

I am that I am, self-love ... the ultimate lie

Talk by Niek Brouw
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The Jungle of Our Emotions

I have three sons. And they play pop music. One song in particular struck me enormously: the music of *Graceland* and it's called "Welcome to the Jungle." And the dictionary defines the jungle as an impenetrable forest. In the villages situated along the forest, people walk past the jungle because they don't dare to enter it. It is the same with the jungle of our emotions. We don't dare to go inside; it is dangerous. There are snakes fighting each other. Scary things, and we stay outside. But meanwhile, that jungle does exist. If we don't get to know it, it remains like an atomic bomb within ourselves that can later explode into a psychological or physical illness—or cause conflict if we had conquered a piece of it.

How do we enter it (the jungle of emotions)? That can only be done step by step. You cannot just run straight in without first keeping your eyes and ears open in a different way than you are used to in a peaceful village. So your ears and eyes must be well-trained to survive and find your way in the jungle.

Shocks

How are the jungles within us created? They are created by shocks. I define a psychological shock as an unimaginable disturbance of your reality. That reality is actually your optimal feeling of freedom and joy at that moment. You can compare it to a herd of sheep. A lion approaches and eats a sheep. For a sheep, it is unimaginable, incomprehensible, that there are animals that eat meat. Something similar can happen to us on a psychological level, and then I call it a shock. And your reality is disrupted.

Then a number of natural reactions arise in response to that shock:

1. **Surprise:** First, we are surprised, because we have never experienced anything like it. Surprised: it cannot be true that there are animals, fellow human beings, who would do such a thing to you. But it is true.
2. **Grief:** And then we get the next reaction: grief.
3. **Angry / Powerlessness:** The next reaction you can experience is anger or powerlessness. Powerlessness is actually the same thing, because it is anger inside yourself that you do not express. The energy is the same. The same goes for helplessness.
4. **Fear / Panic:** The next phase is fear, panic. Because a part of your Being is amputated. You can no longer live in freedom. And through the repetition of the shock, you can no longer get back into it.
5. **Denial:** You cannot live with fear and panic; it costs way too much energy. So afterward, you start denying that you ever had that reality. That amputated piece is put into a bunker, and you show it to no one. Every time someone kicks against it, you will build a new wall around it. Because you no longer believe in that reality. It caused too much pain.

Solution: The Way Back

If you have experienced a shock, your natural reactions are therefore:

- Being surprised
- Grief
- Anger or powerlessness (= energy that you do not express!)
- Fear - panic (narrowed consciousness)
- Denial. A part of yourself has been amputated. Reality is denied.

That is the hardest part: coming back to that reality. Because once you have it back, you can be hurt again in that horrific way, disrupting your freedom and joy. And you walk around only half alive, having created a jungle that you no longer dare to enter. Those are natural emotions. So the only way to find that reality again is to go back through those natural emotions.

How can you move from that fear, anger, powerlessness, grief, and surprise back to your original reality? Because society also says: "You shouldn't be angry. Are you scared? I will comfort you." And they take it away, and you are back in denial. And you can never reach it.

People who comfort you during that shock process or help make that fear or anger complex disappear will likely have a fear of fear themselves. You cannot get out of it unless you dare to go through this sequence. In other words, socially speaking, these "enemies" are your friends in solving your shock. The way back.

Camouflages of Shocks

- **Restlessness:** But we are very clever. Because we camouflage those feelings. We sometimes have a day when we feel restless. Things aren't going our way today. Restlessness is then a euphemism for fear and panic. You can then cut short that restlessness by going out and entertaining yourself, by going to the movies, and it's gone again. And you are back in denial, far away from your original reality. When you encounter those emotions, just look at them and don't run away from them. Then you have a chance of reaching your original freedom. Once you learn to know the jungle again, you know the way in the jungle, and you are no longer anxious. You are no longer powerless, and you can handle it.
- **Power:** Another behavior that stems from this is power. Power, war, feelings of superiority, cruelty, revenge—they are all essentially derivatives of fears. So also pay attention to those phenomena, those behaviors of yours in which this plays a role.

A feeling of inferiority is actually a form of anger, of powerlessness. Only when you reach your grief are you close to your joy again. Denial is a completely blind spot.

When you have fear, you have a narrowed consciousness. You only see that object of fear. With anger, your field of vision has opened up a bit more; with grief, even further, and you can already feel joy on the horizon. Only then are you out of the shock and can you be who you are.

As long as you still have shock traits in your personality, you can never truly be "I am who I am." Because then you are only a part of your consciousness and your possibilities. In other words, your reality is an illusion.

Human Possibilities

In which areas can we experience a shock? To understand that, we must know what a human being is capable of. In ancient medicine, humans consist of body, mind, and soul—words that we actually struggle to use much nowadays. But this is essentially the following:

- **MIND:** We have a form, a surface. Form is the ability to know.
- **SOUL(BODY):** We have a content. We can only perceive the content of a human being through feeling.
- **SPIRIT:** We can be spontaneous.

We have these three capabilities. We cannot do more: knowing, feeling, and being spontaneous. This is linked to our posture. We know this from children:

- **0-6 years:** Up to about age six, a child is predominantly a torso. And the torso is our feeling computer. On the body, we have the torso for feeling. A baby is basically just a belly. It can only bring feelings toward itself, because it cannot know yet, and feeling is something it must learn. So you must first be able to bring feeling toward yourself. The torso has to do with feeling—the feeling capacity of human beings.
- **6-12 years:** Shaping, knowing, is done with the limbs (bone structure). Only at age 6 or 7 can the limbs function in shaping or knowing—bringing things toward oneself.
- **12-18 years:** And the soul, spontaneity—I know this from Kundalini, the Rod of Asclepius—it is all the spinal column (the spinal cord). The spinal column is related to our spontaneous behavior and also to our hormones, which can induce a certain form of spontaneity in us.

So we have knowing, feeling, being spontaneous: limbs, torso, and spinal column. And during our journey from 0 to 18 years, or even intra-uterinely in the womb, we integrate all these facets into a unity within ourselves.

- From **0 to 6 years**, feeling develops.
- From **6 to 12 years**, knowing is added, separate from feeling. You can clearly see this with children sitting at school desks. Children have a completely different posture than when they come out of school. Then their feelings and emotions are released, giving them a completely different body posture.
- And from **12 to 18 years**, we start with knowing, feeling, hormones, and the spinal column, giving us the right shape: knowing, feeling, and seeing.

Through puberty, this can blend into a single unity: knowing, feeling, and spontaneity—Mind, Soul(body) and Spirit of you as a unique individual. Shocks are traumas that originate from the outside, causing us to no longer be complete in our total potentials of knowing, feeling, and spontaneity.

Shock Examples

- **Soul(body)/ Feeling Shock:** For a 4-year-old child, their reality is feeling. They can go into shock in that area. Not in their knowing, because they don't know anything yet. Not in their spontaneous behavior, because they cannot produce that yet; they are still dependent, far too vulnerable. Their instrument—the body—is not yet ready to be spontaneous. But their feeling can go into shock. This happened, for instance, on a massive scale in the Japanese internment camps. If you end up there as a child of 2 years old, your reality is disrupted. Your emotional freedom, which you were given as a natural being (you are born with a natural freedom and joy), is disrupted, becoming unimaginable. Because your inner self says, "I am allowed to feel." And suddenly, due to camp rules, you are no longer allowed to feel and must start shaping—while your limbs and your very self are not yet ready for it. Then your feeling goes into shock, and you place a huge bunker around your feeling capacity. And no one can reach it anymore. Knowing and spontaneity can still grow, and you only grow up based on knowing and spontaneity if you are lucky. Otherwise, you come across very unnaturally, functioning only from an acquired behavioral pattern with no true authentic Being left in it.
- **Mind/ Form Shock:** If you, for instance, were always made a fool of in front of the class in primary school when you had to express yourself or give an answer, your entire output—the expression of yourself—can go into shock. And you amputate that part and start devising compensation techniques to camouflage it. People crawl further inside themselves, feeling more internally, and they expand upon that, growing stronger in it to defend themselves against a handicap, against an amputated part. To show everyone that they no longer have that piece so it can never be hurt again. In fact, they grow from the known to the known.

Output and Input

We can go into shock in these three areas. These three areas have two directions: an output and an input. We can always go inward and outward. That is life. If we are still and stop moving, we are no longer living. You can go into shock in these three facets on both an input and an output level.

From the Known to the Unknown

True growth is from the known to the unknown. Every single time—only then do we experience natural growth. But what do we do? We take our skills and make them stronger and stronger, just like a wall around a castle.

Someone who wants to camouflage their feeling will want to know more and more. They will run through more courses, study more. Because the more they know, the better their fortress is to keep their feelings hidden.

The same applies to feeling, and to spontaneity. You then grow from the known to the known, instead of experiencing natural growth: from the known to the unknown. A tree can only grow toward the sky, which is the unknown.

As soon as you recognize in yourself that you are constantly repeating what you already know and defending it, you can bet your life that a shock is present within you. So you grow from the unknown to the unknown. Only then are you free, and only then can you be your true Being. Otherwise, you are only a fraction of your Being.

Often we put that part into the bunker because the pain is unbearable if it gets hurt again. Yet it is a natural part of yourself, so you keep searching to find it. When your feeling is in shock, you keep asking someone: "Give me feeling." The moment you get it, you push it away. That is "shopping." Just like when a therapist has almost achieved the patient's recovery, the patient walks away to someone else. Because they do not want to conquer that final step of freedom again. For their fear of having their joy and freedom back is greater than their desire to heal.

Why Is That?

The moment you experience a shock, your development in that specific area comes to a standstill. Therefore, if you know the development of the human body from 0 to 18 years, you can often physically see at what age someone experienced a shock.

- **Spinal Column Curve:** Normally, we develop a curve in the spinal column during the first eighteen years. Two- or three-year-old children have a completely straight spine. Gradually, the curve appears in the spine. If it is still straight at eighteen, you know there was a shock before the second year. At that moment, development stood still.

You can go back even further, into the womb. In a shock, you see a different shape of the spine or abdominal muscles. You can see it because it stopped. You keep growing, but the shocked part does not. It is still that young, or that old. If it is a reincarnation

shock, it can be a thousand-year-old shock. You keep growing, and that component remains stuck on the fear of that moment. Logic does not work. Because you are no longer vulnerable. You are no longer three years old. But for a shock event, you are still exactly that age. It's not true, but you don't know that. It is jammed, like a computer.

We set out on a journey; we want to know, we want to see. Over and over again. Every single time. We see it in someone, they ask for help, you give that help—whether it's the neighbor or whoever. The moment you think, "Now I'm breaking through": bang, door shut. A shock.

A therapist who cures a shock is somewhat like a man who loses a ten-euro bill in the dark and goes looking under the street lamp. A shock-stricken person knows where they lost it. They pretend they don't know, and it's inside them. They search and search and search, while it is right inside them. But no one is allowed to see it, because then it will get hurt again. It is a very difficult problem.

A shock is caused by the outside world—in contrast to the principle of envy or jealousy, which originates in the inner world. So a shock originates in the outside world. That is also the annoying thing about a shock: we can never solve it alone. We always need an outside world that gives trust, so that you dare to open your door without being hurt. With an outside world shock, the solution is: understanding from the outside world. Only when that feeling of understanding is present do you dare to open a window in your bunker.

Step by Step

I believe in step-by-step opening. There are therapeutic techniques where you thrash at it for a weekend so that you reach it. Then it becomes uncontrollable, with all the risks involved. If you give someone the opportunity to open themselves up step by step, it is controllable and manageable. Then you cannot make mistakes.

We do it all through our perception. Perception is our only opportunity to nourish/feel ourselves. Perception is important. What do we do in a shock? In denial, we are blind and deaf. When these people tell stories, you hear what is going on, but they don't. They don't see it or hear it. Blind and deaf regarding the subject of the shock. What is normal then? Opening your eyes and ears so you can get out.

Layers of Consciousness: Dimensions

Human beings are therefore a moving system in time. But humans are more complex and possess layers of consciousness. As a mathematical person, I have called these layers of consciousness "dimensions." We will describe seven of them:

1. **1st Dimension:** The first dimension is merely direction. You cannot really define it; it is a feeling.
2. **2nd Dimension:** We all know the second dimension. Length × width equals area.

3. **3rd Dimension:** The third has one factor more: length × width × height equals volume/content.
4. **4th Dimension:** And if you had a modern math teacher, clock time was included in this 4th dimension. And usually, that was where it stopped. But Einstein calculated an infinite number of dimensions; we won't go through all of them tonight, but we can look at 5, 6, and 7:
5. **5th Dimension:** The fifth is acceleration.
6. **6th Dimension:** The sixth dimension is spatial thinking.
7. **7th Dimension:** And the seventh is: the future.

How Can We See That Consciousness in the Body?

- **2nd Dimension:** During a social obligation, we dress according to the form. We stand there in form with a glass in hand, talking superficial blah, blah, blah... There shouldn't be any content; we put on the form. I call that feeling a two-dimensional feeling. It requires a certain posture. Social behavior: you do not show your feeling, your content. You would make a fine politician with that posture.
- **3rd Dimension:** That is a completely different feeling than when you are sitting by the fireplace with a friend—that can be so cozy. And then you feel substantive contact with each other. A completely different feeling, and also a completely different posture. This is a feeling you can only experience in the Here and Now; you are then in the third dimension.
- **4th Dimension:** If someone looks at their watch at 12 o'clock, the whole atmosphere is broken. Unrest enters the room. And then it is darn difficult, after those people have left, to find that original three-dimensional atmosphere again. Sometimes that can take hours. Clock time is planning, the technical part, your organization. You need clock time for that. You are reading a book and suddenly think: I have to go to school to pick up the children. That is a completely different feeling, a completely different body posture, etc. It is linked to your own perception of your body.
- **5th Dimension:** I call the fifth dimension acceleration. If you accelerate a particle in nature (which can also take place in an accelerator like a betatron, a cyclotron, or similar), it goes faster and faster. How can you see that psychologically? We have all had a problem at school once and couldn't figure it out. We just kept writing, until at some point you threw the books away. You went outside to play or do something else. You stopped thinking about it, and click: you have the solution! The solution out of nowhere. Thinking went so fast that it could no longer be followed by words. So we move from verbal thinking to non-verbal thinking. But it is still thinking. I call that click moment the fifth dimension—that is non-verbal thinking.

- **6th Dimension:** The sixth dimension is spatial thinking. For that, you need yet another body posture. When I make a perception (because we can only be aware of layers of consciousness through perception): if I have my son on my screen right now, I have made a spatial perception in the Here and Now. Because the underlying dimensions are also present. Then I get a six-dimensional perception. We all do it. An architect makes a spatial perception before creating something. They have an image of a house in their head, but the house does not exist yet. The house has not yet been concretized. That is also a non-verbal way of thinking. And the step from the telepathic to the ordinary daily life is very small. Architecture, overview, is the 6th dimension.
- **7th Dimension:** The seventh dimension is when space and time are added: the future and the past. If that architect says, "I need to place that in about two years," that is also a completely different feeling than when they say, "On January 2nd at 4:00 PM it must be finished." "August 13th I'm going on vacation somewhere" gives a completely different body feeling than "August 2nd I'm leaving."

Properties of the Dimensions:

- It is linked to your body posture. If you can manipulate your posture, you don't need to meditate, but you can enter a certain state of consciousness simply by adopting that posture.
- This all has an input and an output. These seven dimensions all have input and output.
- And it all contains mind, soul(body) and spirit within it.

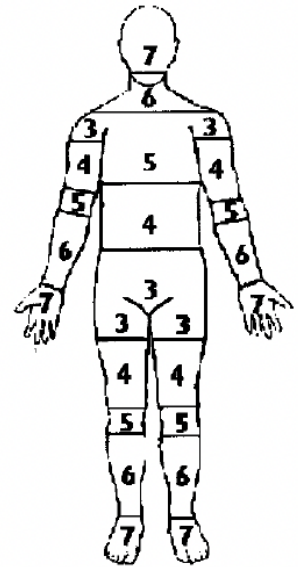
In two-dimensional behavior, the mind will be much larger: a large mind with a small soul(body) and a small spirit. As you go down toward the non-verbal, the power of the spirit (spontaneity) becomes greater, feeling smaller, and the mind smaller. That is the difference.

In spontaneity, you can think faster than in a two-dimensional event. That is only length and width. That is also the least tiring. Now you also know why politicians can hold meetings for so long. They don't get tired because they only have to think in two factors. That is very different from spatial thinking, which is much heavier. If you work in that for two or three hours at this level (7th dim.), you are actually much more tired than after 24 meetings at that level (2nd dim.). Is that a bit understandable as definitions? You have input and output. And we can go on like this. Then you reach out-of-body experiences, dimensions of out-of-body experiences, intrauterine ones. That is not important for tonight.

Dimensions on the Body

Where do you find these dimensions on the body?

- **7th dim.:** The 7th dimension lies just below the skull.
- **6th dim.:** The 6th lies in the neck.
- **5th dim.:** The 5th extends to the diaphragm.
- **4th dim.:** The 4th extends approximately to the pelvis and navel.
- **3rd dim.:** The pelvis with a piece of the upper leg is the 3rd dimension.



Dimension Development of the Child

In the development of the child, you see exactly the same thing:

- **7th dim.:** A healthily born child has a small fold. They don't have a neck yet, but they radiate the future. They don't have much else yet, just mobility right beneath the skull—there is a fold, and nothing else, a thick little neck.
- **6th dim.:** Then you descend; the child starts looking around its room. It doesn't see much yet, but through repeated stimulation, imaging occurs, and you see contours appearing in the neck and shoulders. The child gets an overview.
- **5th dim.:** Then the chest fills out.
- **4th dim.:** Next, the belly.
- **3rd dim.:** And finally, at two and a half to three years old, they get that chubby bottom and chubby belly. Then they are consciously on earth. And that is really only possible if you are in the Here and Now. Which is also the only learning process as a possibility: the place is here, the time is now, and I am the center. That can only come from a 3rd dimension. That must be well developed if you want to be able to learn from your feeling.
- **4th dim.:** You can also see it in the organs. They are organized solely from the middle. They are all factories, well-organized.
- **5th dim.:** Heart and lungs already contain acceleration. They are somewhat more difficult to describe anatomically.
- **6th dim.:** The neck is very complex, with the throat, the windpipe; a very spatial image resides in the neck.

- **7th dim.:** So we descend from year 0, when the 7th dimension is stimulated. During a normal birth, your head is turned for a moment, stimulating those tiny muscles. If that is not done—such as with a cesarean section or C-section child—they do not look like "I have the future." They are much more passive in their radiance, just like premature babies who have not had a normal birth.

We have a belly side and a back side. First, you descend down the belly side, and then we travel via the bottom back up to the neck. And we see that back in teenagers getting stronger and stronger. A seven- or eight-year-old child doesn't have much of a back yet. So from the front, you turn in consciousness toward the back, until you are back here around eighteen years old, and you can step out into the world. Is that image of children recognizable?

- **0-3 years:** In the first phase, up to about age three, you descend from the 7th to the 3rd dimension.
- **10 years:** Around age ten, the 4th returns in the back, but now as consciousness. Then for the first time, you are allowed to organize your own birthday party.
- **11, 12 years:** The 5th around age eleven or twelve. Then you get all those complicated math problems about apples and train drivers and ages. You have to make something of that; you need accelerated thinking for that, otherwise you won't succeed.
- **12-18 years:** And the great 6-dimensional age is puberty. A healthy teenager has an overview of everything. Where the parties are, how to cheat best, what classes you can skip, what clothing is important, what it costs, how to pry pocket money out of your dad. They know everything at the same time—a great six-dimensional state. And you also see those beautiful necks of those guys. Some get stuck in it. Arnold Schwarzenegger still has a nice neck. And once that has lasted long enough, you enter the 7th, and you can choose your future.

It is crazy that twelve-year-old children already have to make a subject package choice. They don't even have an overview yet. They are only somewhere around their fifth dimension. But if you let nature take its course, you arrive there naturally (I was a bit later, that happens too), and you can say, "I am the future." Along the way, all those shocks can occur. And then you are in conflict.

Successive Steps

- **3rd:** I am who I am
- **4th:** I am the organization of my Being
- **5th:** I love my Being
- **6th:** I am the overview of my Being

- **7th:** I am the future of my Being

Deepening the Steps:

- **I am who I am:** The only healthy phase to be that is around age three. You see those little people standing there: "I am who I am. I am the world." It is a Here and Now feeling. So it is a 3rd dimension. Only then do you have "I am who I am." But it is the foundation. It is the basis of the earth. The earth is a planet of substance; it is slow, Here and Now. So it is the basis of your life. If that is poorly developed, you have no foundation to stand on. You see that a lot in America; that 3rd dimension is very poorly developed there. Normally, from three to six years old, you are playing in the Here and Now. But if you are given form too early—like dressing a two-and-a-half-year-old girl up like a doll because it's important to the father—you set up a form before you have your content. And then later your foundations will wobble, just like what happens enormously in America. They lack content. Plenty of money, the market crashes, general panic, because they have no "I-certainty" in the Here and Now. You also see that through such a confrontation with the outside world, they have all plummeted into the Here and Now. All Americans are in the Here and Now at the moment, while for years they never thought about it, nor were they developed in it. I am who I am. The 3rd dimension.
- **I am the organization of my Being:** Very nice, but it's only a small piece. Because the next step is: "I am the organization of my Being." So from "I am who I am," I am "the organization of my Being." That is a completely different posture than the first one. The dynamics of your personality enter into it. It's a strange dynamic. The place is Here, the time is Now, time is the central event. And here the dynamics enter. You are going to organize your life. If that were possible once you had the nest. The 4th dimension.
- **I love my Being:** But then you're not there yet. Then you get the 5th dimension. And that is actually the real "I love myself." "I love my Being" is better. Because it is a realization: "I am who I am" is a realization. If you have this, everyone sees it in you, everyone can feel it, but no one can describe it. I love my Being. I think there is gigantic tampering with that remark: "loving yourself." All American psychologists and books tell you that. But you learn it out of your head, not from your heart. And you defend yourself: "I love myself." Whole speeches, but no one can see it. Because it is in their head and not in their Being. So you have: I am who I am, I am the organization of myself, and I love my Being. Everyone can see it, and you no longer have to say it. At that moment, it is the opening of the thorax, the ribcage; I let it move. And I am scared to death if it is in shock, so I stand like this (closed) so no one can see it. I can speak the words. Here is a very big mistake. Which makes a whole lot of people go into even more shock if they don't dare to go and be and show that piece of freedom.
- **I am the overview of my Being:** After that, you get: "I am the overview of my Being." Then you get this. I have the overview, I feel it, the neck/throat. Some have nothing there, but then they wear a collar and a tie, and then they can nicely

avoid seeing what lies beneath. And they only hang out here. And if you talk to them about "I am who I am," their reality is only the 6th dimension. The rest is not there. They cannot see it because the rest is in shock.

- **I am the future of my Being:** Next you get: "I am the future of my Being." That is very scary for many to show. If someone shows that, the competition arrives and takes over your image. In this, we are always very moderate and gloomy. Future plans—if you are not truly that—are hidden in your expression. If you are who you are, it should also be in your behavior, your body language, your radiance. And the future, the 7th dimension.

Two Directions: Input-Output

In two directions: "I am who I am" in this domain, as input, as a state of Being, you may have developed it well, but perhaps not the output. Maybe you are your Being, but not the output of your Being. Or vice versa. But you can also be frustrated in your expression on all layers.

That example of that little boy who always fell flat on his face when he expressed himself in front of the class: he can no longer perform his output across all lines. So you could have had a shock in every individual component, and across the entire sequence in an output or in a component of mind, soul(body) and spirit. That is all possible. It is a very complex event to finally arrive at your total "I am."

Mind, soul(body) and spirit. Input and output on every line (dimension)—only then can you start talking about "I am who I am" and "I love myself." Until then, it is a lie. If you are in a shock, you also defend that lie. And you never reach your total potential. Yet nature was created to be happy. Yet nature is there to grow and develop your total potentials. That is your strength.

Shock on M S(B) S MIND, SOUL(BODY) AND SPIRIT

- **M (Mind/ Knowing / Form):** If I do not wish to develop my knowing on that line because it is in shock due to a developmental disorder: If you get polio between six and seven years old, at a time when you are inwardly ready to know, to give form, then your subconscious is shocked at the level of knowing. At age 6 already. So on all your lines you will then shock your knowing, your shaping. You have no objection to letting that feeling grow, letting emotional knowledge grow. But to give form to it, you remain conservative. Sometimes you then get a compliment: "how nicely shy he is." But in fact, you cannot do it. You have amputated it. On all lines (dimensions) on that factor.
- **S(B) (Soul(body)/ Feeling):** That can of course also happen regarding feeling. The Japanese camp child: feeling was completely amputated there.
- **S (Spirit/ Spontaneity):** And spontaneity: if that is continually suppressed by Calvinism or other family rituals. If you also want to develop that piece, you can be handicapped in that as well.

Only by opening your eyes and ears can you find those pieces again.

What Is Missing in You?

It seems very important to me that you think about what you are missing. How do you find out? The thing you are always being kicked in.

Someone who amputates their knowing is always kicked in their form. Always getting the short end of the stick, pulled over by the police, etc. Someone who amputates their feeling will always be kicked in their feeling, etc. So wherever your recurring kicks are dealt out, that is where you are in shock.

For if you have developed something well as a natural being, you will never be attacked on it. If you have a good feeling, it is mature, you can put things into perspective. That is the definition of maturity: the ability to put things into perspective. And no one has any need to attack you in that. They only attack you on those parts that you have amputated, where you are in denial.

In such a period: starting May 1990, we are increasingly confronted with ourselves. Human isolation is clear once again. That is always a period in which you can work on yourself and in your body. We can tune the instrument so that our thinking runs synchronously with our body language. Only then can you speak of: I am who I am. And only then can you speak of honesty. If your head says something different than your body language, then it is a lie. So set someone on its own two feet. Or the other person can only listen to a piece of you. And you are not your complete expression.

After this, you can also do the following. But first, you must have that content right. "I am the manifestation of my Being." The second dimension, the shaping of your "I am." That can only come once this (the content) is complete; then this is no longer a lie. We must first work on this piece; that is the primary requirement.

Your enemies who attack you, make you angry, etc., are in fact your friends where you can find the solution to the shock. It takes time, it takes understanding, it takes asking your friends for help, it takes practice. You must acquire the skill to dare to be that. You can certainly stand in the sun and feel wonderful. But if there is still a bit of fear, you will quickly try to share it. You can bring your consciousness into it—that it is so much nicer to truly show yourself and not be attacked anymore. Once you have that, you get manifestation. But first your torso must be completely filled in all directions.

Dimensions on the Limbs

- **4th dim.:** On the legs, the upper legs are the 4th dimension.
- **5th dim.:** The knees are the 5th.
- **6th dim.:** The lower legs are the 6th.

- **7th dim.:** And the feet are the 7th.
- **3rd dim.:** The first part of the upper arm is the 3rd dimension.
- **4th dim.:** The second part of the upper arm is the 4th dimension.
- **5th dim.:** The elbows are the 5th.
- **6th dim.:** The lower arms the 6th.
- **7th dim.:** And the hands are the 7th dimension.

They manifest you into your personality in a future. Your hands do that. Your legs let you walk on earth with your Being. If your Being is incomplete, your walking is also incomplete.

Child Development

- **3rd dim.:** Here too, development begins. The child first manifests itself in the Here and Now, in consciousness. It demands attention, pulling on skirts. In the Here and Now. That is its manifestation.
- **4th dim.:** And gradually you manifest: organizing your first party.
- **5th dim.:** You manifest that you love yourself on earth.
- **6th dim.:** You bring it out into the open, you walk across the schoolyard with it, and you get an overview of the outside world you are walking toward.
- **7th dim.:** And then you walk with your consciousness toward a future.

How many people do I see at that moment feeling a goal-oriented future? That won't be many. We are all busy filling in this (3rd through 6th). And only the final step, when you have your overview, your complete Being, can you feel a future. That is something entirely different from inventing a future.

A "knowing person" can easily invent a whole lot of future. And then those people who make plans about inventing the future are often surprised to see that they never reach their goal. And they are super smart then. Because they have the next goal, the next creative plan and its gigantic implementation—to get rich, to do this, to do that. Non-stop they received the images, but the vehicle is no good. So they always go wrong. If you recognize that, you will first have to fill yourself up in the underlying dimensions. Only then is it based on your Being. And only then is your future goal a reality, something that can be achieved.

The arms manifest your Being. The legs let you move on earth, and the arms with ultimately the hands manifest to deliver your product.

Make no mistake: a lot of people do not move on earth. Do not walk on earth. Then you think: "I do have legs and I walk on earth." This is about consciousness. Consciousness is a much stronger healing, but you must deal with it honestly.

- **Torso:** If I walk like this (demonstration), I am not walking; I am relocating my Being. My consciousness is in my torso, and that is something completely different.
- **Limbs:** That is very different than when I walk like this. Then I walk with my legs and I have lost my torso. Then consciousness is solely: "I am moving across the earth, but I am gladly not here." Then you can walk formally, the Prussian march, etc. But total walking—relocating from your choice within yourself to start moving on earth toward a goal—is a much more total event than you usually think.
- **Arms:** The same applies to the arms. Yet your life is much richer if you are aware of that. How many housewives think it is terrible to do the dishes, clean the house, etc.? Because it is terrible, they shut off their feeling, and you only see their arms working. And they themselves do not exist. That takes away from your life time. If you involved your Being in it, making the bed and doing the dishes could also be a much greater celebration. Because you haven't lost yourself. When you do something and you have lost a piece of yourself, it is impoverished, then it is always annoying. Then every job is annoying.

Opening Consciousnesses

So back to "I am" and from there to the manifestation of your Being. Back to your Being, step by step. And then we can finally show who we are. And perhaps have a future that is real. And not based on your incompleteness.

Humanity moves within certain energy fields. What I have observed in recent years is that humanity was collectively in a certain consciousness. If I remember the spring of 1990, it was a very hectic time. You couldn't make head or tail of it. You were carried along by a kind of current. That current gives you experiences, but not the internalization of the experience.

It is also always true that even when we amputate something, we still experience it every single time. And we do it. Even though I don't want to be conscious that I am shaping, I still shape. There is merely a discrepancy between my consciousness and my actions. I don't want to see that. So you already have all the experience, and now it's about awareness. In such a time now, simply regaining consciousness is a way to heal. Open that consciousness, and it happens.

No Man's Land: Feel, Name, Master

It happens, admittedly, in a number of steps:

The first time you open your eyes after a long time, you see nothing. Just like a newborn baby: it sees the room and it doesn't see it. It cannot yet look with differentiation.

- **No Man's Land:** That first phase, when you open a consciousness again, is a no man's land. That is nature. Only, we find that scary. So we quickly go into regression to "I am," because then we know what we see again. But you will never find out unless you go through that no man's land. From that no man's land, you get a feeling about it. Once we have that feeling, the next step is naming it, and the subsequent step is mastering the feeling.

Many people who want to get better, who want to grow, always ask: "Explain how it works." They want to know first, otherwise they don't dare to grow. That is impossible in nature; it is impossible. If you know it first, you can no longer feel it objectively. Because then you are not creating the purity of yourself, and therefore you can never name it in purity, let alone master it.

So in therapy, I never give an answer at the beginning. And then people can be very angry with me that I never say anything at the beginning. But it is the only possibility to move via no man's land to a manageability of yourself. So that no man's land is unfortunately an obligation.

Through repeated looking, we start to feel the room. We start feeling what is inside it. Then we name it, and then we master it.

Words are creative.

The average patient walks in and says, "I want to get better." That is not nature. The first step of nature is: **I am allowed to feel.** Not *I want*. If I am allowed to feel, I can want to name it afterward. And I can master it.

There are also people who view a sport as: "I want to master it." That is not possible; I am allowed to feel it, I want to name it, and then you can master it. These are very subtle little things that are necessary to bring about natural healing or growth.

No man's land is therefore the scariest part. Because in it, fear comes to the surface, your anger, your powerlessness, grief, etc. In that, you need a certain support. But not support in the form of explanations, but in the understanding that you are present. An understanding that you know what the other is going through. But you don't have to explain it. It is such a great no man's land that only your radiance, your Being, can help—not your verbalization or your knowledge. Mastering it when we are about to come out of the shock. We all do it over and over again.

Why don't we dare to do it with our own pieces? When you see that computer for the first time, it is also: what does it say? When the Papuan sees a motorcycle for the first time, it is also a no man's land for him. After that, he starts feeling it. You calmly inspect that computer, you absorb feeling, you feel where the keys are. Only after that can you name it and master the computer. So in daily life, with every instrument, a new car, a different machine, you follow this too.

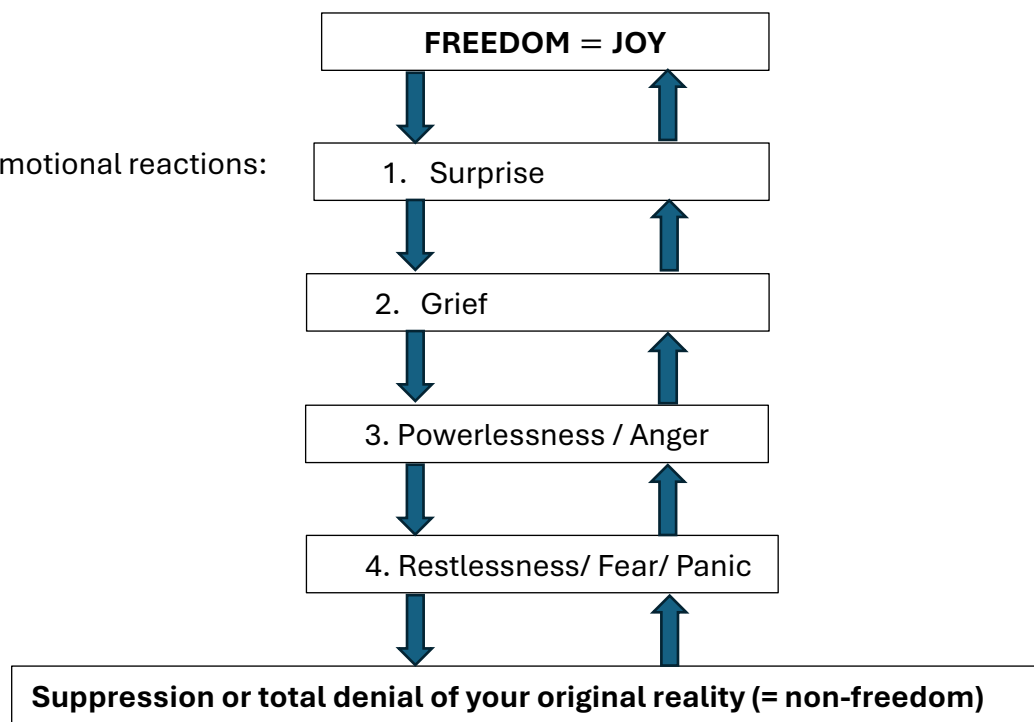
Why not with yourself, since it is nature? Why do you want to start here with yourself, at "I want"? And with a computer and your car, you treat them more humanely than your own Being. I hope that with this example you will have more courage to enter this no man's land. To search for your buttons. To feel for the manual, and then to start mastering your own pieces.

Shock Principle

Definition: a shock is an unimaginable disturbance of your reality, meaning your freedom (= joy) becomes non-freedom. So when your feeling, your freedom of growth has been disrupted in your consciousness.

Shock

Natural emotional reactions:

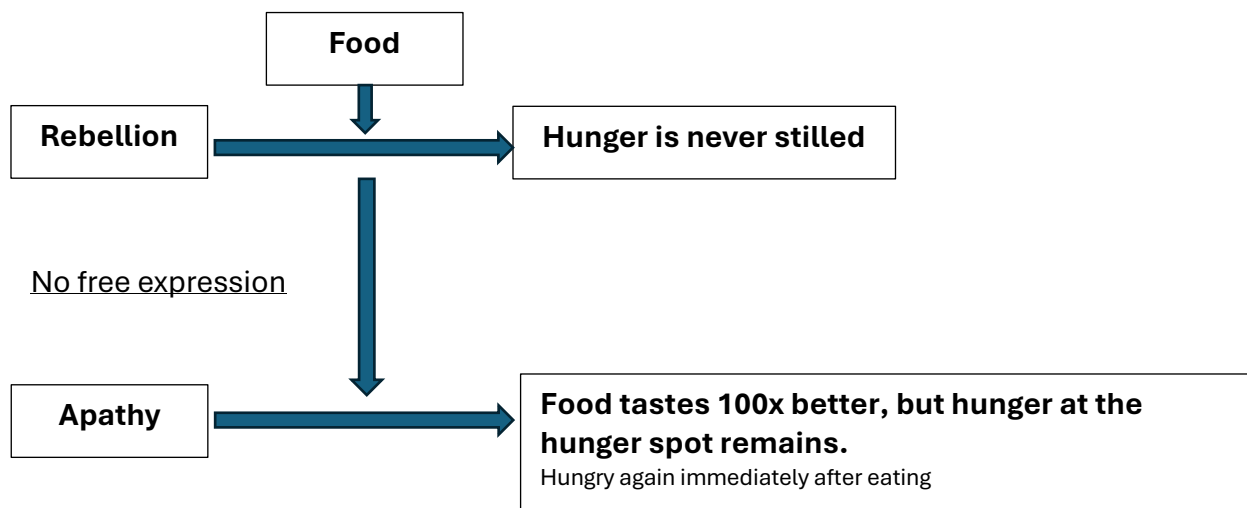
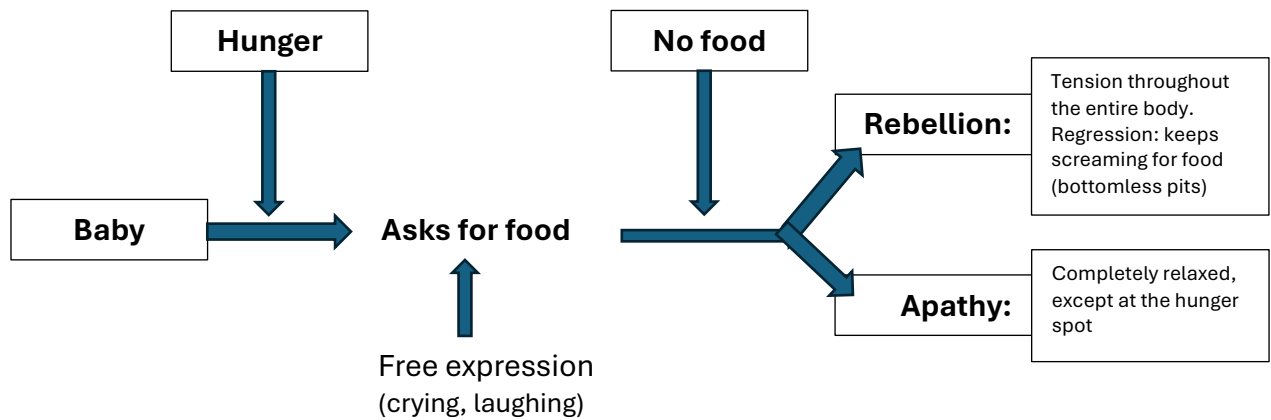


A shock can have originated on all your layers of consciousness at the Mind, Soul(body), and/or Spirit level, in an input and/or output direction.

Only when you have freedom on all layers of consciousness regarding Mind, Soul(body), and Spirit, in two directions (input and output), can you speak of: **"I AM WHO I AM."**

Hunger Principle

The hunger center in the brain signals when we need energy. A baby needs energy to grow. The energy source for the baby is: **food and touch**. Ordinary hunger is emotionless.



Later expressions of the Hunger Principle:

- Knowing-hunger
- Judging
- Projecting
- Money-hunger
- Sex-hunger
- Attention-hunger
- Suspicion
- Hunger for certainties around oneself
- Performance-hunger
- Control-hunger, etc.