

Road to Union

By Petra Else Jekel

The spiritual journey to enlightenment integrated with the personal journey of money and romance, follows certain patterns, is the experience of many historical mystics, genuine yogi's and spiritual teachers of many kinds. It is written about in thousands of years of spiritual instruction literature in well known books as well as secret documents potentially only passed on orally from teacher to student.

Traditions from all around the world have seen patterns and they look very much like each other because they stem from the actual organic human development of the soul. This is an actual thing, much similar as the motor development of an infant knows stages and reference points that can be experienced, studied, made notes on, compared, then put into a model that most often occurs, to finally become canonized as the standard to refer to in that area.

Most will however not be a journey that has money and romance integrated though, as this requires in fact a genuine and organic spiritual journey to the degree (or the goal post) of not only Flow in the energy body (the effect of the soul on the body), but also Union in the spirit (the bigger whole how the soul is connected back to its Source).

In religious terms this means one needs to crown the offered journey with an entirely new top layer and in spiritual terms it means you have fulfilled the journey to such a degree that you manifest the fruits of all works in a heavenly life consumed physically in the here and now.

However this is available right now for everyone, it is not in historical documents as an achievement for most people. The journey described still holds truth; the traditional literature still makes sense as to the stages on the road to it. The stages have been experienced by me and I have seen them in students as well.

One way of describing what happens in the journey through that I adore and find useful, is the nine layers in prayer, in meditation, in the spiritual journey that a person goes through according to Saint Teresia of Ávila, a medieval christian mystic from Spain. Teresa Sánchez de Cepeda y Ahumada (Ávila, March 28 1515 – Alba de Tormes, October 4 1582), that is often also called Theresa (without 'i'), was canonized (declared holy) by the Catholic church in 1622.

In fact, I will spend the rest of this ebook using her way of describing the stages as guideline to put in place everything I have found to belong to them from the Truth of the spiritual journey including money and romance as it is fully available at this time for all, in the hopes that they – when thusly explicated – will also collide to one story in your imaginative faculty, so that you first know what to expect and secondly can check off where you are in comparison.

In short, these are Theresa's stages, with a short description of myself that mostly states what she herself describes in her books, while I also already give them some direction as to what we are going to read about later on and so that it fits the full journey of the Ascension available to the earth in 2022, through the openings of the co-creation of the Master Christ and Master Magician.

One has to start somewhere, nobody is at the mystical marriage in complete unison with the Divine right off the bat, and Theresa suggests at prayer, which is a very christian way of reasoning, but it makes sense in all ways and customs when one thinks of it as sitting in a contemplative mood, reciting a text (or not), which thusly described is kind of multi-culture.

# **Ascetical Prayer**

# **Purifying Way**

1. Vocal Prayer Read aloud the prayer words in full faith.

#### 2. Meditation

When the words are known, there is room for thinking about mysteries of faith.

### 3. Affective Prayer

The will comes forth and you make resolutions and receive consolations.

### 4. Acquired Recollection

You silently meditate on spiritual objects about their meaning.

### Bridge: Dark Night of the Senses

Emotional-mental-physical desert experience in the senses, difficult to get through, experience of futility due to sensing painful contradictions that seem unable to resolve.

### **Mystical Prayer**

### Illuminative Way

5. Infused Contemplation The supernatural, God, the Holy Spirit and the saints, will come to you naturally to offer you their power.

### 6. Prayer of Quiet

The complete silence that can be experienced when you are visited by the divine and that you cultivate with your will.

### Bridge: Dark Night of the Soul

Desert experience of the intellect and the will: great cleaning of all your memories, concepts, worldviews, self-images; difficult to get through and the will is finally transformed into giving up the personal will in merging it with God's will.

### **Unitive Way**

### 7. Simple Union

Your inner powers including intellect and will have turned towards God and in a process of becoming more and more true, it is as if you are being consumed by the divine from now on in a process that is unstoppable.

### 8. Conforming Union (Harmonious Union)

Spiritual engagement in which that process is completed in the core and then expands over all inner faculties, in which an ecstasy can be experienced that will not go away.

# 9. Transforming Union (Perfect Union)

Spiritual marriage in which a transformation in God can be experienced, in the sense of God moves the person and that is all that happens because there are no other motivations.

*Take a breath!* That was the whole load... End of Ebook. No, just kidding, we're gonna look at it more closely and insert the Twin Flame journey and the Mission derived Soul Money too.

So, let's look at this entire journey from starting the journey until Perfection in God in the topics consciousness (the general journey as experienced), business (money in the bank that is equal to energy in the body) and partnership (the true twin flame union that is always here for you). The attentive reader has already noticed that I use certain terms interchangeably, not because I am not aware that a very precise and consistent use of terminology would be so accurate to point out universal and divine truths – because I am in fact –, but because I approach it always more from the human experiential standpoint when I try to describe what things are.

In the end, it's your personal energy attunement that says if you're genuinely there or simply not (yet), and that never lies, because the descriptions, whether used more or only one name for it, is about an organic, real and existing thing. When you are trying to describe to me how your breakfast was this morning, you might say: "The eggs were soft enough this morning so that I could stick my toast slices in it and that was so enjoyable." Who am I to question the existence of your bread, or not believe your eggs were soft; instead it is an indication that you had breakfast to satisfaction with multiple elements that provided you with silky softness and contrasting brittle toast texture and that is conform the definition of a tasty meal, which is then on the scale of foodieness an 7/9, because there could also have been added tomatoes and bone broth on the side and then it would have been much more complete and nutritious.

You had lots of elements in place, but not all yet, so on the scale of 9 you reached a 7 and that leaves some space for betterment in the realm of breakfast meals. That's approximately the same for the Road to Union: you may have felt the consciousness elements of Saints coming to you with messages, which is natural in stage 5, but you have not yet reached the peace in relationship with the Divine that is essential in what starts at stage 7, called Union: a peace that does not leave ever (as long as one maintains that state of being). Now, because it is about states of invisible consciousness, it is often much less recognizable where one is and what that means; in contrast to breakfast elements, consciousness places are often less known to people, and it's more rare to have an overview of the entire journey from ones own lived through experience (and not from a book by someone else).

That's why I write this book.

When you take the Road to Union, this will mean that you will experience consciousness places, communicated to you by certain characteristics, and it seems to me like a good idea to use different words for this, for you may recognize your situation and future happenings in them somehow. At the same time you will experience standpoints, constructs, experiences regarding the (more concrete) topics within that journey that are the money and energy one and the twin flame part. I will try to point these out along the way as concretely as possible as

# well.

The Road to Union goes from desiring to go on the journey and accepting the start of where you are right now exactly as you are, and arriving guaranteed in the Golden Flow of energy that will always give you the money to do what you need to do in Divine Light and the Harmonious Union of the soul with the Divine, expressed in partnership as the True Twin Flame that will live in intimate relationship with you. Your hearts feelings will be attuned to Gold and you will be transformed to the TransHuman (in the sense of supernatural, not to be confused with the robotic future fantasy of satanists) MultiDimensional Co-Creator that you in essence are with your unique Creative ID or divine identity that sparks your (union's) Mission.

I know, that's a whole mouth full, so let's start our journey and see what the landscape tells us under way.

**Ascetical Prayer** 

*Purifying Way* 1. Vocal Prayer Read aloud the prayer words in full faith.

That's how it all starts, according to Theresia. And it's true: when one starts, one takes time and space for ones process, sits down (or makes a walk or something of that sort but sitting is a good posture for starting because it is active yet not overactive so fit to be focused and contemplative) and recites some text or words one deems to be fit, holy or feel good. You do this because you believe in your own starting point, which implies that you believe you can arrive (which you can, that is guaranteed when one persists): in other words you have faith and execute it with faith.

Once you're started, you can expect difficulties to start arising. That may sound disappointing, but it's through feeling them through and then when that process is genuinely fully completed, let them go so you are freed of this issue in your consciousness forever after, thus making your consciousness more and more pure and how it had always already been meant to be but now you've actively desired it to be sustainably purified because you desire the fruits that can come through that state: (Soul Money) Flow and (Twin Flame) Union. This is why at the start it is called the purifying way. Ascetical prayer also refers to approximately this fact.

The circumstances in which you start your journey will be something that can be intensified or will pop up again in certain stages, to give you the opportunity to live it through fully and now get rid of it definitively through that movement. Making progress on the journey is sometimes thought of as being influenced (positively or negatively) by the position of the stars, the time in the grand scheme of things and world history and that sort of thing: this is not true for progress is made by integrating those astrological and circumstantial lessons and all lessons for that matter that one encounters and doing ones own inner work.

Another point to be aware of is that many will gradually (or overwhelmingly) get into contact with certain well known (or individual) signs and symbols of the universe, such as number sequences and coins and feathers on their path (I had keys on my path!). They are certainly

real and they mean something else then many believe. They indicate that one needs to go deeper and do ones inner work at this point (also), besides giving you (indeed) the message you are on the journey. When one doesn't listen to such messages (whatever it is that one hears internally at such a moment), one keeps eternally finding 1111 sequences but progress that is not truly.

When you start, you are probably still much orientated towards the outside of stuff (also when we think we are not) and this will start to open. You'll also probably experience a certain form of an awakening, which is pretty much the (part of) the same. Awakening however is a word that is often used in another meaning then is meant right here: nowadays you see it often in the context of becoming aware of real nasty globally co-creating leaders that are secretly bowing to nasty so called gods and concocting unfavorable to deadly plans for humanity while laying out immoral strategies to make them come true. You have for sure awakened to the dark side when you cane see such things through, yet it is still only halfway a genuine awakening for how it is meant in the sense of the genuine spiritual journey.

There, the awakening can be a glimpse of the love and the light that is genuinely present at the new layer, the crowning place, of life 'above' that dark side as well as the so called good side. Now you've however only gotten a glimpse of it, that – no matter how intensely it impressed itself onto you – you'll still need to develop further to make it your home and place to stay and never leave; the place where everything takes place that you are and do and share in a way that is a reality in which you are completely immersed (as opposed to a single moment of a strong glimpse that impresses the call into your heart that you can follow).

The love and light are also elements that have been abused a lot by those that act in ego, no matter the high social status of the alternative scene they may inhabit in the worldly sense. Love and light have thusly often become vehicles of spiritual bypassing: a way to overlook obvious emotional and mental (even physical) issues to feed the addiction to the love and light. Eventually, when one progresses on the real spiritual journey, one will always need to go back to those particular issues and work through them fully to completion any way, only to (after inclusion of the proper spiritual work) find out that the true Love & Light was always there already underneath all these issues, that now have become see-through for that spiritual brightness and eventually disappear completely to only remain L&L.

There are always blocks, otherwise you would already be at stage 9 and totally one with the Divine (and have no need to read this book!). Blocks are nothing to be ashamed of, and the big difference will be how you relate to the fact that they are there: are you fighting against them or are you accepting that you have resistance and work with the resistance to gradually but methodically (with the right tools and thus procedures) work through the blocks any way.

You can work on blocks when you see them in yourself because you are self aware enough to discern them, or because the world reflects them to you in any kind of fashion. You can work on them when the teacher points them out to you, because that is what a spiritual teacher is for, although it sounds like an unpleasant experience (at first, until you see through the process and come into Heaven on Earth through it). You can for sure very well work on them when your Twin Flame reflects them to you, which you'll know because you feel upset by them in some way; this is in fact a very ideal way to work on blocks because of the minute way they will mirror your blocks: this is extremely precise and recordholdingly deep! Your money situation plus or minus reflects them as well, and lastly (but not least!) your body presence in

other words energy reflects them like a carbon copy as well.

Working through your personal blocks to go deeper in the 9 layers of prayer or meditation, is often a real challenge when you are just starting out, even though this represents the journey you may have committed yourself to, to take to it's full extend because a life in Heaven on Earth sounds good to you. Part of the difficulty is that how you view yourself, life and the world or even universe, will be very different at the end of your journey in a way you cannot fathom at the beginning; you are in effect desiring to go to a place that you don't know yet what it is, where it is or how it will feel like to be there.

This is not an undue statement: you really don't know even when you've read many books about people that went there before you and have a firm intellectual understanding. At the very same time, you already have an intuition that that's where you should be going and that's true. Some even have a strong inner knowing, too - but even that is not the same as the experiential value it will impress on you and ultimately completely transform you.

It will be different in the way you experience time, and your life span, and the value of your humanness, for instance. I remember my perception of life when I grew up, formed through the mindset of my family (an upper class European style one with lots of generational trauma that was not addressed, to give you a direction), was much like you had to do hard work that you didn't like and that was the norm you had to accept, getting a life partner was a great solution to the practicalities of life and love did not necessarily exist at least not in practice. Your time was limited and you had the make the best out of it, mostly by hanging out with family that exchanged not much of true depth or value with one another, not complain and eat mediocre food without asking yourself if you felt healthy or alive through it. You had to get the best paying job you could find that was societally recognizable and not complain about the meaning of life and that was basically it.

To me, it felt lifeless and disappointing; also completely contrary to the life I intuited inside of me, but that was always asked to not let out and push back if it started to occur, because it could ask into question the materialistic, egoic and empty lifestyle that was played out as a theatre play of depth and intellectualism. This contrasts in every aspect to what life became like when I finally allowed myself to go through all phases of the journey fully and live there permanently: there life feels alive and infinitely meaningful. The body is valuable as a holy vehicle while it is clear in every second that the real value and red thread of life is in the soul alone. Because the focus is on the soul, and this is a very daily, very present in everything, time has started to vanish and a sense of eternity has been taking over noticeably.

At the end of the journey, having arrived, the inner knowing and heartfelt intuition have both gotten another place inside of me: they have become true and there is nothing that can sway me from that sturdy existence as if you're made from porphyry. They are concrete and solid and will not go away anymore as they've transformed into their eternal version. Slowly every daily life aspect no matter how profane to the (old) ideas in the mind transform to the distinct quality of eternity and ultimate value: there is a sense of holiness that comes over every aspect of life that you now consciously welcome in a progression of events that you cannot (and do not want to) stop.

You'll still do all the necessities of life such as work, bring in money, feed yourself and rest adequately afterwards, but now they are infinitely precious and done with the ultimate lover

together in one (consciousness, and increasingly also physical of course) space as well. In a sense, the more abstract elements perhaps, stand out most as different, such as the perception of time, that has become spacious and generous, instead of cramped and stiff. While you still can divide your days in the same time frames that offer guidance as to sane boundaries to take care of your needs, as at the beginning of the journey, the experience of time over-all has gone beyond any dimensional shift you ate first could have conjured up that might happen to you later on. Your worries have ceased, importantly. Your inner world has manifested with an all-permeating peace as result.

Many however wrongly believe they are already there because they agree with wanting to be in Heaven, or believe they are there when they are in a lovey dovey super blissful state in which they love everyone and the entire universe. These are however mere glimpses, and the meat of the journey, let's say the stages 4 to 9, including the 2 (!) dark nights still need to be consumed, processed and let go of before one has genuinely arrived. That may sound like an uncalled for warning, but it's actually an indicator of how to go deeper so that you'll arrive at where you really desire to go; don't forget that the true twin flame is there and your soul money flows there effortlessly according to your birthright too. So, sit down and say your prayer, or text, or improvise words on your lips that pronounce the deepest of your desires and make them come out such that it feels like you are becoming holier by doing so.

A decree (a sacred statement of what you through your will make come true) will in fact work wonders here, and we give out 2 of them when you become active in our online community Your Abundance: one for the True Twin Flame and one for your Soul Money journey. A decree means you choose the outcome of the entire journey already in your heart at the beginning (or wherever you are at when you state it), so it connects strongly the very beginning and the very end of the Road to Union! Don't forget that every time you sit down and connect, like you are doing in stage 1, you start with simply sitting focussing, opening, speaking words, also when you would already be in later stages because you've done parts of your inner work correctly. Only when one comes at stages 7, 8 and 9 the state will be permanent, meaning you would not need to start over at stage 1 afresh when you sit down for your practice, you're simply already there all the time. Even though that is true, you'll now still desire to sit down anyway...

I will go into the topics of the Twin Flame and the Money at every stage. Here it is mainly about... you may see for yourself a certain person being your Twin Flame, and at the end of the journey that either will be feeling completely different (meaning: peaceful and sure) and even the looks of the person may have transformed, or the person has changed even when you would have never expected that to happen but this is where it clicks in at the arrival of where the consciousness needs to be for the end to be able to be proclaimed stage 7-8-9 (Union) indeed. And for the money: you may at the beginning stage not see your Mission correctly and have a wrong idea about the just place of money in the whole and how to sell to clients too.

You can thus intuit and/or know in a sense already where you're going but this is yet the first step you take in the journey to it; at the end of the journey your sense of self will have transformed and the Twin Flame and Money outcomes thus as well. While this primarily means that transformation has created the difference between not yet made come true to made come true, this can also mean a significant change in the external as compared to what you had assumed to be the truth at the beginning stages. Feelings of disappointment during the journey are not uncommon yet you'll contradictorily always (when that is worked through) end up at eternal bliss.

A closely related change that thus occurs during the journey, or Road to Union is thus that the perception of self changes. At first, you may experience yourself as a partaker of your culture of heritage, sprung forth from your blood family, born at a certain time and place,with certain characteristics. The focus will during the journey shift towards experiencing yourself as the eternal soul-you that has certain essential soul qualities and has a function in Creation that one could call Mission expressing your purpose. There will also come a shift towards experiencing the unit of the two Twin Flames (most often there are simply 2, there are outliers but they are seriously very rare) as the 'I'. Then shifts can occur in ones perception of ones sexual identity, and last but not least how how desires to styles ones body and looks, which may sound pretty shallow but as an expression of the most high inside of you that is certainly profound.

I mentioned speaking texts, prayers, and decrees, but what one can fill in for it at the first stage is also the literal application of tools such as KEY: the 4 steps of this essential tool are described in resources in our community Your Abundance (on Facebook). This is a great way to get the tool into your experiential memory and to simply even do it. And one will keep on going back to the literal application of this all at all stages of the journey; there is no time and place where that is not an appropriate answer to ones stuckness or desire to move deeper and one step closer to ones ultimate life that is justly promised at stage 9.

The next step is then:

# 2. Meditation

When the words are known, there is room for thinking about mysteries of faith.

True: when one starts doing their KEY of the day for instance, one feels ones feelings and starts answering the questions genuinely for oneself while connecting to ones energy in the body that represents the feelings to know what the truthful answers are. Practicing KEY as spiritual exercise in stage 1, opens one indeed up for the meditation of stage 2 because it is natural result. Perhaps it seems not so much a mystery of (the) faith at first glance, yet it is certainly a mystery of your hearts feeling life you are now starting to look (feel) deeper into. When one writes the exercise down (a good way at the beginning, and in later stages too), one indeed reads words (albeit written by themselves) to ponder deeper about what it all means.

Reading a piece of a holy book, would give this aspect to you as well: pondering with the intellect about the meaning of this segment of traditional wisdom. Besides reading the text out loud, one now also sinks a little deeper into ones mind and energy to inquire with openness about the meaning of the things one encounters. This is a stage that everyone should be easily able to do, as one can flow into it on their own level so to speak to gain individual understandings, particularly when one connects the material to ones own life and lived experiences, to make things concrete and applied knowledge.

In the Twin Flame journey this stage means you are meditating on your current twin flame person and situation, about what that means to you when you know it is the sharpest mirror of your own state of being. In the Soul Money journey that is approximately the same; you can make use of the mediation in the Money Magic Starter Kit to get to know your money and energy situation better for the purpose of this stage. What will also work for you is to read and contemplate the chapters in the in the first parts of the Green Book The Emerald Itinerary about money and partnership; additionally, study and ponder the energy body system as described in the Green Book Conscious Creativity.

In general, you will experience a certain spaciousness around your desired topic in the journey to make come true (specifically is meant Soul Money and/or the Twin Flame), through which you are able to start to feel in it, around it, and a beginning of feeling through it is presented here clearly (having felt through it to completion at stage 9). You've made a commitment to the journey with the soul money and/or partnership decree and that commitment starts to get first fruits right here, when you experience your mind expanding and your energy warm up around the topic of your desire. This starts to taste like you desire more of now, and that definitely will happen for you when you persist in the journey and the promises you've made to yourself about it.

# 3. Affective Prayer

The will comes forth and you make resolutions and receive consolations.

Here you see that taking up the decrees can be a good action in this stage as well, because your commitment will become cemented here, after you've chiseled yourself a way towards it in the earlier stages. But since this stage also means you receive your first consolations, the meditation stage keeps on returning in your practices at this stage, and the decrees are texts as well, it seemed fair to already name them in the former stage. Yes, here your will is participating correctly in the decrees; that's what the decree is for: to get the will involved so your meditation gets a certain focus and the meaning of it becomes more serious. You'll also get serious results here, and quite immediately often.

These consolations are a result of going all in at this (and former) stage, and they will be a welcome thank-you from the Universe or the Divine for your effort in going the road that is in fact build into the architecture of the universal and personal spirit-soul conglomerate, but not everyone always finds that door and also enters through it and you did so that will be rewarded.

People will find money, when here, in books from the library, get a large sum via an unexpected route, or discover they already have enough to live on when they re-arrange their life and spending just a little bit (and most probably mostly their mindset and thoughts about their abundance) without the need to do much extra or at all so they get more freedom and time to spend in their spiritual journey. These are examples of consolations. Some will get a fresh visit of their Twin Flame or get a first glimpse of who that might be. You may start to feel better mentally, emotionally and/or physically because of your choice immediately, too! The Divine can start up a certain (more) tangible communication with you, where you before for instance only could tune into answers for your questions with general divination, now start to get connected to channeling the Divine (only); the focus of your source of inner knowing starts to shift to a definitive Source and all others (in a sense: lesser ones) start to fall away.

### 4. Acquired Recollection

You silently meditate on spiritual objects about their meaning.

A certain sense of being content can come over you, when you here, and that is good. You've got some meaningful stages under your belt and with the fullness of that, including consoling

results, you are now able to sit and 'think of nothing' or at least not steered by texts and so on, and feel spiritually good. To be peaceful in this stage, you may need to understand that consolations come and go and are not the real deal fully yet, because the desired outcome will feel even more on the frequency that is intensely in your vibe and of that of the Divine at the same time, and without the aspect of it being a small gesture you gratefully accept, because t will contrast that experience in that it will be vast and never ending; it will be all permeating and there will no place where there is no-result, it's everywhere and you cannot escape it (nor would you want to).

The consolations are, to cut it short, great but one should not hold on too tight too it because then one can not enjoy the silence of being at this stage, that in a deeper experience, more closely to what you asked for at the beginning of your Road to Union. During the meditation and prayer stage you may have gotten into the habit of sitting every day in a certain spot in your house that you've decorated nicely with a picture you love and with warm blankets to cover yourself while meditating. You could easily ponder that picture now, while experiencing the fullness of what you've reached here, or another object that found its way into your meditation area. What about some soothing music? Great idea!

Here, you can get quite some visions about your desired results, if you are open to it. There will in this stage for sure be a core in then that make sense for what it will eventually be, and sometimes there are also visions or parts of them, that greatly assist you to go further and thus deeper into the stages, while they later transform into their eventual shape – the Divine needs to have some tools to guide you along and answer what you in fact asked for yourself! It can be great fun and very helpful to make drawings and/or moodboards (collections of pictures found in old magazines stuck to a paper in a certain order of your liking, don't overthink it just do it) at this stage about how your life with your True Twin Flame will look like. And what kind of things will you be buying from the money that will come in (later)? Start to write things down about it as well, for both parts of your Mission life (Twin Flame and Soul Money), and potentially learn some extra knowledge you may need such as entrepreneurship structures and marriage laws.

Stages 1 to 4 you can keep on going through for quite some time – and you should generously give yourself that time and space and not unnecessarily hurry yourself up (speeding up is more rooted in committing and doing the decree, in following instructions as they are given and so on, and not so much in putting a fixed timeframe on your spiritual journey as that will not work). When you desire to go deeper then stage 4 (and that's what you desire, because the Soul Money and Twin Flame consolidate at stage 7-9), you'll need to go through the...

#### Bridge: Dark Night of the Senses

Emotional-mental-physical desert experience in the senses, difficult to get through, experience of futility due to sensing painful contradictions that seem unable to resolve.

It's not that you'll only sit relatively passively on a meditation seat, chair or couch in the former stages, you'll also do work, connect with people, do whatever your daily life requires of you, naturally. It's about the consciousness with which you do everything, is what is meant at each stage. But in the lower number stages you will mostly only feel the stage when you sit on your meditation place and do the prayer; while in later stages it will more and more become a state from which you do the entirety of life, and that's where you want it to go for sure.

When you are in the first couple of stages that I discussed already, whether you do them from sitting in a spiritual practice (as discussed or differently) or you are going through them relatively automatically (it can happen), you will still very much remain close to what you were used to, even though specific other things may happen, that are easily subscribed to the spiritual experience you are having. Some people will go through the experience however, of "I am going crazy", and that is mostly what will be highlighted in the first Bridge (right here). The spiritual experience is like letting an invisible energetic layer inside of what you are already having in physical life. It can be accompanied with lots of synchronicity's and signs that feel really mind broadening in such a new way that it seems crazy, but some can handle this fine and at the same time you can still very much hold onto what you were used in between these experiences or simultaneously (depending on how you experience this).

Yet in the first Bridge, the Dark Night of the Senses, things can get more grim in relationship to going the sensation (not the actual thing in the medical sense) of going crazy. For one, the experience here can come that you will be drawn further in the journey then the normal plus the spiritual extra's in life combined, and you get lost in where that leads you, combined with the new situation in which your sense – your sense of touch and hearing and smell and so on – are no longer a tool of guidance and become unemployed regarding progress on your journey. And additionally, this phase will (as a result of that) highlight for you the discrepancies in you and your life regarding the spiritual things that have opened up for you, and the actual life you are (or had been) living. This can be painful, and this painful phase can become drawn out over a longer time, until it resolves to completion (which it will, like any other phase).

In the Twin Flame journey you will perhaps experience the loss of the one that you formerly thought to be the person, or it simply becomes very unclear, you feel uncertain, and the distance with them increases or does not seem to dissolve. One way or another you seem to be on your own, and that is true, and it is for a good reason, as this is how you'll be able to choose the Divine and be together in that relationship (instead) fully (first). In the realm of the Soul Money you may somehow lose what you thought you had, or the steadfastness of it is questioned in some ways, or you become so wrapped up in the loss of the senses that holding onto money does not seem possible at this stage at all and you'll fall back on creative solutions that seem nevertheless to suddenly be there. In the One Sacred Mission you may (temporarily) lose what the direction of it really is.

The meaning of this stage is to start to base your journey and the final outcomes of it, on the inner planes instead of what the senses can still feel, comprehend and in a way control. Because this is truly the deepest reorientation a person can undertake in one's life, it can be very strange and feel unwanted – while it does lead to the desired outcomes, I promise! From this stage on, you'd really want a teacher, to guide you through this challenging time, because it is easy to bow out and give up or become disappointed and resign when you are here. The best way to approach the reorientation is to accept that the joy and pleasure from now on needs to come from the inner planes (only), and to start explore that more, while at the same time remaining steadfast in a daily rhythm that gives you everything you need in self care and work for money as best as you can. Such a Dark Night can not be pinpointed to a certain timeframe – and all phases will need to be interpreted as somewhat overlapping.

To get back to the "I am going crazy" feel, as discussed above, this may increase around this phase because the differences between where you came from (world orientation from the

senses), are now (uncertain times in which the inner planes take away your senses as primary way of guiding the journey) and are going (a place even far beyond this dark night that is in fact bright and Heavenly in an eternal way) are more extreme: this is another way of saying that continuing on the journey with the tools given and the teacher chosen, will resolve this fundamental discrepancy between certain parts of you that may be very unconscious. It's crucial to keep on going! This will resolve all thoughts and feelings of "I am going crazy". Mental, psychological and even psychiatric illness kind of places in your brain and cell memory may be awakened to be lived through and resolved; it is a well-known phenomena that so called craziness is the in-between stage between the societal norm of behavior and spiritual enlightenment and the only difference is that you go through this phase with the right tools, with perseverance, with a teacher and with the certainly that you can make it to the other side of also this phase and eventually arrive in the state of mind of Heaven.

Eventually, most of us are in effect crazy, when compared to the ideal brain and cell memory that you were designed as and that you will return to in the Heavenly state. This crazy, even if it were only a detail of your tiniest brain piece where it is located, needs to and will be worked out of the system through phases like this. This is roughly said always due to trauma of some sort, whether you had indicated it with that term earlier or not at all: early in childhood we live in a theta wave state and pick up everything as true as were we the ultimate hungry sponge and if these impressions were off then that's trauma already, while much can be added to that event when we would not necessarily call it bad, because it is not our cultural lens that judges that but our divine system. Count in that you had been already imprinted before birth with the multigenerational soul template with it's own distortions and the possibilities of unfavorable influences of later life, other lives, other dimension and other planets and there you've got – generally said – the reason of your crazy.

You've got to take responsibility for it though so that it resolves to completion and that's what you're doing when you go through this phase, or at least it's the beginning of it. Don't worry too much, choose your tools, guidance and support system wisely and hold on to the fact that this phase will also end up in something else, something even different then the senses going away as the major factors in making sense of the world and your experiences. Learn to welcome that in, whatever it is, while having made sure you are on the one and only Path that can never lead you astray even when it temporarily looks like it. We've got such a Path, it's called the Ultimate Pleasure Path to Perfection and it makes use of all the traditional and updated magicians tools that co-create with the Christed Masters as well, and you can read about it in the Green Book The Emerald Itinerary.

Now you are about to get into the realm of the mystical:

### **Mystical Prayer**

*Illuminative Way* 5. Infused Contemplation The supernatural, God, the Holy Spirit and the saints, will come to you naturally to offer you their power.

When you get finally more comfortable with surrendering into the Dark Night of the Senses, you may get surprise visit(s) – to give you the juice immediately for once – from the Divine and its people. You'll feel it with the inner senses, dream about it, see visions with your inner

and/or outer eyes or direct knowing episodes befall you. The point is this phase is that they come towards you while you do nothing, you didn't even invite them. That's the nature of this phase and also of the people of the Divine that live in Heaven. In fact, it's supernatural, and the supernatural is suddenly incredibly natural when you are here. One big difference between being here and all phases before is thus, that you are not in control of the journey anymore because the supernatural takes over and you are transforming into the one that experience it and welcomes it in (only) (whether you like it or not).

It's a phase that seems great to some, because now you are getting the meeting with Jesus that you can proudly tell others about that for sure always wanted to meet the Master as well, and things of that sort. But that is the danger of it, in act, because that does not add anything to the stage and can make the whole thing cheap and tacky instead of profound and deepening. Another approach can be that you let it come over you while you don't feel worthy of it and thus in a sense miss the experience or the true value of it as it is hard to integrate the real gifts of it when you don't feel a worthy receiver. It's not that you cannot speak of these experiences at all or will not get anything out of it when you feel a bit taken aback by it, but you would do well to allow for space and time to integrate what it brings you first and allow yourself to grow into a worthy receiver if need be after the fact (first).

You cannot really say what will in your case happen exactly, on the forehand, but it only seems logical to expect the Divine people to contact you with which you already feel somehow connected, that are connected to the Path you are following and to your teacher, most probably all three indicators will be at work for you at the same time. Whoever it is that reaches out to you from spirit to spirit, you'll probably understand who and what it is from the experience itself or might be able to find out with a little bit of help. In our Divine reading that you can order, called the Creative ID Reading, you get an indication what masters or forces desire to work with you from our Divinely inspired perspective; keep me posted on if that will also be the reality for you when you reach this phase.

Being contacted by spiritual persons and/or forces (such as dryads which are tree spirits to give and example of a force, and what to think about God him-her Self?!) sounds perhaps pretty crazy to the mind that is not yet attuned to this layer, while for others it was something they already had some experiences with because they are naturally someone that has an anchor in this layer of life. Yet it is instead very healing to be welcomed by liberated forces when you are slowly getting beyond the phase of entirely in all life aspects letting go of the senses as your go-to for acknowledging reality: they know what it is like to go through these phases and they can acknowledge your beingness in these new ways experienced! Even when you still have quite some road to go, it's a great breather to land in this layer of spiritual, even Divine, recognition.

Admittedly, it is sometimes great to see the first Dark Night as a difficult phase and Infused Contemplation as a welcome pause like as a well would be for a desert traveler, however consider this: the entire Road to Union does culminate in the most Heavenly experience that will be lasting for you, and your True Twin Flame will be there just like your birthright Abundance will start to sustainably roll in, in the form of coins and other supporting circumstances, meaning the difficulty is in effect only ever going to be the garbage you need to get rid of to become the loved one that lives in Heaven on Earth. This will give you another perspective on the definition of difficulty and of what you go through in your journey. It's all perfectly okay whatever you go through and you transition your focus from clinging to what turns out to be garbage towards embracing the entirety of Heaven and not paying attention to what is let go of during the transformation you (-r soul) chose.

In this phase, it becomes tangible for you that the True Twin Flame is and can only be connected to the Divine itself fully and completely; it's not even a relationship question in the way you would have thought about it before and that society and social life would often (still) define it as, because it is something that is already True in Divine Reality and you are merely uncovering who and what this is and making sure you arrive at the right attitude in mind and energy to be able to deal with it in the most beneficial way so that it not only stays with you forever after but also in the way that is the most transformative, healing and blissfull for the both of you simultaneously. It becomes clear that it is the Divine that steers all this, and it is the Divine that keeps on being the nourishment for every detail of the coming together and the beingness of it in the now and in eternity.

Getting into direct contact with enlightened beings in the stage of Infused Contemplation, can also bring more clarity into what kind of energy surrounds the True Twin Flame, as opposed to the false one, and as a mirror of that as well what kind of energy the True YOU is in fact supposed to live in and look like (feel like). In the same fashion it might start to dawn on you, from these experiences, what your actual Mission may be and how it might contrast with what you earlier had thought and believed, based on an incomplete, not yet sanctified self image and one that did not include yet the correct healed and holy counterpart on the layer of seen as One with you. No, you are not going crazy, but instead you are clarifying who you are in the light of the Divine Fullness.

The meaning of this is to be able to ground what you've got out of this stage, so if you would still be like: wow but now what, be assured that you've got to not only process your feelings to such a degree (with the KEY tool) that the upsets and also the excitements about it are mellowed out and healed, but additionally that you start to bring into the concrete physical level what this means to you: when you've got clarity on who is your Twin Flame definitely not, start to remove their stuff out of your house; when you've got clarity on what is your Mission then start removing the stuff that refers to what you earlier believed and make a list of probable things you need to do to get going on what it is supposed to be. Don't make hasty decisions and make your life unnecessarily difficult, but the idea is that you've got to ground what you learn in physical reality and not float around even though the source of your new found clarity might not have a physical body in the way it was presented to you. Even journalling about it, can already be a grounding action to take that will help you!

### 6. Prayer of Quiet

The complete silence that can be experienced when you are visited by the divine and that you cultivate with your will.

At this stage you are sinking deeper into an accepting and a surrendering. You've now got real life first hand experience with that you're ultimately not in control of the deeper truth of your journey and your identity, but it is given to you and you are a mother to it in the sense of that it asks you to take care of it intimately and love it fully, and you are father to it in the way that says that you're going to guide yourself in certain behaviors, schedules and physical support channels so that you'll start to thrive with what you've got going on in essence. This stage means a deep relaxation and the ultimate sigh of relief, because you can now start to rely on something so immensely much bigger and more profound that is completely loving you – and

finally you get some well-deserved rest in the arms of the Divine, even when you're still doing your daily tasks to take care of yourself and your surroundings.

Let it all sink in and let your energy become influenced by the mental clarity that you have gotten from the former stage, before you're hit with the next deepening in your Road to Union, namely the:

# Bridge: Dark Night of the Soul

Desert experience of the intellect and the will: great cleaning of all your memories, concepts, worldviews, self-images; difficult to get through and the will is finally transformed into giving up the personal will in merging it with God's will.

It's great to have been touched in your so called crazy and then being reassured you are on the right way by the Divine Beings themselves, but now you've got to work through the resulting challenge so that your Mission and your Twin Flame Union can become true. It only aids to have your energy system (in your body or simultaneously existing as your body in the same space roughly, while it even can be said your body is inside your energy body when you see it as containing your aura as well) well functioning enough so that you can claim to be in Flow as well. This means to have all energy points in it conscious for you and able to feel into it, so that the stream of energy that sustains you within your soul on the subtle level, is within your area of knowing and sensing so that it in the baseline can harmonize, however there may still be specific blocks that need to be resolved when you look at the bigger level of the spirit, in which the energy between you and the Divine is also calculated in. More on the energy approach you read in the Green Book Conscious Creativity.

At this time, you may be susceptible to the deeper call to face the full truth of the discordance that is still in the mind after having freed the sense (and therefore physical body) from the equation: the mind holds concept, memories, ideas about the most basic human functioning and world workings, that need a full cleaning round whether you believe so or not. The deeper call can come in unexpectedly at this stage, you might be caught by surprise, but something profound hit your perception and turns everything around, alongside the arrival of great resistance to the seemingly upside down nature of what you think you are experiencing. The mind has patterns and that is where all your culturally normative habits are derived from. We're so used to our norms and unspoken rules in life, that we often wouldn't think of them as contrary to what we are really desiring when we are on the Road to (Twin Flame and Soul Money) Union, yet in this stage that will be highlighted and purged.

It indeed will seem like an upside down process, when you want to cling to your mental habits for fear of losing what you know feels safe because of childhood and culture programming, because at this stage, the Divine will come to you to cleanse just that area – and lots of super unconscious fear might come up to the surface for you. The vacuuming of these unconscious fears (the arch-enemy of Divine Love) will probably make you confused as to what exactly is true and worth belief, and it may at first be unclear to you what aspect is being sucked away at: is it the forces that have been indicated by you yourself with your 'old' culturally or familiarly normative beliefs as that which needs to stay or is it the forces that you would have wanted to go? You'll come to understand, when you give in and start to move with this Divine cleanse (and not against it) that it's not your personal programming that decides what intellectual chatter stays and which wisdom goes.

Your mind will be cleaned according to the standards of the Divine Mind, also when you don't like that, which would only be an indication of you not understanding it correctly yet. Your meta-process of trying to follow what kind of process you are in, might become really confused here, because now it is up for a deep cleanse itself! What is more, you are going to experience the reliving of what is in the course of de-installing: you will know what that is, piece by piece, because of your understanding, and you will see it also with memories and visuals both in waking state as well as dreaming, but that for sure means you will experience the feelings of them as well, temporarily, until they have passed through you and let go of completely and forever after. It will be a fair of remnants of old pains and insulting plus traumatizing situations that once passed through you, will be healed to never return. Which is tons better then remaining in the train of constantly unconsciously repeating them in new situations, while making yourself believe you now have the end of the healing before you and then... nope again not at all. The end of this disappointing cycle is in sight, truly.

That is the definitive upside of what can be (as the name suggests) a pretty Dark Night, that you however will get through guaranteed as long as you stay the course. It can be accompanied by real life situations in your work life, family life, love life, physical life and so on, that play out what you are in the course of letting go: you might experience one more manipulative boss or abusive business coach to be able to fully say goodbye to that patterns forever after, stopping that train in its tracks this time and ending it consciously preferably; you might need to wrap up the remainders of a narcissistic ex lover that is trying to hoover you still always, and now you finally learn the lessons that came from this situations, so that you will not be sensitive to this sort of thing anymore forever after. Don't be surprised if the friends you thought supported you in this stage come out to be not so loyal after all, to such a degree that you relive your early childhood trauma and finally arrive at the insight you have o remove both (whatever that may mean in your case). All these decisions need to come from having actually lived through the real lessons presented, otherwise you'll only call in new situations.

So: accept the challenges and learn the lessons. This way loads of old psychological trauma can be definitively released and you are well on your way to becoming an entirely new person for sure. New in the sense of you're newly growing into this Divine vibe, that you in fact always already had been at the core. Because we are all integral human beings, with all aspects relating to each other intimately, these mental processes affect your emotional life 100% and the cleanse of that translates fully to your body and organs inside of it, too. For this reason, you may go through a sequence (for every main part of the process) of physical intestinal cleanses that occur automatically that you will be able to experience clearly in your sleep rhythm and your eat and energy cycles for instance. You will see that your anger is activated with sensitivities in your liver at midnight, and then some time later you will experience lying awake in bed in the early morning hours because of the emotional process of letting go in the large intestine. The physical aspect may very well play out in variations for you, but roughly you could expect the body to work in tandem with the emotions, that accompany the mental clean-up. Take care of yourself accordingly!

There will come periods in which you are very angry at daytime as well, so schedule a daily anger walk to plough through it; lots of tears may be shed too during the day and then finally you may be extra tired for some time because of the relief of the let-go that will ensue. But this Dark Night will end, the Road to Union will make sure that all processes become fully rounded and you will be delivered at the front door of your Dreams Come True. You'll get to know the real you, and then others will as well a little after that. You'll relive your childhood phases you've missed out on and start to socialize again with a fresh vitality when time is ready for you, that is guaranteed. Simply be your own best friend in this phase, and rely on the Divine. Keep on going to your teacher and speak with fellow travelers. Don't try to hurry yourself with overzealous grit, but try to avoid sloth as well. And before you know it, you'll actually be in Union:

### Unitive Way

#### 7. Simple Union

Your inner powers including intellect and will have turned towards God and in a process of becoming more and more true, it is as if you are being consumed by the divine from now on in a process that is unstoppable.

Contrary to popular belief, Union is a State of Being consisting of the correct mind attunement that co-creates with the correct energy movement inside of you, and not moving in with the one you mistakenly belief to be your Twin Flame, nor is it the moment in which your bank account will guaranteed be filled up until 6 to 7 figures out of nowhere. Nope: it's a State of Being, that will in time produce the actual True Twin Flame in a committed marriage and the right kind of movement to welcome in the Birthright Abundance that is already yours (from the two of you). It will actually produce these results when you remain loyal to the process even beyond this point, because the journey continues, albeit differently after having arrived. At this point you will know what soul grit is and have experienced how to persevere against all odds simply because your inner guidance is indicating this is the Way. This will help you through the Unitive Way stages.

To arrive at Union, you really need to have chosen to be true to your Divine Self no matter if anyone around you agrees or not and if you loose your material goods under way or not. This is the test if you will, and each and everyone that travels this road, will need to go through it in their individual way. The fact that you need to choose Union no matter what it looks like under way or even as result, does not mean that you won't get the very best that is possible for you in love and money because you actually do; it's more that it will not be as your ego sees fit but as God intends Heaven to be for you. Whatever that will look like, will be feeling like bliss for you. Because that is our primary way of being in life (feeling through the heart), this is your Ultimate Life indeed. Choosing it also happens through the heart, and for that I refer back to the decrees that are discussed earlier.

It is really the very best if you in earlier phases already worked on your entrepreneurial skills (with the Business Book Get Your Business Brain On while being in the course Abundance Now for instance) and knowing the tools and inner working of the ultimate love relationship (with the Divine Feminine Manifestation Course for instance, not for women but about the way to manifest the ultimate love life through the Divine Feminine wisdom), so that you are prepared for your new to be born life when you arrive here.

Arriving in Union is a happy occurrence, it is a relief and a falling into place more then it is excitement and over-the-top. It is the clicking into a permanent place of the best feeling places you have been in the entire journey you have undertaken before, so that it is indeed clear that you are able to walk this journey from this good feeling place of true (instead of ego or false) Divine Pleasure to the next place where you meet that quality, not withstanding the Dark Nights you'll cross in between, until it clicks in definitively at Union, after which you keep on developing in a new found way until Perfection.

Once in Union, you'll know because the Divine will inform you if you can listen and you can feel it with your inner heart. Within the Union is a core that is peaceful and Harmonious when you accept and unconditionally love fully the Divine, your Divine Self, your True Twin Flame and your Mission - and that will grow into:

### 8. Conforming Union (Harmonious Union)

Spiritual engagement in which that process is completed in the core and then expands over all inner faculties, in which an ecstasy can be experienced that will not go away.

In the end, the Union and the Harmonious Union described as two phases by Saint Theresia, is something that is hard to distinguish from each other as happenings. The way I personally experienced this is that I knew and felt the Union come in as consciousness state (or: State of Being) with the peaceful core that I had chosen indeed volitionally so it was Harmonious (or conforming, according to Theresia), but that peaceful core I felt growing from the super small seed into a clearly distinguishable present that could be opened further, over the course of the first one and a half year of being in Union (or, thus: Harmonious Union). At that time, it indeed felt like a betrothal had been taken place on the subtle inner levels, while I was also in my social and physical circumstances in all ways being prepared for a married life (because I followed my guidance and took action on the base of that).

In my case, the being and living together with my Twin Flame could not take place immediately because of practical complications and our specific situations in life, but in principle, you'd know who they are and be able to start a life together at least in some way at Union normally speaking, although one also has to take into account that it is a consciousness state in the first place and not defined by the front door of your newly bought house together behind which you make love every evening per se although that will come guaranteed if one journeys further in that manner exactly. In my case, I could also start the Mission in principle right away because it was clear enough and I was practically able to act in my business, but it was on another note not ripe for picking monetarily fruits right away, and it looked in effect in the end more like my business underwent this giant transformation (first), even on the base of everything I already had (which was significant).

All-in-all this stage will look on the outside different for everyone, but will be the very same on the inside, and that is what takes precedence over how it looks. The inside will have clarity on who the Divine is, who you yourSelf are, who your True twin Flame is and what your purpose is in the eternal life that you can now start to live together. You can start that life now on that inner vibration while committing to maintaining that energy – so if you wander off you might go back in the stages significantly but that is not a logical choice to make seen the bliss that is here, the amount invested, the fittingness of all definitive ingredients... and the sheer fact that you were only able to get here by already having committed to doing the inner work continually. Yet there are those that fall away from this stage, because the healing still needed is significant to get everything functioning on the daily life level, and sometimes even though everything is clear, it looks to the ego mind that has not sufficiently been integrated yet, too big of a challenge to for instance get used to this real Twin Flame person, to unexpected changes such as a difference in gender perception that has come to the surface or the prospect of starting an entirely new family in potentially a new country. But whatever it is that makes some fall away, it is always an inner block they choose to reinstall or take as definitive, and they can also choose to heal with inner work just the same. You're free.

Arriving at this stage of the Road to Union has been a stretch of doing your inner work on your own volition - but that is not all of it what makes people successful on this journey. Besides doing your own work and creating your own direct communication with the Divine as a result of that, you will need direction from a teacher that has gone before you, sometimes in the form of Divine Channelings, and also in the form of pointers to blocks that are in your blind spot. There needs to be this co-creation too, whether you like it or not. Also, it is the norm in 2022 to invest time, money and resources to your spiritual goal in this realm, otherwise you might very well stay stuck in some phase or another, which is what commonly happens quite understandably.

Because they had in Theresia's time Twin Flames that would also have chosen a similar lifestyle (in her case Saint John of the Cross), in this case a religious monastic life of abstinence, there was often and in particular in this case, not a going to live together and resolving all practical problems to start your Holy Marriage off on the right foot and get your Mission Business going, but we live in another time now, one in which this stage is not only achievable for all but also able to let it take shape in an entirely new heavenly daily life on the Ascended level. It is heavenly because that is how it feels in the heart, even when the fullness of the heart still remains to be completed in healing for the next some years in the future of you having arrived in this stage at the core of the heart (and for heart, we can also read: the entirety of your energy body, approached with the present day system as presented in the book Conscious Creativity).

This indeed implies correctly that your mental and emotional issues, whether official illnesses or minor defects, will mostly have been worked out of your system; even physical healing is part of what this lifestyle-less life style entails. You'll manifest at least the stream of resources that will give you what you need – perhaps not always what you want and that would then be because your will is not yet full surrendered to Divine Perfection. And this then brings us at the next stage, where your Will will be worked on until completion:

### 9. Transforming Union (Perfect Union)

Spiritual marriage in which a transformation in God can be experienced, in the sense of God moves the person and that is all that happens because there are no other motivations.

Turning your Will entirely to the Divine, will (contradictorily perhaps, for the partially still untransformed mind) free you up for the true reception of Your Abundance. The Perfect Life that will transpire for that and the perfection of ones Divine Self, is still yet unknown territory that I am sure to be able to explore for you and report back on from my own experiences, as well as that from my loyal clients. Having no other motivation then what the Universe steers through you as the Master Artist to create for the benefit of all, certainly seems like the way we are going here and even though the examples to refer back on partly, for myself are able to count on two hands in my world, which is pretty much the world, there is enough manifestation to see what this eventually will entail and yield to be able to be really powerfully confident about that within Divine humility.

Manifestation, in the end, is really the making come true of your spiritual-personal potential i.e. your True Twin Flame in a Divine Marriage (Harmonious Twin Flame Union), while being

in the stream of the Mission derived Soul Money that is your birthright abundance (Anchored Flowering Golden Flow), in the sense that it has in all universal and individual aspects been passing through your faculties of processing: all nine energy points and the entirety of the Divine Romance connection between you and your Creator. The definitive heart feel of having elements or the whole of it having passed through it to completion, is able to sense in the deeper feelings. This is the bedrock of manifestation. Physical life is kinda coarse and slow in nature, and will eventually ensue.

The journey goes from the understanding we need to fill our own cup through Self Love, all the way towards the Divine Relationship as the deeper Truth of that. *Blessings to yours!* 

# Workbook

Hearing

Hearing Assignment 1

Take 20 minutes to listen to the ambient sound as if it were your favorite radio music station. What is your finding? How do you feel?

Hearing Assignment 2

Listen to one of the Resonance CDs with tanpura sound while lying on your back, do this every day for half an hour for a week. What is your finding? How do you feel?

### Hearing Assignment 3

Masterpiece of hearing more deeply is the interview, in which you are the well-listening interviewer. Do you listen carefully to the interviewee? You can just try this out. For example in the context of your area of interest or (future) business. Know someone you've always wanted to talk to? Invite the person for an interview of max. 1.5 hours, for example for the benefit of your interest in his/her subject, which you want to translate into a project or book. Or else you start with a friend. Follow your natural curiosity in the interview. Try to ask about the underlying motivation of people to do what they do and do that by listening carefully, by means of. hear more deeply. This will automatically give you the right questions. So you don't have to complete an extensive questionnaire, but a few starting questions work well to get in, for example:

Can you tell us a bit about who you are and what you do exactly? How do you listen to your customers and do you need a special skill to do that well? Do you know of any examples of what happens if you didn't listen deeply but superficially to your customers, what happened then?

Seeing

Seeing Assignment 1

Sit down in a quiet moment, close your eyes and feel how they feel: are they tired of overconcentration? Let them rest in the eye sockets. You can feel this physically and with your intention they will consciously rest, for example 10 minutes. How do your eyes feel afterwards? How is your vision afterwards?

Seeing Assignment 2

Go to the nearest art museum and complete one of the given assignments. With two can work very well. Do the assignments personally, but talk about it and exchange.

Seeing Assignment 3

# Tips for Art Watching

Don't be afraid of art; it tries to tell you valuable things, no matter how strange the shape is or seems at first. Do not read the sign, but take advantage of this unique moment of coming face to face with the artwork. Feel your body and feel the material of the work of art while feeling it. Postpone judgment as long as possible; be curious, ask questions and notice striking features. Change 'repulsive' to 'interesting!' and then look further.

Say aloud some facts of the artwork. Talk to each other about it. What associations do you then come up with? Assume that you are really correct, as long as your associations are connected with the factuality of the artwork. Connects facts with associations and arrives at a story.

"What is it really?" Unfortunately, art has no unambiguous outcome or meaning. The greatest art historian will tell you that in the end he doesn't know either; the duplicity of meaningful on the one hand and no definitive result on the other is precisely the fun of art. Good art keeps itself fun forever. Take it as an example for yourself!

Seeing Assignment 4

# The ArtQuality Test

Is this a work of art that keeps itself very nice permanently? Another way of approaching is the following. What are the material properties of this work of art? List a few. What are the spiritual realms, or the associations associated with this work of art? Admittedly, contemporary in particular contains a lot of knowledge: about society, sometimes about science, often about the personality of the artist – and you sometimes have to get that from elsewhere. But beyond that, the artwork itself also evokes spiritual associations.

My thesis is: a good work of art has a high degree of coherence between the material characteristics and the spiritual associations. The way of coherence between them is often the most interesting. Sound complicated? Give it a try. A work of art in which, for example, chalk has been chosen for a reason that is clearly related to the substantive associations such as fragile woman, moves in the direction of quality.

In the example, the coherence is that it resembles each other, but can also be a (meaningful?) contrast, for example. This should be clear even without additional knowledge. It is at least an interesting quest that draws you deeper into a work of art – and therefore also into areas of human experience that you are part of (because every work of art arises from that).

Seeing Assignment 5

Choose your artwork & Discover your quality

Art can also be something that concerns you personally. Of course: what attracts you, what do you want above your couch or bed. But also something more substantive than just 'a nice color'. How do you get there, to that content? What content suits you?

Without wanting an ultimate answer, you can check what - after a tour of the museum– the most stuck with you, without you needing to know why. Which image spoke to you? Whether out of horror, emotion, beauty or incomprehension. That it speaks to you is the most important for this moment.

Go back there. Here you will find yourself.

Seeing Assignment 6

Seeing deeper as the basis for your daily life

As humans, we are constantly looking at each other. Suppose I look at you and you look at me. If you take the rest for that, you will not only see me but also who I am, how I am doing. I also see how you are and who you are. The trick to that is that you don't just focus on me. You have to see yourself. And the environment too.

See all the details at once, let them really come in. Let your eyes sink into your body, without giving up the outside world. In this way, looking does not only mean seeing, but also seeing. Leadership is (in) seeing. You never leave that depth. At most you leave that depth. That is normal. You're not doing anything wrong. When you become aware of this, you can travel back and forth between sight and insight. You begin to move and come alive. Do this any time available.

Seeing Assignment 7

Illusion or Insight?

Sometimes you have to deal with illusions: images that you hold on to and that never really make sense no matter how hard you pull. Others are real images that can become true for you because you have the right insight. How can you know the difference?

This can be difficult and in everyday fantasy everything is an illusory wish. If you come to a meditative balance (not so everyday for most, but you can, if you accept imbalance and still come into your midst), then you may see yourself and where you are going correctly – and images are almost superfluous because after all, you have it now.

But illusions or not: continue on your path and create the life and business that essentially suits you. Any illusions will fall away from you, all the time. What illusions do you encounter?

Speaking

Speaking Assignment 1

Tips to better enter the birth process in relation to breathing as the carrier of speech are:

- feel your body as you speak;
- prepare yourself by stamping your feet vigorously (in the wings);
- try to involve your abdomen in breathing;

- breathe consciously while speaking;
- practice in advance on a person who trusts;
- warm up just before the speaking event, find a place where you can blast your voice out loud for a few minutes, even if you just say 'lalala' or 'brrrrr';
- think about timing in advance: reading an A4 aloud takes a few minutes, practice this with a timer, don't think too lightly about timing, this is crucial for your audience;
- if you practice it usually takes less time, once you are in front of your audience you are often slower (and clearer, which is only good, but keep this in mind);
- try to find a good way to introduce yourself in a very clear and unmistakable way and study this in advance;
- can you come up with an exciting question related to your topic that you can ask your audience at the beginning? This makes people more directly involved in what you bring up next;
- if possible, keep it short and sweet and close with a call that is relevant to you (-w subject);
- speaking in front of an audience is a feedback moment in itself, even if people don't even react directly, you can feel in speaking how you experience the spoken self: does it feel honest, powerful and convincing for yourself? Any verbal or nonverbal response from the audience is then a nice extra, which you can appreciate by comparing it with your own experience.

Speaking Assignment 2

speaking truth
or would you rather lie? ;)

Successful lying: <u>http://tinyurl.com/spraakliegen</u>

Write 10 minutes about where you stand in this.

Speaking Assignment 3

Seven Writing Tips for a Unique Voice in Language

1 Writing opens possibilities. You are on your way to new worlds by picking up the pen.

2 The first world in which you learned language, in which you learned to read and write, is most meaningful to you. What world was that?

3 It can be quite frightening to look at a blank piece of paper or a blank screen. End it by starting. It doesn't have to be perfect.

4 Write down something about your 'first world': a word, sentence or an entire A4 full of associations.

5 Let rest if desired. Look at it, read, reread. Find a core. Delete the rest.

6 Write a paragraph about the core. Can you also choose words that belong to your first world?

7 Let the following points follow from this like a fan. Write them down briefly. Put away. Work out later.

Speaking Assignment 4

Seven Writing Tips for Integrity in Language

1 Remember: language comes from you. The text you write down in your work. Or that you write down as a shopping list. Or as a poem.

2 You can feel each sentence welling up in your body before you write it down. Where do you write from?

3 Any kind of text comet originate from another part of your body. Lists out of your head. Poems from your heart. Enzo.

4 Open your heart before you write. Then another language comes out of your pen or keyboard.

5 Language from the heart is understood differently.

6 You can also alternate it. You may want to convey concepts. Or raise questions. That can also open consciousness spaces.

7 Then language can arrive at a new place.

# Speaking Assignment 5

Inspire yourself by getting a literary book from somewhere, for example from the library or the literary bookstore, take a novel of your liking or choose poetry that is unknown to you, otherwise ask the librarian or bookseller for advice for your choice, it will glad to be given to you. Don't hurt yourself by having to read everything right away, but read until you come across a strange, new, fresh or terrible piece. Circle it, copy it or bookmark it to find the place. Read the piece a few times over three days. What is your finding? What does your choice say about yourself? Then read on if desired or consider your investment as consumed for the time being and see what else it brings you. Perhaps you want to write something yourself, with your own book as the ultimate. If that's your dream, then don't delay and carry it out. Now you have the ultimate motivator at home: that inspiring new book.

### Speaking Assignment 6

Sit down and feel where your breathing is. Do nothing. Don't manipulate your breathing. Spend 10 minutes like this. Preferably repeat every day for a week. Write down what you experience.

Moving

# Moving Assignment 1

Take a dance class and challenge yourself to dance a role that you are not used to: leader or follower. Be patient, give yourself a seasonal course, fun and sweat. Experience what you learn about your own leadership or followership.

Moving Assignment 2

Dance wild or slow every night and release your work stress to your favorite music!

# Moving Assignment 3

Do the mission quiz to get into action as entrepreneur in the way that fits uniquely you: <a href="https://tinyurl.com/CreatorMissionQuiz">https://tinyurl.com/CreatorMissionQuiz</a>

Click through at the end, and receive lots of extra insights and even business information.

Creation

Creation Assignment 1

What is your business about? Which dream of yours does it shape? What step will you take between now and a month to make this happen?

**Creation Assignment 2** 

If that went too fast, let's do it again in a few steps:

a What is your natural inclination to do something? or: What is your art form that you love to express yourself?

b How can you inspire or help others with this?

c How can you turn that into a project?

d How can you create value with this and what value can you ask back from participants?

e How can you professionalize that in a business?

f How do you see the future as an entrepreneur from this perspective, are you going to set up more things next to each other, write a book and become a speaker, and not give up your art either? If you already have a vision on this, you can express it here.

**Creation Assignment 3** 

What feels in balance right now? What feels out of balance? What is the development that follows from both?

Communication

**Communication Assignment** 

How could you communicate your creation?

Marketing is for sure a topic that we will create more material on in the future, because it deserves it.

#### Nine Layers of Prayer Assignments

#### **Ascetical Prayer**

### Purgative Way

# 1. Vocal Prayer

Do the Source Magic Rosary as published in the Divine Feminine Manifestation Course (not out yet in July 2022). Or say the Manifest Creativity prayer published at the end of the chapter Smaragdum Itinerarium in the book The Emerald Itinerary. Or do the Reset Recalibrate prayer and meditation as available on Bandcamp. Or find a Christian or other kind of prayer if you like (all religions are equally crowned by the Divine Reality behind our body of work so there is no hierarchy in it). This first layer is about getting into the habit of doing it, saying it, dedicating a time of the day to it and repeating it on a daily base or the like. Say it out loud, or in your mind. KEY is also a form of dong this kind of work and it also lets you vocalize or write out (which is similar) what is going on and makes you go deeper: the main tools of the journey we represent, are still always applicable, also when one starts a route that looks more like prayer and meditation.

#### 2. Meditation

The same as the first layer but now you have rehearsed the words and form and habit and time of the day you do it enough, so that you become free to let the mind imagine what it is about and apply it to your own life as well as a form of pondering it. In the case of the Rosary you ponder the mysteries, in the case of Reset Recalibrate you ponder the meaning of the words, and so on. Give the mind some freedom here, because when you are really settled into this phase, your mind will spontaneously ponder things that are going to be fit and effective.

#### 3. Affective Prayer

Same as before but now, you are going in it with more intention of the will, directed towards the invisible essence in what you are meditating on. This may lead to you adding time and silence to the entire exercise to do this. KEY is also a great way to add the will.

#### 4. Acquired Recollection

Elongation of the third layer and a more silent version of it, that you can also start as an occasion in itself, silently gazing at the flowers that are at your prayer and meditation place that you now have made for yourself for instance, or something else that is of great meaning to you in this context.

#### Bridge: Dark Night of the Senses

This is, just like al layers in fact, a phase that can take a while: days, weeks, months or a couple years. It is, just like the former layers mentioned, a layer that is not only there when you are praying or meditating but it is the deepest layer you've gotten at in general, in life, in your experience and this will always be somehow present in your daily life as the base layer of your way of being. There will not be deeper layers active and able to feel, then the deepest layer you have gone to in this prayer layers. Being at the dark night of the senses basically means, that you want to get in contact with a teacher that can direct you, so you can progress beyond it, because it is mostly an unpleasant phase when one would judge it from the emotional and senses life you would have been mostly familiar with in the earlier layers. So the assignment here is to get one and get a session, and also to not give up, keep on going, and do the main tools to keep on going deeper: KEY and more. Everything could start to feel off to you here,

dull, contradictorily, against you and boring: this is a good sign and you have to keep on going.

# **Mystical** Prayer

### Illuminative Way

# 5. Infused Contemplation

When you manage to go deeper you will indeed be visited spontaneously by Divine energies and people. This cannot be directed from the personality; it is receiving that takes place. What one can do is be in the receiving mode, and for that it works really well to sign and keep on doing a prayer and meditation regime on a daily basis or at least regularly.

# 6. Prayer of Quiet

When you are here, the atmosphere of your meditation and prayer regime plus the spontaneous visits of deep atmospheres and help flow together inside of you and you can have a silent and wonderful meditational time while doing regular things such as cooking or making a walk or drawing or something like that. It is about being receptive again.

# Bridge: Dark Night of the Soul

When your mind will start to purge its memories, illusions and errors, this can come like a shock to you, and be incredibly unwelcome too. It could come as a very deep shock of the illusionary nature of your family, your culture, popular culture, your job context, your social circle or the like, and because it is a clearing at the deepest mind that we often (unconsciously) hold as the most essential to us and simply as "us", this can cause you to attribute the label of illusion and "need to fall away" to the wrong group, because it is the mind and and its physical vehicle the brain that is being restored in truth, ad our worldly and personal interpretation of what is happening can for a some time be a bit behind. The falling away of illusion to happen, and expect there to come a whole process unfolding in time of digesting emotions after this as well: grief, anger, sadness, letting go and so on. You will get through it. You need a spiritual teacher that has been through this herself to be able to be correctly directed through this phase; you even need someone ideally that is additionally also been initiated as teacher on the Union level (not just someone that experienced the phase only).

# Unitive Way

# 7. Simple Union

Once you are here, you will know it. Something will click in for you. it will be subtle and at the same time very clear. It may be completely drama-less, a sort of a dry "click". You can go to a true teacher to have this confirmed and to guide you further. Congratulations are at place here for sure. At the same time, this is only the very beginning of the rest of your life of the soul in eternity. You can expect a full round of emotions to roll through you starting at this point, and the arising of the first big lesson (or package of lessons) that is there for you at this very stage to learn and integrate. Because at this stage, you are in principle at the core healed and in an automatic progression (when you keep on choosing to remain here), this must roll on for you with not too much resistance (or you will fall back in an earlier stage), which does not mean that it will not have emotional and mental and even physical effects that need to be processed. Work closely with a teacher to be able to ride these waves without falling back, and associate yourself ongoing with them to allow yourself to stay the course.

# 8. Conforming Union (Harmonious Union)

From Union on, you can and will know who your Twin Flame is and you will be presented the ways to be together and come together; your Souls Mission will also become known to you. After having learned the initial lessons of Union, you will feel the betrothal happening in spirit as well, and that is this stage, that is in fact already inside the former stage, but it is a sort of a present that is now surfacing within the stage of union to be able to finally be unpacked. That present will become a lot clearer after the initial union related lessons have passed through you, is what it is about. So, don't think that you're there already when union clicks.

# 9. Transforming Union (Perfect Union)

Unpacking the present and cleansing the union until perfection, will make you spiritually marry your Twin Flame, Mission and God when it is time. Of course, this is the perfect time for an actual marriage and the starting of a business to propagate your mission as well. These are all the spiritual and actual children of your union, and when there are going to be human children, it is of course also a great time for that (no matter your age or other worldly and physical circumstances). Many more fruits (children) will grow and your love cup will start to run over and you will be able to share from it abundantly to the people around you: Soul Family, friends, students. All these projects and ways of living can be prepared in former stages (and you are advised to), however they will come to bloom only here, as they will automatically and from unconditional love. You will be able to guarantee your ongoing bloom and production of fruit, by continually remaining in co-creation with your teacher that you will be in a full relationship with at this stage (otherwise you will fall back to earlier stages).

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To the Abundance NOW Facebook community: https://www.facebook.com/groups/420003449287525

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Office:

Business & Creativity Inspiring and Managing CreativeUniverse.EARTH Helping you reach Twin Flame Union & start your Mission Business.

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