

Walking Forever: Mystical Principles 4

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[00:00:00]

Thomas: Hello, everybody. Yes, we are back, and let's continue the journey through our mystical principles. Today I want to start first with a short summary of what we talked about last time.

Recap of the Previous Session

As you remember, last time we talked about some foundational principles. For example, the open ensō circle—that energy, once it's been created, it needs to fulfill its movement. We talked that karma is an unfulfilled movement that tries to fulfill itself. When we sit and we feel flooded by feelings, fears, thoughts, body sensations that actually belong to the past or to earlier stages of our development, or even further down to the past, we feel the residue, or we feel the postponed energy.

I want to come back to that today, and talk a bit about aging. I want to look at multiple aspects that compose the phenomenon of aging. Aging has something to do with time, and time has something to do with energy—not only with energy, but with space and energy. I would love to take a deeper dive into our conventional understanding of time and then, maybe, also to bring in the mystical understanding of time. When we talk about aging and also, what I said last time, the birth and death is the same, happen at the same time, or when death doesn't happen after my birth—I started with that sentence last time.

Of course, in the conventional understanding of time, it doesn't really make sense, and it doesn't really make sense in our current life experience, but in the mystical practice and in a mystical understanding of time, maybe, it's going to make sense sooner or later, when we look through what I call a time-space distortion, where karma creates a time-space experience that many of us or, most probably, all of us experience in some way, and that time-space distortion has a lot to do with the incapability of being present, and with the feeling of being separate. The current understanding of life, of space and time, is that we might feel as separate entities, separate particles, that the fragmentation of the world that we have been born into is now part of our life. That causes lots of pain, that causes a whole worldview, basically, of the world, the planet, humanity, relationships, and of our spiritual practice. I want to have a deeper look at that.

The other thing that we talked about last time was even the four layers of, or four big dimensions or states, state achievements of our spiritual practice: the gross reality—the physical universe, the subtle universe—the universe of energy and information, the causal universe—the universe of big emptiness and causal energy, and the non-dual state, which means that the witness and that which is being witnessed, that the stillness and the movement actually are not-two. I will bring that in more and more, also, to our meditation practice.

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Then we talked about something that is equally important, also, for today, it's that the soul is an impulse of the future, an energetic impulse that dives into thousands and thousands and thousands of years of human experience. It's that our bodies are not just our bodies, they are concentrated liquids of life, trying out, through lifetimes and lifetimes and lifetimes, to live itself and to develop structures in consciousness that we use today: our physical body, our emotions, our thoughts, many capacities that we carry inside have been developed and refined throughout history.

And still, there is a drop of eros, of the new, the oxygen, our essence that dives into that past and animates it in order to move further down within the river of life. We are all, as I said last time, the lovemaking of the past and the future. Aging, time, and life and death are being viewed within the understanding of that the past and the future are energetic compositions, and our current experience is the outcome of it right now. The soul, again, is a subtle energy phenomenon and the soul diving into the past which is all that...the past is composed out of two aspects: the past is structures of consciousness, like habits that life tried and lived through—like just the habit of ourselves sticking together throughout this call—so, the habits create coherence, coherence creates structures, and structures have a gravity. The past has a gravity, it's a pull. The structure wants to stay the same, the table wants to stay the table, the body, my body hopefully wants to stay a body.

The other aspect of the past, and that's the past that we work with a lot when we do integration work, when we do inner healing work, when we do developmental work, is that the residues of the past, the unfulfilled and unintegrated energy of the past, is constantly screaming, through symptoms, to integrate itself. That's the past that keeps us busy and overshadows my now. I want to make a decision for something—and then I'm afraid. Then the past speaks in the current moment and has an effect on my capacity and intelligence to make that decision—or to move forward in life, or to create a project, or to do anything in life. Often, our past overshadows our now.

When we talk about our age, when we talk about aging, when we talk about living in our time, in our time-space rhythm function, then resting in my time, in my authentic time, is an effect of synchronization. And not wanting to be in my time, also not wanting to be in the cosmic address of my age, is a deviation in time-space, and that's why I'm trying to be younger or I'm trying to be older, but I'm not resting in the highest potential of my time.

The fact that I am as old as I am means that that is the best place to be. We see in culture a lot of fighting and resistance, and trying to not be in the time where we are. We will look at that a bit deeper.

I used already some words that might be new or might need a definition right now. When you remember, last time I said, time can be viewed as, oh, there is a line from the past, that's where I've been already, into the future, that's where I'm going to.

[00:10:00]

Elevating Our Vibration, Accessing the Vertical Dimension of the Future

Last time we said the future is only the future when there is an energy that has an update. When I update myself, or when life updates itself through me, then I am literally—tomorrow is my future. And tomorrow is not just a repetition of today, which means it stays on the same vibration state. For people that are creative in their work, then when they work, they will be excited to work. Why? Because they are always finding out something new—or very often. Which means, the work is not a repetition, the work is a creative process. When the work is a creative process, you feel your eros—you're naturally engaged, excited, creative, and joyful because we feel that we participate in something that's essential.

When my life becomes more and more essential, when you think just for yourself and you say, okay, what are the essential moments, what are the moments that I call essential? What were essential moments in your life in the past, what did you see as essential moments—or a team meeting when something essential happens, a conversation, an intimate relation, an essential insight that comes in a revelation, an essential meditation, an essential movement in life in the public sphere?

In my understanding, an essential moment is when we really touch the creative river of life, then something—there is an impact onto life that moves life forward. In essential conversation, something shifts, something moves. That's why we are so, why we recognize it—because we move. Our movement, most probably, changes. When movement stays the same for a long time, it feels like we are not moving, but when we upgrade our movement, or even when we downgrade our movement, if we contract, we feel it because we reduce our movement. We open up and we join life, we participate life, we deepen intimacy with life. We feel an increasing movement. When we have a creative moment, we touch the accelerator of life, and then suddenly it feels joyful. Why? Because life moves into its own future, into its own higher consciousness potential. We get a kiss of God, we get ... the divine, creative perfume touches us.

In an essential moment, or in the most insightful moments, or creative moments, we touch a tiny bit of the creative process that creates the universe. That feels good because in creative moments, in insightful moments, in essential moments, so we feel that something elevates us.

[00:15:00]

Elevation is a matter of vibration, so our vibration goes up. The big part of the spiritual practice is also, in the movement of life, is elevating the vibration, which means tapping into higher coherence. Higher coherence means that more parts of life are included, more aspects of the complexity can be held in the container of our experience. That's why we understand more, that's why we see more, we feel more, we can contain higher complexity. That's usually what happens when we have a bigger insight or an insight—suddenly the coherence jumps, resulting in a higher coherence. It might be, I think many of us know this, that suddenly something is so clear, and a day later you say, "Wait a minute, can you still remember, yesterday it was so clear, and today somehow I miss it and don't fully understand what I understood already yesterday?"

Which means, I tapped into a higher coherence, something opened up, I understand, it's clear. If that vibration decreases, that function disappears again. It's higher and higher functions of vibrational states, there's more understanding naturally; not because we think more—because we comprehend more. Because more water, the cup's getting bigger, the glass has more volume, and so more water can be filled into the glass. We embrace or open up, and more complexity coheres in our experience, and that's why we suddenly understand more.

Why is that important? Because it's important to see that the future is a higher consciousness potential and when we tap, individually and collectively, into higher vibration states, there are more inventions, more scientific breakthroughs, there are more insights, there are more answers to questions that we have. A higher vibration appears in life as all of those functions. Suddenly, there are more solutions, we resolve issues that we have faster because more insights happen. That's a function of higher vibrational states grounding themselves in life.

Cultivating Coherence Between Awareness and Sense Perception

It's also interesting because that means that the future is not necessarily "down the road" in distance and time, it's a vertical dimension that we can access, and that comes with a certain experience. If I'm attached to the current experience, if I'm attached to my sense perception—and remember, in one of the MP classes we talked about the elevator that is attached on the outside of a skyscraper, a high building, let's say, in New York. The elevator takes you up, and I tell you, "Go up in the elevator, keep your eyes open, but don't look at New York." You're in an elevator, it takes you up in the center of Manhattan, and it takes you up, and I tell you, "Don't look at the city. But keep your eyes open." What that meant at that time, and what it still means is that, in the mystical practice, we are training ourselves to empty ourselves, so that there is a space in us that is looking through the sense perception. When we deal with aging and death and dying, and the afterlife, and many of those aspects, that's an important part because many things that I know, I know because my senses are plugged into 2017. When you look right now, the computer that you look at, or the device that you look at, the room that you sit in, the people that you sit with in that room, my voice, your body sensations, your thoughts—everything 2017.

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It's very interesting that, through our senses, that's what mindfulness practice uses. It says, "Okay, what if I focus on my body sensations, or sensations and perceptions in general, I synchronize my awareness with the information that my senses channel into me right now." You remember, in the course we talked about an internal video projector that projects my interior information onto the screen, my external input goes into a second video projector, also projected onto my screen. My brain and my current capacity to compute information fade those two video projectors in and out.

We also talked about that, often, when there is trauma or strong conditioning, we lose some of that capacity. That's why when life meets us in a traumatized area, it's very hard to respond because it hits us in a place where either I need to turn off my interior feeling awareness, or my exterior feeling awareness freezes. Either I cannot feel you, or I cannot feel myself. The traumatization comes, often, with a split, and with a much lower capacity to fade in and out the information that we need. When we're very triggered in a conversation, usually the inner input becomes very strong, and then it's very hard to stay connected to people around us. If I train it, I will get better at it and then, even in the discomfort of my own triggers, I will be able to still stay related and feel my environment at the same time. That's, for many people, already a strong practice. If I'm strongly traumatized, I cannot even do it, I need to first integrate my trauma because part of my wires, or my perception, is frozen. I will, again and again and again, hit the limits of my capacity when I engage with people, the world, situations.

That's important, because it tells us that, for the mindfulness practice, the coherence between awareness and sense perception is very important because it grounds me in the moment. When I am totally busy with thinking, mindfulness practice brings me back into this moment in time, because it synchronizes me with my sense perception, and my sense perception, my body perception is plugged into now. That's why many meditation practices, especially the early meditation, at the beginning of our meditation career, so to speak, we practice a lot through our body sensations, because it gets us a lot more present.

That's just the beginning, as we said, because then we want to dive into the real mystical moment where the past and the future are equally contained. That's why the now, the mystical now, is not this point in time but the mystical now is the now that contains the future possibilities, and it contains my whole past. That's a much wider mystical moment. For us, thinking our exploration, those—maybe also different than the conventional—views on space and time are important. If my sense perception is plugged in, if my body is plugged into 2017, if that's all I have, 2017, with the overshadowing information of my past and a bit of information of the future, is my reality.

If I manage to be in that reality but empty my interior landscape more and more, I can find ways to still be looking through 2017, but because I'm not just bound to 2017, I included it, I transcend it, I suddenly have access to a much wider future or higher consciousness, and I have a much easier access to what we call the past, which is the information that's stored in the body of life. And it gives me the capacity to travel within it. It also gives me the capacity, I mentioned last time, and we will talk about this much more in detail, that the exit points through the different energy centers, how we exit our body after death, depends on our vibrational state and on our state of attachment. I want to clarify this again, detachment and dissociation are not the same.

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The word is not the same but it can easily be mixed up. Detachment means that I include and I transcend a certain quality—so I'm not just my body, I'm not just my emotions, I'm not just my thoughts, I'm not just my perception, I'm not just 2017. I can include and transcend different layers of reality. At the same time, I can feel it deliberately. I can be connected to my environment, I can feel the room that I sit in, but I'm not bound to the reality of that room I am sitting in. Which means that the future and the past are much more accessible, and also the timeless dimension is much more accessible. That makes me less a prisoner of my body sensations, more a lover of my body sensations, but the lover that is not bound to the love affair with the body, that is not bound to the love affair with their emotions, and is not bound to the love affair with the thought forms, or with the love affair of enjoying the external perception.

We can walk through beautiful nature, we can be in awe, and we can literally totally enjoy the beauty of the moment—but we are not bound to it. There's one part of us that is free, that is ever-present, that is timeless, and that always already contains this moment.

So, through the spiritual practice, we are actually preparing ourselves, first to get access to a much wider consciousness than what happens in 2017, and we also access more the deeper, timeless aspect, and we are more free to travel literally into the past and into the future. For people that work a lot with healing work, that's also an essential tool. If you want to unleash or integrate a trauma that happened somewhere in the past, in the ancestral lines or in a culture, we need to be able to precisely travel back in time to meet the right cosmic address where that past—because it affects us still today—is still alive.

In the mystical exploration, the time of the Second World War is still active. Why? Because it has an energy that is not integrated. If there's no energy anymore, it wouldn't come up in our thoughts. Once it's restored and really integrated, it doesn't influence our health, our social environment, our thoughts, our emotions. The pain, the unresolved pain that is not yet heard, still comes up generations after generation after generations. When we work with it, I believe we need to be able to travel in space-time, because that's where we meet the moments where the pain gets inflicted. I believe that's where the relation needs to be restored, so that the body of life can heal, or the tissue of the one client can heal.

Summary of Today's Session

In order to summarize it, because I know it's a lot—as I said, the online classes are also meant to be rich material that we can listen to over and over again. If you are more new to the material, you can listen to it again, two, three times, and let it sink in, even if some things don't make sense immediately, right away. Also use the mentoring classes and the triads to talk about things that are clear, things that, maybe, you don't understand, also because of my wording or my language. I'm sure that insight and recognition will come, and also understanding.

[00:30:00]

What I said is that—and then we will dive a bit into our meditation—the future is a higher consciousness potential that is potentially already here and that whispers its nature into our ear all the time. Which means the future is calling us, but it calls us with a subtle voice. It calls us, and when we are free enough inside to listen, we call that guidance, but it's actually that we allow the future to emerge within our conscious awareness. You look into the stillness of your heart and, on the ripples on the lake, you see the drawing of light. Which means you see the higher insights, you receive a higher understanding, in the calmness of the midsummer night lake or in the movement of your creative flow, both. Sometimes we have insights when we are really quiet and open and available, so we suddenly hear the whisper, we hear new insights, innovation, breakthroughs, essential moments. We also hear it when we are in a creative flow—when we work, when we research something, when we play music, when we do all kinds of activities, and we are in the movement, suddenly in the river, the new appears.

The future is the higher consciousness potential that we become aware of, and it's also our soul. For most of the practitioners, the soul is their spiritual future. At the same time, the soul came into a life, a culture, an age, a time, and a family, and the DNA, and is pulsing, as our will, through our spine, as our deep interest motivation, the hidden lights, as we call it in the courses. Those aspects are alive right now, pulsing through our veins. The light is animating the past into a creative tense. Within that, we are right now, every one of us, sitting in our time, your age within 2017. 2017 is a metaphor for the current state of the world. It's my time, synchronized with the collective time—because we are born in this time out of a reason, all of us.

Our birth in this time means that we ought to live a life, we are called to live a life that has a meaning within the collective time that we live in. Our soul has a resonance with this time, that's why we are born right now, we're alive right now. There's the age of my life, my body, my emotions, my thoughts, how much I've manifested my life in relation to the collective time. The collective time is also part of my lifetime, and I'm part of the collective time. The more universal is moving into the specific, and the specific is part of the universal.

I want to take you now on a journey, on a meditative journey. First we go back and go into the body and we drop in, as we did it last time already, and we ground ourselves in presence.

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Then we will explore a bit how much we live, actually, in our time, and how much we can enjoy the beauty of our age within the collective age. My age within the collective age, our current world situation—because they're connected. There is the timelessness, the collective time, the state of the world—and my age, and all of them are one coherence. Let's do that first, and then see what happens, and then we can discuss what we did and continue with the exploration.

Begin Meditation

If you want, again, to sit back and relax, sit with an upright spine. For the first moments, enjoy the simplicity of sitting, just sitting in your body, breathing.

Allow the exhale to really take you into the finer body sensations. To feel how it allows you to exhale, also, within your nervous system. How the nervous system can relax into sitting in regenerative mode.

As you drop in and you feel, most probably, finer and finer body sensations and deeper grounding, maybe tensions, flow movements, parts of your body that communicate a lot, there's lots of flow, there's lots of energy moving.

If your body was an inner landscape, you can see how much of that inner landscape is accessible. Maybe, in some places you don't feel your inner landscape, either fully or not at all. If your body was a map of a landscape, which parts are very alive and dominant in your perception, and which parts are maybe reduced, or they disappeared.

Maybe, take some time to really get this clearer and clearer. I travel and attune to different parts of my body. I can see information, data being transported well and quickly... In the other areas, information is reduced, less moving.

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Also notice, what is the time that the body lives in? Just ask the question and just see what's your perception, what's the time, the space, and the rhythm that the physical body lives in.

If you include your emotional environment, and you feel the openness over there reduce the openness of your emotional landscape. Then also to listen to the time, the pulse, the rhythm in the emotional space, and the time and rhythm that emotions live in. Is there a difference to the physical time? Is it the same? How are they connected?

[00:45:00]

Then, if you include your mental experience and the movement of your thoughts, recognition, capacity to imagine, to draw inner images of life, to think in simple and complex ways. In the quality of the mind, to see what's the time of the mind, is the mind in the same time as your body and emotions? Is the mind at a different time? Also, a different rhythm, pulse?

Then, also, to look at the sense perception. When you feel 2017, and you feel the room around you, and you feel the reality around you: noises, smell, touch.

Of course, then there's the dimension of timelessness within all of it, there is a dimension of listening, presencing.

Then let's have a look, how do you feel when you stay in the sensing? How do you feel synchronized in your life, with your age, and how much can you ground your age in the resting and rootedness of the world, in yourself? How is it, is your age a home that you want to live in? Is your age a home that you often want to leave, be in another home? Is there often a tension with the current age? Do you feel that you're synchronized with your age, it's lovely to be that age, whatever your age is? Or would you want to choose another age instead? Or is there tension or a resistance to be that age?

Then also, for a moment, to see your age today in relation to the global time, as well. We're living in a time of big innovations, developments, a time where, through technology and science, there's a lot of advancement, progress, change of structures. We're living in a specific time, the time has specific pulse and speed, and rhythm of information. How is your time, your age, relate to the collective age? If your age and the collective age are inseparately connected.

[00:50:00]

There's timelessness that grounds your awareness, or awareness as such, is the collective time and age, and then there is your age as a resonance field, as a coherence.

Then, before we finish, also, if you want to feel into our group again, mutual meditation within a global field, many people around the world, sitting, tuning in with the age and time-space. Then there is a container, a feeling of all of us. As we said in other "Mystical Principles" classes, in the subtle field and the field of information, we are connected. There's information flowing, we can feel each other. Just set the intention to feel the group, everybody who joins in. And then see, what's the awareness of information that rises in you.

Then, to bring your awareness back to yourself, take a couple of deeper breaths, feel your body, your feet on the ground, and then slowly come back.

End of Meditation

My Own Age Is Where I Need to Be

I will activate my drawing pad here, for a moment. Let's say, that is my higher consciousness [*draws an "X"*], here is the future [*draws a dotted line above the "X", writes "Future" over it*], here is, through the energy practice and meditations, or the light meditation [*draws a wavy line over the dotted line*], we make the future more accessible and palpable. Here's the past [*writes "Past" at the bottom*], and here is 2017, here is my sense perception [*draws a horizontal dotted line*] and of course radiuses of intimacy that I can include in my awareness [*draws marks on the horizontal line*], from my closest circle of intimacy up to a global world, that I can feel connected to.

If that's my time in a certain age in the center [*highlights the "X" and writes "Age" near it*], when I arrive exactly at my age, or within the level of my age, that's where I am in coherence with my current level of development. That's what is also energizing my body, my whole life experience. If I don't want to be in my time or in the age that I am in, I create a tension. If I constantly dream of being younger, or maybe being older, I'm living in a tension within myself. If I can get a sense of myself within the age—there's a timeless quality to all of us where, maybe, I don't even feel I have an age, and then there is a specific, more specific location where we do have an age. There's a timeless part to all of us, and there is a specific energetic part that has an age. My body has a certain quality, my emotions have a certain quality, my thinking, and that is in movement, that's also not a static thing, but it's in movement that I can feel.

When we look at age and aging, the first thing is, okay, how do I feel within the age that I am? Is this a place where I can relax? Can I sink into the age that I am in, can I feel myself in that energy? Is this a place where I want to be? And, if I don't want to be in this place, not wanting to be where we are means not wanting to feel what we feel where we are. Maybe, to be that age scares me, or maybe I feel ashamed, or maybe there are other aspects that I feel if I just were younger or older, I'd be a different person. Actually, I'm the energy that I am.

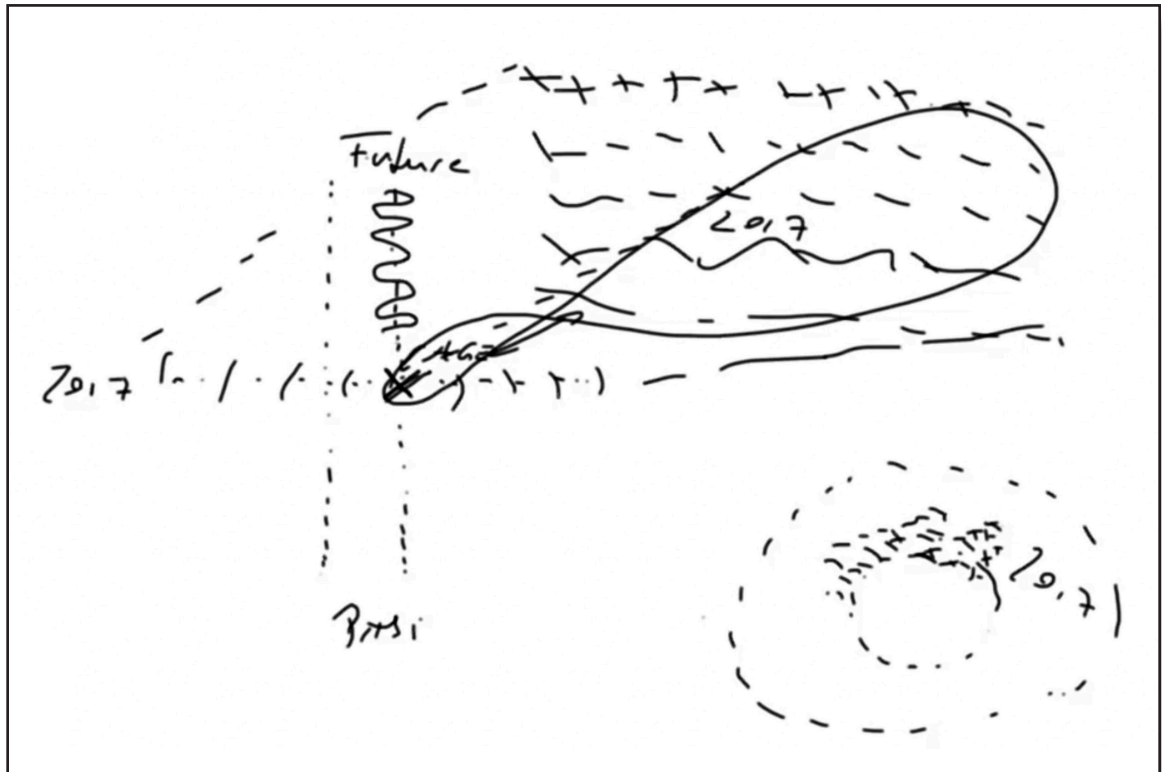
Experimenting a bit with the time that I live in and the age that I am is synchronizing energy, and it shows me if I want to be exactly in time-space where I am. Of course, that energy is connected to the collective energy of many, many cosmic addresses in culture that create a resonance, because I live in a whole complexity of lifetimes, and a whole complexity of millions and billions of people living right now.

[01:00:00]

The composition of all the souls that live right now is the world that we see right now. It's a highly complex field of many, many cosmic addresses or codes. They all create a fluid world together. That fluid world, 2017, has a quality. That has a quality, the world of 2017 has an age, a cosmic address, as well as a whole. The collective and the individual, we are synchronized. Sometimes we don't feel it, because we feel separate, but the collective time and my time, they are important together because they have a relation. We are continuously exchanging energy, and we are co-creating the possibility of the planet. If the planet is not a fixed thing, but the planet, with humanity on top of it and in it—because we are in a planet—we create a field of possibility, we are animated planet. When we live here, we create a world of 2017.

That world is a composition, that world is not a fixed reality, that reality can change. If we change our state of consciousness, the world is a different world. In the given state of consciousness, the world is exactly this current possibility of the world. In the mystical view, that current possibility of the world, as we said, it's not fixed, it's a possibility that gets fixed by the state of consciousness of humanity. Of course, humanity is part of the state of consciousness of the planet.

So, here we are, and we are in a special moment in time-space. That's one thing, being synchronized with one's time is an energizing factor—but, as we said, not for everybody, because some people struggle with being the age that they are, and they would love to be more in the future or more in the past, so there is a tension. That tension has something to do with the current experience, there's something in my current experience that is not acceptable, or there's an aspect of my past that is not acceptable, that wants to make me leave. If leaving is the better possibility, it's only because here it's too overwhelming and painful to be.



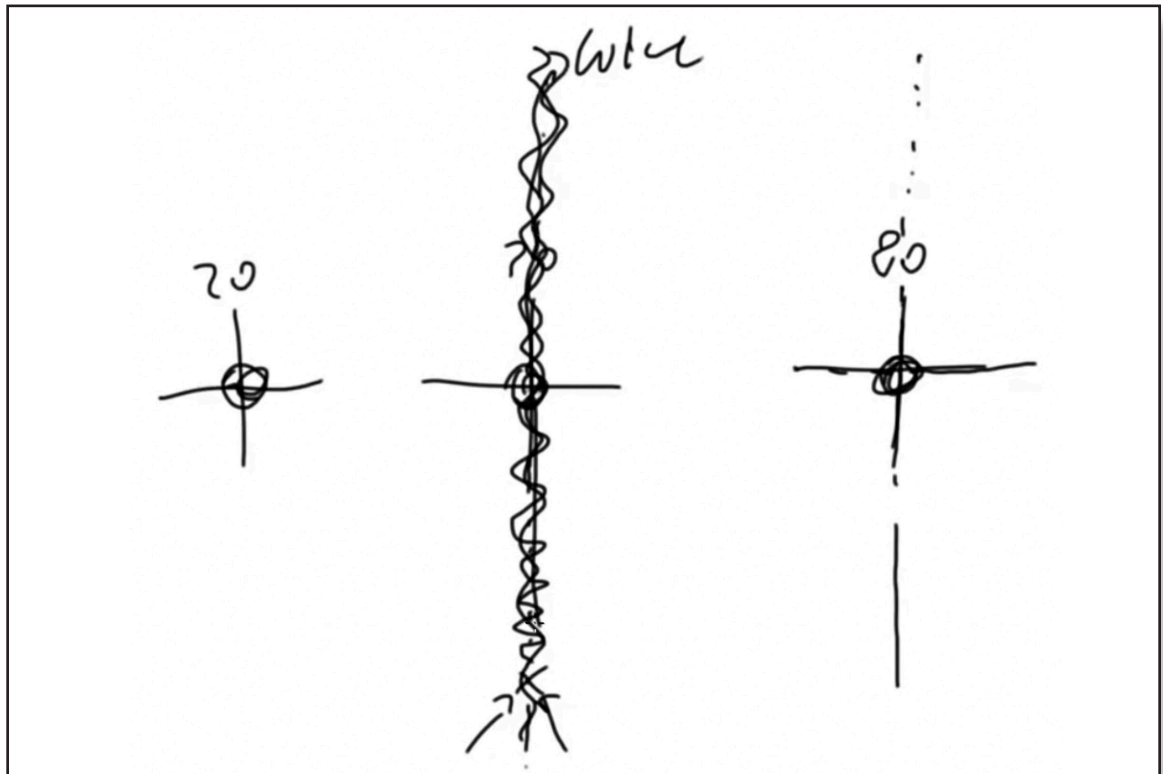
Drawing 1

The other side of it is that I feel most energized if I can truly relax into my time. My time is the time. If I'm here and I'm 20 years old [*writes "20"*], if I'm here and I'm 30 years old [*writes "30"*], if I'm here and I'm 80 years old [*writes "80"*], it actually doesn't matter. Why? Because I'm here. The energy vibration that is my age, the cosmic composition of my age, is a center of my experience, my heart, and is where I need to be.

The same with life, to be in life and in a will—we said last time, the will is a line through our spine, that line that starts with conception and before, because before there was also a will. The will is actually a river, we said last time, through that river energy flows, there's energy moving up and there's energy moving down; it's a romantic dance of the past with the future. That romantic dance happens right now in our spine—an erotic dance because eros is creativity. We said, essential moment is when we touch that dance so we feel like we're dancing with the universe, we are dancing with the creativity of the universe.

[01:05:00]

That happens when we're 30, but it happens also when we're 80. One aspect in our life, in order to understand aging, is to understand one's unique time composition now, and how much I feel I want to relax and sit in the time, the age that I am in now. That is an energizing factor. Why? Because it synchronizes me with the erotic dance in my spine, and that makes me radiant. People that really accepted their age and their time, and they sit in it, there is a radiance, there is a peacefulness that comes with it. We will need that radiance because radiance is beauty. The authentic age and the coherence within the authentic age is radiance.



Drawing 2

Economy of Aging: Recharging Our Battery, Regenerating Our Substance

Then there is a second aspect that I would like to include in the discussion, which is — when we sit here, we sit here as substance, my body certainly has substance. We said last time that substance is a concentrated liquid of evolution. When my body sits here right now, thousands of years of human experience forging this body, these emotions, these thoughts. I'm literally sitting within the wisdom of thousands of years of life, trying this out, refining it, like somebody that composes music over thousands and thousands of years of life.

There is this substance, and we all get substance from our ancestors, through our parents. Some of the substance might be more blocked or traumatized, so there's less energizing energy or less original substance. For some people, they feel strongly embedded in substance. However it is, it adds to our capacity of substance, which is also the candle of our life, the wax of the candle.

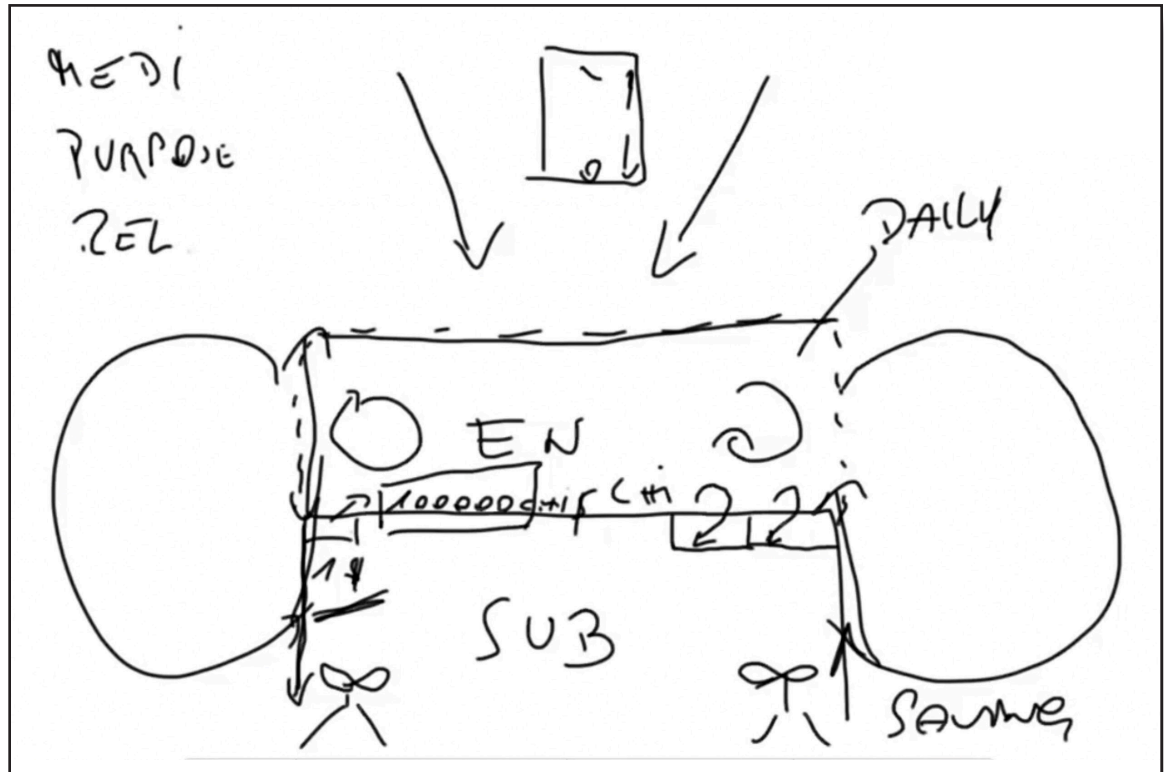
Then, on top of it, we have energy. Energy is chi, life energy. Life energy wants one thing very much, it wants to move. When somebody is alive, they want to move, they want to express, they want to participate. Life energy loves to dance and to participate, to think, feel, write, love, work. There's an exchange with the world. What comes, first of all, back to us, it recharges our energy. If we love what we do, we fill our battery. If higher energy or spirit comes in, the future, it recharges our energy. Meditation, for example, meditation, purpose, when we live our purpose, our joy, our life flow, it charges our energy. When we eat good food, when we breathe, when we exercise, when we sleep, when we rest, it recharges our energy. There are regenerative cycles in our energy.

[01:10:00]

When we live a life and we over-exhaust our energy, we take a brick of the substance and one substance dollar gives, maybe, 100,000 chi dollars. We take a brick of the substance, we eat a bit of the substance, there's an alchemistic process, and we transform it into cash. Daily cash account, savings account. That's an important factor because aging, of course, also has a huge connection to the economy of how we live our life. For example, relation is a very important factor of regeneration, a healthy belonging and a relaxation and trust into relation, and then an embeddedness into collective matrix of life is regenerating our battery.

The iPhone or the mobile phone of our life has a battery charge, and that battery charge is either up or down. When I live my life and I discharge my battery a lot, I'm just waiting for the next vacation, I'm waiting, maybe, for the better time to come to do what I love to do, I'm waiting—what it tells me, I'm not living a coherent synchronized life now. Because I think of the next moment much more often if I don't want to be here. Of course, there's planning, and I will, if I need to do a project, I will plan things because I want to do a project. Often we want to be already there, with our vacation, because we want to be there more than here. The split within the present moment creates already a friction within the current experience.

In the practice of rejuvenation, one of our practices is to take care that the substance is full. How do we fill substance? We regenerate substance through transforming chi dollars into substance bricks. But you see, there's one dollar, and there are 100,000, so it needs quite some chi to get one substance dollar. Savings account, daily cash account. That's important, because if we eat our substance through the way we live more and more and more, we weaken our life's candle. When we recharge our substance and we live a lifestyle that is sustainable or even regenerative, I keep my battery charge high, and if I have a high battery charge, I keep my substance regenerated because I have enough money in the daily cash account, and I can use that cash, that life energy for my daily expression. I get, for example, enough rest and sleep and regenerate my base, so that my body stays in a dynamic regenerated substantial form.



Drawing 3

Why? Because that concentrated liquid is sacred, it's a precious liquid that life tried out. All the lifetimes that are sitting here in us, which means all the concentrated liquid gives us a base in life, gives us substance. When we practice, and also through the aging naturally, that base gets, over time, weaker. One aspect of regenerating my body is living a lifestyle that is regenerative, living a lifestyle that brings in light, because light is the second asset or the second resource that can help us to charge our chi to generate enough chi dollars in order to transform them into substance bricks, more substance.

[01:15:00]

Of course, as I said, healthy food, and food is connected to a healthy system. If I'm aware of what I eat, and I'm also aware where the food comes from that I eat, and how it's being treated, and how regenerative is the cycle that comes with the banana, that comes with the apple, or with anything that I eat, with the green smoothie, then the energy that connected to it, comes with it. If its conscious cycles of productivity that we support, we incorporate them into our substance, because my body and the collective body are not separate. This means that our awareness practice also, of course, includes the systems that we live in because those systems live in us, and we live in them. The most specific and the most universal.

My battery gets recharged top down, which means it gets recharged from energy into substance. I can transform substance into energy if I need it, if I have, I don't know, a three-month, a really, very intense work to do, I can do that because that's why we have that function. We can transform substance into energy, and we can use a lot of chi, even if it comes from our substance, because we need it at that time. But then we need to regenerate it again, if people don't do it, they burn out after a certain time. It takes, often, some time if you have enough substance, but it gets weaker and weaker. For the aging process, we want to see, okay, how do we support and regenerate our substance? A lifestyle in alignment is regenerative. It takes care; it's sustainable and regenerative to be in sync with the bigger system.

There's another part that, whenever I feel I deplete my life energy, I am running into unconscious pockets of my own experience, that's why I cannot respond to the world. In a conversation, when it's a difficult conversation, usually I don't have enough awareness to be in that conversation without reducing or contracting my life energy. It can be a challenging conversation but there is no reason to reduce my life energy. But if I experience multiple situations like this throughout my day, I come home and I'm tired. I'm not only biologically tired, I'm depleted. If I am depleted, then it tells me—that happens because we are practitioners in the marketplace, or in culture, we are not sitting in a cave where we do certain meditation practices for 10 hours a day, yoga exercises, and all kinds of practices that regenerate our system. We have to really work on our regeneration, as we talk on the phone. The iPhone needs to recharge itself as we speak. I repeat this, I know I said this already in some other courses, and some of you have heard me say that, some of you, maybe not. That's why I bring this again because that's an important function.

Light generates chi, chi recharges substance. Chi is substance-friendly, it builds chi bricks, and it regenerates our base. We can use energy—which is concentrated liquid—like substance and transform it into energy. Why I bring that is because when we, especially when our bodies get older—next time we will talk a little bit more about time, because there's another factor that I want to bring in—when we talk about time and aging, there's a natural, biological aspect of aging, then there is the part of aging that comes through friction and non-regenerative living.

When I live a lifestyle that is either, in the system, out of alignment, that I live in, in my interactions and relations, or because I don't have enough recharging capacity, I am not hooking myself up to the big charger enough of my time. Of course, that's also connected to if I live a lot of time in a hyper-activation in my nervous systems, or I eat energy. When I manage to relax my nervous system and to let it exhale, I regenerate. In the exhale, I regenerate my substance and my life energy. I wake up in the morning and I'm fresh. I experience my day and I'm fresh

[01:20:00]

Then work is not so much to do with how many hours we work—of course, indirectly, yes, but it's more how I experience the time of my work.

For the rejuvenation practices and for the practices that we can do in order to strengthen our energy system in order for it to stay healthier, and also utilize the substance of our life for the longest possible time, we have practices that we can practice, but for this, I think, we need to first understand the core principle of light as the highest operational energy, then chi, life energy, activity, circulation, and then substance, that's what we are embedded in. When we grow older, most probably we need to do some exercises in order to strengthen the substance and live a lifestyle that is clear, and/or live a lifestyle that is clear enough, so that I don't burn energy and substance, so that I stay recharged as I live—in my intimate relationships, in my work life, and then it's a light-chi-substance balance, not a work-life balance, it's kind of a battery that recharges itself as we live.

Homework

I will park this for more, because that's a lot of information already. Maybe, we will slowly move over to questions that you have and some dialogues. Let's take in, as a homework, in our meditation practice, sitting a bit more with, "Am I synchronized with my age? Do I love to be in the age level that I am in?" Then you can also sit—maybe we do this next time, also, in the meditation, to sit and feel into, okay, what's my base and my substance? What's the life inner chi or chi money? Can I feel life energy, aliveness, vitality? Can I feel substance, the substance of my life? When I set the intension, I want to tune in with the substance, is my substance strong or is my substance weak? Do I have an awareness of this substance of my life, of my body, the resources that I have in my body, and also my energy, is my life energy full and charged? Is the battery charged? Because what I showed before, like the electricity and the substance is a battery. Both together create a battery. That's the powerhouse of our life.

Q&A: Tension with Age or Time Is a Symptom of Overregulation Inside

Host: There are many questions that came in around the different ways—in both the first session and this session you've been speaking about time, so let me read you one of them, perhaps it will help you make some delineations that, I think, will make things clearer for people. Donna asked, "Can you speak about the struggle with age and time? I wonder if it's different to struggle with age, maybe wanting to be a different age, younger or older, versus having a stuck place in my body related to as a past trauma. What's the difference between being in synchrony or not, versus wanting to be in a different time, versus not feeling at home in 2017?"

[01:25:00]

Thomas: First of all, all of the options mentioned are ways to not be in the experience. It doesn't matter if I project it onto my age, if I project it onto the world, that it's difficult to live in the world that we live in. Actually, that's not really an option, that's not up for discussion. Because we have made a contract with the Divine to be here, so our life purpose is now—it's not living in another time or waiting until it's better or worse. We are alive right now. The fact that we are alive right now means that's not like being here because being here is not up for discussion, so it's not a matter of fact if you're living really in the right time or not, because that is for sure that we do.

Maybe, in our experience as children, and maybe even before, it was hard for us to develop an experience of abundance and richness and generosity and connectedness and purpose, and that's why we needed to over-regulate our interior world space, because we couldn't fully regulate the exterior world space. Children that learned how to regulate themselves in relation, they learned that function, but for many of us that wasn't fully possible, or maybe possible only a little.

The other part is now an overregulation of our interior world that appears, often, as an option of a better time. But there is no better time, there's only a fuller experience.

That's why, in the richness of my experience, that's where I want to be, because the question to be here or not to be here is not up for discussion. That contract has been made with our existence. We are supposed to be here, we are the incarnation of an intelligence in life that *needs* to be here, even. But often we have very painful and, as you mentioned it also, traumatizing experiences where we need to, one part of our nervous system over-regulates in order to protect the rest, and then we live with that tension and that overwhelm, and the after-effects of it. That's what gives us the feeling that, or what makes it uncomfortable to be here.

That's always a question of integration, landing in the current experience will, in that case, always bring up stuff, or most of the time, that feels uncomfortable. It's actually a question of the richness of the experience. The beauty of our time and our age, and the age that we live in is not in the circumstances, it's in the richness of the experience. It's in the interconnectedness, that there is no choice to be here or not. In the interconnectedness, there is no choice, the choice has been made already. The fact that we are alive means that we have to be alive right now, and that it's for us—but not for us alone, for us with a lot of support.

We can integrate the aspects that we consider as discomfort. Then the relaxation into the time that we live in and age that we are creates presence. People that are where they are, they are hubs of presence, they are centers of presence, wherever they live, so when you stand beside them in the supermarket, they radiate presence. If you meet them for dinner, they radiate presence. If somebody lives where they are, we radiate coherence. If we don't want to live where we are, we radiate partly coherence and partly tension. Then life feels like a tension, it has a tension.

[01:30:00]

That's an integration question, and that's why I also bring it up, because if there's a tension in us with our age, the tension is not actually with our age, the tension is with our overregulation inside. It's something we can look at and integrate, and that will give us more resources for our life's expression and will give us also more love for the time that we live in. That there is a beauty in the time that we live in. That, again, gives us a lot of intuition and guidance how to be in the time that we are in.

Right. So that's, I think, enough. Maybe, we can give some other questions some time.

Q&A: Presencing Fear from a Younger Age

Participant 1: Hi everybody, hi Thomas.

Thomas: Hello.

Participant 1: Nice to speak to you. I've been working through the "Principles of Healing". This has transformed my life in many ways. Just now, when we went through the meditation on the age, I felt a sense of real joy in where I am in my age. My children have grown, I'm transforming my life, I'm taking courageous decisions and relocating my life after 25 years. There's many things that are flowering up. It's also due to do to my age where I can actually do that. But at the same time, there is this fear and mental noise that comes up with that, "You are in this age, it is really too late for you to do this or to engage in life in this way."

It's not synchronized between my joy of actually, yes, stepping up to this age, a mature woman can take and can participate—and that sort of, "Wow, you are nearly in your 50s, who are you kidding, you can't really go into a new career, and so on." I was wondering if there's any other reflections that you can give me for me to work out. Now, with these things, I am more in my power, in my vitality to do what I believe I'm here to do and my calling, even though my age. I'm not sure it's clear, but it's sitting on my chest as we're speaking, so I didn't had time to form my question in a very clear way, so I wonder what you hear.

Thomas: What I hear is that—first of all, I am a friend of dismantling experiences, or sentences even, and working with some parts of it. When I hear you say, “I am afraid that...”, or fear comes up that now I am the age that I am, and, and—but what I hear is, “I am afraid”. If that fear is *really* connected to what you think afterwards, I think, we don’t know. But what I hear is that fear is surfacing. Because I am pretty sure that the fear has nothing to do with the sentence, with the second part of the sentence, but that’s the closest attractive plugin that is around. Then it comes, now you’re a woman at your age, and that’s a reason to be afraid.

[01:35:00]

But I don’t think that that’s the reason, I think that fear surfaces, and if you can presence your fear and not connect it to the meaning that you attach to it, then you will see, it’s a clearing mechanism of your past. It’s nothing to do with the future, it’s the voice of the past that appears now because you induce more movement in your life, you move into the world, you want to, maybe, change stuff in your world and move into new directions. The fear that comes up is the past that says, “Hey, wait a minute, you’re supposed to stay here, you’re not supposed to go over there.” This voice of the past has a gravity because it’s an unresolved past, it’s actually a younger feeling that is not synchronized with you today.

I think, if you can manage to say, okay, that fear that comes up is a fear because of the new movement, but it’s nothing to do with where you’re moving *to*, it’s the past getting activated through the movement. You say, okay, when I can sit with this and I sit with this, I feel the fear through my body and tune in through my body. Where do I feel the fear, what’s the age of that fear? Then, in presence, I vibrate with the intensity of fear until the fear slowly, slowly melts in the physical body, in my emotional body, and I stay with it and I enjoy even the fact that I am afraid. I literally let my nervous system, step by step, melt into the energy that I call fear. I resonate with it, I’m friendly with it because it’s an energy of the past that belongs, obviously, still to you but it’s something that can be cleared.

And when we presence feelings like that, then usually, after some time, there’s a bit of a relaxation, there’s an expansion in the body, relaxation in the nervous... the body gets fuller because we embody ourselves deeper, and then the fear gets transformed into free energy. Then, if that happens, if there is another wave that comes up, you do the same thing until you clean the residue of the past in order to have a clearer screen to see your life of today. Then you will see, from a certain moment, that that kind of fear will disappear.

It's a storage, you open the storage somewhere inside, and there's still some old packages of fear in there. But I don't think they have anything to do with the direction you're going to, and they have nothing to do with your age—even the opposite, they're much younger, these are early fears and they walk with you.

When I say what I say, do you want to add something, or does this resonate for you?

Participant 1: Yes, it resonates. Yeah, I think, when you said what you said, I immediately said, "Yeah, well, in a way you know that, there's a knowing of what you said, but it was really good to hear to just presence this fear every time it comes up. Just as we are just now, I was just doing that, I could feel how it seems in me, I could feel it more where this fear is holding and how it's, in a way, energizing me. As it gets more into my body, gives me a sense of energy and gives me a sense of vitality rather than something that gets me down. That was a nice experience.

Thomas: Right. That's beautiful, I think you described a beautiful principle. When I really presence and I feel those feelings, they energize us. This transforms into life energy and expression, and that's a very healthy way, an alchemistic way to transform the past in us into presence but into energy that we can invest into the future. It's the fuel for our innovations, it's the fuel for our life purpose, it's great, you voiced this beautifully.

Participant 1: Thank you very much.

Thomas: Thank you.

Q&A: Relation Is a Resource for Processing Fear

Participant 2: Hi.

Thomas: Hello.

[01:40:00]

Participant 2: Hi, Thomas. My heart is beating really fast. I so resonate with what you answered to the first written question. I was wondering if you can help me to presence that a little more. I'm dealing with a lot of fear and maybe even a little terror. What also really resonated, when you were saying that I'm here and that that choice is made. Sometimes, when I get really into this old way of being in the fear and not being able to be with the fear because it's so overwhelming, that then I question, do I have to really be here?

Thomas: If I hear that question, “Do I really have to be here?”, what I hear is, “I’m overwhelmed”. It’s too much, and the regulation inside that can regulate it, the “too much-ness” of the current experience, is overpowered. What usually helps us is that we see, okay, I have internal resources to presence fear. Sometimes that works well, and sometimes, or for some people with certain traumatization, it doesn’t work so well. Because when we stay with the fear, but it’s like when there is an island, but if the island drowns, we stand in the water, and then we are drowning in the water because there is no other land. When the fear is the water, and there is no safe place to stand on—like, for example, my body; for some people, when they feel strong emotions, their body is a resource, when they feel the emotion in the body, then there is a, “For me it’s good, because the feeling is not kind of floating around in me, but the feeling has an anchor in my physical body.” Then I can go and look, where in my body? Some people feel it in the throat, some people feel it in the eyes, in the stomach, in the legs, wherever. If I can locate the feeling in the body, the physical body becomes an anchor for my feeling. Then I can feel my body and the feeling at the same time, and I sit with it, I let it vibrate, vibrate, vibrate. I breathe and I feel it. That’s, basically, a good way for many people. But then, when we are overwhelmed, we are usually overwhelmed in an earlier age.

When I say, “It’s too much” or “Do I really want to be here?”, this sentence has an age. Usually, that age is a young age, because children do not have the capacity to fully digest their fear or overwhelming experiences, they need their parents to do it with them. When there is a safe secure container, and the child can come back with the challenges and the difficulties and knows that parents are there, and I can regulate myself in the relation with the parents, so the nervous systems of the parents are the mentors of the child’s nervous system. When I have an overwhelming experience, I immediately can go to the safe container of my parents. But if they are not there, then I need to hold something that I’m not ready to hold yet.

[01:45:00]

I sense, I think, for you it's equally important to actually do what you're doing right now: to reach out and to go, to open up the isolation of the overwhelm and to reach out into relation. Being related is very important for you, I think. When you say, "Do I really want to be here?" What I hear is, "I need support, I need you, I need you to be with me." That's a very important sentence for you because connection and relation are healing. When we can relate with our fear to another person, and another person feels us in the fear, like what the two of us, or many of us on the line with you do right now, then the fear has another resource. You don't have to do all this stuff alone, we're meant to be part of the web of life, so we're meant to enjoy the collective intelligence of life to be with us. I'm just looking down sometimes because I see you on my screen here.

In the connection, we are strong. I believe that humanity forgot that we are seven billion work stations of a supercomputer. We all think we are a small laptop, but actually we are a supercomputer, we are a super-engine together. When you allow me to feel you in your fear, or when you feel overwhelmed, somebody else that is that you trust, and you let yourself feel fear in presence of somebody, and then even to see right now when we speak, if you feel that you can feel the fear and the connection to me at the same time. If that's something, or if you feel that you inhale your fear into your body. Usually, when we were all alone, we inhaled the experience and locked it up in the prison inside.

We don't have to do it fast. Just becoming aware how related I am when I am afraid, and then to see if we are related within the fear. It might be, at the beginning, a bit unusual for your nervous system, but when you put your attention there, it might say, "I actually can be afraid if there is somebody." In that, the whole nervous system gets a different impulse, and we can exhale a bit of the fear together, in a way. A relation becomes a resource.

How do you feel right now?

Participant 2: It really resonates, and I feel exactly what you said. It's harder for me to feel it and feel you at the same time. It feels like I have coaches that support me. I feel like, in relation to friends, I don't know how to approach this when this comes up. Where I feel like, who wants to be with me in this, why would they want to be with me in this? I feel there's so much, maybe, need for exactly that relation. That's even like, how would I even get that? I'm looking, can I resource that within myself? But it seems not to work that well, so it's like, how can I create in my relation that availability for my friends?

Thomas: On the one hand, you can practice this with practice partners or friends that you feel really close with, but ultimately it's good, for a deeper development, to find somebody that is also professional and skilled and knows to go with you to the right places that really are the most supportive to relax into your own deeper grounding. Sometimes we need that, it's like a bridge; we need for some times some support. Then, until we are enough resourced inside, and then it's okay, but often the symptom of the trauma is that we want to isolate. A trauma is a prisoner, a hostage. Then we want to, often, take care of it alone, because we need to get it done alone, but that's already the symptom of the traumatization, to do it alone, because it's only traumatized, most of the time, because there wasn't an appropriate relation of the time when it happened.

[01:50:00]

What we need is that warmth. Imagine you sit with somebody that has a heater in the base and radiates heat to your base, and the frozenness of the trauma can slowly melt in the heat, and feel the love and the care and the warm connection. In that warmth, the fear usually—it takes a few minutes, or it takes a bit of time, but the nervous system recognizes supportive relations. Usually, when the nervous system feels, oh, here's a supportive relation, is it steady, is it coherent? Once the nervous system has a yes, it releases the prisoners. The nervous system releases the prisoners of fear and trauma into the relation. Then we get the sense that the body relaxes, and that we feel our body more and we relax more into a base. That's why I am saying that sometimes it's good for some time to have some professional knowledge because skilled people can really be, also, more precise. In general reaching out is a good thing to do; bridging the isolation.

Participant 2: Thank you so much Thomas. I just really got the relaxation. Actually, I could feel it in my spine. Thank you so much.