

## Welcome to yourself

1	Deja-vu.....	2
2	The transition.....	2
3	The spiritual world .....	3
4	Returning to Earth .....	3
5	The purpose of life .....	4
6	Matter.....	4
7	A medium .....	5
8	The different kind of souls .....	5
9	No longer material .....	6
10	Stopped growth .....	6
11	Helping a stationary soul .....	7
12	Binding souls.....	7
13	The Big-Bang .....	7
14	When matter transforms to shape.....	8
15	The aware group .....	8
16	The material evolution.....	8
17	The soul.....	9
18	Sharing experiences .....	9
19	Time .....	10
20	The future .....	10

## 1 Deja-vu

Whoever experienced a Deja-Vu can recognize the following: You walk in a complete strange city, look to a certain point and all of a sudden you recognize the impressions you see there (as if you have experienced it before). There are (important) experiences / expressions present in your soul that can come from previous lives.

Your soul keeps these impressions not simply as a photograph, but stores much more: Emotions, names and the core (what happened there?) are all present. Your soul can possess experiences which have been passed on by other souls to you. These are the so-called lessons for life which purpose is to be recognized. The lessons for life have been passed on before you were born. Whenever such a moment occurs in your life, the lesson for life ensures that you do enter the situation unprepared.

The most traumatic experiences are the most present (they have made the deepest impression): Someone who has died during a airplane crash in a previous life, can be *frightened to death* for flying in her present life.

The consequences of a traumatic experience can be so deep that they can leave a wound on the soul. These are so-called soul wounds from which a soul might often suffer. These wounds can be healed by the time, or by a confrontation with this experience.

Gathering experiences is necessary because your spirit comes a step higher by this in the spiritual evolution (if you've never cried, you don't know how to laugh).

When the wound of the soul is not healed, the soul needs to return to the material world to heal this wound.

The soul doesn't need to return to this material world when it is completely enlightened. It enters the next phase of the spiritual evolution.

## 2 The transition

When someone dies his *life flashes* before his eyes. These are all the experiences that are part of the soul and which has grown the soul. It is a kind of summary of the current lived life. For some experiences on earth, you already know that you are going to carry them with you your whole life. This is actually very true and even more you will also have them in the upcoming lives that you live. These events, are the events you have actually lived your life for.

The real voyage to the spiritual world can only take place when the soul is actually ready for it. The spirit must be entirely released from the material world in order to proceed to the spiritual world. Death must be accepted as a faith. If not, the spirit cannot complete the journey. In such a case the spirit is called a wandering spirit or an earthbound spirit.

Death is not the only way to look into the spiritual world. This is sometimes mentioned as an Out of Body Experience (OBE). During an OBE an earthly spirit lets the material body go and focuses on the spiritual energy frequencies. This focus allows the spirit to take a look into the spiritual world.

### 3 The spiritual world

The law of conservation of energy also applies to the soul. A soul will never disappear. When we die, the soul moves to the spiritual world.

The focus of the soul on the spiritual energy frequencies (how far a soul has been increased/decreased in the evolutionary journey) defines the task it will fulfil within the spiritual world. This so called harmonisation degree is the sum of all impressions and experiences that have occurred to the soul during all lives. This harmonisation degree is hard to change and it certainly doesn't change within 1 life.

When someone does terrible things during the earthly living it doesn't mean the soul has a dark harmonisation degree. What matters is the total of all lives that defines the harmonisation degree.

When the harmonisation reaches a certain level, the soul is enlightened enough to become an angel. When this level isn't reached yet, the soul is not ready and needs to evolve further.

### 4 Returning to Earth

When you are living in the spiritual world and you want to be able to grow there as well you must make sure you gain more experience while being there. This is very difficult since you are not in the material world anymore and therefore no real life experience can be gained.

Every time we think of someone, their soul is stimulated (in our memory they live). This is because the experiences are passed from someone of the material world by their spirit to the person being thought of. The soul who receives this, grows.

When we no longer think of a soul, it will receive lesser and lesser experiences and therefore it will grow slower and slower. In theory we can increase the evolution of our soul in the spiritual world indefinitely, by doing things that nest ourselves in the memories of humanity forever.

The transition from the spiritual world to the material world happens when a soul can no longer grow further. You will have to gain more experience within the material world in order to regain growth. How well (or worse) you have lived in relation to other people, defines the time you will spend in the spiritual world. These other people can influence your growth (by focussing at your harmonisation degree).

## 5 The purpose of life

The main goal of life isn't just to live it well, but rather to learn your life lessons, get experience and taking action. Even so it's important that you are able to recognize low harmonisation degrees.

Because the souls with low harmonisation degrees are less evolved they can obstruct your own growth. You can try to guide these souls in there own growth but be very careful if you do so!

Your own harmonisation degree eventually determines your evolution. Only when you have reached a certain point you will no longer need a material existence. At the next step you will evolve to an angel, an angel with an enlightened harmonisation degree.

The main goal in life is quite difficult to describe, it should be something like this: During your (souls) first birth you are the youngest soul existing. This soul has the lowest possible harmonisation degree. In our material world the soul will be tested and their harmonisation degree enlightened by experiences and impressions. If this harmonisation degree has reached the enlightened level, you are an angel.

When you evolve even further then the angelic harmonisation degree you reach the degree of god ( an energetic being with an higher harmonisation degree then angels). Which experiences or impressions you need for your journey and how long it takes is up to you. **It's your decision!**

During and after your life it's also very important that you pass on enough experiences to the spiritual world. In this way the energetic beings can also proceed with their evolution.

## 6 Matter

Souls that aren't bound to the material life no longer exist in a material way. Energy is not obstructed by material and therefore it can move freely even through material. Souls travel at the speed of light through the universe (although it is still bound by the borders of time). Because our earth is relatively small a soul can move itself from one place to another on earth in the wink of an eye. A Soul can also travel to other places within our universe and possibly start a new material life over there.

Sometimes a soul wants to transfer a message to the material world. To do so they need a medium. The strength of the soul decides what its possibilities are. The more experienced the soul is the better it can make use of the chosen medium. A highly evolved soul can therefore use a medium much easier than an lower evolved soul.

The medium is most qualified when it's affected by electromagnetic influences. A soul is able to generate electromagnetic radiance. Such are used in tape-recorders (magnetic recording head), televisions (influencing the cathode ray), etc. Even a human medium can receive this radiation.

## 7 A medium

On earth there are people who are very sensitive to energy. These people are also known as mediums. It doesn't take a lot of energy for a soul to communicate through these mediums. Even the lower evolved souls gratefully make use of these mediums.

A soul will never approach a medium without a reason because the soul mostly doesn't grow from it.

The soul will do its best to transfer the message accurately. Because the experiences of the soul can be passed on to the receiver it can also help its soul to evolve. People that are open for it are much easier to be addressed by souls. In this way the odds for a good message transfer is the best.

A **strong** soul will never change the course of life or a persons free will. The souls only purpose is to help the person it approaches. The soul can do this by creating insights, or by giving a little nudge in the right direction.

Unfortunately for many souls there aren't too many people that are open for the spiritual world. The growth could be so much bigger. The growth gets slowed down mostly because a lot of people have to be convinced that the soul is real. **Please note: don't go wandering in the spiritual world too much. Stay down to earth!**

## 8 The different kind of souls

In the spiritual world there are several levels of souls present. The level is merely the souls state of evolution. These are some of the levels we know of:

*The guide:* The guide is a personal soul. The guide stays with the person throughout its life. The guide protects the soul it has been assigned to. It can be very hard for the guide sometimes to reach its assigned one. This depends on the guides state of evolution and the sensitivity of the assigned one. It's very possible the guide will never be able to reach its assigned one. The guide can try to use other mediums in order to give his assigned one some guidance. The guide although works very hard to protect its assigned one. The guide itself will also grow from the experiences it gets passed through from its assigned one.

*The angel:* The angel is a special soul. This one is primarily responsible for the ongoing evolution of souls, and will try to help other souls to go forward. Only a soul that has gained enough experience and has become much stronger can try to help other souls. An angel can only intervene when a soul itself doesn't go forward on the path of evolution.

*The earthbound soul:* This soul doesn't proceed in the evolutionary process, in fact it sticks to one and the same level. An earthbound soul therefore constantly searches for the same harmonisation degree to stay in. Sometimes the earthbound soul is so attached to earth it tries to cause unhappy feelings, fear and sadness to those who are most sensitive to it. This happens merely because the soul doesn't want to evolve. With this the evolutionary level of the receiver is kept the same as the souls. These souls are often referred to as aura clingers.

These are the not entirely transited souls who still have to detach from the material life. When the soul doesn't want to detach it's often bound to material things or persons. When earthly people can't detach from a deceased, the deceased will stick to earth. Only when the spirit comprehends it has to pass over to the spiritual world it can grow further there. Possibly other souls can help a spirit making this step.

## 9 No longer material

There comes a time when the soul doesn't return to earth anymore. This happens when the soul has learned enough and is ready for the next phase.

The more time the soul spends in the spiritual world the more it evolves and grows. This learning process starts with carrying out loose assignments given by higher evolved souls. Through these assignments the soul learns and grows.

The quantity of the souls growth will decide if it's reincarnated on earth. Only when the soul has made enough progress it enters the pre-phase.

During the *pre-phase* the soul has a guiding task. It's a kind of "testing-period". A guide often guides someone who it has no experience with. But the guide can help through its own life-experience, in this way the guide also grows.

Being a guide is also needed to completely detach from the material world. This process is often referred to as "earning your wings". When a guide finishes helping an earthly soul and has grown enough it evolves to an angel. You might say the guide gets his wings.

When a guide hasn't grown enough during his guiding tasks it can mean the guide will have to return to the material world.

The transition from guide to an angel is a joyful event and considered a "party". It's almost as reaching maturity and be allowed to drive a car. A new world opens. The soul has made a step forward in the evolution.

## 10 Stopped growth

When a soul stops growing it can have several causes. The soul no longer comprehends it should grow or the soul doesn't want to grow because it's attached to its present phase.

Sometimes the urge to stay in the same phase gets so big it will do anything to stay in there. For example it searches other souls with the harmonisation degree of choice. Making contact with them is much easier because they are "compatible".

To ensure the continuity of this contact the soul wants the "compatible" soul to stop growing. This can mean that the "compatible" soul is harmed in its free will. Causing fear to the "compatible" soul will also stop its growth. The reason fear stops growth is because fear is primarily meant to cause carefulness, discourage, cautiousness and inhibition. The worse the fear (mortal fear) the more the "compatible" soul stops from growing.

A no longer growing soul mostly uses fears that exists inside yourself. These fears are the most efficient to use against you. You as a "compatible" soul could try to make contact with the stationary soul, but preferably only do this when your fears are blocked. The stationary soul is prepared to sacrifice a lot in order to stay.

**So don't ever try to make contact if you're not strong enough!** Only if you're strong enough or with someone who's strong enough you can try to help the soul to go on. When the stationary soul sees for itself it's stopped growing (it has seen the light) it will no longer stop your growth. Take notice of the omens. If within a day a lot of things go wrong or you feel something bad or frightening don't try to contact your "compatible" soul.

Not all fears are wrong, a lot of them warn us of dangers in our lives and keep you alert.

Try to find out if your fears are earthly or spiritually. If u come across a spiritual caused fear, try not to give in on this fear, but try to expel them.

## 11 Helping a stationary soul

Helping a stationary soul is not without risks. The urge of the stationary soul can be so big that you pull out its fears. The soul will resist in every possible way, if you're not strong enough it might take over. One can get "possessed" by this ( Your soul will increasingly be controlled by the stationary soul). The longer someone's possessed the harder it will be to let the stationary soul realise it has to grow.

In order to help a stationary soul you could try to increase the harmonisation degree of the soul. Therefore you can use energy which is send to the stationary soul. In case you're with a group of people it's also possible to bundle your energy to get a better result. For the best results you have to startle the soul in this way it can't resist. Sometimes you just need a little nudge in the right direction.

## 12 Binding souls

There's another way to make the evolution possible. By binding souls and making earthly souls conscious. The binding of souls gives enormous powers that provide possibilities to make **a new step in the human evolution.**

2 (or more) souls can be bound by their identical harmonisation degree without slowing down their growth. The souls are "compatible" and there will emerge a "connection" . This connection is very useful to help stationary souls. The power of this connection can even help souls with higher harmonisation degrees.

This connection can also be used to become "compatible" with souls that have a higher harmonisation degree. The connection makes "contact" with higher evolved souls much easier because they're on the same harmonisation degree.

When enough souls are bound they can even reach a divine harmonisation degree. You could name this god's arrival on earth.

## 13 The Big-Bang

During the big bang all the energy existing in our universe was present.

Because the existence of time, all the energy floats uncontrolled and randomly throughout the universe. This is also known as plasma soup.

Clusters of stacked energy emerged. These clusters were the first primary energetic-beings. A primary energetic-being is comparable with a one-celled being in the material world. In the beginning all beings were the same, but quite rapidly a great diversity originated (evolution) through the splitting and fusion of cell-clusters.

Because no energy is lost (only transformed) by the fusion and splitting of cells it's not complicated. It's a bliss that consciousness (intelligence) emerged. The first energetic-being became aware of its own existence and surroundings. Soon more conscious beings evolved. The energetic-beings also became conscious of each other and so a community emerged.

By turning unconscious energy into conscious energy, the energetic-beings found a way to reproduce themselves. Their community increasingly expanded throughout the universe. Considering the universe and the community merely consisted from energy it was a fine way of existence.

## 14 When matter transforms to shape

Because the powers of the big bang started to decrease the universe started cooling down.

Through the cooling of the universe energy was turned into matter. In the process much pure energy was used which worried the energetic-beings about their own growth (energy can not be lost it's only transformed).

With this the most (first) primary emotion was originated, mortal fear. Because the energetic-beings their growth was obstructed. The energetic-beings were frightened and therefore tried in every way possible to reassure their growth. At first they joined but sadly they also turned against each other (*why slow down if you can use another energetic-being for growth?*). This fear of transiting was the very reason that the energetic-beings obstructed each others growth.

## 15 The aware group

This mortal fear caused an enormous chaos and suffering to the energetic-beings, by all means they wanted to keep growing. Every energetic-being was occupied with their own survival.

The higher conscious (more intelligent) energetic-beings soon discovered they were not heading in the right direction. Because of the chaos it was hard to find allies that shared their vision.

A group of energetic-beings originated that couldn't go on like this. They altogether decided to find a solution. Because time was still an major influence they were increasingly bothered by the delay. The number of enlightened energetic-beings kept decreasing. Only matter remained which wasn't of any use to the energetic-beings.

## 16 The material evolution

Suddenly the energetic-beings got an insight: try to make the cooled down energy (matter) conscious of the growth that's possible. The energetic-beings had to do the unthinkable, influencing the matter so life and consciousness emerged, otherwise the matter could never comprehend this. One energetic-being thought of a way to make it happen, this being was god.

Creating life was very hard but eventually something of minimal-consciousness originated: The one-celled being. Although the energetic-beings wanted some insurance because of their changing surroundings, they came up with the material evolution.

Self-adapting cells were spread throughout the universe. In this way among others life on earth emerged, but also in other places. But there weren't many circumstances for consciousness, thus there are relatively few places with conscious life-forms.



## 17 The soul

To protect the conscious experiences the energetic-beings looked for material life that offered enough "space" to include the consciousness. Unfortunately there was no life-form on earth present that was evolved enough and offered space for a complete energetic-being.

Because of this a part of the energetic-beings got separated and added to the material life. The material life got aware of itself and each other. This event is still celebrated in the shape of Whitsun in which this energy is named the *holy ghost* (otherwise soul).

The soul is **the most** important means to the evolution of the spiritualworld. Every experience is transferred to the spiritualworld which causes growth. The soul is still bound to its source ( the energetic-being God). This connection provides general growth.

## 18 Sharing experiences

A Soul mainly serves to collect experiences and to ensure evolution. Sharing these experiences with higher evolved beings makes them go on in evolution.

Sometimes the soul doesn't want to transfer its experiences because they're attached to it. This is why often relatives approach you to help pass over to the spiritualworld. They want to show you that it's helpful to everyone if you share your experiences.

It's difficult for the angels to help all stationary souls. Therefore they need our support. When a soul grows it can evolve to an angel, who can also help in the evolution. These angels will warrant the survival of humanity, angels and spiritual beings.

## 19 Time

Even in the spiritualworld time exists. It follows mainly the same rules as time on earth. Since sharing experiences with the spiritualworld also takes "time" it may cause a time difference of several hundred years between 2 earthly lives. It's not ready yet to "detach" or "sharing" its experiences.

Thus it's **not** possible for an energetic-being to travel back in time. This is because they exist in time. Time is nothing but the universal law of "cause and effect". The universe provides a frame in which cause and effect can take place.

When a energetic-being would brake the law of cause and effect (for example: by changing it around), they would place themselves outside the universe. The universe although provides the conditions for existence. In this way an the energetic-being dissolves itself because it has eliminated the conditions of existing.

Unfortunately humanity isn't eternal either so the spiritual beings keep looking for new places in the universe where they can create conscious life. They explore the universe for other material beings to make aware. Such explorations aren't without risks and therefore only highly evolved energetic-beings take part in this.

## 20 The future

During the big bang a motion was triggered that's controlled by the cause and effect principle. In theory it's possible to predict this motion because of the principle. In reality it's hard to predict because of the quantity of influences. But you can make predictions by taking along the biggest influences in your calculations. This is why horoscopes possess a certain truth: the biggest energetic-influencers (star-systems/ planets) are used in horoscope calculations.

However it's a great misunderstanding horoscopes can be used on a micro level (looking at one person on one certain day) because **all** of the micro-influences should be taken along in the calculations. It's impossible to determine all micro-influences from the universe at one random moment in time and to use them in other calculations.

The calculations are most accurate if a persons place (location in the universe) and time of birth are known. Because when a soul incarnates a print of the universe (your Kodiak sign) gets stored in the soul as an universal identification. You might describe it as a new page in your soul, a chapter titled *Kodiak sign*.

Your Kodiak sign however doesn't determine *who* you are (although many people think so). It does determine the way you react to energy-influencers. This is why your mood can be predicted. However material things are much harder to predict because it's impossible to take along all influences.