

HEART WAVES



Open up to
your Heart potential

A GUIDED APPROACH

RONALD MARTENS

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About the author

As a kid, I did not know about the Heart. I did not even know that I had the capabilities of an extrasensory person. Later on, I became aware of a driving Force in my Heart. In the process of opening up and unwinding, I found out about everything and nothing. I found out about creation.

My education in physics and managerial economics streamlined this understanding. Later on, as a therapist, I came to understand a lot more from the clients in my practice who are sensitive, highly sensitive or sensitive with extrasensory perception, and who requested therapy and coaching. It is the accumulated and intense experience from this work that led me to develop the method for 'Bringing you to your Heart and connecting to your own Heart waves.'

It is my experience that understood intuition combined with good thinking gives powerful tools for life. From this experience I know and understand that you and I are connected. This book will teach you how to consciously connect to and open up for your own Heart potential.

Acknowledgments

I express my gratitude for all the help and support I experienced in writing this book, especially to my loving wife Yolanda, for her support and lovingly being near to me.

I also appreciate all the clients who chose me and trusted me with their personal development. These clients made it possible for me to develop this method for you.

I also want to acknowledge the ZaZen teachers who taught me the art of ZaZen, especially Jef Boeckmans (Zen master). And I give thanks to others, like Raymond Triepels and Frank Kouwe, for generously freeing time to read through and comment on parts of the material.

I feel blessed to have found Erin Goedhart-Stallings, the editor. Her dedication and skillfulness made the words flow and helped me clarify things while keeping the very essence of my work.

I give thanks for all the teachers who I met in real life. I would especially like to thank Dr. Roger J. Callahan for his legacy of Energy Psychology. I also want to thank Rob Zondag, the colleague who accelerated my overall insights in the ego in relation to eating disorders. I also want to acknowledge all the other teachers I met during my ongoing education and the teachers who have helped me develop in my profession as well as in my personal life.

I appreciate the spiritual teachers who have shaped me through their written legacies about life, especially Sri Nisargadatta Maharaj, Krishnamurti, Kahlil Gibran and Jesus of Nazareth. I have a special gratitude for the One within me and you that makes all possible and that connects us all.

Warning – Disclaimer

This book is designed to provide information on a way to your Heart. In doing so it gives practical information about humans. It provides information about a plan to tackle blockages on the way to the Heart and information on Energy Psychology treatment methods to tackle those blockages. In addition, it gives information about exercises to help you get to the Heart and open up to your Heart waves.

It is not the purpose of this book to reprint all the information that is available on these subjects, but instead to complement, amplify and supplement other texts. You are urged to read all the available material and learn enough about Energy Psychology to tailor the information to your individual needs.

Every effort has been made to make this approach as complete and accurate as possible. However, there may be mistakes, both typographical and in content. Therefore, this text should be used only as a general guide and not as the ultimate source on spiritual development or Energy Psychology. Next to this, the information is as accurate and current as possible, up to the printing date.

The approach discussed in this book was developed with people who were able to get to a private practice in an ambulatory setting. This means that these clients were psychologically stable enough to function in society on their own.

As stated several times in this book, you are responsible for your own health. This information is not advice and should not be treated as such. This book is in no way an alternative to medical advice from your doctor or other professional healthcare provider. If you have questions about any medical matter (either physical or psychological), you should consult your doctor or other appropriate professional healthcare

provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information in this book.

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Introduction

Origin

Soon after I started my private practice in hypnotherapy, it became clear to me that the people who approached me were sensitive, highly sensitive or even sensitive with extrasensory perception. Sensitive people have an especially sensitive nervous system.ⁱ This can have a wide range of effects, like being especially aware of loud noises or things like ticking clocks, strong sunlight or the opposite shades of light, or smells and tastes. They may also have strong reactions to food, up to intolerances for certain food substances. Their sensitivity can extend to the energetic atmosphere around people. There are more symptoms that can be experienced by the senses: this sensitivity can even extend beyond the normal senses into the psychic area like having foresights, seeing auras, sensing emotions or even physical complaints from others, hearing parts of previously spoken conversations when entering a room and things like that. All these symptoms of sensitivity make it hard to give an all-encompassing definition. The level of sensitivity is a characteristic of a person. Another characteristic of sensitive people is that most of them are able to sense the subtleties in the senses, like noting slight variations in color, sound, mood or energies. There are more characteristics; you can find them in other literature or on the Internet. Just know that when I speak of people who are sensitive, highly sensitive or sensitive with extrasensory perception I mean people with characteristics like the ones mentioned above.

I once counted my clients and found that 97% of them were sensitive. Some of my approaches and exercises became favorites for working on the natural growth process of these

sensitive clients. The exercises helped them make the progress they were seeking. Most of the time, they did not enter therapy with the intention of learning to cope with their sensitive nature, although it was always there, in the background of their life. In my view, that sensitive nature is a large factor in the problems and goals my clients face. I have learned a great deal from my clients in my role as therapist and catalyst.

I myself am a highly sensitive person with extrasensory perception. In my personal development and searching, I have participated in esoteric courses and learned a lot from books. I have always had a preference for structured approaches: scientific ones, if possible.

My background is diverse. I began my education in the fields of applied physics and then began working in information technology. A study in managerial economics was followed by a study in hypnotherapy (or, as my school called it, psychodynamic therapy). All of this shaped a large part of my knowledge. My natural sensitive tendency to look beyond the boundaries of a topic or even a field of study turned out to be valuable for my clients.

The study of Energy Psychology added an essential component to my private practice. After I began applying Thought Field Therapy (TFT) algorithms and, later, Emotional Freedom Techniques (EFT), it soon became clear that these techniques could diminish both my personal emotional deficits and my clients' emotional problems. The Energy Psychology procedures from TFT have greatly increased my clients' success, even more than the eye movement desensitization and reprocessing (EMDR) procedures I used at that time.

I noticed that my clients were really helped by an approach that first cleared their emotional troubles. The necessary accompanying cognitive adjustments are then easier to make. Next, the exercises from this book gave them the boost they needed, which the clients usually did not expect in the beginning.

INTRODUCTION

My own personal development, my experiences and the conclusion that we are all connected, inspired this book. It is full of knowledge that sensitive people can use. Actually, I could have used these exercises while growing up; they would have made a world of difference and may have led to another outcome in my life. Although I did not have this knowledge then, I can now offer it to you. By combining your experience and my experience, the approach in this book can be optimized. In fact, this book is all about You. You are the reason why this book was written. Sensitive people experience a lot of unnecessary suffering in a world that often seems not so sensitive, or even rough. The exercises in this book can help you deal with that world in a happier way. I have tried to overcome the fact that I cannot be personally present to coach you most of the time by preparing the specific structure of this book.

Considerations

This is, of course, only one method for finding a way to the Heart. There are other methods with rich cultural or monastic traditions, but they often take you out of your usual life and take a lot of your time. Not everyone wants to or is able to do that. If you do take that time, you will have the opportunity to study and notice deep things. The approach in this book obviously cannot do everything for you in a short time, but it can help you on your way to the Heart. It can help you make contact with your Heart, help you be connected.

If you like, you can combine this method with other approaches for personal or spiritual development, or combine it with a religion. The method offered in this book can deepen the effects of other approaches or religions. Once you are able to experience the Heart, other religious insights will start to unfold.

Personal and spiritual development, like a religion, is a personal preference. When you choose to practice a religion, you also choose not to practice other religions. In this respect, you have a personal preference. So does every other person on this Earth, even those who do not practice a religion. My approach to the Heart supports people with any religion or no religious beliefs who want to make use of their sensitivities. Some people might even access the grounds of mysticism in which the Heart might guide them on their path. My approach to the Heart uses universal principles that are built into every human being; they are waiting for you to (re)discover them.

What is your concept?

A concept is an abstraction of reality and, therefore, is not that reality. Reality itself is more subtle with more refinements and deviations. I use words to explain things and concepts. These words stem from a European tradition found in the south of the Netherlands. However, I sense that this method of finding the Heart is universal. If you are from a different culture and background and this method works for you, then you have proven that it also applies to your cultural background. Thank you if you do so!

I say this because I want to acknowledge that I am biased by my personal background. If you find a bias in this book that does not work with your culture, please gently bring it in line with your culture. I think my approach will be useful to people in any culture, but my words might sometimes not. For example, I may present an insight from Western psychology that may not be appropriate to some cultures. But as Western culture spreads more and more around the globe, with all its advantages and disadvantages, then more of that Western psychology will presumably be appropriate too. If you find a

psychological approach in this book appealing or useful for meeting your goal, then use it.

Structure of this book

The first part of this book presents you with a collection of insights into human beings and even the present world. These insights are accepted by a wide audience. They range from psychological insights to insights from the partly explored world of energies and fields.

The insights we gain from Morphic Resonance with Fields are useful too. In fact, they give us the means to connect: although I am not physically present with you, we can use established Morphic Fields. In that way we have a common denominator, a connection if you like.

If you think in this way, then the other insights are a form of energy that interacts on even denser areas, from the very subtle to the psychological to the level dense enough to be felt by our bodies. If you place these insights next to each other, you will have a practical start to exploring blockages in your way to the Heart.

These insights allow you to look at different angles and to explain how you became the person you are at this very moment and how you interact with other people or things (such as substances that can have a negative influence on you). Each of these insights is a pearl of knowledge. I collected a few and combined them; you do too, by building your experience and knowledge. We come together in the general understanding of what you are, in your place and in your interactions in this world.

In the second part of this book, this general understanding unfolds to reveal the specifics of you. In preparing for the exercises, you determine the blockages on your path. I present a schematic approach that you can hold on to. Some people find that convenient, a sort of guide or 'what to do next' if you

get stuck or experience a difficulty. There are also some very rough guidelines for when you should leave the approach: you may need to leave, at least for a while, if you have a form of pathology that needs to be taken care of.

To help you reach your personal goals and release the blockages in your way, I added Appendices about Energy Psychology. They are practical, shortened versions of TFT and EFT aimed at removing emotional blockages. If you want to know more about Energy Psychology, look into the literature about it. Please note that this method cannot replace therapy in any way; you should always consult a qualified healthcare professional if you need therapy.

I have included some information about the question ‘Is this approach for connecting to the Heart for me?’ in Chapter 10, “A couple of tests and a rough filter.” Please read this chapter thoroughly before you start practicing the exercises.

After you have completed the preparations, the third part of the book helps you step into the exercises. These are simple but very powerful exercises that enrich your life. They require your sensitivity, your ability to notice or, sometimes, your ability to be aware to some extent. You will explore their practical use in everyday life: both your private life and your working life. This might take some time, perhaps a couple of weeks per exercise, as you build up experience in applying these exercises. That is expected and is OK. After you master these simple exercises, you can use them for the rest of your life. They can help you make that life a prosperous one.

The final part of the book contains stories from some people who took this journey in a private practice setting. I also put some thoughts in a wider perspective. Why do people, communities or even societies need to have a Heart? It is so obvious that they do, but how?

There is also a website *www.inspiratio.com* where you can find additional information and fill in forms about your experiences.

INTRODUCTION

If many people fill in these forms, I can further optimize the approach for sensitive people like you. So it goes: I offer you the information, you help me with the feedback, and together we help those others. We are connected; let us build and extend knowledge that works in life.

PART ONE

Insights into you

Most of us look to the outside world
Some of us look to the inside



ONE

Things to know before reaching for the Heart

The world of psychology has grown rapidly. Most people have heard about Freud and Jung and maybe others from the early days of Western psychology. Since then, insights have led to many new areas of psychology. Current brain research and psychological experiments have given us useful insights in the workings of the brain, leading to the continuous development of new, hot, exciting fields. Most people do not have a working knowledge about what is what in psychology. That is even likely so for most professionals who are working in the field: developments are speeding up so rapidly and giving us so many details about specific subareas that keeping track of it all is unmanageable.

In the program that I present you, I use various insights from different areas in what I call ‘applied psychology.’ I gained these insights from a range of backgrounds during my life: applied physics, economics and management, a background in hypnotherapy as a therapist, and my own development as a human being. The main advantage of my background is that it makes it easier for me to look beyond the framework of my profession. I look for knowledge that can be put to use, that is, applied knowledge.

I use concepts when applying knowledge. It is accepted that concepts are not really the ‘Truth’; instead, they are an abstraction of reality. They give a frame for looking at things, making things comprehensible and simplifying communication about them.

Because concepts use a frame, one could say that they tend to be one-sided within the framework. So using one concept for insights into a human being would be something like a one-sided expedition.

The goal of this program is to reach for the Heart. In my own experience, some of the characteristics from the Heart are versatile, happy and very dynamic! In my private practice, I have noticed that there are many ways to get there. I tried the ways I know.

From literature, I also noticed that there are other ways to get there and, if not, to get close. These vary from recent paths such as HeartMath to some very ancient ones, like Buddhism. In a way, it is like climbing a mountain. Most mountains that I know of have many walking paths and climbing routes to follow to the summit. You can diverge from most marked walking routes; if you want to head to the summit, you take another marked route. This metaphor is also true for insights into a human being. From the different areas of psychology, we can sense a mutual something between the methods, a universal something that makes us human beings and gives us purpose, if there is one. I say ‘universal something’ because it is not easily described in an all-encompassing description.

Given the above, I think it makes sense to use multiple concepts to reach for the Heart.

Multiple routes

My method, which is a very recent one (development started in 2005), describes a walking and climbing route that also uses

bridges and elevators to help you get over those difficult parts, accelerating the speed of your journey while giving you an overview of the scenery. Obviously there is a cost: you cannot experience details in close contact the way you could if you were walking, stumbling and climbing. However, most of us are not willing to spend the time it takes to be a monk for years, examine everything in detail and, by doing so, integrate a culture. Most of us live a fast life, much faster than our parents or grandparents or the parents of their parents. Interestingly though, when you reach the Heart, you can notice that speed diminishes again, although you live, work and do your things in a fast world. With the Heart you have a choice to live your life at the speed you desire, accelerating if you like and slowing down if you feel like it. If you use the Heart, you will also notice those nuances that make life rich. In fact, if you are interested in meditation and its traditions, you can also use this program in parallel. It will most likely speed up your progress while deepening your experiences.

The elevators on the route are the knowledge from Western psychology that I present to you, with a map of the different areas. This is guidance to gain insights into your ego and remove the blockages on your way, which are standing on the path towards reaching your goal.

As we walk, we do not think about how everything is functioning. We do not usually think about the feet that we place with each step; instead, the body works the best way it can, at that time, in that place. We walk our life, and most of the time most of us do not think about how everything is functioning. Much is hidden in our psychological system; only a fraction is available for examination, if we want to examine it.

In this program we need to examine it because, in my private practice, only a few clients have gone straight to the Heart. I have met a few people who walked in for therapy or coaching on some personal goal, but most of the time they walked in

with questions like “please solve this” or requests like “I want to get rid of that.” To my surprise, some of these people moved easily through the steps of this program and went straight to their Heart. It went so fast that they did not know what they were dealing with. That feels nice! They were usually unaware of the gem they had accessed until I told them about it. Most Western people believe that something that is so near and reached so easily cannot be of much value, but this is a serious error in judgment. If you are such a person, then be aware of this and cherish your jewel. You are lucky: you won a big prize almost for free.

The fast clients, as I may call them, had some serious things to cope with, but somehow managed to bypass these obstacles. The blessings of recently developed therapies generally kept the time investment in or around 10 one to one-and-a-half hour sessions. Mind you, that is very fast! This is, of course, not within reach for every psychological problem. For instance, anorexia takes a whole lot longer to deal with. But for most of my clients who live their lives with some difficulties but function nevertheless, a fast pace is possible.

So if you have access to someone like me as a therapist or coach, you can be that fast as well. If you do not, then you can use the program from this book and go for the Heart at your own speed. But you need to know how to do it.

Various insights

The insights I use mostly come from psychology, though some are more scientifically accepted than others. Science is a powerful tool for creating knowledge. It can be used when there is something to measure; if not, it would be hard to use science. But when sciences narrows something down, that same science can miss valuable knowledge outside the scientific scope, at least until there are instruments that can measure it.

Looking at something from different viewpoints leads to accumulated insights.ⁱⁱ These insights all contribute to ‘knowing why’ and, more specifically and interestingly in my approach, ‘knowing how.’ I use insights from Transactional Analysis that were developed by Eric Berne (a psychiatrist) and his group of colleagues in the second half of the twentieth century. Transactional Analysis describes how people interact and why they do so, without the use of modern brain science. It also describes a very important concept: life scripts.

I use generally accepted psychological insights that are also mainstream, psychological things that are generally accepted (although they are prone to bias). I also use various insights from human development theory that give a view on our development from baby to adult. Some can be applied on the way to the Heart.

I use insights from modern brain science, a field which is in the phase of accelerated knowledge gathering. Findings indicate that what most of us rely on most, namely the brain, is a ‘piece of machinery’ that is prone to errors in judgment. I hope that you do not see yourself as just a ‘Brain,’ because you are so much more. The brain is an important organ in your system; it has helped you understand who you are up to this point in your life. It may be shocking for some people to hear that what they rely on most can be so biased, up to a point where you might ask yourself whether the consciously thinking you is really in control.

I use insights from Energy Psychology with the foundation laid out by Dr. Roger J. Callahan. These very important concepts from Thought Field Therapy, which has spin-offs in numerous other forms of Energy Psychology treatment, can quickly help you overcome problems that would require long-term treatment from other areas of psychology. His insights about Individual Energy Toxins and how to deal with them are important for sensitive people, perhaps for you as well.

I use insights about fields and biology, like those from Rupert Sheldrake. His insights about Causational Forming Fields and Morphic Resonance give a practical approach that we can use.

I use energy methods from a more esoteric tradition that I have observed has remarkable effects. One can attribute and classify those effects to several concepts, whether it be placebo, archetypal or esoteric; however, that which works is important in this program.

I use insights from other areas of knowledge to make a point and to make you tune in to the goal of reaching the Heart by this program.

You may ask, “Why do I need this stuff? Why do I need to examine myself in this way?” You need it because if you use only one of the main insights, you could be stuck with something that you cannot bypass, simply because that insight could not give you what you need. By using multiple approaches, you diminish the chance that you will miss something that blocks your way. For example, if you miss the blockage, you might be addressing symptoms instead of focusing on the real cause when you use the Energy Psychology approach.

You can also relax! You do not need to solve every personal matter in your life, just the ones that block your way to your Heart. But if you reach your Heart and you have something really serious left in your system, I advise you to reconsider and solve it anyway. I have reasons for that: the main reason is that your problem might block interesting beneficial options in your life that will be unavailable without treatment. When you reach your Heart and have learned what I have to offer to you in this book, you will be able to estimate the right time to deal with such a major personal matter.

These pages are
not included
in this preview

there are still a lot of possibilities and nuances left! So if you ask yourself, “Why am I as I am?” the knowledge above will give you an answer. And if you ask, “Could it have gone otherwise?” the answer is “Yes, given the same circumstances,” since the effect of chance gives variability and the possibility of other outcomes. You were influenced by your ancestors’ Morphic Fields and by more general Morphic Fields from other people, as well as by the environment and the developing you. So there is not really something fixed in life.

Insights from the concept of Morphic Resonance can explain life as an unfolding, variable blueprint. Think of yourself like a ball that is rolling downhill through a landscape (the blueprint) towards lower ground. It rolls left to right and left again depending on the terrain, until it reaches lower ground. Each time the ball alters course, chance decides the direction it will travel at that moment, in that place. Chance represents the variability in your path through the blueprint from the very broad outlines to the details. This happens continuously in parallel or overlaps on various levels in a process in time within each individual on all levels: physical, emotional, mental and even spiritual. This happens for you as, in parallel, it happens for other people and beings, increasing complexity by the multitude of processes. The blueprint has an impact on all species and therefore on humans, social behavior, human growth and so on.

No one has ever directly proven that Morphic Fields exist, though there are indirect indications. The beauty of the concept of Morphic Resonance is that it gives a framework that explains the structure and variability of life. Grasp the idea of Morphic Resonance as it gives you a way to look at life from a structured point of view. It can help you take a realistic view of your life and what you can and cannot do.

Use the analogy of the variable blueprint to look at your life. If you know about variable blueprints and the possibilities

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They depend heavily on cognition and mental capabilities but the body can be something strange to them. Since they find it very difficult to express emotions, they emotionally express themselves in a trance (or even dissociated) state of mind when, for instance, they overeat and do not know that consciously.

I have found that people with anorexia are unable to follow the exercises. They can do the grounding part, but they are highly suspicious and cannot understand how it works with their bodies. They want to control the process of energy flow with their minds, but the body is more capable of leading the grounding process. By trying to control it with their minds, they block it.

This is like a healthy person trying to control the state of normal breathing. If you try, you will most likely disrupt the normal ease of breathing. Most healthy people with a normal breathing pattern do not think about how they breathe; they just do it automatically. The body takes care of it.

If you have anorexia, please seek a therapy suited to treat it. After you have solved that problem and are emotionally reconnected and in balance with your body, you can judge whether this book is for you. Rob Zondag, my colleague in the Netherlands, taught me a therapy for eating disorders that is aimed at restoring the suppressed parts of your psyche and coming into balance with yourself and your body. By doing so, you can grow emotionally and psychologically as a person in a few years' time, like a butterfly unfolding from a cocoon.

People who have been diagnosed with bulimia can follow the exercises *after* they have had successful treatment for it. What I wrote about anorexia is also valid for people with bulimia, but in a milder way.

I have met people with different levels of dissociation. Most of these people are not aware of this behavior. Usually, the people they meet in their lives accept this as something specific to that person: they dissociate from time to time, occasionally

dropping attention or being elsewhere. Hypnotherapy works with states of trance. In addition to working with trance states, hypnotherapy can help bring people with the milder dissociative complaints out of the dissociative trance state. This works in a sort of reverse order: instead of bringing people into a trance, it helps them step out of a trance. If you have severe dissociative problems (like you are no longer accessible to others), please go see a qualified medical professional and check whether it has a physical cause.

Once I worked with a highly educated client who was able to get his body in contact with the ground and, at the same time, could go into a state of complete dissociation for several seconds. We did extensive trauma work that helped, but the dissociations stayed. Neither I nor other therapists could determine the cause of his dissociation. I thought it might be a more physical problem, something related to brain functions, but the client refused to be checked by a physician or specialist, claiming that that he had already done so. This contradicted his previous statement that he had had no physical examinations about the matter other than a brief, vague visit to his physician. Somehow this client wrongly thought and feared that a physical examination could threaten his job, so he stopped therapy to look for answers elsewhere. We ended in a reasonably agreeable way; it is, of course, the client's choice whether to see a physician or specialist.

If you have one of the milder dissociative states (like not completely being present all the time, but accessible to others and able to function in life), then this program can be useful for you. It can help you regain confidence in the world, come into contact with the Earth and help you take the place in the world that is already rightfully yours. It can help you learn how to associate and recover from a dissociative state. It could bring you to the Heart.

I once worked with a woman diagnosed with Asperger Syndrome who was studying for a profession in which she was

expected to be able to work with people and judge other people's work and events. She was not very successful at this. Then I taught her the exercises and she completed them and got to the Heart. Now she works with her Heart to judge people's faces, something she had a hard time doing by looking at facial expressions. What she actually does is examine or ask her Heart and interpret this information from the Heart from the inside, while at the same time being present with the other person or people. She sort of bypasses her condition and is learning on the fly how to work with the Heart.

People with a psychiatric history of psychosis should read the following very carefully: you should keep away from using the exercises in the book to help yourself. I work in an ambulant setting of practice, which means that people have treatment sessions and are capable of functioning on their own outside the practice.

I once met a former psychiatric client who, I think, did not have enough emotional foundation. This is a dangerous setting for losing the ability to see reality in the way that others see it. It sets up the dangerous possibility of an emotional meltdown. It is not so easy to say what exactly would happen, but you can grasp the idea that it is a very unhealthy probability. She was prepared to just jump into her traumas without a sound foundation but I refused to let her do so, sensing that a major emotional uncontrollable outburst could be around the corner. I have noticed that some people with such conditions tend to jump in like that, causing themselves serious trouble.

If you have a psychiatric history of psychoses, I think that grounding could do you good. However, I know this must take place in a controlled environment with psychiatrically skilled therapists. I have little experience with psychiatric patients, so put the book aside if you have such a history and are reading it on your own without assistance from a professional in direct face-to-face contact.

Tune in; the invested energy of others can help you right now.

From the concept of Morphic Resonance you know that if others were there before you, they have created a blueprint. By using their influence and resonating with the Morphic Fields, you go easier into a pre-shaped path. When it comes to the Heart, a lot of other methods have helped pave a way. This approach can benefit from that, and so do you.

The Morphic Fields for the Heart are there; tune in to them. They will form a positive anchor that will guide you. Your attention (focus), the fields already in place and your invested energy will help you in your way to the Heart. This is true for me too; I was born with it, but noticed the Heart years later. It is strong in me and I can work with it. You were born with it too. If you want to, tune in to the field until you reach the Heart and add to the Morphic Fields yourself. Tune in and let yourself be guided by those fields. The more people who add to them, the easier we make it for others to reach their Heart. But remember, we have to number in the thousands! You and I are just adding to the blueprints until they have a substantial effect. It is not just unleashing the power of the Heart; it is building the Heart on a wider scale as well. So at every stage in your way, tune in to the Heart fields using knowledge from Morphic Resonance and blueprints. It will make it easier for you.

If you are well-prepared and ready, the chances are optimal for you to make it through. Do the exercises now.

If you have come this far and decided whether this is for you, then you have optimized your chance. You are well-prepared and you are ready now. Please do the exercises, preferably in the presented order. Start with the grounding first. Take your

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PART 3

**On your way to your
Heart**



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These exercises work with the human energy system and are meant to help you energetically make contact with the Earth, get more balanced and feel better in life. These exercises are in no way a replacement of any kind for treatment of serious complaints. What constitutes a ‘serious complaint’ differs from person to person, even from culture to culture. If you do not know whether your complaint is serious, seek advice from an appropriate healthcare professional. And if you have a history of diagnosed psychopathology, then you should seek advice from an appropriate healthcare professional before beginning these exercises.

Whenever you feel overwhelmed, you should get yourself into balance. These exercises can have a positive influence in that respect. However, when you feel pain, remember that pain is a signal from the body. You should pay attention to this signal and see a healthcare professional. You are responsible for your own health.

If you have come this far, you have read Chapter 10, ‘A couple of tests and a rough filter,’ and answered the question, “is this for you?” I presume that you have given it careful thought and answered “yes.”

Some of these exercises involve TFT and EFT. When I mention them, you can turn to the Appendices and apply one of the TFT or EFT sequences you find there. The application of TFT and EFT is beyond the scope of this book. If you want to learn more about them, look in the literature or search the Internet.

The information in this part of the book comes from my work with sensitive people and my own observations, insights, investigation and statistics. This information is my intellectual property, so please respect it as such: mention my name if you refer to this work or any of the exercises.

At www.inspiratio.com you will find additional material like questions, answers and more information. Have a good journey and reap the benefits along the way.

FIFTEEN

Working with energy

Working with energy is subtle. Some people can only experience this when they are silent and attuned, and for others it is a way of life. Most sensitive people are somewhere in between.

As we age, most people become more sensitive but others get more rigid in their behavior and thinking. What we need is awareness: we need the openness of a child, the wondering and experiencing. Getting more sensitive as we age and being as open as a child may seem like a contradiction, but if you would like to learn to be aware then you should learn to be as open as a child.

Aging is a natural occurrence for everyone. Through brain research, scientists have learned that we tend to follow the paths we have created and deepen them, making it more difficult to step out of them. This causes rigidity when people age.

Following this thought, one could assume that it would take a lot of energy to step out of these paths. In fact, it is a seeming contradiction: you can step out of the paths by investing the least possible amount of energy! Become just like a child who wanders, touches, feels, and is active, usually without logical thinking. At times, when a child does not spend his or her time thinking logically, he or she is open for everything. The child is learning at a different level: he or she is aware and the brain uses little energy.

When we are in a rigid state, we are not open for everything. We act on opinions and judgments from a sort of Type I thinking, following the paths we have created. We respond immediately without logical examination. That takes the least energy. You could call it experience, but most of the time this is not experience gained from a learned skill. Do you notice the difference between Type I thinking and being as open as a child?

In Type I thinking, you use few brain resources. When you are as open as a child, you use a lot of brain resources but in a seemingly flowing condition that uses less energy. In both states, we minimize invested energy. But Type I thinking results in a rigid outcome based on history, while being as open as a child results in possible insights (here and now).

Both ways of thinking create the future. Type I thinking creates or repeats what is already there; it sort of repeats the past. Being ‘as open as a child’ creates new insights; it is open to inspiration, creating a new future that is different from the past. As you can imagine, most people find the latter more thrilling.

If you have some kind of curiosity, then you should strive for an ‘open as a child’ state. Even more so if you know that learning new things keeps a brain healthy and young (as we know from brain plasticity). Rigid thinking leads to an old brain with rather contained thinking.

To be aware and as open as a child we need to regain that quality that most of us had as children. Meditation practice is one way to get there. Real meditation is actually being as open as a child: you become aware of what there is, but with a mature brain.

Application 1 Working with energy

In working with energy we need to be as open as a child. Remember that I told you about anchoring points? Now is the time to anchor yourself in that ‘open as a child’ or ‘being aware’

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coming more to one's self.

In an investigation among my clients, I found that the most commonly experienced sensitivities were “feeling the atmosphere among people,” sounds (loud or hardly noticeable), Individual Energy Toxins!, light (strong sunlight, shades of light, or the transition from dark to light or vice versa), food intolerances and picking up energies. Ten percent of them detect forms of consciousness (other than the experienced physical human or animals) as an energy influence. If you think of the percentage of people regarded as sensitive, then we speak of about 40% of humanity. Are they that different from you? I do not know. I hope you do not have all of the most commonly experienced sensitivities. In fact, most people only have a few sensitivities, but they can be a bother in life.

When I say “most of the time therapy boils down to treating trauma, managing bad periods in life and dealing with their sensitivity, thereby coming more to one's self,” that idea is very similar to the approach you see in this book. It works for my clients, so I suggest you think about using the same approach.

Following are some stories of clients who have used this approach to make great strides in their lives. In these stories, I have changed details and mixed accounts to make it hard to trace individuals. I want to respect their privacy; these are their personal stories. Most of them wanted to get rid of complaints, but some of them wanted to become better at what they do, which is a strong indication for success in therapy. Change your thinking about complaints into thinking of new possibilities. Along the way, you will get rid of the complaints as well.

- I once had a male client who was strongly positive minded and goal oriented. However, he had some troubles at work and in his family life that kept him from reaching his goals. The family problems had to do with having a close but protective family with close ties that made a strong imprint

on him as a child. This also interfered in his work. He needed to do some trauma work.

He was also a manager in a big firm. During meetings, he felt people's eyes on him and came to realize that he was receiving suggestions (information) in the energy from some of the other people, like "ha, ha, let's see if he goes again...." By grounding, he was able to stay attuned to the meeting and focus. He used the shielding from the Heart to counter the strong negative "ha, ha" message he received from some people. When shielded, he could perform well without thinking of those suggesting eyes and focus on his presentations.

He also noticed that the Heart works in human relations. During a large merger, he used his skills and the guidance of the Heart to make wise choices. He did not make the obvious choice that arises from thinking, but instead noticed that a person from the other company would work well with him. As always in mergers, choices have to be made between people who are in the same functions; some people are redundant and have to go. He chose to keep the top manager from the other company; they became allies and the client now has a better management position. He noticed the power from the Heart and used its superior insights to guide him in interpersonal relations.

- Another client was a man who worked in construction in the hard, rough world. He had been severely intimidated as a child by his parents' fights, which had led to their divorce. He had lost his self-respect, his feelings were strongly numbed and he had negative thoughts about himself and others. His wife sent him to therapy; that is normally not a good sign, but he went for it.

We had to do extensive trauma work but, amazingly, he made the transition. He healed his inner child, became grounded and came energetically out of the thinking head into contact with his feelings. What was first something strange to him (those emotions) and something he had hidden became an indicator for his life. He learned how to use emotions to enrich his life. He still uses a mask in his rough work, but he knows he is sensitive as well. He lets his Heart guide him and even solved a strong dependency on others for his self-image. He is now empathetic to others and his children.

- A shorter-than-average woman entered my practice looking like a small scared bird. She had been bullied extensively at school and lacked self-confidence. She also felt lonely and could not think of setting life goals for herself.

After a few sessions and much to her surprise, she felt that she could stand tall and be firmly grounded, even as a small human. We did the obvious trauma work on the bullying and within a few sessions she was in contact with the Heart. It went that fast; it was almost if she were recalling old, forgotten skills (and remembering goes faster than learning). The fine, warm comforting feelings from the Heart gave a strong positive counter-effect to the imprinted effects of the bullying. She was able to let go of that and learn to use the Heart for guidance in life. She developed a pro-active attitude; she is not shy anymore, although she is not that outgoing either. As far as I can recall, she now holds a middle management position in her chosen career.

- A meditation teacher who had taught for decades was extremely cognitive when he entered my practice. After we worked together, he managed to regain his feelings, noticed

what it is like to be in contact with the Earth and felt the effects of the Heart. That was something he had never found in his many travels to India and stays with people gathering around a guru. He found it with his Heart. He was then able to enter into deeper meditation levels and was able to let go of his almost compulsive thinking.

- A female client came into my practice with severe bowel complaints, so severe that multiple times a week she had to leave school early. She had been diagnosed with Irritable Bowel Syndrome (IBS). I noticed that she had trouble dealing with emotions, so we did trauma work. The grounding helped her accept emotions and release energy. The Heart also helped a great deal in reducing her IBS symptoms. The shielding also worked very well; now she can avoid energy overloads when she does not want them. She now listens to her body and understands that her sensitivity and previous inability to deal with the overloads of information and accompanying emotions burdened her bowels. That is now past history.
- An amazing woman with Asperger Syndrome who had a very rich inner life was studying for a profession where contact with others is essential. Learning the hints from the Heart helped her understand other people: instead of relying on facial recognition of emotions (which did not help her much), she now simply notices the impressions of the Heart she receives about other people. Note that this worked for one person with Asperger Syndrome; I hope it works for others too.
- I met a Business Administration student who was uneasy or even uncomfortable in groups of people. He also had a clear career goal in which working with others is essential. We worked through this, made him feel grounded and helped him stay in touch with the bodily senses. He now

uses the Heart to make his way in life. This talented young man has already attained a top general management position in a large corporation. The Heart helps him in human relations; it is a great source of intuition in addition to a capable, logical mind.

- Luckily there are also school teachers who work with me. Grounding helps them let go of excess energy that builds up through contact with children and parents. When they learn about sensitivity, they recognize things from their lives and the puzzle pieces come together.

They also become able to identify the sensitive children in their classes. This knowledge is extremely helpful in teaching these children, who can detect that these teachers are grounded. The Heart makes them well loved by these children, who notice something very nice and warm about these teachers. So it also helps the teachers in their work.

- I also meet sensitive people who work in high-stress professions: aviation engineers, real estate brokers, factory assembly line workers, electrical maintenance engineers and entrepreneurs. Some of these people are at the edge of burnout or already burnt out. They also may have encountered IETs that had a strong influence on their working performance, leading to all kind of complaints (like anxiety, phobias, and tiredness or even exhaustion). These IETs affect their ability to be grounded, so they have to be found and removed.

Grounding and the effect of the Heart can do the usual wonderful thing for these people. It can help them make the transition from “there is something really wrong with me” to “I am OK and you are OK.” They can use their Heart to prevent feeling too much stress or even having a second burnout.

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YOU MAY HAVE ASKED: How can I become more myself?

THE ANSWER IS: OPEN UP TO YOUR HEART WAVES. This book can guide you on your way to the Heart. These insights and a structured approach will help you learn easy-to-use applications that, once mastered, will allow you to feel their effects within a fraction of a second! You can use these applications in everyday life, anywhere and anytime you need them. Learn to use universal principles of human life, energy and fields.

The most commonly mentioned benefits are:

- Making contact with yourself
- Gaining balance and self confidence
- Quieting thinking and having a clearer head
- Getting centered within a split second
- Gaining insight into yourself
- Finding that comforting feeling
- Soothing the body
- Being able to stand up for yourself
- Finding joy
- Learning to listen to your Self and finding guidance
- Shielding and protecting yourself from other people's energy
- Receiving peace, quiet and space

I developed this successful approach while working as a therapist in private practice with people who are sensitive, highly sensitive or even sensitive with extrasensory perception. These applications were developed for and with sensitive people according to their needs. And the need that is almost always present, whether obvious or lurking in the background, is: *How can I become more myself?*



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