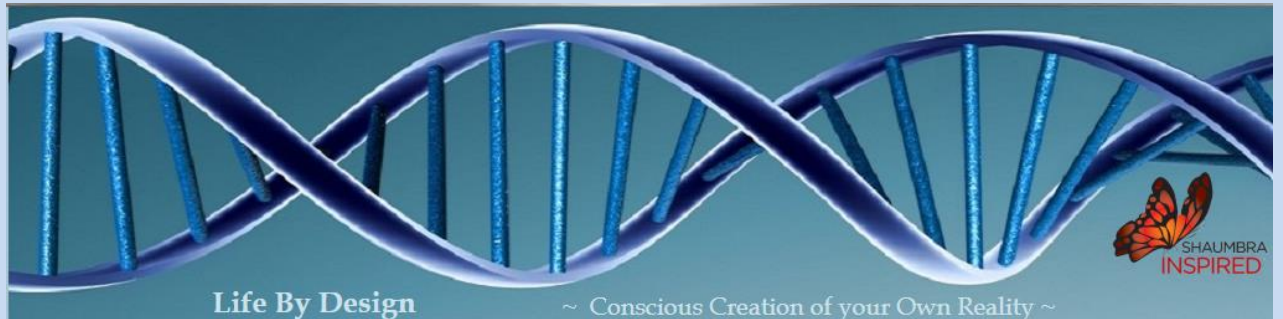


Life By Design



Necessary safe of all my pages on my website Life By Design

***Geert Vousten –
September 2018©***



Preface

This document contains the content of the website Life By Design : LifeByDesign.nl

In September 2018 it was saved in this document because of the ending support of the website-builder software.

I am currently working on a new website under the same name with wordpress/websitemaker.

It's **Mastery or nothing!** For them who chose to be here in this lifetime as embodied consciousness or [consciousness pioneers](http://consciousnesspioneers.nl). The "**New Energy Master**", just passing through. Getting out of the Mind into true Knowingness, into the Essence. The Master discovers that it's all about just **allowing!** It's simply to live. To live... **Live!**

When you live, **you become a Standard for others.**

When you live, **you have vitality and health and abundance.**

When you live, **you inspire others**

Geert Vousten

Consciousness Pioneer



This document is also, or still, applicable and supportive for those who are now in that awareness process too... and is part of a lot of other information and knowledge that I want to share as wisdom with the world, mainly about "*Consciously creating your own reality*" and "*The Human Game/The Holographic Universe*", as my contribution to the world, by radiating it, by **being a standard**, an example of "*Being the change*".

The world needs Standards more than anything else now.

For more information, remarks, contact or latest news, visit my websites: LifeByDesign.nl & ConsciousnessPioneers.nl

Geert Vousten – 2018© - geert@lifebydesign.nl



geert@consciousnesspioneers.nl



IMPORTANT NOTE:

*This information is probably not for you
unless you take full responsibility
for your life and creations.*



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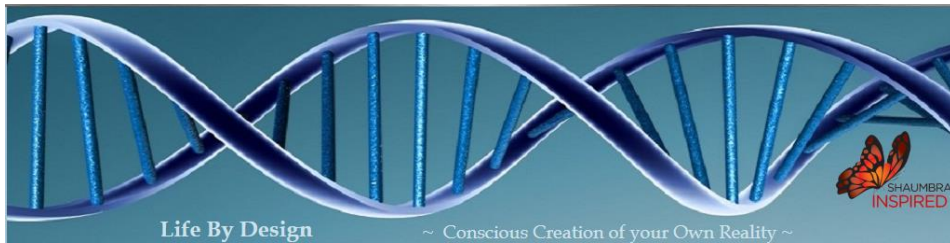
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Other relevant links

■ LifeByDesign:

[The Channel Library Series](#)
[YT Videos](#) (from CC website)

■ YouTube Channel: TheCrimsonCircle

<https://www.youtube.com/user/TheCrimsonCircle>

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Life By Design

Life By Design ~ Conscious Creation of your Own Reality ~

LifeByDesign | How? | Support! | Agenda | Various | Blog | Links | About Me | Contact | HulplijnOnline

Information >
 Creation >
 Co-Creation >
 Inspiration >
 Scientification >
 Foundation >

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DONATE

A Life by Your Own Design !!
 ~ Conscious Creation of your Own Reality! ~

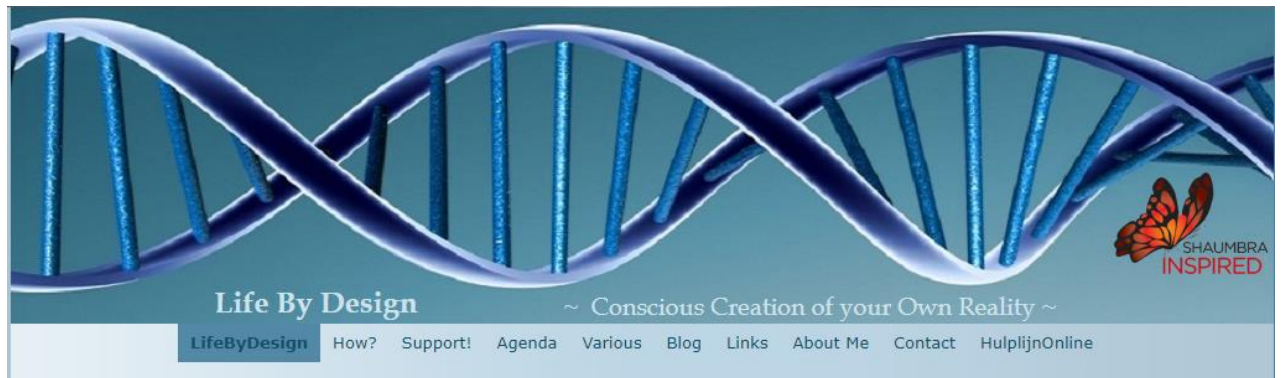
We All are Quantum Creators.

Life by Design is created by *Geert Vousten* **to share** available information and knowledge as wisdom, from the mystical as well as from the science viewpoint, **to inspire and support others** to live their lives on their own path in their own way, **to find** their **own truth** and their sovereignty by choosing **true freedom**.
 To live and to experience a joyful, **blissful** life. Time to **Live** is NOW! **BLove!** #blove
 When done for yourself, that then creates this new dimension in mass-consciousness that has the potential for people who are willing **to change their life**, one person at a time. It has **the potential to change the planet**.

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01 – Life By Design (Home)



A Life by Your Own Design !!

~ Conscious Creation of your Own Reality! ~

We All are Quantum Creators.

Life by Design is created by *Geert Vousten* **to share** available information and knowledge as wisdom, from the mystical as well as from the science viewpoint, **to inspire and support others** to live their lives on their own path in their own way, **to find their own truth** and their sovereignty by choosing **true freedom**.

To live and to experience a joyful, **blissful** life. Time to Live is NOW! **BLove!** #blove

When done for yourself, that then creates this new dimension in mass-consciousness that has the potential for people who are willing **to change their life**, one person at a time. It has **the potential to change the planet**.

The Potentials as possibilities are infinite as we **start consciously creating** beyond the mind. In unity $1+1=5$ or 100 or even $97.234\dots$, instead of $1+1=2$ or $1+1=3$.

- That's why you're here -

To envision for yourself this new reality, and then to share it with everyone else. That's what change this planet! Be in Vision!!



Life by Design offers several documents (for free) which could act as a starting point and are very applicable and very **supportive** for those who are **following the path** of human evolution with regard to consciousness, finding their **own truth** and to **be(come) who You really are**

- The I Am that I Am! -

This will be the basis for you to start with Consciously Creating **your Own** Reality!

~ The world needs Standards more than anything else now ~

"Everything that You Create, with Respect to the Idea of the World you prefer, do it with - Not only your Excitement, but with Humility, Integrity and no Expectations"

Do You Want to Live Your Life by Your Own Design ...?

- So 'Break the Habit of Being Yourself'...
What's going On and How do I do that? >> [Information](#)
- Create you own Reality! - So Design your own life! >> [Creation](#)
- How to Start! >> [How?](#)
- Can I get some support? >> [Support!](#)
- Can I share it with others? >> [Co-Creation](#)
- I like science, and want to know more! >> [Scientification](#)
- We are living in a Hologram..
What does that mean? >> [The Holographic Universe](#)
- Or We live in a Virtual Reality >> [A Virtual Reality Universe](#)
- Is our life just a game? >> [The Human Game](#)
- Is this all about Spirituality? Hell No! >> [Blog](#)
- Who did Inspire Geert? >> [Inspiration](#)
- Are there any Meetups? >> [Agenda](#)
- Do you want to know more (from Geert)? >> [Contact](#)
- Who is Geert? >> [About Me](#) (New me or [Old me](#))
- Is this only serious matter? Oh No! >> [Fun](#)



"A Change of Feeling is a Change of Destiny!"

Invitation

Open to exchange experiences and insights of our awareness-building process with all facets of life and the concepts of [The Holographic Universe](#), where mysticism meets science.
It's all about sharing and the connection, in unity $1+1=100$ or 97.234.



We are all One. In love with life and to experience **True Freedom.**

I want to share my progress and my struggle with you. A process of 'Its all about You', but sharing it, reflection and feedback are supportive.

You are also in the 'In-between' phase of [The Human Game](#), where you already have taken the red pill (*metaphor: The Matrix (you can watch it [here](#))*).
Where it all becomes more clear but also blurred.

Well, **Real Life starts Now** and you can't and don't want to go back anymore.

Do you really wanna step into phase 2 or do you wanna stay in the 'In-between' phase? Let's make together serious steps into phase 2, by expanding consciousness, letting go, allowing (let it be) and loving yourself, where your 'HigherSelf/Universe/AllThatIs' is creating in alignment with your 'LowerSelf' **as One** whatever you want, when *'you are who you really are'* as *'The Am that I Am'*.

Experiencing the journey of the awareness of your enlightenment and that's where ***the fun begins.***

That's what ***Natural (Embodied) Enlightenment or Embodied Consciousness*** is about and then you are really designing your life in this lifetime!

In fact more a process of **allowing** (letting in), **let it be** and **letting go** instead of creating!



Join Us!

So **Stay Excited**, and have **No Expectations!**
Be in your Compassionate Presence!

"You do not Attract what You Want, but what You Are!"

Meetups

Life by design is organizing, as a Consciousness Pioneer, teamwise reflections "**Reflection Time**", in unity, within a network/community/MeetUp-group for '**Consciousness Pioneers**', one-on-one as well as in groups. (*MeetUp group is currently offline*)



>> Contact

Presentations, Reflections, Networking, Workshops and Retreats!

>> Agenda

From local meetups eventually expanding to a *Support/Inspiration Center!*

*"The best way to predict your future is to create it"
so
"I create my day the way I want it to happen."*



Inspired by Shaumbra?

Shaumbra: humans who have realized their own divinity and strive to embody it in their lives by being conscious creators and integrating all aspects of themselves.



IMPORTANT NOTE:

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NB: Still and always under construction - but I am delighted to already share it with you.

NB: Despite of the fact that this is a .nl website, I made a conscious choice for using the English language for better expressing the essence and the true definitions.

Life By Design ~ Left Menu



"Our Deepest Fear is not that we are Inadequate, our Deepest Fear is that we are **Powerful beyond Measure**". [full message](#)

Marianne Williamson



"Be **Who** You Are, the Best **You** Can Be" Unlimited Possibilities!



"The World needs **Standards** more than anything else Now"



"Walk like a **Master** & Live like an **Angel**"



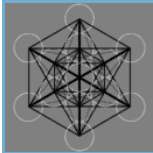
"I Hold the Whole of Nature in my Hands, and as 'God' Created the World,
I can Draw what I Want Out of Nothing."



"He who succeeds in raising himself above his emotions in suppressing in himself anger and the fear of illness, is **capable of overcoming the attrition of the years** and attaining an age at least double that at which men now die of old age"



*"There are only **two symptoms of enlightenment**, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you **stop worrying**. Things don't bother you anymore. You become light-hearted and full of joy. The second symptom is that you encounter more and **more meaningful coincidences** in your life, **more and more synchronicities**. And this accelerates to the point where you actually experience the miraculous."*



1.1. Information

Consciously Creating, The Power of Creation! *Who isn't talking now?*

But who actually applies it into his daily life and constitutes that state of being in his or her life.

*"Everything that You Create, with Respect to the Idea of the World you prefer, do it with
- Not only your Excitement, but with Humility, Integrity and no Expectations"*

Your wishes, thoughts, emotions and *your beliefs* in combination with feelings of gratitude can make your '*dreams*' come into reality, by putting at first being aware of it and to live it.

You can **create everything**, but not before you have 'unlearned' your (learned, conditioned and unconscious) behavior, your old beliefs and your perceptions, which make *you* as your 'past' lives.

This applies not only to *your* dreams but also for *your own* health.

Break the Habit of Being Yourself!

Watch this introductory [lecture](#) from Dr. [Joe Dispenza](#).

More information! See more at: [Creation](#)

"A Change of Feeling is a Change of Destiny!"



When we change our mind, life changes!

This website is full of information to start consciously creating *your own* desired reality (*as long as it feels natural*).

Sounds like magic, well **it's all about what you believe** and trusting in the outcome and expect it. Bringing in the Energy with Passion!
What is holding you back in old beliefs? Stop resisting, Don't judge anyone or anything, No doubting, Stop analyzing and Go with the Flow.

Also true believing that **reality is an illusion**, that we are divine persons as 'AllThatIs' (no less..). So we are all One in Essence ('*The I AM that I AM*').

The '*YOU*-niverse' (AllThatIs/One/HigherSelf) is offering us all the potentials to realize it. The Time is NOW with(in) this [New Energy, New Consciousness](#), now recently available.

The current knowledge of *Quantum Physics, Principles of Black holes, Epigenetics, Neuroplasticity and Nutrigenomics* is already supporting evidence. See more at: [Scientification](#)

So 'how you see things, how you believe things are going on', this is extremely important now! **Believe 'controls' behaviour!** See video at: [Epigenetics](#)

"You do not Attract what You Want, but what You Are!"

Go live It! Be in love with life! (So live!)

Life has no meaning! You give life meaning!

Time to live is NOW! Just Allowing Life!

Stay Excited, No Expectations!

How? *Accepting, Allowing, Assuming and Let it Be!*



How to Live Life in 3 minutes!

Act on Your Highest Excitement every Moment!

Act on the frequency, Aligning your true vibration of 'who you actually are' which is what excites you the most!

It represents Your True Natural frequency! - It's simple physics!

[Listen to that message!](#)



"The best way to predict your future is to create it"

so

"I create my day the way I want it to happen."

Personally I also use a lot of information from "**The Fundamentals**" provided by [Bashar](#).

[Here](#) to download as a pdf document "**The Fundamentals**".

This information is very fundamental for me and one of my major footholds!

"I Hold the Whole of Nature in my Hands, and as 'God' Created the World, I can Draw what I Want Out of Nothing."



"He who succeeds in raising himself above his emotions in suppressing in himself anger and the fear of illness, is capable of overcoming the attrition of the years and attaining an age at least double that at which men now die of old age"



*"There are only **two symptoms of enlightenment**, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that **you stop worrying**. Things don't bother you anymore. You become light-hearted and full of joy. The second symptom is that **you encounter more and more meaningful coincidences in your life, more and more synchronicities**. And this accelerates to the point where you actually experience the miraculous. "*

Information ~ Left menu

- **Enlightenment**
- **Abundance**
- **Meditation**
- **Mastery**
- **Subconscious Mind**

1.1.1. Enlightenment

Most people wander through life not even knowing of the possibility of enlightenment. Even many "spiritual people" and seekers in the alternative movement don't really have a clue about what this mysterious term really means...

According to [Bashar](#) enlightenment is defined as follows:
"It's when you realize that you are the Universe you previously thought you were in."



Enlightenment happens when the final dualism of subject (ego) and object (out there) is resolved and the artificial separation is removed so that oneness with everything becomes self-evident and obvious.

Many people ask [Bashar](#) what the fastest way to enlightenment really is. He usually answers jokingly by saying:

"If you want to get enlightened, then simply lighten up!"

He then usually repeats the definition that has become his hallmark and core teaching:

"The quickest and simplest way to enlightenment is to follow your excitement to the best of your ability, as often and as far as you can take it, with zero expectations to the outcome. If you do this you will see that your life becomes an ecstatic explosion of synchronicity."

The zero expectations part is often the hardest for people to get right. It's also the most important part because it's the safety mechanism that makes sure you are actually doing what excites you, just because it excites you, and not because of some obscure ulterior motive like "becoming rich or famous" or whatever.

Not that it's anything wrong with actually becoming rich, famous, or both as that can happen as a side-effect of following your highest excitement in life, but if you allow your excitement to be polluted by some "agenda" you are not really following your true excitement.

True excitement takes you right into the present and makes everything else secondary (even basic needs like eating and sleeping are forgotten if you are in high states of excitement and inspiration).

However, following your excitement does not mean that you have to be on that level of excitement all the time (then you would eventually die of hunger!).

Enlightenment is really just Freedom. Freedom to be yourself, to be your full expression, free of the things that would hold you back. ([Adamus](#))

Live your life for the pure joy instead of to get anywhere!

Video not available

LIVE for the JOY of It.

I would just love for people to really embrace life as a joyful experience. We know we chose to come here and that we just came here for experience, and we know that we get to choose how it is, so *why not choose it to be joyful and full of love?* We get so caught up in the journey, **thinking that enlightenment is this reward down the track and**

that integration is this final destination, instead of just saying, "I am there, and now I choose to enjoy it!"

I think once we finally let go of having to learn more, or of having to integrate or deal with aspects and all that stuff – which is so wonderful and noble – and instead do it just for the joy of knowing more of ourselves; when we stop and say, "Yes, I am enlightened!" and then **just enjoy life whatever it looks like, wherever it looks like, whatever it feels like**; when we let go of all the ideas and expectations of how we should be in life and don't care what anyone else thinks about it, there's such a fabulous freedom in that!

And live your life for the pure joy instead of to get anywhere!

([Kuthumi](#) channeler [Marisa Calvi](#))

It really is now that we are all so ready to stop with the struggle and to let go of this journey business. And to really stop and just really own your ascension. **To really trust that we are enlightened.**

The real joy now in this new consciousness is staying and experiencing it in this dimension.

Because no one, apart from me and *Adamus*, have really done that before, *okay*? So you're now sitting within this era of humanity which is actually open to allowing that experience. And it's allowing it to happen side-by-side with those still choosing duality. Which is a fabulous distraction and it kind of still likes to pull you guys out of your center and your balance a little bit!

So I like to be around to remind you that yes, you are enlightened. Yes, you have ascended. Now you're having the fun of getting to know it. Now you're having the fun of letting it evolve. Now you're having the fun of doing it in this absolutely personal, sovereign way. Because the way you do it, *John*, will be different to how *Marisa* does it, to how *Jean* does it, to how whoever else does it. Ascension now is the most intimate personal experience. You can share your stories and you can share your feelings, but you can never tell someone else how to do it. You can never tell someone else, "This is the way it is done." And if anyone ever tells you that, hit them! [*Kuthumi laughs at his joke.*]

This is now about just the intimacy of knowing your essence, trusting that essence, and then just inviting so much more! **It's about embracing and knowing that you are absolutely perfect and amazing wherever you are and however you are.** And that every time you take a breath it is to say, "Yes, I am enlightened. I am that I am, right here, right now, so in love with myself!" And every time you take that breath of I AM it is to say, "I want to know more of me, I want to love more of me, and I want more of this experience."

It's a whole other abundance that is just waiting to come in! **The minute you accept it and embrace it, then you go into the next wonderful phase, which is letting it evolve.** Letting it expand. You see, that's what people get caught up in. They think this enlightenment and this ascension thing is a final destination. But even integration isn't a final destination, so that's kind of a little thing that we'll work on now. Which is knowing that the longer you're here you'll still be creating more aspects to have fun with the experience. You're creating new aspects to go and have a different adventure or to deal with things in a different way, but they're getting created with the foundation of balance and self-love. They're not being created out of a trauma or being fractured. That's the difference.

So integration evolves. Everything evolves. You would not be satisfied with being a finite, complete being here in humanity! You guys set up the design that way, but there's been a bit of resistance to remembering that that's what it's going to be like. So it's wonderful

to have your dreams and fantasies about how life can be, because as long as they're not distracting you or you get lost in them, they give you that little bit of a pep rally inside of you to say,
"Keep going! Keep going! Keep going! Because I can invite things to be even grander than they are now, but I absolutely love and honor where I am now. I just want more!"

(Kuthumi)



Live your life for the pure joy instead of to get anywhere!

Enlightenment is really just Freedom!

Just enjoy life whatever it looks like wherever it looks like whatever it feels like

1.1.2. Abundance

(under construction)

What is the definition of Abundance?

Abundance: ***The ability to do what you need to do, when you need to do it!
Period!***



Abundance, abundance, abundance!

It's all about your belief! It is what you are defining *abundance* to be, you are always abundant in something (including money).

Listen to that message!



1.1.3. Meditation

(under construction)

Synonym for self-observation or self-development.

Tibetan: meditate: **to become familiar with..**

(to become familiar with anything, you have to spend some time observing it)

Sanskrit: meditate : **to cultivate self** (metaphor to agriculture)

(Have to clear away the old vestiges of the garden (of the mind) before you can cultivate a new self by planting the seeds of new thoughts, behaviors, and emotions that create a new life.)

What is meditation?

Being awake and alive in the precious moment.” - Jeff Foster

Meditation is not something you do;

rather it is in every breath, every footstep and every thought in every day.” -Tobias



1.1.4. Mastery

Mastery

You Are a Master! ([link](#) to YouTube - Dutch version)

A Master is one who is **conscious of their consciousness**. They are aware. That's pretty much it. They're aware. You can throw in a lot of other words – enlightened and everything else – but it's really the awareness.

Most humans, they know that they are living. Even though they're desperately trying to have feeling in their life, life in their life, they know they're living through their suffering, through their lack, through things they don't have. Oh yes, at times through romance and love and accomplishment, but mostly, mostly they're not aware of themselves. They're not conscious of their consciousness.

Indeed, they get up in the morning and go about their routines – routines that have been very deeply programmed in – but never, if very seldom, do they stop and say, "Ah, I exist. I Am. I Am."

The Master – the Master knows they are conscious, conscious of their consciousness. It's that simple. A simple, simple awareness – "**I Am. I exist. Here I am, nothing else matters. Not what came before me, not what happened in another lifetime, not what happened yesterday. It doesn't matter. I Am in this moment.**" That's a Master.

(Excerpt from Adamus' Shoud "Discovery 6" from The Discovery Series, February 1, 2014)

https://youtu.be/nEXlnAeu_fg

Download [here](#) the original text "What does it take to be a master" (pdf)

Allowing!

"You have to let it all go, Neo. **Fear, Doubt and Disbelief. Free Your Mind!**"

<https://youtu.be/3vlzKaH4mpw>

"What does it mean? It doesn't mean anything. Everybody falls the first time..."

Neo's first jump.. (The Matrix 1999!)

Consciousness Pioneer

Best Job in the World (Article for Geoffrey Hoppe, Shaumbra Monthly Magazine, July 2014)

What do you do for a living? I know many [Shaumbra](#) who are doctors and psychologists, healers and software programmers. Some work in a government job or teach at a university, while others are graphic designers or accounting managers. Quite a few Shaumbra are retired, and a surprising number of Shaumbra have their own business.

I have one of the best jobs in the world. I work with a dedicated team of New Energy professionals at the [Crimson Circle](#) here in Colorado, USA. The Crimson Circle doesn't

have an office; the staff works from their homes. After many decades of driving back and forth to work and putting up with corporate office dynamics, it's a blessing to work with this team and from my home. I get to travel around the world with Linda, meet amazing Shaumbra and see places I never imaged. I work long hours but it's always a joy because I'm in my true passion. Plus, my boss is an angel.

Whether you're a construction worker or an architect, an engineer or physicist, this is not your real job. It's a way to make a living, pay your bills and perhaps express your talents.

Your real job is a **Consciousness Pioneer**. It's the best job in the world.

A Consciousness Pioneer is one who explores new realms of consciousness and awareness. Not many humans have this title; most are content with following their old karmic and destiny paths. They shudder at the very thought of exploring new levels of consciousness, if they even know what consciousness is. In fact most people are unconscious about consciousness. A quick Google search shows that there are 26 million results for a search on the word consciousness, compared to 191 million results for religion, 235 million results for soccer, 686 million results for fashion, 714 million results for money and 761 million results for sex.

A Consciousness Pioneer dives into new feelings, thoughts and emotions. At some point they go beyond thinking and emotion, deep into sensual awareness. They break out of Mass Consciousness limitations, going into the unexplainable and incomprehensible. They imagine the unimaginable and create new levels of consciousness.

The Consciousness Pioneers do this within and for themselves. They often think they are doing this for some internal resolution to their problems and issues but in reality they are doing it because of a deep desire for more, to go beyond, to experience something besides the old and mundane. Although the Consciousness Pioneer does not do their job in order to save the world or to be spiritual social workers, their work has a profound impact on... everything.

They poke holes in the ceiling of Mass Consciousness so that others may eventually break free of their barriers. By exploring the Unknown and Uncreated they set the standard for others who one day may choose their liberation.

Not just anyone can be a Consciousness Pioneer. It requires lifetimes of looking within, peeling away layer upon layer of old beliefs and wounds, accepting responsibility for your creations, not following gurus or using old sacred books as a crutch, and never taking yourself too seriously. A sense of humor is one of the main job requirements. A sense of compassion is also very high on the list. Compassion, as defined by Tobias, is "accepting all things as they are." Adamus would say it as "All is well in all of Creation." One of the most challenging requirements is discernment, especially the understanding that "It's Not About Me." Most Consciousness Pioneers check this box when applying for the job but really have no idea what it means until they are well into their consciousness career.

While being a CP is the best job in the world, it has its drawbacks. At times it's a lonely job. There are monthly Shouds and occasional live workshops but for the most part you're on your own. It's a "sole" job, or perhaps "soul" job. You'll have the strong tendency to take in nearly everything as your own, meaning that you'll feel everything around you but assume it must be coming from within you. Sooner or later you'll learn that the only thoughts or feelings that are yours are the one you are consciously choosing, but even the Ascended Masters had a hard time with this.

Those who are energy vampires need not apply. If you linger in the victim energy you'll never break out of old patterns, energy feeding or lower levels of Mass Consciousness.



Caution: At times there will be an overwhelming tendency to think you're going crazy. In a way you are, because you're learning to go beyond the norms of the mind, linear reality and complacency. As a CP your mind will try to relate your new experiences to things from the past, but they simply won't apply. After massive bouts with craziness and perhaps even depression you'll finally learn to tell your old mind, "Shut Up!" And it eventually will, especially if you activate your sense of humor.

The pay doesn't really matter for a CP. Research has shown that CPs will actually PAY to be one rather than receive pay because the true rewards are at a level that simply cannot be measured in money. (Update: CPs are now finding that they are worthy to receive more pay from their "make-a-living" jobs. Go figure.) The ultimate frontier for a CP is freedom. It's the realization of the I Am. It's being free of illusions, relying on others, karma, distractions, limitations and the past. Once this freedom is realized and embodied, the Consciousness Pioneer adds a new line to their business card: **FREE TO BE ME.**



Footnote: While writing this article I did a quick web search on the Internet URL (domain name) for "consciousnesspioneers.com." To my surprise and delight it was available. I guess it was just waiting for us, or perhaps nobody else had the consciousness to own it up to now. Michelle MacHale registered the domain along with its .org, .net and .us iterations and has tentatively pointed them to the Crimson Circle website. If you have any suggestions for how we can use consciousnesspioneers.com please post them on the Crimson Circle Facebook group page.

By Geoffrey Hoppe - Shaumbra Monthly, July 2014)

Footnote2: At July 1st, 2014 I (Geert Vousten – LifeByDesign.nl) registered domain "consciousnesspioneers.nl", as the Dutch component of the Conscious Pioneers. At September 3rd, 2014 I (Geert Vousten – LifeByDesign.nl) registered domain "consciousnesspioneers.eu", as the European component of the Conscious Pioneers.



The Crimson Circle Creed

The Crimson Circle acknowledges the inalienable sovereign spirit of the individual. We realize that humanity has entered a period of expanded consciousness. Many humans have a deep desire to experience themselves, free of limited beliefs imposed by their past or other people, and with the freedom to create as they choose, to love themselves and others, and to experience life in joyful abundance.

Crimson Circle is **in service to those who are allowing their divine integration** by making inspiring information easily accessible through venues, whether in the physical or

virtual dimensions, where beings of kindred spirit can experience community and acceptance without formal rules or structures or membership.

Our loving service is to **provide ongoing guidance and support for humans around the world to experience and embody their mastery.**

And so it is. ([source](#))



*"The World needs **Standards** more than anything else Now"*



*"Walk like a **Master** & Live like an **Angel**"*



1.1.5. Subconscious mind

Subconscious Mind.

Bruce Lipton is talking about the subconscious mind.

https://youtu.be/p8CSU0VSA_8

The Value of Good Driver Education

The principle sources of stress are the misperceptions that have been programmed into the system's "central voice," the mind. The mind is like the driver of a vehicle; with good driving skills, a vehicle can be well maintained and provide good performance throughout its life. If we employ good "driving skills" in managing our behaviors and dealing with our emotions, then we should anticipate a long, happy, and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stresses the cellular "vehicle," interfering with its performance and provoking a breakdown.

Are you a good driver or a bad driver? Before you answer that question, realize that there are two separate minds that create the body's controlling "central voice." The (self-) conscious mind is the thinking you, it is the creative mind that possesses your wishes, desires, and aspirations. It is also the seat of "positive thinking."

Its supporting partner is the subconscious mind, the equivalent of a record-playback device that downloads our life experiences. The subconscious mind is a supercomputer loaded with a database of programmed behaviors. Some programs are derived from genetics; these are our instincts, and they represent nature. However, the vast majority of the subconscious programs are acquired through our developmental learning experiences, and they represent nurture.

The subconscious mind is not a seat of reasoning or creative consciousness; it is strictly a stimulus-response mechanism. When an environmental signal is perceived, the subconscious mind reflexively activates a previously stored behavioral response — no thinking required. The subconscious mind is a programmable autopilot that can navigate our vehicular bodies without the observation or awareness of the pilot — the conscious mind.

The dual-mind system's effectiveness is defined by the quality of the programs carried in the subconscious mind. Essentially, the person who taught you to drive molds your driving skills. For example, if you were taught to drive with one foot on the gas and the other on the brake, no matter how many vehicles you owned, each will inevitably express premature brake and engine failure.

Similarly, if our subconscious mind is programmed with inappropriate behavioral responses to life's experiences, then our sub-optimum "driving skills" will contribute to a life of crash-and-burn experiences. For example, cardiovascular disease, the leading cause of death, is directly attributable to behavioral programs that mismanage the body's response to stress.

In our conscious creative mind we may consider ourselves as good drivers; however, self-sabotaging or limiting behavioral programs in our subconscious unobservably undermine our efforts. We are generally consciously unaware of our fundamental subconscious perceptions or beliefs about life.

The reason is that the prenatal and neonatal brain is predominately operating in delta and theta EEG frequencies through the first six years of our lives. This low level of brain

activity is referred to as the hypnogogic state. While in this hypnotic trance, a child does not have to be actively coached by its parents, for children obtain their behavioral programs simply by observing their parents, siblings, peers, and teachers. *Did your early developmental experiences provide you with good models of behavior to use in the unfoldment of your own life?*

During the first six years of life, a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. In addition, a child's subconscious mind also downloads beliefs relating to self. When a parent tells a young child it is stupid, undeserving, sickly, or any other negative trait, this too is downloaded as a "fact" into the youngster's subconscious mind. These acquired beliefs constitute the "central voice" that subsequently controls the fate of the body's cellular community. Although the conscious mind may hold one's self in high regard, the more powerful unconscious mind may simultaneously engage in self-destructive behavior.

If I Am Creating My Own Life ... I Wouldn't Have Created This! The insidious part of the autopilot mechanism is that subconscious behaviors are programmed to engage without the control of, or the observation by, the conscious self. Most importantly, neuroscience now reveals that the subconscious mind, which is an information processor one million times more powerful than the conscious mind, runs our behavior from 95 to 99 percent of the time.

The powerful meaning of this reality is that we only move toward our wishes and desires from 1 to 5 percent of the day. In the remaining time, our lives are controlled by the habit-programs downloaded into the subconscious mind. The most fundamental of these programs were downloaded by observing other people, such as our parents, siblings, teachers, and community. **The profound conclusion is that 95 percent or more of our lives is programmed by others!**

As we become more conscious, we rely less on automated subconscious programs, and also have the ability to rewrite limiting, disempowering beliefs formerly downloaded into the subconscious mind. Through this process we become the masters of our fates rather than the victims of our programs. **Conscious awareness can actively transform the character of our lives into ones filled with love, health, and prosperity by its ability to rewrite limiting perceptions (beliefs) and self-sabotaging behaviors.**

Bruce Lipton - About your Thoughts and How to Live Heaven on Earth (Audio)

<https://youtu.be/j3NbG6sjq7U>

10 Important Things About our SubConscious Mind

Our subconscious mind exerts a powerful influence over our lives. It preserves and runs the body. It stores and organizes memories, emotions, and energy. It controls and maintains all of our perceptions. Over **95% of what we do, think, and say** comes from old programming in our subconscious mind. Unless you make a conscious effort to direct the immense power of your subconscious, its **robotic and limited programs will run your life**. It will sabotage your best intentions. And yet, it's not difficult to work with the subconscious. You just have to know what you're doing. Here are ten facts you should know about the subconscious mind...

1. Despite its power, **the subconscious is a servant** of the conscious mind. It follows orders by acting on whatever is fed to it. It cannot distinguish between what is real and what is imagined. It has no sense of humor and takes everything very literally. Your

conscious mind is the gatekeeper. For personal power, you must be aware of what you are allowing into the subconscious. And you can intentionally **program it to manifest what you want in life.**

2. The subconscious mind **responds with instinct and habit.** As thinking and behavioral patterns deepen, they become habits and they become harder and harder to change.

3. Use repetition, authority, and emotion to program the subconscious. Affirm and visualize often what you desire. Be strong, willful, and in command. **Draw on your passion and emotional power to affirm what you want,** as emotions have a very strong impact on the subconscious mind.

4. The subconscious mind does not process negatives. For this reason, **all affirmations and statements must be positive.** Do not say, "I will not gain weight." The 'not' is not recorded. The subconscious mind only hears, "I will gain weight."

5. The subconscious represses memories with unresolved negative emotions. The memories will get buried, yet the **beliefs and feelings associated with them will still control your reactions.** This is why it is important to become aware of and resolve strong guilt, resentment, fears, anger, and depression.

6. The subconscious mind **works with symbols and metaphors.** Watch your dreams closely for symbols that will offer clues to underlying issues that need to be resolved.

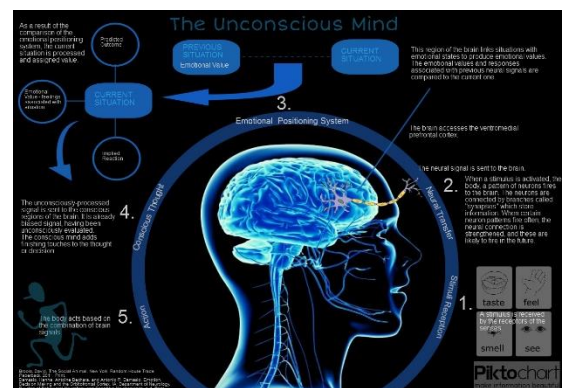
7. It **takes everything personally.** It keeps a photocopy of everything. Whenever you criticize, resent, judge, and project negative thoughts and feelings onto others, you experience the negativity as your own.

8. It **works on the principle of least effort.** It follows the path of least resistance. Without purposeful direction from our conscious mind, it follows the easiest, usually more negative path of our ingrained habits.

9. It **has a need to be moral.** The subconscious mind is also the source of a higher aspect of yourself. This God force, Soul energy, or whatever you want to call it, supports your evolution towards love, unity, beauty, and truth. Consciously working with the subconscious opens us to higher levels of wisdom and love.

10. It **knows only the present time.** There is no future or past in the subconscious mind. All stored experiences are processed as NOW. Know that the past affects you NOW, as the subconscious replays past programming in the present. So affirm in the now, not in the future. And understand that you have the power right now to rewrite sabotaging programs from the past so you can claim a better future.

[Original source: <http://www.innerswift.com/10-important-things-about-our-sub-conscious-mind/>]



If you've ever said you're of two minds about something, you were right. The mind that had that idea was your self-conscious mind, the seat of cognitive thinking, personal identity, and free will.



It is the part of the mind that proclaims wants, desires, and intentions, and consequently the part that makes God laugh. The joke is that that part of the mind imagines who we think we are, but it controls only 5 percent or less of our lives.

One great application that Dr. Bruce speaks about is **muscle testing** to see if your program (subconscious) aligns with your wishes and desires (conscious).



For instance, if relationships aren't flourishing in your life then it's because your program of beliefs on what you feel you deserve doesn't support your desires. Muscle testing can gauge whether this is true or not.

One example of a statement that you can muscle test for relationships is, "*I love myself*". When you say these words and your muscles become weak or you have a hard time reading words (they become blurry) then your program doesn't support this desire, the opposite reaction would mean your program does support this belief.

Focusing on if your belief isn't supported. A possible message that would resonate with that program would be "*I'm not loveable*", and with that program you will sabotage every one of your relationships.

We all want to be loved, so you must learn to rewrite your program. How to rewrite your program: first, you must create a statement that a six year old can understand.

The reasoning behind this is your program was written in the first seven years of your life. So that's the "type" language you need to calibrate to.

Create a statement as if it already happened, so "*I want to be loved*", wouldn't work because you will always get to that point where you "*want*" to be loved.

A statement like, "*I am loved and very loveable*" could work for you, but this statement is very personalize, so just allow this to be a guideline of examples.

Now you will need to imprint this message into your subconscious, where it will override the old belief.

Imprinting this message into your subconscious can be achieved via many methods that Dr. Lipton has a profound and in depth grasp on.

His favorite is called super learning. This is the fastest way to imprint this message

1.2. Creation

Creation



How Do You Design Your Reality?

How creation works? It's very very simple!

Bring your beliefs in alignment with *who you really are!*

What do I believe is true?

That is the most important question you have to ask yourself!

[Listen to that message!](#)

"Conscious awareness can actively transform the character of our lives into ones filled with love, health, and prosperity by its ability to rewrite limiting perceptions (beliefs) and self-sabotaging behaviors."

The Four Laws of Creation!



The Structure to All of Creation!

- 1) 'You Always Exist'
- 2) 'The One is All & the All are One'
- 3) 'What You Put Out, is what You Get Back'
- 4) 'Change is the only Constant' (everything changes, except 1,2 & 3)

[Listen to that message!](#)

More explanation about the '4 Laws of Creation' at '[Inspiration](#)' on [Bashar's](#) page.

The Four Laws of Creation and Joy, Love and Excitement.

Be who you really are, because that's who you are! That is reason enough in the eye of Creation!

If you really want Enlightenment, than just **Lighten Up!**

You don't need someone else's baggage in life.

The more you are yourself, the more you will actually be capable of helping everyone else and also choose to be themselves.

(NO video available)

Overview explanation of Parallel Realities:

(NO video available)

Shifting from Moment to Moment!

You are shifting all the time, all Parallel Realities coexist simultaneously.

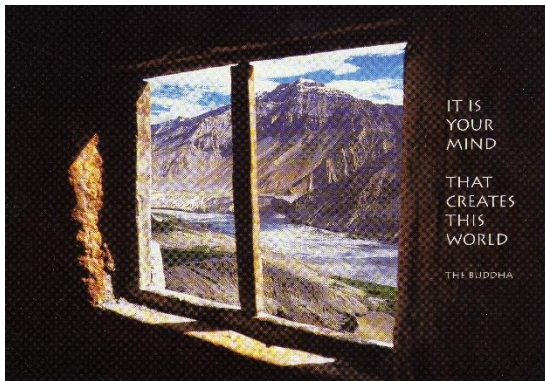


There is no Past, no Future, only the NOW!

It's about redefining your reality, you prefer, **by following your excitement, by acting on it**, your true vibration, **by being who you really know you are**, and than become more and more aware, that you already doing all the things you actually desire to do. Magical things will happen! (Only by your agreement! It's up to You!)

[Listen to that message!](#)

More **listening** to 'shifting the frequency' instead of the *Law of Attraction*. Letting it in! and letting Go! *How much ecstasy you can handle?!*



When We Change Our Mind, Life Changes..!

Why do you constantly create your day from the past?

Video: Introductory Lecture: Breaking The Habit of Being Yourself!

<https://youtu.be/6lbnrRqBjgE>

How to Lose Your Mind and Create a New One..!

Dr Joe is really getting the point here!

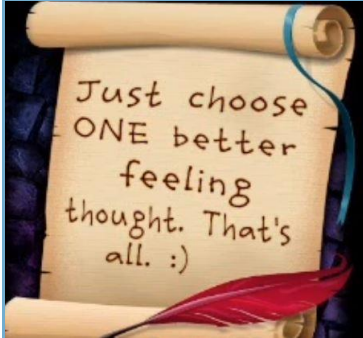
Video: *Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One*

<https://youtu.be/tku3kEPavxl>



The moment you start acknowledging that it's really you that is creating the miracles (and every other thing in your life), the more you'll be able to create even more miracles.

Of course, then you'll have to finally answer the question, "*What do I really want?*" There won't be any more excuses or procrastinations.



1.2.1. Conscious Creation

under construction

1.2.2. Law of Attraction

under construction

1.2.3. Parallel Realities

under construction

1.3. Co-Creation

Community Co-Creation

Life by design is **organizing** teamwise reflections, in unity within a Network (Meetup-group) of **Consciousness Pioneers**, one-on-one as well as in groups.



From local meetups eventually expanding towards a **Support Center!**
(In unity $1+1=100$).

Please Join!

The world needs Standards more than anything else now.

Toward a Life of Self-Empowerment

Through diligent use of our consciousness, we can create lives expressing everything from sublime health to disease.

We are no longer victims of forces outside ourselves, nor can we continue to blame such external forces for characteristics and attitudes that we ourselves can change.

To secure the future we desire, we must empower ourselves with **the knowledge of who we truly are—conscious co-creators of our destiny**, who are each cells in a new organism called **Humanity**.

We must change our mission from one based on survival of the individual to one that encompasses survival of the species. With an understanding of how our programming shapes our lives and with the knowledge of how we can change that programming, we can rewrite our destiny.



1.3.1. Co-Creators

under construction

1.4. Inspiration

Inspired - by My Inspirators

All these persons inspired me and appeared on my path on the right moment in my life and offered me most of the pieces of the puzzle in my quest. (In the days where I was still searching and collecting. Now I know that everything was (and is) perfect in experiencing my journey into the awareness of *Natural Enlightenment*, where *the fun just begins.*)

In 2009 I intuitively chose the book, "*The Spontaneous Healing of Belief*" (*Grenzeloos Bewustzijn*) written by **Gregg Braden** and formed already the basis of *Life by Design*. Other important books are: "*The Field*" by **Lynn McTaggart**, "*The Biology of Belief*" by **Dr. Bruce Lipton** and "*Evolve Your Brain*" and "*Breaking the Habit of Being Yourself*" (dutch: *Overstijg Jezelf*) by **Dr. Joe Dispenza**.

I feel so blessed, because with most (*Lynn, Gregg, Joe, and Bruce*), I had the honour to accompany them during their events in the Netherlands, where I was a member of the event organizing staff of *Bliz Events*.



In 2010 **Adamus** came on my path - the Professor, Master and Teacher from the *Crimson Circle*.

Every month I still participate online in the 'Shouds' of the 'Shaumbra' group of the *Crimson Circle*. This group gathers already more than 10 seasons. From 2010 this information is presented by Ascended Master **Adamus St.Germain** channelled through *Geoffrey Hoppe* of the *Crimson Circle*.



The information *Adamus* provides is so profound, down-to-earth, to-the-point, no-nonsense, no 'spiritual' bullshit and still up-to-date. But you have to find Your own truth.

My summaries are available on the Support! page. They can act as a starting point and are very applicable and very supportive. They still are the basics in my process!

Bashar provides me other essential and fundamental information and is a great motivator for me. This also counts for **Wayne Dyer** and **Amit Goswami**.



Shaumbra: humans who have realized their own divinity and strive to embody it in their lives by being conscious creators and integrating all aspects of themselves.



1.4.1. Adamus Saint-Germain

Adamus Saint-Germain - Ascended Master ([Bio](#))

Adamus Saint-Germain is the Professor, Master and Teacher from the Crimson Council who delivers workshops and curriculum through *Geoffrey Hoppe* of the [Crimson Circle](#).

Adamus reminds us that the art and true nature of energy movement is simple physics. He is here to assist in humanity's transition from the "Old Energy" of force and duality into the [New Energy](#), which is expansional and accessible with ease.



Special thanks to Saint Germain
who directs the path over the planet Earth

On the bottom there is a video "*Change is on the Horizon (Part 1 Dawn of the Golden Age)*" -It discusses how *Saint Germain* helped bring about the beginnings

of a enlightened era which soon fell into darkness under the helms of the Illuminati and a corrupted masonic order.

The **Crimson Circle** welcomes you with:

You are here by divine appointment. Take a deep breath, open your heart, and feel the loving energies of this moment.

The Crimson Circle is here to support those who are going through the process of spiritual awakening. This process can be confusing and disorienting, and bring unexpected changes to many areas of your life including relationships, job, body, mind, and emotions. You are not going crazy; you are waking up!



What is the Crimson Circle?

EARTH: The Crimson Circle is a global affiliation of awakened human angels who are dedicated to consciousness evolution and living on Earth in true compassion.

HUMAN: Often referring to themselves as "[Shaumbra](#)," Crimson Circle affiliates are humans who have realized their own divinity and strive to embody it in their lives by being conscious creators and integrating all aspects of themselves.

ANGEL: The Crimson Circle is the earthly manifestation of the Crimson Council, an angelic teaching order dedicated to the growth and evolution of All That Is.

The Crimson Circle Creed

The Crimson Circle acknowledges the inalienable sovereign spirit of the individual. We realize that humanity has entered a period of expanded consciousness.

Many humans have a deep desire to experience themselves, free of limited beliefs imposed by their past or other people, and with the freedom to create as they choose, to love themselves and others, and to experience life in joyful abundance.

Crimson Circle is in service to those who are allowing their divine integration by making inspiring information easily accessible through venues, whether in the physical or virtual dimensions, where beings of kindred spirit can experience community and acceptance without formal rules or structures or membership.

Our loving service is to provide ongoing guidance and support for humans around the world to experience and embody their mastery.

And so it is. ([source](#))

What do I learn / What do they teach:

- You Are God Also and the creator of your own reality and experience
- You have every tool within you for healing, balance and rejuvenation
- Every being is exactly where they should be in their journey
- Everything is always in divine order
- All is truly well in all of Creation!

Enlightenment:

- The conscious realization of "*I Exist, I Am That I Am*"
- The loving integration of all aspects of Self.
- Awareness.
- Elegant simplicity.

Inspired by Shaumbra?

Shaumbra: *humans who have realized their own divinity and strive to embody it in their lives by being conscious creators and integrating all aspects of themselves.*


Every month I participate online the 'Shouds' of the current 'Shaumbra' group of the Crimson Circle. This group (all over the world) gathers already more than 10 seasons (present or thru internet). From 2010 this information is presented by Ascended Master *Adamus St.Germain* channelled through *Geoffrey Hoppe* of the Crimson Circle.

The video and the transcript (.pdf) of the 'shouds' are free to download from the Channel Library on the Crimson Circle website.

The Channel Library: Click [here](#) for all the original *Monthly Channels* of all seasons.



Shaumbra - ^[L]_{SEP} The name used by Tobias and others for the group of humans going through the awakening process. Tobias claims the term originated during the times of Yeshua ben Joseph (Jesus), when people – many of them Essenes – would gather for secret spiritual meetings. Loosely translated in old Hebrew, the first portion of the word Shaumbra is pronounced "*shau-home*." "*Shau-home*" means home or family. The second portion of the term is "*ba-rah*," which means journey and mission. When these terms are put together, it is "*shau-home-ba-rah*" which means family that is on a journey and experiencing together. Tobias says that in the biblical times, a "*shaumbra*" was also a scarf or shawl that was worn by either male or female. It was a distinctive crimson color that let the others know it was time to meet. (pronounced Shom-bra)^[L]_{SEP}

Shoud  - During a Shoud, the spiritual essence of the group of listeners is gathered together by a human or a non-physical being such as Tobias or Adamus. The collective message of the group is then communicated back to the group via the channeler. In simplified terms, the audience is really listening to their own inner selves.

Bio Adamus:

Adamus Saint-Germain (3th Aug. 1705) is the Professor, Master and Teacher from the Crimson Council who delivers workshops and curriculum through Geoffrey Hoppe. (He confirmed his birthday in the last shoud from the Freedom Series on 3th Aug. 2013 , that he was about 308.)

Much has been written over the years and many stories told of this intriguing, somewhat enigmatic figure in history. Adamus is a remarkable being who has manifested in many lifetimes, expressing a variety of identities in many adventures on Earth. In his lifetime as Saint-Germain in the 18th century, he was born in an area now known as Spain to a Portuguese father who was also Jewish, and a mother of royal Spanish lineage. He chose to call himself Count de Saint-Germain when he began his travels throughout Europe. He counseled kings and other royalty and was known as a great alchemist – a great mover of energy. Today he also enjoys being referred to as "Professor Adamus."



Saint-Germain claims to have founded many mystery schools in Romania, Hungary and Transylvania. According to Wikipedia, The Count of St. Germain (fl. 1710–1784) has been variously described as a courtier, adventurer, charlatan, inventor, alchemist, pianist, violinist and amateur composer, but is best known as a recurring figure in the stories of several strands of occultism – particularly those connected to Theosophy, where he is also referred to as the Master Rakoczi or the Master R and credited with near god-like powers and longevity. Some sources write that his name is not familial, but was invented by him as a French version of the Latin Sanctus Germanus, meaning "Holy Hermanm," or " Holy Brother Herman." St. Germanus was a lay brother of the Benedictine order.

Adamus Saint-Germain returns to the Crimson Circle to teach and assist the New Energy Spiritual Teachers. He reminds us that the art and true nature of energy movement is simple physics. He is here to assist in humanity's transition from the "Old Energy" of force and duality into the New Energy, which is expansional and accessible with ease.

Adamus Saint-Germain is currently the keynote speaker at all Crimson Circle workshops and schools around the world. He has created four key Advanced Studies courses now led by Crimson Circle certified teacher. These courses include DreamWalker™ Death Transitions, DreamWalker™ Birth Transitions, DreamWalker™ Ascension Transitions and Sychrotize™. In his inimitable style, Adamus also leads live workshops around the world, including his signature New Energy Mystery Schools, DreamWalker™ Life, Advanced Sexual Energies Schools.

More than his many titles and identities, Adamus carries the wisdom, passion and creatorship of a true teacher.

Important to note is that when Adamus Saint-Germain assumed the role of Ascended Guide for the Crimson Circle September 2009 he made a stern request:

"I'm coming in as Adamus, for Shaumbra only, so that we can journey together into this New Energy. I'm going to be bringing my message through Cauldre, the one you know as Geoffrey. I have no desire and I will not do private sessions with other people. I'm choosing Cauldre – as long as he is willing and as long as he stays clear with my message – I'm choosing him to bring this in because I don't want ten, fifteen, twenty different messengers at this time. I'm going to make my message clear, and as long as Cauldre and Linda stay in clarity, stay out of ego, stay out of any energetic feeding, I will bring my messages through them to you. So, please, I do not want to hear about anyone out there, as some are already doing, claiming to be channeling Adamus. You can continue to bring in messages from Saint-Germain."

Again in May 2012 Adamus stated:

So this is a message for others who are claiming to be channeling under my name, others who are claiming to be doing Shouds: It is not appropriate. It is here. It is this group. It is this messenger. It is this team. It is this staff that brings it together. When I came in, in my first message I said, 'This will be it.' One messenger, one group that I'm talking to. That's it. Anyone else, I'll be so bold as to say, is, on a good day confused, on a bad day delusional or fraudulent."

These requests by Adamus help to keep the message and energy clear, and avoid confusion. For more information about this, please read "[The One & Only Adamus.](#)"

[Click here for further reading on wikipedia: Count of St. Germain](#)

Down below the video **Change is on the Horizon - Part 1 Dawn of the Golden Age**. It makes it very clear that *Saint Germain* played a big history role in 'human evolution', and even today and perhaps also in our future.

Part 1 Dawn of the Golden Age - Discusses how *Saint Germain* helped bring about the beginnings of a enlightened era which soon fell into darkness under the helms of the Illuminati and a corrupted masonic order.

<https://youtu.be/FINMFUrgjyM>

The fascinating saga of the Count of Saint-Germain, who dazzled the courts of Europe for over 100 years, leading some to believe he was immortal.

Saint Germain: The Man Who Would Not Die in 3 parts

<https://youtu.be/oP97qN5tBBQ>

<https://youtu.be/HeqYs6Ja2pQ>

<https://youtu.be/U0yA3mbOAoc>

Adamus Saint-Germain



Certificaat:
"I Am a Creator"

This certificate will signify the conscious choice to take full responsibility for everything in your life.



1.4.2. Bruce Lipton

Bruce Lipton

Bruce H. Lipton, PhD, Cellular Biologist and Bestselling Author of *'The Biology of Belief'*, is an internationally recognized leader in bridging science and spirit, stem cell biologist, and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences.

Dr. Lipton began his scientific career as a cell biologist. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine in 1973.

Dr. Lipton's research on muscular dystrophy, studies employing cloned human stem cells, focused upon the molecular mechanisms controlling cell behavior. An experimental tissue transplantation technique developed by Dr. Lipton and colleague Dr. Ed Schultz and published in the journal *Science* was subsequently employed as a novel form of human genetic engineering.

Author of *Spontaneous Evolution (2010)* and *The Honeymoon Effect (2013)*

<http://www.bruce-lipton.com>

Bruce is talking about the **Subconscious Mind**.

https://youtu.be/p8CSU0VSA_8

Article: Clearly explaining article "[We Are Not Victims of Heredity](#)" by Bruce H. Lipton.

Interview: About [Genetics, Epigenetics and Destiny](#), with Dr. Bruce Lipton.

Bruce Lipton talking about: **Humanity, Cells and Epigenetics**

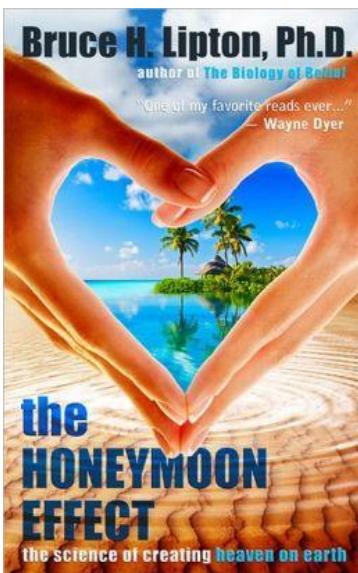
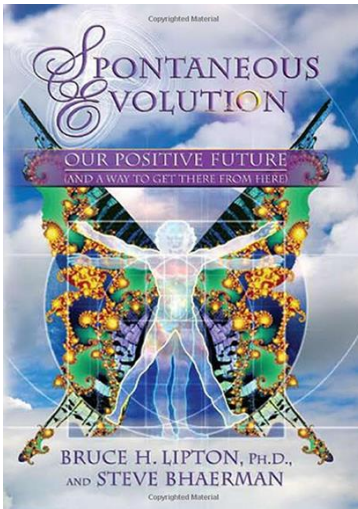
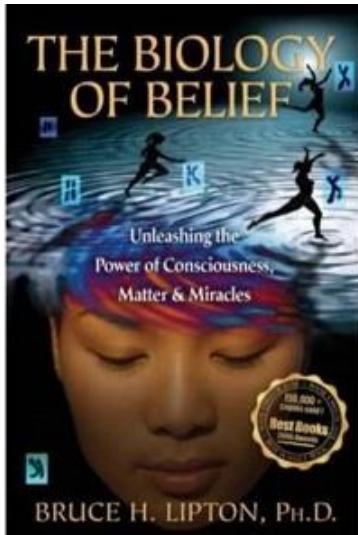
<https://youtu.be/uEuGlndt1yc>

Bruce Lipton - **Biology of Transformation - "The Field"**

<https://youtu.be/Ns5sLo59Kak>



www.bruceIPTON.com



1.4.3. Dr Joe Dispenza

Dr. Joe Dispenza

Joe Dispenza, D.C., studied biochemistry at Rutgers University in New Brunswick, New Jersey, and holds a Bachelor of Science degree with an emphasis in neuroscience. He received his Doctor of Chiropractic degree from Life University in Atlanta, Georgia, graduating magna cum laude.

Dr. Dispenza's postgraduate training and continuing education has been in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, aging and longevity. Joe Dispenza was featured in the award winning film, "What The Bleep Do We Know?" This lecture provides basic yet powerful information on how to co-create ones day and how to use focused concentration, repetition, and visualization (mental rehearsing) to rewire the brain. These are skills we can all harness.

How to Unlock the Full Potential of Your Mind | Dr. Joe Dispenza on Impact Theory

<https://youtu.be/La9oLLoI5Rc>

Introductory Lecture about: Breaking The Habit of Being Yourself.

<https://youtu.be/6lbnrRqBjgE>

Video: Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One.

<https://youtu.be/tku3kEPavxI>

Rewire and Evolve Your Brain

<https://youtu.be/ZOJPunoP6lo>



1.4.4. Gregg Braden

Gregg Braden

Gregg Braden,

New York Times best selling author Gregg Braden is internationally renowned as a pioneer in bridging science and spirituality. Following a successful career as a Computer Geologist for Phillips Petroleum during the 1970's energy crisis, he worked as a Senior Computer Systems Designer with Martin Marietta Defense Systems during the last years of the Cold War. In 1991 he became The First Technical Operations Manager for Cisco Systems where he led the development of the global support team that insures the reliability of today's internet.

For more than 25 years, Gregg has searched high mountain villages, remote monasteries, and forgotten texts to uncover their timeless secrets. His work is now featured on the History Channel, the Discovery Channel, The Sci Fi Channel, ABC and NBC.

To date, Gregg's discoveries have led to such paradigm-shattering books as: *The Isaiah Effect*, *The God Code*, *The Divine Matrix*, *The Spontaneous Healing of Belief* and *Fractal Time* which debuted in 2009 at #5 on the New York Times bestseller list just 2 weeks after its release! His newest, *Deep Truth: Igniting the Origin of Our Origin, History, Destiny and Fate* was released in October of 2011.

Today Gregg's work is published in 38 languages and 33 countries and shows us beyond any reasonable doubt that the key to our future lies in the wisdom of our past.

www.greggbraden.com

You can change the world. It's easy. How?

In this video, scientist *Gregg Braden* explains how the Law of Attraction works. That there is a field around us, a collective consciousness, in which we all participate. This collective consciousness creates our reality. It can be influenced by us through our DNA, by using the power of our thoughts and our heart. We can use this law on an individual base but also collectively, to change our world. There's even a formula (the square root of 1%) of how many participants are needed to achieve a certain effect for a bigger group (for instance peace).

This has been proven scientifically, through experiments. For changing the whole world population this would only take 8,000 participants.

<https://youtu.be/s0EeKhBqumM>

The Key to True Harmony

<https://youtu.be/pr0QpwNSaVo>



1.4.5. Lynn Mc Taggart

Lynn Mc Taggart

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1.4.6. Bashar

Bashar

Bashar is a multi-dimensional extra-terrestrial being who speaks through channel *Darryl Anka* from what we perceive as the future. Bashar explores a wide-range of subjects with great insight, humor and a profound understanding of how reality creation occurs! New to Bashar?

'Listen' to "[An Introduction from Bashar](#)"

Also available as a [free download](#) pdf-document "**The Fundamentals**"

This information is very fundamental for me and one of my major footholds!

More official videos of Bashar [Video-gallery](#).

More core concepts of Bashar on [this website](#).

The basic Blueprint of the Structure of Existence:

1. **You exist. (I AM)**
2. **The All is one, and the One is all.**
3. **What you put out is what you get back.**
4. **The only constant in the universe is change - except for the first 3 postulates, which never change.**

-
1. You exist. (I AM) If you exist now, your existence is eternal: You have always existed and you always will exist. You may change form, but you are existing always . So.....relax.....you'll be around forever.
 2. The All is one, and the One is all. Just as each tiny section of a hologram contains the information for the entire hologram, likewise we are all inter-connected. Everything is truly just one totally-interconnected "thing".
 3. What you put out is what you get back. Physical reality is actually a mirror: Your physical reality is just a reflection of what you most strongly believe to be true. And like a mirror, physical reality will not change unless you change first (change what you most strongly believe).
 4. The only constant in the universe is change - except for the first 3 postulates, which never change. So.....might as well get used to eternally-changing Creation. Enjoy the ride! Surf the changes!

Alle 6 YT video's zijn verwijderd



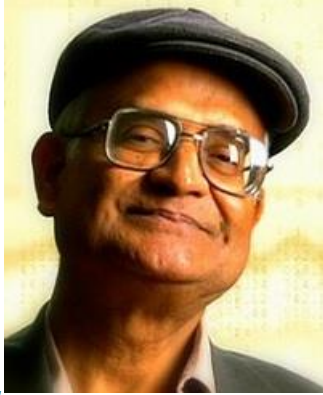
Darryl Anka (Bashar)

1.4.7. Dr. Amit Goswami Ph.D.

Dr. Amit Goswami Ph.D.

- Theoretical Quantum Physicist ([Bio](#))

"We all have the habit of thinking that everything around us is already a thing existing without my input, without my choice. You have to banish that kind of



thinking.

Instead, you really have to recognize that even the material world around us, the chairs, the tables, the rooms, the carpet, time included, all of these are nothing but possible movements of Consciousness. And I'm choosing, moment to moment, out of those movements, to bring my actual experience into manifestation.

This is the only radical thinking that you need to do. But it is so radical, it is so difficult, because our tendency is that the world is already out there, independent of my experience. It is not. Quantum physics has been so clear about it. Heisenberg himself, co-discoverer of quantum physics said, "Atoms are not things, they're only tendencies."

So instead of thinking of things, you have to think of possibilities. They're all possibilities of Consciousness."

Consciousness is the ground of all being.

www.amitgoswami.org

www.quantumactivist.com

Quantum Activism is the idea of changing ourselves and our societies in accordance with the principles of quantum physics.

The Center for Quantum Activism seeks to educate, support and facilitate the transformation from the current materialist worldview to one based on the primacy of consciousness.

Videos:

One of Amit's recent interviews on YouTube (*Lilou Mace*, Nov. '12), he is speaking about his lifework **Quantum Activism** (DVD - *The Quantum Activist* (2009)) and he is referring to his new book (anticipated publication in February 2014):

Quantum Creativity, about all facets of creativity.

Momentarily he is working on: *Economics of Consciousness* (a different approach to economy and 'abundance', about unlimited (sustainable) potentials of the non-material world for a physical expanding economy and the key to that.)

An integrated worldview of Spirituality and Science.

Read (t)his blog: [Toward a Spiritual Economics](#)

<https://youtu.be/vnzYVJGjjK8>

Trailer of *The Quantum Activist* (2009):

<https://www.youtube.com/watch?v=FO9N4Ix9Ny0>

<https://www.youtube.com/watch?v=LDi24IfILZ0>

<https://www.youtube.com/watch?v=uPew5Viga6s>

The Quantum Activist (2009):

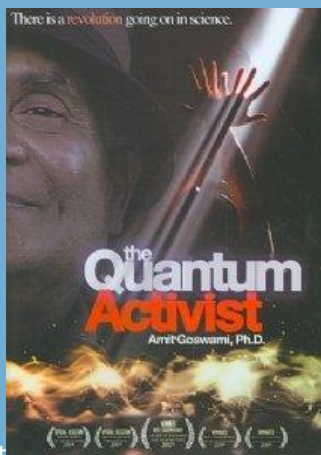
<https://www.youtube.com/watch?v=Ly2L8TCaT6U>

A video (Lecture at Schumacher College, Mrt '12) about *Science of Quantum Consciousness*:

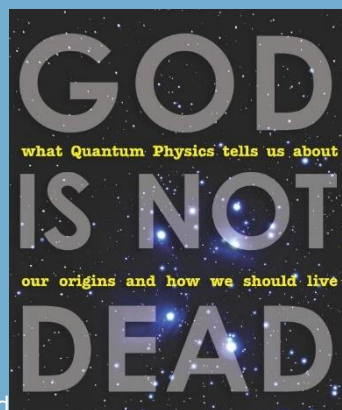
<https://youtu.be/VXvhD927h9U>



Dr. Amit Goswami

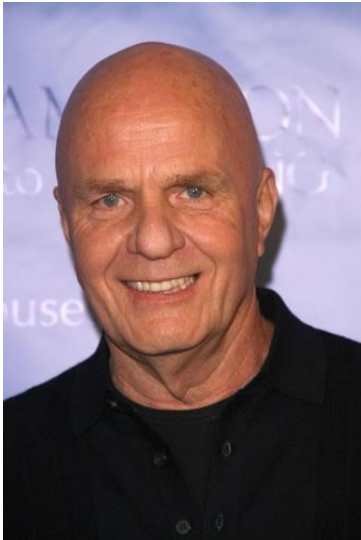


DVD: The Quantum Activist



Book: God is not Dead

1.4.8. Wayne Dyer



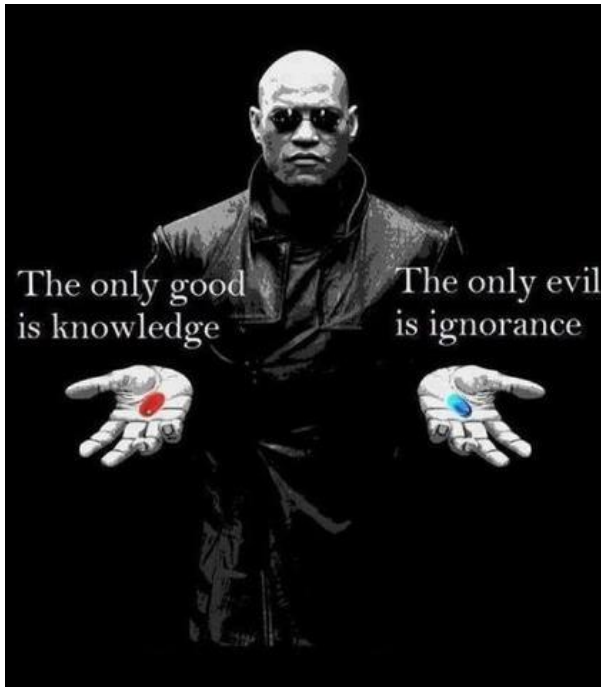
1.5. Scientification

Scientification

A lot of information and knowledge about science and esotery is available in my online E-book library. [Link](#) to more than 700 ebooks and 240 authors. But it is important to find your own truth.

In my own study I used the following books, documentaries or websites:

(under construction)



The Biology of Belief, ([Bruce Lipton](#)) ([Epigenetics](#))

The Field, ([Lynn McTaggart](#))

Spontaneous Healing of Belief, ([Gregg Braden](#))

Breaking the Habit of Being Yourself , ([Joe Dispenza](#))

Holographic Universe:

Butterflies are Free to Fly

Busting Loose of the Money Game ([Robert Scheinfeld](#))

Related websites:

bashar.org

crimsoncircle.com

Theholographicuniverseworkshop.com



1.5.1. The Human Game

The Human Game

One of the metaphors I really like is: *The Human Game*.

When reading this I assume you are in the 'In-between' phase, making steps or trying to make steps into phase2, some of you are **stuck in there for 20 years** already.. This is the place/phase where I am willing to support you.

You already have taken the red pill (*metaphor: The Matrix (watch [here](#))*)

Where it all becomes more clear but also blurred.

Well, **Real life starts Now** and you can't and don't want to go back.

Do you really wanna step into phase 2 or do you wanna stay in the 'In-between' phase? Let's make together serious steps into phase2, by expanding consciousness, letting go and loving yourself, where your HigherSelf/Universe/ AllThatIs is creating with your LowerSelf **as One** whatever you want, when 'you really are who you are' as 'The Am that I Am'. That's what **Natural Enlightenment** is about and you are really designing your life in this life! Following/Shifitng to your core-frequency! In fact a process of allowing (letting in) and letting go in stead of creating! **Join Us!**

The Human Game

(A New and Radical Approach To Spiritual Evolution)

During Phase 1 of The Human Game, your - Expanded Self/Higher Self/Infinite I - uses all your power, creativity, and ingenuity to hide all awareness of who you really are and what your natural state is—and to keep you from finding it at any cost. Everything possible is done to convince you that the Persona and the three-dimensional playing field (see [The Holographic Universe](#)) are real, and to limit and restrict you more and more until you're absolutely convinced you're the exact opposite of who you really are. (see [The Human Game Rules](#))

Phase 1 of The Human Game is designed to take you **to** the point where you feel enormous frustration and pain, where you start to feel incomplete, like something's wrong, that there must be more to life, that something else must be going on that you don't know about. Reaching that point at a very high level of intensity is the signal you're ready to move into Phase 2 (or at least expand your view of what's possible for yourself).

After forgetting who you really are and deeply immersing yourself in severely limiting and restrictive experiences in Phase 1 of The Human Game, your Expanded Self starts nudging you into **Phase 2**.

At that point, ('**In-between phase**') you begin to feel incomplete, like you're missing something, like nothing makes sense any more, like there must be something else going on you don't know about. You then start looking for answers and a higher purpose for your life.

At that point, you still don't remember who you really are or how much power, wisdom, and abundance you actually possess, but you begin searching for *The Truth* nevertheless. Your Expanded Self then flips roles, takes you on the Treasure Hunt of the Century and supports you in reclaiming all the power, wisdom, and abundance you hid in Phase 1.

Everything in Phase 2 is the exact opposite of the way it is in Phase 1.

(see [The Human Game Rules](#))

Abundance is who you really are. It's your natural state. Remember what the quantum physicists say: The Field - Unlimited power and infinite possibility.
(*Joy, Ecstasy and Abundance*)

You don't have to "create" financial abundance. It's already there. It always was. You just hid it from yourself. In Phase 2, you simply rediscover and open into it.

Everything in your hologram is unreal. *Everything* is just a belief.

This is also the explanation of why positive thinking, affirmations, and other popular self-help strategies and techniques don't work consistently. You can think positive thoughts, visualize, or affirm all day long, but if your Expanded Self doesn't create a pattern in *The Field* that matches what you *appear* to be thinking, visualizing, or affirming, and add enormous power to it, it can't pop into your hologram. It doesn't matter how many times you think it, how many times you visualize the outcome manifesting, how many times you repeat an affirmation to yourself or hear it on tape, or how much you as the Persona believe it to be true. It's going to fall flat without a corresponding change to a pattern in *The Field*.

In Phase 1, you want to make *bad feelings* go away.

In Phase 2, you say "bring them on" so you can reclaim your power from the 'limiting eggs' you installed in The Field.

In Phase 1, you told yourself over and over, ad infinitum, "money is real, the checking account is real, the numbers are real, The Money Game is real."

In Phase 2, you reverse the process and repeat to yourself over and over, "It's an illusion, it's an illusion, I'm creating it, I'm creating it," as you reclaim your power from it.

Excerpts from "Busting loose from the money game" – Robert Scheinfeld

(You will find it [here](#) in my e-book library, under **Scheinfeld, Robert**)

The ones that stand up front, that finally get it, that are never worried about money anymore, their health or relationships or any of that, they're the ones who are going to say, "Yes, it is true! I was already ascended, but I was acting like I wasn't. I was going through the experience of what it was like to get to ascension, and I thought I didn't really have a choice about how I was going to experience it."

The fact is, indeed, you do have a choice.

You want to do it as a writer?

You want to do it as a clown?

You want to do it as a holy person?

Do you just want to do it for fun, enjoying life? You see.

Isn't it amazing, isn't it beautiful to be on Earth? It is absolute ...

*Excerpt from **New Energy, New Consciousness**. Download it from the [Support!](#) page.*

(You will find it also in my [e-book library](#), at **Vousten, Geert**)

Please also read:

- [Expressing Appreciation](#)
- [Experiencing Discomfort](#)

1.5.2. The Holographic Universe

Holographic Universe

The Holographic Universe workshop helped me very much to understand what is really going on and is giving also scientific proofs and scientific explanation.

It's a starting point for yourself to live your life as *'be who you really are'* and *'there are only experiences'* and *'All is Well in all of creation'* with *'The I AM that I AM'*.

The [Holographic Universe Workshops](#) are a five-part series of movies designed to examine how quantum physics and recent scientific experiments are radically changing our understanding of life, our reality, and our spirituality.

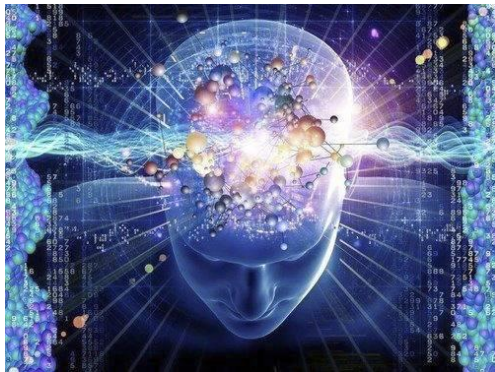
They are based on live workshops delivered all over the world for the last four years by Stephen Davis, author of "[Butterflies Are Free to Fly - A New and Radical Approach to Spiritual Evolution.](#)"

You can watch each part live, via streaming video, or [download](#) them as .avi movie files to play on your computer, using whatever movie program you have.

Watch a five-minute video invitation to these workshops below:

<https://youtu.be/E0iYDbxn-Go>

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1.5.3. A Virtual Reality Universe

A Virtual Reality Universe

10 Reasons Why Our Universe Is A Virtual Reality

Physical realism is the view that the physical world we see is real and exists by itself, alone. Most people think this is self-evident, but physical realism has been struggling with the facts of physics for some time now. The paradoxes that baffled physics last century still baffle it today, and its great hopes of string theory and supersymmetry aren't leading anywhere.

In contrast, quantum theory works, but quantum waves that entangle, superpose, then collapse to a point are physically impossible—they must be "imaginary." So for the first time in history, a theory of what doesn't exist is successfully predicting what does—but how can the unreal predict the real?



Quantum realism is the opposite view—that the quantum world is real and is creating the physical world as a virtual reality. Quantum mechanics thus predicts physical mechanics because it causes them. Physics saying that quantum states don't exist is like the Wizard of Oz telling Dorothy, "Pay no attention to the man behind the curtain."

Quantum realism isn't *The Matrix*, where the other world making ours was also physical. Nor is it a brain-in-a-vat idea, as this virtuality was in play long before humans came along. Nor is it that a phantom other world modifies ours—our physical world is the phantom. In physical realism, the quantum world is impossible, but in quantum realism the physical world is impossible—unless it is a virtual reality—as these examples demonstrate.

10 Our Universe Began

Physical Realism: Everyone has heard of the Big Bang, but if the physical universe is all there is, how did it begin? A complete universe shouldn't change overall, as there is nowhere else for it to go to or come from, and nothing else that can alter it. Yet in 1929, the astronomer Edwin Hubble found that all the galaxies were expanding away from us,

implying a Big Bang that happened at a point in space-time over 14 billion years ago. The discovery of cosmic background radiation all around us (seen as static on our TV screens) confirmed that not only did our entire universe begin at that point, but its space and time began then as well.



Now, a universe that began either existed before its creation to make itself, which is impossible, or it was made by something else. It is impossible that a complete universe began by itself, from nothing. Yet oddly enough, this is what most physicists today believe. They suggest the first event was a quantum fluctuation of the vacuum (in quantum mechanics, pairs of particles and antiparticles are known to hop in and out of existence). But if matter just popped out of space, what did space pop out of? How can a quantum fluctuation in space create space? How can time itself begin?

Quantum Realism: Every virtual reality boots up with a first event that also begins its space and time. In this view, the Big Bang was when our physical universe booted up, including its space-time operating system. Quantum realism suggests that the big bang was really the big rip.

9 Our Universe Has A Maximum Speed

Physical Realism: Einstein deduced that nothing goes faster than light in a vacuum from how our world behaves, and this has subsequently been considered a universal constant, but it isn't clear why this is the case. Currently: "the speed of light is a constant because it just is, and because light is not made of anything simpler."



To answer "Why can't things go faster and faster?" with "Because they can't" is hardly satisfactory. Light slows down in water or glass, and when it moves in water we say the medium is water, and when it moves in glass we say the medium is glass, but when it moves in empty space we fall silent. How can a wave vibrate nothing? There is no physical basis for light to move in empty space at all, let alone define the fastest speed possible.

Quantum Realism: If the physical world is a virtual reality, it is the product of information processing. Information is defined as a choice from a finite set, so the processing changing it must also be finite, and indeed our world does refresh at a finite rate. A supercomputer processor refreshes 10 quadrillion times a second, and our

universe refreshes a trillion, trillion times faster than that, but the principle is the same. As a screen image has pixels and a refresh rate, so our world has Planck Length and Planck Time.

In this scenario, the speed of light is the fastest speed because the network can't transmit anything faster than one pixel per cycle—i.e., Planck Length divided by Planck Time, or about 300,000 kilometers per second. The speed of light should really have been called the speed of space.

8 Our Time Is Malleable

<https://youtu.be/n2s1-RHuljo>

Physical Realism: In Einstein's twin paradox, one twin traveling in a rocket at nearly the speed of light returns a year later to find his twin brother an old man of 80. Neither twin knew their time ran differently and neither lost a heartbeat, but one's life is nearly over and the other's is just starting. This seems impossible in an objective reality, but time really does slow down for particles in accelerators. In the 1970s, scientists flew atomic clocks on aircraft around the world to prove they ticked slower than synchronized ones on the ground. But how can time, the arbiter of all change, itself be subject to change?

Quantum Realism: A virtual reality would be subject to virtual time, where each processing cycle is one "tick." Every gamer knows that when the computer is busy the screen lags—game time slows down under load. Likewise, time in our world slows down with speed or near massive bodies, suggesting that it is virtual. So the rocket twin only aged a year because that was all the processing cycles the system busy moving him could spare. What changed was his virtual time.

7 Our Space Curves

Physical Realism: According to Einstein's theory of relativity, the Sun keeps the Earth in orbit by curving space around it, but how can space itself curve? Space by definition is that in which movement occurs, so for space to curve it has to exist in another space, which is an infinite regression. If matter exists in a space of nothing, for that nothing to



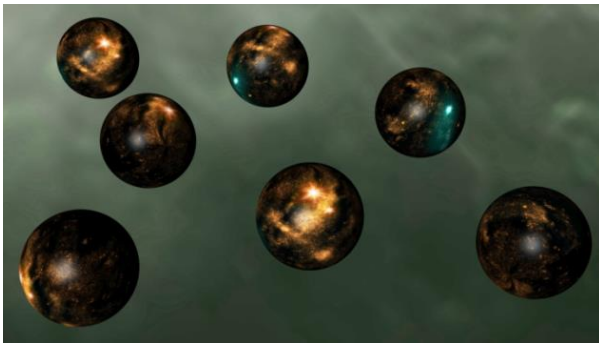
move (or curve) is impossible.

Quantum Realism: An "idle" computer isn't really idle but busy running a null program, and our space could be the same. In the Casimir effect, the vacuum of space exerts a pressure on two flat plates close together. Current physics says that virtual particles pop out of nowhere to cause this, but in quantum realism empty space is full of processing that would have the same effect. And space as a processing network can present a three-dimensional surface capable of curving.

6 Randomness Happens

Physical Realism: In quantum theory, quantum collapse is random, so a radioactive atom can emit a photon whenever it wants to. A random event is one that no prior physical story explains. Quantum theory also holds that a physical event requires a random "collapse of the wave function," so every physical event has a random element!

To meet this threat to the primacy of physical causation, in 1957 Hugh Everett proposed the many-worlds theory, the untestable idea that every quantum choice spawns a new universe, so every option actually occurs somewhere in a new "multiverse." For example, if you chose toast for breakfast, nature makes another universe where you had peaches and cream. It was initially seen as ridiculous, which it is, but physicists today prefer this physics fairytale over other options because it dispels the nightmare of randomness.



Yet if quantum choices create new universes, it isn't hard to see that "universes would be piling up at rates that transcend all concepts of infinitude." The many-worlds fantasy doesn't just offend Occam's razor, it outrages it.

Actually, the multiverse is just a reincarnation of the old perfectly predictable clockwork universe, which quantum theory disposed of last century. False theories don't die, they just become zombie theories.

Quantum Realism: The processor in an online game can generate a value random to it, and our world could be the same. So quantum events are random to us because they involve client-server acts we have no access to. Quantum randomness seems pointless, but it plays the same role in the evolution of matter as genetic randomness does in biological evolution.

5 Antimatter Occurs

<https://youtu.be/Lo8NmoDL9T8>

Physical Realism: Antimatter refers to subatomic particles corresponding to the electrons, protons, and neutrons of regular matter, but with the opposite electric charge and other properties. In our universe, negative electrons orbit positive atomic nuclei. In an anti-matter universe, positive electrons would orbit negative nuclei, but it would look the same to its inhabitants as the laws of physics would be the same. Matter and antimatter annihilate each other on contact.

Paul Dirac's equations predicted antimatter before it was found, but it was never clear why something that annihilates matter is even possible. The Feynman diagram of an electron meeting an anti-electron shows the latter entering the collision going back in time! As so often in physics today, the equation works but its implications make no

sense. Matter doesn't need an inverse, and time reversal undermines the causal foundations of physics. Antimatter is one of the most baffling findings of modern physics.

Quantum Realism: If matter is the result of processing and processing sets a sequence of values, it follows that those values can be set in reverse—processing implies anti-processing. In this light, antimatter is the inevitable by-product of matter created by processing. If time is the completion of forward processing cycles for matter, for antimatter it is the completion of backward cycles, so it logically runs our time in reverse. Matter has an inverse because the processing that creates it is reversible, and anti-time occurs for the same reason. Only a virtual time can have an inverse.

4 The Two Slit Experiment

<https://youtu.be/A9tKncAdlHQ>

Physical Realism: Over 200 years ago, Thomas Young did an experiment that still baffles physicists today—he shone light through two parallel slits to get an interference pattern on a screen. Only waves do this, so a light particle (photon) must be actually be a wave. But the light also hits the screen at a point, which would only happen if a photon is a particle.

To find out more, physicists sent one photon at a time through Young's slits. One photon gave the expected particle dot, but soon the dots built up into an interference pattern whose most likely impact point was behind the slit barrier! The effect is independent of time—so one photon going through the slits each year gives the same pattern. Each photon can't know where the last one hit, so how does the pattern emerge? Detectors placed in either or both slits, to see where the photon goes, just fire half the time—a photon always goes by one slit or the other, never through both. In nature's conspiracy of silence, a physical photon is a particle when we look but a wave when we don't.

Current physics calls this the mystery of wave-particle duality, a "deeply weird" fact explainable only by esoteric equations of non-existent waves. Yet we all know that point particles can't spread like waves and spreading waves can't be point particles.

Quantum Realism: Quantum theory explains Young's experiment with fictional waves that go through both slits, interfere, then collapse to a point at the screen. It works, but waves that don't exist can't explain what does. In quantum realism, a photon program can spread instances on the network like a wave, then restart at a point when a node overloads and reboots, like a particle. That what we call physical reality is that set of reboots explains both quantum waves and quantum collapse.

3 Dark Energy And Dark Matter

Physical Realism: Current physics describes the matter we see, but the universe also has five times as much of something called dark matter. It can be detected as a halo around the black hole at the center of our galaxy that binds its stars together more tightly than their gravity allows. It isn't the matter we see as no light can detect it, it isn't anti-matter as it has no gamma ray signature, and it isn't a black hole as there is no gravitational lensing—but without it, the stars of our galaxy would fly apart in chaos.



No known particles explain dark matter—hypothetical particles known as Weakly Interacting Massive Particles (WIMPs) have been proposed, but none have been found, despite talk of super-WIMPs. In addition, 70 percent of the universe is dark energy, and physics can't explain that either. Dark energy is a sort of negative gravity, a weak effect spread through space that pushes things apart, thereby increasing the universe's expansion. It hasn't changed much over time, but something floating in an expanding space should gradually weaken. If it were a property of space then it should increase as space expands. Currently, no one has any idea what it is.

Quantum Realism: If empty space is null processing then it is not nothing, and if it is expanding then new space is being added all the time. New processing points, by definition, receive input but output nothing in their first cycle. So they absorb but don't emit, exactly like the negative effect we call dark energy. If new space adds at a steady rate, the effect won't change much over time, so dark energy is caused by the ongoing creation of space. The model also attributes dark matter to light in orbit around a black hole. It is a halo because light too close to the black hole is pulled into it and light too far away from it can escape the orbit. Quantum realism expects that no particles will ever be found to explain dark energy and dark matter.

2 Electrons Tunnel

<https://youtu.be/AJY8farPqdl>

Physical Realism: In our world, an electron can suddenly pop up outside a Gaussian field it can't penetrate, which is like a coin in a perfectly sealed glass bottle suddenly appearing outside it. In a purely physical world this isn't possible, but in our world it is.

Quantum Realism: Quantum theory requires an electron to occasionally do the above because a quantum wave can spread regardless of physical barriers, and an electron can randomly collapse to any point in it. Each collapse is an image frame in the movie we call physical reality, except that the next frame isn't fixed, but randomly based on probabilities. So an electron "tunneling" through an impenetrable field is like a movie that "cuts" from a view of an actor inside a house to outside.

That might sound odd, but teleporting from one state to another is how all quantum matter moves.

We see a physical world that exists independent of our observation, but quantum theory's observer effect implies it almost works like a game view, where if you look left a left view is created and if you look right a right view is shown. In Bohm's Theory, a ghostly quantum wave guides the electron, but in this theory the electron is that ghostly wave. Quantum realism solves the quantum paradox by making the quantum world real and the physical world its product.

1 Quantum Entanglement

<https://youtu.be/1zD1U1sIPQ4>

Physical Realism: If a cesium atom releases two photons in opposite directions, quantum theory “entangles” them, so that if one is spinning upward, the other will spin downward. But if one is randomly spinning up, how does the other instantly know to spin down, at any distance? To Einstein, the discovery that measuring one photon’s spin instantly defines the spin of another anywhere in the universe was “spooky action at a distance.” The test of this was one of the most careful experiments ever done, as befits the ultimate test of our reality, and quantum theory was right yet again. Observing one entangled photon caused the other to have the opposite spin—even when it was too far away for a signal traveling at the speed of light to connect them. Nature could conserve spin by making one photon up and the other down from at the start, but that is apparently too much trouble. So it lets either spin either way, randomly, then when we measure one to be one way, it instantly makes the other the opposite, even though that is physically impossible.

Quantum Realism: In this view, two photons entangle when their programs merge to jointly run two points. If one program is spin-up and the other spin-down, their merger runs both pixels wherever they are. A physical event at either pixel restarts either program randomly, leaving the remaining opposite spin code to run the other pixel. This code re-allocation ignores distance, as a processor doesn’t have to “go to” a pixel to change it, even for a screen as big as our universe.

The standard model of physics involves 61 fundamental particles with data-fitted mass and charge parameters. If it were a machine, one would have to hand-set two dozen knobs just right for it to light up. It also needs five invisible fields to spawn 14 virtual particles with 16 different “charges” to work. You might expect completeness from all this, but the standard model can’t explain gravity, proton stability, anti-matter, quark charges, neutrino mass or spin, inflation, family generations, or quantum randomness—all critical issues. No particles account for the dark energy and dark matter that comprises most of the universe—and no particles ever will.

Quantum realism reinterprets the equations of quantum theory in terms of one network and one program. Its premise, that the physical world is a processing output, doesn’t make it a fake, as there is still a real world out there—it just isn’t the one we see. Reverse engineering the physical world suggests that matter evolved from light, as a standing quantum wave, so quantum realism predicts that light alone in a vacuum can collide to create matter. In contrast, the standard model says that photons can’t collide, so a definitive test of the virtual reality conjecture is possible. When light alone collides in a vacuum to create matter, the particle model will be replaced by one based on information processing.

Brian Whitworth, BA, BSc, MA, MPhil is a senior lecturer in computing at Massey University, Auckland, New Zealand. In his work on quantum realism, the impossible world of quantum theory is real and the physical world we see is virtual. ([Source](#))

1.5.4. Epigenetics

Epigenetics

- You can google it [here](#)
- [Wikipedia](#)
- [Jump](#) to profound article about **Epigenetics** on bottom of page

[Bruce Lipton](#) is very clearly explaining in this video "*The Biology of Perception*" (also in his book "The Biology of Belief"). Look for more stuff of Dr. Bruce Lipton on YouTube. (Perception in human is related to belief...)

The following conclusions are stated:

- **I Perception 'controls' behaviour.**
- **II Perception 'controls' genes.**
- **III Perception 'rewrites' genes.**

!! 95% of cancer has no heredity linkage!!

*So question yourself.. How I see things, how I believe things are going on, become important? **Yes!***

Clearly explaining article "[We Are Not Victims of Heredity](#)" by Bruce H. Lipton
<https://youtu.be/Zyn7qmu01DE>

Article:

About [Genetics, Epigenetics and Destiny](#), an interview with Dr. Bruce Lipton

Article:

Scientists Prove DNA Can Be Reprogrammed by Words and Frequencies

There is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes

Only 10% of our DNA is being used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA."

Esoteric and spiritual teachers have known for ages that our body is programmable by language, words and thought. This has now been scientifically proven and explained. Of course the frequency has to be correct. And this is why not everybody is equally successful or can do it with always the same strength. The individual person must work on the inner processes and maturity in order to establish a conscious communication with the DNA. The Russian researchers work on a method that is not dependent on these factors but will ALWAYS work, provided one uses the correct frequency.

[Bruce Lipton](#) talking about **Humanity, Cells and Epigenetics...**

<https://youtu.be/uEuGIndt1yc>

How to Unlock the Full Potential of Your Mind | Dr. Joe Dispenza on Impact Theory

What is the relationship between your body and the unconscious mind? What are the roadblocks that need to be overcome and **how does epigenetics contribute and support us in our changes?**

<https://youtu.be/La9oLLoI5Rc>

Documentary: The Ghost in your Genes

<https://youtu.be/5gBHtGS0kZM>

Epigenetics Nova

<https://youtu.be/D44cu7v9x1w>

Epigenetics

(Tue, February 7, 2012)

Chapter from: Leigh Fortson

Author – **Embrace, Release, Heal:** An Empowering Guide to Talking About, Thinking About and Treating Cancer ([website](#))

BRUCE LIPTON, PHD

Epigenetics

Author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.

WILLIAM JAMES

Dr. Bruce Lipton is a diehard scientist. He's devoted his life to understanding human biology and behavior. He received his PhD from the University of Virginia at Charlottesville, and then went on to the University of Wisconsin School of Medicine, where he was an associate professor of anatomy.

With his traditional track record, why do some people see him as controversial? Why did he step down from teaching medical students and strike out on a career path few had traveled? Simply put, Dr. Lipton has discovered that things aren't what they seem to be. Nor are they what he was teaching in med school or what we've been told to believe.

"Our health is not controlled by genetics," he told me in his characteristically upbeat and excited manner. "Conventional medicine is operating from an archaic view that we're controlled by genes. This misunderstands the nature of how biology works."

Medical professionals from around the globe may curl their lips and snarl, but Dr. Lipton's research—and the empirical evidence of colleagues—is forcing the issue enough so that changes in medical-school curriculums are currently underway.

But let's back up for a moment and sit through a blessedly unscientific explanation of Lipton's mind-expanding logic and what is known as epigenetics, "the study of inherited changes in phenotype (appearance) or gene expression caused by mechanisms other than changes in the underlying DNA sequence."

"Medicine does miracles," he said, "but it's limited to trauma. The AMA protocol is to regard our physical body like a machine, in the same way that an auto mechanic regards a car. When the parts break, you replace them—a transplant, synthetic joints, and so on—and those are medical miracles.

"The problem is that while they have an understanding that the mechanism isn't working, they're blaming the vehicle for what went wrong. They believe that the vehicle, in this case our bodies, is controlled by genes.

"But guess what? They don't take into consideration that there's actually a driver in that car. The new science, epigenetics, reveals that the vehicles—or the genes—aren't responsible for the breakdown. It's the driver."

In essence, if you don't know how to drive, you're going to mess up the vehicle. In the simplest translation, we can agree that lifestyle is the key to taking care of ourselves. Think well, eat well, and exercise, and your body won't break down and need new parts.

Dr. Lipton refers to the work of Dr. Dean Ornish to extrapolate. "Dr. Ornish has taken conventional cardiovascular patients, provided them with important lifestyle insights (better diet, stress-reduction techniques, and so on), and without drugs, the cardiovascular disease was resolved. Ornish relayed that if he'd gotten the same results with a drug, every doctor would be prescribing it."

That's fine and dandy for people with heart disease, diabetes, or obesity, but what about cancer? Even the strictest lifestyle changes don't cure cancer in everyone. What about genetic predispositions to getting the disease? "It used to be that we thought a mutant gene caused cancer," Lipton admitted, "but with epigenetics, all of that has changed."

Then he explained how his research revealed the science of epigenetics. "I placed one stem cell into a culture dish, and it divided every ten hours. After two weeks, there were thousands of cells in the dish, and they were all genetically identical, having been derived from the same parent cell. I divided the cell population and inoculated them in three different culture dishes.

"Next, I manipulated the culture medium—the cell's equivalent of the environment—in each dish. In one dish, the cells became bone, in another, muscle, and in the last dish, fat. This demonstrated that the genes didn't determine the fate of the cells because they all had the exact same genes. The environment determined the fate of the cells, not the genetic pattern. So if cells are in a healthy environment, they are healthy. If they're in an unhealthy environment, they get sick."

Dr. Lipton then took this a step further, which brings us back to the cancer question. "Here's the connection: With fifty trillion cells in your body, the human body is the equivalent of a skin-covered petri dish. Moving your body from one environment to another alters the composition of the 'culture medium,' the blood. The chemistry of the body's culture medium determines the nature of the cell's environment within you. The blood's chemistry is largely impacted by the chemicals emitted from your brain. Brain chemistry adjusts the composition of the blood based upon your perceptions of life. So this means that your perception of any given thing, at any given moment, can influence the brain chemistry, which, in turn, affects the environment where your cells reside and controls their fate. In other words, your thoughts and perceptions have a direct and overwhelmingly significant effect on cells."

This echoes, from a highly scientific point of view, what the intuitive and spiritual healers have been advocating for years: your mind can and does contribute to both the cause and healing of whatever ails you—including cancer.

Other than the mind, two other factors impact the fate of cells, according to Dr. Lipton: toxins and trauma. All three factors have been associated with the onset of cancer.

With this body of knowledge comes promising news. According to Dr. Lipton, gene activity can change on a daily basis. If the perception in your mind is reflected in the chemistry of your body, and if your nervous system reads and interprets the environment and then controls the blood's chemistry, then you can literally change the fate of your cells by altering your thoughts. In fact, Dr. Lipton's research illustrates that by changing your perception, your mind can alter the activity of your genes and create over thirty thousand variations of products from each gene. He gives more detail by saying that the gene programs are contained within the nucleus of the cell, and you can rewrite those genetic programs through changing your blood chemistry.

In the simplest terms, this means that we need to change the way we think if we are to heal cancer. "The function of the mind is to create coherence between our beliefs and the reality we experience," Dr. Lipton said. "What that means is that your mind will adjust the body's biology and behavior to fit with your beliefs. If you've been told you'll die in six months and your mind believes it, you most likely will die in six months. That's called the nocebo effect, the result of a negative thought, which is the opposite of the placebo effect, where healing is mediated by a positive thought."

That dynamic points to a three-party system: there's the part of you that swears it doesn't want to die (the conscious mind), trumped by the part that believes you will (the doctor's prognosis mediated by the subconscious mind), which then throws into gear the chemical reaction (mediated by the brain's chemistry) to make sure the body conforms to the dominant belief. (Neuroscience has recognized that the subconscious controls 95 percent of our lives.)

Now what about the part that doesn't want to die—the conscious mind? Isn't it impacting the body's chemistry as well? Dr. Lipton said that it comes down to how the subconscious mind, which contains our deepest beliefs, has been programmed. It is these beliefs that ultimately cast the deciding vote.

"It's a complex situation," said Dr. Lipton. People have been programmed to believe that they're victims and that they have no control. We're programmed from the start with our mother and father's beliefs. So, for instance, when we got sick, we were told by our parents that we had to go to the doctor because the doctor is the authority concerning our health. We all got the message throughout childhood that doctors were the authority on health and that we were victims of bodily forces beyond our ability to control. The joke, however, is that people often get better while on the way to the doctor. That's when the innate ability for self-healing kicks in, another example of the placebo effect.

"Jesuits used to say, 'Give me a child until age six or seven, and he'll be with the church for the rest of his life.' They knew that our subconscious minds are programmed through the experiences we have in the first six years of our lives.

"Since the subconscious programs operate outside the range of consciousness, we don't experience ourselves playing out these behaviors. Therefore, we don't even see ourselves sabotaging our own lives, and as a result, we don't take responsibility for the lives we lead. We see ourselves as victims of forces outside of our control. It's hard to own what we've done our whole lives. So we perceive ourselves as victims, and we believe that genes are in control."

I understand how reclaiming our power can help us heal—that doing so is, in fact, necessary for us to truly heal. Yet too many positive thinkers know that thinking good

thoughts—and reciting affirmations for hours on end—doesn't always bring about the results that feel-good books promise.

Dr. Lipton didn't argue this point, because positive thoughts come from the conscious mind, while contradictory negative thoughts are usually programmed in the more powerful subconscious mind.

"The major problem is that people are aware of their conscious beliefs and behaviors, but not of subconscious beliefs and behaviors. Most people don't even acknowledge that their subconscious mind is at play, when the fact is that the subconscious mind is a million times more powerful than the conscious mind and that we operate 95 to 99 percent of our lives from subconscious programs.

"Your subconscious beliefs are working either for you or against you, but the truth is that you are not controlling your life, because your subconscious mind supersedes all conscious control. So when you are trying to heal from a conscious level—citing affirmations and telling yourself you're healthy—there may be an invisible subconscious program that's sabotaging you."

The power of the subconscious mind is elegantly revealed in people expressing multiple personalities. While occupying the mind-set of one personality, the individual may be severely allergic to strawberries. Then, in experiencing the mind-set of another personality, he or she eats them without consequence.

Even though the influence of our subconscious is interesting, on the face of it, this is not great news for those of us who are doing all we can to heal with our conscious minds. If health is largely determined by subconscious beliefs I'm not even aware of, then I'm brought right back to the original programming: I'm a victim with no control!

Dr. Lipton went on: "I used to say, 'You are personally responsible for everything in your life,' but people would look at me as if I'd slapped them. Now I say, 'Once you become aware of the fact that invisible programs from the subconscious mind are running your life, then you are responsible for it.'

"Becoming aware means accessing the behavioral programs in your unconscious mind so that you can change the underlying limiting or self-sabotaging thoughts that don't serve you. It's easy to figure out the nature of your subconscious programs. Just take a look at the character of your life. It's a printout of your subconscious programs. The things you're having trouble with are because of that programming.

"Dr. Lipton said that to break free of the programming, you have to first recognize that your subconscious mind exists. You must accept that the manifestation of limitations or disease is because of what's happening in the field of invisible subconscious programs. (Although he also recognizes that about 3 to 5 percent of disease is due to "birth defects"—alteration of the genetic code that occurred before birth.)

That's the hard part, because, of course, you say to yourself, "I wouldn't create this!" Anyone who has been through diseases such as cancer bristles at this idea, because we absolutely would not create the situation consciously. Dr. Lipton, however, urges us to consider that the subconscious mind has been running programs that most likely brought the cancer on. He says that before we can begin the work of really healing, first we must let go of guilt and self-blame—after all, we were downloaded with limiting behavioral programs in our childhood without our conscious awareness.

"You can rewire yourself," he said. "If a disease such as cancer has progressed to an advanced stage, then you might do a round or two of chemo, but at the same time you need to be reprogramming your mind and recognizing your involvement in the disease. You must recognize that you are a participant in the unfolding of your life. Then you can go into your subconscious program and find out where the problems are."

Dr. Lipton's research suggests that the subconscious mind is built on habituation. It learns from patterns and repetition of patterns. By accessing that invisible field, you can rewrite those habits. The million-dollar question is, how?

According to Dr. Lipton, we can do this in many ways. "Through processes such as hypnosis, subliminal tapes, the religious use of affirmations, Buddhist mindfulness, or a series of reprogramming modalities collectively referred to as energy psychology, such as PSYCH-K, Emotional Self-Management (ESM), Eye Movement Desensitization and Reprocessing (EMDR), and Emotional Freedom Techniques (EFT), among many other new techniques, we can rewrite those destructive programs that occupy our subconscious field."

The core of Dr. Lipton's premise is that by rewiring the subconscious thoughts that negatively impact our cells, we have a far greater chance of healing. The absence of doing this kind of work could also explain why cancer recurs, even after hard-core treatment and years of remission.

Science, said Dr. Lipton, is onboard with the platform of epigenetics, even though most of modern medicine disregards it. Given the profound implications of his research, and the evidence he's witnessed that proves its merit, it seems unbelievable that the medical world rejects it. But that's the point; medical professionals don't want to believe it.

"The amount of money you have invested in a belief system ('Doctors have the authority; I am ruled by my genes; drugs are the only cure') determines how willing you are to change it. The financial investment we have in medicine—and especially pharmaceutical drugs—is far too high for those factions to make a change. They don't want change, no matter how much good it could do.

"Medical institutions are operating on fear. The funding and regulatory elements know that within each of us is the power to heal. For example, it is a proven fact that one-third of all healings are due to the placebo effect, which is controlled by the mind, but medical-related corporations based on making a profit don't want us to know this. It's interesting that more than 85 percent of doctors don't even belong to the policy-making professional union called the American Medical Association. That means that the decisions made by 10 percent of the US medical community control the outcome of the entire medical profession. They determine standard practices, but they're controlled by investors. And the FDA is heavily invested in the pharmaceutical business."*

It's curious to contemplate if an entire industry can possess a subconscious mind. Ideally, people go into medicine because they want to help other people. Yet, the very system in which they work can block those good intentions, since they can only pull from a very limited pool of (FDA-approved) resources, when in fact there exists a wide range of viable alternatives. If there is a sabotaging belief in the subconscious mind of the drug industry, I wonder what it would be, and how it could be exhumed.

Political dynamics are nothing new in the world of medicine, as Dr. Lipton described: "Back in 1925, physicists discovered that everything in the universe is based on energy—not matter. Everything physicists thought they knew had to be revised. In other words, consciousness is primary in creating the world. They went from believing in the machine itself to what runs the machine, but they couldn't yet take it into the world; it was too radical an idea for the public to accept. Therefore, they arbitrarily agreed to restrict the principles of quantum physics to the realm of atoms and not bring it into the realm of people, societies, or communities."

Given the politics of medicine, I asked Dr. Lipton where science and spirituality actually intersect. "Quantum physics," he replied with confidence. "The definition of spirit is 'an invisible moving force that influences life or matter.' Einstein said, 'The Field is the sole governing agency of the particle.' According to physicists, the Field is defined as exactly

the same thing: 'an invisible moving force that influences life or matter.' As it turns out, the Field and spirit are the same. The observer creates reality."

After observing his own reality and admitting to difficulties in his personal life, Dr. Lipton pursued rewiring his own subconscious programs. Although he spoke as a scientist, his passion flowed from personal experience. "I was living a life of folly. I went in and out of trusting this stuff—all of which I've now come to know as true. Being a teacher, I had to learn it, but I had grave doubts. I went through some very tough times at first. Then, when I needed something, and I asked God (the Field) to give it to me, something would come forth. I'd say, 'Show me something,' and the universe would show me. Finally, I had to own it. Now, I don't know what the future will bring, but I know that folly doesn't work. Now I live in a wonderful reality.

"There's a force moving within us, a biological imperative to survive and to avoid death. It's built in. Right now, there's the question of our own extinction, and none of us want to die."

What is it in the subconscious mind of the individual—or the collective whole—that takes us to the brink of destruction? Only through entering the world of the subconscious mind's programming will we find out. "I was living in a self-imposed world that resembled purgatory," Dr. Lipton recalled in a quiet voice. "I thought, 'What the hell is wrong with this world?' Now I'm walking in heaven. I've recognized who I really am and have rewritten the limiting programs that disempowered me."

The new science of epigenetics promises that every person on the planet has the opportunity to become who they really are, complete with unimaginable power and the ability to operate from, and go for, the highest possibilities, including healing our bodies and our culture and living in peace.

[Source](#)

1.5.5. Neuroscience & Free Will

Neuroscience & Free Will

In the experiment below is proved that conscious decisions you make are already known before in your brain, in this case 6 seconds before...

So my conclusion is that: Consciousness is running the show.. Well *Your* consciousness...

Marcus Du Sautoy (Professor of Mathematics at the University of Oxford and current Simonyi Professor for the Public Understanding of Science) participates in an experiment conducted by John-Dylan Haynes (Professor at the Bernstein Center for Computational Neuroscience Berlin) that attempts to find the neurological basis for decision making. Full program: [BBC Horizon - The Secret You](#)

<https://youtu.be/N6S9OidmNZM>

1.5.6. Neuroplasticity

Neuroplasticity

The Sentis Brain Animation Series takes you on a tour of the brain through a series of short and sharp animations.

Our most complex organ is capable of changing throughout our lives. This inspiring animation demonstrates how we all have the ability to learn and change by rewiring our brains.

<https://youtu.be/ELpfYCZa87g>

Documentary Neuroplasticity

<https://youtu.be/JismoWKknZ4>

The plastic brain

<https://youtu.be/8Vo-rcVMgbI>

Rewire & Evolve Your Brain - Dr. Joe Dispenza

[Joe Dispenza](#), D.C., studied biochemistry at Rutgers University in New Brunswick, New Jersey, and holds a Bachelor of Science degree with an emphasis in neuroscience. He received his Doctor of Chiropractic degree from Life University in Atlanta, Georgia, graduating magna cum laude.

Dr. Dispenza's postgraduate training and continuing education has been in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, aging and longevity. Joe Dispenza was featured in the award winning film, "*What The Bleep Do We Know?*" This lecture provides basic yet powerful information on how to co-create ones day and how to use focused concentration, repetition, and visualization (mental rehearsing) to rewire the brain. These are skills we can all harness.

<https://youtu.be/Z0JPunoP6Io>

1.5.7. Quantum Physics

Quantum Physics

The 1925 discovery of quantum mechanics solved the problem of the Universe's nature. Bright physicists were again led to believe the unbelievable — this time, that the Universe is mental. According to Sir James Jeans: *"the stream of knowledge is heading towards a non-mechanical reality; the Universe begins to look more like a great thought than like a great machine."*

To come to terms with the Universe, we must abandon such views. The world is quantum mechanical: we must learn to perceive it as such.

One benefit of switching humanity to a correct perception of the world is the resulting joy of discovering the mental nature of the Universe. We have no idea what this mental nature implies, but — the great thing is — it is true. Beyond the acquisition of this perception, physics can no longer help. You may descend into solipsism, expand to deism, or something else if you can justify it — just don't ask physics for help.

There is another benefit of seeing the world as quantum mechanical: someone who has learned to accept that nothing exists but observations is far ahead of peers who stumble through physics hoping to find out 'what things are'. If we can 'pull a Galileo,' and get people believing the truth, they will find physics a breeze.

The Universe is immaterial — mental and spiritual. Live, and enjoy. ([source](#))

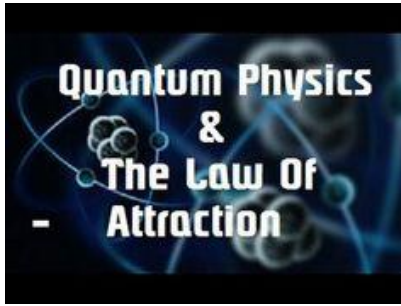
In this document ([pdf download](#)) a collection of **10 Scientific Studies That Prove Consciousness Can Alter Our Physical Material World!**

with links referring to the official documents.

1. The Quantum Double Slit Experiment
2. Government Sponsored Psychokinesis Experiments
3. The Global Consciousness Experiment/Random Number Generators
4. NSA/CIA Remote Viewing Experiments In Conjunction With Stanford University
5. Thoughts and Intentions Alter The Physical Structure of Water
6. The Placebo Effect
7. Teleportation
8. The Science of The Heart
- 9/10. And Beyond

The Law of Attraction explained by Quantum Physics.

A video (5 parts) from *Greg Kuhn* (whyquantumphysicists.com) about his book: *Why Quantum Physicists Create More Abundance* about what cutting-edge science has to say about the Law of Attraction.



<http://lifebydesign.nl/data/documents/The-Law-of-Attraction-Explained-by-Quantum-Physics-Part-1.mp4>

<http://lifebydesign.nl/data/documents/The-Law-of-Attraction-Explained-by-Quantum-Physics-Part-2.mp4>

<http://lifebydesign.nl/data/documents/The-Law-of-Attraction-Explained-by-Quantum-Physics-Part-3.mp4>

<http://lifebydesign.nl/data/documents/The-Law-of-Attraction-Explained-by-Quantum-Physics-Part-4.mp4>

<http://lifebydesign.nl/data/documents/The-Law-of-Attraction-Explained-by-Quantum-Physics-Part-5.mp4>



Quantum Physics (NOVA HD)

Quantum mechanics may be counterintuitive, but it's one of the most successful theories in the history of science, making predictions that have been confirmed to better than one part in a billion, while also launching the technological advances at the heart of modern life, like computers and cell phones. But even today, even with such profound successes, the debate still rages over what quantum mechanics implies for the true nature of reality.

Video verwijderd

How does a Quantum Computer work?

https://youtu.be/g_IaVepNDT4

Empty Space is NOT Empty

<https://youtu.be/J3xLuZNKhIY>

1.5.8. Double Slit Experiment

Double Slit Experiment

The only thing about *Quantum Physics* you really have to know is the "**Double Slit Experiment**"...

One potential revelation of this experience is that "*the observer creates the reality.*"

For me there is no doubt that we (as a conscious beings) are constantly creating our (own) reality (our *YOU*-niverse)

..Changing a possibility (wave of infinite possibilities/probabilities) into one (your) reality (matter, particles) by observing it. Observed by something/someone with consciousness. (Observing includes looking, measuring, thinking, belief, perception, awareness, intention, attention and expectation... consciously as well as subconsciously...)

By doing this mostly subconsciously, it gives us, human beings the impression that we don't have any influence on it. If we are conscious, fully aware of our consciousness... bringing (most of) our subconscious to the conscious level.. we become conscious creators!

Some videos which are relatively easy to comprehend:

<https://youtu.be/DfPeprQ7oGc>

https://youtu.be/M4_0oblwQ_U

<https://youtu.be/LW6Mq352f0E>

<https://youtu.be/hSRTvKgAs9c>

1.5.9. Nutrigenomics

Nutrigenomics

"You Are What You Eat"

You can google it here

Links:

<http://www.nutrigenomics.nl/nutritions.html>

<http://www.nutrigenomics.nl/>

<http://nutrigene.4t.com/nutrigenomics.htm>

<http://en.wikipedia.org/wiki/Nutrigenomics>

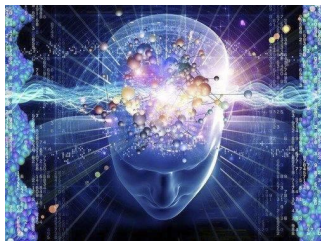
<http://www.nugo.org/everyone>

1.5.10. Quantum Consciousness

Quantum Consciousness

An approach to the mind-body problem based on physical laws has been advocated by several thinkers. Quantum Theory has been particularly intriguing for scientists eager to provide a physical explanation of consciousness.

Loosely speaking, the point is that consciousness is unlikely to arise from classical properties of matter (the more we understand the structure and the fabric of the brain, the less we understand how consciousness can occur at all), which are well known and well testable. But Quantum Theory allows for a new concept of matter altogether, which may well leave cracks for consciousness, for something that is not purely material or purely extra-material. Of course, the danger in this way of thinking is to relate consciousness and Quantum only because they are both poorly understood: what they certainly have in common is a degree of "magic" that makes both mysterious and unattainable...



On the other hand, it is certainly true that all current neurobiological descriptions of the brain are based on Newton's Physics, even if it is well known that Newton's Physics has its limitations. First of all, Newton's Physics is an offshoot of Descartes division of the universe in matter and spirit, and it deals only with matter. Secondly, neurobiologists assume that the brain and its parts behave like classical objects, and that quantum effects are negligible, even while the "objects" they are studying get smaller and smaller. What neurobiologists are doing when they study the microstructure of the brain from a Newtonian perspective is equivalent to organizing a trip to the Moon on the basis of Aristotle's Physics, neglecting Newton's theory of gravitation.

No wonder most neurobiologists reach the conclusion that Physics cannot explain consciousness, since they are using a Physics that 1. was designed to study matter and leave out consciousness and that 2. does not work in the microworld. Not surprisingly, it has been claimed that all current neurobiological models are computationally equivalent to a Turing machine.

The true pioneer of this field is the biologist Alfred Lotka, who in 1924, when Quantum Theory had barely been born, proposed that the mind controls the brain by modulating the quantum jumps that would otherwise lead to a completely random existence.

The first detailed quantum model of consciousness was probably the American physicist Evan Walker's synaptic tunneling model (1970), in which electrons can "tunnel" between adjacent neurons, thereby creating a virtual neural network overlapping the real one. It is this virtual nervous system that produces consciousness and that can direct the behavior of the real nervous system. The real nervous system operates by means of synaptic messages. The virtual one operates by means of the quantum effect of tunneling (particles passing through an energy barrier that classically they should not be able to climb). The real one is driven by classical laws, the virtual one by quantum laws. Consciousness is therefore driven by quantum laws, even if the brain's behavior can be described by classical laws.

A few researchers have invoked another quantum effect, Bose-Einstein condensation (theoretically predicted in 1925 and first achieved in a gas in 1995), which is a general case of superconductivity. A Bose-Einstein condensate is the equivalent of a laser, except that it is the atoms, rather than the photons, that behave identically. Its atoms behave like they were a single atom. Technically speaking, as temperature drops each atom's wave grows, until the waves of all the atoms begin to overlap and eventually merge. After they merged, the atoms are located within the same region in space, they travel at the same speed, they vibrate at the same frequency, etc.: they become indistinguishable. The atoms have reached the lowest possible energy, but Heisenberg's principle makes it impossible for this to be zero energy: it is called "zero-point" energy, the minimum energy an atom can have. The intriguing feature of a Bose-Einstein condensate is that the many parts of a system not only behave as a whole, they become whole. Their identities merge in such a way that they lose their individuality.

In 1986 the British physicist Herbert Froehlich suggested that such condensation can be achieved in Nature by biological organisms. In particular, it should arise when biological oscillators which are in a nonequilibrium state (such as all plants and animals) are maintained at constant temperature. Biological oscillators of this kind are pervasive in nature: living matter is made of water and other biomolecules equipped with electrical dipoles, which react to external stimuli with a spontaneous breakdown of their rotational symmetry. The biological usefulness of such biological oscillators is that, like laser light, they can amplify signals and encode information (e.g., they can "remember" an external stimulus).

In 1989 the British psychiatrist Ian Marshall showed similarities between the holistic properties of condensates and those of consciousness, and suggested that consciousness may arise from the excitation of such a Bose-Einstein condensate. In Marshall's hypothesis, the brain contains a Froelich-style condensate, and, whenever the condensate is excited by an electrical field, conscious experience occurs. The brain would maintain dynamical coherence thanks to an underlying quantum coherent state (due, precisely, to the properties of such a condensate).

Drawing from Quantum Mechanics and from Bertrand Russell's idea that consciousness provides a kind of "window" onto the brain, the philosopher Michael Lockwood advanced a theory of consciousness as a process of perception of brain states.

First he noted that Special Relativity implies that mental states must be physical states (mental states must be in space given that they are in time). Then Lockwood interpreted the role of the observer in Quantum Mechanics as the role of consciousness in the physical world (as opposed to a simple interference with the system being observed). Lockwood argued that sensations must be intrinsic attributes of physical states of the brain: in quantum lingo, each observable attribute (e.g., each sensation) corresponds to an observable of the brain. Consciousness scans the brain to look for sensations. It does not create them, it just seeks them.

In 1986 John Eccles, the British neurophysiologist who discovered neurotransmitters, has speculated that synapses in the cortex respond in a probabilistic manner to neural excitation, a probability that could well be governed by quantum uncertainty given the extremely small size of the synapses' "microsite" that emits the neurotransmitter. If this is true, Eccles speculates that an immaterial mind (in the form of "psychons") controls the quantum "jumps" and turns them into voluntary excitations of the neurons that account for body motion.

Conscious matter

The American physicist Nick Herbert has been even more specific on the similarities between Quantum Theory and consciousness. Herbert thinks that consciousness is a pervasive process in nature. Mind is as fundamental a component of the universe as elementary particles and forces. Mind can be detected by three features of quantum theory: randomness, thinglessness (objects acquire attributes only once they are observed) and interconnectedness (John Bell's discovery that once two particles have interacted they remain connected). Herbert thinks that these three features of inert matter can account for three basic features of mind: free will, essential ambiguity, and deep psychic connectedness. Scientists may be vastly underestimating the quantity of consciousness in the universe.

The computer scientist James Culbertson, a pioneer of research on robots, has even speculated that consciousness may be a relativistic feature of spacetime. In his opinion, too, consciousness permeates all of nature, so that every object has a degree of consciousness.

According to Relativity, our lives are world lines in spacetime. Spacetime does not happen, it always exists. It is our brain that shows us a movie of matter evolving in time.

All spacetime events are conscious: they are conscious of other spacetime events. The "experience" of a spacetime event is static, a frozen region of spacetime events. All the subjective features of the "psychospace" of an observer can be completely derived from the objective features of the region of spacetime that the observer is connected to. Special circuits in our brain create the impression of a time flow, of a time travel through the region of spacetime events connected to the brain.

Memory of an event is re-experiencing that spacetime event, which is fixed in spacetime. We don't store an event, we only keep a link to it. Conscious memory is not in the brain, is in spacetime.

The inner life of a system is its spacetime history. To clarify his view, Culbertson presents the case of two robots. First a robot is built and learns German, then another robot is built which is identical to the first one. Culbertson claims that the second robot does not speak German, even if it is identical to the one which speaks German. Their spacetime histories are different.

At the same time, Culbertson thinks that our consciousness is much more than an illusory travel through spacetime, and it can, in turn, influence reality. Quantum Theory prescribes that reality be a sequence of random quantum jumps. Culbertson believes that they are not random but depend on the system's spacetime history, i.e. on its inner life.

Tripartite Idealism

The American physicist Henry Stapp holds that classical Physics cannot explain consciousness because it cannot explain how the whole can be more than the parts. In Quantum Mechanics, on the other hand, the relationship between the parts and the whole is completely different. Stapp therefore advances a "quantum theory of consciousness" and bases it on Heisenberg's interpretation of Quantum Mechanics (that reality is a sequence of collapses of wave functions, i.e. of quantum discontinuities). He observes that this view is similar to William James's view of the mental life as "experienced sense objects".

His view harks back to the heydays of Quantum Theory, when it was clear to its founders that "science is what we know". Science specifies rules that connect bits of knowledge. Each of us is a "knower" and our joint knowledge of the universe is the subject of Science. Quantum Theory is therefore a "knowledge-based" discipline. This view was "pragmatic" because it prescribes how to make experiments, and it was separating the system to be observed from the observer and from the instrument.

Von Neumann introduced an "ontological" approach to this knowledge-based discipline, which brought the observer and the instrument in the state of the system. Stapp describes Von Neumann's view of Quantum Theory through a simple definition: "the state of the universe is an objective compendium of subjective knowings". This statement describes the fact that the state of the universe is represented by a wave function which is a compendium of all the wave functions that each of us can cause to collapse with her or his observations. That is why it is a collection of subjective acts, although an objective one.

Stapp follows the logical consequences of this approach and achieves a new form of idealism: all that exists is that subjective knowledge, therefore the universe is now about matter, it is about subjective experience. Quantum Theory does not talk about matter, it talks about our perceiving matter. Stapp rediscovers George Berkeley's idealism: we only know our perceptions (observations).

Stapp's model of consciousness is tripartite. Reality is a sequence of discrete events in the brain. Each event is an increase of knowledge. That knowledge comes from observing "systems". Each event is driven by three processes that operate together:

The "Schroedinger process" is a mechanical, deterministic, process that predicts the state of the system (in a fashion similar to Newton's Physics: given its state at a given time, we can use equations to calculate its state at a different time). The only difference is that Schroedinger's equations describe the state of a system as a set of possibilities, rather than just one certainty.

The "Heisenberg process" is a conscious choice that we make: the formalism of Quantum Theory implies that we can know something only when we ask Nature a question. This implies, in turn, that we have a degree of control over Nature. Depending on which question we ask, we can affect the state of the universe. Stapp mentions the Quantum Zeno effect, as a well known process in which we can alter the course of the universe by asking questions (it is the phenomenon by which a system is "frozen" if we keep observing the same observable very rapidly). We have to make a conscious decision about which question to ask Nature (which observable to observe). Otherwise nothing is going to happen.

The "Dirac process" gives the answer to our question. Nature replies, and, as far as we can tell, the answer is totally random.

Once Nature has replied, we have learned something: we have increased our knowledge. This is a change in the state of the universe, which directly corresponds to a change in the state of our brain. Technically, there occurs a reduction of the wave function compatible with the fact that has been learned.

Stapp's interpretation of Quantum Theory is that there are many knowers. Each knower's act of knowledge (each individual increment of knowledge) results in a new state of the universe. One person's increment of knowledge changes the state of the entire universe, and, of course, it changes it for everybody else.

Quantum Theory is not about the behavior of matter, but about our knowledge of such behavior.

"Thinking" is a sequence of events of knowing, driven by those three processes.

Instead of dualism or materialism, one is faced with a sort of interactive "trinality", all aspects of which are actually mind-like:

The physical aspect of Nature (the Schroedinger equation) is a compendium of subjective knowledge. The conscious act of asking a question is what drives the actual transition from one state to another, i.e. the evolution of the universe. And then there is a choice from the outside, the reply of Nature, which, as far as we can tell, is random.

Stapp's conclusions somehow mirror the ideas of the American psychiatrist Jeffrey Schwarz, who is opposed to the mechanistic approach of Psychiatry and emphasizes the power of consciousness to control the brain.

Stapp revives idealism by showing that Quantum Theory is about knowledge, not matter. The universe is a repository of knowledge, that we have access to and upon which our consciousness has control.

Holonomic Consciousness

The "holonomic" model of memory, advanced by psychologist Karl Pribram, is based on the hologram. Many properties of the brain are the same properties that are commonly associated with holograms: memory is distributed in the brain and memories do not disappear all of a sudden, but slowly fade away.

Holograms are the product of a physical process that preserves the three-dimensional quality of an object. Normally, lasers are employed to record the diffraction pattern of an object, from which a 3-dimensional image of the object can be rebuilt.

In Pribram's opinion a sensory perception is transformed in a "brain wave", a pattern of electromagnetical activation that propagates through the brain just like the wavefront in a liquid. This crossing of the brain provides the interpretation of the sensory perception in the form of a "memory wave", which in turn crosses the brain. The various waves that travel through the brain can interfere. The interference of a memory wave and a perceptual (e.g., visual) wave generates a structure that resembles an hologram.

Pribram employs Fourier transformations to deal with the dualism between spacetime and spectrum, and Gabor's phase space to embed spacetime and spectrum. All perceptions (and not only colors or sounds) can be analyzed into their component frequencies of oscillation and therefore treated by Fourier analysis. Dirac's "least action principle" (which favors the least expenditure of energy) constrains trajectories in such a space. Gabor's uncertainty principle sets a limit at which both frequency and spacetime can be concurrently determined (the fundamental minimum is Gabor's "quantum of information"). Structure and process are two aspects of the same entity, distinguished only by the scale of observation (from a distance an entity looks like a structure, but close enough it is a process).

In Pribram's theory, therefore, the formalism of Quantum Theory applies to the modeling of brain functions themselves (brain microprocesses and physical microprocesses can be described by the same formalism). Incidentally, Pribram suggested that consciousness may occur primarily in dendritic-dendritic processing and that axonal firings may support primarily automatic, non-conscious activities.

Quantum brain dynamics

The Heisenberg and Von Neumann tradition has always viewed the brain as a "quantum measuring device". But the Japanese physicist Kunio Yasue, the American physicist Gordon Globus and others, claims that brain substrates uphold second-order quantum fields, which cannot be treated as mere measuring devices.

Yasue, building on the quantum field theory developed in the 1960s by the Japanese physicist Hiroomi Umezawa and on his concept of "corticons" as more primitive than "neurons", has developed a "quantum neurophysics" that explains how the classical world can originate from quantum processes in the brain.

Yasue is not a connectionist. The fact that neurons are organized inside the brain is of negligible importance in his theory.

Yasue thinks that several layers of the brain can host quantum processes, whose quantum properties explain consciousness and cognition. Yasue presents the brain as a macroscopic quantum system. He focuses on water megamolecules in the space between neurons, which can combine to form extended quantum systems, interacting with the neural networks. He focuses on the sensory system, whose quantum field causes some special molecules in the membrane of the neuron to undergo Froehlich condensation and cause, in turn, macroscopic coherence.

He focuses on structures such as microtubules which lie inside the neuron, and which contain quasi-crystalline water molecules that again lend themselves to quantum effects. The function of this quantum field could be cognitive: some particular quantum states could record memory.

He focuses on a bioplasma of charged particles which interact with the electromagnetic field, an ideal vehicle for a merge of the sensory quantum field with the memory quantum field, an ideal vehicle for the creation of classical reality. Thus, classical order can continually unfold in this bioplasma.

According to traditional interpretations of Quantum Theory, classical order unfolds because of a measurement and the consequent collapse of the wave function. According to Globus, classical order unfolds from the interaction between quantum cognition (the memory quantum field, or "holoworld") and quantum reality (the sensory quantum field).

Heisenberg's discontinuous sequence of collapsed realities is replaced by a continuous unfolding of worlds from a holoworld.

Yasue shows how consciousness could arise from the interaction between the electromagnetic field and molecular fields of water and protein. Furthermore, Yasue maintains that the evolution of the neural wave function is not random, as would result from the traditional quantum theories, but optimized under a principle of "least neural action". Random effects of consciousness are replaced by a "cybernetic" consciousness which is more in the tradition of the self as a free-willing agent.

Quantum-gravitational Consciousness

One of the strongest proponents of a theory of consciousness founded on Quantum Theory is Roger Penrose in person, one of the leading British physicists of our times. In his opinion, consciousness must be a quantum phenomenon because neurons are too big to account for consciousness. Inside neurons there is a "cytoskeleton", the structure that holds cells together, whose "microtubules" (hollow protein cylinders 25-nanometers in diameter) control the function of synapses. Penrose believes that consciousness is a manifestation of the quantum cytoskeletal state and its interplay between quantum and classical levels of activity.

The theory exposed by Penrose and his close American associate Stuart Hameroff is very detailed. The story begins with Penrose's distinction between "subjective" and "objective" reduction. Subjective reduction is what happens when an observer measures a quantity in a quantum system: the system is not in any specific state (the system is in a "superposition" of possible states) until it is observed, the observation causes the system to reduce (or "collapse") to a specific state. This is the only reduction known to traditional Quantum Theory. Objective reduction is a Penrose discovery, part of his attempt at unifying Relativity Theory and Quantum Theory.

Superpositioned states each have their own space-time geometry. Under special circumstances, which microtubules are suitable for, the separation of space-time geometry of the superpositioned states (i.e., the "warping" of these space-times) reaches a point (the quantum gravity threshold) where the system must choose one

state. The system must then spontaneously and abruptly collapse to that one state. So, objective reduction is a type of collapse of the wave function which occurs when the universe must choose between significantly differing spacetime geometries.

This "self-collapse" results in particular "conformational states" that regulate neural processes. These conformational states can interact with neighboring states to represent, propagate and process information. Each self-collapse corresponds to a discrete conscious event. Sequences of events then give rise to a "stream" of consciousness. The proteins somehow "tune" the objective reduction which is thus self-organized, or "orchestrated".

In concluding, the quantum phenomenon of objective reduction controls the operation of the brain through its effects on coherent flows inside microtubules of the cytoskeleton.

In general, the collapse of the wave function is what gives the laws of nature a non-algorithmic element. Otherwise we would simply be machines and we would have no consciousness.

Therefore, Penrose and Hameroff believe that "protoconscious" information is encoded in space-time geometry at the fundamental Planck scale and that a self-organizing Planck-scale process results in consciousness. This means that Penrose believes in a Platonic scenario of conscious states that exist in a world of their own, and to which our minds have access; except that his "world of ideas" is a physicist's world: quantum spin networks encode proto-conscious states and different configurations of quantum spin geometry represent varieties of conscious experience. Access to these states (or consciousness as we know it) originates when a self-organizing process (the objective reduction) somehow coupled with neural activity collapses quantum wave functions at Planck-scale geometry.

There is a separate mental world, but it is grounded in the physical world.

A Physics of Consciousness

Now that legions of physicists are delving into the topic, physical models of consciousness abound.

One has to do with other dimensions. The unification theories that attempt at unifying General Relativity (i.e. gravitation) and Quantum Theory (i.e., the weak, electrical and strong forces) typically add new dimensions to the four ones we experience. These dimensions differ from space in that they are bound (actually, rolled up in tiny tubes) and in that they only exist for changes to occur in particle properties. Saul-Paul Sirag's hyperspace, for example, contains many physical dimensions and many mental dimensions (time is one of the dimensions they have in common).

The physicist Erich Harth is trying to explain consciousness by means of a process that relies on "positive" feedback. Feedback can be negative or positive. Negative feedback is the familiar one, which has to do with stabilizing a process, in particular its input with its output. Positive feedback works in the opposite direction, at the edge of instability: the signal is amplified by itself, weakening the relationship between input and output. Harth thinks that a loop of positive feedback spreads through different areas of the brain and provides "selective amplification. If that be the case, then unification of consciousness would occur at the bottom of the sensory pyramid, not at the top.

The American physicist Alwyn Scott applies Eigen's model of "hypercycles" to consciousness. He makes consciousness stem from a procedure which is analogous to

the one that generates life: simple cells originate complex cells which originate hypercomplex cells.

A critique of Neuroscience

All contemporary Neuroscience is based on classical Physics. No surprise that it derives a view of the brain as a set of mechanical laws: that is the "only" view that classical Physics can derive. No surprise that it cannot explain how consciousness arises, since there is no consciousness in classical Physics: it was erased from the study of matter by Descartes' dualism (that mind and matter are separate), on which foundations Newton erected classical Physics (the science of matter, which does not deal with mind). By definition, Descartes' dualism predicts that mind cannot be explain from matter, and Newton's Physics is an expression of dualism. Which means that dualism predicts that Newton's Physics cannot explain mind. Neuroscientists who are looking for consciousness miss that simple syllogism: they are looking for consciousness using a tool that is labeled "this tool does not deal with consciousness".

Contemporary Neuroscience rests on the idea that a physical system is made of independent parts which interact only with their immediate neighbors and whose behavior over time is deterministic. This is the principle behind all computational models of the brain.

Within this paradigm, a mind is the product of a brain, which is one particular system of the many that populate the universe.

This is a very interesting paradigm, but it is not what Physics prescribes today. It is what Physics prescribed a century ago, before it was showed to be wrong.

The New Materialism

A contemporary American philosopher of the mind, David Chalmers, argues that consciousness cannot be explained with a reductionist approach, because it does not belong to the realm of matter. Chalmers proposes to expand Science in a fashion that is still compatible with today's Science (in the areas where it is successful) and that allows for a dualist approach.

Chalmers distinguishes between a phenomenal concept of mind (the way it feels) and a psychological concept of mind (what it does). Every mental property is either a phenomenal property, a psychological one or a combination of the two. The mind-body problem is therefore made of two parts, one that deals with the mental faculties and one that deals with how/why those mental faculties also give rise to awareness of them (Jackendoff's "mind-mind problem"). Pain, for example, is both a material entity that can be analyzed functionally, in terms of its effect on behavior, and the feeling of pain. The same distinction applies to consciousness, with psychological consciousness being commonly referred to as "awareness"; but phenomenal consciousness always comes with psychological consciousness. Awareness is having access to information that may affect behavior.

Chalmers' brand of monism admits both physical and non-physical features in the world. His dualism is different from Descartes' in that it claims that "consciousness is a feature of the world" which is somehow related to its physical properties. A new, fundamental, irreducible feature (a set of "protophenomenal" properties) must be added to space-time, mass, charge, spin, etc., and a set of "psychophysical" laws (explaining how phenomenal properties depend on physical properties) must be added to the laws of nature. Chalmers outlines a few candidate psychophysical laws, such as the principle of coherence between consciousness and cognition and the principle of organizational invariance. The former states a tight relationship between the structure of consciousness and functional organization. The latter states that every system organized in the

appropriate way will experience the same conscious states, regardless of what substance it is made of, i.e., consciousness is "organizationally invariant". From these principles, it follows that consciousness is due to the functional organization of the brain. It also follows that anything having the proper functional organization can have consciousness, regardless of the material it is made of.

Still looking for fundamental laws of consciousness, Charmers offers an interpretation of his theory based on the dualism between information and pattern: information is what pattern is from the inside. Consciousness is information about the pattern of the self. Information becomes therefore the link between the physical and the conscious. Ultimately, everything in the universe may be conscious, at least to some degree.

A Darwinist Theory of Consciousness

If we assume that a similar law of evolution is responsible for all living phenomena, from the creation of species to the immune system, and we admit that mind is one of them, then a possible scenario emerges, which is compatible with the latest neurophysiological findings.

Thoughts are continuously and randomly generated, just like the immune system generates antibodies all the time without really knowing which ones will be useful. Thoughts survive for a while, giving rise to minds that compete for control of the brain. At each time, one mind prevails because it can better cope with the situation.

Which mind prevails has an influence on which thoughts will be generated in the future. In practice, a mind is the mental equivalent of a phylogenetic thread (of a branch of the tree of life).

We are conscious, by definition, only of the mind that is prevailing.

In ancient times the minds generated chaotically were simply shouted to the "rational" apparatus of the brain, which would act as the mediator with the environment: it would translate "hallucinations" into actions. and the result of actions into emotions, and emotions would either reinforce or weaken the mind in control. Emotions would select the mind.

This is more evident in children, which explore many unrelated thoughts in a few minutes: whatever the various minds produce. Later, the adult is better adjusted to select "minds" and does not need to try them all out. The adult has been "biased" by natural selection to recognize the "best" minds.

The 40 Hz radiation may simply be a way of scanning all available thoughts and of reporting emotions back to all minds (in other words, of reading the outputs of the minds, in the form of thoughts, and of feeding them new inputs, in the form of emotions).

A Materialistic Theory of Consciousness

But "what" is consciousness? What substance is it made of?

Many attempts have been made at explaining consciousness by reducing it to something else. To no avail. There is no way that our sensations can be explained in terms of particles. So, how does consciousness arise in matter? Maybe it doesn't arise, it is always there.

I am convinced that, no matter how detailed an account is provided of the neural processes that led to an action (say, a smile), that account will never explain where the feeling associated to that action (say, happiness) came from. No theory of the brain can explain why and how consciousness happens, if it assumes that consciousness is somehow created by some neural entity which is completely different in structure, function and behavior from our feelings.

From a logical standpoint, the only way out of this dead-end is to accept that consciousness must be a physical property.

When we try to explain consciousness by reducing it to electrochemical processes, we put ourselves in a situation similar to a scientist who decided to explain electrical phenomena by using gravity. Electrical phenomena can be explained only if we assume that electricity comes from a fundamental property of matter (i.e. from a property that is present in all matter starting from the most fundamental constituents) and that, under special circumstances, enables a particular configuration of matter to exhibit "electricity".

Similarly, if consciousness comes from a fundamental property of matter (from a property that is present in all matter starting from the most fundamental constituents), then, and only then, we can study why and how, under special circumstances, that property enables a particular configuration of matter (e.g., the brain) to exhibit "consciousness".

Any paradigm that tries to manufacture consciousness out of something else is doomed to failure. Things don't just happen. Ex nihilo nihil fit. Consciousness doesn't come simply from the act of putting neurons together. It doesn't appear like magic. Conductivity seems to appear by magic in some configurations of matter (e.g. metallic objects), but there's no magic: just a fundamental property of matter, the electrical charge, which is present in every single particle of this universe, a property which is mostly useless but that under the proper circumstances yields the phenomenon known as conductivity.

Particles are not conductors by themselves, just like they are not conscious, and most things made of particles (wood, plastic, glass, etc. etc.) are not conductors (and maybe have no consciousness), but each single particle in the universe has an electrical charge and each single particle in the universe has a property, say, C. That property C is the one that allows our brain to be conscious. I am not claiming that each single particle is conscious or that each single piece of matter in the universe is conscious. I am only arguing that each single particle has this property C which, under the special circumstances of our brain configuration (and maybe other brain configurations as well and maybe even things with no brain) yields consciousness.

Just like electricity and gravitation are macroscopic properties that are caused by microscopic properties of the constituents, so consciousness may be a macroscopic property of our brain that is caused by a microscopic property of its constituents. Just like electrical phenomena can only be reduced to smaller-scale electrical phenomena (all the way to the charge of each single constituent), so consciousness can only be reduced to smaller-scale conscious phenomena.

Any theory that tries to manufacture consciousness from other properties of matter is doomed. Even Penrose's, because he too makes consciousness appear by magic out of unconscious matter (molecules that are unconscious suddenly acquire consciousness when organized in a cytoskeleton).

My theory is not dualistic and is not materialistic. Like dualists, I admit the existence of consciousness as separate from the physical properties of matter as we know them; but at the same time, like materialists, I consider consciousness as arising from a physical property (that we have not discovered yet) that behaves in a fundamentally different way from the other physical properties. So in a sense it is not a "physical" property, but it is still a property of all matter. Mine is an identity theory, in that I think that mental correspond to neural states, but it goes beyond identity because I also think that the property yielding consciousness is common to all matter, whether it performs neural activity or not.

What made Descartes believe in dualism is the unity of consciousness. But electrical conductors also exhibit a unity of electricity, and still electrical phenomena can be reduced to a physical property of matter

The main problem is the lack of an empirical test for consciousness. We cannot know whether a being is conscious or not. We cannot "measure" its consciousness. We cannot rule out that every object in the universe, including each elementary particle, has consciousness: we just cannot detect it. Even when I accept that other human beings are conscious a) I base my assumption on similarity of behavior, not on an actual "observation" of their consciousness; and b) I somehow sense that some people (poets and philosophers, for example) may be more conscious than other people (lawyers and doctors, for example).

The trouble is that our mind is capable only of observing conscious phenomena at its own level and within itself. **Our mind is capable of observing only one conscious phenomenon: itself.**

A good way to start is to analyze why consciousness is limited to the brain. Why does consciousness apply only to the brain? What is special about the brain that cannot be found anywhere else? If the brain is made of common matter, of well-known constituents, what is it that turns that matter conscious when it is configured as a brain, but not when it is configured as a foot? And why does it stop being conscious if oxygen or blood are not supplied?

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1.5.11. Rejuvenation

Rejuvenation



Perpetual Rejuvenation through Mastering Opposites

The art of rejuvenation, unknown to the masses, has long been practiced with varying degrees of success, in the mystery schools of the world. Locked away from corrupting influences of man, these mystics have attempted to disengage from the grid that programs the death and life cycles of man.

These practitioners of the rejuvenation methods, well-kept secrets of the ancients, were sometimes encountered by outsiders who attested to the virility and strength of the masters, even at very advanced ages.

There are three stages of overcoming death and decay known through the ages, each mastering one of the stages of linear change. In order to understand them, we must first be aware that life spirals around and around a triangle of three very distinct stages of transformation, transmutation and transfiguration.

1. **Transformation:** This stage takes place when we are in the process of shedding the old and the obsolete. Growth is slow during this stage because it follows a mathematical sequence (the Fibonacci sequence). Life is the largest stage an individual lives that is transformational. Life is lived in white light.
2. **Transmutation:** This stage has leveraged growth because it is alchemical in nature, following an alchemical sequence, not a mathematical one. Death (or life in the spirit world) represents the largest transmutational cycle. It is lived in black, or etheric, light.
3. **Transfiguration:** Having become more etheric, and having raised in frequency during the previous stage, the transfiguration of the individual is the inevitable next stage. The body and its fields transfigure in order to hold more light to match the increased frequency.

The largest transfigurational stage is **ascension**. The individuation and self-awareness is retained, but the form is not necessarily kept. These realms have what is known as grey light (traditionally known as "Heaven" because of having no burdens commonly associated with physicality – the sensual joys are also not present and growth is almost non-existent).

In mastering transformation (the physical), life can become prolonged for about 10,000 years. It is known as immortality.

In mastering transmutation (the soul), life can be prolonged to about 100,000 years. It is known as incorruptibility.

In mastering transfiguration, life can be continually rejuvenated. It is known as perpetual rejuvenation (the spirit).

The Principles of Rejuvenation

1) Immortality

- As part of mastering transformation (which purifies by getting rid of the old), the master of immortality must delay the ultimate purification rite – death.
- In a heightened state of awareness, the master watches every detail of his or her life for mirrors of what needs to be purified within, constantly living in a state of overcoming blind spots and growing in perception.
- Perception increase feeds the individual more and more light, which feeds the body resources (prolonged life) and depletes the soul. The call of the soul for the individual to come to the spirit world (death) becomes more and more feeble.
- Because two opposite poles, such as life and death, can only delay alternating their expression so long before stagnation sets in, life must eventually yield to death.

2) Incorruptability

- When life has been lived and soul demands its share, either in increments (aging) or in a lump sum (death), the incorruptible master changes the rules of the game.
- When the paradigm of life is a small one, the game takes place in a small circle - the poles are close together and they have smaller intervals between alternating dominance. When death comes knocking, the incorruptible master increases the parameter of the paradigm he or she is living.
- Increased frequency yields perception and increased perception yields frequency. The master now enters into intense frequencies of love, praise and gratitude, or sees more than ever before.
- The parameter can only be pushed so far until eventually death must be able to get its share of existence. The only way to sidestep this eventual limit (like a rubber band that can stretch no further), is to move into transfiguration.

3) Perpetual Rejuvenation

- Transfiguration moves between form and formlessness, a principle that can be utilized to 'rebirth' the actual physical body over and over again.
- When the body alternates between form and formlessness, instead of life and death, it has chosen another opposite. Death now has no opposite to pulse with – a necessary energy source for opposites – and yet again grows weaker.
- Death now creates opposition (from our 'higher' self in the spirit world) to wear us down. It then promises us 'rest' in the after-life.
- The transfigurational sequence is 1, 0, Ø, -1, Ø, 0, 1 (the positive numbers being formed life and the negative numbers formlessness).
- The master uses perception to make a massive leap out of his paradigm (circle of expression) so that it far exceeds the level of frequency. The master then goes into complete emptiness and allows his stretched perception to shoot back, thrusting him into formlessness of spirit.

- Because the solidity of physical life takes up a lot of resources to maintain, life in formlessness has much more resources available and accessible. As the master returns, he rejuvenates his body through the resources he brings with him.
- Only a few seconds may have passed in physical life, but the master may have rested for months in the timelessness of spirit. As he increases in mastery, the ability to change the appearance of his form may also be achieved.

These techniques no longer belong to the hidden teachings of mystery schools. The fear that they can be misused is unfounded, since they are based on the increase of pure frequencies and light. They are where they belong: as the birthright of man.

The soul can be nourished by incorporating the principles of the heart into our everyday life; through the holy marriage of matter and soul.

1.6. Foundation

Foundation



> [Funding](#)

1.6.1. Funding

Funding



ILLUMINATED Free World Bank

What is it? It's an energy reservoir that's been on hold. It's actually been building momentum, you would say, gaining interest, getting grander and grander all the time, just waiting.

Waiting for the convergence of those humans who are really ready to give themselves permission to be Embodied Masters, enlightened beings on this planet.

It will come to you when you're ready for it.

It will come to you when you are clear about your dream, and the dream must be for you alone. Only for you.

The dream may ultimately involve other people, but it cannot be one of the requirements at the front.

The dream is not about saving Earth. I'll instantly erase any of those. You won't even be eligible for an application.

Your dream. That's why we talked about dreams recently. Not a dream to save all the children or heal everybody or anything like that. Not a dream for your spouse or your children. Not a dream for even, at this point, quite yet, the Crimson Circle, Shaumbra. Your dream, for you.

One of the most difficult parts of this exercise is going to be making a choice of what your dream is. The dream is not to clear away bad governments or imbalances. The dream is not going to be to bring back unicorns or any of that.

Your dream, for yourself. That is a very big, big responsibility, you could say, big question. That's why we went through this experience of your knowingness. You already know. You pretend that you don't. You already know, the dream is already there. You suppress the dream. You pretend it's not there. You cover it up with a lot of other things. But your dream. That's the tough part, because as you dream into your dreams, you say, "What is my dream? What is my dream?" You're not sure.

You wonder, then, "Maybe is it too big? Is it too much?" Maybe because of your conditioning as an energy holder – always serving everybody else – that the dream has to be for others first and then you later. Not at all. This fund is only for your dream, Geert. Your dream. That's it. That's the first requirement – let me finish – your dream.

This fund is crystalline, brilliant, expansive. It contains more energy than what you could ever, ever possibly consume. It's unlimited. It is literally backed up by crystals in the Earth. You could say they have a monetary value, but they'll never be cashed in,

ever. We're using them for balancing and flowing of energy.



We're taking something that is in the Earth, now of the Earth, using it to flow energies, including what you would call New Energy. You could say that this is the primary portal now for New Energy, energy that you helped to imagine and create that comes through the other realms, through these twenty-one portals, caverns.

It's available for you right now. So what is it going to be?

Is the dream something intangible, such as the integration of your aspects? Why not?

Is the dream to travel this planet Earth and see all of its amazing countries and natural wonders before you conclude this last lifetime on this planet? Why not?

~

If your passion is to teach on this planet, to teach how one finds their sovereignty because it's your passion, then this will work.

~

It is real, if you want it to be. It is and always has been there to support your dreams.

Is the dream to create a financial abundance for yourself so you never have to worry about money again? Why not? Why not? Can the dreams be multiple dreams? It's up to you.

It's not limited to one dream, but the dream must be for you.

Now, if your dream, your happiness, is truly setting up a school to really teach – because you are a teacher at heart – to really teach consciousness; if that is your passion being done for you, not for anyone else, then that qualifies. But the moment you say, *"I need to do it to help everybody else,"* forgetting about yourself, this will not work. Will not work. You'll never find it – or it will never find you.

But if the dream is your passion as a teacher, who are the greatest of all beings in all of creation, who are more exalted than politicians – well, anybody is; or lawyers, same thing; bankers, any of those, scientists, researchers, anything – teachers, the most exalted of all. If your passion is to teach on this planet, to teach how one finds their sovereignty because it's your passion, then this will work. But if you're doing it because you're still back here as an energy holder, in the early stages as an awakening Human and you still have to do the energy holding, it won't work.

It must be for you. Must be.

Now, this is obviously going to lead to a lot of question and a lot of dialogue and a lot of ... makyo(BS). You said it. It will be so filled with makyo, it will make the camels of Egypt smell like sweet perfume. There will be some who claim to know the answer already and

they're going to assist you in finding it, and they cannot. There are going to be some who claim that either it doesn't exist or there is another St. Germain Fund, but I Am that I Am St. Germain and Adamus and the words that cannot be spoken – mmm – and I am here to tell you that this is the fund – the fund – available now.

As you learn to dream your dream, the real dream, and bring it into this reality for you, your dream brought forth ... *can you imagine that for a moment?* Your real dream, finally? Real dream supported by real energy, supported by real crystals on this real Earth, *finally?* It's a bit frightening, actually. *Finally?* As you learn how to bring forth this energy that's been waiting for you, then – but only then – you can start combining it with others in Shaumbra.

The dream may be a Center. The dream may be some type of joint effort where you're pooling your sovereign resources together. Sovereign resources. Not group, but where you take you as a sovereign being, combined with someone, as another sovereign being and say, *"Let's create together. As sovereign being to sovereign being, let's create together."* That will also qualify for this fund.

It is real, if you want it to be.

It is and always has been there to support your dreams.

Please do not dream for the planet, your children, your Spiritual Families, your aspects. Only for you. It is the easiest fund that you'll ever tap into, and perhaps the most difficult. There is no interest. You do not have to pay it back. They won't be calling you on the phone saying, *"You're late with your payments or your crystals this month."* It becomes yours. The reality is once you embody it as a Master, the radiance that you have literally expands it for future generations for those who are ready to accept their sovereignty.

The dream, now about to become supported by the energy, Old Energy and New Energy. The dream, brought to life.

It is monumental. It is incredible. It is gracious. It is with such ease and grace it'll be amazing.

But, you will doubt it. You will question it. You will wonder if you are worthy. You'll wonder if you have permission. You'll wonder what the trick is. There is none. That's the trick. There are no tricks. It is you, ready to accept. That's it. That simple. A dream, a sovereign being, and the energy to support it.

(Source: [Freedom with New Energy, New Consciousness](#))

([Download](#) full document)

02 - How?

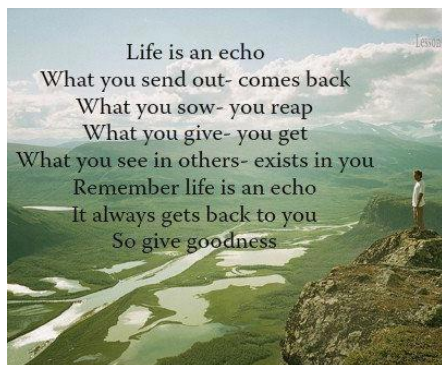


How?



What about the following steps!?! *I Love Myself*

- [Start Loving Yourself!](#)
- [Let Go of "Old" Beliefs!](#)
- [Follow The Feeling Process!](#)
- [Fulfill Yourself!](#)
- [Get Inspired!](#)
- [Don't Get Distracted!](#)
- [Be in Vision!](#)



The Real Secret!! - Go [here](#) (when you're ready!, Sure?)



You deserve to be here and the more you awaken, the longer you are going to live. ***Consciousness awareness of a compassionate mind will extend life.***



2.1 Start Loving Yourself

Start Loving Yourself!

First Love Yourself, others will come next!

Start with taking good care of Yourself.

Which means, look after your **Inner & Outer Beauty-Health**

Outer Beauty doesn't mean that you have to be or look like Mr/Ms Universe.



But **Outer Beauty** in relation to **Health** is indeed important for your **Self-worth**, one of the 4 major areas of our aspects, questions, problems and doubts (the other 3 are **Health**, **Relationships** and **Lack of Abundance**).

Health in combination with Self-worth.

When you are aware, being healthy is a choice!

About **Outer Beauty - Health**, pay attention to:

- **Nutricion/Food** - [Nutrigenomics](#) - *You Are what You Eat!*
- **Overall/Oral** Healthcare - Flush with [SOL \(Himalayan Crystal salt](#) - "white Gold"); [Benefitsor different](#) (dutch)
- **Toothpaste** - *Inform yourself about Fluoride!* [More](#) ;Toxic !! - [50 reasons not to take Fluoride!](#)



- **Skin** care - [Perricone MD](#)- the 3-Tiered Philosophy
- **Body** Chemicals - You use them on your skin - [Check this Image!](#)
- **Cleanse** Yourself regularly - Liver and Gallbladder flush - Andreas Moritz method - [Testimonials](#) ; Book in dutch: [Lever en Galblaaszuivering](#)

How to stay Young? Listen to [this!](#)

about "*Time flies when you having fun*", a real secret of staying young!

You deserve to be here and the more you awaken, the longer you are going to live.

Consciousness awareness of a compassionate mind will extend life.

"He who succeeds in raising himself above his emotions in suppressing in himself anger and the fear of illness, is capable of overcoming the attrition of the years and attaining an age at least double that at which men now die of old age.

Love Yourself Unconditionally

<https://youtu.be/n-17-pXauLE>



*"Our Deepest Fear is not that we are Inadequate, our Deepest Fear is that we are **Powerful beyond Measure**". [full message](#) Marianne Williamson*



You deserve to be here and the more you awaken, the longer you are going to live. **Consciousness awareness of a compassionate mind will extend life.**



2.1.1 Inner Beauty-Health

(under construction)

2.1.2 Outer Beauty-Health

(under construction)



2.2 Let Go of "Old" Beliefs!

Let Go of "Old" Beliefs

Beliefs 'controls' behaviour, even Beliefs 'controls' genes (Epigenetics)

So this is extremely important, so letting go of "old" beliefs are a prerequisite to be(come) '*who you really are*'. Your natural state is *Joy, Ecstasy and Abundance*. The basis of your life is *Freedom*, Your purpose in life is *Joy*.
Allowing Life!

So "**Stay Excited and No Expectations**(no agenda)"



How Do You Design Your Reality?

What do you believe is true?

That is the most important question you have to ask yourself!

Listen to this! <http://lifebydesign.nl/data/documents/How-do-You-Design-Your-Reality.mp3>



Abundance and Trusting What is!

What is the definition of Abundance?

Abundance: The ability to do what you need to do, when you need to do it! Period!

Listen to this! <http://lifebydesign.nl/data/documents/Abundance-and-Trusting-What-Is.mp3>

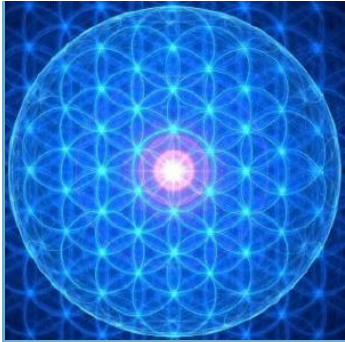
More: Start > [Information](#) > [Abundance](#)

Overcoming Resistance & Moving Forward

You hold on to nothing, nothing that you don't actually believe is somehow serving you!
No matter how painful they maybe to hold on to.

Motivational mechanism: You will always immediately, automatically move in the direction of what you believe to be in your best interest. You will always immediately and automatically move away from what you believe is not in your best interest.

Bashar video verwijderd



"You have to let it all go, Neo. **Fear, Doubt and Disbelief.**
Free Your Mind!"
(The Matrix - 1999!!)
link to clip on this [page](#)



2.3 Follow the Feeling Process!

Follow The Feeling Process!

Excerpt from *Experiencing Enlightenment*

You've had many years on this planet.

You chose to come back at the best of times, but yet perhaps the hardest of times. You chose families based partly on karma, partly on convenience.

You chose early life experiences that would ultimately funnel you into your awakening.

You did.

You chose experiences that would keep you from getting distracted.

We're not going back in time. We're going to go to those experiences. Not trying to process them. **We're going to go back to observe them, and as you observe and you allow, you can collect, bring in the wisdom of what really happened.** There's no need to go back into the drama. You're going to perhaps feel some emotional pain or imbalance, but I want you to **remain as the compassionate observer into these incidences in your life.**



As you do, as you remain that compassionate observer, what happens is the wisdom, the wisdom and beauty of those experiences are distilled into pure wisdom for the soul.

And suddenly, maybe now, maybe later, suddenly you get that "aha" that that experience was not really what you thought it was. It was just one perspective. **It was just one emotional perspective,** but so much more took place.

Transforming Your Negative Emotions.

We run from our feelings. We would do almost anything to avoid being in the now and moving towards the way we feel. Most processes are designed to change how we feel deliberately, so we can avoid being present with how we feel. It serves a purpose to know that **you can deliberately change the way you feel,** but it also serves a purpose to know that **by being present with how you feel, the feeling changes on it's own.**

<https://youtu.be/IVShM00qQ80>



2.4 Fulfill Yourself!

Fulfill Yourself!

Being your true self, discovering, growing and living of all your unique talents in harmony, real freedom, (com)passion together in peace and love is the purpose and goal of our life.

[To Fill or to Fulfill Yourself?](#)



Finding Your Highest Excitement!

Choose the things to do that most excites you and take action on it! Every moment in life. Follow your Joy!

That feeling, That passion is the vibration of your true natural self in the way you are actually created.

You have to take the first step. Believing is Seeing!

Stay excited and have no expectations!

Listen to this! <http://lifebydesign.nl/data/documents/Finding-your-Highest-Excitement.mp3>

When we change our mind, Life Changes..!

In the video below Dr [Joe Dispenza](#) is really hitting the nail on the head.

Video: Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One

<https://youtu.be/tku3kEPavxl>



2.5 Get Inspired!

Get Inspired!

- Free Downloads -

For those who are now in this awareness process too, I offer these 4 documents below (as a free download, click on the images). They act as a **starting point** and are very applicable and very **supportive** and **Inspiring**.

It's down-to-earth, to-the-point, no-nonsense, no 'spiritual' bullshit and still up-to-date. Find [Your](#)truth.

It's all about YOU and about **Loving Yourself!**, making choices, allowing and trusting. Understanding that everything that you need or want is already there.

You know that part of you that walked back from ascension, that's already ascended, already actually kind of created that path for you, if you choose to follow that straight simple easy path. That part, who is really you, already put everything you need right on that path.

It's just a matter of are you going to let yourself be aware of it?

When done for yourself, that then creates this new dimension in mass-consciousness that has the potential for people who are willing to change their life, one person at a time. It has the potential to change the planet. That's why you are here - **to envision for yourself this new reality, and then to share it with everyone else**. That's what change this planet!

Are you a [Consciousness Pioneer](#) too?



These documents are summaries, as *my* reflection and therefore *my* essence and *my* truth, of monthly gatherings of [Shaumbra](#) during the last 4 seasons, for my personal use.

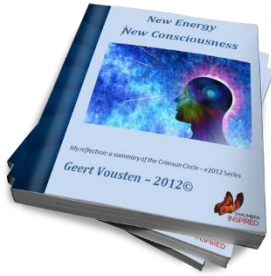
These gatherings were presented to the [Crimson Circle](#) featuring [Adamus® Saint-Germain](#) channeled through [Geoffrey Hoppe](#) assisted by [Linda Hoppe](#):

The e2012 Series (Aug. '11-Aug. '12) > [New Energy, New Consciousness](#),
The Freedom Series (Sept. '12-Aug. '13) > [Freedom w. New Energy & New Consciousness](#),

The Discovery Series (Sept. '13.- July '14) > [Experiencing Enlightenment](#)
The Kharisma Series (Aug. '14 - August '15) > [Love & Passion](#)

(1) New Energy - New Consciousness

During 2011-2012 these '*insights*' of [Adamus®](#) helped me in my awakening-awareness process in a time where *New Energy* and *New Consciousness* became '*available*'.



I use this for my own study, my awareness-building and my (human) evolution with regard to consciousness (which, in my opinion, is the purpose of life).

It still supports me to be *who I really am (I AM that I AM)* and in my choice for **Living Ascension (Natural embodied Enlightenment, Embodied Consciousness)** or being a **Consciousness Pioneer**.

It's all about making **choices, letting go, allowing life, trust, loving yourself** and it brought me a *New Me, a New Life, New Health* by consciously creating my own reality and by *breaking the habit of being myself/yourself*. Along the way I even start thinking of co-creating things like *New Economy* and *New Healthcare*.

The potentials as possibilities are infinite, when we start creating beyond our mind.

In unity $1+1=100$ or even 97.234, instead of $1+1=3$ or $1+1=2$.

(2) Freedom with New Energy & New Consciousness

In this season, it helped me even more on my path or choice to/for **Natural (embodied) Enlightenment, Embodied Consciousness** and/or **Living Ascension**.



The first lines of the first shoud starts with "*Everything right now that's happening in your life is about freedom. Everything happening in your life is about enlightenment.*"

And this is also happening now in my life. And **Freedom is an attitude**.

I finally know what I want. "*My passion is to teach by example on this planet, to teach how one finds their sovereignty by choosing freedom and their path to natural enlightenment. And because it's my passion, then this will work. There is also a fund available and has always been to support your/my dreams.*"

I already did start a **meeting group Network for Natural Enlightenment Support**, (renamed in 2014 to Consciousness Pioneers) and will start with local meetups expanding towards a **Support Center**.

See also [Co-creation](#).

The world needs Standards more than anything else now.

(3) Experiencing Enlightenment

The first two documents were expanding my consciousness further and supported me in my way of choosing freedom. Now, I am already experiencing **True Freedom**.



This season was (and so was my journey) next to very applicable and supportive also very personal and specific and felt like reaching its climax every month.

Every day now is about my enlightenment. This season is about discovering and **Allowing the Enlightenment** and **Trusting**. It's **Mastery or nothing!** Letting that passion out, letting it come forth.

So I named this document "*Experiencing Enlightenment*". And it is totally different as you ever could imagine. Also absolute incomparable with the way the old masters walked. The journey is now for them who chose to be here in this lifetime as embodied consciousness or consciousness pioneers.

The "**New Energy Master**", just passing through.



Getting out of the Mind into true Knowingness, into the Essence. The Master discovers that it's all about just **allowing!** It's simply to live. To live... **Live!**

When you live you become a Standard for others.
When you live, you have vitality and health and abundance.
When you live, you inspire others

Also watch this video "*You Are a Master*" as a journey for the senses and ask that you just allow for whatever to come up come up.

https://youtu.be/nEXlnAeu_fg

(4) Love & Passion

The '*insights*' of Adamus® supported me in my awakening-awareness process, already since 2010, in a time where *New Energy* and *New Consciousness* became '*available*'. The first two documents were about choosing my awakening and expanding my consciousness and supported me in my way of choosing freedom. The third document was about discovering and Allowing the Enlightenment and Trusting.



This season (August 2014 - August 2015) is really about **Realization** thru **SelfLove**, **Kharisma** (giving Grace), **Gratitude**, Stop Fighting Myself, **Experiencing** it and the Kaikho (**Passion** as deep inner truth) for **Embodied Consciousness** by 'losing' your body, your mind and going beyond your personality and it's about Kasama (Your **Soul Destiny**), what is already within you. Already done About your natural **Creation** ability (Kyeper).

Aware of your awereness. Being *in* the experience of Enlightenment.

Living and Experiencing and be in a multiplicity of realities.

The Passion of truly wanting it and in **Love with Yourself**. So I named this document "**Love & Passion**".

All these documents are also, or still, applicable and supportive for those who are now in that awareness process too...



...And are part of a lot of other information and knowledge that I want to share as wisdom with the world, mainly about "*Consciously creating your own reality*" and "*The Human Game/The Holographic Universe*", as my contribution to the world, by radiating it, by being a standard, as an example of "*Being the change*".

Make a Difference!
DONATE

This is NOT about selling you the next '*living ascension*' workshop, but asking you to find your own truth here. It's for free and it supported me, *why shouldn't it be supporting*



you either?!

"There is in my opinion no difference between selling a spiritual workshop and selling a car!"



Once the acceptance is there, the true magic begins. But the **True Master** understands, they really don't have any need for magic anymore, or power, or energy from any place outside of themselves.

It becomes insignificant, and then the true Master starts laughing, and continues laughing until tears come out, amazed at how simple it all was, but amazed at how much experience that they've given themselves.

The true Master is sovereign, is unto themselves, is no longer trying to save the world or hold the energy for anything.

The true Master does not go around trying to heal people. Simply because their presence is all the healing anyone would need.

The Master, **the true Master in the New Energy, walks by themselves**. The true Master – totally sovereign.

No feeding. No more stories. The true Master accepts Earth, humans, Spiritual Family and all things as they are, recognizing it's all in perfection, recognizing that nothing can go wrong. Nothing. **You can't make wrong decisions**, you know. You cannot.

You can only have experiences.



The true Master, the **Embodied Master**, simply walks the Earth knowing that they no longer have to be here.

There's no longer any terms of service or obligation to others. The true Master walks on Earth **simply to shine their light**.

the Embodied Master still has challenges with duality, still feels the harshness of this reality, but knows they are not trapped, knows that at any moment they can simply walk out.

Are You Ready?

[Watch this too!](#)

2.6 Don't Get Distracted!

Don't Get Distracted!

Distractions, experienced as things that happen in your life, better say, moments in your life that you are not aware of yourself! You are not conscious about being in the present moment and experience that everything is perfect as it is!

Moments where you really are who you are, the moments where you can create whatever you want..!

Huge distractions in 'normal' life are: *work, partner-relationships, kids, watching TV* and nowadays also becoming a big one: *Social media!*

Let me be clear about this, I am not telling you to quit your job or your relation or get rid of your kids, I am just listing the distractions.

So start with considering *watching TV*... it shapes opinions (and *they* are really good at that...) and enforces beliefs, which becomes yours...

Social Media! Well judge yourself!

But what do I need to do?

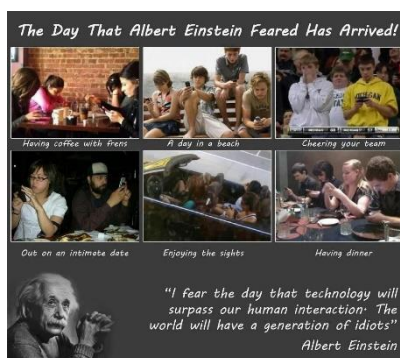
So the answer is not to take to the streets and revolt. The only real answer is to go within the self, to clear out our own personal problems and go with the change in consciousness levels. We will have to adopt an attitude of ignoring what else is happening around us and concentrate on helping ourselves and those who are changing with us and leave the rest of the population to sort its own mess out. This is not being selfish; it is being realistic about what this New Energy is bringing about. (Thomas, Chris – Synthesis)

Don't resist, don't fight against anything like current politics, pharmaceutical industry, chemtrails, Monsanto.. No TV, No thing, Just deny it, completely deny it... I don't want these things in *my* reality... And in my opinion, the real solution to a peaceful and harmonious life or society is that everyone should just deny it, give no attention to it..don't let it manifest into your life... It's *your* own choice..

"What you put out, is what you get back"...

Social Media!

How much time of your daily life do you spend on Social Media? Be honest! Does it already feels like an addiction? Does it make you really happy?



It's a full time job to read all the stuff your so called 'friends' are posting, and do you believe that they all are reading your stuff.

It's developing a false self (externalization of self-identity), satisfying the needs of popular culture (needs as materialism, physical appearance, popularity and celebrity). In particular, to generate more profit for those companies that control popular culture. (Want to know more, read this [blog](#))

Eventually in my opinion Social media, especially [Facebook](#), will disconnect you more than it connects!

The connection is not real and written words cannot express (besides when it is a poem) the real emotion beyond it! And that's what you want to experience while connecting, the emotions, the feelings... Be honest!

Stay Excited, No Expectations!

Stay '*above the line*', stay on the side of the positive emotions (joy, happiness and love), when experiencing a discomfort mostly accompanied with a negative emotion - dive right into it...

When you experience discomfort of any kind:

1. Dive right smack into the middle of it.
2. Feel the discomfort energy fully.
3. When it reaches a peak of intensity, tell The Truth about it.
4. Reclaim your power from it.
5. Open up more and more to who you *really* are.
6. Express appreciation for yourself and the creation.

Read and download the full document '[Experiencing Discomfort](#)' with all the details.

Facebook - A big distraction.. The Southpark episode about Facebook - "*You have 0 friends*" (more info on [wikipedia](#)), in my opinion, perfectly reflects this huge distraction and it captures perfectly how obsessive Facebook can be. Watch it with an open mind and experience and feel into it...!

The original video you can watch [here](#) on the Southpark website (or click on picture.)

<http://www.southpark.nl/full-episodes/s14e04-you-have-0-friends>



Don't watch TV!



Quality Time for Yourself!



What About You?!

Kill Time!



2.7 Be in Vision!

Be in Vision!

Why You Came Here

Being the Visionaries

You Are a Master!

Quote from Steve Jobs

25 Great Lessons from Steve Jobs

How to Make a Dent in the Universe

Why You Came Here

By the way, you're not here anymore for your spiritual families. You came here to learn something that would eventually set them free. The work that you did *has* freed the energy in creation with your spiritual family. That's why there's so many in line now to come to this planet or the New Earth. They *are* free. It *is* moving again. You're out of a job.

You're here for something very special, in addition to having joy and loving life and just for the hell of it – *why not?* You've given a lot of lives in rather difficult service. *Why not just absolutely enjoy it?*

Visionary beings don't need a lot of energy. It's not tiring. Mental beings get tired. Having a vision – a vision that is like a huge consciousness magnet – that then calls in all of the resources to bring it into fruition, the energy that allows it to happen, the people.



You don't have to get into battles with mass consciousness or – how to say this – humans that are not on this same level of enlightenment or consciousness. Not to be critical at all, but to be realistic, there are humans that have only been here a few lifetimes or maybe a couple of hundred. They're just not ... they're not expanding the same way you do. You don't have to tolerate that in your life.

They shouldn't be your work partners. You can have a vision to work with those who have the same degree of vision, of excellence, of passion as you do. You don't have to save the world by working with or relating to or having relationships to those who are at a different level. They are where they're at. You're going to do them more good in the long run by having a vision for yourself.

As you're looking at your vision, looking at what you're doing here, consider some of these things that make this planet so special. Love, as I mentioned. Love has now gone into the other realms, but this is still the place to experience it like no other place. **Love for yourself now. Love for yourself.**

You can change the planet, or you can contribute to the change that people are asking for on this planet, by taking it within yourself, by developing your own leadership, by bringing in *New Energy*, by allowing abundance. It's not about going out and joining some political action committee or renewing your membership in some energy holder group. It is about doing these things on the list for yourself. For you.

When you do, **that creates a Standard. That creates a template and an energy that then radiates into mass consciousness. It becomes part of mass consciousness, a new wing of mass consciousness for those who are willing to make the changes.**

You see, by doing these things, you're not directly changing the planet, but you're providing the planet with the tools or the format or the essence that it can change itself – anyone who wants to step up, anyone who wants to do it.

Perhaps this planet will decide to stay where it is – back in an Old Energy – and really not have this burst of consciousness that's ready to happen. And that may be. But perhaps, with the work that you're doing, the very reason that you're here, it will provide that last bit of spark, that last impetus for this great breakthrough of consciousness. Great breakthrough.

Being the Visionaries

Why are you here? Hopefully, it's for things like **joy**. Enjoy the sensual nature of this incarnation.



If you really immerse yourself into it, if you really get into the distilled simplification of yourself, you'll actually be able to take all of this physical reality with you and never to be stuck in it again, trapped in it or lost in it, but always to be able to experience it no matter where you go in all of creation. Instantly manifest physical, just because you can, but never to get stuck in it.

You're also here **because you are the visionaries.**

You are the visionaries for sovereignty. It starts with you. Don't spend all your time trying to imagine the planet and everybody on the planet happy and everybody getting along and just a big Kumbaya fest. Imagine that for yourself. Envision it for yourself.

Envision the abundance. Envision the energy flow.

That, *when done for yourself*, that then creates this new dimension in mass consciousness that has the potential for people who are willing to change their life, one person at a time. It has the potential to change this planet.

That's why you're here – **to envision for yourself this new reality, and then to share it with everyone else.**

That's what changes this planet.

Be in vision.

(Excerpt from Adamus' Shoud "To the Visionaries" from *The e2012 Series*, November 5, 2011 where *Steve Jobs* was also a 'guest')

You Are a Master!

A Master is one who is **conscious of their consciousness**. They are aware. That's pretty much it. They're aware. You can throw in a lot of other words – enlightened and everything else – but it's really the awareness.

Most humans, they know that they are living. Even though they're desperately trying to have feeling in their life, life in their life, they know they're living through their suffering, through their lack, through things they don't have. Oh yes, at times through romance and love and accomplishment, but mostly, mostly they're not aware of themselves. They're not conscious of their consciousness.

Indeed, they get up in the morning and go about their routines – routines that have been very deeply programmed in – but never, if very seldom, do they stop and say, "*Ah, I exist. I Am. I Am.*"

The Master – the Master knows they are conscious, conscious of their consciousness. It's that simple. A simple, simple awareness – "***I Am. I exist. Here I am, nothing else matters. Not what came before me, not what happened in another lifetime, not what happened yesterday. It doesn't matter. I Am in this moment.***" That's a Master.

(Excerpt from Adamus' Shoud "Discovery 6" from *The Discovery Series*, February 1, 2014)

https://youtu.be/nEXlnAeu_fg

Become a [Consciousness Pioneer](http://ConsciousnessPioneers.nl) (ConsciousnessPioneers.nl)

Quote from Steve Jobs:

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

—Steve Jobs' commencement address to Stanford graduates on June 12, 2005

25 Great Lessons from Steve Jobs

25 Great Lessons From Steve Jobs!!! from [Sompong Yusoontorn](#)

Presentation removed

How to Make a Dent in the Universe

One of the greatest things about the world we live in today is that everybody has an opportunity to make a dent in the universe. The narrowing gap between creativity and technology is bringing about a creative revolution that is enabling people to tap into their potential like never before. If you stop focusing on all the things that are wrong with the world, you'll start to see why it's the greatest time in history. You have an opportunity to live the life that's truly at your disposal like never before.

Meet Lots of People

Nothing of great significance is accomplished without the help of others. Look at anybody who is at the top of their game, and I guarantee you they had help getting there. Steve Jobs may have been the visionary behind Apple, but without people like Jonathan Ive and Tim Cook, he wouldn't have had the same impact on the world. I've built BlogcastFM with the help of lots of brilliant people, over 250 of them.

Take Little Risks Every Single Day

If you're afraid to take chances, start small. Make what Peter Sims refers to as little bets. As you take small chances, you'll get comfortable with failing, learning from your mistakes and you'll develop a tolerance for risk.

Challenge the Status Quo

If you're the type of person who is hell bent on defending the status quo, you won't make a dent in the universe. Just because something has always been done a certain way, it doesn't mean it's the best way. Defending tradition blindly is not only stupid, but it hinders the progress of humanity. The willingness to try something different has resulted in some of our greatest achievements.

Do What Most People Won't

If you want to get the results in your life that most people don't you have to be willing to do the things that most people won't. It's often unglamorous and painful. But the payoff is worth anything you have to go through.

Learn to be OK with who you are and where you are

Comparison is a deadly trap. There's always going to be somebody ahead of you and somebody behind you. Don't get caught up in the success of others or the ego driven pursuit of a life that looks good on paper.

Stop Apologizing for Your Crazy Wild Eyed Dreams

You don't need a reason to make a dent in the universe. The only person you have to answer to is yourself. Let them call you out of your mind, insane, and batshit crazy. Once you've made your dent, those people all have a tendency to sing a different tune.

Stop Coming up with Reasons Why Something Isn't Possible

I'm amazed by how often people will look at their desire to make a dent in the universe and come up with a list of reasons why it isn't possible. How the hell would you know? You haven't even made an attempt.

Stop Waiting for Permission to Be Extraordinary

You don't need to raise your hand. You don't need to ask for permission to speak. Say

what you need to say. Do what you need to do. Stop waiting for permission and start making a dent.

Stop Watching the News

I spent a good amount of time at Blogworld talking to a journalist. The media is completely manufactured and manipulated to scare the shit out of you. If something isn't adding to the quality of your life, stop watching it, reading it or listening to it. That includes my blog as well. As I've always said, you're free to ditch class anytime. One final thought. You can either watch news or make news. Go with the second.

Play the game as if you've got nothing to lose

When you sit back and think about it, you've got nothing to lose. Grow some balls and realize you're going to die eventually. So you might as well die knowing that you tried to make a dent in the universe.

When you're standing on the edge of success, the voices of doubt and disbelief will be screaming at the top of their lungs

Ignore them. Sometimes those voices will come in the form of your peers, parents and society. Change scares people even when it's positive for you because of the possibility that you'll leave them in the dust after you reach the point of no return.

Trust Your Instincts

I've been wondering for weeks what exactly it means to trust your instincts or how to do it. But this amazing Stanford commencement speech with Oprah Winfrey summed it up perfectly. If it doesn't feel good, don't do it.

Leave People Better Than When You Found Them

I admire my sister's choice to become a doctor because she's doing it for all the right reasons. For her it's always been about leaving people better than when she found them. I've kept blogging for the last several years in hopes that I've done exactly the same for my readers.

Let go of the need for external approval

Unfortunately we're conditioned at a very early age to seek external validation. It comes in the form of grades, smart kids and stupid kids, and parental approval. External validation feels good. Disapproval feels bad. But to make a dent in the universe, you have to let it all go

Let go of the need for visible progress

When you plant a seed, you water it and wait to see it come to fruition. If you pulled up the plant to check on the growth, you would have to start all over again. To do anything of great significance you have to focus on what you can do today and let go of the need for visible progress.

Don't give up when it gets hard

Inevitably things are going to get difficult. Remember that anything worth doing requires the courage to fail. If you're on the verge of a breakdown, you're probably right around the corner from a breakthrough.

Don't Stop Dreaming

It's crazy wild eyed dreams that move us forward. Everything you see in the world around you was once upon a time nothing but a dream. Don't ever stop dreaming. It's a beautiful thing.

Don't be afraid to be wrong

There are no grades in the school of life. The fear of being wrong holds so many people back. The more you're willing to be wrong, the more often you'll eventually be right.

If you make enough small dents in a big dream, eventually you'll make a dent in the universe. Class dismissed.

Source: From [The Skool of Life](#)



2.7.1 Consciousness Pioneer

Consciousness Pioneer

Best Job in the World (Article for Geoffrey Hoppe, Shaumbra Monthly Magazine, July 2014)

What do you do for a living? I know many [Shaumbra](#) who are doctors and psychologists, healers and software programmers. Some work in a government job or teach at a university, while others are graphic designers or accounting managers. Quite a few Shaumbra are retired, and a surprising number of Shaumbra have their own business.

I have one of the best jobs in the world. I work with a dedicated team of New Energy professionals at the [Crimson Circle](#) here in Colorado, USA. The Crimson Circle doesn't have an office; the staff works from their homes. After many decades of driving back and forth to work and putting up with corporate office dynamics, it's a blessing to work with this team and from my home. I get to travel around the world with Linda, meet amazing Shaumbra and see places I never imaged. I work long hours but it's always a joy because I'm in my true passion. Plus, my boss is an angel.

Whether you're a construction worker or an architect, an engineer or physicist, this is not your real job. It's a way to make a living, pay your bills and perhaps express your talents.

Your real job is a **Consciousness Pioneer**. It's the best job in the world.

A Consciousness Pioneer is one who explores new realms of consciousness and awareness. Not many humans have this title; most are content with following their old karmic and destiny paths. They shudder at the very thought of exploring new levels of consciousness, if they even know what consciousness is. In fact most people are unconscious about consciousness. A quick Google search shows that there are 26 million results for a search on the word consciousness, compared to 191 million results for religion, 235 million results for soccer, 686 million results for fashion, 714 million results for money and 761 million results for sex.

A Consciousness Pioneer dives into new feelings, thoughts and emotions. At some point they go beyond thinking and emotion, deep into sensual awareness. They break out of Mass Consciousness limitations, going into the unexplainable and incomprehensible. They imagine the unimaginable and create new levels of consciousness.

The Consciousness Pioneers do this within and for themselves. They often think they are doing this for some internal resolution to their problems and issues but in reality they are doing it because of a deep desire for more, to go beyond, to experience something besides the old and mundane.

Although the Consciousness Pioneer does not do their job in order to save the world or to be spiritual social workers, their work has a profound impact on... everything.

They poke holes in the ceiling of Mass Consciousness so that others may eventually break free of their barriers. By exploring the Unknown and Uncreated they set the standard for others who one day may choose their liberation.

Not just anyone can be a Consciousness Pioneer. It requires lifetimes of looking within, peeling away layer upon layer of old beliefs and wounds, accepting responsibility for your creations, not following gurus or using old sacred books as a crutch, and never taking yourself too seriously. A sense of humor is one of the main job requirements. A sense of compassion is also very high on the list. Compassion, as defined by Tobias, is "accepting

all things as they are." Adamus would say it as "All is well in all of Creation." One of the most challenging requirements is discernment, especially the understanding that "It's Not About Me." Most Consciousness Pioneers check this box when applying for the job but really have no idea what it means until they are well into their consciousness career.

While being a CP is the best job in the world, it has its drawbacks. At times it's a lonely job. There are monthly Shouds and occasional live workshops but for the most part you're on your own. It's a "sole" job, or perhaps "soul" job. You'll have the strong tendency to take in nearly everything as your own, meaning that you'll feel everything around you but assume it must be coming from within you. Sooner or later you'll learn that the only thoughts or feelings that are yours are the one you are consciously choosing, but even the Ascended Masters had a hard time with this.

Those who are energy vampires need not apply. If you linger in the victim energy you'll never break out of old patterns, energy feeding or lower levels of Mass Consciousness.

Caution: At times there will be an overwhelming tendency to think you're going crazy. In a way you are, because you're learning to go beyond the norms of the mind, linear reality and complacency. As a CP your mind will try to relate your new experiences to things from the past, but they simply won't apply. After massive bouts with craziness and perhaps even depression you'll finally learn to tell your old mind, "Shut Up!" And it eventually will, especially if you activate your sense of humor.

The pay doesn't really matter for a CP. Research has shown that CPs will actually PAY to be one rather than receive pay because the true rewards are at a level that simply cannot be measured in money. (Update: CPs are now finding that they are worthy to receive more pay from their "make-a-living" jobs. Go figure.)



The ultimate frontier for a CP is freedom. It's the realization of the I Am. It's being free of illusions, relying on others, karma, distractions, limitations and the past. Once this freedom is realized and embodied, the Consciousness Pioneer adds a new line to their business card: **FREE TO BE ME.**

Footnote: While writing this article I did a quick web search on the Internet URL (domain name) for "consciousnesspioneers.com." To my surprise and delight it was available. I guess it was just waiting for us, or perhaps nobody else had the consciousness to own it up to now. Michelle MacHale registered the domain along with its .org, .net and .us iterations and has tentatively pointed them to the Crimson Circle website. If you have any suggestions for how we can use consciousnesspioneers.com please post them on the Crimson Circle Facebook group page.

By Geoffrey Hoppe - Shaumbra Monthly, July 2014)

Footnote2: At July 1st, 2014 I (Geert Vousten – LifeByDesign.nl) registered domain "Consciousnesspioneers.nl", as the Dutch component of the Conscious Pioneers.

LIVE for the JOY of It.

I would just love for people to really embrace life as a joyful experience. We know we chose to come here and that we just came here for experience, and we know that we get to choose how it is, so *why not choose it to be joyful and full of love?* We get so caught up in the journey, thinking that enlightenment is this reward down the track and that integration is this final destination, instead of just saying, *"I am there, and now I choose to enjoy it!"*

I think once we finally let go of having to learn more, or of having to integrate or deal with aspects and all that stuff – which is so wonderful and noble – and instead do it just for the joy of knowing more of ourselves; when we stop and say, *"Yes, I am enlightened!"* and then **just enjoy life whatever it looks like, wherever it looks like, whatever it feels like**; when we let go of all the ideas and expectations of how we should be in life and don't care what anyone else thinks about it, there's such a fabulous freedom in that!

And **live your life for the pure joy instead of to get anywhere!**

(Kuthumi channeler [Marisa Calvi](#))

It really is now that we are all so ready to stop with the struggle and to let go of this journey business. And to really stop and just really own your ascension. **To really trust that we are enlightened.**

The real joy now in this new consciousness is staying and experiencing it in this dimension.

Because no one, apart from me and *Adamus*, have really done that before, *okay?* So you're now sitting within this era of humanity which is actually open to allowing that experience. And it's allowing it to happen side-by-side with those still choosing duality. Which is a fabulous distraction and it kind of still likes to pull you guys out of your center and your balance a little bit!

So I like to be around to remind you that yes, you are enlightened. Yes, you have ascended. Now you're having the fun of getting to know it. Now you're having the fun of letting it evolve. Now you're having the fun of doing it in this absolutely personal, sovereign way. Because the way you do it, *John*, will be different to how *Marisa* does it, to how *Jean* does it, to how whoever else does it. Ascension now is the most intimate personal experience. You can share your stories and you can share your feelings, but you can never tell someone else how to do it. You can never tell someone else, *"This is the way it is done."* And if anyone ever tells you that, hit them! [*Kuthumi laughs at his joke.*]

This is now about just the intimacy of knowing your essence, trusting that essence, and then just inviting so much more! **It's about embracing and knowing that you are absolutely perfect and amazing wherever you are and however you are.** And that every time you take a breath it is to say, *"Yes, I am enlightened. I am that I am, right here, right now, so in love with myself!"* And every time you take that breath of I AM it is to say, *"I want to know more of me, I want to love more of me, and I want more of this experience."*

It's a whole other abundance that is just waiting to come in! **The minute you accept it and embrace it, then you go into the next wonderful phase, which is letting it evolve.** Letting it expand. You see, that's what people get caught up in. They think this enlightenment and this ascension thing is a final destination. But even integration isn't a final destination, so that's kind of a little thing that we'll work on now. Which is

knowing that the longer you're here you'll still be creating more aspects to have fun with the experience. You're creating new aspects to go and have a different adventure or to deal with things in a different way, but they're getting created with the foundation of balance and self-love. They're not being created out of a trauma or being fractured. That's the difference.

So integration evolves. Everything evolves. You would not be satisfied with being a finite, complete being here in humanity! You guys set up the design that way, but there's been a bit of resistance to remembering that that's what it's going to be like. So it's wonderful to have your dreams and fantasies about how life can be, because as long as they're not distracting you or you get lost in

them, they give you that little bit of a pep rally inside of you to say,

"Keep going! Keep going! Keep going! Because I can invite things to be even grander than they are now, but I absolutely love and honor where I am now. I just want more!"

(Kuthumi)

A **Consciousness Pioneer** is one who explores new realms of consciousness and awareness.



My real job is a **Consciousness Pioneer**. It's the best job in the world.

Although the **Consciousness Pioneer** does not do their job in order to save the world or to be spiritual social workers, their work has a profound impact on... everything.

Consciousness Pioneers poke holes in the ceiling of Mass Consciousness so that others may eventually break free of their barriers. By exploring the Unknown and Uncreated they set the standard for others who one day may choose their liberation.



You can't be genuinely prosperous unless you have personal freedom. You will have attained true personal freedom in this world when you can get up in the morning when you want to get up; go to sleep when you want to go to sleep; and in the interval, work and play at the things you want to work and play at — all at your own pace.



To me, true prosperity begins with feeling good about yourself. It is also the freedom to do what you want to do, when you want to do it. It is never an amount of money; it is a state of mind. Prosperity or lack of it is an outer expression of the ideas in your head.
— *Louise L. Hay*

03 – Support



Support & Inspiration! - Free Downloads -

For those who are now in this awareness process too, I offer these 4 documents below (as a free download, click on the images). They act as **a starting point** and are very applicable and very **supportive** and **Inspiring**.

It's down-to-earth, to-the-point, no-nonsense, no 'spiritual' bullshit and still up-to-date. Find Yourtruth.

It's all about YOU and about **Loving Yourself!**, making choices, allowing and trusting. Understanding that everything that you need or want is already there.

You know that part of you that walked back from ascension, that's already ascended, already actually kind of created that path for you, if you choose to follow that straight simple easy path. That part, who is really you, already put everything you need right on that path.

It's just a matter of are you going to let yourself be aware of it?

When done for yourself, that then creates this new dimension in mass-consciousness that has the potential for people who are willing to change their life, one person at a time. It has the potential to change the planet. That's why you are here - **to envision for yourself this new reality, and then to share it with everyone else**. That's what change this planet!

Are you a Consciousness Pioneer too?



These documents are summaries, as *my* reflection and therefore *my* essence and *my* truth, of monthly gatherings of Shaumbra during the last 4 seasons, for my personal use.

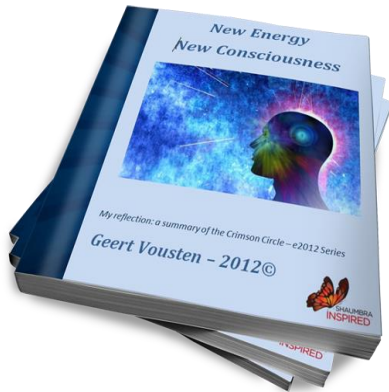
These gatherings were presented to the Crimson Circle featuring Adamus® Saint-Germain channeled through Geoffrey Hoppe assisted by Linda Hoppe:

The e2012 Series (Aug. '11-Aug. '12) > **New Energy, New Consciousness**,
The Freedom Series (Sept. '12-Aug. '13) > **Freedom w. New Energy & New Consciousness**,

The Discovery Series (Sept. '13.- July '14) > **Experiencing Enlightenment**
The Kharisma Series (Aug. '14 - August '15) > **Love & Passion**

(1) New Energy - New Consciousness

During 2011-2012 these 'insights' of Adamus® helped me in my awakening-awareness process in a time where *New Energy* and *New Consciousness* became 'available'.



I use this for my own study, my awareness-building and my (human) evolution with regard to consciousness (which, in my opinion, is the purpose of life).

It still supports me to be *who I really am (I AM that I AM)* and in my choice for **Living Ascension (Natural embodied Enlightenment, Embodied Consciousness)** or being a **Consciousness Pioneer**.

It's all about making **choices, letting go, allowing life, trust, loving yourself** and it brought me a *New Me, a New Life, New Health* by consciously creating my own reality and by *breaking the habit of being myself/yourself*. Along the way I even start thinking of co-creating things like *New Economy* and *New Healthcare*.

The potentials as possibilities are infinite, when we start creating beyond our mind.

In unity $1+1=100$ or even 97.234, instead of $1+1=3$ or $1+1=2$.

(2) Freedom with New Energy & New Consciousness

In this season, it helped me even more on my path or choice to/for **Natural (embodied) Enlightenment, Embodied Consciousness** and/or **Living Ascension**.



The first lines of the first shoud starts with "Everything right now that's happening in your life is about freedom. Everything happening in your life is about enlightenment."

And this is also happening now in my life. And **Freedom is an attitude**.

I finally know what I want. "My passion is to teach by example on this planet, to teach how one finds their sovereignty by choosing freedom and their path to natural enlightenment. And because it's my passion, then this will work. There is also a fund available and has always been to support your/my dreams."

I already did start a **meeting group Network for Natural Enlightenment Support**, (renamed in 2014 to Consciousness Pioneers) and will start with local meetups expanding towards a **Support Center**.

See also Co-creation.

The world needs Standards more than anything else now.

(3) Experiencing Enlightenment

The first two documents were expanding my consciousness further and supported me in my way of choosing freedom. Now, I am already experiencing **True Freedom**.



This season was (and so was my journey) next to very applicable and supportive also very personal and specific and felt like reaching its climax every month.

Every day now is about my enlightenment. This season is about discovering and **Allowing the Enlightenment** and **Trusting**. It's **Mastery or nothing!** Letting that passion out, letting it come forth.

So I named this document "*Experiencing Enlightenment*". And it is totally different as you ever could imagine. Also absolute incomparable with the way the old masters walked. The journey is now for them who chose to be here in this lifetime as embodied consciousness or consciousness pioneers.

The "**New Energy Master**", just passing through.



Getting out of the Mind into true Knowingness, into the Essence.
The Master discovers that it's all about just **allowing!** It's simply to live.
To live... **Live!**

When you live you become a Standard for others.
When you live, you have vitality and health and abundance.
When you live, you inspire others

Also [watch](#) this video "[You Are a Master](#)" as a journey for the senses and ask that you just allow for whatever to come up come up.

(4) **Love & Passion**

The '*insights*' of Adamus® supported me in my awakening-awareness process, already since 2010, in a time where *New Energy* and *New Consciousness* became '*available*'. The first two documents were about choosing my awakening and expanding my consciousness and supported me in my way of choosing freedom. The third document was about discovering and Allowing the Enlightenment and Trusting.



This season (August 2014 - August 2015) is really about **Realization** thru **SelfLove**, **Kharisma** (giving Grace), **Gratitude**, Stop Fighting Myself, **Experiencing** it and the Kaikho (**Passion** as deep inner truth) for **Embodied Consciousness** by 'losing' your body, your mind and going beyond your personality and it's about Kasama (Your **Soul Destiny**), what is already within you. Already done About your natural **Creation** ability (Kyeper).

Aware of your awereness. Being *in* the experience of Enlightenment.

Living and Experiencing and be in a multiplicity of realities.

The Passion of truly wanting it and in **Love with Yourself**. So I named this document "**Love & Passion**".

All these documents are also, or still, applicable and supportive for those who are now in that awareness process too...



...And are part of a lot of other information and knowledge that I want to share as wisdom with the world, mainly about "*Consciously creating your own reality*" and "*The Human Game/The Holographic Universe*", as my contribution to the world, by radiating it, by being a standard, as an example of "*Being the change*".

Left menu

- **4 - Love & Passion**
- **3 - Experiencing Enlightenment**
- **2 - Freedom with New Energy & New Consciousness**
- **1 - New Energy - New Consciousness**

- Free Downloads -



This is NOT about selling you the next *'living ascension'* workshop, but asking you to find your own truth here. It's for free and it supported me, *why shouldn't it be supporting you either?!*



"There is in my opinion no difference between selling a spiritual workshop and selling a car!"



Once the acceptance is there, the true magic begins. But the **True Master** understands, they really don't have any need for magic anymore, or power, or energy from any place outside of themselves.

It becomes insignificant, and then the true Master starts laughing, and continues laughing until tears come out, amazed at how simple it all was, but amazed at how much experience that they've given themselves.

The true Master is sovereign, is unto themselves, is no longer trying to save the world or hold the energy for anything.

The true Master does not go around trying to heal people. Simply because their presence is all the healing anyone would need.

The Master, **the true Master in the New Energy, walks by themselves.** The true Master – totally sovereign.

No feeding. No more stories. The true Master accepts Earth, humans, Spiritual Family and all things as they are, recognizing it's all in perfection, recognizing that nothing can go wrong. Nothing. **You can't make wrong decisions,** you know. You cannot.

You can only have experiences.



The true Master, the **Embodied Master,** simply walks the Earth knowing that they no longer have to be here.

There's no longer any terms of service or obligation to others. The true Master walks on Earth **simply to shine their light.**

the Embodied Master still has challenges with duality, still feels the harshness of this reality, but knows they are not trapped, knows that at any moment they can simply walk out.

Are You Ready?

[Watch this too!](#)

3.1 (4) Love & Passion

The 'insights' of Adamus® supported me in my awakening-awareness process, already since 2010, in a time where *New Energy* and *New Consciousness* became 'available'. The first two documents were about choosing my awakening and expanding my consciousness and supported me in my way of choosing freedom. The third document was about discovering and **Allowing the Enlightenment** and **Trusting**.

This season (August 2014 - August 2015) is really about **Realization** thru **SelfLove, Kharisma** (giving Grace), Gratitude, Stop Fighting Myself, **Experiencing** it and the Kaikho (**Passion** as deep inner truth) for **Embodied Consciousness** by 'losing' your body, your mind and going beyond your personality and it's about Kasama (Your **Soul Destiny**), what is already within you. Already done About your natural **Creation** ability (Kyeper).

Aware of your awereness. Being in the experience of Enlightenment.

Living and Experiencing and be in a multiplicity of realities.

The Passion of truly wanting it and in **Love with Yourself**.
So I named this document "Love & Passion".



It's **Mastery or nothing!**(well, no or's, but's or if's ..)

For them who chose to be here in this lifetime as embodied consciousness or consciousness pioneers.

The "**New Energy Master**", just passing through. Getting out of the Mind into true Knowingness, into the Essence. The Master discovers that it's all about just **allowing!** It's simply to live. To live... **Live!**

When you live, **you become a Standard for others**.

When you live, **you have vitality and health and abundance**.

When you live, **you inspire others**

Letting that passion out, letting it come forth. Every day now is about my enlightenment.

The Passion of truly wanting it and in Love with Yourself.
So I named this document "**Love & Passion**".



Also [watch](#) this video "You Are a Master" as a journey for the senses and ask that you just allow for whatever to come up come up.

3.2 (3) Experiencing Enlightenment

The first two documents were expanding my consciousness further and supported me in my way of choosing freedom. Now, I am already experiencing **True Freedom**.



This season was (and so was my journey) next to very applicable and supportive also very personal and specific and felt like reaching its climax every month.

Every day now is about my enlightenment. This season is about discovering and **Allowing the Enlightenment** and **Trusting**.

It's **Mastery or nothing!** Letting that passion out, letting it come forth.

So I named this document "Experiencing Enlightenment". And it is totally different as you ever could imagine. Also absolute incomparable with the way the old masters walked. The journey is now for them who chose to be here in this lifetime as embodied consciousness or consciousness pioneers.

The "**New Energy Master**", just passing through.

Getting out of the Mind into true Knowingness, into the Essence. The Master discovers that it's all about just **allowing!** It's simply to live. To live... **Live!**



**When you live you become a Standard for others.
When you live, you have vitality and health and abundance.
When you live, you inspire others**

Also watch this video "**You Are a Master**" as a journey for the senses and ask that you just allow for whatever to come up come up.

3.3 (2) Freedom with New Energy & New Consciousness

In this season (2012-2013), it helped me even more on my path or choice to/for **Natural (embodied) Enlightenment, Embodied Consciousness** and/or **Living Ascension**.



natural work. There is dreams."

The first lines of the first shoud starts with "*Everything right now that's happening in your life is about freedom. Everything happening in your life is about enlightenment.*"

And this is also happening now in my life. And **Freedom is an attitude**.

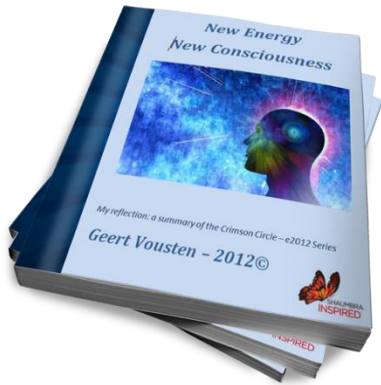
I finally know what I want. "*My passion is to teach by example on this planet, to teach how one finds their sovereignty by choosing freedom and their path to enlightenment. And because it's my passion, then this will also a fund available and has always been to support your/my*

I already did start a **meeting group Network for Natural Enlightenment Support**, (changed name in 2014 to Consciousness Pioneers) and will start with local meet-ups expanding towards a **Support Center**.
See also Co-creation.

The world needs Standards more than anything else now.

3.4 (1) New Energy & New Consciousness

During season 2011-2012 these 'insights' of Adamus® helped me in my awakening-awareness process in a time where *New Energy* and *New Consciousness* became 'available'.



I use this for my own study, my awareness-building and my (human) evolution with regard to consciousness (which, in my opinion, is the purpose of life).

It still supports me to be *who I really am (I AM that I AM)* and in my choice for **Living Ascension (Natural Enlightenment, Embodied Consciousness)** or being a **Consciousness Pioneer**.

It's all about making **choices, letting go, allowing life, trust, loving yourself** and it brought me a *New Me, a New Life, New Health* by consciously creating my own reality and by *breaking the habit of being myself/yourself*. Along the way I even start thinking of co-creating things like *New Economy* and *New Healthcare*.

The potentials as possibilities are infinite, when we start creating beyond our mind.

In unity $1+1=100$ or even 97.234 , instead of $1+1=3$ or $1+1=2$.

04 - Agenda



Bereikbaar voor telefonische consulten (*indien beschikbaar*) en op afspraak.



Aangesloten bij

HULPLIJNONLINE.NL

Tel. 0900-0330 box 03 (€0,90 p/minuut)



Presentatie uitgesteld t.n.o.

ZO 28 JUNI – 10-13u / 14-17u - Centrum de Appel, Nijmegen
 Mireille Mettes - Geert Vousten - tijdens Inspiratieweekend
 geïnteresseerden gedachtegoed Partij MenS en Spirit.

‘De MIR-Methode’
 Van ZelfHeling naar Wereldvrede

‘Miracles Don’t Exist’
 Van ZelfBewust naar Wereldvrede

Aanmelden kan via formulier: <http://goo.gl/forms/UvCKtoKw3j>
 meer informatie: marielle.cornielje@mensenspirit.nl of 06-46774259.

Deelnamekosten: € 25,- of € 15,- / € 15,- ; (lunch € 8,-)

ConsciousnessPioneers.nl / LifeByDesign.nl 
 Mirmethode.nl

Aanmelden kan via dit formulier

meer informatie: marielle.cornielje@mensenspirit.nl of 0646774259.

Centrum de Appel, Groesbeekse weg, Nijmegen.

*14.00-17.00 uur "**Miracles don't exist!** ; van ZelfBewust naar WereldVrede", Geert Vousten

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein.

Wat is bewustzijn en bewustzijn in relatie met onze gedachten? Wat is onze realiteit? En wat is de invloed van onze overtuigingen? Wat is massa-bewustzijn en wat is de oplossing om te komen tot wereldvrede.

Geert neemt je graag mee in een gezamenlijke beschouwing over ons leven en wat we als individu werkelijk kunnen doen..

No data for other Presentations, Reflections, Networking, Workshops or Retreats yet!

Reflections:

Life by design is organizing, as a **Consciousness Pioneer**, **teamwise reflections** "Reflection Time", **in unity, within a network/community/MeetUp-group** for

'Consciousness Pioneers', **one-on-one as well as in groups. (Meetup group is currently offline)**

From local meetups eventually expanding to a center!



Presentation:

"Miracles don't exist!"

(Your HigherSelf/Infinite-I created them just for you and they are only experiences, *but when you are fully aware, you as ONEness, being who you really are, you can create whatever you want! So don't wonder*)

Quote:

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein.

Quote:

"Allow miracles and they will come. When they come, you will realize it's not a miracle but rather your own creation."

(Dutch language:)

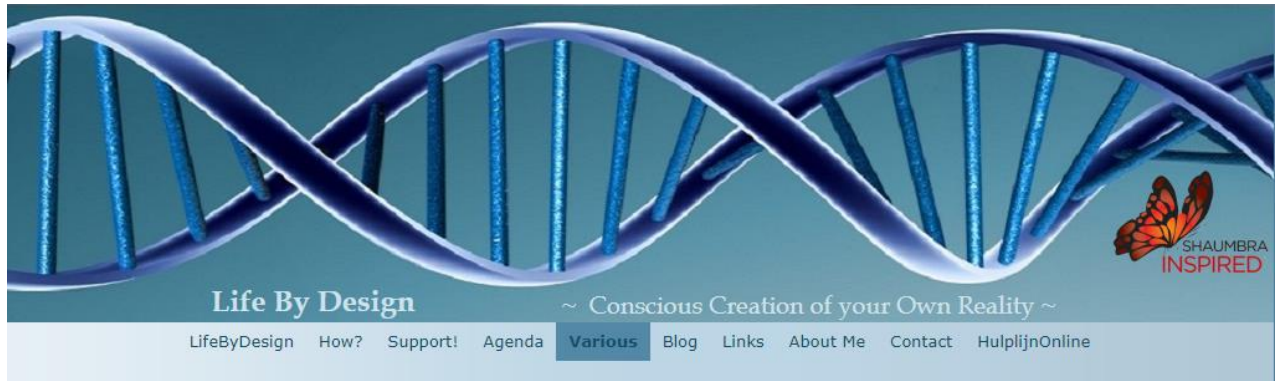
"De tijd van wonderen is aangebroken, echter wonderen bestaan niet!"

Zie [hier](#) of
ik op dit moment beschikbaar
voor je ben?



Make a Difference!
DONATE

05 - Various



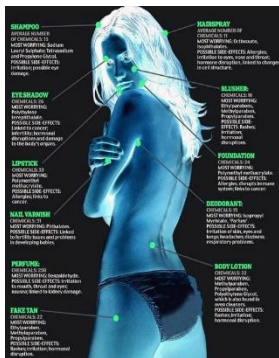
5.1. Images

Real-time Earth and Moon phase:

<https://www.albinoblacksheep.com/earth-moon/>

Various images in various categories:

[See some examples.](#)



The Heartbeat of our Earth



5.1.1. e-Docs

4 e-Docs already available to read online or to download for free, see [Support!](#) page for more info about the documents.



Love & Passion



Experiencing Enlightenment



Freedom with New Energy & New Consciousness



New Energy - New Consciousness

5.1.2. Creativity

JJQART



5.1.3. Certificates

Certificate: I Am a Creator

Download [here](#) your (empty) certificate, free to use.

Down below an example of my certificate, Adamus name and signature is already imprinted on it.

"I consciously acknowledge, accept and embrace that I Am the Creator of my life and all of my manifestations.

***I have chosen to go beyond karma, destiny, providence and blame.
Every breath is my own; every moment is mine to behold.
By any name, I Am a sovereign being."***



Product details and official download on **Crimson Circle Store** you can find [here](#).

5.1.4 Health

Body Chemicals

SHAMPOO
AVERAGE NUMBER OF CHEMICALS: 19
MOST WORRYING: Sodium Lauryl Sulfate, Tetrasodium and Propylene Glycol
POSSIBLE SIDE EFFECTS: Irritation; possible eye damage.

EYESHADOW
CHEMICALS: 26
MOST WORRYING: Polyethylene, Polyethylene Glycol
POSSIBLE SIDE EFFECTS: Linked to cancer; infertility, hormonal disruption and damage to the body's organs.

LIPSTICK
CHEMICALS: 33
MOST WORRYING: Polyethylene glycol, methacrylate
POSSIBLE SIDE EFFECTS: Allergies; links to cancer.

HAIRSPRAY
AVERAGE NUMBER OF CHEMICALS: 11
MOST WORRYING: Octinoxate, Isophthalates
POSSIBLE SIDE EFFECTS: Allergies; irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

BLUSHER
CHEMICALS: 10
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben
POSSIBLE SIDE EFFECTS: Irritation; hormonal disruptions.

FOUNDATION
CHEMICALS: 24
MOST WORRYING: Polymethyl methacrylate
POSSIBLE SIDE EFFECTS: Allergies; disrupt immune system; links to cancer.

DEODORANT
CHEMICALS: 12
MOST WORRYING: Isopropyl Myristate, Parfum
POSSIBLE SIDE EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

PERFUME
CHEMICALS: 250
MOST WORRYING: Benzaldehyde
POSSIBLE SIDE EFFECTS: Irritation to mouth, throat and eyes; muscle linked to kidney damage.

FAKE TAN
CHEMICALS: 22
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben
POSSIBLE SIDE EFFECTS: Rash; irritation; hormonal disruption.

BODY LOTION
CHEMICALS: 32
MOST WORRYING: Methylparaben, Propylparaben, Polyethylene Glycol, which is also found in oven cleaners
POSSIBLE SIDE EFFECTS: Rash; irritation; hormonal disruption.

HAIR VARNISH
CHEMICALS: 11
MOST WORRYING: Phthalates
POSSIBLE SIDE EFFECTS: Linked to fertility issues and problems in developing babies.

5.1.5 Fun

Fun or a Shame?

The Day That Albert Einstein Feared Has Arrived!

Having coffee with frens *A day in a beach* *Cheering your team*

Out on an intimate date *Enjoying the sights* *Having dinner*

"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots"
Albert Einstein

5.2 Videos

You Are a Master

A journey for the senses and ask that you just allow for whatever to come up come up.

https://youtu.be/nEXlnAeu_fg

A Revolution of Consciousness

"You are the Universe, expressing itself as a human for a little while"- Eckart Tolle

<https://youtu.be/yWFCdnKCesA>

5.2.1. Crimson Circle

The Channel Library is a complete, free-of-charge collection of all monthly messages, Questions/Answers sessions and many special channels since 1999.

It contains over 2000 pages and nearly 200 recorded hours of insightful materials dealing with the human journey and new consciousness.

You can download the text transcript or MP3 audio files for messages after August 2002. Messages from August 1999 to July 2002 are available in text only. The entire collection of this spiritual material is available free of charge.

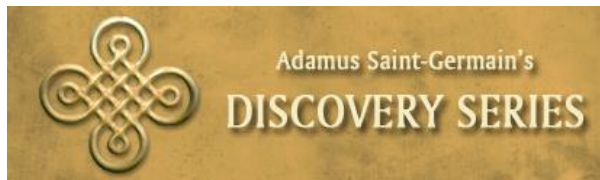
Click here to visit the [Channel Series Library](#) now..



2015-2016



2014-2015



2013-2014



2012-2013

YouTube Channel: [CrimsonCircle](#) contains mainly summaries of shouds



5.2.2. Various

People come into your life for a reason (a season or a lifetime)

(video not available)

Several on YT

5.2.3. Workshop

under construction

5.3 Fun/Music

Fun - Music



"Time flies when you having fun!" , that's one of the secrets of staying young!
Do something you love to do and do it with passion!

How to stay Young? Listen to [this!](#)

Music

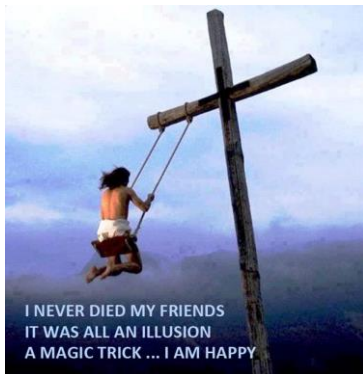
Listening to Music is my Passion.. and music is very important because...
"Art will save the World."

Jump to the Music section from [here](#)

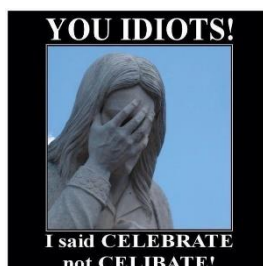
- **Hotel California** - Eagles (A Journey from Innocence to Experience!)
- **Livin' on Love** - Ilse DeLange (..Is All you need!)
- **Heaven** - Queen (Earth is actually Heaven!)
- **Freedom** - Richy Heavens (Woodstock where 'the Real Freedom' started)

More Fun:

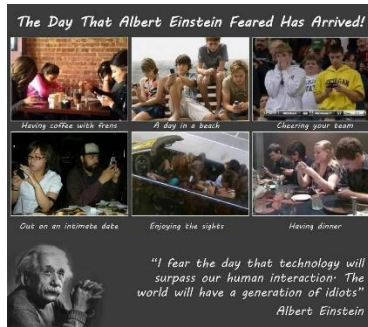
We ALL are divine beings....



Misunderstanding



Oh, Yes it has arrived....!! See also "[Don't get Distracted](#)"



No comments on this one....

PEOPLE LAUGH
COS I'M
DIFFERENT
I LAUGH
COS THEY ARE
ALL THE **SAME**

Without words....!!



"I didn't have any choice — she was raising her consciousness."

Music:



A Journey from Innocence to Experience

(Video not available)

Hotel California - (*The Eagles, 1994*)

"Hotel California"

On a dark desert highway, cool wind in my hair
 Warm smell of colitas, rising up through the air
 Up ahead in the distance, I saw a shimmering light
 My head grew heavy and my sight grew dim

I had to stop for the night
 There she stood in the doorway;
 I heard the mission bell
 And I was thinking to myself,
 "This could be Heaven or this could be Hell"
 Then she lit up a candle and she showed me the way
 There were voices down the corridor,
 I thought I heard them say...

Welcome to the Hotel California
 Such a lovely place (Such a lovely place)
 Such a lovely face
 Plenty of room at the Hotel California
 Any time of year (Any time of year)
 You can find it here

Her mind is Tiffany-twisted, she got the Mercedes bends
 She got a lot of pretty, pretty boys she calls friends
 How they dance in the courtyard, sweet summer sweat.
 Some dance to remember, some dance to forget

So I called up the Captain, "Please bring me my wine"
 He said, "We haven't had that spirit here since nineteen sixty nine"
 And still those voices are calling from far away,
 Wake you up in the middle of the night
 Just to hear them say...

Welcome to the Hotel California
 Such a lovely place (Such a lovely place)
 Such a lovely face
 They livin' it up at the Hotel California
 What a nice surprise (what a nice surprise)
 Bring your alibis

Mirrors on the ceiling, the pink champagne on ice
 And she said "We are all just prisoners here, of our own device"
 And in the master's chambers, they gathered for the feast
 They stab it with their steely knives, but they just can't kill the beast

Last thing I remember, I was running for the door
 I had to find the passage back to the place I was before
 "Relax," said the night man, we are programmed to receive.
 You can check-out any time you like, but you can never leave!"

<https://youtu.be/g9Jjh7UodkM>

Livin' on Love is All You Need (Ilse DeLange)

I didn't know I was getting into
 When I got my first taste of you
 You were just what I was lookin' for
 And once I had a little I had to have more
 'Cause I'd wake up moanin' in the middle of the night
 The sound of your name was all that sounded right
 Ran back to your door all soaked with sweat
 Had to have your kiss before I starved to death

When you're livin' on love, and it's all you need
 A constant hunger that you've got to feed
 Livin' on love, and there ain't no doubt
 It's the one thing that you can't live without
 You can have the world, but you still wouldn't have enough
 None of that matters when you're livin' on love
 Nothing else matters when you're livin' on love

Some folks just don't seem to understand
 How I seem to survive on the touch of your hand
 I don't need to eat, I don't need no rest
 If I can get my fill of your tenderness
 When I get wore down and feelin' rough
 A long cool drink from your lovin' cup
 Makes me feel better, makes me feel strong
 Have mercy on me if I find you gone

Heaven For Everyone (Queen)

<https://youtu.be/yI8lrvKLzq0>

This could be heaven
 This could be heaven
 This could be heaven for everyone

In these days of cool reflection
 You come to me and everything seems alright
 In these days of cold affections
 You sit by me - and everythings fine

This could be heaven for everyone
 This world could be fed, this world could be fun
 This could be heaven for everyone
 This world could be free, this world could be one

In this world of cool deception
 Just your smile can smooth my ride
 These troubled days of cruel rejection, hmm
 You come to me, soothe my troubled mind

Yeah, this could be heaven for everyone
 This world could be fed, this world could be fun
 This could be heaven for everyone, yeah
 This world should be free, this world could be one
 We should bring love to our daughters and sons
 Love, love, love, this could be heaven for everyone
 You know that
 This could be heave for everyone
 This could be heave for everyone

Listen - what people do to their souls
 They take their lives - destroy their goals
 Their basic pride and dignity
 Is stripped and torn and shown to pity
 When this should be heaven for everyone

Written by Roger Taylor.

Freedom (Richy Havens - on Woodstock)

<https://youtu.be/rynxqdNMry4>

Woodstock 1969, Richie Havens was the festivals first performer, he held the crowd for nearly three hours (in part because he was told to perform a lengthy set because many artists were delayed in reaching the festival location), and he was called back for several encores. Having run out of tunes, he improvised a song based on the old spiritual "Motherless Child" that became "Freedom".

Freedom Freedom
 Sometimes I feel Like a motherless child
 A long Way From my home, yeah Yeah Sing Freedom
 Sometimes I feel Like I'm almost gone
 A long, long, long Way Way from my home, yeah Yeah
 Clap your hands Hey, hey, hey, hey
 I got a telephone in my bosom
 And I can call him up from heart
 When I need my brother / (Brother) Brother / (Brother)
 When I need my father / (Father) Father,
 hey / (Father) Mother / (Mother) Mother,
 hey / (Mother) Sister / (Sister)
 Yeah / (Yeah) Mother / (Father) Mother / (Mother) Mother / (Mother)
 Hey, yeah, yeah, yeah Yeah-yeah, yeah yeah yeah yeah yeah

5.4 Quotes

Some examples from Adamus:

Ascension is the integration of yourself, of your divinity, of your aspects, bringing back together every part and piece of you in the physical body in this lifetime.

Enlightenment is a natural process that is happening

You, with your passion for enlightenment, with your passion for sovereignty, you are going through a shift into freedom. Into true freedom. Sovereignty, the I Am, not dependent on any other beings, not caught in the workings of mass consciousness.

And more...

Most people are Creators of Habit and Dreamers of Tomorrow!

Miracles don't exist, So stop wondering!

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein.

"Allow miracles and they will come. When they come, you will realize it's not a miracle but rather your own creation."

"Do or do not; there is no try" - Yoda (The Empire Strikes Back)

"If hundreds, thousands, or even millions of human beings embrace a new consciousness based on possibility; align their actions with their intentions; and live by greater universal laws of love, kindness, and compassion, a new consciousness will emerge—and we'll experience true oneness."

Dr. Joe Dispenza

(excerpt from the book [You Are the Placebo](#))

5.4.1 Adamus St. Germain

He who succeeds in raising himself above his emotions in suppressing in himself anger and the fear of illness, is capable of overcoming the attrition of the years and attaining an age at least double that at which men now die of old age.

***I hold the whole of nature in my hands,
and as God created the world,
I can draw what I want out of nothing.***

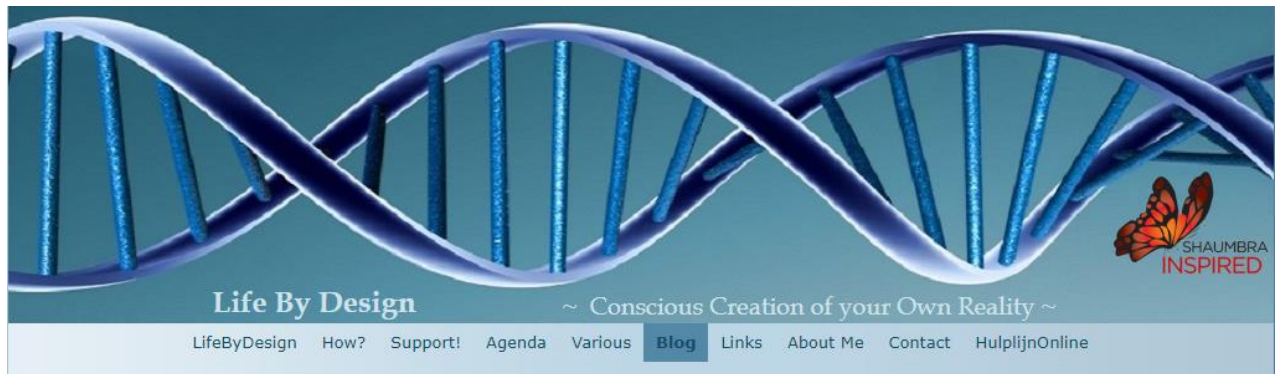
Some examples from Adamus during the shouds of the e2012 Series:

***Ascension is the integration of yourself, of your divinity,
of your aspects, bringing back together every part and piece of you
in the physical body in this lifetime.***

Enlightenment is a natural process that is happening.

***You, with your passion for enlightenment, with your passion for sovereignty,
you are going through a shift into freedom.
Into true freedom. Sovereignty, the I Am,
not dependent on any other beings,
not caught in the workings of mass consciousness.***

06 - Blog



My own blogs or interesting blogs by interesting people.

External Publications:

* [Nieuwsbrief KankerVoorbij.com \(sept. 2013\)](#) (Dutch)



Blogs:

* [Ben je Bewust van je Gedachten](#) (Dutch)

* [Moments of Enlightenment](#)

* [The New Age Goes into Retirements](#)

6.1. Ben je bewust van je gedachten!

<http://www.lifebydesign.nl/blog/ben-je-bewust-je-gedachten/>

Gepost 22/09/2013

(This blog in English is under construction)

De kracht van perceptie.

"Be careful what you think of" is een Engelse uitdrukking. Dit betekent: "Wees voorzichtig met wat je denkt". Je hoeft niet zo zeer voorzichtig te zijn, dat is met name afhankelijk van wat je denkt, maar ben er wel heel erg bewust van wat je denkt... Het meest belangrijke in je leven is n.l. **wat je denkt en wat je innerlijke overtuiging is!** Dit bepaalt mede jouw leven en daarmee uiteraard ook jouw gezondheid.

De kracht van *perceptie*, zijnde onze *overtuigingen* die gevoed worden door onze *gedachten* (de perceptie als waarneming, is bij de mens gerelateerd aan een overtuiging). *En waar komen onze gedachten dan vandaan?* Goede vraag, maar zeker is dat de gedachten die we krijgen in ieder geval weer gerelateerd zijn aan onze overtuigingen, opgedaan in ons leven, de maatschappij, onze opvoeding (met name in de eerste 6 jaar) en volgens velen ook vanuit vorige levens. Zo leven de meeste mensen heden ten dage dus continu vanuit hun verleden in plaats van vanuit het nu en leven een voorspelbaar leven.

Onderzoek

Onderzoek van de laatste jaren laat ons zien dat percepties heel krachtig zijn. Het meest bekende is uiteraard het placebo- (en nocebo-) effect (hierover is genoeg te vinden op internet). Overtuigingen bepalen uiteindelijk ons gedrag. Het gedrag dat we blijven herhalen (*patronen*) noemen we *gewoontes* en van daaruit ontwikkelt zich weer onze *persoonlijke identiteit* (persoonlijkheid). En dat is hoe en waar we naar handelen. *Wat zijn nu eigenlijk de gevolgen van onze overtuigingen en ons gedrag door de jaren heen?*

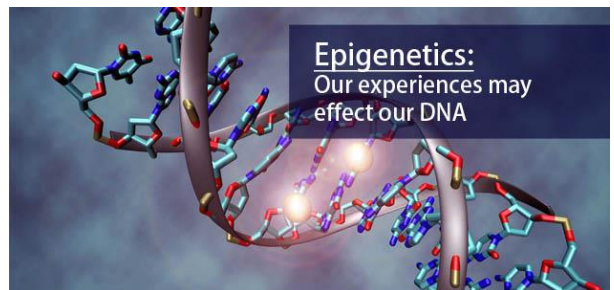
De wetenschap met name de kwantummechanica/-fysica is inmiddels ook zover dat er bewijs geleverd is dat *iets* (zeg maar atomen) manifest wordt (materie; realiteit) als er door iets of iemand met bewustzijn 'aandacht' aan gegeven wordt (...even kort door de bocht). Dit geldt voor alle atomen in het universum en deze bestaan voornamelijk uit lege ruimte. Het gaat hier te ver om dit fenomeen (*collapse of the wave function*) helemaal uit te leggen, maar als we er hier in deze context vanuit gaan dat ook wij, ons lichaam, volledig uit cellen bestaat die weer opgebouwd zijn uit atomen, dan geldt dat dus ook voor ons (inclusief ons DNA, onze genen). Dat is de basis van dit betoog.



In wetenschappelijke studies van de laatste jaren zoals **Epigenetics** (Epigenetic Control - invloed omgevingsfactoren op genen) en **Neuroplasticity** (veranderingen in ons brein o.a. als gevolg van gedrag en omgeving). *Epigenetics*, met als drijvende kracht Dr. Bruce Lipton, haalt de stelling dat 'alles' vast ligt in de genen onderuit. Het is ook nooit bewezen, maar altijd een aanname geweest. Dan zouden we dus ook gewoon in het leven slachtoffers zijn van onze erfelijkheid/genen. Dit wordt ons ook aangepraat en leidt ook weer tot een perceptie.

Bewezen wordt dat het 'brein' van de cel niet in de kern zit (waar het DNA zich bevindt) maar in het celmembraan. Bij het verwijderen van de kern, bleef de cel zijn taken gewoon uitvoeren.

De waarneming van een signaal uit de omgeving (perceptie) heeft een bepaald gedrag/activatie van een cel (fysieke sensatie) tot gevolg. Bijv. insuline of een stresshormoon adrenaline activeert bepaald gedrag van een cel. Hier zijn geen genen bij betrokken. De genen worden pas betrokken als een bepaald proteïne/eiwit niet aanwezig is, dan wordt deze aangemaakt via een regulerend-eiwit vanuit het DNA (via RNA), zijnde de blauwdruk voor proteïnes.



Een cel is een miniatuur mens en bevat alle functies in zich en aangezien een mens een gemeenschap is van 50.000+ triljoen cellen geldt dit ook allemaal voor de mens. Al onze 5 basis-zintuigen (oog, oor, mond, neus en de huid), die zorgen voor de waarneming/prikkels en mede leiden tot perceptie, zitten ook bij het menselijk lichaam in een membraan verwerkt, zijnde onze huid).

Naar aanleiding van deze 'prikkel' stuurt het brein chemicaliën/hormonen naar het lichaam op basis van hoe je de wereld ziet (perceptie). Als we als voorbeeld even de 2 uiterste emoties nemen, namelijk *Liefde* en *Angst* en wat voor invloed deze hebben op de 'genen-programmas'. Bij *liefde* worden 'goede' hormonen (geluks-hormonen - dopamine, serotonine) afgegeven en deze bevorderen de 'groei' (en reproductie). Bij *angst* (en stress) worden stress-hormonen (adrenaline) afgegeven en die leiden tot 'protectie' (vecht- of vluchtgedrag) en het 'groei'-programma (inclusief immuunsysteem) wordt afgesloten (cellen kunnen maar één kant op).

Alle aandacht en bloed stroomt naar de spieren die nodig zijn voor de protectie. De 'groei' is even van ondergeschikt belang en het immuunsysteem komt stil te liggen. Oftewel stress sluit het immuunsysteem af en maakt ons ook nog minder intelligent aangezien er minder bloed naar de hersens gaat.

De gevolgen op langere termijn zijn m.i. voor de hand liggend.

Conclusies

De volgende conclusies kunnen worden getrokken dat *Perceptie "beheerst" Gedrag* en *Perceptie "beheerst" Genen* (*Perception 'controls' behaviour + genes*). Er wordt verder bewezen dat er constructie-genen (engineering genes) zijn die andere genen kunnen veranderen/herschrijven, geïnitieerd wederom door de omgeving want genen kunnen zichzelf niet activeren. Signalen van buiten activeren de expressie van een gen (*adaptive mutation (1988, John Cairns)*). Dit leidt tot de laatste conclusie *Perceptie "herschrijft" genen* (*Perception "rewrites" genes*).

Let wel, het is dus niet alleen de omgeving die ons gedrag en onze genen beheerst (en impliciet onze gezondheid, in essentie is ons lichaam een perfect werkend organisme) maar onze overtuiging of geloof met betrekking tot deze omgeving.

Deze overtuiging fungeert namelijk als perceptiefilter, die de ware omgeving in een fout daglicht kan zetten. Een goede omgeving kan negatieve gevolgen hebben indien onze perceptie daarover negatief is. Als we dus **de manier wijzigen hoe we reageren op de omgeving, dan wijzigen we onze gezondheid en ons lot.**

Het goede aan de zaak is dat we onze perceptie, onze overtuigingen zelf kunnen beheersen, alhoewel we hier een onderscheid moeten maken tussen onderbewuste overtuigingen en overtuigingen waarvan we wel bewust zijn. Deze onderbewuste overtuigingen zijn zo krachtig dat ze voor 95% van de tijd ons gedrag bepalen.

Daarom volstaat het niet om positief te denken en affirmaties uit te spreken, die hebben geen invloed op onze onderbewuste overtuigingen. De onderbewuste overtuigingen kun je misschien het beste vergelijken met een record/playback cassette-recorder die automatisch afspeelt naar aanleiding van een signaal uit de omgeving, een soort van autopilot.

Dit is geprogrammeerd gedrag (denk hierbij ook aan: ademen, andere lichaamsfuncties, tanden poetsen, autorijden en de voorzetsels van de 3e naamval Duits die je er in je schooltijd heb 'ingestamp't'). Ons ongewenst geprogrammeerd gedrag, onze 'valse' overtuigingen, dienen we echter opnieuw te programmeren, nadat we die herkend en erkend hebben, ons er bewust van te worden cq. te 'healen'. Met name de overtuigingen die ons ernstig limiteren, m.b.t. zelfbeperking, zelfsabotage en negatieve zelfbeelden.

Creaties

Alles wat je *creëert of manifesteert* in je leven (we doen dit continu elke seconde van de dag) en zelfs *het vertrouwen hebben in iets* (want je hebt altijd ergens vertrouwen in, de vraag is of je het prefereert), gaat automatisch. Je 'schept' je eigen realiteit, zowel je leven als je gezondheid, als een wezenlijk onderdeel daarvan.

Het gaat er om **wat je gelooft of waar je overtuigd van bent.**

Vraag jezelf eerlijk af, wat je gelooft of dat in lijn is met je ware zelf?

Zo niet, dan zijn het niet jouw overtuigingen, maar van je opvoeders of van de maatschappij of van je vrienden. Dan gedraag je je niet zoals je werkelijk bent.

Identificeer jouw onderbewuste overtuigingen door Bewust te Zijn van alles wat je doet en denkt! Herken die patronen.

Waarom blijf ik dit aantrekken?

We noemen ze ook vaak gewoontes. Maar als je bewust wordt van de patronen in je gedrag, dan noem ik het geen gewoontes meer, maar een keuze! En daar ben je dan bewust van! Blijf je nog vervallen in dezelfde patronen dan zitten er nog één of meerdere onderbewuste overtuigingen onder.

Begin opnieuw met het identificeren van deze overtuigingen. Uiteindelijk zul je worden en zijn *'wie je werkelijk bent'* en blijf in deze 'vibratie'.

Je hebt de vrije wil om je emoties te beheersen, blijf in verrukking en heb geen verwachtingen, laat het leven toe en je leven wordt waar je alleen nog maar van hebt gedroomd.

'Zijn wie je werkelijk bent' – en de basis voor dit alles is **hou van jezelf!**

Het allerbeste geneesmiddel of supplement om ziektes te voorkomen.

Dit is mijn waarheid. Ga ook zelf op onderzoek uit. Er is genoeg te vinden en te bestuderen en vind ook jouw eigen waarheid hierin.

Geert Vousten - LifeBy Design

Passages van deze blog zijn gepubliceerd in de nieuwsbrief (September 2013) van **KankerVoorbij**.

Bronnen:

Biology of Belief (Bruce Lipton),

Breaking the Habit of Being Yourself (Joe Dispenza),

The Spontaneous Healing of Belief (Gregg Braden)

Article: [Scientists Prove DNA Can Be Reprogrammed by Words and Frequencies](#)

6.2 Moments of Enlightenment

<http://www.lifebydesign.nl/blog/moments-of-enlightenment/>

Gepost 06/08/2013

Every month I receive the online monthly *Shaumbra magazine* from the Crimson Circle. This month again I was touched by the article 'Moments of Enlightenment' from Jean Tinder in her column *Shaumbra Heartbeat*. I always admire her writings and feel in some kind familiar with her in our 'human evolution with regard to consciousness' within the Shaumbra group and of course our choice for natural enlightenment (embodied enlightenment).



Jean's article was about *her* moment of realization, words became real and that it's really does begin to happen.. and Yes, we both have chosen it in *this* lifetime. I use her words unchanged and they touched me, because they could be my lines and I felt tears coming up..

"It is a foregone conclusion. I will experience my enlightenment this lifetime. I KNOW it in every cell of my being. I can no longer 'get it wrong,' there's nothing more to figure out, and nothing left to prove – to me or anyone else.

From this moment on, life is whatever I make of it."

I also have that same experiences of people smiling directly at me. I will refer to some more lines of Jean where I am really feeling the same...

"I can experience my enlightenment in any way I choose."

Does life change in enlightenment? Not really... but yes, completely. As I edge ever closer, I find myself more introspective, more desiring to be alone, and far less driven than I've ever been. I do what I enjoy, relish time with the ones I love, and receive the gifts of every moment, whether they are delivered with tears or laughter. Daily life on earth continues. "Before enlightenment – chop wood, carry water. After enlightenment – chop wood, carry water," and yet life takes on such a different quality.

Just trusting the process and keep loving myself.. Sometimes I feel *what shall I do?* I feel the urge to do something .. to share all this knowledge as wisdom, because It feels like it, I feel so, .. because I don't want to keep it for myself, in my way of "Stay Excited, No Expectations"...

I know for sure.. I'll never go back! Also Earth will never be the same. But isn't that *what I asked for? Isn't that where I worked for when I was still in my days of resisting?* My days of 'fighting politics' with SOPN. *Isn't that what I have having imagined?*



It is the best of times, it is the worst of times, but above all, it doesn't matter...Sometime I still feel it's a mission but.. *Why should I keep struggling?* I shouldn't, really, it doesn't matter. It doesn't matter. *"Why should I keep holding up the entire Earth on my shoulders, carrying the burdens and the energy of humanity?"* I shouldn't. It doesn't matter. They're going to do just fine.

They haven't all chosen what I've chosen. They haven't all chosen to become enlightened or even just to have a single good day. But it doesn't matter, because sooner or later they will – or maybe not. It doesn't matter.

I will enjoy my journey because *"I am already there". "It doesn't matter because I can't get lost. I can't lose. There's not a test. This isn't even an experiment, it's an experience. It doesn't matter."*

Why did I come here? Why am I here? "Just because I can be here, because I can be in a body and what a luscious thing it is. Just because I can feel human emotion, I can taste human food. I can actually feel human pain and human struggling – that's a reason in itself. Because I can feel this thing called love from one to the other. I can pet a dog. I can sing out loud and hear myself." (More on [Be in Vision!](#)).

- Eating chocolate and making love - you can only do on this amazing planet..
 - Earth is actually Heaven - ...**Time to live is Now**. Why not just absolutely enjoy it? Being a creator or being a game player? Experiencing True Freedom.

Just because. What a grand and marvelous thing it is for a creator to do it, just because – if nothing else for the experience. You don't get points on the other side for the total number of experiences that you've had, for the difficulty and the challenges of experience. You're only admired for the depth and for the compassion of the experience with yourself. That's all that matters.



These last days, more and more, I realize, it's just about *Allowing life*, completely *Letting In* and *Letting Go*. It's also about *New Energy, New Consciousness*. Experiencing True Freedom. It's a choice.

" So the answer is not to take to the streets and revolt. The only real answer is to go within the self, to clear out our own personal problems and go with the change in consciousness levels. We will have to adopt an attitude of ignoring what else is happening around us and concentrate on helping ourselves and those who are changing with us and leave the rest of the population to sort its own mess out. This is not being selfish; it is being realistic about what this New Energy is bringing about." (Thomas, Chris – Synthesis)

Don't resist, don't fight against anything like current politics, pharmaceutical industry, chemtrails, Monsanto.. No TV, No thing, Just deny it, completely deny it... I don't want these things in *my* reality... And in my opinion, the real solution to a peaceful and harmonious life or society is that everyone should just deny it, give no attention to it..don't let it manifest into your life... It's *your* own choice..

"What you put out, is what you get back"...

But I think I am asking too much of most of you, at least for now..

In the *Life and Teachings of the Masters of the Far East* (Baird T. Spalding) already, they refer to it.

"Not one in a million feels the freedom to live what he inwardly feels he would love".

Some excerpts: *"Only in man's innermost nature is he identical with his neighbor in thought and motive and **only through bringing out what is within can there be peace and harmony in the earth.**"*

"Obedience to one's inner nature, the expression of life as he instinctively feels it ought to be expressed, is the very foundation of the life which the masters reveal as the only true mode of living."

"True mastery is living the instruction of the inner teacher, the inner self, and not seeking the opinion of the world."

"Mastership is everyone's possibility but this state is not achieved by reading, study or theorizing, but by actually living the life which the masters live."

"This life of oneness is the life of the masters and anyone may live that life if he will drop his alliances with institutions and religions and races and nations and accept his alliance with the Universe."

"Love is the great unifier in the consciousness of man and to keep oneself always in an attitude of love is to progress towards oneness"

"This is the manner of the masters and their instruction is always that you must be true to the Self, live the life of the Self, express what is inherently true until you are outwardly what you inwardly long to be. When man returns to this motive of life, all that there is in the Universe begins to move in upon him, to manifest itself through him. Not only must man have the intelligence to direct him and the power to do that which is to be done, but also the substance that nourishes and supports him in the doing. There is no lack, except in the realm of hypnotic ideas that have clouded his mind from reality. Back in his native oneness, where he consciously receives what the Universe is pouring out upon him, there can be no lack in any phase of his being nor in his affairs."

(The Quantum Theory is the approach of Science to this basic fact of life and there can be no true science, religion, social structure, or successful living outside the undefeatable and indissoluble oneness of all things.)

"This is the road to mastery, the life of the masters, and the only true life there is. **It is to be found just where you are in the secret places of your own inner nature.**"
"Your only contact with a master is through the mastery of yourself."

So these are my moments of enlightenment. Bashar usually answers: **"If you want to get enlightened, then simply lighten up!"**. He then usually repeats the definition that has become his hallmark and core teaching: "The quickest and simplest way to enlightenment is to follow your excitement to the best of your ability, as often and as far as you can take it, with zero expectations to the outcome. If you do this you will see that your life becomes an ecstatic explosion of synchronicity."

I am looking forward to watch tonight Adamus's latest Shoud "Expectations of Enlightenment" from August 3rd. Well I don't know what to expect and that's good because my everyday credo, borrowed from Bashar, is **"Stay Excited, No Expectations"** and so I will.

(This blog in Dutch, 'Mijn Momenten van Verlichting', download it [here](#))

6.3 Press Release: The New Age Goes into Retirement

<http://www.lifebydesign.nl/blog/press-release-the-new-age-goes-into-retirement/>

Gepost 01/05/2013

(Blog from *The Translucent View* - Arjuna Ardagh)

People all over the world are reacting with shock, disbelief and also relief at last week's announcement that the New Age has decided to go into retirement.

"Was it something we did?" sobbed Rainbowchild Dewdrop Flower into her organic coconut milk chai, outside her tipi here in Nevada County, California. "Did we not chant fervently enough? Were our prayer flags not plentiful enough? Were our affirmations too predictable and clichéd?"

In fact, the New Age came of age in the late '60s, and, just like many other baby boomers, is ready to collect Social Security and retire to Key West, Florida. The New Age has just gotten old, that's all. Ol' New Age plans to live out the rest of its years hanging out in all-you-can-eat steak and shrimp bars, and drinking margaritas during Happy Hour. "I've been in this gig way too long, bro," said New Age recently to a close confidante. "Heck, even my inner child is married with kids and a dog and shit now. I tell ya, I've eaten enough tofu and sprouts, and worn enough tie-dye for one life time. I deserve to live out the rest of my days in peace. Nah, forget peace. I'm ready to be loud and gross."



to

So how does the announcement of New Age's retirement affect the average recovering hippie, like you or me?

Here is a handy quick-tip guide to how last week's announcement might affect your daily routine.

1. Moving forwards, "Howerya Doin," "Aloha," "Wazzurp Dawg," "How Do You Do?" and "Namaste" are all considered to be equally reverential means of greeting anybody.
2. If you've been living on a diet of brown rice, seaweed, Bragg's Amino Acid and coconut water, the word's out, you can relax now. New scientific studies reveal that even eating recycled cardboard can be good for your health, if you stop worrying, and eat what is in front of you with gratitude.
3. If you spent the last years trying to manifest "prosperity," "abundance," or "financial freedom," the game plan has officially changed. More than 2 billion people live on less than a dollar a day. So if you are a lucky dog, with a warm place to sleep, food to eat and friends around you, your next step is to think about how to help other people.
4. If you've been channeling Archangel Michael, the Pleiades, or Elvis, its time to cut it out. From here forward your responsibility is simply to connect the words that come out of your mouth with the thoughts and feelings that are passing inside of you. Codeword: honesty. Known to lead to: intimacy.
5. If you spent the last several decades immersed in the traditions and religion of a culture other than the one into which you were born, its time to get back to our roots. For example, for many of us the Lord's prayer, Psalm 23, or Shakespeare may be worth a revisit. If you are Jewish, call you mother.

6. If you've been collecting eagle feathers, owl feathers or rabbits feet, please return them immediately. Word on the street is that the eagles are getting chilly and pissed off.

7. If you are entertaining hopes of getting chummy with visitors on a UFO, fuggedaboutit. A recent survey of 1037 randomly selected aliens, conducted by Pew Research, asked who they would be most likely to visit, if wanting more contact with human beings. From the four multiple-choice options, 63% selected Nobel prize-winning scientists. 19% selected elected leaders of nations. 17% chose leaders of indigenous peoples. And 0.8% selected people holding hands and humming.

8. If you've developed a fondness for spending time with people of a "high vibration," or have been avoiding people with "negative energy," this will no longer be necessary. Your mission on earth will be accomplished here by paying close attention to whoever happens to be right in front of you.

9. If you've been collecting crystals or other sacred objects, you can expand your horizons. With the retirement of the New Age, any object whatsoever will become immediately sacred when you look at it with fresh eyes.

10. Most important. Listen up, people. If you've been participating in drumming circles after 10 PM within a mile of anyone trying to sleep, please stop. Please, please, I beg you please, stop. It's 2 o'clock in the f**king morning, dude.

Of course everyone had a lot of unanswered questions about what comes next. We've got space just for a few of them here.

Question: Does this mean I can get a refund on my aura-balancing organic Chi enhancer, attuned to dolphin mating sounds?

Answer: No.

Question: So who is in fact the true Avataar come to save planet Earth?

Answer: You are. Splash some cold water on your face, and get busy.

Question: Now that the New Age is officially over, what is the next evolutionary step for humanity?

Answer: Sanity.

Original [blog](http://www.ArjunaArdagh.com) from: www.ArjunaArdagh.com

6.4 External Publication:

Newsletter: KankerVoorbij.com (September 2013), (Dutch)

[Download](#) de Nieuwsbrief KankerVoorbij.com als pdf (Dutch)
[Link](#) naar deze nieuwsbrief op KankerVoorbij.com

Nieuwsbrief Kankervoorbij



Lieve lezers,

Op 13 april 2013 verscheen in de Telegraaf het artikel/interview 'Kanker de Baas'. Een top-kankeronderzoeker van het Antoni van Leeuwenhoek in Amsterdam doet de volgende zeer schokkende en onthutsende uitspraken:

"75% van alle kankermedicijnen werkt niet ... drie van de vier patiënten hebben geen baat bij de medicijnen die hen gegeven worden. Chemo is een botte bijl tegen alles wat snel deelt."

Al in december 2003 zei GlaxoSmithKline-directeur dr. Allen Roses in The Independent, een grote Engelse krant, dat 75% van de kankermedicijnen niet werkt, maar wel winst oplevert. Als je het gehele verhaal wilt lezen: www.succesboeken.nl/GlaxoChief2003.pdf

Vorig jaar heb ik in deze nieuwsbrief uitgebreid aandacht besteed aan het boek 'Verzwegen verhaal over kanker' van Dr. Brian Peskin, gebaseerd op de wetenschap van Nobelprijswinnaar dr. Otto Warburg.

Na het lezen van het boek heeft ingenieur Ard Pisa nog maar één missie: Dit moet iedereen weten!

Van zijn hand is nu het boek uitgekomen met de titel: 'Wat Angelina niet wist over kanker, maar wel had moeten weten'.

Het kan niet waar zijn dat de oorzaak van kanker sinds 1926 bekend is, maar dat de kankerindustrie met zijn farmaceutische spelers met miljarden omzet er niets van wil weten. Het wordt tijd om de waarheid boven tafel te krijgen maar bovenal mensen beter voor te lichten over de ziekte en preventie ... daar gaat dit boek over!

Dit boek is qua taalgebruik toegankelijker dan het boek van Dr. Peskin en zeer aan te bevelen. Ik vind het een eer dat ik met de column 'De boodschap van ziek zijn' aan dit boek heb mogen meewerken.

Op zondagmiddag 27 oktober a.s. vindt er n.a.v. de uitgifte van dit boek een lezing plaats in hotel De Witte Bergen te Eemnes over het onderwerp kanker.

Ook in deze nieuwsbrief een artikel van *Geert Vousten*, over de kracht van perceptie.

Inhoud:

- Wat Angelina niet wist over kanker
- Lezing over kanker
- De kracht van perceptie

Wat Angelina niet wist over kanker

In dit boek van Ard Pisa gaat een nieuwe wereld voor je open in duidelijke, soms choquerende bewoordingen.

Word niet boos als je andere dingen leest dan waar je tot nu toe in hebt geloofd. Soms is het moeilijk wennen aan een andere of nieuwe zienswijze. Dit boek laat in duidelijke taal zien wat kanker nu eigenlijk is, wat de hoofdoorzaak is en hoe je jezelf maximaal kan beschermen tegen de ontwikkeling van kanker.

Er zijn 10 belangrijke wetenswaardigheden over kanker die iedereen zou moeten weten, en uiteraard staan die in dit boek vermeld.

Dr. Rene Bernards van het Antoni van Leeuwenhoek ziekenhuis laat nog weten in het artikel inde Telegraaf: Jaarlijks geeft de wereld 49 miljard dollar uit aan kankermedicijnen. Daarvan wordt 37 miljard eigenlijk alleen maar gebruikt om mensen nog zieker te maken. Want je hebt als kankerpatiënt wel de ellendige bijwerkingen, maar geen baat.

Uit deze woorden kun je opmaken dat de mensheid de afgelopen decennia onvoorstelbaar is beduvel, bedonderd, verkeerd voorgelicht, opgelicht, (u mag het woord zelf invullen), waarom zou er dan de komende decennia niet hetzelfde kunnen gebeuren met de zogenaamde DNA-oorzaaktheorie, die volgens dr. Otto Warburg, prof. Brian Peskin en honderden andere wetenschappers wereldwijd niet de oorzaak van kanker is, maar een gevolg.

Het boek inzien of bestellen van het boek kan door op onderstaande afbeelding te klikken:



Over de schrijver: Na het afronden van een tweejarige opleiding voor personal coaching in 2006, startte Ard Pisa vanuit zijn gedrevenheid voor gezondheid eigen onderzoeken op om te achterhalen wat nu wél en niet gezond is op het gebied van voeding, beweging en emotionele huishouding.

Zijn vastberadenheid, die hij ontwikkelde in het bankwezen, leverde hem historische ontdekkingen op. Tijdens zijn jarenlange gezondheidsonderzoek kwam hij de briljante wetenschappelijke kankeronderzoeken van wijlen dr. Otto Warburg en professor Brian Peskin tegen.

Lezing over kanker

Op zondagmiddag 27 oktober a.s. vindt er een lezing plaats in hotel De Witte Bergen te Eemnes over het onderwerp kanker.

Drie artsen, Henk Fransen, Wim Huppes en Frits van der Blom - alle drie zeer kundig omtrent het onderwerp kanker - en uiteraard de auteur zelf, zullen die middag spreken.

De essentie van de middag is voorlichting; het grote publiek wordt te eenzijdig voorgelicht. Een van de uitspraken van Ard Pisa en een passage uit het boek is: 'We zijn het allemaal gaan geloven', hetgeen slaat op de decennialange marketingmethode van farmaceutische bedrijven. We zijn het gaan geloven dat de huidige behandelmethoden helpen, de farmaceutische bedrijven via de media regelmatig het grote publiek hoop geven, door te roepen dat 'we er bijna zijn' of dat er weer een nieuw medicijn is uitgevonden en dat kanker over 20 jaar 'slechts' een chronische ziekte is. De realiteit is echter dat er steeds meer mensen aan kanker overlijden, er steeds meer patiënten bij komen, de omzetcijfers en winst van kankermedicijnen als kool groeien en dat overal ter wereld de zorgkosten zieker zijn dan ooit tevoren.

U kunt kaarten voor de lezing bestellen door op onderstaande afbeelding te klikken:



De lezing start om 12.00 u. Tussendoor is er een pauze en de middag zal ± 18.00 u afgelopen zijn.

De middag wordt georganiseerd door uitgeverij Succesboeken.nl en Stichting Gezond Verstand Avonden. Entree is 10 euro.

*Ons diepste zelf is onbevreesd,
is immuun voor kritiek,
en kan elke uitdaging aan.*

De kracht van perceptie (bijdrage van Geert Vousten)

Hieronder enkele passages uit het artikel "**Ben je bewust van je gedachten**", gepubliceerd op de website LifeByDesign - Consciously Creating Your Own Reality.

"Be careful what you think of" is een Engelse uitdrukking. Dit betekent: "Wees voorzichtig met wat je denkt". Je hoeft niet zo zeer voorzichtig te zijn, dat is met name afhankelijk van wat je denkt, maar ben er wel heel erg bewust van wat je denkt... Het meest belangrijke in je leven is n.l. wat je denkt en wat je innerlijke overtuiging is! Dit bepaalt mede jouw leven en daarmee uiteraard ook jouw gezondheid.

De kracht van perceptie, zijnde onze overtuigingen die gevoed worden door onze gedachten ...

En waar komen onze gedachten dan vandaan? Goede vraag, maar zeker is dat de gedachten die we krijgen in ieder geval weer gerelateerd zijn aan onze overtuigingen, opgedaan in ons leven, de maatschappij, onze opvoeding (met name in de eerste 6 jaar) en volgens velen ook vanuit vorige levens.

Zo leven de meeste mensen heden ten dage dus continu vanuit hun verleden in plaats van vanuit het Nu en leven een voorspelbaar leven.

Onderzoek van de laatste jaren laat ons zien dat percepties heel krachtig zijn. Het meest bekende is uiteraard het placebo- (en nocebo-) effect.

Overtuigingen bepalen uiteindelijk ons gedrag. Het gedrag dat we blijven herhalen (patronen) noemen we gewoontes en van daaruit ontwikkelt zich weer onze persoonlijke identiteit.

In wetenschappelijke studies van de laatste jaren zoals Epigenetics (Epigenetic Control - invloed omgevingsfactoren op genen) en Neuroplasticity (veranderingen in ons brein o.a. als gevolg van gedrag en omgeving). Epigenetics, met als drijvende kracht Dr. Bruce Lipton, haalt de stelling dat 'alles' vast ligt in de genen onderuit.

De volgende conclusies kunnen worden getrokken dat Perceptie "beheerst" Gedrag en Perceptie "beheerst" Genen en Perceptie "herschrijft" genen.

Let wel, het is dus niet alleen de omgeving die ons gedrag en onze genen beheerst (en impliciet onze gezondheid) maar onze overtuiging of geloof met betrekking tot deze omgeving. Deze overtuiging fungeert namelijk als perceptiefilter. Als we dus de manier wijzigen hoe we reageren op de omgeving, dan wijzigen we onze gezondheid en ons lot.

Alles wat je *creëert of manifesteert* in je leven en *zelfs het vertrouwen hebben in*, gaat automatisch. Je 'schept' je eigen realiteit, zowel je leven als je gezondheid, als wezenlijk onderdeel daarvan. Het gaat er om wat je gelooft of waar je overtuigd van bent.

Vraag jezelf eerlijk af, wat je gelooft of dat in lijn is met je ware zelf?

Zo niet, dan zijn het niet jouw overtuigingen, maar van je opvoeders of van de maatschappij of van je vrienden. Dan gedraag je je niet zoals je werkelijk bent.

Je hebt de vrije wil om je emoties te beheersen, blijf in verrukking en heb geen verwachtingen, laat het leven toe en je leven wordt waar je alleen nog maar van hebt gedroomd.

'Zijn wie je werkelijk bent' – en de basis voor dit alles is **hou van jezelf!**

Het allerbeste geneesmiddel of supplement om ziektes te voorkomen.

Voor meer informatie en het hele volledige artikel kunt u terecht op

www.LifeByDesign.nl onder Blog.

Geert Vousten – LifeByDesign

Goed om te zien:

Neurochirurg Eben Alexander laat weten: 'Love is the only thing that counts.'
(Nederlands ondertiteld)

<http://schepperencotv.ncrv.nl/ncrvgemist/>

'Zorg goed voor je lichaam.

Het is de enige plek waar je zult leven.'

Als u vindt dat deze nieuwsbrief ook belangrijk is voor andere mensen die u kent, stuur 'm dan aub door.

En wie weet ontmoeten we elkaar op 27 oktober bij de lezing over kanker in Eemnes.

Hartelijke groet,

Foekje Meijer-Linstra



www.kankervoorbij.com
www.regenbogen-en-sterrenlicht.com

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September 2013

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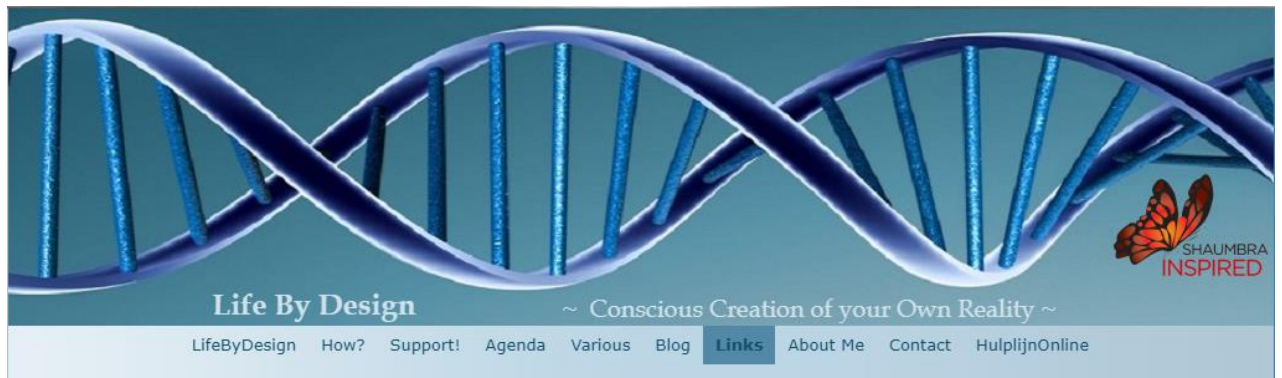
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07 - Links



My direct related recommended Links:

- [Consciousness Pioneers](#) - my Community/Network
- [Consciousness Pioneers](#) - my Supporting website (.nl and .eu)
- [Believe2C](#) - my Supporting website (.nl and .com)
- [Online e-book library](#) - linked to my e-books library on my dropbox

Mijn bijdrage aan **De Reis van de Held** - September 2015

[De Reis van de Held September 2015](#) from **[dereisvandeheldin](#)**

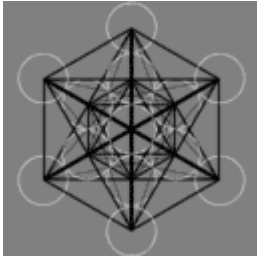
Common links:

- [iStats.nl](#)

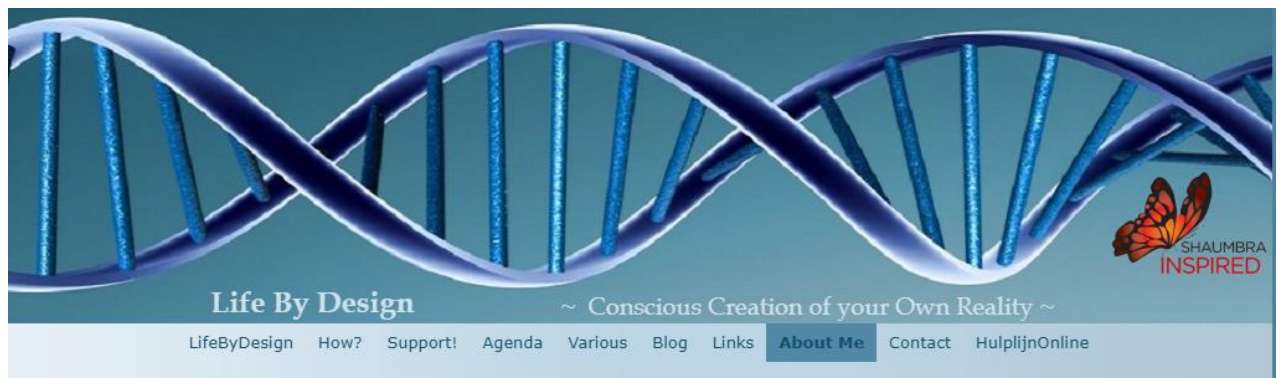
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- [bezoek zelf hip-evenementen](#)
- [goeielinkjes.expertpagina](#) - de beste linkjes op een rij
- [steektrap](#) (exchanged links)
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- [Reallife game vrijgezellenfeest - Escaperoom.nl](#)
- [hip-catering.nl](#)
- [kaartjes-fabriek.nl](#)

- Qualitycases.nl
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- [Vakantiejob](#)
- [Bijbaan Amsterdam](#)
- [Vakantiewerk Utrecht](#)
- [Werken bij de overheid](#)



08 – About Me



8.1. About Me (*New Me*)

I am still under construction ;-) (*I Am that I Am ; I Exist and will always be*)

After quitting fighting mass-consciousness (*alternative media, awareness-building news and politics with SOPN*) and finishing, for now my last and latest workshop - *Breaking the Habit of Being Yourself(level3)* from *Dr. Joe Dispenza*, I became a **New Me** at the 3th of December 2012.

Experiencing almost totally true freedom, I started *again* with "**Changing from the inside out**", stepping out of duality (*there are only just experiences, there is no good or bad, unless you believe in it*).

First by finishing a document '*New Energy, New Consciousness*', a summary as *my* reflection and therefore *my* essence and *my* truth of the gatherings, presented by the *Crimson Circle* featuring *Adamus St. Germain*.

I use it as the basis in my study and in my process, my own human evolution with regard to consciousness (which, in my opinion, is the common purpose in life, next to *joy* of course.)

These first 2 documents '*New Energy, New Consciousness*', '*Freedom with 'New Energy & New Consciousness*' were a starting point for this website, eventually future presentations, reflections and workshops, supported by the MeetUp group: *Consciousness Pioneers*.

July 2014, I finished my third document: '*Experiencing Enlightenment*' which also reflected (in) my life, my journey.

Currently working on my fourth document '*Love & Passion*', this summary is really about **SelfLove, Kharisma** (giving Grace), **Gratitude** and the Kaikho (**Passion** as deep inner truth) for **Embodied Consciousness** by 'losing' your body, your mind and going beyond your personality...



All applicable and supportive for everyone who is interested in *consciously creating* and following the path of *natural (embodied) enlightenment, embodied consciousness* and stepping into *phase 2 of the Human Game*.

I want to support and teach (*by example*), by '*walking the talk*', that the basis in life is **Freedom** and the purpose of life is **Joy**.

Also studying aspects from *Quantum Physics, The Holographic Universe, Epigenetics, Neuroplasticity* and *Nutrigenomics*, **bringing the science and mystical together**, and trying to make it all 'clear' to me regarding the underlying 'theory'/science (for as far as we know yet). Together with my own truth, insights, my wisdom and knowingness and several tools from others, starting 'walking the talk' and bring it into practice for myself as *embodied consciousness*.

I am already experiencing so much joy and live a blissful life by living in the moment, navigating on the core-frequency of who I really am and still expanding consciousness. Consciously creating reality by letting in and letting go of aspects and old beliefs and by **staying excited** and have **no expectations (no details, no agenda)**. Just **Live**.

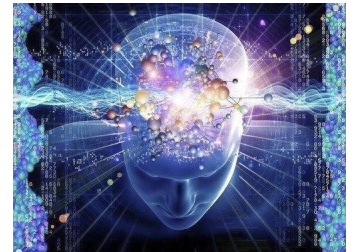
Acting in consciousness and then it's there. My choice for *embodied consciousness* in this lifetime without power and programs, by **allowing, trusting** and letting consciousness be the guiding force in my life (**surrender**). Experiencing the Master in myself and acting as a Consciousness Pioneer.

I feel the urge (as I always felt) **to share** all of this with others who are willing to change their life too and to support, to guide and to teach them. By being a Standard, to be in vision. And this has the potential to change this planet. As a true Consciousness Pioneer.

Conscious Choices to a ConsciousCreation (Believing is Seeing). It's time for Realization. To 'Be the Change', Believe2C..the Change in the World.

Gratitude is my word for this new year 2015 ; *Gratitude is the key for manifesting all I want... because it opens my Heart...*”,

Because now I finally know what I want. "My passion is to 'teach by example' on this planet, to 'teach' how one finds their sovereignty by choosing freedom and their path to natural (embodied) enlightenment or how to just live an easier life. And because it's my passion, then this will work.



~~~~~

Experiencing and integrating my aspects in life by all-embracing compassion from my heart.

As *True Happiness* is (just) an Inner Feeling!

Discovering and Allowing the Enlightenment and Trusting. It's **Mastery or nothing!** Letting that passion out, letting it come forth.

Embodied consciousness as a *New Energy Master*, just passing through. Getting out of the Mind into true knowingness, into the essence. The Master discovers that it's all about just allowing! It's simply to live. To live... **Live!**



When you live **you become a Standard for others.**  
When you live, **you have vitality and health and abundance.**  
When you live, **you inspire others.**

And **Live your life for the pure joy** instead of to get anywhere!





**Be Love ~ #Blove #gratitude  
Stay Excited, No Expectations!  
Being in My Compassionate Presence!**

*All is Well (in all of Creations)!*

*Geert Vousten*

**Living is my Job and my Art.  
Free to be Me  
[consciousnesspioneers.nl](http://consciousnesspioneers.nl)  
[believe2C.com](http://believe2C.com)**



### Geert Vousten (2018)

You are welcome to email or call me!

Contact me [here](#)

No Facebook 

Linked IN 

No Twitter 

No Social Media, for personal use @ all, it's a [distraction...!!](#)

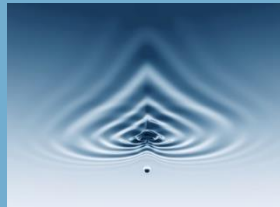
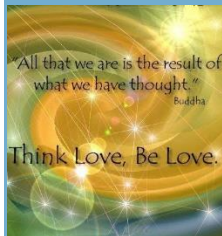


A **Consciousness Pioneer** is one who explores new realms of consciousness and awareness.



the world

My real job is a **Consciousness Pioneer**. It's the best job in



My Master's Pin

De **Reis van de Held** -Mijn verhaal

**De Reis van de Held September 2015** from [dereisvandeheldin](#)

## 8.2 Consciousness Pioneer

**Best Job in the World** (Article for Geoffrey Hoppe, *Shaumbra Monthly Magazine*, July 2014)

*What do you do for a living?* I know many [Shaumbra](#) who are doctors and psychologists, healers and software programmers. Some work in a government job or teach at a university, while others are graphic designers or accounting managers. Quite a few Shaumbra are retired, and a surprising number of Shaumbra have their own business.

I have one of the best jobs in the world. I work with a dedicated team of New Energy professionals at the [Crimson Circle](#) here in Colorado, USA. The Crimson Circle doesn't have an office; the staff works from their homes. After many decades of driving back and forth to work and putting up with corporate office dynamics, it's a blessing to work with this team and from my home. I get to travel around the world with Linda, meet amazing Shaumbra and see places I never imaged. I work long hours but it's always a joy because I'm in my true passion. Plus, my boss is an angel.

Whether you're a construction worker or an architect, an engineer or physicist, this is not your real job. It's a way to make a living, pay your bills and perhaps express your talents.

Your real job is a **Consciousness Pioneer**. It's the best job in the world.

**A Consciousness Pioneer is one who explores new realms of consciousness and awareness.** Not many humans have this title; most are content with following their old karmic and destiny paths. They shudder at the very thought of exploring new levels of consciousness, if they even know what consciousness is. In fact most people are unconscious about consciousness. A quick Google search shows that there are 26 million results for a search on the word consciousness, compared to 191 million results for religion, 235 million results for soccer, 686 million results for fashion, 714 million results for money and 761 million results for sex.

**A Consciousness Pioneer dives into new feelings, thoughts and emotions. At some point they go beyond thinking and emotion, deep into sensual awareness. They break out of Mass Consciousness limitations, going into the unexplainable and incomprehensible. They imagine the unimaginable and create new levels of consciousness.**

**The Consciousness Pioneers do this within and for themselves. They often think they are doing this for some internal resolution to their problems and issues but in reality they are doing it because of a deep desire for more, to go beyond, to experience something besides the old and mundane.**

**Although the Consciousness Pioneer does not do their job in order to save the world or to be spiritual social workers, their work has a profound impact on... everything.**

**They poke holes in the ceiling of Mass Consciousness so that others may eventually break free of their barriers. By exploring the Unknown and Uncreated they set the standard for others who one day may choose their liberation.**

Not just anyone can be a Consciousness Pioneer. It requires lifetimes of looking within, peeling away layer upon layer of old beliefs and wounds, accepting responsibility for your creations, not following gurus or using old sacred books as a crutch, and never taking yourself too seriously. A sense of humor is one of the main job requirements. A sense of compassion is also very high on the list. Compassion, as defined by Tobias, is "accepting all things as they are." Adamus would say it as "All is well in all of Creation." One of the most challenging requirements is discernment, especially the understanding that "It's Not About Me." Most Consciousness Pioneers check this box when applying for the job but really have no idea what it means until they are well into their consciousness career.

While being a CP is the best job in the world, it has its drawbacks. At times it's a lonely job. There are monthly Shouds and occasional live workshops but for the most part you're on your own. It's a "sole" job, or perhaps "soul" job. You'll have the strong tendency to take in nearly everything as your own, meaning that you'll feel everything around you but assume it must be coming from within you. Sooner or later you'll learn that the only thoughts or feelings that are yours are the one you are consciously choosing, but even the Ascended Masters had a hard time with this.

Those who are energy vampires need not apply. If you linger in the victim energy you'll never break out of old patterns, energy feeding or lower levels of Mass Consciousness.

Caution: At times there will be an overwhelming tendency to think you're going crazy. In a way you are, because you're learning to go beyond the norms of the mind, linear reality and complacency. As a CP your mind will try to relate your new experiences to things from the past, but they simply won't apply. After massive bouts with craziness and perhaps even depression you'll finally learn to tell your old mind, "Shut Up!" And it eventually will, especially if you activate your sense of humor.

The pay doesn't really matter for a CP. Research has shown that CPs will actually PAY to be one rather than receive pay because the true rewards are at a level that simply cannot be measured in money. (Update: CPs are now finding that they are worthy to receive more pay from their "make-a-living" jobs. Go figure.)



The ultimate frontier for a CP is freedom. It's the realization

of the I Am. It's being free of illusions, relying on others, karma, distractions, limitations and the past. Once this freedom is realized and embodied, the Consciousness Pioneer adds a new line to their business card: **FREE TO BE ME.**

**Footnote:** While writing this article I did a quick web search on the Internet URL (domain name) for "[consciousnesspioneers.com](http://consciousnesspioneers.com)." To my surprise and delight it was available. I guess it was just waiting for us, or perhaps nobody else had the consciousness to own it up to now. Michelle MacHale registered the domain along with it's [.org](http://consciousnesspioneers.org), [.net](http://consciousnesspioneers.net) and [.us](http://consciousnesspioneers.us) iterations and has tentatively pointed them to the Crimson Circle website. If you have any suggestions for how we can use [consciousnesspioneers.com](http://consciousnesspioneers.com) please post them on the Crimson Circle Facebook group page.

*By Geoffrey Hoppe - Shaumbra Monthly, July 2014)*

**Footnote2** by LifebyDesign: At July 1<sup>st</sup>, 2014 I (Geert Vousten – [LifeByDesign.nl](http://LifeByDesign.nl) ) registered domain "[consciousnesspioneers.nl](http://consciousnesspioneers.nl)", as the Dutch component of the Consciousness Pioneers.

At September 3<sup>rd</sup>, 2014 I (Geert Vousten – [LifeByDesign.nl](http://LifeByDesign.nl) ) registered domain "[consciousnesspioneers.eu](http://consciousnesspioneers.eu)", as the European component of the Consciousness Pioneers.



### **LIVE for the JOY of It.**

I would just love for people to really embrace life as a joyful experience. We know we chose to come here and that we just came here for experience, and we know that we get to choose how it is, so *why not choose it to be joyful and full of love?* We get so caught up in the journey, thinking that enlightenment is this reward down the track and that integration is this final destination, instead of just saying, "*I am there, and now I choose to enjoy it!*"

I think once we finally let go of having to learn more, or of having to integrate or deal with aspects and all that stuff – which is so wonderful and noble – and instead do it just for the joy of knowing more of ourselves; when we stop and say, "*Yes, I am enlightened!*" and then **just enjoy life whatever it looks like, wherever it looks like, whatever it feels like**; when we let go of all the ideas and expectations of how we should be in life and don't care what anyone else thinks about it, there's such a fabulous freedom in that!

And **live your life for the pure joy instead of to get anywhere!**

([Kuthumi](#) channeler [Marisa Calvi](#))

It really is now that we are all so ready to stop with the struggle and to let go of this journey business. And to really stop and just really own your ascension. **To really trust that we are enlightened.**

The real joy now in this new consciousness is staying and experiencing it in this dimension.

Because no one, apart from me and *Adamus*, have really done that before, *okay?* So you're now sitting within this era of humanity which is actually open to allowing that experience. And it's allowing it to happen side-by-side with those still choosing duality. Which is a fabulous distraction and it kind of still likes to pull you guys out of your center and your balance a little bit!

So I like to be around to remind you that yes, you are enlightened. Yes, you have ascended. Now you're having the fun of getting to know it. Now you're having the fun of letting it evolve. Now you're having the fun of doing it in this absolutely personal, sovereign way. Because the way you do it, *John*, will be different to how *Marisa* does it, to how *Jean* does it, to how whoever else does it. Ascension now is the most intimate personal experience. You can share your stories and you can share your feelings, but you can never tell someone else how to do it. You can never tell someone else, "*This is the way it is done.*" And if anyone ever tells you that, hit them! [*Kuthumi laughs at his joke.*]

This is now about just the intimacy of knowing your essence, trusting that essence, and then just inviting so much more! **It's about embracing and knowing that you are absolutely perfect and amazing wherever you are and however you are.** And that every time you take a breath it is to say, "*Yes, I am enlightened. I am that I am, right here, right now, so in love with myself!*" And every time you take that breath of I AM it is to say, "*I want to know more of me, I want to love more of me, and I want more of this experience.*"

It's a whole other abundance that is just waiting to come in! **The minute you accept it and embrace it, then you go into the next wonderful phase, which is letting it evolve.** Letting it expand. You see, that's what people get caught up in. They think this enlightenment and this ascension thing is a final destination. But even integration isn't a final destination, so that's kind of a little thing that we'll work on now. Which is knowing that the longer you're here you'll still be creating more aspects to have fun with the experience. You're creating new aspects to go and have a different adventure or to deal with things in a different way, but they're getting created with the foundation of balance and self-love. They're not being created out of a trauma or being fractured. That's the difference.

So integration evolves. Everything evolves. You would not be satisfied with being a finite, complete being here in humanity! You guys set up the design that way, but there's been a bit of resistance to remembering that that's what it's going to be like. So it's wonderful to have your dreams and fantasies about how life can be, because as long as they're not distracting you or you get lost in them, they give you that little bit of a pep rally inside of you to say, **"Keep going! Keep going! Keep going! Because I can invite things to be even grander than they are now, but I absolutely love and honor where I am now. I just want more!"**

(*Kuthumi*)



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Although the **Consciousness Pioneer** does not do their job in order to save the world or to be spiritual social workers, their work has a profound impact on... everything.

**Consciousness Pioneers** poke holes in the ceiling of Mass Consciousness so that others may eventually break free of their barriers. By exploring the Unknown and Uncreated they set the standard for others who one day may choose their liberation.



You can't be genuinely prosperous unless you have personal freedom. You will have attained true personal freedom in this world when you can get up in the morning when you want to get up; go to sleep when you want to go to sleep; and in the interval, work and play at the things you want to work and play at — all at your own pace.



To me, true prosperity begins with feeling good about yourself. It is also the freedom to do what you want to do, when you want to do it. It is never an amount of money; it is a state of mind. Prosperity or lack of it is an outer expression of the ideas in your head.

— Louise L. Hay



## 8.3 My Journey

I AM part of a small group of humans bringing **a new level of consciousness** to the planet. I AM in the process of allowing my free energy body (also called the Light Body) that goes far beyond my ancestral DNA. I AM allowing my gnost\* (knowingness) that goes far beyond the ancient brain.

I AM **allowing the Master** (wisdom) to be in my human life. I AM changing my relationship with energy in order to experience the Ahmyo\* Life. And I AM releasing myself from the gravity of mass consciousness.

That's why I say "**No More**"... no more battles, causes, games, karmic relationships, or other distractions that would take me away from my journey into Realization.

And I AM doing all of this while humanity is embarking on a new direction in its evolution, what Adamus St.Germain calls '*The Time of Machines*' (next book to come - Ed. note ).

What I AM doing has its origin in the *Temples of Tien\**, the times of *Yeshua\**, and the *Mystery Schools*. It is done simply: **Understanding what is going on, and allowing what is natural.**

But it is not for the faint of heart. There are intense changes in my body. I will have times of **disorientation** in my mental, logical and emotional balance. And there will come **disassociation** with many friendships, family connections and other karma relationships.

I face **many challenges**, but they are not nearly as daunting because I understand what is going on.

I will have **doubts**, mostly from old psychological programming and hypnosis. I will get **impatient**, wondering why this takes so long. It's important to allow for these quantum energy adjustments as to not throw myself totally out of balance.

I will experience times of **low energy** as my body and mind shift away from old sources of energy. And for some of us, the old ghosts of deeply ingrained **abundance issues** will haunt us, but ultimately this is really about worthiness.

### My current focus:

I AM changing my personal **relationship with energy**, going from the *Law of Attraction* to the new *I am, Center of Creation*.

I AM beginning to **allow the wisdom of the Master** into my human life. This brings forth the *New Thinking* that includes wisdom and consciousness rather than just the human brain.

### What can I - and should I - do?

- # Understand that Realization is **real** for me, and that it is a **natural** occurrence.
- # Understand what is happening **within me**, and why.
- # **Allow**, rather than resist or control. There is nothing to fight or effort.

Realization is here for me as I choose and allow. But it is not for those who seek power, or the perfection of the human condition. Some come and some go. Others like the distraction from their everyday life. A few are ready, and allow themselves to be worthy.

*The Crimson Council\** recently adjusted for the needs of *Shaumbra\**. The Council is now dedicated solely to Shaumbra who are ready and allowing.

## What dreams may come?

*"To awaken, perchance to dream ~~ ay, there's the rub, or in that awakening what dreams may come when we have shuffled off this mortal coil, must give us pause."*

(Your Journey, offered March 3th, 2018 by Adamus St. Germain ~  
(personalized by me to ~ [my Journey](#))

## My 3 imperatives ~ going forward into 2018

- 1) It's time to **go beyond linear thinking**. Start exploring every possible iteration about everything. Look at all perspectives, not just linear. Linear is boring. I AM going beyond linear-local-singularity.
- 2) Time to **go beyond emotional processing**. It's tiring and energy consuming and it will steal energy from you. Whatever we went through in our past get over it. Many are addicted to their wounds to the point where the wounds are taking on their own identities. No more therapy. It's bullshit. Processing is only appropriate to a point. It then becomes self-perpetuating. We don't have room for it any more. Take a deep breath and get over it. If you insist in staying in pain it's going to get much more intense in these new energies. Don't drag little blankies with us. As soon as you say "*no more*" it will stop. Problems/demons/past memories will fall away.
- 3) **Stop fearing your human self**. There's a lot of fear. Humans fear themselves and are thinking small. They fear their body, diseases, food, etc. Go beyond fearing death, pain. We simply can't evolve if we're in fear. There's a lot of fear about your own thoughts. Fear about whether you are going to be successful, a good partner, going to sleep at night. It's time to stop fearing yourselves and other humans. It's like a dog chasing its tail. If you fear yourself you'll fear others. It's time to go beyond the fear of yourself. Instead allow, open the doors and windows and allow your own mastery in. We haven't done anything wrong. Stop fearing the past. There's an accumulation of fears that we have to let go of. We won't accept our divinity if we're afraid. True creation is simply being. Swim in the being. Feel the beauty of true creation.

***Allowing = All is well in all of creation***

**~~ It's a soul/sole journey... not even a journey...**

**It was always here, already present! ~~**

## Glossary:

\***Gnost**: Our "creative solution," gnost is the part of us that solves problems beyond the capabilities of the mind. Gnost is reawakening now after being dormant for a long time. (variant of "Dei Un Gnost")

\***Ahmyo**: Absolute and pure trust in self, the realization of the I Am.

\***Temples of Tien**: A special place in Atlantis where *Shaumbra*\* first gathered to study energy. Many Shaumbra know each other from their times of working together in the temples.

\**Yeshua ben Joseph*: Also known as Jesus; a human manifestation of the collective Christ Consciousness, brought to Earth by those who understood that it was time for the divine to meld with the human on Earth.

\**The Crimson Council*: A celestial teaching order that includes Tobias, Adamus Saint-Germain, Kuthumi Lal Singh, and other angels who are assisting us on our journey.

\**Shaumbra*: The name used by Tobias and others for the group of humans going through the awakening process. Tobias claims the term originated during the times of *Yeshua ben Joseph*\* (Jesus), when people – many of them Essenes – would gather for secret spiritual meetings. Loosely translated in old Hebrew, the first portion of the word Shaumbra is pronounced "shau-home." "Shau-home" means home or family. The second portion of the term is "ba-rah," which means journey and mission. When these terms are put together, it is "shau-home-ba-rah" which means family that is on a journey and experiencing together. Tobias says that in the biblical times, a "shaumbra" was also a scarf or shawl that was worn by either male or female. It was a distinctive crimson color that let the others know it was time to meet. (pronounced Shom-bra)



## 8.4 About Me (Old me)

### (2005 - 2012) - My awakening

(original from my former website: [metatron-healing.nl](http://metatron-healing.nl))

(2012) My name is *Geert Vousten* and I'm living in *Amersfoort*, a town near *Amsterdam*. I live my life aware in purity and in transparency ('to be').

There were some big changes in my life, so again I focussed first on heal yourself, as I understood that it is all about my own awareness, consciousness.

In 2005 I started my spiritual quest, learning to effectively hone my intuition based on my premonitions...

Google-ing 'effective' and 'intuition', I found a book called "*De nieuwe werkelijkheid*" (*The New Reality*) from *Carolina Bont* and finally it became mine also. My new reality!

I proceeded to read several books about '*wonderland*'. As 'a layman' I was astonished and surprised and did not always know what was happening to me in this world of consciousness-raising, spirituality and alternative medicin etc..!!

All the while I was conscious that something would cross my path, something new, something different and something real...Something that I would recognise instantly..This is it!

My dear sister, sensing that the time was right, gave me a *Reiki* initiation, following which I completed a 2 year course of *Intuitive Development* and *Healing at Mens & Intuïtie* in *Amersfoort*.

In that final year I discovered *The Reconnection*, started to get Reconnected and attended the *Reconnection* seminars (level I,II and III) in *Antwerp*.

There my search ended...

So now the moment is here, I want to follow this new path - of this I have no doubt.

After my (personal) *Reconnection*, I became more peaceful and more conscious about most things and I knew this is it - *The Reconnection!*

Having a fulltime (40+ hours) job I found there wasn't sufficient time to establish a healing practice. My focus was on activities like spreading the word of *The Reconnection*. I did some Distance Reconnective healings through *Healing International* and I founded *Healing Nederland*, a Dutch equivalent social network for like-minded people, to reach as many 'healers' as possible. The aim was to introduce them to *The Reconnection*, using the explanations and links to [www.thereconnection.com](http://www.thereconnection.com) and also to give the associate Dutch Reconnection practitioners a platform to exchange experiences.

On 12th November 2008 I escorted *Eric Pearl* to a booksigning and presentation here in the *Netherlands*... With no real indications, I was already aware that this opportunity would arise after completing the Reconnective Healing seminars in *Belgium (Antwerp)* May 2009.

I followed this up by working as a volunteer at the Reconnection seminars and at the *EU Mastery Conference 2009* in *Amsterdam*.

Now the time was right to build my own Reconnection practice and to help the Reconnection family when possible during the European seminars.

In 2010 I gained more experience during the Reconnection seminars in *Riccione, Hamburg, Budapest* and *Antwerp* conducted by *Eric Pearl* himself and *Doug De Vito*. When *The Reconnection* does *Holland*, I always will be there to assist and to feel this wonderful energy during these weekends. So also in 2011, *Amsterdam* and *Brugge(B)* and it was an honour for me to drive *Eric* around in *Amsterdam*, even if it was to buy sneakers.

In my free time I assist at lectures and workshops organized by *Bliz Events* with speakers like *Lynne McTaggart, Gregg Braden, Joe Dispenza, Annemarie Postma, Gary Renard, Bruce Lipton* and *Caroline Myss*. I was also a volunteer at *Niburu* (Awareness-building news at [niburu.nl](http://niburu.nl) and at [niburunews.com](http://niburunews.com) where I organized the events, presentations, office management and the agenda on the website.

I even had the honour and opportunity to interview *Kiesha Crowter* (Little Grandmother), an amazing experience.

Mid 2011 I became aware that before talking about and spreading consciousness, you have to be it! This means starting with "*Healing Yourself*" and as *Gandhi* said "*Be the Change*", so one of the consequences was that I ended my regular work and relationship. Besides "*Be the Change*", I want to add the statement from *Keisha Crowter* "*Be Love*". I fully trusted on things that would come and within that perspective I was proceeding life without fear, fully trusting.

In October 2011 a physical angel (M.) came on my path, and she was helping me in my awareness-building process in all facets and aspects of life. After 5 months we said goodbye and I alone proceeded with my process and my life.

The purpose of life is "to be who you really are" and had full trust by allowing life.

At *Purity Events* I took the workshop "*Metatronic Keys and the Law of Conscious Creation*" from *James Tyberonn* (who is channeling *Metatron*!!) and had also the opportunity to physically contact and spiritually connect with *Max* (the 13th crystal skull), one of the two extraterrestrial ones.

In April 2012 our government in the *Netherlands* collapsed and after a few days of consideration, I decided to give myself completely to a national movement 'fighting' for a loving society disguised as a political party (*SOPN*). I was co-initiator in 2011 and now was the time to match my words with deeds. In 5 months we build a real 'party' and we conduct a real campaign.

I was board-member, spokesman and was nr. 3 on the nomination for the parliamentary elections on the 12th September 2012. In despite of the fact that we didn't get any seats in parliament, we looked back with pleasure on our achievement. *The Netherlands* didn't have enough awareness yet to join us and build together a loving society.

Following the workshop "*Breaking The Habit of Being Yourself*" level I /II and III from *Joe Dispenza* of September and November 2012 brought me a "*New Me*" and was an extraordinary practical extension on the philosophy of the *Crimson Circle* (New Energy, New Consciousness ; through Ascended Master (*Adamus St. Germain*)).

I follow this affiliation some time and together with the work of my other inspirators (*Lynne McTaggart, Gregg Braden, Joe Dispenza en Bruce Lipton*) from whom I had the honour to accompany all of them during their events in the *Netherlands*, where I was a member of the event organizing staff of *Bliz Events*, it paved the way of *Life by Design - Quantum Creators (Consciously Creating your Own Reality)*.

It's my life, I live it to the fullest and love to share the knowledge as wisdom with the world, as my contribution to the world, by radiating it, by being a standard, as an example of "*Being the change*".



Geert Vousten

You are welcome to email or call me!

Contact me [here](#)

No Facebook 

Linked IN 

No Twitter 

No Social Media, for personal use @ all, it's a [distraction...!!](#)





## 09 – Contact



You can email *Geert* directly at [geert@lifebydesign.nl](mailto:geert@lifebydesign.nl), but you can also leave a message here:

---

Your name \*

Your email \*

Subject

Message \*

Neem de hieronder weergegeven karakters over. Dit is een bescherming tegen geautomatiseerde berichten. \*




[Captcha opnieuw laden](#)

Velden gemarkeerd met \* zijn vereist.

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[More about me](#)



Geert Vousten (2018)

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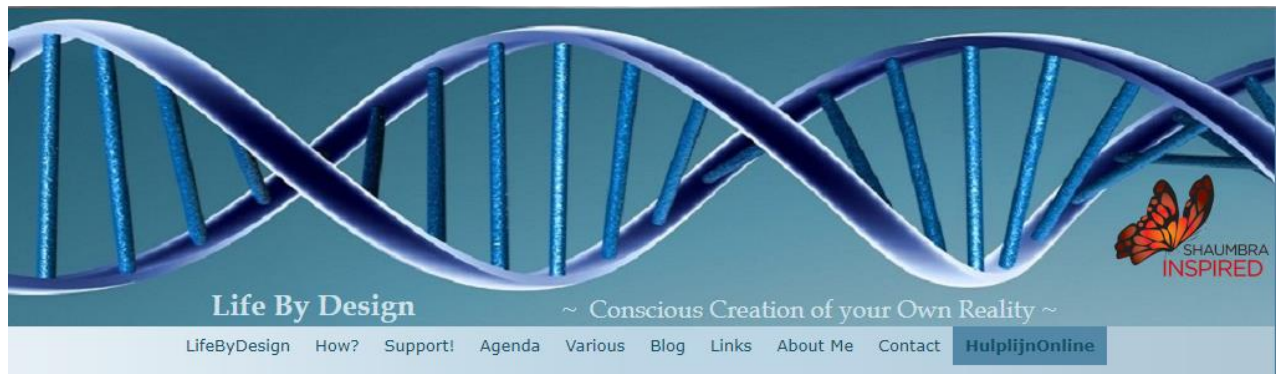
No Twitter 

No Social Media, for personal use @ all, it's a distraction...!!

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## 10 - HulplijnOnline



### 10.1 Verhelderend contact ~ Clarity contact - ( Geert Vousten / Box 03 )



Aangesloten bij

**HULPLIJNONLINE.NL**

Tel. 0900-0330 box 03 (€0,90 p/minuut)

## Verhelderend Contact

### Ik ben er voor je!

Ik kan een **luisterend oor** zijn maar je ook **helderheid verschaffen** en je **ongerustheid wegnemen** in deze bijzondere (heftige) tijden zodat je weer leiding (meesterschap) over je leven krijgt en je weer in je kracht komt te staan.

- ✓ **inspirerend**
- ✓ **rustgevend**
- ✓ **motiverend**
- ✓ **overtuigend**

De meeste mensen ervaren mijn werk als direct, bijzonder, praktisch, helder, no-nonsense, recht-uit-het-hart en to-the-point.

- luisterend in staat van ontvankelijkheid
- probleemverhelderend / verklarend
- adviserend / bemiddelend

Specialisatie: BewustZIJN, bewustwording, burn-out, emoties, in-het-nu-leven, acceptatie, slaapproblemen, transformatie, de shift, ascensieverschijnselen, van hoofd naar hart, the field



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Ik kan geen garanties geven of claimen dat de healing op zichzelf de persoon zal helen/genezen. Het zelfgenezend vermogen van iemand zal geactiveerd worden met een

naar verwachting goed resultaat. Ik geloof in een combinatie van alternatieve/complementaire behandelingen en de allopathische geneeswijze/behandelingen.

Het medisch advies en informatie die je op deze site vindt is niet bedoeld als vervanging voor welk medisch advies dan ook en houdt als zodanig ook geen rekening met je persoonlijke gezondheid situatie. De informatie op deze site is ook niet geschikt als diagnose voor een bepaalde ziekte of probleem en is niet geschikt als behandeling hiervoor.

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Inhoudelijk betekent dit, dat *Consciousness Pioneers* geen garantie geeft met betrekking tot betrouwbaarheid, bruikbaarheid, volledigheid of nauwkeurigheid van hetgeen er is vermeld.

(lees [hier](#) verder)

Bereikbaar voor telefonische consulten

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Geert Vousten



0900-0330 Box 03

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Zie [hier](#) of  
ik op dit moment beschikbaar  
voor je ben?



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## Shaumbra Symptoms

### Symptoms

~ **Body aches and pains, especially in the neck, shoulder and back.**

This is the result of intense changes at your DNA level as the 'Christ seed' awakens within. This too shall pass.

~ **Feeling of deep inner sadness for no apparent reason.**

You are releasing your past (this lifetime and others) and this causes the feeling of sadness.

This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house. This too shall pass.

~ **Crying for no apparent reason.** Similar to #2 above. It's good and healthy to let the tears flow. It helps to release the old energy within. This too shall pass.

~ **Sudden change in job or career.** A very common symptom. As you change, things around you will change as well. Do not worry about finding the 'perfect' job or career right now. This too shall pass.

You're in transition and you may make several job changes before you settle into one that fits your passion.

~ **Withdrawal from family relationships.** You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old relationships are released. It will appear as though you are drifting away from your family and friends. This too shall pass.

After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.

~ **Unusual sleep patterns.** It's likely that you'll awaken many nights between 2:00 and 4:00 AM. There is a lot of work going on within you, and it often causes you to wake up for a 'breather.'

Not to worry. If you cannot go back to sleep, get up and do something rather than lay in bed and worry about humanly things. This too shall pass.

~ **Intense dreams.** These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, running to escape and boogiemens. This too shall pass.

~ **Physical disorientation.** At times you will feel very ungrounded. You will be 'spatially challenged' with the feeling like you cannot put two feet on the ground, or that you are walking between two worlds.

As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within. This too shall pass.

~ **Increased 'self talk'.** You will find yourself talking to your Self more often. You will suddenly realize you have been chattering away with yourself for the past 30 minutes.

There is a new level of communication taking place within your being, and you are experiencing the tip of the iceberg with the self talk. The conversations will increase, and they will become more fluid, more coherent and more insightful. You are not going crazy, you are just Shaumbra moving into the new energy.

~ **Feelings of loneliness,** even when in the company of others. You may feel alone and removed from others. You may feel the desire to 'flee' groups and crowds.

As Shaumbra, you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time.

The feelings of loneliness are also associated with the fact that your Guides have departed. They have been with you on all of your journeys in all of your lifetimes. It was time for them to back away so you could fill your space with your own divinity. This too shall pass.

The void within will be filled with the love and energy of your own Christ consciousness.

~ **Loss of passion.** You may feel totally disimpassioned, with little or no desire to do anything. That is OK, and it is just part of the process. Take this time to 'do no-thing.' Do not fight yourself on this, because this too shall pass. It is similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed energy.

~ **A deep longing to go Home.** This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a 'suicidal' feeling. It is not based in anger or frustration. You do not want to make a big deal of it or cause drama for yourself or other. There is a quiet part of you that wants to go Home. The root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body. During this transition process, you have an inner remembrance of what it is like to be on the other side. Are you ready to enlist for another tour of duty here on Earth? Are you ready to take on the challenges of moving into the New Energy? Yes, indeed you could go Home right now. But you have come this far, and after many, many lifetimes it would be a shame to leave before the end of the movie. Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you are walking right now provides the experiences to enable you to become a Teacher of the New Divine Human. As lonely and dark as your journey can be at times, remember that you are never alone.

## Glossary

***These are terms that will be helpful to understand as you read this document and the official website.***

**Ahmyo** - Absolute and pure trust in self, the realization of the I Am. ( [Experiencing Enlightenment ; Addendum J: The Ahmyo Life](#) )

**Anayatron** - The communication network that all energy particles use to communicate with all other energy particles, particularly within the Body of Consciousness.

**Anost** - The state of imbalance to the light. "The imbalance to the light, or anost, is a denial of the dark. It is a denial of half of yourself, if not more." ~ Tobias (pronounced uh-nahst)

**Ascension** - The state of being wholly and completely in acceptance and love for yourself without reservation, having let go of all limitations of the human existence and being fully integrated with every part of Self.

**Adamus Saint-Germain** - A Master, an angel, a professor and a teacher from the Crimson Council who delivers messages and curriculum through Geoffrey Hoppe.

**Angel** - A souled being, birthed from the original Oneness, created by the love of Spirit.

**Aspects** - Different roles or identities we as Creator Beings have used to answer the question: Who Am I? We create aspects of ourselves to meet situations in this lifetime (e.g. the child, the parent, the business owner, the healer, etc). We also have many other aspects from past lives, from dreams and from the multidimensional realms. When aspects become "stuck" they can cause chaos and confusion as they move in and out of consciousness. However, through conscious choice we can welcome these aspects back home within ourselves and become fully integrated.

**Atlantis** - The second era of Earth experience, coming after the Lemurian era. Atlanteans were very communal by nature and did extensive work to standardize the human mind and body.

**Body of Consciousness** - A human's fully integrated physical body, mind, intelligence, awareness, feelings and spirit. Everything changes as you evolve into your I Am presence. No longer are you a house divided into separate rooms of biology, mind and spirit. Transitioning from your old paradigm into your new Body of Consciousness. The Body of Consciousness is the melding of your chakra system, physical organs, psychic aspects, physical senses and spirit into a single, unified Self. You are moving beyond your past, present and future states into an integrated Being operating simultaneously in multiple dimensions. You are going beyond the limitations of your physical senses of hearing, smell, touch, taste and sight into a new sensory perception from the core your being. In doing so you transcend the old, hierarchal and linear understandings of dimensions – 3rd, 4th, 5th, etc. – into a new perspective that dimensions weave into and dance with each other like colors on a painter's palette rather than separated from each other. Adamus defines the new You as a holistic Body of Consciousness in the New Energy.

**Cauldre** - The name Tobias and Adamus call Geoffrey Hoppe. This is not his "spirit name," rather a nickname used. (pronounced Ka-ool'-dra)

**Channeling** - When a non-physical entity or angel speaks through a human. The human translates the entity's "thought/energy packets" into words for others to hear or read.

**Conscious Breathing** - The acknowledgment and full acceptance of life, consciously choosing to bring life force energies into one's human reality.

**Consciousness** - Awareness or expansiveness. Consciousness activates energy and energy potentials all around you.

**Crimson Circle** - The group of humans involved in this spiritual journey, who are also here as teachers to others on the journey.

**Crimson Council** - A celestial teaching order that includes [Tobias](#), Adamus Saint-Germain, [Kuthumi](#) Lal Singh, and other angels who are assisting us on our journey.

**Dei Un Gnost** - See "Gnost" (pronounced day-oon-nost)

**Dimensions** - Unique particles of consciousness created by souled beings that can have nearly any variation of properties. They can intersect and interact with other dimensions and are not linear, hierarchical or numbered.

**Ego** - "Derived from your Latin word meaning "I". I-go. The ego was developed when you crossed through the Wall of Fire. It created a sense of identity for you. You spend so much time battling your ego, but it is an integral part of you. It is your one connection back to Home. The ego is transforming and changing. Instead of "I go" you are becoming "I Am." ~ Tobias

**First Circle** - ?Home, the original existence of God or Oneness, also referred to as the First Creation. It is where we came from before embarking on this journey for Spirit.

**Fruit of the Rose** - A term used to describe the reminder we left for ourselves along our path or journey to Awakening. Ultimately we will find or stumble upon this reminder and rediscover the need to wake up, to remember that we are a Master. The Fruit of the Rose reminds us that we're just playing this game of being a human, that "human" is only a small part of who we really are.

**Gnost** - Our "creative solution," gnost is the part of us that solves problems beyond the capabilities of the mind. Gnost is reawakening now after being dormant for a long time. (variant of "Dei Un Gnost")

**God** - Spirit or Source from which we came and which is also within us at the core; the divine creative essence within.

**Home** - The First Circle of creation; the original Oneness from which we came.

**I Am** - Your full sovereign Self, the You that you have always been which originated directly from the original Oneness of Home.

**Imagination** - The essence of creation energy, the beginning of all manifestation, imagination is not mental "visualization" but rather creative feeling and sensing.

**'It doesn't Matter'** - A phrase introduced by Tobias indicating that one already is whatever one desires and is now just going through the experience of getting there.

**Keahak** - Meaning energy in action (kea) and spirit in experience (hak), keahak is the ancient word representing the part of you that connects to and brings in the energies.

**Kaiko** – Passion. Deep inner truth.

**Kuthumi Lal Singh** - An ascended master in the non-physical realms who has had many lifetimes on Earth and delivers messages through Geoffrey Hoppe and many others.

**Lemuria** - The first era of Earth experience when angels first learned how to descend their energy and embody into matter.

**Makyo** - Spiritual verbiage and platitudes that distract from the true experience of Self. Adamus also describes this as spiritual bullshit.

**Merabh** - A non-linear and non-mental energy movement that combines words, music and perhaps physical movement to create a quantum consciousness change.

**Namaste** - An acknowledgment of the God within one to the God within another.

**Near Earth Realms** - The non-physical realms surrounding Earth where the essence of many beings goes between lifetimes. It is a layer of consciousness closely related to Earth.

**New Energy** - The next evolution of energy that allows the integration of duality, including our divine nature and our human nature. While the current energy is vibrational, new energy is expansional in all directions at the same time.

**Nhahyu** - A particular element of consciousness; used to describe consciousness, awareness, sensitivity and feelings. Nhahyu also means to dive into feelings, to experience them fully, and then let them go; wholly-embodied-and-fully-released. (pronounced nah-you)

**Oh-Be-Ahn** - An ancient greeting and blessing between time travelers as they encounter one another on their journeys. It means "I honor you for the journey, no matter where you are."

**Oneness** - The original Home, All That Was.

**Order of the Arc** (Archangels) - ?Created as a unified consensus of all energies and all angels, including ones considered both light and dark. All angels created this Order of the Arc to move to the next level of understanding and energy resolution.

**Pakauwah** - A totem or spirit animal created by you as an extension of your own essence to support your human experience.

**Point of Separation** - A moment when reality shifts from one cycle or spiral of experience to the next.

**Quantum Leap** - Tobias said that on September 18, 2007 humanity experienced a quantum leap in consciousness, a time where everything moves at such a fast rate that consciousness no longer follows the old linear path. Instead, the quantum leap in consciousness allows for a new level of creativity, invention, scientific discovery and personal transformation.

**Sam** - A pseudonym for the current Earthly incarnation of Tobias, which he fully embodied on July 19, 2009.

**Second Circle** - All of creation, everything outside of the First Circle, both physical and non-physical, including the human realms. Also referred to as the Second Creation.

**Sensual** - Using all the senses to savor and relish the experience of life.

**Sha-dhar** - To infuse or breathe life into life. Also to infuse yourself into your life.

**Shaumbra** - The name used by Tobias and others for the group of humans going through the awakening process. Tobias claims the term originated during the times of *Yeshua* ben Joseph (Jesus), when people – many of them Essenes – would gather for secret spiritual meetings. Loosely translated in old Hebrew, the first portion of the word Shaumbra is pronounced "shau-home." "Shau-home" means home or family. The second portion of the term is "ba-rah," which means journey and mission. When these terms are put together, it is "shau-home-ba-rah" which means family that is on a journey and experiencing together. Tobias says that in the biblical times, a "shaumbra" was also a scarf or shawl that was worn by either male or female. It was a distinctive crimson color that let the others know it was time to meet. (pronounced Shom-bra)

**Shoud** - During a Shoud, the spiritual essence of the group of listeners is gathered together by a human or a non-physical being such as Tobias or Adamus. The collective message of the group is then communicated back to the group via the channeler. In simplified terms, the audience is really listening to their own inner selves.

**Souled Beings** - When Spirit burst forth into expression, all souls came into being. Every souled being contains within itself the creative essence and sovereign energy of the Source in a unique and personal expression.

**Source** - Spirit, the source of life within you, the divine energy.

**Spirit** - Also called God, Source or the Eternal One, the divine spark that is within each souled being.

**Standard** - A Standard, as in "being a Standard of the New Energy," is a guiding light, one who illuminates potentials for others. A Standard is also a teacher who shares what they have learned through their own experiences. By their own example, a Standard inspires others to see what can be done.

**Temples of Tien** - A special place in Atlantis where Shaumbra first gathered to study energy. Many Shaumbra know each other from their times of working together in the temples.

**Third Circle** - The energy or essence of the totally sovereign self, complete unto itself with need of nothing from the outside. Your own Third Circle is your state of ascension, your full and complete sovereignty.

**Tobias** - Featured in the apocryphal (biblical) Book of Tobit, Tobias is an angelic being from the spiritual teaching group called the Crimson Council. Tobias channeled public messages from August 21, 1999 through July 19, 2009, and is now incarnate in physical body on Earth. Tobias' messages through Mr. Hoppe were lovingly given to encourage humans to accept their inner divine essence.

**True Self or Higher Self** - Our divine essence which is now awakening within us. The "divine angel within."

**Void** - The nothingness outside of Home. After leaving Home, angels found themselves in the Void where nothing existed, not even darkness. Using consciousness and energy, the angelic beings created many physical and non-physical realms out of the Void.

**Wall of Fire** - The expansion of consciousness or knowingness beyond itself; a metaphor for the "doorway" leading from Home into the Void. The zone we crossed through going from the First Circle to the Second Circle.

**Yeshua ben Joseph** - Also known as Jesus; a human manifestation of the collective Christ Consciousness, brought to Earth by those who understood that it was time for the divine to meld with the human on Earth.